

# PIĄTKA ZA PIĄTKĘ

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE



**Wydarzenie:** I Festiwal Pustelnika  
**Organizator:** Stowarzyszenie „PRZEKROCZ GRANICE”  
**Data:** 2023-08-19  
**Miejsce:** Wysowa-Zdrój  
**Dystans:** 5 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>GRYZŁO Sebastian</b>	<b>243</b>	WWW.LEDMAX24.PL	Czasy WMA	1	<b>00:20:20.25</b>	<b>00:20:21.25</b>		4:04	14.8 (100%)
2	<b>STELAK Michał</b>	<b>283</b>		Czasy WMA	2	<b>00:20:24.30</b>	<b>00:20:26.30</b>	+00:00:05 (0.4%)	4:04	14.7 (99.3%)
3	<b>SZARŁOWICZ Jakub</b>	<b>269</b>	UKS LIPINKI	Czasy WMA	3	<b>00:20:24.80</b>	<b>00:20:26.35</b>	+00:00:05 (0.4%)	4:04	14.7 (99.3%)
4	<b>SKALSKI Adam</b>	<b>203</b>	UKS HAŃCZOWA	Czasy WMA	4	<b>00:20:45.25</b>	<b>00:20:47.70</b>	+00:00:26 (2.1%)	4:09	14.5 (98.0%)
5	<b>SZARŁOWICZ Kacper</b>	<b>231</b>	ULKS LIPINKI	Czasy WMA	5	<b>00:21:04.05</b>	<b>00:21:04.65</b>	+00:00:43 (3.4%)	4:12	14.2 (95.9%)
6	<b>CHROBACZYŃSKI Rafał</b>	<b>240</b>		Czasy WMA	6	<b>00:23:03.50</b>	<b>00:23:05.85</b>	+00:02:44 (11.9%)	4:36	13 (87.8%)
7	<b>ZABAWA Patryk</b>	<b>206</b>	GORLICKA GRUPA BIEGOWA	Czasy WMA	7	<b>00:23:40.20</b>	<b>00:23:41.80</b>	+00:03:20 (14.1%)	4:44	12.7 (85.8%)
8	<b>MARZEC Paweł</b>	<b>234</b>	KOLEGA PUSTELNIKA	Czasy WMA	8	<b>00:23:39.95</b>	<b>00:23:42.10</b>	+00:03:20 (14.1%)	4:43	12.7 (85.8%)
9	<b>CZYŻYKIEWICZ Mateusz</b>	<b>204</b>		Czasy WMA	9	<b>00:24:17.95</b>	<b>00:24:20.30</b>	+00:03:59 (16.4%)	4:51	12.4 (83.8%)
10	<b>FEDAK Jakub</b>	<b>272</b>		Czasy WMA	10	<b>00:24:41.95</b>	<b>00:24:45.20</b>	+00:04:23 (17.8%)	4:56	12.2 (82.4%)
11	<b>KUNDRACIK Miroslaw</b>	<b>265</b>	MARAS TEAM	Czasy WMA	11	<b>00:24:44.30</b>	<b>00:24:48.10</b>	+00:04:26 (17.9%)	4:56	12.1 (81.8%)
12	<b>WOŹNIAK Artur</b>	<b>208</b>	GORLICKA GRUPA BIEGOWA	Czasy WMA	12	<b>00:24:44.75</b>	<b>00:24:50.10</b>	+00:04:28 (18.0%)	4:56	12.1 (81.8%)
13	<b>RECZKOWSKI Andrzej</b>	<b>233</b>	KB ATHLETIC ZRĘCIN	Czasy WMA	13	<b>00:27:08.45</b>	<b>00:27:09.50</b>	+00:06:48 (25.1%)	5:25	11.1 (75.0%)
14	<b>KOŁTKO Seweryn</b>	<b>281</b>	UKS HAŃCZOWA	Czasy WMA	14	<b>00:28:11.65</b>	<b>00:28:13.05</b>	+00:07:51 (27.9%)	5:38	10.6 (71.6%)
15	<b>NOGAWKA Miłosz</b>	<b>266</b>	UKS HAŃCZOWA	Czasy WMA	15	<b>00:28:26.15</b>	<b>00:28:28.00</b>	+00:08:06 (28.5%)	5:41	10.6 (71.6%)
