



# OCHOTNICA CHALLENGE 20 KM

B4SPORT

**Wydarzenie:** Gorce Ultra-Trail 2021  
**Organizator:** Fundacja Run Vegan - GUT  
**Data:** 2021-08-01  
**Miejsce:** Ochotnica Dolna  
**Dystans:** 20 km

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Open K

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Potok 9km	Wieża 10km	Polana pod Gorcem 11km	Czas netto 20km	Czas brutto 20km	Różn	Tempo min/km	Tempo km/h
1	<b>STELMACH Dominika</b>	<b>1193</b>	TERRANOVA POLSKA	K 36-44	1	00:54:42	01:16:30	01:19:08	<b>02:03:17.25</b>	<b>02:03:19.65</b>		6:09	9.7 (100%)
2	<b>WILK Katarzyna</b>	<b>1247</b>		K 36-44	2	00:57:55	01:16:45	01:19:35	<b>02:04:49.45</b>	<b>02:04:51.90</b>	+00:01:32 (1.2%)	6:14	9.6 (99.0%)
3	<b>GÓRALIK Sylwia</b>	<b>1050</b>	TKKF UKLEJNA	K 36-44	3	01:05:45	01:28:43	01:32:10	<b>02:23:27.20</b>	<b>02:23:28.90</b>	+00:20:09 (14.0%)	7:10	8.4 (86.6%)
4	<b>VAKH Oksana</b>	<b>1212</b>	CAŁA OLEŚNICA BIEGA	K 35	1	01:09:32	01:34:24	01:37:39	<b>02:29:45.95</b>	<b>02:30:04.50</b>	+00:26:44 (17.8%)	7:29	8 (82.5%)
5	<b>ADAMSKA-WYSOCKA Agnieszka</b>	<b>1000</b>	ŁÓDŹ KOCHA SPORT	K 36-44	4	01:06:47	01:30:42	01:34:38	<b>02:31:59.20</b>	<b>02:32:06.35</b>	+00:28:46 (18.9%)	7:35	7.9 (81.4%)
6	<b>CHROBAK Agnieszka</b>	<b>1024</b>		K 35	2		01:25:22	01:28:24	<b>02:32:18.85</b>	<b>02:32:36.40</b>	+00:29:16 (19.2%)	7:36	7.9 (81.4%)
7	<b>KUBIAK Jagoda</b>	<b>1099</b>		K 36-44	5	01:10:26	01:35:05	01:39:11	<b>02:35:14.95</b>	<b>02:35:24.25</b>	+00:32:04 (20.6%)	7:45	7.7 (79.4%)
8	<b>BROK Małgorzata</b>	<b>1015</b>		K 45-59	1	01:10:45	01:36:25	01:40:05	<b>02:40:07.10</b>	<b>02:40:11.95</b>	+00:36:52 (23.0%)	8:00	7.5 (77.3%)
9	<b>WICHA Małgorzata</b>	<b>1218</b>	WKS WAWEL	K 35	3	01:13:55	01:39:58	01:43:26	<b>02:41:03.05</b>	<b>02:41:11.10</b>	+00:37:51 (23.5%)	8:03	7.5 (77.3%)
10	<b>PAWŁOWSKA Katarzyna</b>	<b>1153</b>		K 36-44	6	01:11:27	01:40:55	01:44:35	<b>02:41:33.40</b>	<b>02:41:35.55</b>	+00:38:15 (23.7%)	8:04	7.4 (76.3%)
11	<b>MUCHA Agnieszka</b>	<b>1136</b>		K 36-44	7	01:10:21	01:37:04	01:41:02	<b>02:42:52.85</b>	<b>02:43:00.05</b>	+00:39:40 (24.3%)	8:08	7.4 (76.3%)
12	<b>RZEPECKA-GONTAR Anna</b>	<b>134</b>		K 45-59	2	01:12:10	01:38:16	01:42:33	<b>02:43:19.35</b>	<b>02:43:38.20</b>	+00:40:18 (24.6%)	8:09	7.3 (75.3%)
