



# HARDY ROLLING - 11 KM

B4SPORT

**Event:** PIENINY ULTRA-TRAIL®  
**Organiser:** Fundacja Strefa Przygód  
**Date:** 2023-04-22  
**Place:** Szczawnica  
**Distance:** 10.8 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Classification: K40

| Place | Participant            | Number | Club                  | Category | MCat | Mistrzostwa Polski | Drużyna                        | Premia1 3.8km | Premia2 4.3km | Net time 10.8km | Czas brutto 10.8km | Gap               | Pace min/km | Pace km/h    |
|-------|------------------------|--------|-----------------------|----------|------|--------------------|--------------------------------|---------------|---------------|-----------------|--------------------|-------------------|-------------|--------------|
| 1     | CELIŃSKA Anna          | 201    | BYLEDOBIEC ANIN       | K40      | 1    | MP                 | KS Sprint Bielsko-Biała        | 00:21:05      | 00:24:19      | 00:52:00.30     | 00:52:01.85        |                   | 4:48        | 12.5 (100%)  |
| 2     | KAPUSTA-SZYDŁAK Sylwia | 325    |                       | K40      | 2    | MP                 | CWKS Resovia Rzeszów           | 00:22:13      | 00:25:54      | 00:53:51.65     | 00:53:53.60        | +00:01:51 (3.5%)  | 4:59        | 12 (96.0%)   |
| 3     | SKALSKA Anna           | 352    | ALPIN SPORT TEAM      | K40      | 3    | MP                 | MKS-MOSM Bytom                 | 00:23:37      | 00:27:15      | 00:56:10.55     | 00:56:13.30        | +00:04:11 (7.5%)  | 5:12        | 11.5 (92.0%) |
| 4     | KĄŻMIERCZAK Marta      | 206    | TRENERBIEGANIA.PL     | K40      | 4    | MP                 | MKS Unia Hrubieszów            | 00:24:18      | 00:28:08      | 00:56:12.65     | 00:56:15.00        | +00:04:13 (7.5%)  | 5:12        | 11.5 (92.0%) |
| 5     | WOSZCZEK Danuta        | 490    | UKS OLIMP KOZIENICE   | K40      | 5    | MP                 | UKS Olimp Kozienice            | 00:24:41      | 00:28:47      | 01:02:42.80     | 01:02:44.65        | +00:10:42 (17.1%) | 5:48        | 10.3 (82.4%) |
| 6     | GÓRALIK Sylwia         | 341    | KS AZS AWF KRAKÓW     | K40      | 6    |                    |                                | 00:26:41      | 00:31:05      | 01:03:52.10     | 01:03:54.55        | +00:11:52 (18.6%) | 5:54        | 10.1 (80.8%) |
| 7     | ŁUKASIK Anna           | 444    | MKL BRYGADA BESKIDÓW  | K40      | 7    | MP                 | MKL Brygada Beskidów Nowy Sącz | 00:27:27      | 00:31:42      | 01:04:01.05     | 01:04:04.50        | +00:12:02 (18.8%) | 5:55        | 10.1 (80.8%) |
| 8     | BOLECHOWSKA Dominika   | 492    | ALPIN SPORT           | K40      | 8    |                    |                                | 00:27:18      | 00:31:22      | 01:04:03.35     | 01:04:07.50        | +00:12:05 (18.9%) | 5:55        | 10.1 (80.8%) |
| 9     | GÓRNA Monika           | 447    | NIEPOŁOMICE BIEGAJĄ   | K40      | 9    |                    |                                | 00:28:07      | 00:32:46      | 01:07:59.00     | 01:08:03.05        | +00:16:01 (23.5%) | 6:17        | 9.5 (76.0%)  |
| 10    | MICHAŁEK Katarzyna     | 357    |                       | K40      | 10   |                    |                                | 00:29:30      | 00:34:03      | 01:12:00.50     | 01:12:08.15        | +00:20:06 (27.9%) | 6:40        | 9 (72.0%)    |
| 11    | LUDYNIA Aleksandra     | 274    | STG WARSZAWA          | K40      | 11   |                    |                                | 00:31:15      | 00:36:39      | 01:16:09.40     | 01:16:09.40        | +00:24:07 (31.7%) | 7:03        | 8.5 (68.0%)  |
| 12    | NOWOSIELSKA Wioleta    | 287    | YULO RUN TEAM SIEDLCE | K40      | 12   |                    |                                | 00:31:14      | 00:36:25      | 01:16:25.45     | 01:16:30.65        | +00:24:28 (32.0%) | 7:04        | 8.5 (68.0%)  |
| 13    | SARNOWSKA Karolina     | 238    | PRORUNNING PROMOTION  | K40      | 13   |                    |                                | 00:32:10      | 00:37:10      | 01:18:29.05     | 01:18:34.55        | +00:26:32 (33.8%) | 7:16        | 8.3 (66.4%)  |
