



**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

Gorce Ultra-Trail - Winter  
Fundacja Run Vegan  
2023-02-25  
Ochoznica Górna  
34.6 km

## 34KM ZIMNY WDŻAR - GUT WINTER

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

| Msc | Zawodnik            | Numer | Klub                                             | Kategoria | Mkat | Drużyna 1           | Wdżar<br>20km | Lubań<br>24km | Czas<br>netto<br>34.6km | Czas<br>brutto<br>34.6km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|---------------------|-------|--------------------------------------------------|-----------|------|---------------------|---------------|---------------|-------------------------|--------------------------|----------------------|-----------------|----------------|
| 1   | ZBOZIEN<br>Jarosław | 172   | ALPIN SPORT TEAM                                 | M-OPEN    | 1    |                     | 02:08:39      | 02:47:50      | 03:46:16.45             | 03:46:16.45              |                      | 6:32            | 9.2<br>(100%)  |
| 2   | DUDZIK Łukasz       | 111   |                                                  | M-OPEN    | 2    |                     | 02:08:20      | 02:48:02      | 03:48:02.70             | 03:48:02.70              | +00:01:46<br>(0.8%)  | 6:35            | 9.1<br>(98.9%) |
| 3   | GRUND Marek         | 116   | MAFIA TEAM LUBLINIEC                             | M-OPEN    | 3    |                     | 02:13:11      | 02:56:38      | 03:58:42.35             | 03:58:42.35              | +00:12:25<br>(5.2%)  | 6:53            | 8.7<br>(94.6%) |
| 4   | FLOREK<br>Sebastian | 114   |                                                  | M-OPEN    | 4    |                     | 02:15:19      | 02:56:47      | 04:00:07.80             | 04:00:07.80              | +00:13:51<br>(5.8%)  | 6:56            | 8.6<br>(93.5%) |
| 5   | BANIAK Marcin       | 102   | G.O.A.T. TEAM MICHAŁOWICE/MŁYN TRAIL MICHAŁOWICE | M-OPEN    | 5    | TRAIL RUN<br>Kraków | 02:14:35      | 02:56:40      | 04:02:46.15             | 04:02:46.15              | +00:16:29<br>(6.8%)  | 7:00            | 8.6<br>(93.5%) |
| 6   | MAZUR Paweł         | 133   | PROJEKT1000UP                                    | M-OPEN    | 6    | Projekt1000UP       | 02:17:22      | 03:00:04      | 04:07:38.25             | 04:07:38.25              | +00:21:21<br>(8.6%)  | 7:09            | 8.4<br>(91.3%) |
| 7   | CIOCH Cezary        | 109   | KALLIPSO RUNNERS TEAM                            | M-OPEN    | 7    |                     | 02:15:53      | 03:03:11      | 04:07:49.65             | 04:07:49.65              | +00:21:33<br>(8.7%)  | 7:09            | 8.4<br>(91.3%) |
| 8   | ŁOZA Mateusz        | 130   | ZWIEDZANIE PRZEZ BIEGANIE                        | M-OPEN    | 8    |                     | 02:20:19      | 03:04:33      | 04:08:34.35             | 04:08:34.35              | +00:22:17<br>(9.0%)  | 7:11            | 8.4<br>(91.3%) |
| 9   | PAŁKA Mariusz       | 141   | KB PARANTELA                                     | M-OPEN    | 9    | KB Parantela        | 02:23:30      | 03:11:01      | 04:22:37.05             | 04:22:37.05              | +00:36:20<br>(13.8%) | 7:35            | 7.9<br>(85.9%) |
| 10  | CIEPIELA<br>Patryk  | 108   | NOWA HUTA TEAM                                   | M-OPEN    | 10   | Nowa Huta<br>TEAM   | 02:17:20      | 03:05:39      | 04:24:20.95             | 04:24:20.95              | +00:38:04<br>(14.4%) | 7:38            | 7.9<br>(85.9%) |
| 11  | BAROS Daniel        | 103   | KB FALSTART RUDNIKI                              | M-OPEN    | 11   |                     | 02:29:03      | 03:14:30      | 04:24:31.75             | 04:24:31.75              | +00:38:15<br>(14.5%) | 7:38            | 7.8<br>(84.8%) |
| 12  | SENDEK Sylwia       | 150   |                                                  | K-OPEN    | 1    |                     | 02:29:40      | 03:16:16      | 04:25:37.65             | 04:25:37.65              | +00:39:21<br>(14.8%) | 7:40            | 7.8<br>(84.8%) |
| 13  | KLONOWSKI<br>Jacek  | 121   |                                                  | M-OPEN    | 12   |                     | 02:22:02      | 03:11:37      | 04:27:42.30             | 04:27:42.30              | +00:41:25<br>(15.5%) | 7:44            | 7.8<br>(84.8%) |
| 14  | STACHURSKI<br>Paweł | 175   |                                                  | M-OPEN    | 13   |                     | 02:29:50      |               | 04:35:25.30             | 04:35:25.30              | +00:49:08<br>(17.8%) | 7:57            | 7.5<br>(81.5%) |
| 15  | ADAMEK<br>Dariusz   | 100   | #ADAMCZERWIŃSKITEAM                              | M-OPEN    | 14   |                     | 02:32:43      | 03:19:41      | 04:35:46.55             | 04:35:46.55              | +00:49:30<br>(17.9%) | 7:58            | 7.5<br>(81.5%) |