13	<b>BOROWSKA-NAJDEREK Paulina</b>	<b>1014</b>	WLKP ULTRA MOUNTAINS/FREE RUN	K 36-44	8	01:11:09	01:40:46	01:44:26	<b>02:44:30.65</b>	<b>02:44:39.50</b>	+00:41:19 (25.1%)	8:13	7.3 (75.3%)
14	<b>WITEK Gabriela</b>	<b>1221</b>		K 35	4	01:13:58	01:40:36	01:46:58	<b>02:45:59.55</b>	<b>02:46:09.75</b>	+00:42:50 (25.8%)	8:17	7.2 (74.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Potok 9km	Wieża 10km	Polana pod Gorcem 11km	Czas netto 20km	Czas brutto 20km	Różn	Tempo min/km	Tempo km/h
15	<b>GAWLIKOWSKA Justyna</b>	<b>1044</b>		K 35	5	01:15:05	01:42:18	01:46:38	<b>02:49:58.55</b>	<b>02:50:07.25</b>	+00:46:47 (27.5%)	8:29	7.1 (73.2%)
16	<b>ZLATKOVA Aleksandra</b>	<b>1232</b>	FEEIT	K 35	6	01:17:52	01:45:09	01:50:05	<b>02:52:19.90</b>	<b>02:52:34.60</b>	+00:49:14 (28.5%)	8:36	7 (72.2%)
17	<b>KOCIELSKA Anna</b>	<b>1079</b>	AKMB PĘDZIWIATR GLIWICE	K 35	7	01:18:31	01:45:29	01:49:42	<b>02:52:26.95</b>	<b>02:52:38.10</b>	+00:49:18 (28.6%)	8:37	7 (72.2%)
18	<b>CZERWIEC Jola</b>	<b>1026</b>		K 36-44	9		01:35:54	01:41:10	<b>02:53:24.25</b>	<b>02:53:39.75</b>	+00:50:20 (29.0%)	8:40	6.9 (71.1%)
19	<b>RAMUS-BŁACHUTA Katarzyna</b>	<b>1168</b>		K 36-44	10		01:34:43	01:39:05	<b>02:53:23.95</b>	<b>02:53:39.95</b>	+00:50:20 (29.0%)	8:40	6.9 (71.1%)
20	<b>SKOCZYLAS Karolina</b>	<b>1184</b>	STAY INSANE / SKOCZYLIWLASY	K 35	8	01:19:16	01:49:49	01:53:46	<b>02:54:16.80</b>	<b>02:54:23.35</b>	+00:51:03 (29.3%)	8:42	6.9 (71.1%)
21	<b>SOŁTYSIAK Marta</b>	<b>1189</b>		K 36-44	11	01:16:50	01:46:23	01:50:33	<b>02:54:59.80</b>	<b>02:55:06.80</b>	+00:51:47 (29.6%)	8:44	6.9 (71.1%)
22	<b>KOWALSKA Dorota</b>	<b>1088</b>	KB PARANTELA	K 36-44	12	01:19:21	01:49:23	01:54:14	<b>02:58:48.55</b>	<b>02:58:59.35</b>	+00:55:39 (31.1%)	8:56	6.7 (69.1%)
23	<b>NOWAK-GÓRECKA Anna</b>	<b>1141</b>		K 36-44	13	01:17:09	01:44:31	01:49:18	<b>02:59:37.70</b>	<b>02:59:48.00</b>	+00:56:28 (31.4%)	8:58	6.7 (69.1%)
24	<b>KUJAWSKA Agnieszka</b>	<b>1102</b>		K 36-44	14	01:20:27	01:49:44	01:54:02	<b>03:03:55.55</b>	<b>03:04:14.00</b>	+01:00:54 (33.1%)	9:11	6.5 (67.0%)
25	<b>SOBEL-ADAMSKA Dorota</b>	<b>1187</b>		K 36-44	15	01:19:54	01:47:04	01:52:52	<b>03:05:24.20</b>	<b>03:05:51.65</b>	+01:02:32 (33.6%)	9:16	6.5 (67.0%)
