



# BOLESŁAWIEC RUN - CERAMICZNY BIEG NA ZDROWIE

B4SPORT

**Organiser:** Fundacja „Wspieramy Zdrowie” i Miejski Ośrodek Sportu i Rekreacji w Bolesławcu  
**Date:** 2024-08-17  
**Place:** Bolesławiec  
**Distance:** 3 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Classification: All

Place	Participant	Number	Club	Category	M Cat	0.75km	Półmetek 1.5km	Net time 3km	Czas brutto 3km	Gap	Pace min/km	Pace km/h
1	<b>IGNACZAK Rajmund</b>	<b>38</b>	LEGNICA POKONUJE PRZESZKODY	OPEN M	1	00:00:35	00:07:08	<b>00:15:11.80</b>	<b>00:15:11.80</b>		5:03	11.9 (100%)
2	<b>CHROSTOWSK Krzysztof</b>	<b>76</b>		OPEN M	2	00:00:36	00:07:46	<b>00:15:54.15</b>	<b>00:15:54.15</b>	+00:00:42 (4.4%)	5:18	11.3 (95.0%)
3	<b>WEŁNA Jakub</b>	<b>16</b>		OPEN M	3	00:00:43	00:09:17	<b>00:17:33.35</b>	<b>00:17:33.35</b>	+00:02:21 (13.4%)	5:51	10.3 (86.6%)
4	<b>KUBICKI Mariusz</b>	<b>14</b>	DOBRAFORMA	OPEN M	4	00:00:40	00:09:07	<b>00:18:03.90</b>	<b>00:18:03.90</b>	+00:02:52 (15.9%)	6:01	10 (84.0%)
5	<b>PETTERS Klaudia</b>	<b>56</b>	XTRABIKE IBIS BOLESŁAWIEC	OPEN K	1	00:00:48	00:09:39	<b>00:18:24.15</b>	<b>00:18:24.15</b>	+00:03:12 (17.4%)	6:08	9.8 (82.4%)
6	<b>JAKUC Joachim</b>	<b>65</b>		OPEN M	5	00:00:37	00:09:31	<b>00:18:52.90</b>	<b>00:18:52.90</b>	+00:03:41 (19.5%)	6:17	9.5 (79.8%)
7	<b>SERWATKA Mateusz</b>	<b>55</b>	CHEEKY MONKEY TEAM	OPEN M	6	00:00:41	00:08:36	<b>00:19:03.30</b>	<b>00:19:03.30</b>	+00:03:51 (20.2%)	6:21	9.4 (79.0%)
8	<b>WÓJTOWICZ Patryk</b>	<b>7</b>		OPEN M	7	00:00:33	00:08:53	<b>00:19:12.30</b>	<b>00:19:12.30</b>	+00:04:00 (20.9%)	6:24	9.4 (79.0%)
9	<b>DUL Paweł</b>	<b>72</b>		OPEN M	8	00:00:36	00:09:00	<b>00:19:13.85</b>	<b>00:19:13.85</b>	+00:04:02 (21.0%)	6:24	9.4 (79.0%)
10	<b>WOJCIECHOWSKI Jakub</b>	<b>22</b>		OPEN M	9	00:00:34	00:09:50	<b>00:19:30.90</b>	<b>00:19:30.90</b>	+00:04:19 (22.1%)	6:30	9.2 (77.3%)
11	<b>SYSAK Łukasz</b>	<b>82</b>	LEGNICA POKONUJE PRZESZKODY	OPEN M	10	00:00:38	00:09:34	<b>00:19:46.10</b>	<b>00:19:46.10</b>	+00:04:34 (23.1%)	6:35	9.1 (76.5%)
