



## PIĄTKA ZA PIĄTKĘ

B4SPORT

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

**Wydarzenie:** II Festiwal Pustelnika  
**Organizator:** Stowarzyszenie „PRZEKROCZ GRANICE”  
**Data:** 2024-08-24  
**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	SKALSKI Adam	486	UKS HAŃCZOWA	M30	1	00:21:39.80	00:21:43.00		4:19	13.9 (100%)
2	FLOREK Sebastian	464	BRAK	M40	1	00:24:01.45	00:24:06.00	+00:02:23 (9.9%)	4:48	12.5 (89.9%)
3	WOSTAS Adrian	461	BEZ KLUBU	M30	2	00:24:23.85	00:24:27.90	+00:02:44 (11.2%)	4:52	12.3 (88.5%)
4	APOLA Karol	419	GRYBOWSKA GRUPA ROWEROWA	M20	1	00:24:36.80	00:24:40.75	+00:02:57 (12.0%)	4:55	12.2 (87.8%)
5	ZABAWA Patryk	437	MARATON GORLICE	M30	3	00:24:45.05	00:24:48.55	+00:03:05 (12.5%)	4:57	12.1 (87.1%)
6	SKRABA Rafał	431		M30	4	00:25:21.85	00:25:25.00	+00:03:42 (14.6%)	5:04	11.8 (84.9%)
7	NOGAWKA Miłosz	485	UKS HAŃCZOWA	M20	2	00:26:11.65	00:26:16.40	+00:04:33 (17.3%)	5:14	11.5 (82.7%)
8	MALAGA Bogdan	487		M40	2	00:26:36.10	00:26:40.35	+00:04:57 (18.6%)	5:19	11.3 (81.3%)
9	SAWITUS Maciej	476		M40	3	00:26:51.10	00:26:59.20	+00:05:16 (19.5%)	5:22	11.2 (80.6%)
10	BARAN Mateusz	412	GORLICKA GRUPA BIEGOWA	M30	5	00:28:00.00	00:28:04.75	+00:06:21 (22.7%)	5:36	10.7 (77.0%)
11	POROWSKI Olgierd	475		M20	3	00:28:03.35	00:28:11.05	+00:06:28 (22.9%)	5:36	10.7 (77.0%)
12	TABASZEWSKI Krzysztof	406	HYC HYC KOZA TEAM	M30	6	00:28:03.75	00:28:13.80	+00:06:30 (23.1%)	5:36	10.7 (77.0%)
13	MAJOCH Bartosz	441		M40	4	00:28:27.85	00:28:38.95	+00:06:55 (24.2%)	5:41	10.5 (75.5%)
14	DZIURNY Marcin	470	ZK GŁUBCZYCE	M30	7	00:28:38.70	00:28:47.85	+00:07:04 (24.6%)	5:43	10.5 (75.5%)
15	EPA Karolina	466	PZU SPORT TEAM	K30	1	00:28:43.15	00:28:48.45	+00:07:05 (24.6%)	5:44	10.4 (74.8%)
16	CELEJ Łukasz	459		M40	5	00:28:47.40	00:28:53.30	+00:07:10 (24.8%)	5:45	10.4 (74.8%)
17	KOTYŁKO Seweryn	479	UKS HAŃCZOWA	M20	4	00:28:53.55	00:28:56.80	+00:07:13 (25.0%)	5:46	10.4 (74.8%)
18	PRZEPIÓRA Agnieszka	413		K30	2	00:28:53.55	00:28:58.20	+00:07:15 (25.0%)	5:46	10.4 (74.8%)
19	BOGDAN Ryszard	442	BIECKA SZKOŁA KATÓW	M60	1	00:29:03.25	00:29:11.90	+00:07:28 (25.6%)	5:48	10.3 (74.1%)