| Msc | Zawodnik            | Numer | Klub                       | Kategoria | Mkat | Drużyna 1   | Wdżar<br>20km | Lubań<br>24km | Czas<br>netto<br>34.6km | Czas<br>brutto<br>34.6km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|---------------------|-------|----------------------------|-----------|------|-------------|---------------|---------------|-------------------------|--------------------------|----------------------|-----------------|----------------|
| 16  | WIERZBA Michał      | 174   | RUM KLINY TEAM             | M-OPEN    | 15   |             | 02:31:50      | 03:22:08      | 04:35:50.80             | 04:35:50.80              | +00:49:34<br>(18.0%) | 7:58            | 7.5<br>(81.5%) |
| 17  | NIEDŹWIADEK Piotr   | 136   | #ADAMCZERWIŃSKITEAM        | M-OPEN    | 16   |             | 02:32:43      | 03:19:44      | 04:35:55.20             | 04:35:55.20              | +00:49:38<br>(18.0%) | 7:58            | 7.5<br>(81.5%) |
| 18  | LEŚNIAK Anna        | 128   | SALT RUNNERS BOCHNIA       | K-OPEN    | 2    |             | 02:32:04      | 03:24:43      | 04:37:59.35             | 04:37:59.35              | +00:51:42<br>(18.6%) | 8:02            | 7.5<br>(81.5%) |
| 19  | HAJDA Justyna       | 117   | MAFIA TEAM LUBLINIEC       | K-OPEN    | 3    |             | 02:35:13      | 03:26:29      | 04:44:16.15             | 04:44:16.15              | +00:57:59<br>(20.4%) | 8:12            | 7.3<br>(79.3%) |
| 20  | SZEWCZYK Wiesław    | 159   | ŁUKOWICA TO MY.            | M-OPEN    | 17   |             | 02:32:55      | 03:26:22      | 04:45:41.35             | 04:45:41.35              | +00:59:24<br>(20.8%) | 8:15            | 7.3<br>(79.3%) |
| 21  | OPAŁKA Damian       | 139   | MYRACE                     | M-OPEN    | 18   |             | 02:31:55      | 03:26:57      | 04:47:59.85             | 04:47:59.85              | +01:01:43<br>(21.4%) | 8:19            | 7.2<br>(78.3%) |
| 22  | TOKARSKI Tomasz     | 162   | OSTROBIEC                  | M-OPEN    | 19   | OstroBiec 2 | 02:43:01      | 03:32:20      | 04:48:09.05             | 04:48:09.05              | +01:01:52<br>(21.5%) | 8:19            | 7.2<br>(78.3%) |
| 23  | WARZECHA Kamil      | 167   | RMT TEAM                   | M-OPEN    | 20   |             | 02:33:47      | 03:25:26      | 04:48:54.85             | 04:48:54.85              | +01:02:38<br>(21.7%) | 8:20            | 7.2<br>(78.3%) |
| 24  | KUBIAK Marcin       | 126   | KUBIAK                     | M-OPEN    | 21   |             | 02:36:01      | 03:28:58      | 04:50:37.25             | 04:50:37.25              | +01:04:20<br>(22.1%) | 8:23            | 7.1<br>(77.2%) |
| 25  | KRUPA Roman         | 247   |                            | M-OPEN    | 22   |             | 02:35:21      | 03:28:49      | 04:50:48.80             | 04:50:48.80              | +01:04:32<br>(22.2%) | 8:24            | 7.1<br>(77.2%) |
| 26  | PUDZISZ Piotr       | 146   |                            | M-OPEN    | 23   |             | 02:36:25      | 03:30:10      | 04:50:55.25             | 04:50:55.25              | +01:04:38<br>(22.2%) | 8:24            | 7.1<br>(77.2%) |
| 27  | KOPACZ Katarzyna    | 123   |                            | K-OPEN    | 4    |             | 02:33:53      | 03:29:49      | 04:51:57.85             | 04:51:57.85              | +01:05:41<br>(22.5%) | 8:26            | 7.1<br>(77.2%) |
| 28  | MATUSZ Tadeusz      | 131   |                            | M-OPEN    | 24   |             | 02:35:50      | 03:30:26      | 04:55:33.10             | 04:55:33.10              | +01:09:16<br>(23.4%) | 8:32            | 7<br>(76.1%)   |
| 29  | RECLIK Piotr        | 148   |                            | M-OPEN    | 25   |             | 02:40:08      | 03:32:27      | 04:56:34.60             | 04:56:34.60              | +01:10:18<br>(23.7%) | 8:34            | 7<br>(76.1%)   |
| 30  | DZIERŻAK Elżbieta   | 113   | WWW.TRENINGFIZJOTERAPIA.PL | K-OPEN    | 5    |             | 02:44:35      | 03:37:44      | 04:59:40.60             | 04:59:40.60              | +01:13:24<br>(24.5%) | 8:39            | 6.9<br>(75.0%) |
| 31  | MOSIO Grzegorz      | 134   |                            | M-OPEN    | 26   |             | 02:39:35      | 03:34:32      | 05:01:57.20             | 05:01:57.20              | +01:15:40<br>(25.1%) | 8:43            | 6.9<br>(75.0%) |
| 32  | BARTYKOWSKA Marta   | 104   |                            | K-OPEN    | 6    |             | 02:45:52      | 03:45:02      | 05:09:22.45             | 05:09:22.45              | +01:23:06<br>(26.9%) | 8:56            | 6.7<br>(72.8%) |
| 33  | SOBCZAK Magdalena   | 152   | WIELISZEW HERON TEAM       | K-OPEN    | 7    |             | 02:45:52      | 03:44:48      | 05:10:00.60             | 05:10:00.60              | +01:23:44<br>(27.0%) | 8:57            | 6.7<br>(72.8%) |
| 34  | MUSIAŁ Ewelina      | 135   |                            | K-OPEN    | 8    |             | 02:46:13      | 03:44:44      | 05:12:50.10             | 05:12:50.10              | +01:26:33<br>(27.7%) | 9:02            | 6.6<br>(71.7%) |
| 35  | PAWELCZYK Krzysztof | 142   | SOBAS TEAM                 | M-OPEN    | 27   |             | 02:50:06      | 03:45:24      | 05:20:18.40             | 05:20:18.40              | +01:34:01<br>(29.4%) | 9:15            | 6.5<br>(70.7%) |
| 36  | TOKARZ Marcin       | 163   |                            | M-OPEN    | 28   |             | 02:55:19      | 03:50:47      | 05:21:02.00             | 05:21:02.00              | +01:34:45<br>(29.5%) | 9:16            | 6.5<br>(70.7%) |
| 37  | NOWIŃSKI Jakub      | 138   | ŁÓDŹRUNCREW/JAKOTEAM       | M-OPEN    | 29   |             | 02:49:24      | 03:50:01      | 05:26:55.95             | 05:26:55.95              | +01:40:39<br>(30.8%) | 9:26            | 6.4<br>(69.6%) |
| 38  | JĘDZURA Daniel      | 119   |                            | M-OPEN    | 30   |             | 02:43:35      | 03:37:10      | 05:28:16.65             | 05:28:16.65              | +01:42:00<br>(31.1%) | 9:29            | 6.3<br>(68.5%) |

