

# PÓŁMARATON PUSTELNIKA

B4SPORT

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE



**Wydarzenie:** II Festiwal Pustelnika  
**Organizator:** Stowarzyszenie „PRZEKROCZ GRANICE”  
**Data:** 2024-08-24  
**Miejsce:** Wysowa-Zdrój  
**Dystans:** 23,60 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	Czas netto 23.6km	Czas brutto 23.6km	Różn	Tempo min/km	Tempo km/h
1	<b>DRABIK Emil</b>	<b>276</b>	MOK MSZANA DOLNA	M30	1	00:46:31	<b>02:06:52.40</b>	<b>02:06:54.65</b>		5:22	11.2 (100%)
2	<b>GABRYŚ Rafał</b>	<b>272</b>	STAŃCZAK TEAM	M30	2	00:46:30	<b>02:08:35.45</b>	<b>02:08:37.90</b>	+00:01:43 (1.3%)	5:26	11 (98.2%)
3	<b>SZMIST Szymon</b>	<b>202</b>	3 PBOT/KB ATHLETIC ZRĘCIN	M40	1	00:47:22	<b>02:08:59.75</b>	<b>02:09:01.90</b>	+00:02:07 (1.6%)	5:27	11 (98.2%)
4	<b>PAWŁOWSKI Wojciech</b>	<b>222</b>	BIEGIEM RADOM!!!	M30	3	00:47:23	<b>02:15:08.30</b>	<b>02:15:10.45</b>	+00:08:15 (6.1%)	5:43	10.5 (93.8%)
5	<b>GUBAŁA Arkadiusz</b>	<b>220</b>	GRUPETTO GORLICE	M30	4	00:50:40	<b>02:19:34.20</b>	<b>02:19:36.65</b>	+00:12:42 (9.1%)	5:54	10.1 (90.2%)
6	<b>DOBROWOLSKI Szymek</b>	<b>216</b>		M30	5	00:52:40	<b>02:29:46.25</b>	<b>02:29:49.60</b>	+00:22:54 (15.3%)	6:20	9.5 (84.8%)
7	<b>LASAK Wojciech</b>	<b>265</b>	MOUNTAIN RUNNING GUIDES	M20	1	00:54:32	<b>02:36:19.15</b>	<b>02:36:21.25</b>	+00:29:26 (18.8%)	6:37	9.1 (81.3%)
8	<b>ZABKIEWICZ Szymon</b>	<b>267</b>	MŁYNARCZYK ENDURANCE	M30	6	00:54:56	<b>02:38:33.85</b>	<b>02:38:36.30</b>	+00:31:41 (20.0%)	6:43	8.9 (79.5%)
9	<b>TRZEPAK Łukasz</b>	<b>223</b>		M30	7	00:54:06	<b>02:39:28.90</b>	<b>02:39:32.45</b>	+00:32:37 (20.5%)	6:45	8.9 (79.5%)
10	<b>ŁUKASIK Anna</b>	<b>236</b>	MKL BRYGADA BESKIDÓW	K40	1	01:01:42	<b>02:45:16.20</b>	<b>02:45:20.15</b>	+00:38:25 (23.2%)	7:00	8.6 (76.8%)
11	<b>STACHURSKI Paweł</b>	<b>283</b>		M40	2	01:00:25	<b>02:45:17.40</b>	<b>02:45:20.20</b>	+00:38:25 (23.2%)	7:00	8.6 (76.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	Czas netto 23.6km	Czas brutto 23.6km	Różn	Tempo min/km	Tempo km/h
12	<b>BIELSKI Roman</b>	<b>237</b>	JEDLICKIE STOWARZYSZENIE SPORTOWO REKREACYJNE WOJTEK MTB	M50	1	01:01:29	<b>02:47:21.45</b>	<b>02:47:28.50</b>	+00:40:33 (24.2%)	7:05	8.5 (75.9%)
13	<b>TOPOLSKI Marcin</b>	<b>244</b>	BRZESKI KLUB BIEGACZA CZARNA PERŁA	M40	3	00:59:04	<b>02:48:15.35</b>	<b>02:48:19.40</b>	+00:41:24 (24.6%)	7:07	8.4 (75.0%)
