



**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

Gorce Ultra-Trail - Winter  
Fundacja Run Vegan  
2023-02-25  
Ochoznica Górna  
34.6 km

# 34KM ZIMNY WDŻAR - GUT WINTER

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Wdżar 20km	Lubań 24km	Czas netto 34.6km	Czas brutto 34.6km	Różn	Tempo min/km	Tempo km/h
1	<b>ZBOZIEN Jarosław</b>	<b>172</b>	ALPIN SPORT TEAM	M-OPEN	1		02:08:39	02:47:50	<b>03:46:16.45</b>	<b>03:46:16.45</b>		6:32	9.2 (100%)
2	<b>DUDZIK Łukasz</b>	<b>111</b>		M-OPEN	2		02:08:20	02:48:02	<b>03:48:02.70</b>	<b>03:48:02.70</b>	+00:01:46 (0.8%)	6:35	9.1 (98.9%)
3	<b>GRUND Marek</b>	<b>116</b>	MAFIA TEAM LUBLINIEC	M-OPEN	3		02:13:11	02:56:38	<b>03:58:42.35</b>	<b>03:58:42.35</b>	+00:12:25 (5.2%)	6:53	8.7 (94.6%)
4	<b>FLOREK Sebastian</b>	<b>114</b>		M-OPEN	4		02:15:19	02:56:47	<b>04:00:07.80</b>	<b>04:00:07.80</b>	+00:13:51 (5.8%)	6:56	8.6 (93.5%)
5	<b>BANIAK Marcin</b>	<b>102</b>	G.O.A.T. TEAM MICHAŁOWICE/MŁYN TRAIL MICHAŁOWICE	M-OPEN	5	TRAIL RUN Kraków	02:14:35	02:56:40	<b>04:02:46.15</b>	<b>04:02:46.15</b>	+00:16:29 (6.8%)	7:00	8.6 (93.5%)
6	<b>MAZUR Paweł</b>	<b>133</b>	PROJEKT1000UP	M-OPEN	6	Projekt1000UP	02:17:22	03:00:04	<b>04:07:38.25</b>	<b>04:07:38.25</b>	+00:21:21 (8.6%)	7:09	8.4 (91.3%)
7	<b>CIOCH Cezary</b>	<b>109</b>	KALLIPSO RUNNERS TEAM	M-OPEN	7		02:15:53	03:03:11	<b>04:07:49.65</b>	<b>04:07:49.65</b>	+00:21:33 (8.7%)	7:09	8.4 (91.3%)
8	<b>ŁOZA Mateusz</b>	<b>130</b>	ZWIEDZANIE PRZEZ BIEGANIE	M-OPEN	8		02:20:19	03:04:33	<b>04:08:34.35</b>	<b>04:08:34.35</b>	+00:22:17 (9.0%)	7:11	8.4 (91.3%)
9	<b>PAŁKA Mariusz</b>	<b>141</b>	KB PARANTELA	M-OPEN	9	KB Parantela	02:23:30	03:11:01	<b>04:22:37.05</b>	<b>04:22:37.05</b>	+00:36:20 (13.8%)	7:35	7.9 (85.9%)
10	<b>CIEPIELA Patryk</b>	<b>108</b>	NOWA HUTA TEAM	M-OPEN	10	Nowa Huta TEAM	02:17:20	03:05:39	<b>04:24:20.95</b>	<b>04:24:20.95</b>	+00:38:04 (14.4%)	7:38	7.9 (85.9%)
11	<b>BAROS Daniel</b>	<b>103</b>	KB FALSTART RUDNIKI	M-OPEN	11		02:29:03	03:14:30	<b>04:24:31.75</b>	<b>04:24:31.75</b>	+00:38:15 (14.5%)	7:38	7.8 (84.8%)
12	<b>SENDEK Sylwia</b>	<b>150</b>		K-OPEN	1		02:29:40	03:16:16	<b>04:25:37.65</b>	<b>04:25:37.65</b>	+00:39:21 (14.8%)	7:40	7.8 (84.8%)