| 14    | BRZOSTOWSKA Kama       | 250    |                       | K40      | 14   |                    |                                | 00:30:58      | 00:36:03      | 01:21:04.80     | 01:21:16.45        | +00:29:14 (36.0%) | 7:30        | 8 (64.0%)    |

| Place | Participant            | Number | Club                          | Category | MCat | Mistrzostwa |         | Premia1<br>3.8km | Premia2<br>4.3km | Net<br>time<br>10.8km | Czas<br>brutto<br>10.8km | Gap                  | Pace<br>min/km | Pace<br>km/h   |
|-------|------------------------|--------|-------------------------------|----------|------|-------------|---------|------------------|------------------|-----------------------|--------------------------|----------------------|----------------|----------------|
|       |                        |        |                               |          |      | Polski      | Drużyna |                  |                  |                       |                          |                      |                |                |
| 15    | MARCZEWSKA Agata       | 273    |                               | K40      | 15   |             |         | 00:33:03         | 00:39:05         | 01:22:42.90           | 01:22:53.65              | +00:30:51<br>(37.2%) | 7:39           | 7.8<br>(62.4%) |
| 16    | RAINER Iwona           | 421    | ACS STAL                      | K40      | 16   |             |         | 00:35:50         | 00:41:33         | 01:27:46.90           | 01:28:13.10              | +00:36:11<br>(41.0%) | 8:07           | 7.4<br>(59.2%) |
| 17    | SIWIŃSKA Gosia         | 272    |                               | K40      | 17   |             |         | 00:36:37         | 00:42:20         | 01:29:46.30           | 01:30:00.80              | +00:37:58<br>(42.2%) | 8:18           | 7.2<br>(57.6%) |
| 18    | MAKUCHOWSKA Paulina    | 405    |                               | K40      | 18   |             |         | 00:34:04         | 00:39:20         | 01:30:43.25           | 01:30:52.60              | +00:38:50<br>(42.7%) | 8:23           | 7.1<br>(56.8%) |
| 19    | PETROVÁ Jana           | 364    | AUTOSERVIS ERIKA              | K40      | 19   |             |         | 00:38:15         | 00:44:32         | 01:31:29.55           | 01:31:50.20              | +00:39:48<br>(43.3%) | 8:28           | 7.1<br>(56.8%) |
| 20    | SZYSZ Alina            | 317    | GRUPA BIEGACZY SKÓRZEC BIEGA  | K40      | 20   |             |         | 00:37:26         | 00:43:23         | 01:32:51.65           | 01:33:04.80              | +00:41:02<br>(44.1%) | 8:35           | 7<br>(56.0%)   |
| 21    | CIECIOROWSKA Alicja    | 318    | OFF-ROAD RUNNERS              | K40      | 21   |             |         | 00:35:25         | 00:41:21         | 01:32:58.15           | 01:33:18.25              | +00:41:16<br>(44.2%) | 8:36           | 7<br>(56.0%)   |
| 22    | STAŃCZAK Dominika      | 216    | TEAM ZABIEGANEDNI             | K40      | 22   |             |         | 00:37:43         | 00:44:03         | 01:33:54.40           | 01:34:22.30              | +00:42:20<br>(44.9%) | 8:41           | 6.9<br>(55.2%) |
| 23    | SIOREK Katarzyna       | 469    | PIĘKNE I BRODACZE             | K40      | 23   |             |         | 00:37:55         | 00:43:57         | 01:36:44.90           | 01:37:01.10              | +00:44:59<br>(46.4%) | 8:57           | 6.7<br>(53.6%) |
| 24    | KOCHANOWSKA Anna       | 380    | JEST LEPIEJ RUN TEAM          | K40      | 24   |             |         | 00:38:31         | 00:44:28         | 01:37:27.70           | 01:37:40.85              | +00:45:39<br>(46.7%) | 9:01           | 6.6<br>(52.8%) |
| 25    | PAWELEC Magdalena      | 408    | RAKNROLL                      | K40      | 25   |             |         | 00:39:42         | 00:46:03         | 01:38:50.15           | 01:38:50.15              | +00:46:48<br>(47.4%) | 9:09           | 6.6<br>(52.8%) |
