



# BOJKO TRAIL 60 KM - CARYNA

B4SPORT

**Event:** Bojko Trail  
**Organiser:** Fundacja Na Ratunek  
**Date:** 2022-07-09  
**Place:** Czarna Górna  
**Distance:** 56 km

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Classification: All

Place	Participant	Number	Club	Category	MCat	Zatwarnica 15km	Polana 28km	Czarna Dolna 35km	Przełęcz nad Żłobkiem 47km	Net time 56km	Czas brutto 56km	Gap	Pace min/km	Pace km/h
1	<b>BOROWSKI Kamil</b>	<b>624</b>	CHEŁM BIEGA	Senior Mężczyzn	1	01:27:54	02:34:38	03:26:49	04:36:11	<b>05:21:26.15</b>	<b>05:21:26.15</b>		5:44	10.5 (100%)
2	<b>TYBUREK Michał</b>	<b>634</b>	STAY INSANE	Master Mężczyzn	1	01:27:57	02:36:47	03:31:58	04:45:31	<b>05:32:45.40</b>	<b>05:32:45.40</b>	+00:11:19 (3.4%)	5:56	10.1 (96.2%)
3	<b>SZCZEPANIAK Witold</b>	<b>616</b>		Weteran Mężczyzn	1	01:28:01	02:34:43	03:26:53	04:40:28	<b>05:38:36.45</b>	<b>05:38:36.45</b>	+00:17:10 (5.1%)	6:02	9.9 (94.3%)
4	<b>PĄPROWICZ Wojciech</b>	<b>626</b>		Master Mężczyzn	2	01:35:01	02:52:31	03:58:20	05:23:25	<b>06:18:45.00</b>	<b>06:18:45.00</b>	+00:57:18 (15.1%)	6:45	8.9 (84.8%)
5	<b>TRYGUBENKO Maryna</b>	<b>637</b>	SĘDZISZÓW MAŁOPOLSKI	Senior Kobiet	1	01:40:09	02:58:50	04:02:05	05:26:38	<b>06:19:01.95</b>	<b>06:19:01.95</b>	+00:57:35 (15.2%)	6:46	8.9 (84.8%)
6	<b>JAMRÓZ Łukasz</b>	<b>638</b>		Master Mężczyzn	3	01:42:51	03:01:27	04:04:00	05:31:14	<b>06:28:55.60</b>	<b>06:28:55.60</b>	+01:07:29 (17.4%)	6:56	8.6 (81.9%)
7	<b>RUDNICKI Michał</b>	<b>620</b>	ASSECO ACTIVE TEAM	Master Mężczyzn	4	01:43:54	03:07:07	04:08:17	05:35:57	<b>06:32:02.80</b>	<b>06:32:02.80</b>	+01:10:36 (18.0%)	7:00	8.6 (81.9%)
8	<b>CHWIŁKA Daniel</b>	<b>622</b>	ASSECO ACTIVE TEAM	Master Mężczyzn	5	01:46:27	03:05:48	04:15:00	05:44:44	<b>06:44:25.55</b>	<b>06:44:25.55</b>	+01:22:59 (20.5%)	7:13	8.3 (79.0%)
9	<b>ŚWIDERGOŁ Piotr</b>	<b>615</b>	MARELLI SOSNOWIEC POLAND	Senior Mężczyzn	2	01:43:14	03:05:48	04:15:04	05:48:00	<b>06:45:18.20</b>	<b>06:45:18.20</b>	+01:23:52 (20.7%)	7:14	8.3 (79.0%)
10	<b>PALCZEWSKA- REMIŚ Agnieszka</b>	<b>630</b>		Master Kobiet	1	01:45:43	03:11:24	04:20:21	05:48:11	<b>06:45:22.95</b>	<b>06:45:22.95</b>	+01:23:56 (20.7%)	7:14	8.3 (79.0%)
11	<b>KSIĄŻEK Kacper</b>	<b>628</b>		Senior Mężczyzn	3	01:53:11	03:25:42	04:37:50	06:23:47	<b>07:18:38.15</b>	<b>07:18:38.15</b>	+01:57:12 (26.7%)	7:49	7.7 (73.3%)
12	<b>KONOPKA Łukasz</b>	<b>639</b>		Master Mężczyzn	6	01:45:10	03:13:01	04:31:35	06:15:11	<b>07:20:49.50</b>	<b>07:20:49.50</b>	+01:59:23 (27.1%)	7:52	7.6 (72.4%)
13	<b>CHOŁOTA Marek</b>	<b>604</b>		Master Mężczyzn	7	01:46:23	03:15:16	04:32:22	06:15:47	<b>07:21:42.35</b>	<b>07:21:42.35</b>	+02:00:16 (27.2%)	7:53	7.6 (72.4%)
14	<b>GARBIEN Grzegorz</b>	<b>612</b>		Weteran Mężczyzn	2	01:50:34	03:23:10	04:37:44	06:19:56	<b>07:22:43.40</b>	<b>07:22:43.40</b>	+02:01:17 (27.4%)	7:54	7.6 (72.4%)
15	<b>SZCZABEL Krystian</b>	<b>618</b>	I LOVE GLIWICE	Senior Mężczyzn	4	01:45:08	03:17:38	04:39:39	06:27:23	<b>07:31:51.30</b>	<b>07:31:51.30</b>	+02:10:25 (28.9%)	8:04	7.4 (70.5%)