13	<b>KLONOWSKI Jacek</b>	<b>121</b>		M-OPEN	12		02:22:02	03:11:37	<b>04:27:42.30</b>	<b>04:27:42.30</b>	+00:41:25 (15.5%)	7:44	7.8 (84.8%)
14	<b>STACHURSKI Paweł</b>	<b>175</b>		M-OPEN	13		02:29:50		<b>04:35:25.30</b>	<b>04:35:25.30</b>	+00:49:08 (17.8%)	7:57	7.5 (81.5%)
15	<b>ADAMEK Dariusz</b>	<b>100</b>	#ADAMCZERWIŃSKITEAM	M-OPEN	14		02:32:43	03:19:41	<b>04:35:46.55</b>	<b>04:35:46.55</b>	+00:49:30 (17.9%)	7:58	7.5 (81.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Wdźar 20km	Lubań 24km	Czas netto 34.6km	Czas brutto 34.6km	Różn	Tempo min/km	Tempo km/h
16	<b>WIERZBA Michał</b>	<b>174</b>	RUM KLINY TEAM	M-OPEN	15		02:31:50	03:22:08	<b>04:35:50.80</b>	<b>04:35:50.80</b>	+00:49:34 (18.0%)	7:58	7.5 (81.5%)
17	<b>NIEDŹWIADEK Piotr</b>	<b>136</b>	#ADAMCZERWIŃSKITEAM	M-OPEN	16		02:32:43	03:19:44	<b>04:35:55.20</b>	<b>04:35:55.20</b>	+00:49:38 (18.0%)	7:58	7.5 (81.5%)
18	<b>LEŚNIAK Anna</b>	<b>128</b>	SALT RUNNERS BOCHNIA	K-OPEN	2		02:32:04	03:24:43	<b>04:37:59.35</b>	<b>04:37:59.35</b>	+00:51:42 (18.6%)	8:02	7.5 (81.5%)
19	<b>HAJDA Justyna</b>	<b>117</b>	MAFIA TEAM LUBLINIEC	K-OPEN	3		02:35:13	03:26:29	<b>04:44:16.15</b>	<b>04:44:16.15</b>	+00:57:59 (20.4%)	8:12	7.3 (79.3%)
20	<b>SZEWCZYK Wiesław</b>	<b>159</b>	ŁUKOWICA TO MY.	M-OPEN	17		02:32:55	03:26:22	<b>04:45:41.35</b>	<b>04:45:41.35</b>	+00:59:24 (20.8%)	8:15	7.3 (79.3%)
21	<b>OPAŁKA Damian</b>	<b>139</b>	MYRACE	M-OPEN	18		02:31:55	03:26:57	<b>04:47:59.85</b>	<b>04:47:59.85</b>	+01:01:43 (21.4%)	8:19	7.2 (78.3%)
22	<b>TOKARSKI Tomasz</b>	<b>162</b>	OSTROBIEC	M-OPEN	19	OstroBiec 2	02:43:01	03:32:20	<b>04:48:09.05</b>	<b>04:48:09.05</b>	+01:01:52 (21.5%)	8:19	7.2 (78.3%)
23	<b>WARZECHA Kamil</b>	<b>167</b>	RMT TEAM	M-OPEN	20		02:33:47	03:25:26	<b>04:48:54.85</b>	<b>04:48:54.85</b>	+01:02:38 (21.7%)	8:20	7.2 (78.3%)
24	<b>KUBIAK Marcin</b>	<b>126</b>	KUBIAK	M-OPEN	21		02:36:01	03:28:58	<b>04:50:37.25</b>	<b>04:50:37.25</b>	+01:04:20 (22.1%)	8:23	7.1 (77.2%)
25	<b>KRUPA Roman</b>	<b>247</b>		M-OPEN	22		02:35:21	03:28:49	<b>04:50:48.80</b>	<b>04:50:48.80</b>	+01:04:32 (22.2%)	8:24	7.1 (77.2%)