| 26    | UCHEREK Kinga          | 239    |                               | K40      | 26   |             |         | 00:40:47         | 00:47:14         | 01:38:47.00           | 01:38:55.65              | +00:46:53<br>(47.4%) | 9:08           | 6.6<br>(52.8%) |
| 27    | ZIARKO Agnieszka       | 941    | SDG                           | K40      | 27   |             |         | 00:38:28         | 00:46:08         | 01:43:53.80           | 01:44:03.05              | +00:52:01<br>(50.0%) | 9:37           | 6.2<br>(49.6%) |
| 28    | GREŃ Magdalena         | 309    |                               | K40      | 28   |             |         | 00:41:57         | 00:48:35         | 01:44:28.95           | 01:44:58.20              | +00:52:56<br>(50.4%) | 9:40           | 6.2<br>(49.6%) |
| 29    | HAMERSKA Dominika      | 2872   |                               | K40      | 29   |             |         | 00:40:43         | 00:46:57         | 01:45:03.25           | 01:45:06.65              | +00:53:04<br>(50.5%) | 9:43           | 6.2<br>(49.6%) |
| 30    | KALISZ Renata          | 231    |                               | K40      | 30   |             |         | 00:44:49         | 00:51:08         | 01:46:30.30           | 01:46:51.55              | +00:54:49<br>(51.3%) | 9:51           | 6.1<br>(48.8%) |
| 31    | BANAK-SOŁTAN Agnieszka | 337    | TEAM BIEGAJ POD OKIEM TRENERA | K40      | 31   |             |         | 00:42:23         | 00:48:31         | 01:46:44.65           | 01:46:54.60              | +00:54:52<br>(51.3%) | 9:52           | 6.1<br>(48.8%) |
| 32    | CHMIELEWSKA Karolina   | 328    |                               | K40      | 32   |             |         | 00:44:37         | 00:50:49         | 01:48:48.90           | 01:49:07.90              | +00:57:06<br>(52.3%) | 10:04          | 6<br>(48.0%)   |
| 33    | DANIELAK Marzena       | 449    | GRUPA BIEGACZY SKÓRZEC BIEGA  | K40      | 33   |             |         | 00:42:35         | 00:49:36         | 01:50:41.20           | 01:50:57.00              | +00:58:55<br>(53.1%) | 10:14          | 5.9<br>(47.2%) |
| 34    | KOŚCIUCH Anna          | 890    |                               | K40      | 34   |             |         | 00:46:26         | 00:53:34         | 01:56:25.00           | 01:56:43.25              | +01:04:41<br>(55.4%) | 10:46          | 5.6<br>(44.8%) |
| 35    | KALISZ Jadwiga         | 329    |                               | K40      | 35   |             |         |                  |                  | 01:57:37.00           | 01:57:37.00              | +01:05:35<br>(55.8%) | 10:53          | 5.5<br>(44.0%) |
| 36    | DĄBROWSKA Monika       | 398    | RAK'N'ROLL                    | K40      | 36   |             |         | 00:52:01         | 01:00:45         | 01:58:38.60           | 01:58:43.40              | +01:06:41<br>(56.2%) | 10:59          | 5.5<br>(44.0%) |
| 37    | BIJAK Agnieszka        | 404    | FUNDACJA RAK'N'ROLL           | K40      | 37   |             |         | 00:50:22         | 00:57:54         | 02:04:13.25           | 02:04:13.25              | +01:12:11<br>(58.1%) | 11:30          | 5.2<br>(41.6%) |
| 38    | MYŚLIŃSKA Olga         | 470    | RAK'N'ROLL                    | K40      | 38   |             |         | 00:50:13         | 00:57:28         | 02:04:37.90           | 02:04:45.70              | +01:12:43<br>(58.3%) | 11:32          | 5.2<br>(41.6%) |

| Place | Participant           | Number | Club                                | Category | MCat | Mistrzostwa |         | Premia1<br>3.8km | Premia2<br>4.3km | Net<br>time<br>10.8km | Czas<br>brutto<br>10.8km | Gap                  | Pace<br>min/km | Pace<br>km/h   |
|-------|-----------------------|--------|-------------------------------------|----------|------|-------------|---------|------------------|------------------|-----------------------|--------------------------|----------------------|----------------|----------------|