20	KIELTYKA Ryszard	424		M60	2	00:29:15.85	00:29:20.20	+00:07:37 (26.0%)	5:51	10.3 (74.1%)
21	PODSADOWSKI Zbigniew	439	AMBASADOR FESTIWALU BIEGOWEGO	M50	1	00:29:17.20	00:29:24.15	+00:07:41 (26.1%)	5:51	10.2 (73.4%)
22	MAJOCH Karol	440		M40	6	00:29:21.45	00:29:32.35	+00:07:49 (26.5%)	5:52	10.2 (73.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						5km	5km			
23	<b>KUŻMA Jan</b>	<b>491</b>		M20	5	<b>00:29:23.15</b>	<b>00:29:33.35</b>	+00:07:50 (26.5%)	5:52	10.2 (73.4%)
24	<b>KOŁODZIEJ Marcus</b>	<b>471</b>	SKI PARK WYSOWA	M20	6	<b>00:29:29.05</b>	<b>00:29:34.05</b>	+00:07:51 (26.6%)	5:53	10.2 (73.4%)
25	<b>SKORUPKA Cezary</b>	<b>438</b>	VEGE RUNNERS	M60	3	<b>00:29:35.10</b>	<b>00:29:41.30</b>	+00:07:58 (26.9%)	5:55	10.1 (72.7%)
26	<b>RZUCIDŁO Jan</b>	<b>432</b>	KLUB BIEGACZA POLITECHNIKI RZESZOWSKIEJ	M60	4	<b>00:29:39.45</b>	<b>00:29:45.05</b>	+00:08:02 (27.0%)	5:55	10.1 (72.7%)
27	<b>MAJERNIK Milan</b>	<b>469</b>	MARAS TEAM	M50	2	<b>00:29:56.85</b>	<b>00:30:06.00</b>	+00:08:23 (27.9%)	5:59	10 (71.9%)
28	<b>BOCHENEK Łukasz</b>	<b>420</b>		M20	7	<b>00:29:59.20</b>	<b>00:30:10.15</b>	+00:08:27 (28.0%)	5:59	10 (71.9%)
29	<b>KIEŁTYKA Kamil</b>	<b>446</b>		M30	8	<b>00:30:11.25</b>	<b>00:30:16.55</b>	+00:08:33 (28.3%)	6:02	9.9 (71.2%)
30	<b>WICHROWSKI Szymon</b>	<b>478</b>	UKS HAŃCZOWA	M20	8	<b>00:30:29.60</b>	<b>00:30:32.55</b>	+00:08:49 (28.9%)	6:05	9.8 (70.5%)
31	<b>WINCZURA Mikołaj</b>	<b>463</b>	-	M20	9	<b>00:30:24.60</b>	<b>00:30:33.55</b>	+00:08:50 (28.9%)	6:04	9.9 (71.2%)
32	<b>NIEDŹWIECKI Marek</b>	<b>472</b>		M60	5	<b>00:30:32.20</b>	<b>00:30:37.55</b>	+00:08:54 (29.1%)	6:06	9.8 (70.5%)
33	<b>BRZOZOWSKI Leszek</b>	<b>445</b>	MARATON GORLICE	M60	6	<b>00:30:35.10</b>	<b>00:30:41.45</b>	+00:08:58 (29.2%)	6:07	9.8 (70.5%)
34	<b>ŁOPUCH Robert</b>	<b>410</b>	PLATINIUM TRAVEL TEAM	M50	3	<b>00:30:42.95</b>	<b>00:30:47.00</b>	+00:09:04 (29.5%)	6:08	9.8 (70.5%)
35	<b>PAJĄK Klara</b>	<b>477</b>	UKS HAŃCZOWA	K20	1	<b>00:30:45.50</b>	<b>00:30:49.25</b>	+00:09:06 (29.5%)	6:09	9.8 (70.5%)
36	<b>CHODZIŃSKA Mariola</b>	<b>492</b>		K40	1	<b>00:30:49.90</b>	<b>00:30:58.05</b>	+00:09:15 (29.9%)	6:09	9.7 (69.8%)