26	<b>PUDZISZ Piotr</b>	<b>146</b>		M-OPEN	23		02:36:25	03:30:10	<b>04:50:55.25</b>	<b>04:50:55.25</b>	+01:04:38 (22.2%)	8:24	7.1 (77.2%)
27	<b>KOPACZ Katarzyna</b>	<b>123</b>		K-OPEN	4		02:33:53	03:29:49	<b>04:51:57.85</b>	<b>04:51:57.85</b>	+01:05:41 (22.5%)	8:26	7.1 (77.2%)
28	<b>MATUSZ Tadeusz</b>	<b>131</b>		M-OPEN	24		02:35:50	03:30:26	<b>04:55:33.10</b>	<b>04:55:33.10</b>	+01:09:16 (23.4%)	8:32	7 (76.1%)
29	<b>RECLIK Piotr</b>	<b>148</b>		M-OPEN	25		02:40:08	03:32:27	<b>04:56:34.60</b>	<b>04:56:34.60</b>	+01:10:18 (23.7%)	8:34	7 (76.1%)
30	<b>DZIERŻAK Elżbieta</b>	<b>113</b>	WWW.TRENINGFIZJOTERAPIA.PL	K-OPEN	5		02:44:35	03:37:44	<b>04:59:40.60</b>	<b>04:59:40.60</b>	+01:13:24 (24.5%)	8:39	6.9 (75.0%)
31	<b>MOSIO Grzegorz</b>	<b>134</b>		M-OPEN	26		02:39:35	03:34:32	<b>05:01:57.20</b>	<b>05:01:57.20</b>	+01:15:40 (25.1%)	8:43	6.9 (75.0%)
32	<b>BARTYKOWSKA Marta</b>	<b>104</b>		K-OPEN	6		02:45:52	03:45:02	<b>05:09:22.45</b>	<b>05:09:22.45</b>	+01:23:06 (26.9%)	8:56	6.7 (72.8%)
33	<b>SOBCZAK Magdalena</b>	<b>152</b>	WIELISZEW HERON TEAM	K-OPEN	7		02:45:52	03:44:48	<b>05:10:00.60</b>	<b>05:10:00.60</b>	+01:23:44 (27.0%)	8:57	6.7 (72.8%)
34	<b>MUSIAŁ Ewelina</b>	<b>135</b>		K-OPEN	8		02:46:13	03:44:44	<b>05:12:50.10</b>	<b>05:12:50.10</b>	+01:26:33 (27.7%)	9:02	6.6 (71.7%)
35	<b>PAWELCZYK Krzysztof</b>	<b>142</b>	SOBAS TEAM	M-OPEN	27		02:50:06	03:45:24	<b>05:20:18.40</b>	<b>05:20:18.40</b>	+01:34:01 (29.4%)	9:15	6.5 (70.7%)
36	<b>TOKARZ Marcin</b>	<b>163</b>		M-OPEN	28		02:55:19	03:50:47	<b>05:21:02.00</b>	<b>05:21:02.00</b>	+01:34:45 (29.5%)	9:16	6.5 (70.7%)
37	<b>NOWIŃSKI Jakub</b>	<b>138</b>	ŁÓDŹRUNCREW/JAKOTEAM	M-OPEN	29		02:49:24	03:50:01	<b>05:26:55.95</b>	<b>05:26:55.95</b>	+01:40:39 (30.8%)	9:26	6.4 (69.6%)
38	<b>JĘDZURA Daniel</b>	<b>119</b>		M-OPEN	30		02:43:35	03:37:10	<b>05:28:16.65</b>	<b>05:28:16.65</b>	+01:42:00 (31.1%)	9:29	6.3 (68.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Wdżar 20km	Lubań 24km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 34.6km	brutto 34.6km			