| Msc | Zawodnik                | Numer | Klub                          | Kategoria | Mkat | Drużyna 1     | Wdżar<br>20km | Lubań<br>24km | Czas<br>netto<br>34.6km | Czas<br>brutto<br>34.6km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-------------------------|-------|-------------------------------|-----------|------|---------------|---------------|---------------|-------------------------|--------------------------|----------------------|-----------------|----------------|
| 39  | RECLIK Jacek            | 147   | SMAKI BIEGANIA                | M-OPEN    | 31   |               | 02:53:42      | 03:50:11      | 05:29:50.90             | 05:29:50.90              | +01:43:34<br>(31.4%) | 9:31            | 6.3<br>(68.5%) |
| 40  | KOWALCZYK<br>Kazimierz  | 124   | KS MURZASICHLE                | M-OPEN    | 32   |               | 02:20:25      | 03:09:24      | 05:30:24.65             | 05:30:24.65              | +01:44:08<br>(31.5%) | 9:32            | 6.3<br>(68.5%) |
| 41  | DZIADURA<br>Damian      | 112   | BIEGAM BO LUBIEŃ              | M-OPEN    | 33   |               | 02:55:24      | 03:54:36      | 05:32:40.20             | 05:32:40.20              | +01:46:23<br>(32.0%) | 9:36            | 6.2<br>(67.4%) |
| 42  | SZCZEPANEK<br>Kamil     | 158   |                               | M-OPEN    | 34   |               | 02:55:25      | 03:54:39      | 05:32:40.45             | 05:32:40.45              | +01:46:24<br>(32.0%) | 9:36            | 6.2<br>(67.4%) |
| 43  | WROBLEWSKI<br>Mateusz   | 171   |                               | M-OPEN    | 35   |               | 02:57:35      | 03:58:05      | 05:33:15.25             | 05:33:15.25              | +01:46:58<br>(32.1%) | 9:37            | 6.2<br>(67.4%) |
| 44  | KUCZYŃSKI<br>Grzegorz   | 127   | BIĄŁYSTOK BIEGA TEAM          | M-OPEN    | 36   |               | 02:59:54      | 03:57:46      | 05:41:11.10             | 05:41:11.10              | +01:54:54<br>(33.7%) | 9:51            | 6.1<br>(66.3%) |
| 45  | PAWELEC<br>Krystyna     | 143   | DOGOŃ GRODZISK MAZOWIECKI     | K-OPEN    | 9    |               | 03:05:40      | 04:02:36      | 05:41:31.40             | 05:41:31.40              | +01:55:14<br>(33.7%) | 9:52            | 6.1<br>(66.3%) |
| 46  | NOWAK<br>Ewelina        | 137   | SPARTAN TRAINING GROUP TARNÓW | K-OPEN    | 10   |               | 02:56:43      | 03:57:40      | 05:41:31.85             | 05:41:31.85              | +01:55:15<br>(33.7%) | 9:52            | 6.1<br>(66.3%) |
| 47  | UCIŃSKI<br>Grzegorz     | 166   |                               | M-OPEN    | 37   |               | 03:04:25      | 04:06:30      | 05:44:53.20             | 05:44:53.20              | +01:58:36<br>(34.4%) | 9:58            | 6<br>(65.2%)   |
| 48  | ŚWIETLIK<br>Paweł       | 160   |                               | M-OPEN    | 38   |               | 03:03:37      | 04:05:35      | 05:48:34.30             | 05:48:34.30              | +02:02:17<br>(35.1%) | 10:04           | 6<br>(65.2%)   |
| 49  | MATYSZCZAK<br>Mateusz   | 132   |                               | M-OPEN    | 39   |               | 03:00:15      | 03:58:14      | 05:49:22.10             | 05:49:22.10              | +02:03:05<br>(35.2%) | 10:05           | 5.9<br>(64.1%) |