|       |                       |        |                                     |          |      | Polski      | Drużyna |                  |                  |                       |                          |                      |                |                |
| 39    | MAŃKA Paulina         | 432    |                                     | K40      | 39   |             |         | 00:50:07         | 00:58:03         | 02:06:41.10           | 02:06:50.30              | +01:14:48<br>(59.0%) | 11:43          | 5.1<br>(40.8%) |
| 40    | PAJĄK Anna            | 295    |                                     | K40      | 40   |             |         | 00:50:07         | 00:58:02         | 02:06:40.15           | 02:06:50.45              | +01:14:48<br>(59.0%) | 11:43          | 5.1<br>(40.8%) |
| 41    | KNAPIK Ilona          | 313    |                                     | K40      | 41   |             |         | 00:49:16         | 00:59:46         | 02:10:15.10           | 02:10:30.40              | +01:18:28<br>(60.1%) | 12:03          | 5<br>(40.0%)   |
| 42    | FUKS Olga             | 277    |                                     | K40      | 42   |             |         | 00:50:32         | 00:58:00         | 02:10:07.75           | 02:10:34.40              | +01:18:32<br>(60.2%) | 12:02          | 5<br>(40.0%)   |
| 43    | TYLIŃSKA Dagmara      | 246    | SŁOŃCE JURY                         | K40      | 43   |             |         | 00:51:26         | 00:59:24         | 02:10:32.40           | 02:10:40.15              | +01:18:38<br>(60.2%) | 12:05          | 5<br>(40.0%)   |
| 44    | BIELECKA Ewa          | 247    | STOWARZYSZENIE SPORTOWE SŁOŃCA JURY | K40      | 44   |             |         | 00:51:28         | 00:58:37         | 02:10:34.30           | 02:10:41.10              | +01:18:39<br>(60.2%) | 12:05          | 5<br>(40.0%)   |
| 45    | GAWRON Agnieszka      | 245    | SŁOŃCA JURY                         | K40      | 45   |             |         | 00:51:30         | 00:59:27         | 02:10:37.10           | 02:10:42.95              | +01:18:41<br>(60.2%) | 12:05          | 5<br>(40.0%)   |
| 46    | DENEKA Alicja         | 269    | KLUB BIEGACZA EURO                  | K40      | 46   |             |         | 00:49:23         | 00:57:23         | 02:12:39.05           | 02:12:56.25              | +01:20:54<br>(60.9%) | 12:16          | 4.9<br>(39.2%) |
| 47    | DOMINIAK Agnieszka    | 227    |                                     | K40      | 47   |             |         | 00:50:00         | 00:58:11         | 02:13:13.65           | 02:13:39.05              | +01:21:37<br>(61.1%) | 12:20          | 4.9<br>(39.2%) |
| 48    | NIERADA Adrianna      | 221    | NIEDZIELNI SPACEROWICZE             | K40      | 48   |             |         | 00:55:11         | 01:04:18         | 02:13:23.45           | 02:13:50.70              | +01:21:48<br>(61.1%) | 12:21          | 4.9<br>(39.2%) |
| 49    | WOLEK Dagmara         | 323    | GRUPA LUX-POL                       | K40      | 49   |             |         | 00:56:10         | 01:03:55         | 02:13:56.25           | 02:14:05.80              | +01:22:03<br>(61.2%) | 12:24          | 4.8<br>(38.4%) |
| 50    | PAWLIK Agnieszka      | 220    |                                     | K40      | 50   |             |         | 00:56:59         | 01:07:01         | 02:14:03.50           | 02:14:33.20              | +01:22:31<br>(61.3%) | 12:24          | 4.8<br>(38.4%) |
| 51    | KORALCZYK Katarzyna   | 486    |                                     | K40      | 51   |             |         | 00:55:05         | 01:02:45         | 02:17:42.70           | 02:17:42.70              | +01:25:40<br>(62.2%) | 12:45          | 4.7<br>(37.6%) |
| 52    | DREWIN Małgorzata     | 224    |                                     | K40      | 52   |             |         | 00:50:15         | 00:58:22         | 02:19:20.35           | 02:19:46.25              | +01:27:44<br>(62.8%) | 12:54          | 4.7<br>(37.6%) |
