



ŁEMKOWYNA WINTER TRAIL 18 KM

B4SPORT

Wydarzenie: Łemkowna Winter Trail
Organizator: Fundacja ULTRA
Data: 2024-02-17
Miejsce: Iwonicz-Zdrój
Dystans: 18 km

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Rymanów 9km | Czas netto 18km | Czas brutto 18km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------|------------|--|-------------------|------|----------------|-----------------------|------------------------|----------------------|-----------------|-----------------|
| 1 | KIJOWSKI Dominik | 287 | KB KROŚCIENKO WYŻNE | OPEN Mężczyźni | 1 | 00:36:29 | 01:15:42.00 | 01:15:42.00 | | 4:12 | 14.3 (100%) |
| 2 | ZYGMUNT Tomasz | 283 | BORGWARNER RUNNING TEAM | OPEN Mężczyźni | 2 | 00:40:23 | 01:20:35.00 | 01:20:35.00 | +00:04:53 (6.1%) | 4:28 | 13.4 (93.7%) |
| 3 | SALOMON Mateusz | 286 | POWER TRAINING | OPEN Mężczyźni | 3 | 00:39:33 | 01:20:56.00 | 01:20:56.00 | +00:05:14 (6.5%) | 4:29 | 13.3 (93.0%) |
| 4 | NIEZGODA Marcin | 243 | KKB MOSIR KROSNO | OPEN Mężczyźni | 4 | 00:39:52 | 01:22:10.00 | 01:22:10.00 | +00:06:28 (7.9%) | 4:33 | 13.1 (91.6%) |
| 5 | KOZIK Adam | 224 | AZS UJ CM | OPEN Mężczyźni | 5 | 00:46:20 | 01:24:32.00 | 01:24:32.00 | +00:08:50 (10.4%) | 4:41 | 12.8 (89.5%) |
| 6 | PERNAL Dariusz | 249 | | OPEN Mężczyźni | 6 | 01:30:38 | 01:32:28.00 | 01:32:28.00 | +00:16:46 (18.1%) | 5:08 | 11.7 (81.8%) |
| 7 | KULIGA Sławomir | 229 | POSMAKUJ RUN TEAM | OPEN Mężczyźni | 7 | | 01:32:58.00 | 01:32:58.00 | +00:17:16 (18.6%) | 5:09 | 11.6 (81.1%) |
| 8 | ŁASKI Tomasz | 236 | PTASIE RADIO BRZOZÓW | OPEN Mężczyźni | 8 | 01:30:49 | 01:34:58.00 | 01:34:58.00 | +00:19:16 (20.3%) | 5:16 | 11.4 (79.7%) |
| 9 | JABŁOŃSKA Sylwia | 212 | SBG PODBIEG NESSI TEAM | OPEN Kobiety | 1 | 01:30:53 | 01:35:18.00 | 01:35:18.00 | +00:19:36 (20.6%) | 5:17 | 11.3 (79.0%) |
| 10 | PEŁDIAK Mateusz | 248 | KB ATHLETIC ZRĘCIN / PAWKO RUNNER TEAM | OPEN Mężczyźni | 9 | 01:31:57 | 01:36:20.00 | 01:36:20.00 | +00:20:38 (21.4%) | 5:21 | 11.2 (78.3%) |
| 11 | ŚCIBOR Adrian | 264 | | OPEN Mężczyźni | 10 | 01:36:28 | 01:36:35.00 | 01:36:35.00 | +00:20:53 (21.6%) | 5:21 | 11.2 (78.3%) |
| 12 | GIERULA Grzegorz | 210 | KB ATHLETIC ZRĘCIN | OPEN Mężczyźni | 11 | 01:32:21 | 01:37:12.00 | 01:37:12.00 | +00:21:30 (22.1%) | 5:24 | 11.1 (77.6%) |
| 13 | LENART Kamil | 233 | | OPEN Mężczyźni | 12 | 01:35:03 | 01:37:20.00 | 01:37:20.00 | +00:21:38 (22.2%) | 5:24 | 11.1 (77.6%) |
