

# INOV-8 LHOTSE RUN

B4SPORT



**Wydarzenie:** BIEGI GÓRSKIE w ramach 28 Festiwalu Górskiego  
im. Andrzeja Zawady  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2023-09-09  
**Miejsce:** Łądek Zdrój  
**Dystans:** 8.5 km

**B4SPORT**  
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 8.5km	Czas brutto 8.5km	Różn	Tempo min/km	Tempo km/h
1	<b>BROJ Marcel</b>	<b>60</b>	BROJ TEAM ŻLINICE	OPEN M	1	<b>00:39:11.00</b>	<b>00:39:11.00</b>		4:36	13 (100%)
2	<b>DZIERWA Marcin</b>	<b>70</b>	NOWA HUTA TEAM	OPEN M	2	<b>00:41:38.00</b>	<b>00:41:38.00</b>	+00:02:27 (5.9%)	4:53	12.2 (93.8%)
3	<b>KITA Michał</b>	<b>35</b>	PĘDZĄCY W MIEJSCU	OPEN M	3	<b>00:42:27.00</b>	<b>00:42:27.00</b>	+00:03:16 (7.7%)	4:59	12 (92.3%)
4	<b>NOWACKI Mateusz</b>	<b>16</b>	PRZEDWOJEWSKI TEAM	OPEN M	4	<b>00:43:03.00</b>	<b>00:43:03.00</b>	+00:03:52 (9.0%)	5:03	11.8 (90.8%)
5	<b>BAKALARZ Emil</b>	<b>54</b>	WKW	OPEN M	5	<b>00:46:51.00</b>	<b>00:46:51.00</b>	+00:07:40 (16.4%)	5:30	10.9 (83.8%)
6	<b>FRANASZCZUK Wojciech</b>	<b>14</b>	KB SOBÓTKA	OPEN M	6	<b>00:47:37.00</b>	<b>00:47:37.00</b>	+00:08:26 (17.7%)	5:36	10.7 (82.3%)
7	<b>PAJĄK Alan</b>	<b>75</b>		OPEN M	7	<b>00:47:39.00</b>	<b>00:47:39.00</b>	+00:08:28 (17.8%)	5:36	10.7 (82.3%)
8	<b>NELL Rupert</b>	<b>82</b>		OPEN M	8	<b>00:48:05.00</b>	<b>00:48:05.00</b>	+00:08:54 (18.5%)	5:39	10.6 (81.5%)
9	<b>BIRECKI Maciej</b>	<b>59</b>		OPEN M	9	<b>00:48:36.00</b>	<b>00:48:36.00</b>	+00:09:25 (19.4%)	5:43	10.5 (80.8%)
10	<b>ŁOPATYŃSKI Ireneusz</b>	<b>84</b>	REMA SPORT TEAM	OPEN M	10	<b>00:50:19.00</b>	<b>00:50:19.00</b>	+00:11:08 (22.1%)	5:55	10.1 (77.7%)
11	<b>WEGLARZ Czesław</b>	<b>34</b>		OPEN M	11	<b>00:50:42.00</b>	<b>00:50:42.00</b>	+00:11:31 (22.7%)	5:57	10.1 (77.7%)
12	<b>NIEZGÓDKA Tomasz</b>	<b>83</b>	TEAM DFBG	OPEN M	12	<b>00:51:11.00</b>	<b>00:51:11.00</b>	+00:12:00 (23.4%)	6:01	10 (76.9%)
13	<b>WACŁAWSKI Jacek</b>	<b>74</b>		OPEN M	13	<b>00:51:16.00</b>	<b>00:51:16.00</b>	+00:12:05 (23.6%)	6:01	9.9 (76.2%)
14	<b>CIESZYŃSKI Piotr</b>	<b>78</b>		OPEN M	14	<b>00:51:18.00</b>	<b>00:51:18.00</b>	+00:12:07 (23.6%)	6:02	9.9 (76.2%)
15	<b>DERENCZ Michał</b>	<b>4</b>	AKTYWNA NOWA RUDA	OPEN M	15	<b>00:51:45.00</b>	<b>00:51:45.00</b>	+00:12:34 (24.3%)	6:05	9.9 (76.2%)