26	<b>MARKOWSKA Izabela</b>	<b>1122</b>		K 36-44	16	01:17:43	01:45:01	01:53:31	<b>03:05:51.95</b>	<b>03:06:19.40</b>	+01:02:59 (33.8%)	9:17	6.5 (67.0%)
27	<b>REDEK Sylwia</b>	<b>1235</b>	TEAM ZABIEGANEDNI	K 45-59	3	01:26:59	01:59:22	02:05:22	<b>03:09:45.45</b>	<b>03:10:00.25</b>	+01:06:40 (35.1%)	9:29	6.3 (64.9%)
28	<b>MIROWSKA Barbara</b>	<b>1246</b>		K 36-44	17	01:25:37	01:56:25	02:01:15	<b>03:11:16.60</b>	<b>03:11:38.45</b>	+01:08:18 (35.6%)	9:33	6.3 (64.9%)
29	<b>GAC Karolina</b>	<b>1043</b>	KAROLINA GAC	K 36-44	18	01:26:45	01:57:09	02:01:56	<b>03:11:16.55</b>	<b>03:11:38.50</b>	+01:08:18 (35.6%)	9:33	6.3 (64.9%)
30	<b>MŁOCKA-GORCZYŃSKA Matylda</b>	<b>1132</b>		K 36-44	19	01:25:00	01:54:06	01:58:27	<b>03:12:04.00</b>	<b>03:12:12.15</b>	+01:08:52 (35.8%)	9:36	6.2 (63.9%)
31	<b>SKROBEK Karolina</b>	<b>1185</b>	VEGE RABBITS	K 36-44	20	01:20:45	01:51:12	01:55:57	<b>03:15:34.60</b>	<b>03:15:42.05</b>	+01:12:22 (37.0%)	9:46	6.1 (62.9%)
32	<b>RZAÇA Magdalena</b>	<b>1174</b>		K 36-44	21	01:23:11	01:54:25	02:00:08	<b>03:16:01.40</b>	<b>03:16:16.00</b>	+01:12:56 (37.2%)	9:48	6.1 (62.9%)
33	<b>NAPIERALSKA Natalia</b>	<b>1137</b>		K 45-59	4	01:23:25	01:55:30	02:00:34	<b>03:17:09.05</b>	<b>03:17:23.55</b>	+01:14:03 (37.5%)	9:51	6.1 (62.9%)
34	<b>PIĘTA Marlena</b>	<b>1156</b>	OSTROBIEC	K 36-44	22	01:29:06	02:01:10	02:06:32	<b>03:19:02.55</b>	<b>03:19:15.85</b>	+01:15:56 (38.1%)	9:57	6 (61.9%)
35	<b>PIWOWARSKA Anna</b>	<b>1157</b>		K 35	9	01:25:03	01:55:12	02:01:04	<b>03:19:16.00</b>	<b>03:19:38.80</b>	+01:16:19 (38.2%)	9:57	6 (61.9%)
36	<b>STRĘK Joanna</b>	<b>1195</b>		K 36-44	23	01:26:41	01:57:22	02:02:03	<b>03:19:47.70</b>	<b>03:20:05.00</b>	+01:16:45 (38.4%)	9:59	6 (61.9%)
37	<b>CHLIPALA Ewelina</b>	<b>1018</b>		K 35	10	01:29:51	02:01:48	02:06:32	<b>03:20:08.30</b>	<b>03:20:17.05</b>	+01:16:57 (38.4%)	10:00	6 (61.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polana pod			Czas netto 20km	Czas brutto 20km	Różn	Tempo min/km	Tempo km/h
						Potok 9km	Wieża 10km	Gorcem 11km					
38	<b>RICHARDSON Lucyna</b>	<b>1169</b>		K 45-59	5	01:26:27	01:57:39	02:03:31	<b>03:20:27.15</b>	<b>03:20:47.45</b>	+01:17:27 (38.6%)	10:01	6 (61.9%)
39	<b>DZIAMENTSZEVA Viyaleta</b>	<b>1036</b>	JACEKBIEGA RUNNING TEAM	K 35	11	01:25:58	01:56:55	02:04:24	<b>03:21:00.85</b>	<b>03:21:26.75</b>	+01:18:07 (38.8%)	10:03	6 (61.9%)