14	<b>PAJOR Przemysław</b>	<b>263</b>		M30	8	00:56:15	<b>02:48:20.05</b>	<b>02:48:22.80</b>	+00:41:28 (24.6%)	7:07	8.4 (75.0%)
15	<b>SERAFIN Wojciech</b>	<b>256</b>		M40	4	00:59:55	<b>02:48:35.90</b>	<b>02:48:41.45</b>	+00:41:46 (24.8%)	7:08	8.4 (75.0%)
16	<b>SZAROWICZ Fabian</b>	<b>212</b>	BATORYBAU	M40	5	01:01:16	<b>02:48:39.85</b>	<b>02:48:44.80</b>	+00:41:50 (24.8%)	7:08	8.4 (75.0%)
17	<b>KOŁEK Szymon</b>	<b>234</b>		M50	2	01:03:00	<b>02:48:46.40</b>	<b>02:48:51.00</b>	+00:41:56 (24.8%)	7:09	8.4 (75.0%)
18	<b>ROMAŃCZYK Dominik</b>	<b>235</b>		M30	9	01:02:11	<b>02:49:03.20</b>	<b>02:49:06.35</b>	+00:42:11 (25.0%)	7:09	8.4 (75.0%)
19	<b>JAKUBOWSKI Zbigniew</b>	<b>264</b>		M40	6	00:58:56	<b>02:50:23.85</b>	<b>02:50:27.20</b>	+00:43:32 (25.5%)	7:13	8.3 (74.1%)
20	<b>DRZYMAŁA Artur</b>	<b>281</b>		M40	7	01:01:29	<b>02:52:12.90</b>	<b>02:52:17.50</b>	+00:45:22 (26.3%)	7:17	8.2 (73.2%)
21	<b>ROKOSZ Bogdan</b>	<b>208</b>	SKIPARK WYSOWA	M50	3	00:58:48	<b>02:54:58.90</b>	<b>02:55:02.65</b>	+00:48:08 (27.5%)	7:24	8.1 (72.3%)
22	<b>WÓJTOWICZ Damian</b>	<b>201</b>	SKIPARK WYSOWA	M30	10	01:00:34	<b>02:56:42.55</b>	<b>02:56:46.05</b>	+00:49:51 (28.2%)	7:29	8 (71.4%)
23	<b>TOKARZ Michał</b>	<b>270</b>		M30	11	01:04:01	<b>02:58:57.15</b>	<b>02:59:02.65</b>	+00:52:08 (29.1%)	7:34	7.9 (70.5%)
24	<b>RADEK Wojciech</b>	<b>224</b>	ŚPOT	M30	12	01:02:43	<b>02:59:21.50</b>	<b>02:59:24.55</b>	+00:52:29 (29.3%)	7:35	7.9 (70.5%)
25	<b>FISHER Matt</b>	<b>259</b>		M40	8	01:00:56	<b>03:02:56.30</b>	<b>03:03:02.60</b>	+00:56:07 (30.7%)	7:45	7.7 (68.8%)
26	<b>KĄDZIOŁKA Monika</b>	<b>210</b>		K30	1	01:07:54	<b>03:12:43.65</b>	<b>03:12:49.75</b>	+01:05:55 (34.2%)	8:09	7.3 (65.2%)
27	<b>STYCZYŃSKI Maciej</b>	<b>226</b>	NOWY STYL RUNNING TEAM	M40	9	01:11:35	<b>03:16:04.50</b>	<b>03:16:16.70</b>	+01:09:22 (35.3%)	8:18	7.2 (64.3%)
28	<b>ŻÓŁKOŚ Bronisław</b>	<b>238</b>	JEDLICKIE STOWARZYSZENIE SPORTOWO TURYSTYCZNE WOJTEK MTB	M40	10	01:09:12	<b>03:18:47.55</b>	<b>03:18:55.25</b>	+01:12:00 (36.2%)	8:25	7.1 (63.4%)
29	<b>PAPIEŻ Mariusz</b>	<b>266</b>		M40	11	01:03:48	<b>03:20:47.20</b>	<b>03:20:50.45</b>	+01:13:55 (36.8%)	8:30	7.1 (63.4%)
30	<b>STEC Arkadiusz</b>	<b>240</b>		M50	4	01:12:54	<b>03:24:50.50</b>	<b>03:24:58.75</b>	+01:18:04 (38.1%)	8:40	6.9 (61.6%)
31	<b>PAJĄK Edward</b>	<b>205</b>	PARAFIA NMP W WYSOWEJ-ZDROJU	M50	5	01:06:00	<b>03:24:56.40</b>	<b>03:25:00.80</b>	+01:18:06 (38.1%)	8:41	6.9 (61.6%)