16	<b>SOLOP Oleksandr</b>	<b>64</b>	TRICLUB	OPEN M	16	<b>00:52:00.00</b>	<b>00:52:00.00</b>	+00:12:49 (24.6%)	6:07	9.8 (75.4%)
17	<b>PACHURA Kinga</b>	<b>61</b>		OPEN K	1	<b>00:53:23.00</b>	<b>00:53:23.00</b>	+00:14:12 (26.6%)	6:16	9.6 (73.8%)
18	<b>JASTRZĘBSKI Bartłomiej</b>	<b>44</b>		OPEN M	17	<b>00:53:24.00</b>	<b>00:53:24.00</b>	+00:14:13 (26.6%)	6:16	9.6 (73.8%)
19	<b>JESIONOWSKI Piotr</b>	<b>45</b>		OPEN M	18	<b>00:55:22.00</b>	<b>00:55:22.00</b>	+00:16:11 (29.2%)	6:30	9.2 (70.8%)
20	<b>PRZERYWACZ Jakub</b>	<b>49</b>	SUSKI KLUB LEKKOATLETYCZNY	OPEN M	19	<b>00:55:38.00</b>	<b>00:55:38.00</b>	+00:16:27 (29.6%)	6:32	9.2 (70.8%)
21	<b>SZPINEK Marcin</b>	<b>62</b>		OPEN M	20	<b>00:55:45.00</b>	<b>00:55:45.00</b>	+00:16:34 (29.7%)	6:33	9.1 (70.0%)
22	<b>SZAJDA Marcin</b>	<b>42</b>	IRRACJONALNIE MASZERUJĄCY	OPEN M	21	<b>00:55:54.00</b>	<b>00:55:54.00</b>	+00:16:43 (29.9%)	6:34	9.1 (70.0%)
23	<b>OSMOLAK Agnieszka</b>	<b>19</b>		OPEN K	2	<b>00:55:56.00</b>	<b>00:55:56.00</b>	+00:16:45 (29.9%)	6:34	9.1 (70.0%)
24	<b>LULLA Michał</b>	<b>39</b>		OPEN M	22	<b>00:55:59.00</b>	<b>00:55:59.00</b>	+00:16:48 (30.0%)	6:35	9.1 (70.0%)
25	<b>CZARNECKI Szymon</b>	<b>2</b>	DOGONIĆ CZOŁÓWKĘ	OPEN M	23	<b>00:56:51.00</b>	<b>00:56:51.00</b>	+00:17:40 (31.1%)	6:41	9 (69.2%)
26	<b>SZACH Andrzej</b>	<b>7</b>	22KBPG	OPEN M	24	<b>00:57:50.00</b>	<b>00:57:50.00</b>	+00:18:39 (32.2%)	6:48	8.8 (67.7%)
27	<b>DEMBNY Maciej</b>	<b>31</b>		OPEN M	25	<b>00:57:52.00</b>	<b>00:57:52.00</b>	+00:18:41 (32.3%)	6:48	8.8 (67.7%)
28	<b>WACHOWSKI Robert</b>	<b>47</b>		OPEN M	26	<b>00:59:22.00</b>	<b>00:59:22.00</b>	+00:20:11 (34.0%)	6:59	8.6 (66.2%)
29	<b>WOJRACH Marcin</b>	<b>85</b>		OPEN M	27	<b>00:59:25.00</b>	<b>00:59:25.00</b>	+00:20:14 (34.1%)	6:59	8.6 (66.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 8.5km	Czas brutto 8.5km	Różn	Tempo min/km	Tempo km/h
30	BRESSA Zbigniew	48	100 MARATON KLUB	OPEN M	28	00:59:34.00	00:59:34.00	+00:20:23 (34.2%)	7:00	8.6 (66.2%)
31	BUŁACIŃSKI Filip	43	BUŁACIŃSKI TEAM	OPEN M	29	00:59:41.00	00:59:41.00	+00:20:30 (34.3%)	7:01	8.5 (65.4%)