39	RECLIK Jacek	147	SMAKI BIEGANIA	M-OPEN	31		02:53:42	03:50:11	<b>05:29:50.90</b>	<b>05:29:50.90</b>	+01:43:34 (31.4%)	9:31	6.3 (68.5%)
40	KOWALCZYK Kazimierz	124	KS MURZASICHLE	M-OPEN	32		02:20:25	03:09:24	<b>05:30:24.65</b>	<b>05:30:24.65</b>	+01:44:08 (31.5%)	9:32	6.3 (68.5%)
41	DZIADURA Damian	112	BIEGAM BO LUBIEŃ	M-OPEN	33		02:55:24	03:54:36	<b>05:32:40.20</b>	<b>05:32:40.20</b>	+01:46:23 (32.0%)	9:36	6.2 (67.4%)
42	SZCZEPANEK Kamil	158		M-OPEN	34		02:55:25	03:54:39	<b>05:32:40.45</b>	<b>05:32:40.45</b>	+01:46:24 (32.0%)	9:36	6.2 (67.4%)
43	WROBLEWSKI Mateusz	171		M-OPEN	35		02:57:35	03:58:05	<b>05:33:15.25</b>	<b>05:33:15.25</b>	+01:46:58 (32.1%)	9:37	6.2 (67.4%)
44	KUCZYŃSKI Grzegorz	127	BIAŁYSTOK BIEGA TEAM	M-OPEN	36		02:59:54	03:57:46	<b>05:41:11.10</b>	<b>05:41:11.10</b>	+01:54:54 (33.7%)	9:51	6.1 (66.3%)
45	PAWELEC Krystyna	143	DOGOŃ GRODZISK MAZOWIECKI	K-OPEN	9		03:05:40	04:02:36	<b>05:41:31.40</b>	<b>05:41:31.40</b>	+01:55:14 (33.7%)	9:52	6.1 (66.3%)
46	NOWAK Ewelina	137	SPARTAN TRAINING GROUP TARNÓW	K-OPEN	10		02:56:43	03:57:40	<b>05:41:31.85</b>	<b>05:41:31.85</b>	+01:55:15 (33.7%)	9:52	6.1 (66.3%)
47	UCIŃSKI Grzegorz	166		M-OPEN	37		03:04:25	04:06:30	<b>05:44:53.20</b>	<b>05:44:53.20</b>	+01:58:36 (34.4%)	9:58	6 (65.2%)
48	ŚWIETLIK Paweł	160		M-OPEN	38		03:03:37	04:05:35	<b>05:48:34.30</b>	<b>05:48:34.30</b>	+02:02:17 (35.1%)	10:04	6 (65.2%)
49	MATYSZCZAK Mateusz	132		M-OPEN	39		03:00:15	03:58:14	<b>05:49:22.10</b>	<b>05:49:22.10</b>	+02:03:05 (35.2%)	10:05	5.9 (64.1%)
50	WOJTCZAK Mateusz	170		M-OPEN	40		03:00:04	04:05:33	<b>05:50:41.85</b>	<b>05:50:41.85</b>	+02:04:25 (35.5%)	10:08	5.9 (64.1%)
51	STALOWSKA Jolanta	154	OSTROBIEC	K-OPEN	11	OstroBiec	02:57:12	04:12:49	<b>05:51:51.50</b>	<b>05:51:51.50</b>	+02:05:35 (35.7%)	10:10	5.9 (64.1%)
52	STALOWSKI Paweł	155	OSTROBIEC	M-OPEN	41		02:57:13	04:01:18	<b>05:54:53.10</b>	<b>05:54:53.10</b>	+02:08:36 (36.2%)	10:15	5.8 (63.0%)
53	BUDZIASZEK Agnieszka	106	EFFI RUN TEAM	K-OPEN	12		03:05:04	04:06:33	<b>06:00:25.10</b>	<b>06:00:25.10</b>	+02:14:08 (37.2%)	10:25	5.8 (63.0%)
54	PUDŁO Sebastian	145	OSTROBIEC	M-OPEN	42	OstroBiec 2	03:11:31		<b>06:04:40.80</b>	<b>06:04:40.80</b>	+02:18:24 (38.0%)	10:32	5.7 (62.0%)
