



BIEGI W SZCZAWNICY

Event:
Organiser:
Date:
Place:
Distance:

Biegi w Szczawnicy
Fundacja Strefa Przygód
2022-04-23
Szczawnica
94.8 km

NIEPOKORNY MNICH - 95 KM

B4SPORT
INTELLIGENTNE ZAWODY SPORTOWE

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INTELLIGENTNE ZAWODY SPORTOWE

Classification: M30

Place	Participant	Number	Club	Category	MCat	Tylmanowa 28.7km	Schronisko na Przehybie 45.2km	Rytro 54km	Bacówka na Obidzy 75.7km	Schronisko pod Durbaszką 87.1km	Net time 94.8km	Czas brutto 94.8km	Gap	Pace min/km	Pace km/h
1	GRZĄDZIEL Dominik	2401	ATTIQ TEAM	M30	1	03:08:31	05:09:47	05:58:36	08:26:22	09:44:36	10:28:18.90	10:28:23.30		6:37	9.1 (100%)
2	BARAN Artur	2404		M30	2	03:14:20	05:33:49	06:27:27	09:14:25	10:32:27	11:21:15.50	11:21:18.90	+00:52:55 (7.8%)	7:11	8.3 (91.2%)
3	WŁOCHAL Robert	2495		M30	3	03:24:36	05:38:45	06:33:19	09:28:15	11:06:18	11:57:31.65	11:57:35.40	+01:29:12 (12.4%)	7:34	7.9 (86.8%)
4	CIEPLIK Dawid	2471	1990	M30	4	03:37:54	06:00:23	06:54:31	09:58:42	11:32:48	12:30:05.75	12:30:12.15	+02:01:48 (16.2%)	7:54	7.6 (83.5%)
5	ŚLANDA Maciej	2427	KS JANUSZE	M30	5	03:37:00	06:00:18	06:58:05	10:03:17	11:40:59	12:32:08.70	12:32:23.80	+02:04:00 (16.5%)	7:56	7.6 (83.5%)
6	DUDA Konrad	2574		M30	6	03:27:27	05:49:57	06:44:14	10:03:37	11:45:59	12:39:54.25	12:40:01.95	+02:11:38 (17.3%)	8:00	7.5 (82.4%)
7	MIGDAL Michał	2425	MARKOWI BIEGACZE	M30	7	03:38:15	06:05:17	07:01:46	10:15:26	11:55:28	12:48:09.35	12:48:15.35	+02:19:52 (18.2%)	8:06	7.4 (81.3%)
8	RUDNICKI Dariusz	2552	PROJEKT1000UP	M30	8	03:37:21	06:03:08	06:58:37	10:16:47	11:54:33	12:49:22.65	12:49:28.85	+02:21:05 (18.3%)	8:06	7.4 (81.3%)
9	KIELASZEWSKI Karol	2441	LESZ NO LIMITS RUNNERS	M30	9	03:43:54	06:19:33	07:22:08	10:29:51	12:04:39	12:55:33.85	12:56:04.40	+02:27:41 (19.0%)	8:10	7.3 (80.2%)
10	LEMAŃSKI Damian	2603		M30	10	03:25:57	05:53:19	06:48:33	10:15:02	12:08:42	13:04:26.80	13:04:34.50	+02:36:11 (19.9%)	8:16	7.3 (80.2%)
11	KLUSEK Mateusz	2416	SKLEP BIEGACZA KRAKÓW	M30	11	03:28:28	05:50:34	06:55:28	10:16:20	12:05:42	13:07:18.10	13:07:22.35	+02:38:59 (20.2%)	8:18	7.2 (79.1%)
12	DZIURZYŃSKI Paweł	2430	ULTRASZSZCZAWNICY	M30	12	03:39:23	06:07:21	07:06:51	10:31:48	12:18:13	13:23:49.40	13:23:58.15	+02:55:34 (21.8%)	8:28	7.1 (78.0%)
13	KOTARBA Wojciech	2575	BARTOSZ GORCZYCA RUNNING TEAM	M30	13	03:45:51	06:23:30	07:23:47	10:49:25	12:33:10	13:28:37.30	13:28:51.55	+03:00:28 (22.3%)	8:31	7 (76.9%)
14	BUJAK Krzysztof	2507	NOWA HUTA	M30	14	03:42:46	06:06:15	07:08:58	10:33:39	12:18:09	13:28:54.45	13:29:01.90	+03:00:38 (22.3%)	8:31	7 (76.9%)
15	JASTRZĘBSKI Szymon	2623		M30	15	03:29:56	06:04:36	07:06:23	10:41:15	12:37:52	13:36:51.60	13:36:56.00	+03:08:32 (23.1%)	8:36	7 (76.9%)
16	ZIMKOWSKI Marcin	2771	KGHM ZG RUN	M30	16	03:38:31	06:18:08	07:23:46	10:57:02	12:47:35	13:43:07.90	13:43:10.65	+03:14:47 (23.7%)	8:40	6.9 (75.8%)