37	<b>ŻABA Katarzyna</b>	<b>481</b>	UKS HAŃCZOWA	K20	2	<b>00:31:45.25</b>	<b>00:31:49.60</b>	+00:10:06 (31.8%)	6:21	9.4 (67.6%)
38	<b>ROBAK Sylwester</b>	<b>497</b>		M40	7	<b>00:31:50.35</b>	<b>00:32:01.80</b>	+00:10:18 (32.2%)	6:22	9.4 (67.6%)
39	<b>PODRAZA Marek</b>	<b>423</b>	GORLICKA GRUPA BIEGOWA	M50	4	<b>00:32:14.60</b>	<b>00:32:18.85</b>	+00:10:35 (32.8%)	6:26	9.3 (66.9%)
40	<b>TENEROWICZ Paweł</b>	<b>425</b>		M40	8	<b>00:32:24.90</b>	<b>00:32:32.15</b>	+00:10:49 (33.3%)	6:28	9.3 (66.9%)
41	<b>ZAJĄC Ireneusz</b>	<b>488</b>		M60	7	<b>00:32:31.10</b>	<b>00:32:40.65</b>	+00:10:57 (33.5%)	6:30	9.2 (66.2%)
42	<b>SUDYK Magda</b>	<b>480</b>	UKS HAŃCZOWA	K20	3	<b>00:32:48.35</b>	<b>00:32:52.40</b>	+00:11:09 (33.9%)	6:33	9.1 (65.5%)
43	<b>MAZGAJ Julia</b>	<b>452</b>		K20	4	<b>00:33:01.80</b>	<b>00:33:06.80</b>	+00:11:23 (34.4%)	6:36	9.1 (65.5%)
43	<b>MAZGAJ Michał</b>	<b>453</b>	SABRE RUNNERS	M20	10	<b>00:33:01.40</b>	<b>00:33:06.80</b>	+00:11:23 (34.4%)	6:36	9.1 (65.5%)
45	<b>RUSYN Wioletta</b>	<b>426</b>		K40	2	<b>00:33:11.50</b>	<b>00:33:18.00</b>	+00:11:35 (34.8%)	6:38	9 (64.7%)
46	<b>DZIUBAN Renata</b>	<b>421</b>		K60	1	<b>00:33:21.85</b>	<b>00:33:26.20</b>	+00:11:43 (35.1%)	6:40	9 (64.7%)
47	<b>GUBAŁA Nikola</b>	<b>455</b>	MARATON GORLICE	K20	5	<b>00:33:29.85</b>	<b>00:33:36.65</b>	+00:11:53 (35.4%)	6:41	9 (64.7%)
48	<b>WOJTAK Mariusz</b>	<b>217</b>	GRUPA BIEGOWA PLANETA NISKO	M50	5	<b>00:33:39.10</b>	<b>00:33:46.85</b>	+00:12:03 (35.7%)	6:43	8.9 (64.0%)
49	<b>ZAREMBA Adam</b>	<b>444</b>	BRAK	M40	9	<b>00:33:39.25</b>	<b>00:33:47.00</b>	+00:12:04 (35.7%)	6:43	8.9 (64.0%)
50	<b>WINCZURA Dominik</b>	<b>462</b>	RKW	M40	10	<b>00:33:47.35</b>	<b>00:33:55.90</b>	+00:12:12 (36.0%)	6:45	8.9 (64.0%)
51	<b>CISEK Dawid</b>	<b>436</b>		M20	11	<b>00:33:48.10</b>	<b>00:33:57.05</b>	+00:12:14 (36.0%)	6:45	8.9 (64.0%)
52	<b>KUSZ Marcin</b>	<b>428</b>		M40	11	<b>00:33:55.65</b>	<b>00:34:04.30</b>	+00:12:21 (36.3%)	6:47	8.8 (63.3%)
53	<b>ROIK Tomasz</b>	<b>416</b>	BIEGAM DLA BASI	M60	8	<b>00:33:55.45</b>	<b>00:34:06.55</b>	+00:12:23 (36.3%)	6:47	8.8 (63.3%)