12	<b>KOSTKA Wojtek</b>	<b>68</b>		OPEN M	11	00:00:46	00:09:41	<b>00:19:49.00</b>	<b>00:19:49.00</b>	+00:04:37 (23.3%)	6:36	9.1 (76.5%)
13	<b>JANSKA Patrycja</b>	<b>61</b>		OPEN K	2	00:01:03	00:10:19	<b>00:19:55.35</b>	<b>00:19:55.35</b>	+00:04:43 (23.7%)	6:38	9 (75.6%)
14	<b>DRAŻEK Grzegorz</b>	<b>9</b>		OPEN M	12	00:01:05	00:10:03	<b>00:19:56.90</b>	<b>00:19:56.90</b>	+00:04:45 (23.8%)	6:38	9 (75.6%)
15	<b>WITT Isac</b>	<b>92</b>	BOOGALOW	OPEN M	13	00:01:02	00:11:23	<b>00:20:05.95</b>	<b>00:20:05.95</b>	+00:04:54 (24.4%)	6:41	9 (75.6%)
16	<b>DUMA Tomasz</b>	<b>42</b>		OPEN M	14	00:00:45	00:09:37	<b>00:20:12.65</b>	<b>00:20:12.65</b>	+00:05:00 (24.8%)	6:44	8.9 (74.8%)
17	<b>STELMACH Grzegorz</b>	<b>66</b>		OPEN M	15	00:00:39	00:09:36	<b>00:20:26.30</b>	<b>00:20:26.30</b>	+00:05:14 (25.6%)	6:48	8.8 (73.9%)
18	<b>SUSZEK Mateusz</b>	<b>12</b>	LEGNICA POKONUJE PRZESZKODY	OPEN M	16	00:00:39	00:09:11	<b>00:20:48.10</b>	<b>00:20:48.10</b>	+00:05:36 (26.9%)	6:56	8.7 (73.1%)
19	<b>TRZCINKA Marek</b>	<b>95</b>		OPEN M	17	00:01:01	00:10:33	<b>00:21:02.85</b>	<b>00:21:02.85</b>	+00:05:51 (27.8%)	7:00	8.6 (72.3%)
20	<b>CZARNECKI Michał</b>	<b>32</b>	JKB TKKF JAWORZANIE	OPEN M	18	00:00:55	00:10:32	<b>00:21:06.95</b>	<b>00:21:06.95</b>	+00:05:55 (28.0%)	7:02	8.5 (71.4%)
21	<b>ŁAGODA-KUNKA Ewa</b>	<b>24</b>	CROSS TRENING BOX BOLESŁAWIEC	OPEN K	3	00:01:00	00:10:43	<b>00:21:08.00</b>	<b>00:21:08.00</b>	+00:05:56 (28.1%)	7:02	8.5 (71.4%)
22	<b>LOPEZ Aleksandro</b>	<b>93</b>	BOOGALOW	OPEN M	19	00:00:59	00:11:15	<b>00:22:00.00</b>	<b>00:22:00.00</b>	+00:06:48 (30.9%)	7:20	8.2 (68.9%)
23	<b>KOŁODZIEJCZYK Adam</b>	<b>30</b>	JKB TKKF JAWORZANIE	OPEN M	20	00:00:55	00:10:53	<b>00:22:18.45</b>	<b>00:22:18.45</b>	+00:07:06 (31.9%)	7:26	8.1 (68.1%)
24	<b>OSTAŃSKI Adrian</b>	<b>31</b>	CROSS TRENING BOX BOLESŁAWIEC	OPEN M	21	00:00:52	00:10:53	<b>00:22:23.40</b>	<b>00:22:23.40</b>	+00:07:11 (32.1%)	7:27	8 (67.2%)
25	<b>MODZALEWSKI Andrzej</b>	<b>99</b>		OPEN M	22	00:00:50	00:10:03	<b>00:22:30.55</b>	<b>00:22:30.55</b>	+00:07:18 (32.5%)	7:30	8 (67.2%)