16	<b>SZCZERBA Damian</b>	<b>215</b>	#OBIEGAMPOLSKIE	Czasy WMA	16	<b>00:28:30.75</b>	<b>00:28:33.10</b>	+00:08:11 (28.7%)	5:42	10.5 (70.9%)
17	<b>PODRAZA Adam</b>	<b>202</b>	WILKI JODŁOWA	Czasy WMA	17	<b>00:28:30.85</b>	<b>00:28:36.55</b>	+00:08:15 (28.9%)	5:42	10.5 (70.9%)
18	<b>MAZUR Tomasz</b>	<b>280</b>	UKS GDYNI	Czasy WMA	18	<b>00:28:58.70</b>	<b>00:29:00.30</b>	+00:08:39 (29.8%)	5:47	10.4 (70.3%)
19	<b>RONDUDA Robert</b>	<b>247</b>	UKS GDYNI	Czasy WMA	19	<b>00:29:09.95</b>	<b>00:29:13.00</b>	+00:08:51 (30.3%)	5:49	10.3 (69.6%)
20	<b>SROKA Sławomir</b>	<b>277</b>		Czasy WMA	20	<b>00:30:03.45</b>	<b>00:30:03.45</b>	+00:09:42 (32.3%)	6:00	10 (67.6%)
21	<b>BRZOZOWSKI Leszek</b>	<b>235</b>	MARATON GORLICE	Czasy WMA	21	<b>00:30:09.40</b>	<b>00:30:12.80</b>	+00:09:51 (32.6%)	6:01	10 (67.6%)
22	<b>SZELIGA Kacper</b>	<b>207</b>		Czasy WMA	22	<b>00:30:17.00</b>	<b>00:30:21.00</b>	+00:09:59 (32.9%)	6:03	9.9 (66.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 5km	brutto 5km			
23	<b>KALISZ Jakub</b>	<b>242</b>		Czasy WMA	23	<b>00:30:40.10</b>	<b>00:30:42.55</b>	+00:10:21 (33.7%)	6:08	9.8 (66.2%)
24	<b>FEDAK Sylwia</b>	<b>271</b>		Czasy WMA	24	<b>00:30:43.65</b>	<b>00:30:47.20</b>	+00:10:25 (33.9%)	6:08	9.8 (66.2%)
25	<b>KACZMAREK Mariusz</b>	<b>239</b>		Czasy WMA	25	<b>00:30:41.60</b>	<b>00:30:47.50</b>	+00:10:26 (33.9%)	6:08	9.8 (66.2%)
26	<b>BARTKO Bartłomiej</b>	<b>212</b>		Czasy WMA	26	<b>00:30:49.70</b>	<b>00:30:54.20</b>	+00:10:32 (34.1%)	6:09	9.7 (65.5%)
27	<b>CELEJ Łukasz</b>	<b>270</b>		Czasy WMA	27	<b>00:31:00.05</b>	<b>00:31:03.25</b>	+00:10:42 (34.5%)	6:12	9.7 (65.5%)
28	<b>PAJĄK Klara</b>	<b>258</b>	UKS HAŃCZOWA	Czasy WMA	28	<b>00:31:36.85</b>	<b>00:31:38.85</b>	+00:11:17 (35.7%)	6:19	9.5 (64.2%)
29	<b>RZUCIDŁO Jan</b>	<b>209</b>	BBL RZESZÓW	Czasy WMA	29	<b>00:31:33.90</b>	<b>00:31:39.30</b>	+00:11:18 (35.7%)	6:18	9.5 (64.2%)
30	<b>WOŹNIAK Kamil</b>	<b>285</b>		Czasy WMA	30	<b>00:31:46.15</b>	<b>00:31:51.50</b>	+00:11:30 (36.1%)	6:21	9.4 (63.5%)
31	<b>STEC Arkadiusz</b>	<b>229</b>		Czasy WMA	31	<b>00:32:05.25</b>	<b>00:32:11.25</b>	+00:11:50 (36.8%)	6:25	9.4 (63.5%)
32	<b>SROKA Oliwia</b>	<b>278</b>		Czasy WMA	32	<b>00:32:24.70</b>	<b>00:32:27.65</b>	+00:12:06 (37.3%)	6:28	9.3 (62.8%)
33	<b>ŚWIERCZYŃSKI Dariusz</b>	<b>253</b>	MIKS JUNIOR OLEŚNICA	Czasy WMA	33	<b>00:33:04.80</b>	<b>00:33:06.15</b>	+00:12:44 (38.5%)	6:36	9.1 (61.5%)
