



**Wydarzenie:** Biegi Górskie - Rabka-Zdrój  
**Organizator:** Fundacja Małopolskie Szlaki  
**Data:** 2024-05-02  
**Miejsce:** Rabka-Zdrój  
**Dystans:** 15 km

# BIEGI GÓRSKIE RABKA-ZDRÓJ W15KM

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Skawa 8km	Czas netto 14.5km	Czas brutto 14.5km	Różn	Tempo min/km	Tempo km/h
1	<b>MALEC Łukasz</b>	<b>167</b>	SPISKA GRUPA BIEGOWA	OPEN M	1	00:27:41	<b>01:02:03.85</b>	<b>01:02:03.85</b>		4:16	14 (100%)
2	<b>KOSTBLA Piotr</b>	<b>197</b>		OPEN M	2	00:28:57	<b>01:05:17.05</b>	<b>01:05:17.05</b>	+00:03:13 (4.9%)	4:30	13.3 (95.0%)
3	<b>ZABEL Robert</b>	<b>193</b>		OPEN M	3	00:30:23	<b>01:07:50.30</b>	<b>01:07:50.30</b>	+00:05:46 (8.5%)	4:40	12.8 (91.4%)
4	<b>KRASZPULSKA Maggie</b>	<b>163</b>	TRAIL IS OUR WAY	OPEN K	1	00:31:46	<b>01:08:46.50</b>	<b>01:08:46.50</b>	+00:06:42 (9.8%)	4:44	12.7 (90.7%)
5	<b>WYSOCKI Marcin</b>	<b>192</b>	POLPLAST BIEGA	OPEN M	4	00:32:06	<b>01:12:36.40</b>	<b>01:12:36.40</b>	+00:10:32 (14.5%)	5:00	12 (85.7%)
6	<b>TOMERA Michał</b>	<b>185</b>		OPEN M	5	00:31:52	<b>01:13:08.65</b>	<b>01:13:08.65</b>	+00:11:04 (15.1%)	5:02	11.9 (85.0%)
7	<b>PRONOBIS Marek</b>	<b>179</b>	PRONOBIS TEAM	OPEN M	6	00:32:40	<b>01:13:09.00</b>	<b>01:13:09.00</b>	+00:11:05 (15.2%)	5:02	11.9 (85.0%)
8	<b>RÓŻYCKI Dawid</b>	<b>182</b>		OPEN M	7	00:32:43	<b>01:14:14.40</b>	<b>01:14:14.40</b>	+00:12:10 (16.4%)	5:07	11.7 (83.6%)
9	<b>RAJSKI Rafał</b>	<b>180</b>	WARTKIE KIYRPE	OPEN M	8	00:33:51	<b>01:16:29.95</b>	<b>01:16:29.95</b>	+00:14:26 (18.9%)	5:16	11.4 (81.4%)
10	<b>IRZYK Damian</b>	<b>161</b>	POLE MOKOTOWSKIE	OPEN M	9	00:34:08	<b>01:16:36.50</b>	<b>01:16:36.50</b>	+00:14:32 (19.0%)	5:16	11.4 (81.4%)
11	<b>TOMICA Natalia</b>	<b>186</b>		OPEN K	2	00:34:32	<b>01:16:59.85</b>	<b>01:16:59.85</b>	+00:14:56 (19.4%)	5:18	11.3 (80.7%)
12	<b>BULANDA Dawid</b>	<b>154</b>		OPEN M	10	00:34:03	<b>01:18:28.80</b>	<b>01:18:28.80</b>	+00:16:24 (20.9%)	5:24	11.1 (79.3%)
13	<b>POLS Rogier</b>	<b>178</b>		OPEN M	11	00:34:25	<b>01:20:00.05</b>	<b>01:20:00.05</b>	+00:17:56 (22.4%)	5:31	10.9 (77.9%)
14	<b>BARTOSIEWICZ Justyna</b>	<b>151</b>	ADIDAS RUNNERS WARSAW	OPEN K	3	00:34:49	<b>01:20:50.35</b>	<b>01:20:50.35</b>	+00:18:46 (23.2%)	5:34	10.8 (77.1%)
15	<b>GAZDA Olga</b>	<b>158</b>	RACEFIGHTER GOSIR DĘBE WIELKIE	OPEN K	4	00:36:41	<b>01:22:25.15</b>	<b>01:22:25.15</b>	+00:20:21 (24.7%)	5:41	10.6 (75.7%)
16	<b>MASŁOWIEC Kamil</b>	<b>169</b>	MOTOROLA SOLUTIONS KRAKÓW	OPEN M	12	00:36:56	<b>01:23:26.05</b>	<b>01:23:26.05</b>	+00:21:22 (25.6%)	5:45	10.4 (74.3%)
17	<b>WOJNOWSKA Aleksandra</b>	<b>190</b>		OPEN K	5	00:38:18	<b>01:25:01.15</b>	<b>01:25:01.15</b>	+00:22:57 (27.0%)	5:51	10.2 (72.9%)
18	<b>SMÓŁKA Kinga</b>	<b>183</b>		OPEN K	6	00:38:13	<b>01:25:19.70</b>	<b>01:25:19.70</b>	+00:23:15 (27.3%)	5:53	10.2 (72.9%)
19	<b>CHORKOWY Bartosz</b>	<b>155</b>	MULTIFIT	OPEN M	13	00:38:26	<b>01:25:20.50</b>	<b>01:25:20.50</b>	+00:23:16 (27.3%)	5:53	10.2 (72.9%)