26	<b>KUNKA Grzegorz</b>	<b>25</b>	CROSS TRENING BOX BOLESŁAWIEC	OPEN M	23	00:01:00	00:11:03	<b>00:22:46.55</b>	<b>00:22:46.55</b>	+00:07:34 (33.3%)	7:35	7.9 (66.4%)
27	<b>LASKOWSKA Anita</b>	<b>53</b>	10 BKPANC	OPEN K	4	00:00:58	00:11:30	<b>00:23:04.25</b>	<b>00:23:04.25</b>	+00:07:52 (34.1%)	7:41	7.8 (65.5%)
28	<b>GAJOWY Fryderyk</b>	<b>35</b>		OPEN M	24	00:00:41	00:10:14	<b>00:23:22.75</b>	<b>00:23:22.75</b>	+00:08:10 (35.0%)	7:47	7.7 (64.7%)
29	<b>MERZA Mariusz</b>	<b>88</b>	BIZNESOWY KLUB ZDROWIA	OPEN M	25	00:00:48	00:12:55	<b>00:23:26.35</b>	<b>00:23:26.35</b>	+00:08:14 (35.2%)	7:48	7.7 (64.7%)

Place	Participant	Number	Club	Category	MCat	0.75km	Półmetek 1.5km	Net time 3km	Czas brutto 3km	Gap	Pace min/km	Pace km/h
30	THOMAS Will	91	BOOGALOW	OPEN M	26	00:01:02	00:12:16	00:23:35.20	00:23:35.20	+00:08:23 (35.6%)	7:51	7.6 (63.9%)
31	SKOP Marcela	6	LEGNICA POKONUJE PRZESZKODY	OPEN K	5	00:00:52	00:11:18	00:23:39.15	00:23:39.15	+00:08:27 (35.8%)	7:53	7.6 (63.9%)
32	CHRZAN Wiktoria	57		OPEN K	6	00:00:55	00:11:26	00:23:48.85	00:23:48.85	+00:08:37 (36.2%)	7:56	7.6 (63.9%)
33	UNGRAT Daniel	89		OPEN M	27	00:00:39	00:10:31	00:23:49.55	00:23:49.55	+00:08:37 (36.2%)	7:56	7.6 (63.9%)
34	GRABARZ Dominika	59		OPEN K	7	00:00:55	00:11:27	00:23:50.10	00:23:50.10	+00:08:38 (36.2%)	7:56	7.6 (63.9%)
35	JAŻWIEC Łukasz	69		OPEN M	28	00:00:39	00:12:10	00:24:02.65	00:24:02.65	+00:08:50 (36.8%)	8:00	7.5 (63.0%)
36	KORYCKI Szymon	73		OPEN M	29	00:00:43	00:12:52	00:24:43.60	00:24:43.60	+00:09:31 (38.5%)	8:14	7.3 (61.3%)
37	MARCINIAK Agata	39		OPEN K	8	00:01:07	00:13:17	00:24:45.70	00:24:45.70	+00:09:33 (38.6%)	8:15	7.3 (61.3%)
38	PAŁYS Michał	79		OPEN M	30	00:00:56	00:13:45	00:25:24.90	00:25:24.90	+00:10:13 (40.2%)	8:28	7.1 (59.7%)
39	BRANDT Arleta	10		OPEN K	9	00:01:19	00:13:11	00:25:35.35	00:25:35.35	+00:10:23 (40.6%)	8:31	7 (58.8%)
40	DUBIEL Anna	67		OPEN K	10	00:01:00	00:13:44	00:25:43.70	00:25:43.70	+00:10:31 (40.9%)	8:34	7 (58.8%)
41	BRASZKO Mateusz	85		OPEN M	31	00:00:41	00:12:57	00:25:44.45	00:25:44.45	+00:10:32 (41.0%)	8:34	7 (58.8%)
42	DREWICZ Kinga	40	KB WIKON NOWA SÓL	OPEN K	11	00:01:16	00:13:45	00:26:10.15	00:26:10.15	+00:10:58 (41.9%)	8:43	6.9 (58.0%)