Place	Participant	Number	Club	Category	MCat	Schronisko na Przehybie			Bacówka na Obidzy	Schronisko pod Durbaszką	Net time 94.8km	Czas brutto 94.8km	Gap	Pace min/km	Pace km/h
						Tylmanowa 28.7km	Przehybie 45.2km	Rytko 54km	75.7km	87.1km					
17	TROJNAR Damian	2428	KS JANUSZE	M30	17	03:43:36	06:15:18	07:23:31	10:56:27	12:47:23	13:44:21.70	13:44:37.90	+03:16:14 (23.8%)	8:41	6.9 (75.8%)
18	KUC Wojciech	2611		M30	18	03:45:07	06:20:45	07:23:12	10:52:44	12:47:43	13:49:02.20	13:49:16.15	+03:20:52 (24.2%)	8:44	6.9 (75.8%)
19	ROSOLSKI Dawid	2474		M30	19	03:35:33	06:15:55	07:23:36	10:56:25	12:51:55	13:50:12.65	13:50:29.85	+03:22:06 (24.3%)	8:45	6.9 (75.8%)
20	DARMETKO Rafał	2661		M30	20	03:50:40	06:30:43	07:36:05	11:05:39	12:55:19	13:56:06.05	13:56:16.75	+03:27:53 (24.9%)	8:49	6.8 (74.7%)
21	JANKOWSKI Sebastian	2660		M30	21	03:50:40	06:30:44	07:36:06	11:03:14	12:55:29	13:56:06.70	13:56:16.80	+03:27:53 (24.9%)	8:49	6.8 (74.7%)
22	JANUSZEWSKI Andrzej	2544	OBSTACLE CENTER TEAM	M30	22	03:34:32	06:07:10	07:14:23	10:53:17	13:04:23	14:12:54.40	14:13:01.75	+03:44:38 (26.3%)	8:59	6.7 (73.6%)
23	RUTKOWSKI Michał	2640		M30	23	03:58:03	06:37:09	07:40:41	11:15:08	13:13:39	14:19:07.25	14:19:14.05	+03:50:50 (26.9%)	9:03	6.6 (72.5%)
24	NOWAK Mariusz	2414		M30	24	03:50:12	06:24:56	07:30:11	11:22:51	13:22:46	14:30:50.60	14:30:57.65	+04:02:34 (27.9%)	9:11	6.5 (71.4%)
25	WITEK Wojciech	2716		M30	25	04:04:11	06:48:10	07:50:55	11:25:16	13:27:35	14:33:39.95	14:34:01.75	+04:05:38 (28.1%)	9:12	6.5 (71.4%)
26	TUREK Łukasz	2740	LATAJĄCE HO(L)ENDRY	M30	26	03:54:29	06:37:11	07:42:29	11:26:19	13:35:03	14:35:08.50	14:35:28.65	+04:07:05 (28.2%)	9:13	6.5 (71.4%)
27	SIATKA Krzesimir	2532	LUBELSKIBIEGACZ.PL TEAM	M30	27	04:00:29	06:49:31	08:03:24	11:46:30	13:47:07	14:42:20.90	14:42:28.70	+04:14:05 (28.8%)	9:18	6.4 (70.3%)
28	SIATKA Piotr	2555	LUBELSKIBIEGACZ.PL TEAM	M30	28	04:00:29	06:49:31	08:03:25	11:47:16	13:47:08	14:45:13.15	14:45:21.10	+04:16:57 (29.0%)	9:20	6.4 (70.3%)
29	NIERADA Marcin	2500		M30	29	03:56:31	06:43:45	07:51:01	11:35:54	13:35:06	14:49:40.45	14:49:53.35	+04:21:30 (29.4%)	9:23	6.4 (70.3%)
30	BUJAK Paweł	2703	BUJAK TEAM	M30	30	03:58:03	06:47:20	07:55:12	11:45:06	13:50:00	15:00:41.00	15:00:50.45	+04:32:27 (30.2%)	9:30	6.3 (69.2%)
31	BUJAK Kamil	2704	BUJAK TEAM	M30	31	03:58:03	06:47:19	07:55:11	11:58:01	14:04:34	15:08:47.30	15:08:57.45	+04:40:34 (30.9%)	9:35	6.3 (69.2%)
32	KWIECIEŃ Marek	2409	MARKOWI BIEGACZE	M30	32	04:07:49	06:59:30	08:12:41	12:05:03	14:12:23	15:17:14.65	15:17:31.25	+04:49:07 (31.5%)	9:40	6.2 (68.1%)
33	MAZUREK Dariusz	2566	RZESZOWSKIE GAZELE I GEPARDY	M30	33	03:54:28	06:43:25	07:53:34	12:03:34	14:16:26	15:20:03.15	15:20:12.40	+04:51:49 (31.7%)	9:42	6.2 (68.1%)
34	SOKOŁOWSKI Tomasz	2458	KLINIKA TRIATHLONU	M30	34	04:05:41	06:53:34	08:08:26	12:04:20	14:14:39	15:20:24.50	15:20:45.10	+04:52:21 (31.8%)	9:42	6.2 (68.1%)
35	WILK Dawid	2468	SOCIOS SILESIA	M30	35	03:47:23	06:58:42	08:11:46	12:22:34	14:26:54	15:25:20.15	15:25:30.30	+04:57:07 (32.1%)	9:45	6.1 (67.0%)
36	SMÓŁKOWSKI Marcin	2531	PROJEKT1000UP	M30	36	04:30:32	07:26:05	08:41:12	12:26:13	14:19:02	15:26:13.30	15:26:42.35	+04:58:19 (32.2%)	9:46	6.1 (67.0%)
37	KOPYRA Piotr	2641		M30	37	04:09:20	07:11:41	08:32:54	12:22:30	14:27:51	15:27:14.50	15:27:20.40	+04:58:57 (32.2%)	9:46	6.1 (67.0%)
38	BIEGANOWSKI Krzysztof	2770	KLUB WYSOKOGÓRSKI WARSZAWA	M30	38	04:16:48	07:04:59	08:20:47	12:12:19	14:25:01	15:33:13.50	15:33:34.20	+05:05:10 (32.7%)	9:50	6.1 (67.0%)
39	ZAJĄC Łukasz	2773	PRISJAKT POLAND	M30	39	04:02:32	06:53:47	08:02:08	12:06:31	14:23:44	15:35:20.45	15:35:30.05	+05:07:06 (32.8%)	9:51	6.1 (67.0%)
40	JĘCEK Maciej	2607		M30	40	03:54:50	06:41:31	07:45:53	11:55:39	14:12:58	15:35:00.15	15:35:32.25	+05:07:08 (32.8%)	9:51	6.1 (67.0%)