20	<b>RAMISZ Agnieszka</b>	<b>181</b>		OPEN K	7	00:38:07	<b>01:25:41.10</b>	<b>01:25:41.10</b>	+00:23:37 (27.6%)	5:54	10.2 (72.9%)
21	<b>MORDARSKI Krystian</b>	<b>172</b>		OPEN M	14	00:37:59	<b>01:27:16.85</b>	<b>01:27:16.85</b>	+00:25:13 (28.9%)	6:01	10 (71.4%)
22	<b>WINIARCZYK Mirek</b>	<b>189</b>		OPEN M	15	00:39:57	<b>01:30:45.80</b>	<b>01:30:45.80</b>	+00:28:41 (31.6%)	6:15	9.6 (68.6%)
23	<b>GUZIAK Irena</b>	<b>196</b>	OBIDOWA GŁUSZCZE	OPEN K	8	00:38:40	<b>01:31:24.10</b>	<b>01:31:24.10</b>	+00:29:20 (32.1%)	6:18	9.5 (67.9%)
24	<b>MAZUR Ryszard</b>	<b>170</b>		OPEN M	16	00:40:25	<b>01:34:29.40</b>	<b>01:34:29.40</b>	+00:32:25 (34.3%)	6:30	9.2 (65.7%)
25	<b>KURACZOWSKA Katarzyna</b>	<b>165</b>		OPEN K	9	00:42:31	<b>01:41:16.85</b>	<b>01:41:16.85</b>	+00:39:13 (38.7%)	6:59	8.6 (61.4%)
26	<b>BUDZYN Dominika</b>	<b>153</b>		OPEN K	10	00:47:33	<b>01:44:03.45</b>	<b>01:44:03.45</b>	+00:41:59 (40.4%)	7:10	8.4 (60.0%)
27	<b>MOKRY Bastek</b>	<b>171</b>	LOTOM Z JERZYM	OPEN M	17	00:47:20	<b>01:44:14.70</b>	<b>01:44:14.70</b>	+00:42:10 (40.5%)	7:11	8.3 (59.3%)
28	<b>URBAŃCZYK Marcin</b>	<b>187</b>	URBAŃCZYK FENIX TEAM	OPEN M	18	00:47:16	<b>01:45:08.90</b>	<b>01:45:08.90</b>	+00:43:05 (41.0%)	7:15	8.3 (59.3%)
29	<b>GROŃSKA Patrycja</b>	<b>160</b>		OPEN K	11	00:47:27	<b>01:45:46.20</b>	<b>01:45:46.20</b>	+00:43:42 (41.3%)	7:17	8.2 (58.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Skawa 8km	Czas netto 14.5km	Czas brutto 14.5km	Różn	Tempo min/km	Tempo km/h
30	<b>KOŚCIELNIAK Marta</b>	<b>162</b>		OPEN K	12	00:47:11	<b>01:45:46.45</b>	<b>01:45:46.45</b>	+00:43:42 (41.3%)	7:17	8.2 (58.6%)
31	<b>PANKIEWICZ Anna</b>	<b>195</b>		OPEN K	13	00:47:45	<b>01:52:03.10</b>	<b>01:52:03.10</b>	+00:49:59 (44.6%)	7:43	7.8 (55.7%)
32	<b>ŚWIDER Ewa</b>	<b>184</b>		OPEN K	14	00:49:29	<b>01:55:36.40</b>	<b>01:55:36.40</b>	+00:53:32 (46.3%)	7:58	7.5 (53.6%)
33	<b>CZYSZCZOŃ Daniel</b>	<b>156</b>		OPEN M	19	00:49:24	<b>01:55:36.80</b>	<b>01:55:36.80</b>	+00:53:32 (46.3%)	7:58	7.5 (53.6%)
34	<b>DUDA Gabriela</b>	<b>157</b>	DRUŻYNA SMA	OPEN K	15	00:51:04	<b>02:00:14.50</b>	<b>02:00:14.50</b>	+00:58:10 (48.4%)	8:17	7.2 (51.4%)
35	<b>WDZIĘCZNY Włodzimierz</b>	<b>188</b>	DRUŻYNA SMA	OPEN M	20	00:51:01	<b>02:00:15.10</b>	<b>02:00:15.10</b>	+00:58:11 (48.4%)	8:17	7.2 (51.4%)
36	<b>GOŚCIEJ Wanda</b>	<b>159</b>		OPEN K	16	00:50:55	<b>02:01:17.10</b>	<b>02:01:17.10</b>	+00:59:13 (48.8%)	8:21	7.2 (51.4%)
37	<b>MAŁODOBRY Krzysztof</b>	<b>168</b>		OPEN M	21	00:58:54	<b>02:21:06.35</b>	<b>02:21:06.35</b>	+01:19:02 (56.0%)	9:43	6.2 (44.3%)
38	<b>OCHNIO Marta</b>	<b>174</b>		OPEN K	17	00:58:59	<b>02:21:07.95</b>	<b>02:21:07.95</b>	+01:19:04 (56.0%)	9:43	6.2 (44.3%)
39	<b>ORLICKA Agnieszka</b>	<b>175</b>	DRUŻYNA SMA	OPEN K	18	01:08:22	<b>02:35:52.65</b>	<b>02:35:52.65</b>	+01:33:48 (60.2%)	10:44	5.6 (40.0%)
40	<b>ORLICKI Marek</b>	<b>176</b>	DRUŻYNA SMA	OPEN M	22	01:08:06	<b>02:35:55.95</b>	<b>02:35:55.95</b>	+01:33:52 (60.2%)	10:45	5.6 (40.0%)

Znaleziono 40 wynik(ów)