| 50  | WOJTCZAK<br>Mateusz     | 170   |                               | M-OPEN    | 40   |               | 03:00:04      | 04:05:33      | 05:50:41.85             | 05:50:41.85              | +02:04:25<br>(35.5%) | 10:08           | 5.9<br>(64.1%) |
| 51  | STALOWSKA<br>Jolanta    | 154   | OSTROBIEC                     | K-OPEN    | 11   | OstroBiec     | 02:57:12      | 04:12:49      | 05:51:51.50             | 05:51:51.50              | +02:05:35<br>(35.7%) | 10:10           | 5.9<br>(64.1%) |
| 52  | STALOWSKI<br>Paweł      | 155   | OSTROBIEC                     | M-OPEN    | 41   |               | 02:57:13      | 04:01:18      | 05:54:53.10             | 05:54:53.10              | +02:08:36<br>(36.2%) | 10:15           | 5.8<br>(63.0%) |
| 53  | BUDZIASZEK<br>Agnieszka | 106   | EFFI RUN TEAM                 | K-OPEN    | 12   |               | 03:05:04      | 04:06:33      | 06:00:25.10             | 06:00:25.10              | +02:14:08<br>(37.2%) | 10:25           | 5.8<br>(63.0%) |
| 54  | PUDŁO<br>Sebastian      | 145   | OSTROBIEC                     | M-OPEN    | 42   | OstroBiec 2   | 03:11:31      |               | 06:04:40.80             | 06:04:40.80              | +02:18:24<br>(38.0%) | 10:32           | 5.7<br>(62.0%) |
| 55  | SKOCZEK<br>Tomasz       | 151   |                               | M-OPEN    | 43   |               | 03:10:16      |               | 06:07:35.70             | 06:07:35.70              | +02:21:19<br>(38.4%) | 10:37           | 5.6<br>(60.9%) |
| 56  | WNUK<br>Przemysław      | 169   | KALINA FOREVER                | M-OPEN    | 44   |               | 03:29:09      | 04:29:37      | 06:08:06.75             | 06:08:06.75              | +02:21:50<br>(38.5%) | 10:38           | 5.6<br>(60.9%) |
| 57  | BUKOWIEC<br>Justyna     | 107   | KKM KALORYFER                 | K-OPEN    | 13   |               | 03:15:00      |               | 06:12:19.50             | 06:12:19.50              | +02:26:03<br>(39.2%) | 10:45           | 5.6<br>(60.9%) |
| 58  | TADLA Izabela           | 161   | #NOLIMITS                     | K-OPEN    | 14   |               | 03:10:12      |               | 06:15:35.15             | 06:15:35.15              | +02:29:18<br>(39.8%) | 10:51           | 5.5<br>(59.8%) |
| 59  | PATEREK Ada             | 173   | 12TRI.PL                      | K-OPEN    | 15   |               | 03:15:05      | 04:26:02      | 06:19:49.55             | 06:19:49.55              | +02:33:33<br>(40.4%) | 10:58           | 5.5<br>(59.8%) |
| 60  | TRYCH Dorota            | 164   |                               | K-OPEN    | 16   | MoKato FalUsy | 03:23:22      | 04:32:29      | 06:26:11.20             | 06:26:11.20              | +02:39:54<br>(41.4%) | 11:09           | 5.4<br>(58.7%) |
| 61  | WARZOCHA<br>Paweł       | 168   | NIECHBIEGA                    | M-OPEN    | 45   |               | 03:28:23      | 04:27:13      | 06:26:36.15             | 06:26:36.15              | +02:40:19<br>(41.5%) | 11:10           | 5.4<br>(58.7%) |