Place	Participant	Number	Club	Category	MCat	Schronisko		Rytro 54km	Bacówka na Obidzy 75.7km	Schronisko pod Durbaszką 87.1km	Net time 94.8km	Czas brutto 94.8km	Gap	Pace min/km	Pace km/h
						Tylmanowa 28.7km	Przehybie 45.2km								
41	HOFMAŃSKI Rafał	2678		M30	41	04:13:12	07:02:40	08:17:37	12:22:23	14:30:13	15:38:51.95	15:39:07.00	+05:10:43 (33.1%)	9:54	6.1 (67.0%)
42	NOWAK Marcin	2573	KRAKOWIAK ULTRA TEAM	M30	42	03:58:56	06:49:30	08:01:42	12:02:03	14:16:48	15:43:55.75	15:44:14.85	+05:15:51 (33.5%)	9:57	6 (65.9%)
43	GOŁAJ Karol	2620	CHOJNIK KARKONOSKI FESTIWAL BIEGOWY	M30	43	04:09:19	06:57:00	08:29:34	12:29:30	14:36:38	15:47:43.10	15:47:43.10	+05:19:19 (33.7%)	9:59	6 (65.9%)
44	ŚWIDERSKI Krzysztof	2412		M30	44	04:05:59	07:03:40	08:15:06	12:33:45	14:45:14	15:52:20.20	15:52:29.55	+05:24:06 (34.0%)	10:02	6 (65.9%)
45	KLUKOSZOWSKI Marek	2726	DRAG85	M30	45	04:20:57	07:19:05	08:44:29	12:40:07	14:50:03	15:59:04.45	15:59:16.05	+05:30:52 (34.5%)	10:07	5.9 (64.8%)
46	MATUSIAK Michał	2590	ROWERY MAŁGOŚKA	M30	46	04:19:27	07:10:47	08:27:30	12:30:49	14:45:52	16:01:02.50	16:01:20.55	+05:32:57 (34.6%)	10:08	5.9 (64.8%)
47	OSICA Łukasz	2676		M30	47	04:36:27	07:26:31	08:32:34	12:46:57	14:58:04	16:03:29.60	16:04:09.85	+05:35:46 (34.8%)	10:09	5.9 (64.8%)
48	ŚLIWA Grzegorz	2419	AZS AWF KRAKÓW MASTERS	M30	48	04:24:02	07:04:27	08:16:57	12:19:48	14:43:24	16:08:06.20	16:08:10.20	+05:39:46 (35.1%)	10:12	5.9 (64.8%)
49	PAWLIK Jakub	2417	BARTOSZ GORCZYCA TEAM #1X1	M30	49	04:24:01	07:04:26	08:16:34	12:23:27	14:43:18	16:08:06.25	16:08:10.25	+05:39:46 (35.1%)	10:12	5.9 (64.8%)
50	MIGACZ Dawid	2424	BARTOSZ GORCZYCA TEAM #1X1	M30	50	04:24:03	07:04:30	08:16:33	12:23:30	14:42:46	16:08:06.90	16:08:10.75	+05:39:47 (35.1%)	10:12	5.9 (64.8%)
51	TRZASKA Marcin	2748	WATAHA	M30	51	04:39:01	07:43:32	09:00:34	12:58:44	15:03:46	16:10:48.55	16:11:15.75	+05:42:52 (35.3%)	10:14	5.9 (64.8%)