43	BYTNAR Sebastian	87		OPEN M	32	00:00:40	00:11:27	00:26:12.30	00:26:12.30	+00:11:00 (42.0%)	8:44	6.9 (58.0%)
44	MUSIAŁOWSKI Daniel	97		OPEN M	33	00:00:53	00:12:09	00:26:21.65	00:26:21.65	+00:11:09 (42.4%)	8:47	6.8 (57.1%)
45	WOJCIECHOWSKA Karolina	21		OPEN K	12	00:00:58	00:13:09	00:26:52.10	00:26:52.10	+00:11:40 (43.4%)	8:57	6.7 (56.3%)
46	ZIMOWICZ Anna	33		OPEN K	13	00:01:08	00:14:28	00:27:45.05	00:27:45.05	+00:12:33 (45.2%)	9:15	6.5 (54.6%)
47	ZIMOWICZ Jarosław	34		OPEN M	34	00:01:08	00:14:30	00:27:48.20	00:27:48.20	+00:12:36 (45.3%)	9:16	6.5 (54.6%)
48	KRUPKA Kinga	36	MLKS RAKOWICE WIELKIE	OPEN K	14	00:01:04	00:13:31	00:27:51.80	00:27:51.80	+00:12:40 (45.5%)	9:17	6.5 (54.6%)
49	NAWROCKA Monika	1		OPEN K	15	00:01:05	00:13:31	00:27:52.75	00:27:52.75	+00:12:40 (45.5%)	9:17	6.5 (54.6%)
50	RYDZ Martin	60	JKB TKKF JAWORZANIE	OPEN M	35	00:00:57	00:12:40	00:27:55.75	00:27:55.75	+00:12:43 (45.6%)	9:18	6.4 (53.8%)
51	YURCHENKO Oleksii	8	LEGNICA POKONUJE PRZESZKODY	OPEN M	36	00:00:54	00:12:00	00:28:05.90	00:28:05.90	+00:12:54 (45.9%)	9:21	6.4 (53.8%)
52	HOFMAN Justyna	46		OPEN K	16	00:01:06	00:15:01	00:28:08.15	00:28:08.15	+00:12:56 (46.0%)	9:22	6.4 (53.8%)
53	OBRYCKI Jan	96		OPEN M	37	00:00:57	00:15:58	00:28:22.25	00:28:22.25	+00:13:10 (46.4%)	9:27	6.3 (52.9%)
54	BAŃKA Maciej	43	23 ŚPA	OPEN M	38	00:00:57	00:13:09	00:28:45.30	00:28:45.30	+00:13:33 (47.2%)	9:35	6.3 (52.9%)
55	SKORUPIŃSKA Katarzyna	50	SKORUPKI TEAM	OPEN K	17	00:01:18	00:17:17	00:29:00.65	00:29:00.65	+00:13:48 (47.6%)	9:40	6.2 (52.1%)
56	POLAK Paweł	19		OPEN M	39	00:01:07	00:13:36	00:29:15.00	00:29:15.00	+00:14:03 (48.0%)	9:45	6.2 (52.1%)
57	POCHWAŁA Mariusz	2		OPEN M	40	00:01:12	00:13:32	00:29:27.95	00:29:27.95	+00:14:16 (48.4%)	9:49	6.1 (51.3%)
58	GROMANOWSKA Anna	48		OPEN K	18	00:00:55	00:14:20	00:29:33.55	00:29:33.55	+00:14:21 (48.6%)	9:51	6.1 (51.3%)
59	NIEMCZUK Daniel	74	HERMES FULFILMENT	OPEN M	41	00:00:55	00:14:19	00:29:34.05	00:29:34.05	+00:14:22 (48.6%)	9:51	6.1 (51.3%)