Place	Participant	Number	Club	Category	MCat	Przełęcz nad Żłobkiem				Net time 56km	Czas brutto 56km	Gap	Pace min/km	Pace km/h
						Zatwarnica 15km	Polana 28km	Czarna Dolna 35km	Przełęcz nad Żłobkiem 47km					
16	KONOPKA Sylwia	10		Weteran Kobiet	1		03:25:45	04:44:04	06:29:14	<b>07:34:55.00</b>	<b>07:34:55.00</b>	+02:13:28 (29.3%)	8:07	7.4 (70.5%)
17	BIAŁKA Rafał	613	GOAT TEAM MICHAŁOWICE	Weteran Mężczyzn	3	01:59:31	03:36:51	04:54:07	06:40:26	<b>07:40:16.10</b>	<b>07:40:16.10</b>	+02:18:49 (30.2%)	8:13	7.3 (69.5%)
18	GAŁWA Dawid	611		Senior Mężczyzn	5	01:53:15	03:30:05	04:48:35	06:38:32	<b>07:42:47.55</b>	<b>07:42:47.55</b>	+02:21:21 (30.5%)	8:15	7.3 (69.5%)
19	LALEWICZ Artur	633	GOAT TEAM MICHAŁOWICE	Weteran Mężczyzn	4	01:59:34	03:36:52	04:54:28	06:40:27	<b>07:51:12.10</b>	<b>07:51:12.10</b>	+02:29:45 (31.8%)	8:24	7.1 (67.6%)
20	ANDRZEJEWSKI Paweł	641		Master Mężczyzn	8	02:06:13	03:52:27	05:14:49	07:03:04	<b>07:59:35.95</b>	<b>07:59:35.95</b>	+02:38:09 (33.0%)	8:33	7 (66.7%)
21	NIEMCZEWSKI Borys	646	TIME BANDIT SUBCARPATHIA	Weteran Mężczyzn	5	01:54:15	03:39:58		06:59:54	<b>08:00:28.50</b>	<b>08:00:28.50</b>	+02:39:02 (33.1%)	8:34	7 (66.7%)
22	KRUKAR Michał	605	FINISZ RYMANÓW	Master Mężczyzn	9	01:54:09	03:28:30	04:48:12	06:47:19	<b>08:02:54.25</b>	<b>08:02:54.25</b>	+02:41:28 (33.4%)	8:37	7 (66.7%)
23	INDRASZAK Adam	614	SILESIA MATATHON CLUB	Weteran Mężczyzn	6	01:56:11	03:38:21	05:01:20	06:58:23	<b>08:03:11.35</b>	<b>08:03:11.35</b>	+02:41:45 (33.5%)	8:37	7 (66.7%)
24	LITWINEK Marek	644	AKM PROMILEK	Master Mężczyzn	10	01:58:33	03:37:57	05:03:39	07:04:58	<b>08:09:46.65</b>	<b>08:09:46.65</b>	+02:48:20 (34.4%)	8:44	6.9 (65.7%)
25	WILGAT Adam	617	WARSAW RUN CLUB	Weteran Mężczyzn	7	01:57:42	03:43:00	05:09:26	07:02:23	<b>08:10:45.65</b>	<b>08:10:45.65</b>	+02:49:19 (34.5%)	8:45	6.8 (64.8%)
26	MARGAS Grzegorz	643		Weteran Mężczyzn	8	02:01:08	03:45:26	05:07:50	07:02:41	<b>08:12:19.45</b>	<b>08:12:19.45</b>	+02:50:53 (34.7%)	8:47	6.8 (64.8%)
27	MAŁKOWSKI Bogdan	608	SPARTANIE DZIECIOM	Weteran Mężczyzn	9	01:55:04	03:39:52	05:15:41	07:18:05	<b>08:21:52.20</b>	<b>08:21:52.20</b>	+03:00:26 (36.0%)	8:57	6.7 (63.8%)
28	ARCISZEWSKI Michał	623	SPRÓCHNIALI HERKULESI	Master Mężczyzn	11	02:00:45	03:45:17	05:15:47	07:19:50	<b>08:31:13.25</b>	<b>08:31:13.25</b>	+03:09:47 (37.1%)	9:07	6.6 (62.9%)
29	CIUBA Paweł	610	SPRÓCHNIALI HERKULESI	Senior Mężczyzn	6	01:56:35	03:43:56	05:15:49	07:19:23	<b>08:31:52.15</b>	<b>08:31:52.15</b>	+03:10:26 (37.2%)	9:08	6.6 (62.9%)
30	KOBISZYN Paweł	8		Senior Mężczyzn	7	02:08:58	03:54:35	05:23:49	07:26:35	<b>08:31:59.70</b>	<b>08:31:59.70</b>	+03:10:33 (37.2%)	9:08	6.6 (62.9%)
31	PODKÓWKA Zbigniew	621	PODGÓRZ TORUŃ	Dinozaur Mężczyzn	1	02:18:43	04:12:55	05:34:22	07:26:29	<b>08:39:06.25</b>	<b>08:39:06.25</b>	+03:17:40 (38.1%)	9:16	6.5 (61.9%)
32	ADAMCZYK Łukasz	627	STG WARSZAWA	Master Mężczyzn	12	01:56:41	03:42:33	05:12:25	07:38:12	<b>08:48:51.35</b>	<b>08:48:51.35</b>	+03:27:25 (39.2%)	9:26	6.4 (61.0%)
33	MICHALEC Marcin	635	KKB MOSIR KROSNO	Senior Mężczyzn	8	02:19:36	04:11:59	05:40:38	07:44:30	<b>08:51:34.80</b>	<b>08:51:34.80</b>	+03:30:08 (39.5%)	9:29	6.3 (60.0%)
34	ŁOPATKIEWICZ Beata	636		Weteran Kobiet	2	02:19:30	04:12:00	05:41:08	07:38:45	<b>08:51:34.85</b>	<b>08:51:34.85</b>	+03:30:08 (39.5%)	9:29	6.3 (60.0%)
35	ZARĘBA Jolanta	640		Weteran Kobiet	3	02:13:09	04:04:23	05:31:47	07:30:54	<b>08:54:38.65</b>	<b>08:54:38.65</b>	+03:33:12 (39.9%)	9:32	6.3 (60.0%)
36	WILIŃSKA-ZYWERT Agnieszka	609		Master Kobiet	2	02:05:23	04:03:03	05:37:38	07:50:22	<b>09:03:00.75</b>	<b>09:03:00.75</b>	+03:41:34 (40.8%)	9:41	6.2 (59.0%)
37	STYŁA-STYLIŃSKI Norbert	629	TWOJA STARA	Master Mężczyzn	13	02:12:11	04:01:12	05:33:54	07:51:35	<b>09:12:03.35</b>	<b>09:12:03.35</b>	+03:50:37 (41.8%)	9:51	6.1 (58.1%)
38	GRZESIK Michał	645	TRUSKAWA TEAM	Master Mężczyzn	14	02:06:22	04:05:13	05:42:29	07:55:02	<b>09:18:00.65</b>	<b>09:18:00.65</b>	+03:56:34 (42.4%)	9:57	6 (57.1%)