40	<b>KOWALCZYK Anna</b>	<b>1086</b>	DOGOŃ GRODZISK MAZOWIECKI, DKMS	K 45-59	6		01:55:05	02:01:16	<b>03:23:01.55</b>	<b>03:23:18.30</b>	+01:19:58 (39.3%)	10:09	5.9 (60.8%)
41	<b>SZYMANIK Anna</b>	<b>1204</b>		K 35	12	01:24:43	01:56:55	02:03:17	<b>03:23:35.70</b>	<b>03:23:45.30</b>	+01:20:25 (39.5%)	10:10	5.9 (60.8%)
42	<b>BOKSA Anna</b>	<b>1013</b>	KKM KALORYFER	K 36-44	24	01:31:29	02:04:44	02:09:55	<b>03:28:03.20</b>	<b>03:28:24.25</b>	+01:25:04 (40.8%)	10:24	5.8 (59.8%)
43	<b>OLSCHIMKE-MARMUROWICZ Barbara</b>	<b>133</b>		K 45-59	7	01:30:31	02:03:24	02:09:42	<b>03:28:47.60</b>	<b>03:29:05.65</b>	+01:25:46 (41.0%)	10:26	5.7 (58.8%)
44	<b>KUBAS Marlena</b>	<b>1098</b>		K 35	13	01:35:28	02:06:33	02:12:42	<b>03:30:15.20</b>	<b>03:30:38.60</b>	+01:27:18 (41.5%)	10:30	5.7 (58.8%)
45	<b>MAJEWSKA Monika</b>	<b>1117</b>	OSTROBIEC	K 45-59	8		01:56:00	02:02:57	<b>03:30:58.15</b>	<b>03:31:11.70</b>	+01:27:52 (41.6%)	10:32	5.7 (58.8%)
46	<b>PAŁKA Ewa</b>	<b>1149</b>	KB PARANTELA	K 45-59	9	01:32:52	02:06:22	02:11:21	<b>03:31:06.15</b>	<b>03:31:16.35</b>	+01:27:56 (41.6%)	10:33	5.7 (58.8%)
47	<b>CZERWIŃSKA Arleta</b>	<b>1027</b>		K 60+	1	01:32:21	02:05:30	02:10:54	<b>03:31:50.90</b>	<b>03:32:23.75</b>	+01:29:04 (41.9%)	10:35	5.7 (58.8%)
48	<b>LENARCZYK Katarzyna</b>	<b>1110</b>		K 45-59	10	01:30:08	02:02:28	02:08:01	<b>03:32:15.10</b>	<b>03:32:23.90</b>	+01:29:04 (41.9%)	10:36	5.7 (58.8%)
49	<b>BARSKA-OLSZEWSKA Ewa</b>	<b>1004</b>	ROZBIEGAJMY RADOMSKO	K 45-59	11	01:32:25	02:06:02	02:13:01	<b>03:33:57.45</b>	<b>03:34:21.90</b>	+01:31:02 (42.5%)	10:41	5.6 (57.7%)
50	<b>SPISS Maria</b>	<b>1190</b>		K 36-44	25	01:34:31	02:09:16	02:14:28	<b>03:34:59.80</b>	<b>03:35:09.15</b>	+01:31:49 (42.7%)	10:44	5.6 (57.7%)
51	<b>MODLIŃSKA Kinga</b>	<b>1133</b>	KLUB BIEGACZA WARTA	K 36-44	26	01:35:54	02:11:08	02:17:42	<b>03:37:50.85</b>	<b>03:38:11.95</b>	+01:34:52 (43.5%)	10:53	5.5 (56.7%)
52	<b>SOKOŁOWSKA Anna</b>	<b>1188</b>		K 35	14	01:35:58	02:11:45	02:16:30	<b>03:38:22.30</b>	<b>03:38:30.95</b>	+01:35:11 (43.6%)	10:55	5.5 (56.7%)
53	<b>MIKOŁAJCZYK Katarzyna</b>	<b>1129</b>	MAMY TO	K 36-44	27	01:32:52	02:10:58	02:16:20	<b>03:38:41.65</b>	<b>03:38:57.80</b>	+01:35:38 (43.7%)	10:56	5.5 (56.7%)
