



CHYŻA DURBASZKA - 20 KM

B4SPORT

Event: PIENINY ULTRA-TRAIL®
Organiser: Fundacja Strefa Przygód
Date: 2023-04-22
Place: Szczawnica
Distance: 19.9 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: M40

Place	Participant	Number	Club	Category	MCat	Premia1 12.9km	Premia2 13.4km	18.8km	Net time 19.3km	Czas brutto 19.3km	Gap	Pace min/km	Pace km/h
1	SKÓRA Tomasz	778	GRUPA BIEGACZY SKÓRZEC BIEGA	M40	1	01:15:59	01:20:10	01:49:56	01:51:28.05	01:51:33.45		5:46	10.4 (100%)
2	NOWORYTA Radosław	708	ULTRA DIABŁA TEAM LUBRZA	M40	2	01:18:00	01:22:28	01:52:59	01:54:23.80	01:54:25.95	+00:02:52 (2.5%)	5:55	10.1 (97.1%)
3	RAKOCZY Marcin	759	SPELEOKLUB ŚWIĘTOKRZYSKI W KIELCACH	M40	3	01:22:29	01:26:46	01:57:26	01:59:01.40	01:59:19.90	+00:07:46 (6.5%)	6:10	9.7 (93.3%)
4	ALTEWĘGIER Jarosław	523	AW - SZYBCIEJ - TEAM	M40	4	01:20:18	01:24:44	01:58:06	01:59:42.45	01:59:49.90	+00:08:16 (6.9%)	6:12	9.7 (93.3%)
5	WYROŚLAK Józef	1092		M40	5	01:22:00	01:26:36	02:00:02	02:01:45.55	02:01:45.55	+00:10:12 (8.4%)	6:18	9.5 (91.3%)
6	SAINTEMARIE Arnaud	1527	MARCIN ŚWIERC TEAM	M40	6	01:26:53	01:31:37	02:05:11	02:06:56.90	02:07:00.40	+00:15:26 (12.2%)	6:34	9.1 (87.5%)
7	HACZ Paweł	736		M40	7	01:26:40	01:32:09	02:08:12	02:09:50.35	02:09:55.55	+00:18:22 (14.1%)	6:43	8.9 (85.6%)
8	SIMKA Kamil	802	FORREST GUMP TEAM	M40	8	01:27:52	01:32:50	02:08:49	02:10:33.10	02:10:41.80	+00:19:08 (14.6%)	6:45	8.9 (85.6%)
9	PYTKA Konrad	583	NAPRZÓD MŁOCINY	M40	9	01:30:39	01:35:40	02:10:20	02:11:59.10	02:11:59.10	+00:20:25 (15.5%)	6:50	8.8 (84.6%)
10	JASIURKOWSKI Daniel	558	IGEKA	M40	10	01:31:26	01:36:45	02:12:07	02:13:49.80	02:13:56.20	+00:22:22 (16.7%)	6:56	8.7 (83.7%)
11	STACH Tomasz	731	MY ENDURANCE TEAM	M40	11	01:31:56	01:37:06	02:14:47	02:16:33.10	02:16:39.35	+00:25:05 (18.4%)	7:04	8.5 (81.7%)
12	FIRLEJ Krzysztof	704	SKAZANI NA ZWYCIĘSTWO	M40	12	01:25:43	01:31:10	02:15:15	02:17:01.75	02:17:06.80	+00:25:33 (18.6%)	7:05	8.5 (81.7%)
13	SKORUPKA Leszek	598	GRUPA BIEGACZY SKÓRZEC BIEGA	M40	13	01:34:08	01:39:28	02:15:22	02:17:03.35	02:17:17.85	+00:25:44 (18.7%)	7:06	8.4 (80.8%)
14	DZIEDZIC Grzegorz	781		M40	14	01:33:38	01:39:14	02:16:05	02:17:44.85	02:17:52.80	+00:26:19 (19.1%)	7:08	8.4 (80.8%)
15	LIGAS Andrzej	559	SPRINTER	M40	15	01:32:02	01:37:48	02:16:48	02:18:42.20	02:18:48.75	+00:27:15 (19.6%)	7:11	8.3 (79.8%)