32	<b>JURECKI Jarosław</b>	<b>249</b>	#ADAMCZERWIŃSKITEAM	M40	12	01:14:00	<b>03:26:14.10</b>	<b>03:26:25.15</b>	+01:19:30 (38.5%)	8:44	6.9 (61.6%)
33	<b>JAREK Cezary</b>	<b>261</b>		M20	2	01:13:44	<b>03:27:05.20</b>	<b>03:27:13.85</b>	+01:20:19 (38.8%)	8:46	6.8 (60.7%)
34	<b>SZURA Bartłomiej</b>	<b>280</b>		M20	3	01:04:46	<b>03:29:53.15</b>	<b>03:29:58.80</b>	+01:23:04 (39.6%)	8:53	6.7 (59.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	Czas netto 23.6km	Czas brutto 23.6km	Różn	Tempo min/km	Tempo km/h
35	<b>CZYŻYKIEWICZ Marek</b>	<b>221</b>		M20	4	01:05:33	<b>03:30:44.55</b>	<b>03:30:52.30</b>	+01:23:57 (39.8%)	8:55	6.7 (59.8%)
36	<b>NADRATOWSKI Sławomir</b>	<b>231</b>	WB	M60	1	01:07:39	<b>03:31:02.00</b>	<b>03:31:06.25</b>	+01:24:11 (39.9%)	8:56	6.7 (59.8%)
37	<b>STANOSZ-CHEŁKOWSKA Aneta</b>	<b>274</b>	HARDE DZIKI	K40	2	01:13:08	<b>03:31:08.25</b>	<b>03:31:12.90</b>	+01:24:18 (39.9%)	8:56	6.7 (59.8%)
38	<b>DUTKA Maciej</b>	<b>268</b>		M30	13	01:06:28	<b>03:31:32.65</b>	<b>03:31:42.55</b>	+01:24:47 (40.1%)	8:57	6.7 (59.8%)
39	<b>STACH Paweł</b>	<b>269</b>	SIWEJKA	M50	6	01:10:36	<b>03:32:49.85</b>	<b>03:33:00.65</b>	+01:26:06 (40.4%)	9:01	6.7 (59.8%)
40	<b>SZCZEPANEK Aleksandra</b>	<b>254</b>		K20	1	01:14:10	<b>03:34:08.55</b>	<b>03:34:15.85</b>	+01:27:21 (40.8%)	9:04	6.6 (58.9%)
41	<b>SŁOWIK Daniel</b>	<b>243</b>	GANG ZAKRĘCONYCH MASTERSÓW	M30	14	01:13:02	<b>03:40:23.60</b>	<b>03:40:30.45</b>	+01:33:35 (42.4%)	9:20	6.4 (57.1%)
42	<b>CHODZIŃSKI Piotr</b>	<b>278</b>		M40	13	01:16:16	<b>03:42:03.45</b>	<b>03:42:12.20</b>	+01:35:17 (42.9%)	9:24	6.4 (57.1%)
43	<b>CUBER Michał</b>	<b>209</b>		M40	14	01:16:50	<b>03:42:33.30</b>	<b>03:42:39.25</b>	+01:35:44 (43.0%)	9:25	6.4 (57.1%)
44	<b>NIEDŹWIADEK Czesław</b>	<b>257</b>	NIEDŹWIADKI TEAM	M60	2	01:10:31	<b>03:42:43.35</b>	<b>03:42:50.05</b>	+01:35:55 (43.0%)	9:26	6.4 (57.1%)
45	<b>PODGÓRSKI Janusz</b>	<b>248</b>	OSKARJA	M60	3	01:15:11	<b>03:44:46.20</b>	<b>03:44:53.55</b>	+01:37:58 (43.6%)	9:31	6.3 (56.3%)
46	<b>KROK Marcin</b>	<b>219</b>		M40	15	01:26:45	<b>03:45:26.60</b>	<b>03:45:41.55</b>	+01:38:46 (43.8%)	9:33	6.3 (56.3%)
47	<b>SEKUŁA Mirek</b>	<b>289</b>		M40	16	01:27:01	<b>03:45:27.45</b>	<b>03:45:41.65</b>	+01:38:47 (43.8%)	9:33	6.3 (56.3%)
48	<b>KOZAK Krzysztof</b>	<b>218</b>		M40	17	01:10:55	<b>03:45:43.20</b>	<b>03:45:50.05</b>	+01:38:55 (43.8%)	9:33	6.3 (56.3%)
