



# 34KM ZIMNY WDŻAR - GUT WINTER

B4SPORT

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

Gorce Ultra-Trail - Winter  
Fundacja Run Vegan  
2025-02-22  
Ochoznica Górna  
34 km

**B4SPORT**  
INTELEGNTE 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>SIOŁA Karol</b>	<b>259</b>	TEAM DIADORA	M-20	1		01:31:21	02:00:20	<b>02:43:34.65</b>	<b>02:43:34.65</b>		4:43	12.7 (100%)
2	<b>ZBOZIEN Jarosław</b>	<b>273</b>	ALPIN SPORT TEAM	M-40	1		01:37:08	02:16:47	<b>02:56:27.10</b>	<b>02:56:27.10</b>	+00:12:52 (7.3%)	5:05	11.8 (92.9%)
3	<b>CIĄGŁO Radosław</b>	<b>276</b>	MKL BRYGADA BESKIDÓW NOWY SĄCZ	M-40	2	MKL Brygada Beskidów Nowy Sącz	01:42:24	02:17:31	<b>03:04:21.00</b>	<b>03:04:21.00</b>	+00:20:46 (11.3%)	5:19	11.3 (89.0%)
4	<b>BODURKA Adam</b>	<b>204</b>		M-30	1		01:40:43	02:17:13	<b>03:11:52.10</b>	<b>03:11:52.10</b>	+00:28:17 (14.7%)	5:32	10.8 (85.0%)
5	<b>PERYKASZA Paweł</b>	<b>252</b>	GRUPA LUKTRANS	M-40	3	Grupa LukTrans	01:52:25	02:31:26	<b>03:24:11.90</b>	<b>03:24:11.90</b>	+00:40:37 (19.9%)	5:54	10.2 (80.3%)
6	<b>ŁOZA Mateusz</b>	<b>241</b>	ZWIEDZANIE PRZEZ BIEGANIE	M-30	2		01:44:34	02:25:28	<b>03:24:51.65</b>	<b>03:24:51.65</b>	+00:41:17 (20.2%)	5:55	10.1 (79.5%)
7	<b>ŁĄCZAK Magdalena</b>	<b>277</b>	ULTRAFUN	K-40	1		01:54:05	02:30:06	<b>03:30:42.25</b>	<b>03:30:42.25</b>	+00:47:07 (22.4%)	6:05	9.9 (78.0%)
8	<b>BOHUN Dawid</b>	<b>205</b>	PEPITKA TEAM	M-40	4		01:55:39	02:35:18	<b>03:34:43.60</b>	<b>03:34:43.60</b>	+00:51:08 (23.8%)	6:12	9.7 (76.4%)
9	<b>MIEDZIEJEWSKI Andrzej</b>	<b>244</b>		M-30	3		02:06:39	02:41:19	<b>03:37:03.20</b>	<b>03:37:03.20</b>	+00:53:28 (24.6%)	6:16	9.6 (75.6%)
10	<b>WACŁAWEK VIRUS Marcin</b>	<b>267</b>		M-40	5		02:00:26	02:41:27	<b>03:42:15.80</b>	<b>03:42:15.80</b>	+00:58:41 (26.4%)	6:25	9.3 (73.2%)
11	<b>PAŁKA Tomasz</b>	<b>251</b>	KB PARANTELA	M-50	1	KB Parantela	01:59:34	02:42:39	<b>03:42:34.30</b>	<b>03:42:34.30</b>	+00:58:59 (26.5%)	6:25	9.3 (73.2%)
12	<b>MAZUR Paweł</b>	<b>243</b>	LUBAŃ CLUB RUN&PROJECT1000UP	M-30	4	Lubań Club Run&Project1000up	02:03:10	02:43:23	<b>03:44:21.20</b>	<b>03:44:21.20</b>	+01:00:46 (27.1%)	6:29	9.3 (73.2%)
13	<b>KUCHARSKI Robert</b>	<b>238</b>	BIEGAM NA STABŁOWICACH	M-40	6		02:04:00	02:46:39	<b>03:48:28.80</b>	<b>03:48:28.80</b>	+01:04:54 (28.4%)	6:36	9.1 (71.7%)
14	<b>STEPANIUK Adam</b>	<b>264</b>	BIEGAMY DZISIAJ?	M-50	2		02:07:25	02:49:18	<b>03:51:54.20</b>	<b>03:51:54.20</b>	+01:08:19 (29.5%)	6:42	9 (70.9%)
15	<b>SOSNOWSKA Agnieszka</b>	<b>262</b>		K-40	2		02:13:43	02:57:51	<b>04:04:08.40</b>	<b>04:04:08.40</b>	+01:20:33 (33.0%)	7:03	8.5 (66.9%)