Place	Participant	Number	Club	Category	MCat	Premia			Net time 19.3km	Czas brutto 19.3km	Gap	Pace min/km	Pace km/h
						12.9km	13.4km	18.8km					
16	TOPORKIEWICZ Bartosz	603	TRAIL IS OUR WAY	M40	16	01:32:42	01:38:22	02:17:12	02:18:49.85	02:18:53.95	+00:27:20 (19.7%)	7:11	8.3 (79.8%)
17	SARNA Tomasz	734		M40	17	01:32:23	01:37:58	02:17:02	02:18:54.85	02:18:54.85	+00:27:21 (19.7%)	7:11	8.3 (79.8%)
18	BERNÍK Peter	1454	POPRAD	M40	18	01:33:11	01:38:08	02:17:31	02:19:26.95	02:19:40.45	+00:28:07 (20.1%)	7:13	8.3 (79.8%)
19	KOWALSKI Mariusz	740		M40	19	01:35:42	01:41:17	02:21:53	02:23:41.80	02:24:06.55	+00:32:33 (22.6%)	7:26	8.1 (77.9%)
20	KRASOŃ Marcin	905	SMASHING PĄPKINS / NBR TEAM / OLX	M40	20	01:38:32	01:44:20	02:22:26	02:24:25.30	02:24:40.20	+00:33:06 (22.9%)	7:28	8 (76.9%)
21	PLEWA Rafał	845		M40	21	01:33:48	01:40:24	02:22:45	02:24:39.10	02:24:45.80	+00:33:12 (22.9%)	7:29	8 (76.9%)
22	JARACZ Marcin	856	DOMOWAENERGIA.COM.PL	M40	22	01:37:07	01:42:44	02:23:46	02:25:31.00	02:25:38.75	+00:34:05 (23.4%)	7:32	8 (76.9%)
23	SOLARZ Robert	842		M40	23	01:37:31	01:42:47	02:24:33	02:26:30.45	02:26:40.55	+00:35:07 (23.9%)	7:35	7.9 (76.0%)
24	STOLARZ Grzegorz	2873	NIEPOŁOMICE BIEGAJĄ	M40	24	01:44:34	01:50:18	02:28:54	02:30:40.95	02:31:03.70	+00:39:30 (26.2%)	7:48	7.7 (74.0%)
25	MICHALIK Jacek	563	SŁOŃCA JURY	M40	25	01:42:47	01:48:48	02:32:05	02:33:43.90	02:33:50.50	+00:42:17 (27.5%)	7:57	7.5 (72.1%)
26	STYŁA-STYLIŃSKI Norbert	841	TWOJA STARA	M40	26	01:42:36	01:49:16	02:35:26	02:37:44.75	02:37:49.05	+00:46:15 (29.3%)	8:10	7.3 (70.2%)
27	HAJDUK Tomasz	610	YULO RUN TEAM SIEDLCE	M40	27	01:45:40	01:51:22	02:35:52	02:37:56.85	02:38:10.55	+00:46:37 (29.5%)	8:10	7.3 (70.2%)
28	MOLITORYS Marek	659		M40	28	01:43:18	01:49:40	02:36:17	02:38:29.90	02:38:40.00	+00:47:06 (29.7%)	8:12	7.3 (70.2%)
29	CZARNOCKI Paweł	684	GRUPA BIEGACZY SKÓRZEC BIEGA	M40	29	01:46:37	01:52:02	02:36:33	02:38:28.45	02:38:43.90	+00:47:10 (29.7%)	8:12	7.3 (70.2%)
30	KOSIŃSKI Rafał	594	BIEGNIJ Z PROSERVICE	M40	30	01:44:43	01:50:50	02:39:31	02:41:27.65	02:41:55.60	+00:50:22 (31.1%)	8:21	7.2 (69.2%)
31	BUJNIAK Sławomir	623		M40	31	01:47:54	01:54:23	02:40:40	02:42:45.45	02:43:09.50	+00:51:36 (31.6%)	8:25	7.1 (68.3%)
32	ORĘZIAK Maciej	709		M40	32	01:51:24	01:57:22	02:41:47	02:43:36.55	02:44:21.15	+00:52:47 (32.1%)	8:28	7.1 (68.3%)
33	ŚMIETANKA Łukasz	762		M40	33	01:50:32	01:56:21	02:44:02	02:46:04.50	02:46:34.50	+00:55:01 (33.0%)	8:36	7 (67.3%)
34	JANUSZ Paweł	795		M40	34	01:50:09	01:56:51	02:46:06	02:48:00.10	02:48:07.00	+00:56:33 (33.6%)	8:42	6.9 (66.3%)
35	NIKLEWSKI Paweł	676		M40	35	01:49:50	01:56:56	02:46:35	02:48:36.40	02:48:44.80	+00:57:11 (33.9%)	8:44	6.9 (66.3%)
36	CHOŁODY Łukasz	814	SPRINT GORZYCE	M40	36	01:49:42	01:56:05	02:47:14	02:49:29.85	02:49:39.75	+00:58:06 (34.2%)	8:46	6.8 (65.4%)
37	MATYSZCZAK Krzysztof	565	KENKO	M40	37	01:51:29	01:57:23	02:47:54	02:49:31.95	02:49:45.45	+00:58:12 (34.3%)	8:46	6.8 (65.4%)
38	ZYCHOWICZ Paweł	728	OTM.B	M40	38	01:51:41	01:58:48	02:50:12	02:52:14.65	02:52:26.30	+01:00:52 (35.3%)	8:55	6.7 (64.4%)