| 53    | MATYSEK Magdalena     | 493    | ROLLING                             | K40      | 53   |             |         | 00:59:09         | 01:09:10         | 02:30:02.65           | 02:30:13.40              | +01:38:11<br>(65.4%) | 13:53          | 4.3<br>(34.4%) |
| 54    | WITAK Wioletta        | 402    | RAK'N'ROLL TEAM                     | K40      | 54   |             |         | 01:07:25         | 01:19:10         | 02:35:09.25           | 02:35:22.30              | +01:43:20<br>(66.5%) | 14:21          | 4.2<br>(33.6%) |
| 55    | KOPCZYŃSKA Anna       | 296    |                                     | K40      | 55   |             |         | 01:00:08         | 01:11:47         | 02:38:13.10           | 02:38:28.85              | +01:46:27<br>(67.2%) | 14:38          | 4.1<br>(32.8%) |
| 56    | MACIEJEWSKA Anna      | 407    |                                     | K40      | 56   |             |         | 01:04:56         | 01:13:52         | 02:39:58.60           | 02:40:11.95              | +01:48:10<br>(67.5%) | 14:48          | 4.1<br>(32.8%) |
| 57    | GRONCZEWSKA Agnieszka | 476    | RAK'N'ROLL                          | K40      | 57   |             |         | 01:07:23         | 01:19:10         | 02:50:52.10           | 02:51:06.85              | +01:59:05<br>(69.6%) | 15:49          | 3.8<br>(30.4%) |
| 58    | MICHAŁEK Sylwia       | 390    |                                     | K40      | 58   |             |         | 01:07:21         | 01:19:10         | 02:50:52.45           | 02:51:07.95              | +01:59:06<br>(69.6%) | 15:49          | 3.8<br>(30.4%) |
| 59    | SIWIEC Aneta          | 401    |                                     | K40      | 59   |             |         | 01:07:28         | 01:19:17         | 02:51:15.65           | 02:51:32.70              | +01:59:30<br>(69.7%) | 15:51          | 3.8<br>(30.4%) |
| 60    | MIKOŁAJCZUK Agnieszka | 278    | PĘDZĄCE LENIWCE                     | K40      | 60   |             |         | 01:06:30         | 01:18:20         | 02:53:26.70           | 02:53:43.25              | +02:01:41<br>(70.0%) | 16:03          | 3.7<br>(29.6%) |
| 61    | ZAJADACZ Edyta        | 301    | PĘDZĄCE LENIWCE                     | K40      | 61   |             |         | 01:06:30         | 01:18:22         | 02:53:27.75           | 02:53:43.35              | +02:01:41<br>(70.0%) | 16:03          | 3.7<br>(29.6%) |

| Place                              | Participant            | Number | Club            | Category | MCat | Mistrzostwa<br>Polski | Drużyna | Premia1<br>3.8km | Premia2<br>4.3km | Net<br>time<br>10.8km | Czas<br>brutto<br>10.8km | Gap                  | Pace<br>min/km | Pace<br>km/h   |
|------------------------------------|------------------------|--------|-----------------|----------|------|-----------------------|---------|------------------|------------------|-----------------------|--------------------------|----------------------|----------------|----------------|
| 62                                 | SIELEWICZ Kasia        | 262    |                 | K40      | 62   |                       |         | 01:01:53         | 01:12:28         | 02:53:55.95           | 02:54:12.80              | +02:02:10<br>(70.1%) | 16:06          | 3.7<br>(29.6%) |
| Przekroczony limit czasu: 03:00:00 |                        |        |                 |          |      |                       |         |                  |                  |                       |                          |                      |                |                |
| 63                                 | SKARBOWSKA Izabela     | 396    | RAK'N'ROLL TEAM | K40      | 63   |                       |         | 01:15:55         | 01:36:26         | 03:05:32.10           | 03:05:42.50              | +02:13:40<br>(72.0%) | 17:10          | 3.5<br>(28.0%) |
| 64                                 | TOMASZKIEWICZ Elżbieta | 270    | RTV EURO AGD    | K40      | 64   |                       |         | 01:24:14         | 01:36:44         | 03:16:25.10           | 03:16:43.35              | +02:24:41<br>(73.6%) | 18:11          | 3.3<br>(26.4%) |

Total 64 results.