54	<b>SZYMANIK Lidia</b>	<b>1203</b>		K 36-44	28	01:37:40	02:15:03	02:22:00	<b>03:43:55.25</b>	<b>03:44:04.30</b>	+01:40:44 (45.0%)	11:11	5.4 (55.7%)
55	<b>PUGOWSKA Izabela</b>	<b>1167</b>		K 45-59	12	01:36:44	02:12:50	02:18:31	<b>03:45:46.95</b>	<b>03:45:57.90</b>	+01:42:38 (45.4%)	11:17	5.3 (54.6%)
56	<b>KSIĄŻEK Natalia</b>	<b>1097</b>		K 35	15	01:41:55	02:16:12	02:22:30	<b>03:46:17.15</b>	<b>03:46:40.95</b>	+01:43:21 (45.6%)	11:18	5.3 (54.6%)
57	<b>GLINKOWSKA Monika</b>	<b>1046</b>		K 35	16	01:34:08	02:08:50	02:14:55	<b>03:47:29.95</b>	<b>03:47:58.40</b>	+01:44:38 (45.9%)	11:22	5.3 (54.6%)
58	<b>MAŃKA Magdalena</b>	<b>1121</b>		K 36-44	29	01:42:32	02:20:42	02:27:42	<b>03:49:28.20</b>	<b>03:49:45.30</b>	+01:46:25 (46.3%)	11:28	5.2 (53.6%)
59	<b>CHORBIŃSKA Paulina</b>	<b>1021</b>		K 35	17	01:38:35	02:16:07	02:23:06	<b>03:54:03.65</b>	<b>03:54:17.60</b>	+01:50:57 (47.4%)	11:42	5.1 (52.6%)
60	<b>DROZD Aleksandra</b>	<b>1033</b>	WAWERSKA SZKOŁA REALNA	K 36-44	30	01:41:52	02:20:44	02:27:41	<b>03:55:49.90</b>	<b>03:56:09.00</b>	+01:52:49 (47.8%)	11:47	5.1 (52.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Potok 9km	Wieża 10km	Polana pod Gorcem 11km	Czas netto 20km	Czas brutto 20km	Różn	Tempo min/km	Tempo km/h
61	<b>DORSZ Beata</b>	<b>1032</b>		K 45-59	13	01:47:01	02:22:04	02:31:51	<b>03:57:13.25</b>	<b>03:57:45.80</b>	+01:54:26 (48.1%)	11:51	5.1 (52.6%)
62	<b>KONIEWSKA Magdalena</b>	<b>1083</b>	NOWY STYL RUNNING TEAM	K 35	18	01:43:14	02:18:20	02:27:17	<b>03:58:43.95</b>	<b>03:59:10.75</b>	+01:55:51 (48.4%)	11:56	5 (51.5%)
63	<b>PASTWA Monika</b>	<b>1152</b>		K 45-59	14	01:47:07	02:22:22	02:31:34	<b>03:59:38.10</b>	<b>04:00:09.90</b>	+01:56:50 (48.6%)	11:58	5 (51.5%)
64	<b>KIJAK Dominika</b>	<b>1075</b>		K 35	19	01:42:00	02:18:45	02:25:37	<b>04:00:39.20</b>	<b>04:01:03.60</b>	+01:57:43 (48.8%)	12:01	5 (51.5%)
65	<b>BARTOSZEWICZ Beata</b>	<b>1005</b>		K 35	20	01:38:28	02:15:54	02:25:40	<b>04:01:29.10</b>	<b>04:01:53.05</b>	+01:58:33 (49.0%)	12:04	5 (51.5%)
66	<b>ROMANOWSKA Ewa</b>	<b>1172</b>		K 36-44	31	01:45:47	02:21:28	02:28:40	<b>04:05:04.90</b>	<b>04:05:20.50</b>	+02:02:00 (49.7%)	12:15	4.9 (50.5%)
67	<b>TUSIŃSKA Mariola</b>	<b>1209</b>	MARIOLA TUSIŃSKA	K 45-59	15	01:50:29	02:33:47	02:39:12	<b>04:07:03.35</b>	<b>04:07:15.40</b>	+02:03:55 (50.1%)	12:21	4.9 (50.5%)