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
16	<b>KOZŁOWSKI Jerzy</b>	<b>232</b>		M-30	5		02:11:45	02:57:47	<b>04:05:08.50</b>	<b>04:05:08.50</b>	+01:21:33 (33.3%)	7:05	8.5 (66.9%)
17	<b>WIERZBA Michał</b>	<b>268</b>	SKAWINA BIEGA	M-40	7		02:14:10	02:59:28	<b>04:09:18.40</b>	<b>04:09:18.40</b>	+01:25:43 (34.4%)	7:12	8.3 (65.4%)
18	<b>ADAMSKA Paulina</b>	<b>202</b>	SZYNSZYLA GNIEZNO	K-20	1	Szynszyla Gniezno	02:17:59	03:05:04	<b>04:14:26.35</b>	<b>04:14:26.35</b>	+01:30:51 (35.7%)	7:21	8.2 (64.6%)
19	<b>BARTOSZEWICZ Agnieszka</b>	<b>203</b>	TRICLUB	K-40	3		02:23:53	03:10:11	<b>04:21:42.75</b>	<b>04:21:42.75</b>	+01:38:08 (37.5%)	7:33	7.9 (62.2%)
20	<b>KOWALCZYK Tomasz</b>	<b>230</b>	TRICLUB	M-50	3		02:23:53	03:10:24	<b>04:21:47.00</b>	<b>04:21:47.00</b>	+01:38:12 (37.5%)	7:33	7.9 (62.2%)
21	<b>ZIŃCZUK Rafał</b>	<b>275</b>		M-40	8		02:22:10	03:08:45	<b>04:23:20.10</b>	<b>04:23:20.10</b>	+01:39:45 (37.9%)	7:36	7.9 (62.2%)
22	<b>ŚLEMP Tomasz</b>	<b>266</b>	JTCNW	M-20	2		02:17:44	03:07:26	<b>04:23:33.40</b>	<b>04:23:33.40</b>	+01:39:58 (37.9%)	7:37	7.9 (62.2%)
23	<b>SZAROWICZ Fabian</b>	<b>265</b>	BATORYBAU	M-40	9		02:16:01	03:05:17	<b>04:24:13.00</b>	<b>04:24:13.00</b>	+01:40:38 (38.1%)	7:38	7.9 (62.2%)
24	<b>MALEC Adam</b>	<b>242</b>	GGG	M-50	4		02:30:43	03:17:58	<b>04:36:26.80</b>	<b>04:36:26.80</b>	+01:52:52 (40.8%)	7:59	7.5 (59.1%)
25	<b>KOŁODZIEJCZYK Łukasz</b>	<b>227</b>		M-30	6		02:30:03	03:19:37	<b>04:40:50.70</b>	<b>04:40:50.70</b>	+01:57:16 (41.8%)	8:06	7.4 (58.3%)
26	<b>JĘDRZEJCZYK Iwona</b>	<b>222</b>	OKNONET ULTRA RUN OPOCZNO	K-30	1		02:29:03	03:17:41	<b>04:44:12.15</b>	<b>04:44:12.15</b>	+02:00:37 (42.4%)	8:12	7.3 (57.5%)
27	<b>KUKLIŃSKA Katarzyna</b>	<b>239</b>		K-40	4		02:33:15	03:26:25	<b>04:48:56.45</b>	<b>04:48:56.45</b>	+02:05:21 (43.4%)	8:21	7.2 (56.7%)
28	<b>CZERNAK Tobiasz</b>	<b>208</b>		M-30	7		02:34:40	03:26:21	<b>04:48:56.60</b>	<b>04:48:56.60</b>	+02:05:21 (43.4%)	8:21	7.2 (56.7%)
29	<b>WRZESIŃSKI Andrzej</b>	<b>271</b>	UNLIMITED SPORT 2.0	M-30	8		02:31:53	03:19:21	<b>04:49:05.80</b>	<b>04:49:05.80</b>	+02:05:31 (43.4%)	8:21	7.2 (56.7%)
30	<b>NGUYEN Adrian</b>	<b>247</b>		M-30	9		02:32:30	03:19:14	<b>04:49:06.00</b>	<b>04:49:06.00</b>	+02:05:31 (43.4%)	8:21	7.2 (56.7%)
30	<b>SQUILLACIOTI Domenico</b>	<b>263</b>	UNLIMITED SPORT 2.0	M-40	10		02:32:20	03:19:18	<b>04:49:06.00</b>	<b>04:49:06.00</b>	+02:05:31 (43.4%)	8:21	7.2 (56.7%)
30	<b>WYSIŃSKI Grzegorz</b>	<b>272</b>		M-40	10		02:31:53	03:17:46	<b>04:49:06.00</b>	<b>04:49:06.00</b>	+02:05:31 (43.4%)	8:21	7.2 (56.7%)
33	<b>CZABAN Ewa</b>	<b>207</b>		K-30	2		02:30:05	03:18:28	<b>04:49:13.00</b>	<b>04:49:13.00</b>	+02:05:38 (43.4%)	8:21	7.2 (56.7%)
34	<b>GORAJ Gabriela</b>	<b>214</b>		K-20	2		02:33:07	03:26:45	<b>04:50:23.75</b>	<b>04:50:23.75</b>	+02:06:49 (43.7%)	8:23	7.1 (55.9%)
35	<b>GÓRKA Marcin</b>	<b>216</b>		M-40	12		02:35:00	03:28:22	<b>04:50:53.50</b>	<b>04:50:53.50</b>	+02:07:18 (43.8%)	8:24	7.1 (55.9%)
36	<b>NIEPSUJ Maciej</b>	<b>248</b>		M-50	5		02:26:44	03:12:52	<b>04:52:10.55</b>	<b>04:52:10.55</b>	+02:08:35 (44.0%)	8:26	7.1 (55.9%)
37	<b>GINTER Grzegorz</b>	<b>212</b>	AZS COLLEGIUM MEDICUM UJ	M-40	13		02:40:42	03:38:01	<b>04:56:59.60</b>	<b>04:56:59.60</b>	+02:13:24 (44.9%)	8:35	7 (55.1%)
38	<b>MIRONAU Yury</b>	<b>245</b>		M-40	14		02:32:49	03:27:07	<b>04:57:44.10</b>	<b>04:57:44.10</b>	+02:14:09 (45.1%)	8:36	7 (55.1%)