32	DURSKI Adam	24		OPEN M	30	00:59:45.00	00:59:45.00	+00:20:34 (34.4%)	7:01	8.5 (65.4%)
33	CIEŻ Marcelina	28		OPEN K	3	00:59:46.00	00:59:46.00	+00:20:35 (34.4%)	7:01	8.5 (65.4%)
34	PIŁAT Michał	6	BRAK	OPEN M	31	00:59:50.00	00:59:50.00	+00:20:39 (34.5%)	7:02	8.5 (65.4%)
35	WACHOWSKI Wiesław	41		OPEN M	32	01:00:00.00	01:00:00.00	+00:20:49 (34.7%)	7:03	8.5 (65.4%)
36	JAZY Szymon	18		OPEN M	33	01:00:02.00	01:00:02.00	+00:20:51 (34.7%)	7:03	8.5 (65.4%)
37	JASTRZĘBSKI Michał	11	JASTRUN	OPEN M	34	01:00:04.00	01:00:04.00	+00:20:53 (34.8%)	7:04	8.5 (65.4%)
38	WACH Jarosław	57	SPYCHACZ Z WAŁBRZYCHA	OPEN M	35	01:00:17.00	01:00:17.00	+00:21:06 (35.0%)	7:05	8.5 (65.4%)
39	ZAPOTOCZNY Mariusz	27		OPEN M	36	01:00:22.00	01:00:22.00	+00:21:11 (35.1%)	7:06	8.4 (64.6%)
40	MARCINKOWSKI Piotr	10	OSW TRI TEAM	OPEN M	37	01:00:33.00	01:00:33.00	+00:21:22 (35.3%)	7:07	8.4 (64.6%)
41	OLEKSIAK Paweł	51		OPEN M	38	01:00:53.00	01:00:53.00	+00:21:42 (35.6%)	7:09	8.4 (64.6%)
42	BIENIASZ-KRZYWIEC Maksymilian	66		OPEN M	39	01:01:16.00	01:01:16.00	+00:22:05 (36.0%)	7:12	8.3 (63.8%)
43	ZUBRZAK Jacek	17		OPEN M	40	01:01:37.00	01:01:37.00	+00:22:26 (36.4%)	7:14	8.3 (63.8%)
44	KOTYSZ Waldemar	40		OPEN M	41	01:01:46.00	01:01:46.00	+00:22:35 (36.6%)	7:16	8.3 (63.8%)
45	RUSZKOWSKI Daniel	52		OPEN M	42	01:01:51.00	01:01:51.00	+00:22:40 (36.6%)	7:16	8.2 (63.1%)
46	SZPINEK Stella	63		OPEN K	4	01:01:59.00	01:01:59.00	+00:22:48 (36.8%)	7:17	8.2 (63.1%)
47	GRUDZIĘŃ Katarzyna	36		OPEN K	5	01:02:16.00	01:02:16.00	+00:23:05 (37.1%)	7:19	8.2 (63.1%)
48	MICHALAK-KLIMCZAK Lucyna	76		OPEN K	6	01:03:17.00	01:03:17.00	+00:24:06 (38.1%)	7:26	8.1 (62.3%)
49	SIEKIERZYŃSKI Radosław	5	DRUŻYNA SZPIKU	OPEN M	43	01:04:26.00	01:04:26.00	+00:25:15 (39.2%)	7:34	7.9 (60.8%)
50	LUBAK Marcin	72		OPEN M	44	01:08:01.00	01:08:01.00	+00:28:50 (42.4%)	8:00	7.5 (57.7%)
51	MICHAŁOWSKI Maciej	26		OPEN M	45	01:09:53.00	01:09:53.00	+00:30:42 (43.9%)	8:13	7.3 (56.2%)
52	SOBIERAJSKI Marcin	25	KOŁO NAUKOWE BYDLA GYM	OPEN M	46	01:09:57.00	01:09:57.00	+00:30:46 (44.0%)	8:13	7.3 (56.2%)
53	STACHOWICZ Katarzyna	68		OPEN K	7	01:10:31.00	01:10:31.00	+00:31:20 (44.4%)	8:17	7.2 (55.4%)
54	STACHOWICZ Marcin	69		OPEN M	47	01:10:32.00	01:10:32.00	+00:31:21 (44.4%)	8:17	7.2 (55.4%)