54	<b>WIKTOR Wiesław</b>	<b>422</b>		M50	6	<b>00:34:20.15</b>	<b>00:34:29.55</b>	+00:12:46 (37.0%)	6:52	8.7 (62.6%)
55	<b>WIKTOR Jolanta</b>	<b>402</b>		K60	2	<b>00:34:19.75</b>	<b>00:34:29.60</b>	+00:12:46 (37.0%)	6:51	8.7 (62.6%)
56	<b>WICHROWSKI Seweryn</b>	<b>483</b>	UKS HAŃCZOWA	M20	12	<b>00:34:45.90</b>	<b>00:34:49.65</b>	+00:13:06 (37.6%)	6:57	8.6 (61.9%)
57	<b>KARP Andrzej</b>	<b>465</b>		M60	9	<b>00:34:45.40</b>	<b>00:34:54.95</b>	+00:13:11 (37.8%)	6:57	8.6 (61.9%)
58	<b>GUCWA Grzegorz</b>	<b>443</b>	RUN G&G	M40	12	<b>00:34:48.50</b>	<b>00:34:55.80</b>	+00:13:12 (37.8%)	6:57	8.6 (61.9%)
59	<b>KALISZ Jan</b>	<b>494</b>	Z MAMA	M20	13	<b>00:34:52.80</b>	<b>00:34:57.90</b>	+00:13:14 (37.9%)	6:58	8.6 (61.9%)
60	<b>SABANOŠ Gejza</b>	<b>468</b>	MARAS TEAM	M60	10	<b>00:34:53.35</b>	<b>00:35:02.80</b>	+00:13:19 (38.0%)	6:58	8.6 (61.9%)
61	<b>JAKUBOWSKA Elka</b>	<b>449</b>		K40	3	<b>00:35:04.15</b>	<b>00:35:11.05</b>	+00:13:28 (38.3%)	7:00	8.6 (61.9%)
62	<b>OBRZUT Jan</b>	<b>493</b>	.....	M20	14	<b>00:35:18.95</b>	<b>00:35:22.40</b>	+00:13:39 (38.6%)	7:03	8.5 (61.2%)
63	<b>WAL Eryk</b>	<b>405</b>	-	M20	15	<b>00:35:36.25</b>	<b>00:35:41.95</b>	+00:13:58 (39.2%)	7:07	8.4 (60.4%)
64	<b>KOHUT Agnieszka</b>	<b>451</b>	STC	K40	4	<b>00:35:33.60</b>	<b>00:35:42.95</b>	+00:13:59 (39.2%)	7:06	8.4 (60.4%)
65	<b>BAZIAK Wojtek</b>	<b>401</b>	HYC HYC KOZA TEAM	M30	9	<b>00:35:42.50</b>	<b>00:35:51.45</b>	+00:14:08 (39.4%)	7:08	8.4 (60.4%)
66	<b>KROK Dominika</b>	<b>434</b>		K20	6	<b>00:35:59.10</b>	<b>00:36:05.75</b>	+00:14:22 (39.8%)	7:11	8.3 (59.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
67	<b>KAWA Mariusz</b>	<b>435</b>		M20	16	<b>00:35:59.85</b>	<b>00:36:06.35</b>	+00:14:23 (39.9%)	7:11	8.3 (59.7%)
68	<b>GÓRAL Jan</b>	<b>482</b>	UKS HAŃCZOWA	M20	17	<b>00:36:24.90</b>	<b>00:36:28.85</b>	+00:14:45 (40.5%)	7:16	8.2 (59.0%)
69	<b>JODŁOWSKA Marcelina</b>	<b>456</b>		K20	7	<b>00:36:43.50</b>	<b>00:36:51.95</b>	+00:15:08 (41.1%)	7:20	8.2 (59.0%)
70	<b>LEŃCZUK Grażyna</b>	<b>489</b>	NNN	K50	1	<b>00:36:45.35</b>	<b>00:36:52.65</b>	+00:15:09 (41.1%)	7:21	8.2 (59.0%)