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39	<b>SOBCZAK Marcin</b>	<b>261</b>	SMASHING PĄPKINS	M-40	15		02:52:13	03:35:45	<b>04:57:59.60</b>	<b>04:57:59.60</b>	+02:14:24 (45.1%)	8:36	7 (55.1%)
40	<b>CZYŻEWSKI Łukasz</b>	<b>209</b>	STS BIEGATON MIKOŁÓW	M-30	10	STS BIEGATON MIKOŁÓW	02:25:15	03:19:32	<b>05:03:54.70</b>	<b>05:03:54.70</b>	+02:20:20 (46.2%)	8:46	6.8 (53.5%)
41	<b>GÓRA Jakub</b>	<b>215</b>		M-20	3		02:33:08	03:27:44	<b>05:05:26.70</b>	<b>05:05:26.70</b>	+02:21:52 (46.4%)	8:49	6.8 (53.5%)
42	<b>CIEPKA Paulina</b>	<b>206</b>		K-30	3		02:44:58	03:38:12	<b>05:05:51.90</b>	<b>05:05:51.90</b>	+02:22:17 (46.5%)	8:50	6.8 (53.5%)
43	<b>IWANIEC Grzegorz</b>	<b>219</b>		M-50	6		02:42:48	03:35:27	<b>05:10:36.20</b>	<b>05:10:36.20</b>	+02:27:01 (47.3%)	8:58	6.7 (52.8%)
44	<b>WRONA Paweł</b>	<b>270</b>	SPRINT GORZYCE	M-30	11		02:34:13	03:31:28	<b>05:10:59.30</b>	<b>05:10:59.30</b>	+02:27:24 (47.4%)	8:59	6.7 (52.8%)
45	<b>RYBARZ Michał</b>	<b>258</b>	RUN RYDUŁTOWY	M-30	12		02:49:48	03:47:26	<b>05:12:19.40</b>	<b>05:12:19.40</b>	+02:28:44 (47.6%)	9:01	6.6 (52.0%)
46	<b>KOSMAN Magdalena</b>	<b>228</b>	SKL SUCHA BESKIDZKA	K-30	4		02:53:46	03:47:37	<b>05:13:19.30</b>	<b>05:13:19.30</b>	+02:29:44 (47.8%)	9:03	6.6 (52.0%)
47	<b>KOWALEWSKA Dagmara</b>	<b>231</b>		K-30	5		02:49:05	03:47:22	<b>05:13:50.00</b>	<b>05:13:50.00</b>	+02:30:15 (47.9%)	9:04	6.6 (52.0%)
48	<b>PETLAKOWSKI Daniel</b>	<b>253</b>	GWIAZDA POŁUDNIA	M-40	16		02:51:35		<b>05:21:12.30</b>	<b>05:21:12.30</b>	+02:37:37 (49.1%)	9:16	6.5 (51.2%)
49	<b>RATAJCZAK Konrad</b>	<b>256</b>	TROCHĘ JUŻ BIEGAM ,)	M-40	17		02:49:34	03:43:47	<b>05:23:10.25</b>	<b>05:23:10.25</b>	+02:39:35 (49.4%)	9:20	6.4 (50.4%)
50	<b>WÓJCIAK Ewelina</b>	<b>269</b>	WARRIORS ŁÓDŹ	K-30	6		02:58:19	03:53:36	<b>05:25:38.45</b>	<b>05:25:38.45</b>	+02:42:03 (49.8%)	9:24	6.4 (50.4%)
51	<b>PALIWODA Małgorzata</b>	<b>250</b>		K-30	7		02:51:08	03:43:43	<b>05:36:06.30</b>	<b>05:36:06.30</b>	+02:52:31 (51.3%)	9:42	6.2 (48.8%)
52	<b>KRÓLAK Magda</b>	<b>235</b>		K-30	8		02:51:07	03:43:41	<b>05:36:06.80</b>	<b>05:36:06.80</b>	+02:52:32 (51.3%)	9:42	6.2 (48.8%)