52	NOWAK Krzysztof	2727	#ADAMCZERWIŃSKITEAM	M30	52	04:15:53	07:16:00	08:35:40	13:03:34	15:10:26	16:11:27.80	16:11:51.80	+05:43:28 (35.3%)	10:14	5.9 (64.8%)
53	ADAMSKI Krzysztof	2725		M30	53	04:12:54	07:27:08	08:40:59	13:08:42	15:21:27	16:26:55.95	16:27:32.00	+05:59:08 (36.4%)	10:24	5.8 (63.7%)
54	WESOŁOWSKI Krzysztof	2413	LASKOWE LUDKI	M30	54	04:08:21	07:03:45	08:15:58	12:46:25	15:16:29	16:34:33.70	16:34:43.55	+06:06:20 (36.8%)	10:29	5.7 (62.6%)
55	WYSZYŃSKI Artur	2635	LISKI	M30	55	04:30:52	07:39:05	09:05:06	13:20:15	15:39:45	16:48:37.70	16:48:47.80	+06:20:24 (37.7%)	10:38	5.6 (61.5%)
56	MAJ Grzegorz	2455		M30	56	04:25:22	07:29:22	08:51:48	13:16:04	15:39:02	16:59:27.65	16:59:51.95	+06:31:28 (38.4%)	10:45	5.6 (61.5%)
57	JOVANOVIĆ Marko	2690		M30	57	04:30:05	07:37:06	08:48:53	13:12:24	15:41:23	16:59:41.20	16:59:53.60	+06:31:30 (38.4%)	10:45	5.6 (61.5%)
58	POLNIK Rafał	2465	FORMA WODZISŁAW ŚLĄSKI	M30	58	04:37:57	07:42:54	09:14:26	13:36:09	15:56:22	17:03:56.55	17:04:00.95	+06:35:37 (38.6%)	10:48	5.6 (61.5%)
59	WĄTROBA Tomasz	2608	JJW17	M30	59	04:20:10	07:22:05	08:57:36	13:29:11	15:49:05	17:04:09.25	17:04:45.15	+06:36:21 (38.7%)	10:48	5.6 (61.5%)
60	TOMCZAK Dariusz	2705		M30	60	04:33:49	07:35:51	08:49:36	13:17:08	15:46:28	17:07:42.75	17:08:10.40	+06:39:47 (38.9%)	10:50	5.5 (60.4%)
61	JANOWSKI Krzysztof	2722	CB 163	M30	61	04:33:40	07:37:51	08:59:49	13:22:45	15:52:07	17:10:09.45	17:10:26.75	+06:42:03 (39.0%)	10:51	5.5 (60.4%)
62	WOŹNIAK Michał	2592	RUNNER_ULTRA	M30	62	04:19:30	07:34:56	09:00:46	13:25:31	15:50:47	17:19:47.15	17:19:53.25	+06:51:29 (39.6%)	10:58	5.5 (60.4%)
63	OLECHNOWICZ Robert	2557	HUCISKO FERAL CATS	M30	63	04:48:31	08:04:51	09:20:47	13:26:30	15:56:34	17:21:51.40	17:22:08.40	+06:53:45 (39.7%)	10:59	5.5 (60.4%)
64	KULANTY Krzysztof	2460	KRZYSZTOFKULANTY@INTERIA.EU	M30	64	04:37:21	07:44:27	09:12:20	13:35:06	16:10:42	17:31:07.40	17:31:32.80	+07:03:09 (40.2%)	11:05	5.4 (59.3%)