Place	Participant	Number	Club	Category	MCat	Premia1	Premia2	18.8km	Net	Czas	Gap	Pace min/km	Pace km/h
						12.9km	13.4km		time 19.3km	brutto 19.3km			
39	CZAJKA Tomasz	588		M40	39	01:56:43	02:03:49	02:50:04	02:52:17.20	02:52:41.50	+01:01:08 (35.4%)	8:55	6.7 (64.4%)
40	SANECKI Rafał	839	CHYŻE WYŻŁY	M40	40	01:54:45	02:00:35	02:50:18	02:52:32.15	02:52:43.95	+01:01:10 (35.4%)	8:56	6.7 (64.4%)
41	WISZNIOWSKI Marek	891		M40	41	01:54:15	02:00:46	02:50:58	02:53:14.85	02:53:53.00	+01:02:19 (35.8%)	8:58	6.7 (64.4%)
42	SŁUPSKI Maciej	630		M40	42	01:55:10	02:01:38	02:52:28	02:54:31.55	02:54:50.45	+01:03:17 (36.2%)	9:02	6.6 (63.5%)
43	ŻUREK Marcin	621		M40	43	01:58:00	02:04:52	02:55:34	02:57:23.05	02:57:25.95	+01:05:52 (37.1%)	9:11	6.5 (62.5%)
44	WENARSKI Grzegorz	2168	STAY INSANE	M40	44	02:00:44	02:07:31	02:56:20	02:58:29.75	02:59:02.60	+01:07:29 (37.7%)	9:14	6.5 (62.5%)
45	MYKOWSKI Tadeusz	605	AKTYWNI KOCIEWIACY	M40	45	02:00:55	02:07:41	02:56:51	02:58:45.55	02:59:02.90	+01:07:29 (37.7%)	9:15	6.5 (62.5%)
46	MILC Szymon	811	ULTRA WYJADACZE WYDZIAŁ ZAMIEJSCOWY	M40	46	01:56:23	02:03:35	02:56:55	02:59:13.70	02:59:53.35	+01:08:19 (38.0%)	9:17	6.5 (62.5%)
47	ZYCHOWICZ Tomasz	928		M40	47	01:55:58	02:02:50	02:57:05	02:59:24.25	03:00:09.75	+01:08:36 (38.1%)	9:17	6.5 (62.5%)
48	FUTA Grzegorz	677		M40	48	02:03:16	02:09:54	02:58:48	03:00:43.90	03:01:24.80	+01:09:51 (38.5%)	9:21	6.4 (61.5%)
49	MRÓZ Artur	702	PĘDZĄCE LENIWCE	M40	49	02:14:49	02:20:18	02:59:52	03:01:49.40	03:02:05.90	+01:10:32 (38.7%)	9:25	6.4 (61.5%)
50	ZYCH Jaromir	701		M40	50	01:58:53	02:05:39	03:01:20	03:04:06.45	03:04:52.60	+01:13:19 (39.7%)	9:32	6.3 (60.6%)
51	GROCHOWICZ Robert	746		M40	51	02:03:15	02:09:30	03:02:35	03:04:53.75	03:04:53.75	+01:13:20 (39.7%)	9:34	6.3 (60.6%)
52	ANDRUSZKÓW Piotr	761		M40	52	02:01:50	02:08:40	03:02:40	03:04:54.85	03:05:23.45	+01:13:50 (39.8%)	9:34	6.3 (60.6%)
53	KUŁAKOWSKI Grzegorz	779		M40	53	02:07:36	02:14:20	03:04:52	03:07:05.10	03:07:28.50	+01:15:55 (40.5%)	9:41	6.2 (59.6%)
54	MISIŃSKI Paweł	685		M40	54	02:05:07	02:12:11	03:04:38	03:06:49.85	03:07:31.95	+01:15:58 (40.5%)	9:40	6.2 (59.6%)
55	HAMERA Łukasz	545		M40	55	02:01:54	02:08:34	03:04:51	03:07:18.65	03:07:39.10	+01:16:05 (40.6%)	9:42	6.2 (59.6%)
56	KĄDZIELA Marcin	544		M40	56	02:01:56	02:08:34	03:04:53	03:07:20.40	03:07:39.20	+01:16:05 (40.6%)	9:42	6.2 (59.6%)
57	WOŁYNIEC Paweł	705	BIEGACZE SPECJALNEJ TROSKI	M40	57	02:02:10	02:08:41	03:04:59	03:07:10.65	03:07:43.60	+01:16:10 (40.6%)	9:41	6.2 (59.6%)
58	GAIK Andrzej	2876	BRAK	M40	58	02:05:06	02:12:09	03:05:42	03:07:43.35	03:08:26.80	+01:16:53 (40.8%)	9:43	6.2 (59.6%)
59	FRĄCZEK Marcin	635	IGT	M40	59	02:09:41	02:16:38	03:08:25	03:10:28.40	03:10:28.40	+01:18:54 (41.4%)	9:52	6.1 (58.7%)
60	MROCZKOWSKI Zygmunt	653		M40	60	02:04:43	02:12:10	03:07:53	03:10:11.60	03:10:32.60	+01:18:59 (41.5%)	9:51	6.1 (58.7%)
61	SZUBRYT Andrzej	680		M40	61	02:05:17	02:12:08	03:07:57	03:10:52.15	03:11:34.95	+01:20:01 (41.8%)	9:53	6.1 (58.7%)