49	<b>URBANEK Jolanta</b>	<b>277</b>		K30	2	01:17:23	<b>03:48:30.00</b>	<b>03:48:39.15</b>	+01:41:44 (44.5%)	9:40	6.2 (55.4%)
50	<b>OLESIŃSKA Joanna</b>	<b>273</b>	DRUŻYNA JEDYNKI	K50	1	01:18:39	<b>03:52:11.80</b>	<b>03:52:19.75</b>	+01:45:25 (45.4%)	9:50	6.1 (54.5%)
51	<b>PACHO Sylwester</b>	<b>288</b>	POPIK	M30	15	01:26:49	<b>03:55:02.05</b>	<b>03:55:16.85</b>	+01:48:22 (46.1%)	9:57	6 (53.6%)
52	<b>GRUCA Dariusz</b>	<b>214</b>	MNIAM-MNIAM	M40	18	01:26:50	<b>03:55:03.50</b>	<b>03:55:17.60</b>	+01:48:22 (46.1%)	9:57	6 (53.6%)
53	<b>NOWAK Anna</b>	<b>242</b>		K50	2	01:19:01	<b>03:55:11.85</b>	<b>03:55:19.80</b>	+01:48:25 (46.1%)	9:57	6 (53.6%)
54	<b>BAŃKOWSKA Klaudia</b>	<b>232</b>		K20	2	01:18:26	<b>04:00:21.30</b>	<b>04:00:32.75</b>	+01:53:38 (47.2%)	10:11	5.9 (52.7%)
55	<b>LIBERACKI Grzegorz</b>	<b>275</b>	LIBERATOR NS	M50	7	01:17:42	<b>04:04:12.40</b>	<b>04:04:16.15</b>	+01:57:21 (48.0%)	10:20	5.8 (51.8%)
56	<b>SMOŁA Mariusz</b>	<b>282</b>	BRAK	M20	5	01:14:49	<b>04:04:33.90</b>	<b>04:04:41.95</b>	+01:57:47 (48.1%)	10:21	5.8 (51.8%)
57	<b>SOŁTYS Bartłomiej</b>	<b>291</b>		M30	16	01:19:40	<b>04:06:12.75</b>	<b>04:06:18.55</b>	+01:59:23 (48.5%)	10:25	5.8 (51.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	Czas netto 23.6km	Czas brutto 23.6km	Różn	Tempo min/km	Tempo km/h
58	<b>UHRIN Stanislav</b>	<b>247</b>	PREŠOV TRAIL RUN	M40	19	01:18:27	<b>04:06:17.50</b>	<b>04:06:24.25</b>	+01:59:29 (48.5%)	10:26	5.7 (50.9%)
59	<b>WEGLARZ Norbert</b>	<b>252</b>	LKS JAMNICA DULCZA WIELKA	M20	6	01:16:29	<b>04:08:07.75</b>	<b>04:08:14.15</b>	+02:01:19 (48.9%)	10:30	5.7 (50.9%)
60	<b>LEŃCZUK Andrzej</b>	<b>287</b>		M50	8	01:18:59	<b>04:08:39.05</b>	<b>04:08:49.15</b>	+02:01:54 (49.0%)	10:32	5.7 (50.9%)
61	<b>DUDEK Patryk</b>	<b>255</b>	LKS JAMNICA DULCZA WIELKA	M30	17	01:16:35	<b>04:09:48.70</b>	<b>04:09:54.95</b>	+02:03:00 (49.2%)	10:35	5.7 (50.9%)
62	<b>LICHOŃ Jacek</b>	<b>213</b>		M40	20	01:26:47	<b>04:16:56.10</b>	<b>04:17:11.05</b>	+02:10:16 (50.7%)	10:53	5.5 (49.1%)
63	<b>CHEŁSTOWSKA Bożena</b>	<b>245</b>	#KOLOSZANEL#TEAM	K40	3	01:25:00	<b>04:18:11.90</b>	<b>04:18:19.90</b>	+02:11:25 (50.9%)	10:56	5.5 (49.1%)
64	<b>BRYGOŁA Andrzej</b>	<b>260</b>	BIEGAJĄCY LUBLIN	M60	4	01:18:37	<b>04:20:47.10</b>	<b>04:20:52.15</b>	+02:13:57 (51.4%)	11:03	5.4 (48.2%)