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39	<b>MARYNARZA Mama</b>	<b>642</b>	SPC	Weteran Kobiet	4	02:20:38	04:26:58	06:08:50	08:10:44	<b>09:27:24.10</b>	<b>09:27:24.10</b>	+04:05:57 (43.3%)	10:07	5.9 (56.2%)
40	<b>SZYSZKOWSKI Włodzimierz</b>	<b>607</b>	DUKE NUKEM PRINCE OF WARSAW	Weteran Mężczyzn	10	02:20:46	04:26:58	06:11:16	08:35:38	<b>09:58:59.40</b>	<b>09:58:59.40</b>	+04:37:33 (46.3%)	10:41	5.6 (53.3%)
41	<b>RUTKOWSKA Małgorzata</b>	<b>619</b>		Weteran Kobiet	5	02:27:42	04:36:36	05:57:57	08:05:40	<b>10:03:54.00</b>	<b>10:03:54.00</b>	+04:42:27 (46.8%)	10:47	5.6 (53.3%)
42	<b>ZDROJKOWSKI Ireneusz</b>	<b>631</b>	BIEGIEM RADO	Weteran Mężczyzn	11	02:20:42	04:33:37	06:31:31	08:41:12	<b>10:13:44.70</b>	<b>10:13:44.70</b>	+04:52:18 (47.6%)	10:57	5.5 (52.4%)
43	<b>ZACHEJA Jacek</b>	<b>606</b>		Weteran Mężczyzn	12	02:31:01	04:39:47	06:28:16	08:53:27	<b>10:29:23.95</b>	<b>10:29:23.95</b>	+05:07:57 (48.9%)	11:14	5.3 (50.5%)

Total 43 results.