Place	Participant	Number	Club	Category	MCat	Premia1			Net time 19.3km	Czas brutto 19.3km	Gap	Pace min/km	Pace km/h
						12.9km	13.4km	18.8km					
62	ŁUCZAK Michał	851	RAK'N'ROLL	M40	62	02:06:06	02:13:21	03:09:33	03:12:09.20	03:12:48.70	+01:21:15 (42.1%)	9:57	6 (57.7%)
63	ZAPAŚNIK Michał	786		M40	63	02:12:56	02:19:11	03:11:52	03:13:48.45	03:14:25.90	+01:22:52 (42.6%)	10:02	6 (57.7%)
64	MAKOWSKI Marcin	574		M40	64	02:03:45	02:12:26	03:11:59	03:14:14.65	03:14:40.20	+01:23:06 (42.7%)	10:03	6 (57.7%)
65	BIELECKI Tomasz	2170	STOWARZYSZENIE SPORTOWE SŁOŃCA JURY	M40	65	02:13:47	02:21:21	03:12:29	03:14:47.50	03:14:57.10	+01:23:23 (42.8%)	10:05	5.9 (56.7%)
66	WIATRÓW Marcin	754		M40	66	02:05:06	02:11:24	03:13:25	03:15:42.05	03:16:30.60	+01:24:57 (43.2%)	10:08	5.9 (56.7%)
67	SIWADŁO Augustyn	521		M40	67	02:11:58	02:18:43	03:13:43	03:16:03.45	03:16:35.15	+01:25:01 (43.3%)	10:09	5.9 (56.7%)
68	GRZESZCZYK Michał	757	EKOBIEGI	M40	68	02:10:20	02:17:16	03:14:42	03:17:18.45	03:17:30.70	+01:25:57 (43.5%)	10:13	5.9 (56.7%)
69	SOKOŁOWSKI Piotr	541		M40	69	02:10:49	02:18:16	03:14:51	03:17:24.75	03:17:53.95	+01:26:20 (43.6%)	10:13	5.9 (56.7%)
70	KULKA Sergiusz	804		M40	70	02:12:37	02:19:10	03:14:44	03:17:08.35	03:17:58.35	+01:26:24 (43.7%)	10:12	5.9 (56.7%)
71	SAMBORSKI Marcin	576		M40	71	02:13:50	02:21:12	03:15:22	03:17:51.10	03:18:32.25	+01:26:58 (43.8%)	10:15	5.9 (56.7%)
72	CHĄDZYŃSKI Marcin	509	NAPRZÓD MŁOCINY	M40	72	02:09:06	02:15:46	03:19:26	03:22:00.90	03:22:28.65	+01:30:55 (44.9%)	10:27	5.7 (54.8%)
73	OBERSZTYN Marcin	718		M40	73	02:14:26	02:21:36	03:20:46	03:23:16.10	03:23:53.55	+01:32:20 (45.3%)	10:31	5.7 (54.8%)
74	CHERVET Cedric	542		M40	74	02:11:39	02:19:35	03:23:18	03:25:43.00	03:26:29.65	+01:34:56 (46.0%)	10:39	5.6 (53.8%)