71	<b>KUSZ Ewelina</b>	<b>429</b>		K40	5	<b>00:37:02.00</b>	<b>00:37:12.05</b>	+00:15:29 (41.6%)	7:24	8.1 (58.3%)
72	<b>FIL Katarzyna</b>	<b>496</b>		K30	3	<b>00:37:19.70</b>	<b>00:37:29.95</b>	+00:15:46 (42.1%)	7:27	8 (57.6%)
73	<b>JERZY Kamiński</b>	<b>495</b>		M60	11	<b>00:37:19.60</b>	<b>00:37:30.10</b>	+00:15:47 (42.1%)	7:27	8 (57.6%)
74	<b>REZLER Aleksandra</b>	<b>473</b>	BEZ KLUBU	K30	4	<b>00:37:24.80</b>	<b>00:37:31.45</b>	+00:15:48 (42.1%)	7:28	8 (57.6%)
75	<b>KONOPKA Natalia</b>	<b>450</b>	MARATON GORLICE	K20	8	<b>00:37:30.00</b>	<b>00:37:35.65</b>	+00:15:52 (42.2%)	7:30	8 (57.6%)
76	<b>BRYG Mateusz</b>	<b>454</b>	MARATON GORLICE	M40	13	<b>00:37:28.50</b>	<b>00:37:35.95</b>	+00:15:52 (42.2%)	7:29	8 (57.6%)
77	<b>WAL Tadeusz</b>	<b>407</b>		M40	14	<b>00:37:36.05</b>	<b>00:37:41.10</b>	+00:15:58 (42.4%)	7:31	8 (57.6%)
78	<b>WÓJCIKIEWICZ Rafał</b>	<b>457</b>	ROAD_RUNNERS/ SECTION PRUSZKÓW	M40	15	<b>00:37:38.00</b>	<b>00:37:45.45</b>	+00:16:02 (42.5%)	7:31	8 (57.6%)
79	<b>WÓJCIKIEWICZ Bartosz</b>	<b>458</b>	ROAD_RUNNERS/ SECTION PRUSZKÓW	M20	18	<b>00:37:38.30</b>	<b>00:37:45.55</b>	+00:16:02 (42.5%)	7:31	8 (57.6%)
80	<b>KALISZ Renata</b>	<b>404</b>		K40	6	<b>00:37:52.80</b>	<b>00:37:58.75</b>	+00:16:15 (42.8%)	7:34	7.9 (56.8%)
81	<b>MOSNAL Andrzej</b>	<b>490</b>	BRAK	M60	12	<b>00:40:32.85</b>	<b>00:40:40.35</b>	+00:18:57 (46.6%)	8:06	7.4 (53.2%)
82	<b>SAWICKA Dorota</b>	<b>474</b>	BEZ KLUBU	K40	7	<b>00:40:32.70</b>	<b>00:40:42.65</b>	+00:18:59 (46.7%)	8:06	7.4 (53.2%)
83	<b>MARAS Ladislav</b>	<b>467</b>	MARAS TEAM	M60	13	<b>00:40:32.65</b>	<b>00:40:43.15</b>	+00:19:00 (46.7%)	8:06	7.4 (53.2%)
84	<b>JANUSZ Anna</b>	<b>448</b>	MARATON GORLICE	K20	9	<b>00:40:41.15</b>	<b>00:40:47.35</b>	+00:19:04 (46.8%)	8:08	7.4 (53.2%)
85	<b>CHEŁMICKA Magdalena</b>	<b>427</b>	ALPIN SPORT TEAM	K50	2	<b>00:42:31.95</b>	<b>00:42:43.55</b>	+00:21:00 (49.2%)	8:30	7.1 (51.1%)
86	<b>BIAŁY Piotr</b>	<b>417</b>		M30	10	<b>00:43:52.95</b>	<b>00:43:56.30</b>	+00:22:13 (50.6%)	8:46	6.8 (48.9%)
87	<b>MAĆKOWIAK Adrianna</b>	<b>460</b>		K20	10	<b>00:45:26.65</b>	<b>00:45:35.35</b>	+00:23:52 (52.4%)	9:05	6.6 (47.5%)

Znaleziono 87 wynik(ów)