55	BUDNIOK Barbara	77		OPEN K	8	01:12:05.00	01:12:05.00	+00:32:54 (45.6%)	8:28	7.1 (54.6%)
56	BOGALIŃSKA Katarzyna	46		OPEN K	9	01:12:07.00	01:12:07.00	+00:32:56 (45.7%)	8:29	7.1 (54.6%)
57	MIKŁAS Magdalena	79		OPEN K	10	01:12:08.00	01:12:08.00	+00:32:57 (45.7%)	8:29	7.1 (54.6%)
58	FURMANEK Agata	71		OPEN K	11	01:12:09.00	01:12:09.00	+00:32:58 (45.7%)	8:29	7.1 (54.6%)
59	MATERA Krzysztof	67		OPEN M	48	01:12:32.00	01:12:32.00	+00:33:21 (46.0%)	8:32	7 (53.8%)
60	ŁYCZBA Bogusław	80		OPEN M	49	01:13:01.00	01:13:01.00	+00:33:50 (46.3%)	8:35	7 (53.8%)
61	FRONK Jarosław	8		OPEN M	50	01:13:02.00	01:13:02.00	+00:33:51 (46.3%)	8:35	7 (53.8%)
62	FORNALIK Marek	12		OPEN M	51	01:13:04.00	01:13:04.00	+00:33:53 (46.4%)	8:35	7 (53.8%)
63	HENEL Marcin	32		OPEN M	52	01:14:04.00	01:14:04.00	+00:34:53 (47.1%)	8:42	6.9 (53.1%)
64	DROŹDZIEWICZ Piotr	58		OPEN M	53	01:17:15.00	01:17:15.00	+00:38:04 (49.3%)	9:05	6.6 (50.8%)
65	MIKOŁAJCZYK Agata	3		OPEN K	12	01:17:19.00	01:17:19.00	+00:38:08 (49.3%)	9:05	6.6 (50.8%)
66	RAKOCZY Ireneusz	22		OPEN M	54	01:17:53.00	01:17:53.00	+00:38:42 (49.7%)	9:09	6.5 (50.0%)
67	WALCZAK Maciej	30		OPEN M	55	01:18:55.00	01:18:55.00	+00:39:44 (50.3%)	9:17	6.5 (50.0%)
68	BRZEZIŃSKI Andrzej	65	LANRUNS	OPEN M	56	01:19:45.00	01:19:45.00	+00:40:34 (50.9%)	9:22	6.4 (49.2%)
69	ZUGAJ Bartek	55		OPEN M	57	01:19:47.00	01:19:47.00	+00:40:36 (50.9%)	9:23	6.4 (49.2%)
70	CHALCIŃSKA Izabela	29		OPEN K	13	01:22:51.00	01:22:51.00	+00:43:40 (52.7%)	9:44	6.2 (47.7%)
71	BIEŃKOWSKA Magdalena	73		OPEN K	14	01:24:52.00	01:24:52.00	+00:45:41 (53.8%)	9:59	6 (46.2%)
72	KOKOSZKIEWICZ Jarosław	53	GRZYBIANY TEAM	OPEN M	58	01:24:55.00	01:24:55.00	+00:45:44 (53.9%)	9:59	6 (46.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 8.5km	Czas brutto 8.5km	Różn	Tempo min/km	Tempo km/h
73	<b>KOSTULSKA Olga</b>	<b>56</b>	WKURW_TEAM	OPEN K	15	<b>01:38:48.00</b>	<b>01:38:48.00</b>	+00:59:37 (60.3%)	11:37	5.2 (40.0%)
<b>Przekroczony limit czasu: 02:00:00</b>										
74	<b>TRZYNA Paula</b>	<b>38</b>	POLSKIE TOWARZYSTWO STWARDNIENIA ROZSIANEGO	OPEN K	16	<b>24:41:49.00</b>	<b>24:41:49.00</b>	+24:02:38 (97.4%)	174:19	0.3 (2.3%)

Znaleziono 74 wynik(ów)