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65	KOWALIK Artur	2408		M30	65	04:25:48	07:29:58	08:58:05	13:34:29	16:04:23	17:33:13.25	17:33:39.05	+07:05:15 (40.4%)	11:06	5.4 (59.3%)
66	MENDYKA Łukasz	2732	KB AKTYWNI ŚRODA WLKP.	M30	66	04:38:15	07:56:49	09:14:16	13:44:16	16:24:22	17:46:40.10	17:46:55.15	+07:18:31 (41.1%)	11:15	5.3 (58.2%)
67	DUCH Emil	2697	JB WARSAW	M30	67	04:51:24	08:14:04	09:42:54	14:02:38	16:34:31	17:47:27.70	17:48:02.55	+07:19:39 (41.2%)	11:15	5.3 (58.2%)
68	PISAREK Karol	2696	JB WARSAW	M30	68	04:51:24	08:14:06	09:42:54	14:02:34	16:34:33	17:47:27.65	17:48:02.70	+07:19:39 (41.2%)	11:15	5.3 (58.2%)
Przekroczony limit czasu: 18:00:00															
69	PISARCZYK Grzegorz	2674		M30	69	04:46:03	08:02:49	09:50:54	14:56:20	17:42:08	19:32:49.20	19:33:08.00	+09:04:44 (46.4%)	12:22	4.8 (52.7%)
	GRZESIAK Mateusz	2714	KLUB AA	M30		04:59:01 DNF	08:25:58 DNF	09:53:25 DNF	14:59:45 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	LEŚNIAK Marcin	2442	STANWEX II	M30		04:55:20 DNF	08:20:12 DNF	09:48:00 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	ZAWADA Mateusz	2435	ZARAŻENI BÓLEM	M30		04:55:21 DNF	08:20:22 DNF	09:48:00 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	SAMULSKI Krzysztof	2737		M30		04:48:06 DNF	08:26:22 DNF	10:21:44 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	OSTROUCH Tymon	2712	PARKRUN	M30		05:07:10 DNF	08:45:55 DNF	10:41:33 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	MISIURA Adam	2682	SZAKALE BAŁUT ŁÓDŹ	M30		05:12:09 DNF	09:07:15 DNF	11:10:05 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	CŁAPIŃSKI Janusz	2522	BARTOSZ GORCZYCA TEAM	M30		03:32:21 DNF	06:24:06 DNF	DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	SUSKI Marcin	2669	LEPIEJBIEGAC.PL	M30		03:54:31 DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	ZAJĄC Andrzej	2564	GRUPALUKTRANS.PL	M30		DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	PRZYSIWEK Patryk	2466		M30		DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)

Total 79 results.