60	CIEŚLIK-KOT Aleksandra	41		OPEN K	19	00:01:13	00:16:17	00:29:43.20	00:29:43.20	+00:14:31 (48.9%)	9:54	6.1 (51.3%)
60	OBRYCKA Agnieszka	29		OPEN K	19	00:01:02	00:16:32	00:29:43.20	00:29:43.20	+00:14:31 (48.9%)	9:54	6.1 (51.3%)
62	CHUDY Witold	98	HOMOKOMANDO	OPEN M	42	00:00:57	00:14:54	00:29:49.20	00:29:49.20	+00:14:37 (49.0%)	9:56	6 (50.4%)
63	LEWANDOWSKI Linus	75	HOMOKOMANDO	OPEN M	43	00:00:57	00:14:54	00:29:49.60	00:29:49.60	+00:14:37 (49.1%)	9:56	6 (50.4%)
64	KUSNIERZ Piotr	100		OPEN M	44	00:00:46	00:12:28	00:29:57.05	00:29:57.05	+00:14:45 (49.3%)	9:59	6 (50.4%)
65	RYBAK Oleksandr	11		OPEN M	45	00:01:14	00:15:41	00:30:16.30	00:30:16.30	+00:15:04 (49.8%)	10:05	5.9 (49.6%)
66	ZAJĄC Kazimierz	54	KLUB BIEGACZA BOLESŁAWIEC	OPEN M	46	00:01:13	00:15:47	00:30:40.90	00:30:40.90	+00:15:29 (50.5%)	10:13	5.9 (49.6%)
67	SHESHKA Aliaksandr	71		OPEN M	47	00:00:50	00:14:52	00:30:55.05	00:30:55.05	+00:15:43 (50.8%)	10:18	5.8 (48.7%)
68	TYCHOWSKA Malwina	37		OPEN K	21	00:01:16	00:14:48	00:31:05.85	00:31:05.85	+00:15:54 (51.1%)	10:21	5.8 (48.7%)
69	SMYKLA Angelika	26	CROSS TRENING BOX BOLESŁAWIEC	OPEN K	22	00:01:16	00:14:47	00:31:06.10	00:31:06.10	+00:15:54 (51.1%)	10:22	5.8 (48.7%)
70	PORTAŁA Amelia	49		OPEN K	23	00:01:18	00:17:18	00:31:42.70	00:31:42.70	+00:16:30 (52.1%)	10:34	5.7 (47.9%)
71	KIJOWSKA Justyna	20		OPEN K	24	00:01:11	00:18:28	00:31:56.55	00:31:56.55	+00:16:44 (52.4%)	10:38	5.6 (47.1%)
72	DRAB Kamila	18		OPEN K	25	00:01:11	00:18:29	00:31:56.60	00:31:56.60	+00:16:44 (52.4%)	10:38	5.6 (47.1%)
73	KOT Wojciech	86		OPEN M	48	00:01:19	00:17:25	00:32:13.70	00:32:13.70	+00:17:01 (52.8%)	10:44	5.6 (47.1%)

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74	<b>ŁUKASIEWICZ Ania</b>	<b>51</b>		OPEN	K	26	00:01:16	00:17:43	<b>00:32:27.55</b>	<b>00:32:27.55</b>	+00:17:15 (53.2%)	10:49	5.5 (46.2%)
75	<b>TRUCHTA Dawid</b>	<b>52</b>		OPEN	M	49	00:01:15	00:17:43	<b>00:32:29.30</b>	<b>00:32:29.30</b>	+00:17:17 (53.2%)	10:49	5.5 (46.2%)
76	<b>KUSZTAL Mariusz</b>	<b>80</b>	RKS VAMOS	OPEN	M	50	00:00:54	00:17:35	<b>00:33:59.40</b>	<b>00:33:59.40</b>	+00:18:47 (55.3%)	11:19	5.3 (44.5%)