| 14 | SKALSKI Jerzy | 253 | LKS BŁĘKITNI ŻEGLCE | OPEN Mężczyźni | 13 | 01:36:06 | 01:38:38.00 | 01:38:38.00 | +00:22:56 (23.3%) | 5:28 | 10.9 (76.2%) |

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|-----|-------------------------------|------------|---|-------------------|------|----------------|-----------------------|------------------------|----------------------|-----------------|-----------------|
| 15 | HOŁOWATY Renata | 211 | SANOK BIEGA | OPEN Kobiety | 2 | 01:36:40 | 01:40:14.00 | 01:40:14.00 | +00:24:32 (24.5%) | 5:34 | 10.8 (75.5%) |
| 16 | BAK-PUCHAŁKA Michalina | 202 | PUCHAŁKA SPORT - TEAM SCARPA POLSKA | OPEN Kobiety | 3 | 01:37:05 | 01:43:46.00 | 01:43:46.00 | +00:28:04 (27.0%) | 5:45 | 10.4 (72.7%) |
| 17 | KRUKAR Adam | 228 | FINISZ RYMANÓW | OPEN Mężczyźni | 14 | | 01:45:24.00 | 01:45:24.00 | +00:29:42 (28.2%) | 5:51 | 10.2 (71.3%) |
| 18 | GRZEGORZ Tomczyk | 288 | | OPEN Mężczyźni | 15 | 01:38:36 | 01:45:42.00 | 01:45:42.00 | +00:30:00 (28.4%) | 5:52 | 10.2 (71.3%) |
| 19 | SZYDŁAK Dariusz | 263 | | OPEN Mężczyźni | 16 | 01:36:53 | 01:46:27.00 | 01:46:27.00 | +00:30:45 (28.9%) | 5:54 | 10.1 (70.6%) |
| 20 | SKALSKI Daniel | 254 | LKS BŁĘKITNI ŻEGLCE | OPEN Mężczyźni | 17 | 01:38:25 | 01:46:48.00 | 01:46:48.00 | +00:31:06 (29.1%) | 5:56 | 10.1 (70.6%) |
| 21 | KOZIOŁ Weronika | 225 | | OPEN Kobiety | 4 | 01:39:16 | 01:48:29.00 | 01:48:29.00 | +00:32:47 (30.2%) | 6:01 | 10 (69.9%) |
| 22 | BLICHARZ Artur | 204 | | OPEN Mężczyźni | 18 | 01:41:10 | 01:50:27.00 | 01:50:27.00 | +00:34:45 (31.5%) | 6:08 | 9.8 (68.5%) |
| 23 | KUPKA Dawid | 232 | RUNNERROS | OPEN Mężczyźni | 19 | 01:39:10 | 01:51:04.00 | 01:51:04.00 | +00:35:22 (31.8%) | 6:10 | 9.7 (67.8%) |
| 24 | KĘDZIOR Maciej | 218 | | OPEN Mężczyźni | 20 | 01:38:46 | 01:51:32.00 | 01:51:32.00 | +00:35:50 (32.1%) | 6:11 | 9.7 (67.8%) |
| 25 | KRAWCZYK Dariusz | 227 | DAYONET | OPEN Mężczyźni | 21 | 01:40:40 | 01:51:38.00 | 01:51:38.00 | +00:35:56 (32.2%) | 6:12 | 9.7 (67.8%) |
| 26 | TRZOSŁO Tomasz | 267 | - | OPEN Mężczyźni | 22 | 01:39:27 | 01:51:49.00 | 01:51:49.00 | +00:36:07 (32.3%) | 6:12 | 9.7 (67.8%) |
| 27 | KOSTKA Janusz | 222 | POSMAKUJ RUN TEAM | OPEN Mężczyźni | 23 | 01:40:11 | 01:53:50.00 | 01:53:50.00 | +00:38:08 (33.5%) | 6:19 | 9.5 (66.4%) |
| 28 | JURYŚ Sławomir | 217 | JSYSTEM | OPEN Mężczyźni | 24 | 01:43:20 | 01:53:57.00 | 01:53:57.00 | +00:38:15 (33.6%) | 6:19 | 9.5 (66.4%) |
| 29 | JĘDRZEJCZYK Adam | 215 | | OPEN Mężczyźni | 25 | 01:43:17 | 01:54:20.00 | 01:54:20.00 | +00:38:38 (33.8%) | 6:21 | 9.4 (65.7%) |