| Msc | Zawodnik          | Numer | Klub                  | Kategoria | Mkat | Drużyna 1 | Wdżar<br>20km   | Lubań<br>24km   | Czas<br>netto<br>34.6km | Czas<br>brutto<br>34.6km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-------------------|-------|-----------------------|-----------|------|-----------|-----------------|-----------------|-------------------------|--------------------------|----------------------|-----------------|----------------|
| 62  | DABROWSKI Dariusz | 110   | KALINA FOREVER        | M-OPEN    | 46   |           | 03:29:09        | 04:38:33        | 06:35:40.05             | 06:35:40.05              | +02:49:23<br>(42.8%) | 11:26           | 5.2<br>(56.5%) |
| 63  | TUSIŃSKI Seweryn  | 165   | OSTROBIEC             | M-OPEN    | 47   |           | 03:23:11        | 04:35:37        | 06:36:36.90             | 06:36:36.90              | +02:50:20<br>(42.9%) | 11:27           | 5.2<br>(56.5%) |
| 64  | BOGUSZ Tomasz     | 105   | PROGRAMISTA W RUCHU   | M-OPEN    | 48   |           | 03:29:08        | 04:44:46        | 06:39:39.10             | 06:39:39.10              | +02:53:22<br>(43.4%) | 11:33           | 5.2<br>(56.5%) |
| 65  | STERNIK Daniel    | 156   |                       | M-OPEN    | 49   |           | 03:19:10        | 04:40:21        | 07:04:35.35             | 07:04:35.35              | +03:18:18<br>(46.7%) | 12:16           | 4.9<br>(53.3%) |
| 66  | KIERUS Łukasz     | 120   | BIAŁYSTOK BIEGA TEAM  | M-OPEN    | 50   |           | 03:32:55        | 04:43:49        | 07:13:04.45             | 07:13:04.45              | +03:26:48<br>(47.8%) | 12:30           | 4.8<br>(52.2%) |
|     | GARUS Łukasz      | 115   |                       | M-OPEN    |      |           | 02:36:56<br>DNF | 03:25:32<br>DNF | DNF                     | DNF                      |                      | -               | -<br>(0.0%)    |
|     | LIŚKIEWICZ Hubert | 129   | MY ENDURANCE COACHING | M-OPEN    |      |           | 02:38:29<br>DNF | DNF             | DNF                     | DNF                      |                      | -               | -<br>(0.0%)    |

Znaleziono 68 wynik(ów)