55	SKOCZEK Tomasz	151		M-OPEN	43		03:10:16		<b>06:07:35.70</b>	<b>06:07:35.70</b>	+02:21:19 (38.4%)	10:37	5.6 (60.9%)
56	WNUK Przemysław	169	KALINA FOREVER	M-OPEN	44		03:29:09	04:29:37	<b>06:08:06.75</b>	<b>06:08:06.75</b>	+02:21:50 (38.5%)	10:38	5.6 (60.9%)
57	BUKOWIEC Justyna	107	KKM KALORYFER	K-OPEN	13		03:15:00		<b>06:12:19.50</b>	<b>06:12:19.50</b>	+02:26:03 (39.2%)	10:45	5.6 (60.9%)
58	TADLA Izabela	161	#NOLIMITS	K-OPEN	14		03:10:12		<b>06:15:35.15</b>	<b>06:15:35.15</b>	+02:29:18 (39.8%)	10:51	5.5 (59.8%)
59	PATEREK Ada	173	12TRI.PL	K-OPEN	15		03:15:05	04:26:02	<b>06:19:49.55</b>	<b>06:19:49.55</b>	+02:33:33 (40.4%)	10:58	5.5 (59.8%)
60	TRYCH Dorota	164		K-OPEN	16	MoKato FalUsy	03:23:22	04:32:29	<b>06:26:11.20</b>	<b>06:26:11.20</b>	+02:39:54 (41.4%)	11:09	5.4 (58.7%)
61	WARZOCHA Paweł	168	NIECHBIEGA	M-OPEN	45		03:28:23	04:27:13	<b>06:26:36.15</b>	<b>06:26:36.15</b>	+02:40:19 (41.5%)	11:10	5.4 (58.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Wdżar 20km	Lubań 24km	Czas netto 34.6km	Czas brutto 34.6km	Różn	Tempo min/km	Tempo km/h
62	<b>DABROWSKI Dariusz</b>	<b>110</b>	KALINA FOREVER	M-OPEN	46		03:29:09	04:38:33	<b>06:35:40.05</b>	<b>06:35:40.05</b>	+02:49:23 (42.8%)	11:26	5.2 (56.5%)
63	<b>TUSIŃSKI Seweryn</b>	<b>165</b>	OSTROBIEC	M-OPEN	47		03:23:11	04:35:37	<b>06:36:36.90</b>	<b>06:36:36.90</b>	+02:50:20 (42.9%)	11:27	5.2 (56.5%)
64	<b>BOGUSZ Tomasz</b>	<b>105</b>	PROGRAMISTA W RUCHU	M-OPEN	48		03:29:08	04:44:46	<b>06:39:39.10</b>	<b>06:39:39.10</b>	+02:53:22 (43.4%)	11:33	5.2 (56.5%)
65	<b>STERNIK Daniel</b>	<b>156</b>		M-OPEN	49		03:19:10	04:40:21	<b>07:04:35.35</b>	<b>07:04:35.35</b>	+03:18:18 (46.7%)	12:16	4.9 (53.3%)
66	<b>KIERUS Łukasz</b>	<b>120</b>	BIAŁYSTOK BIEGA TEAM	M-OPEN	50		03:32:55	04:43:49	<b>07:13:04.45</b>	<b>07:13:04.45</b>	+03:26:48 (47.8%)	12:30	4.8 (52.2%)
	<b>GARUS Łukasz</b>	<b>115</b>		M-OPEN			02:36:56 DNF	03:25:32 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>LIŚKIEWICZ Hubert</b>	<b>129</b>	MY ENDURANCE COACHING	M-OPEN			02:38:29 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 68 wynik(ów)