| 30 | NIEMIEC Grzegorz | 242 | | OPEN Mężczyźni | 26 | 01:43:12 | 01:55:05.00 | 01:55:05.00 | +00:39:23 (34.2%) | 6:23 | 9.4 (65.7%) |
| 31 | KULIGA Katarzyna | 230 | | OPEN Kobiety | 5 | 01:41:50 | 01:55:07.00 | 01:55:07.00 | +00:39:25 (34.2%) | 6:23 | 9.4 (65.7%) |
| 32 | URBAŃSKI Krzysztof | 270 | TAKADA TEAM | OPEN Mężczyźni | 27 | 01:41:00 | 01:55:14.00 | 01:55:14.00 | +00:39:32 (34.3%) | 6:24 | 9.4 (65.7%) |
| 33 | RĘPAŁSKA Agata | 252 | | OPEN Kobiety | 6 | 01:41:30 | 01:56:04.00 | 01:56:04.00 | +00:40:22 (34.8%) | 6:26 | 9.3 (65.0%) |
| 34 | OWOC Tomasz | 245 | PKO BANK POLSKI / ADIDAS RUNNERS WARSAW | OPEN Mężczyźni | 28 | 01:41:25 | 01:56:08.00 | 01:56:08.00 | +00:40:26 (34.8%) | 6:27 | 9.3 (65.0%) |
| 35 | MUC Tomasz | 241 | 42K PRO TEAM | OPEN Mężczyźni | 29 | 01:43:43 | 01:58:21.00 | 01:58:21.00 | +00:42:39 (36.0%) | 6:34 | 9.1 (63.6%) |
| 36 | ZAJĄC Kamil | 276 | MULTIFLORA | OPEN Mężczyźni | 30 | 01:43:26 | 01:58:27.00 | 01:58:27.00 | +00:42:45 (36.1%) | 6:34 | 9.1 (63.6%) |
| 37 | KOSZ Pawel | 223 | PGE RUN OBRÓT | OPEN Mężczyźni | 31 | 01:34:32 | 01:59:46.00 | 01:59:46.00 | +00:44:04 (36.8%) | 6:39 | 9 (62.9%) |

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|-----|---------------------------------|------------|--|-------------------|------|----------------|-----------------------|------------------------|----------------------|-----------------|---------------|
| 38 | JĘDRZEJCZYK Maja | 216 | | OPEN Kobiety | 7 | 01:43:29 | 02:00:46.00 | 02:00:46.00 | +00:45:04 (37.3%) | 6:42 | 8.9 (62.2%) |
| 39 | DWORZAŃSKI Marcin | 207 | BIEGAM BO LUBIĘ | OPEN Mężczyźni | 32 | 01:43:40 | 02:03:14.00 | 02:03:14.00 | +00:47:32 (38.6%) | 6:50 | 8.8 (61.5%) |
| 40 | JAGIELLO Michał | 213 | | OPEN Mężczyźni | 33 | 01:45:24 | 02:03:35.00 | 02:03:35.00 | +00:47:53 (38.7%) | 6:51 | 8.7 (60.8%) |
| 41 | WOLWOWICZ Zbigniew | 274 | | OPEN Mężczyźni | 34 | 01:44:04 | 02:04:06.00 | 02:04:06.00 | +00:48:24 (39.0%) | 6:53 | 8.7 (60.8%) |
| 42 | STERKOWICZ Dorota | 258 | | OPEN Kobiety | 8 | 01:45:48 | 02:07:03.00 | 02:07:03.00 | +00:51:21 (40.4%) | 7:03 | 8.5 (59.4%) |
| 43 | LIBERACKI Grzegorz | 235 | LIBERATOR NOWY SĄCZ | OPEN Mężczyźni | 35 | 01:45:28 | 02:07:11.00 | 02:07:11.00 | +00:51:29 (40.5%) | 7:03 | 8.5 (59.4%) |
| 44 | ŁĄCZNY Marcin | 237 | GALOPUJĄCE DŹDŻOWNICE/SPARTAŃSKA DZICZ | OPEN Mężczyźni | 36 | 01:47:59 | 02:08:28.00 | 02:08:28.00 | +00:52:46 (41.1%) | 7:08 | 8.4 (58.7%) |