34	<b>NOGAWKA Kacper</b>	<b>267</b>	UKS HAŃCZOWA	Czasy WMA	34	<b>00:33:23.80</b>	<b>00:33:25.05</b>	+00:13:03 (39.1%)	6:40	9 (60.8%)
35	<b>ŚWIERCZEWSKI Michał</b>	<b>238</b>		Czasy WMA	35	<b>00:33:35.65</b>	<b>00:33:40.00</b>	+00:13:18 (39.5%)	6:43	8.9 (60.1%)
36	<b>KURUC Roksana</b>	<b>274</b>	UKS HAŃCZOWA	Czasy WMA	36	<b>00:34:29.40</b>	<b>00:34:31.25</b>	+00:14:10 (41.0%)	6:53	8.7 (58.8%)
37	<b>BAZIAK Wojtek</b>	<b>201</b>	HYC HYC KOZA TEAM	Czasy WMA	37	<b>00:35:05.55</b>	<b>00:35:10.50</b>	+00:14:49 (42.1%)	7:01	8.6 (58.1%)
38	<b>SABANOS Gejza</b>	<b>264</b>	MARAS TEAM	Czasy WMA	38	<b>00:36:08.05</b>	<b>00:36:12.30</b>	+00:15:51 (43.8%)	7:13	8.3 (56.1%)
39	<b>ŻABA Katarzyna</b>	<b>279</b>	UKS HAŃCZOWA	Czasy WMA	39	<b>00:36:13.25</b>	<b>00:36:15.10</b>	+00:15:53 (43.9%)	7:14	8.3 (56.1%)
40	<b>REZLER Marcin</b>	<b>252</b>		Czasy WMA	40	<b>00:36:55.40</b>	<b>00:36:59.20</b>	+00:16:37 (45.0%)	7:23	8.1 (54.7%)
41	<b>PAJĄK Teodor</b>	<b>257</b>	UKS HAŃCZOWA	Czasy WMA	41	<b>00:37:28.45</b>	<b>00:37:30.30</b>	+00:17:09 (45.7%)	7:29	8 (54.1%)
42	<b>PILICH Michał</b>	<b>250</b>		Czasy WMA	42	<b>00:37:30.00</b>	<b>00:37:37.05</b>	+00:17:15 (45.9%)	7:30	8 (54.1%)
43	<b>CHRUSZCZ Justyna</b>	<b>275</b>	UKS HAŃCZOWA	Czasy WMA	43	<b>00:38:21.95</b>	<b>00:38:24.85</b>	+00:18:03 (47.0%)	7:40	7.8 (52.7%)
44	<b>WIRCHOMSKI Seweryn</b>	<b>282</b>	UKS GDYNI	Czasy WMA	44	<b>00:39:01.40</b>	<b>00:39:02.75</b>	+00:18:41 (47.9%)	7:48	7.7 (52.0%)
45	<b>NOGAWKA Natalia</b>	<b>268</b>	UKS HAŃCZOWA	Czasy WMA	45	<b>00:39:12.05</b>	<b>00:39:14.25</b>	+00:18:53 (48.1%)	7:50	7.7 (52.0%)
46	<b>DARDZIŃSKA Wanda</b>	<b>259</b>	UKS HAŃCZOWA	Czasy WMA	46	<b>00:39:13.50</b>	<b>00:39:15.85</b>	+00:18:54 (48.2%)	7:50	7.6 (51.4%)
47	<b>REZLER Aleksandra</b>	<b>251</b>		Czasy WMA	47	<b>00:39:25.05</b>	<b>00:39:28.75</b>	+00:19:07 (48.4%)	7:53	7.6 (51.4%)
48	<b>LEDNIEWSKA Adriana</b>	<b>237</b>		Czasy WMA	48	<b>00:39:30.20</b>	<b>00:39:34.45</b>	+00:19:13 (48.6%)	7:54	7.6 (51.4%)
49	<b>JURA Małgorzata</b>	<b>246</b>	Z BIEGANIEM MI DO TWARZY	Czasy WMA	49	<b>00:39:37.05</b>	<b>00:39:44.10</b>	+00:19:22 (48.8%)	7:55	7.6 (51.4%)
50	<b>FIL Katarzyna</b>	<b>256</b>		Czasy WMA	50	<b>00:39:53.15</b>	<b>00:39:58.35</b>	+00:19:37 (49.1%)	7:58	7.5 (50.7%)
51	<b>KAMIŃSKI Jerzy</b>	<b>255</b>	MARATON GORLICE	Czasy WMA	51	<b>00:39:53.10</b>	<b>00:39:58.40</b>	+00:19:37 (49.1%)	7:58	7.5 (50.7%)