77	<b>BURGIER Aleksandra</b>	<b>17</b>		OPEN	K	27	00:01:19	00:17:24	<b>00:34:35.70</b>	<b>00:34:35.70</b>	+00:19:23 (56.1%)	11:31	5.2 (43.7%)
78	<b>POKRZYK Kamila</b>	<b>28</b>		OPEN	K	28	00:01:15	00:18:46	<b>00:36:16.35</b>	<b>00:36:16.35</b>	+00:21:04 (58.1%)	12:05	5 (42.0%)
79	<b>WĘGRZYNOWSKA Paulina</b>	<b>58</b>		OPEN	K	29	00:01:16	00:18:47	<b>00:36:16.40</b>	<b>00:36:16.40</b>	+00:21:04 (58.1%)	12:05	5 (42.0%)
80	<b>HANYŻ Kornela</b>	<b>44</b>		OPEN	K	30	00:01:18	00:19:35	<b>00:36:45.50</b>	<b>00:36:45.50</b>	+00:21:33 (58.7%)	12:15	4.9 (41.2%)
81	<b>FRYDRYCH Mateusz</b>	<b>45</b>		OPEN	M	51	00:01:18	00:19:35	<b>00:36:45.85</b>	<b>00:36:45.85</b>	+00:21:34 (58.7%)	12:15	4.9 (41.2%)
82	<b>LESZCZYŃSKI Marek</b>	<b>13</b>		OPEN	M	52	00:01:18	00:16:59	<b>00:39:27.25</b>	<b>00:39:27.25</b>	+00:24:15 (61.5%)	13:09	4.6 (38.7%)
83	<b>FLORCZAK Wiktoria</b>	<b>78</b>		OPEN	K	31	00:01:15	00:22:17	<b>00:39:27.50</b>	<b>00:39:27.50</b>	+00:24:15 (61.5%)	13:09	4.6 (38.7%)
84	<b>FLORCZAK Monika</b>	<b>27</b>		OPEN	K	32	00:01:17	00:22:17	<b>00:39:27.75</b>	<b>00:39:27.75</b>	+00:24:15 (61.5%)	13:09	4.6 (38.7%)
85	<b>PIJANOWSKA Pamela</b>	<b>64</b>		OPEN	K	33	00:01:28	00:23:16	<b>00:43:46.35</b>	<b>00:43:46.35</b>	+00:28:34 (65.3%)	14:35	4.1 (34.5%)
86	<b>KĘDZIERSKI Konrad</b>	<b>77</b>		OPEN	M	53	00:01:28	00:23:15	<b>00:43:46.80</b>	<b>00:43:46.80</b>	+00:28:35 (65.3%)	14:35	4.1 (34.5%)
87	<b>RYMASZEWSKI Adam</b>	<b>62</b>		OPEN	M	54	00:01:28	00:23:18	<b>00:43:47.10</b>	<b>00:43:47.10</b>	+00:28:35 (65.3%)	14:35	4.1 (34.5%)
88	<b>BŹDZIKOT Mateusz</b>	<b>63</b>		OPEN	M	55	00:01:29	00:23:15	<b>00:43:47.85</b>	<b>00:43:47.85</b>	+00:28:36 (65.3%)	14:35	4.1 (34.5%)
89	<b>KRZEMIŃSKI Mikołaj</b>	<b>94</b>	ZSB	OPEN	M	56	00:00:44	00:25:19	<b>00:46:13.65</b>	<b>00:46:13.65</b>	+00:31:01 (67.1%)	15:24	3.9 (32.8%)
90	<b>WITOWSKI Szymon</b>	<b>70</b>		OPEN	M	57	00:12:38		<b>00:49:19.00</b>	<b>00:49:19.00</b>	+00:34:07 (69.2%)	16:26	3.6 (30.3%)
	<b>KUSZTAL Adam</b>	<b>81</b>	RKS VAMOS	OPEN	M		00:00:54 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)

Total 91 results.