| 45 | TOMPALSKI Wojciech | 266 | | OPEN Mężczyźni | 37 | 01:45:44 | 02:08:55.00 | 02:08:55.00 | +00:53:13 (41.3%) | 7:09 | 8.4 (58.7%) |
| 46 | WOŹNIAK Janusz | 275 | PORMAT JEDLICZE BIEGA | OPEN Mężczyźni | 38 | 01:45:18 | 02:09:49.00 | 02:09:49.00 | +00:54:07 (41.7%) | 7:12 | 8.3 (58.0%) |
| 47 | STANOSZ-CHEŁKOWSKA Aneta | 257 | HARDE DZIKI | OPEN Kobiety | 9 | 01:45:39 | 02:11:29.00 | 02:11:29.00 | +00:55:47 (42.4%) | 7:18 | 8.2 (57.3%) |
| 48 | ZONTEK Paweł | 282 | POJEDNYCHPINIONDZACH | OPEN Mężczyźni | 39 | 01:45:34 | 02:12:28.00 | 02:12:28.00 | +00:56:46 (42.9%) | 7:21 | 8.2 (57.3%) |
| 49 | SKRZYPEK Robert | 255 | BIEGNIJ Z PROSERVICE | OPEN Mężczyźni | 40 | 01:48:20 | 02:14:12.00 | 02:14:12.00 | +00:58:30 (43.6%) | 7:27 | 8 (55.9%) |
| 50 | SZCZUR Iwona | 262 | | OPEN Kobiety | 10 | 01:48:13 | 02:14:31.00 | 02:14:31.00 | +00:58:49 (43.7%) | 7:28 | 8 (55.9%) |
| 50 | KOMAŃSKI Rafał | 221 | AKTYWNA GMINA ZARSZYN | OPEN Mężczyźni | 41 | 01:48:08 | 02:14:31.00 | 02:14:31.00 | +00:58:49 (43.7%) | 7:28 | 8 (55.9%) |
| 52 | LEPAK Aleksandra | 234 | | OPEN Kobiety | 11 | 01:48:04 | 02:16:06.00 | 02:16:06.00 | +01:00:24 (44.4%) | 7:33 | 7.9 (55.2%) |
| 53 | KOZIOŁ Sylwester | 226 | | OPEN Mężczyźni | 42 | 01:48:16 | 02:16:46.00 | 02:16:46.00 | +01:01:04 (44.7%) | 7:35 | 7.9 (55.2%) |
| 54 | GANCARZ Barbara | 208 | | OPEN Kobiety | 12 | 01:45:52 | 02:18:21.00 | 02:18:21.00 | +01:02:39 (45.3%) | 7:41 | 7.8 (54.5%) |
| 55 | JEMIOŁA Paulina | 214 | POGÓRZE ULTRA TRAIL | OPEN Kobiety | 13 | 01:48:24 | 02:19:20.00 | 02:19:20.00 | +01:03:38 (45.7%) | 7:44 | 7.8 (54.5%) |
| 56 | WOJTOWICZ Tomasz | 273 | | OPEN Mężczyźni | 43 | 01:47:54 | 02:21:39.00 | 02:21:39.00 | +01:05:57 (46.6%) | 7:52 | 7.6 (53.1%) |
| 57 | MARCINIAK Tomasz | 239 | | OPEN Mężczyźni | 44 | 01:48:28 | 02:21:48.00 | 02:21:48.00 | +01:06:06 (46.6%) | 7:52 | 7.6 (53.1%) |
| 58 | URBACZKA Łukasz | 268 | | OPEN Mężczyźni | 45 | 01:48:44 | 02:22:16.00 | 02:22:16.00 | +01:06:34 (46.8%) | 7:54 | 7.6 (53.1%) |
| 59 | STACHOWSKA Marta | 256 | ZABIEGANI IMIELIN | OPEN Kobiety | 14 | 01:48:35 | 02:23:07.00 | 02:23:07.00 | +01:07:25 (47.1%) | 7:57 | 7.5 (52.4%) |
| 60 | STACHOWSKI Damian | 285 | ZABIEGANI IMIELIN | OPEN Mężczyźni | 46 | 01:48:39 | 02:23:08.00 | 02:23:08.00 | +01:07:26 (47.1%) | 7:57 | 7.5 (52.4%) |

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| 61 | ZAWITKOWSKI Bartosz | 280 | | OPEN Mężczyźni | 47 | 01:48:33 | 02:26:14.00 | 02:26:14.00 | +01:10:32 (48.2%) | 8:07 | 7.4 (51.7%) |