65	<b>MAĆKOWIAK Adam</b>	<b>229</b>	TYLKO MENTAL!	M30	18	01:27:48	<b>04:21:35.85</b>	<b>04:21:45.80</b>	+02:14:51 (51.5%)	11:05	5.4 (48.2%)
65	<b>MAĆKOWIAK Joanna</b>	<b>230</b>	TYLKO MENTAL!	K20	3	01:27:49	<b>04:21:36.05</b>	<b>04:21:45.80</b>	+02:14:51 (51.5%)	11:05	5.4 (48.2%)
67	<b>LICHOŃ Wojtek</b>	<b>290</b>		M40	21	01:26:57	<b>04:23:17.50</b>	<b>04:23:34.75</b>	+02:16:40 (51.9%)	11:09	5.4 (48.2%)
68	<b>JASIŃSKI Ireneusz</b>	<b>207</b>		M40	22	01:29:25	<b>04:41:52.35</b>	<b>04:42:03.95</b>	+02:35:09 (55.0%)	11:56	5 (44.6%)
69	<b>ŚWIĘS Halina</b>	<b>284</b>		K50	3	01:31:51	<b>04:47:06.10</b>	<b>04:47:16.80</b>	+02:40:22 (55.8%)	12:09	4.9 (43.8%)
70	<b>ŚWIĘS Marcin</b>	<b>285</b>		M40	23	01:31:49	<b>04:47:06.25</b>	<b>04:47:17.00</b>	+02:40:22 (55.8%)	12:09	4.9 (43.8%)
71	<b>POŁOMSKI Andrzej</b>	<b>228</b>		M60	5	01:43:54	<b>04:47:48.90</b>	<b>04:48:01.60</b>	+02:41:06 (55.9%)	12:11	4.9 (43.8%)
72	<b>STANOSZ Dawid</b>	<b>246</b>		M20	7	01:21:22	<b>04:54:14.70</b>	<b>04:54:20.50</b>	+02:47:25 (56.9%)	12:28	4.8 (42.9%)
73	<b>LEDNIEWSKA Adriana</b>	<b>262</b>		K40	4	01:36:43	<b>04:59:42.30</b>	<b>04:59:52.70</b>	+02:52:58 (57.7%)	12:41	4.7 (42.0%)
74	<b>CYGANIK Joanna</b>	<b>233</b>		K30	3	01:36:42	<b>05:00:07.05</b>	<b>05:00:17.55</b>	+02:53:22 (57.7%)	12:43	4.7 (42.0%)
75	<b>ĆWIAKAŁA Halina</b>	<b>239</b>	ATHLETIC ZREĆIN	K40	5	01:27:50	<b>05:01:37.65</b>	<b>05:01:42.70</b>	+02:54:48 (57.9%)	12:46	4.7 (42.0%)
76	<b>DĄBOROWSKI Michał</b>	<b>215</b>		M40	24	01:30:23	<b>05:01:43.25</b>	<b>05:01:53.20</b>	+02:54:58 (58.0%)	12:47	4.7 (42.0%)
77	<b>FISHER Magda</b>	<b>279</b>		K40	6	01:33:53	<b>05:05:44.80</b>	<b>05:05:53.35</b>	+02:58:58 (58.5%)	12:57	4.6 (41.1%)
78	<b>KAMINSKA-KORNAS Dominika</b>	<b>271</b>		K30	4	01:33:49	<b>05:05:46.10</b>	<b>05:05:54.75</b>	+02:59:00 (58.5%)	12:57	4.6 (41.1%)
<b>Przekroczony limit czasu: 06:00:00</b>											
79	<b>WIELICZKO Regina</b>	<b>203</b>		K40	7	02:07:11	<b>06:45:38.15</b>	<b>06:45:52.20</b>	+04:38:57 (68.7%)	17:11	3.5 (31.3%)
	<b>KARLAK Halina</b>	<b>286</b>		K60		01:51:51 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	Czas netto 23.6km	Czas brutto 23.6km	Różn	Tempo min/km	Tempo km/h
	<b>PUPCZYK Jan</b>	<b>250</b>		M30		01:03:43 DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>BODZIOCH Grzegorz</b>	<b>204</b>		M50		DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)

Znaleziono 82 wynik(ów)