75	PERLAN Robert	547	LESZNO TEAM	M40	75	02:18:29	02:26:45	03:24:02	03:26:22.15	03:26:39.40	+01:35:05 (46.0%)	10:41	5.6 (53.8%)
76	KALITOWSKI Maciej	730		M40	76	02:27:40	02:35:24	03:26:57	03:29:00.10	03:29:25.00	+01:37:51 (46.7%)	10:49	5.5 (52.9%)
77	ŚLUSARCZYK Tomek	1630		M40	77	02:17:30	02:28:52	03:27:34	03:29:50.50	03:30:17.15	+01:38:43 (46.9%)	10:52	5.5 (52.9%)
78	JASIŃSKI Ireneusz	113	WWW.EKOIDEA.SKLEP.PL	M40	78	02:27:42	02:34:09	03:29:06	03:31:17.60	03:31:43.25	+01:40:09 (47.3%)	10:56	5.5 (52.9%)
79	STRZELCZYK Paweł	838	CC 1916	M40	79	02:27:52	02:35:34	03:31:03	03:33:07.55	03:33:35.80	+01:42:02 (47.8%)	11:02	5.4 (51.9%)
80	MAJERSKI Michał	683		M40	80	02:28:45	02:36:36	03:33:31	03:35:57.70	03:36:46.60	+01:45:13 (48.5%)	11:11	5.4 (51.9%)
81	GAWRYŁKOWICZ Marcin	527		M40	81	02:27:58	02:35:11	03:37:24	03:39:56.55	03:40:31.35	+01:48:57 (49.4%)	11:23	5.3 (51.0%)
82	PRĄTNICKI Mariusz	1993	KUJAWSCY RUNNERS	M40	82	02:28:28	02:32:06	03:38:40	03:40:55.95	03:41:20.85	+01:49:47 (49.6%)	11:26	5.2 (50.0%)
83	ZAGAJEWSKI Przemysław	813	KUJAWSCY RUNNERS	M40	83	02:28:59	02:37:20	03:38:42	03:40:56.20	03:41:21.10	+01:49:47 (49.6%)	11:26	5.2 (50.0%)
84	STAŃCZYK Łukasz	656		M40	84	02:20:54	02:31:07	03:39:16	03:41:56.85	03:42:17.55	+01:50:44 (49.8%)	11:29	5.2 (50.0%)

Place	Participant	Number	Club	Category	MCat	Premia1 12.9km	Premia2 13.4km	18.8km	Net time 19.3km	Czas brutto 19.3km	Gap	Pace min/km	Pace km/h
85	ZWIERZCHOWSKI Maciej	934	KUŹNIA TRIATHLONU	M40	85	02:27:41	02:36:30	03:44:11	03:46:35.25	03:47:11.05	+01:55:37 (50.9%)	11:44	5.1 (49.0%)
86	PIETKIEWICZ Adam	850		M40	86	02:28:23	02:36:35	03:49:00	03:51:33.50	03:51:47.45	+02:00:14 (51.9%)	11:59	5 (48.1%)
87	ZALEWSKI Cezary	625	PĘDZĄCE LENIWCE	M40	87	02:46:05	02:55:08	04:06:38	04:09:53.15	04:10:10.85	+02:18:37 (55.4%)	12:56	4.6 (44.2%)

Total 87 results.