| 62 | URBANOWICZ Piotr | 269 | | OPEN Mężczyźni | 48 | 01:49:52 | 02:28:35.00 | 02:28:35.00 | +01:12:53 (49.1%) | 8:15 | 7.3 (51.0%) |
| 63 | KLUZ Robert | 220 | PODIUM | OPEN Mężczyźni | 49 | 01:50:06 | 02:29:46.00 | 02:29:46.00 | +01:14:04 (49.5%) | 8:19 | 7.2 (50.3%) |
| 64 | DRAGAN Izabela | 206 | | OPEN Kobiety | 15 | 01:50:20 | 02:31:20.00 | 02:31:20.00 | +01:15:38 (50.0%) | 8:24 | 7.1 (49.7%) |
| 65 | WNUK Justyna | 272 | HARDE DZIKI | OPEN Kobiety | 16 | 01:50:17 | 02:32:47.00 | 02:32:47.00 | +01:17:05 (50.5%) | 8:29 | 7.1 (49.7%) |
| 66 | PŁANETA Adam | 250 | RUNNERROS | OPEN Mężczyźni | 50 | 01:50:04 | 02:34:19.00 | 02:34:19.00 | +01:18:37 (50.9%) | 8:34 | 7 (49.0%) |
| 67 | ZIN Jacek | 281 | | OPEN Mężczyźni | 51 | 01:49:38 | 02:35:52.00 | 02:35:52.00 | +01:20:10 (51.4%) | 8:39 | 6.9 (48.3%) |
| 67 | OLECH Witold | 244 | | OPEN Mężczyźni | 51 | 01:49:44 | 02:35:52.00 | 02:35:52.00 | +01:20:10 (51.4%) | 8:39 | 6.9 (48.3%) |
| 69 | MAZUR Grzegorz | 240 | | OPEN Mężczyźni | 53 | 01:49:49 | 02:36:25.00 | 02:36:25.00 | +01:20:43 (51.6%) | 8:41 | 6.9 (48.3%) |
| 70 | ZAREMBA-GĄSKA Olga | 278 | BEFIT24TEAM | OPEN Kobiety | 17 | 01:50:34 | 02:36:30.00 | 02:36:30.00 | +01:20:48 (51.6%) | 8:41 | 6.9 (48.3%) |
| 71 | AUGUSTYNSKI Filip | 201 | | OPEN Mężczyźni | 54 | 01:50:12 | 02:37:35.00 | 02:37:35.00 | +01:21:53 (52.0%) | 8:45 | 6.9 (48.3%) |
| 72 | KLIMCZAK Krzysztof | 219 | | OPEN Mężczyźni | 55 | 01:50:09 | 02:38:14.00 | 02:38:14.00 | +01:22:32 (52.2%) | 8:47 | 6.8 (47.6%) |
| 73 | PASTWA Grzegorz | 247 | | OPEN Mężczyźni | 56 | 01:51:55 | 02:43:35.00 | 02:43:35.00 | +01:27:53 (53.7%) | 9:05 | 6.6 (46.2%) |
| 74 | MALEC Basia | 238 | | OPEN Kobiety | 18 | 01:50:28 | 02:45:42.00 | 02:45:42.00 | +01:30:00 (54.3%) | 9:12 | 6.5 (45.5%) |
| 75 | WARDA Agnieszka Tonny | 271 | SPARTA LUBLIN | OPEN Kobiety | 19 | 01:50:23 | 02:45:43.00 | 02:45:43.00 | +01:30:01 (54.3%) | 9:12 | 6.5 (45.5%) |
| 76 | GAWRYSIAK Edyta | 209 | | OPEN Kobiety | 20 | 01:52:06 | 02:54:01.00 | 02:54:01.00 | +01:38:19 (56.5%) | 9:40 | 6.2 (43.4%) |
| 77 | ZARZYCKI Piotr | 279 | | OPEN Mężczyźni | 57 | 01:51:46 | 02:56:06.00 | 02:56:06.00 | +01:40:24 (57.0%) | 9:47 | 6.1 (42.7%) |
| 78 | ŻYŁOWICZ Marcin | 284 | | OPEN Mężczyźni | 58 | 01:52:14 | 03:17:41.00 | 03:17:41.00 | +02:01:59 (61.7%) | 10:58 | 5.5 (38.5%) |
| 79 | | 305 | | | | 01:52:18 | 03:18:26.00 | 03:18:26.00 | +02:02:44 (61.9%) | 11:01 | 5.4 (37.8%) |

Znaleziono 79 wynik(ów)