52	<b>WIRCHOMSKI Szymon</b>	<b>284</b>	UKS HAŃCZOWA	Czasy WMA	52	<b>00:40:55.60</b>	<b>00:40:58.20</b>	+00:20:36 (50.3%)	8:11	7.3 (49.3%)
53	<b>ROMAN Leon</b>	<b>273</b>	UKS HAŃCZOWA	Czasy WMA	53	<b>00:41:54.85</b>	<b>00:41:56.40</b>	+00:21:35 (51.5%)	8:22	7.2 (48.6%)
54	<b>FLOREK Tomasz</b>	<b>216</b>		Czasy WMA	54	<b>00:42:43.80</b>	<b>00:42:48.60</b>	+00:22:27 (52.5%)	8:32	7 (47.3%)
55	<b>FLOREK Beata</b>	<b>217</b>		Czasy WMA	55	<b>00:42:43.80</b>	<b>00:42:48.70</b>	+00:22:27 (52.5%)	8:32	7 (47.3%)
56	<b>MOSKAL Andrzej</b>	<b>232</b>	-	Czasy WMA	56	<b>00:44:19.00</b>	<b>00:44:25.30</b>	+00:24:04 (54.2%)	8:51	6.8 (45.9%)
57	<b>JARACZ Krystian</b>	<b>223</b>	KB ATHLETIC ZRĘCIN	Czasy WMA	57	<b>00:44:18.95</b>	<b>00:44:25.45</b>	+00:24:04 (54.2%)	8:51	6.8 (45.9%)
58	<b>DŹUMBELAK Sara</b>	<b>224</b>		Czasy WMA	58	<b>00:47:14.00</b>	<b>00:47:17.40</b>	+00:26:56 (57.0%)	9:26	6.4 (43.2%)
59	<b>MARAS Ladisław</b>	<b>263</b>	MARAS TEAM	Czasy WMA	59	<b>00:47:15.50</b>	<b>00:47:21.30</b>	+00:27:00 (57.0%)	9:27	6.3 (42.6%)
60	<b>ŻABA Sabina</b>	<b>276</b>	UKS HAŃCZOWA	Czasy WMA	60	<b>00:47:20.95</b>	<b>00:47:23.75</b>	+00:27:02 (57.1%)	9:28	6.3 (42.6%)
61	<b>DZIURNY Maja</b>	<b>245</b>		Czasy WMA	61	<b>00:47:33.15</b>	<b>00:47:35.50</b>	+00:27:14 (57.2%)	9:30	6.3 (42.6%)
62	<b>ROBAK Barabara</b>	<b>261</b>		Czasy WMA	62	<b>00:48:43.75</b>	<b>00:49:56.10</b>	+00:29:34 (59.2%)	9:44	6.2 (41.9%)
63	<b>SANARES Krystyna</b>	<b>244</b>		Czasy WMA	63	<b>00:50:13.45</b>	<b>00:50:15.05</b>	+00:29:53 (59.5%)	10:02	6 (40.5%)
64	<b>TURKOWSKA Aleksandra</b>	<b>236</b>		Czasy WMA	64	<b>00:52:35.90</b>	<b>00:52:44.15</b>	+00:32:22 (61.4%)	10:31	5.7 (38.5%)
64	<b>USZKO Małgorzata</b>	<b>248</b>		Czasy WMA	64	<b>00:52:39.55</b>	<b>00:52:44.15</b>	+00:32:22 (61.4%)	10:31	5.7 (38.5%)
64	<b>USZKO Michał</b>	<b>249</b>		Czasy WMA	64	<b>00:52:38.85</b>	<b>00:52:44.15</b>	+00:32:22 (61.4%)	10:31	5.7 (38.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
<b>Przekroczony limit czasu: 01:00:00</b>										
67	<b>ROBAK Joanna</b>	<b>260</b>		Czasy WMA	67	<b>01:12:10.65</b>	<b>01:13:23.90</b>	+00:53:02 (72.3%)	14:26	4.2 (28.4%)
68	<b>ROBAK Sylwia</b>	<b>262</b>		Czasy WMA	68	<b>01:12:10.90</b>	<b>01:13:24.35</b>	+00:53:03 (72.3%)	14:26	4.2 (28.4%)

Znaleziono 68 wynik(ów)