53	<b>GRYGIERCZYK Katarzyna</b>	<b>217</b>		K-30	9		03:06:05	03:58:10	<b>05:37:01.25</b>	<b>05:37:01.25</b>	+02:53:26 (51.5%)	9:44	6.2 (48.8%)
54	<b>OSTROWSKI Krystian</b>	<b>249</b>		M-30	13		02:42:28	03:39:47	<b>05:37:50.90</b>	<b>05:37:50.90</b>	+02:54:16 (51.6%)	9:45	6.1 (48.0%)
55	<b>KRAJEWSKI Krzysztof</b>	<b>233</b>	PTG SOKÓŁ ŚWIAT PRACY TARNÓW	M-40	18		03:01:31	03:59:50	<b>05:41:16.10</b>	<b>05:41:16.10</b>	+02:57:41 (52.1%)	9:51	6.1 (48.0%)
56	<b>KRZYSZTOFOWICZ Andrzej</b>	<b>236</b>	ULTRASY	M-40	19		02:52:05	03:51:30	<b>05:42:06.55</b>	<b>05:42:06.55</b>	+02:58:31 (52.2%)	9:53	6.1 (48.0%)
57	<b>SIWIEC Kacper</b>	<b>260</b>	AZS AWF KRAKÓW MASTERS	M-20	4		02:58:42	03:54:04	<b>05:43:59.50</b>	<b>05:43:59.50</b>	+03:00:24 (52.4%)	9:56	6 (47.2%)
58	<b>JANIK Grzegorz</b>	<b>221</b>	BOCHNIA 5:60	M-40	20		02:51:29	03:58:04	<b>05:47:17.35</b>	<b>05:47:17.35</b>	+03:03:42 (52.9%)	10:02	6 (47.2%)
59	<b>PLATA Krzysztof</b>	<b>255</b>		M-20	5		03:01:25	04:02:30	<b>05:49:46.35</b>	<b>05:49:46.35</b>	+03:06:11 (53.2%)	10:06	5.9 (46.5%)
60	<b>JANIČEK Jaroslav</b>	<b>220</b>	PCS LIPTOV	M-60	1		03:03:31	04:15:33	<b>06:13:25.15</b>	<b>06:13:25.15</b>	+03:29:50 (56.2%)	10:47	5.6 (44.1%)
61	<b>PIWONSKI Maksym</b>	<b>254</b>		M-40	21	NH Team	02:58:29	04:10:12	<b>06:15:09.20</b>	<b>06:15:09.20</b>	+03:31:34 (56.4%)	10:50	5.5 (43.3%)

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62	<b>KRZYSZTOFOWICZ Karolina</b>	<b>237</b>	ULTRASZY	K-40	5		03:27:08	04:32:54	<b>06:29:15.90</b>	<b>06:29:15.90</b>	+03:45:41 (58.0%)	11:15	5.3 (41.7%)
63	<b>ADAMEK Jarosław</b>	<b>201</b>		M-30	14		03:14:21	04:18:12	<b>06:35:45.55</b>	<b>06:35:45.55</b>	+03:52:10 (58.7%)	11:26	5.2 (40.9%)
64	<b>ADAMEK Grzegorz</b>	<b>200</b>	ŁÓDŹ KOCHA SPORT	M-40	22		03:32:42	04:44:00	<b>06:55:21.80</b>	<b>06:55:21.80</b>	+04:11:47 (60.6%)	12:00	5 (39.4%)
DNC	<b>SARAPUK Piotr</b>	<b>97</b>		M-50			03:20:29		<b>06:36:15.95</b>	<b>06:36:15.95</b>		0:00	5.2 (40.9%)
	<b>FITT Konrad</b>	<b>210</b>	KRAKÓW AIRPORT RUNNING TEAM	M-40			DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 66 wynik(ów)