68	<b>KRZYKWA Agnieszka</b>	<b>1093</b>		K 45-59	16	01:41:55	02:20:04	02:28:30	<b>04:10:23.55</b>	<b>04:10:50.25</b>	+02:07:30 (50.8%)	12:31	4.8 (49.5%)
69	<b>CZYŻEWSKA Marlena</b>	<b>1029</b>		K 45-59	17	01:41:48	02:20:01	02:28:28	<b>04:10:24.00</b>	<b>04:10:50.50</b>	+02:07:30 (50.8%)	12:31	4.8 (49.5%)
70	<b>SKUPIN Agata</b>	<b>1186</b>	KLUB PANI	K 35	21	01:45:06	02:22:06	02:29:12	<b>04:14:03.80</b>	<b>04:14:29.00</b>	+02:11:09 (51.5%)	12:42	4.7 (48.5%)
71	<b>STĘPLEWSKA Małgorzata</b>	<b>1194</b>		K 45-59	18	01:41:36	02:20:26	02:28:31	<b>04:15:15.20</b>	<b>04:15:41.90</b>	+02:12:22 (51.8%)	12:45	4.7 (48.5%)
72	<b>WOŚKO Gabriela</b>	<b>1223</b>	KLINIKA ZDROWIA I URODY IM. CZ.WOŚKO	K 35	22	01:52:16	02:35:08	02:41:31	<b>04:16:10.15</b>	<b>04:16:37.80</b>	+02:13:18 (51.9%)	12:48	4.7 (48.5%)
73	<b>DELEGIEWICZ Olga</b>	<b>1031</b>	OSTROBIEC	K 36-44	32	01:47:36	02:26:18	02:39:13	<b>04:17:23.50</b>	<b>04:17:36.20</b>	+02:14:16 (52.1%)	12:52	4.7 (48.5%)
74	<b>SULIGA Wioletta</b>	<b>1198</b>		K 36-44	33	01:55:13	02:37:06	02:43:38	<b>04:20:12.95</b>	<b>04:20:42.70</b>	+02:17:23 (52.7%)	13:00	4.6 (47.4%)
75	<b>PIECUCH Kinga</b>	<b>1155</b>		K 36-44	34	01:57:44	02:36:51	02:44:15	<b>04:20:52.15</b>	<b>04:22:47.75</b>	+02:19:28 (53.1%)	13:02	4.6 (47.4%)
76	<b>SYPKO-KUBICKA Katarzyna</b>	<b>1199</b>	KOZŁOWICKI CROSS	K 36-44	35	02:00:33	02:39:57	02:46:50	<b>04:27:25.95</b>	<b>04:27:40.00</b>	+02:24:20 (53.9%)	13:22	4.5 (46.4%)
77	<b>WAJMAN-GRASZA Katarzyna</b>	<b>1213</b>	EKSTREMALNE OTK NA RELAKSI3	K 36-44	36	02:01:36	02:41:37	02:48:28	<b>04:28:54.40</b>	<b>04:29:25.40</b>	+02:26:05 (54.2%)	13:26	4.5 (46.4%)
78	<b>KUSMIERCZYK Ewa</b>	<b>1106</b>	MORSY Z RADOMSKA	K 45-59	19	02:02:01	02:44:22	02:52:30	<b>04:36:09.50</b>	<b>04:36:34.70</b>	+02:33:15 (55.4%)	13:48	4.3 (44.3%)
79	<b>STRZELCZYK Emilia</b>	<b>1196</b>		K 35	23	02:05:47	02:46:55	02:55:22	<b>04:50:46.20</b>	<b>04:51:14.45</b>	+02:47:54 (57.7%)	14:32	4.1 (42.3%)
80	<b>PTAK Ewa</b>	<b>1165</b>	KLUB BIEGACZA WARTA	K 36-44	37	01:44:20	02:24:44	02:33:49			+01:14:58	13:59	4.3 (44.3%)
DQ	<b>PACIOREK Ewa</b>	<b>1147</b>	MARKOWI BIEGACZE	K 36-44		DQ	01:21:27 DQ	01:25:32 DQ	<b>02:23:20.40 DQ</b>	<b>DQ</b>		0:00	8.4 (86.6%)

Znaleziono 81 wynik(ów)