

# PRZEHYBA TRAIL - 43KM

B4SPORT



**Wydarzenie:** Przehyba Trail  
**Organizator:** FUNDACJA MAŁOPOLSKA BIEGA  
**Data:** 2023-09-30  
**Miejsce:** Gołkowice Górne  
**Dystans:** 43 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

| Msc | Zawodnik             | Numer | Klub                                 | Kategoria | Mkat | 32.5km   | Czas netto 43km | Czas brutto 43km | Różn              | Tempo min/km | Tempo km/h  |
|-----|----------------------|-------|--------------------------------------|-----------|------|----------|-----------------|------------------|-------------------|--------------|-------------|
| 1   | TARASEK Dariusz      | 432   | SEVEN7                               | M40-49    | 1    | 03:13:56 | 04:08:55.00     | 04:08:55.00      |                   | 5:47         | 10.4 (100%) |
| 2   | KIK Iwona            | 409   | TERVEL MOUNTAIN RUNNER               | K30-39    | 1    | 03:30:37 | 04:33:31.00     | 04:33:31.00      | +00:24:36 (9.0%)  | 6:21         | 9.4 (90.4%) |
| 3   | TOKARSKI Szymon      | 433   |                                      | M30-39    | 1    | 03:30:46 | 04:41:19.00     | 04:41:19.00      | +00:32:24 (11.5%) | 6:32         | 9.2 (88.5%) |
| 4   | MALINA Michał        | 420   | HUTNIK RUN                           | M30-39    | 2    | 04:00:52 | 05:06:38.00     | 05:06:38.00      | +00:57:43 (18.8%) | 7:07         | 8.4 (80.8%) |
| 5   | KOKOSZKA Zygmunt     | 410   | VEGE RUNNERS                         | M40-49    | 2    | 03:52:05 | 05:12:48.00     | 05:12:48.00      | +01:03:53 (20.4%) | 7:16         | 8.2 (78.8%) |
| 6   | PYCIA Adam           | 428   |                                      | M50-59    | 1    | 04:00:49 | 05:15:37.00     | 05:15:37.00      | +01:06:42 (21.1%) | 7:20         | 8.2 (78.8%) |
| 7   | KOWALSKI Łukasz      | 413   | PHILLIPS-MEDISIZE POLAND             | M40-49    | 3    | 03:58:45 | 05:22:13.00     | 05:22:13.00      | +01:13:18 (22.7%) | 7:29         | 8 (76.9%)   |
| 8   | KRZYŻANOWSKI Łukasz  | 416   | HUTNIK RUN                           | M30-39    | 3    | 04:02:15 | 05:24:10.00     | 05:24:10.00      | +01:15:15 (23.2%) | 7:32         | 8 (76.9%)   |
| 9   | WENCEL Paweł         | 439   |                                      | M40-49    | 4    | 01:34:46 | 05:32:53.00     | 05:32:53.00      | +01:23:58 (25.2%) | 7:44         | 7.8 (75.0%) |
| 10  | SEKMAN Tomasz        | 429   |                                      | M40-49    | 5    | 04:31:14 | 05:58:44.00     | 05:58:44.00      | +01:49:49 (30.6%) | 8:20         | 7.2 (69.2%) |
| 11  | SOJKOWSKI Piotr      | 431   | 4FUN TRIATHLON / NAJMOWICZ TRIATHLON | M40-49    | 6    | 04:54:28 | 06:20:31.00     | 06:20:31.00      | +02:11:36 (34.6%) | 8:50         | 6.8 (65.4%) |
| 12  | TUSIŃSKA Aleksandra  | 435   |                                      | K30-39    | 2    | 05:25:23 | 06:42:35.00     | 06:42:35.00      | +02:33:40 (38.2%) | 9:21         | 6.4 (61.5%) |
| 13  | ŁYSCARZ Józef        | 418   | 100 MARATHON CLUB POLSKA             | M40-49    | 7    | 05:29:57 | 07:00:30.00     | 07:00:30.00      | +02:51:35 (40.8%) | 9:46         | 6.1 (58.7%) |
| 14  | GINTER Grzegorz      | 404   | AZS COLLEGIUM MEDICUM UJ             | M30-39    | 4    | 05:31:01 | 07:05:25.00     | 07:05:25.00      | +02:56:30 (41.5%) | 9:53         | 6.1 (58.7%) |
| 15  | KOSTKOWSKI Kazimierz | 412   |                                      | M50-59    | 2    | 05:21:55 | 07:11:12.00     | 07:11:12.00      | +03:02:17 (42.3%) | 10:01        | 6 (57.7%)   |
| 16  | ZARĘBSKI Grzegorz    | 441   | DUMINKA                              | M30-39    | 5    | 05:12:25 | 07:14:35.00     | 07:14:35.00      | +03:05:40 (42.7%) | 10:06        | 5.9 (56.7%) |
| 17  | JASIAK Karol         | 408   | ZEFKA RUNNERS                        | M30-39    | 6    | 05:44:31 | 07:19:02.00     | 07:19:02.00      | +03:10:07 (43.3%) | 10:12        | 5.9 (56.7%) |
| 18  | ĆWIERTNIA Krzysztof  | 402   | AKMB PĘDZIWIATR GLIWICE              | M60+      | 1    | 05:21:51 | 07:19:33.00     | 07:19:33.00      | +03:10:38 (43.4%) | 10:13        | 5.9 (56.7%) |
| 19  | PODGÓRSKA Jola       | 427   |                                      | K40-49    | 1    | 05:32:01 | 07:21:07.00     | 07:21:07.00      | +03:12:12 (43.6%) | 10:15        | 5.8 (55.8%) |
| 20  | JAKUBCZYK Piotr      | 407   | PARKRUN KĘDZIERZYN-KOŹLE             | M40-49    | 8    | 05:32:04 | 07:21:11.00     | 07:21:11.00      | +03:12:16 (43.6%) | 10:15        | 5.8 (55.8%) |
| 21  | CZACHOWSKI Michał    | 401   | ŻWAWĘ ŻÓŁWIE                         | M50-59    | 3    | 05:54:35 | 07:24:01.00     | 07:24:01.00      | +03:15:06 (43.9%) | 10:19        | 5.8 (55.8%) |
| 22  | MEUS Martyna         | 422   |                                      | K30-39    | 3    | 05:49:18 | 07:24:48.00     | 07:24:48.00      | +03:15:53 (44.0%) | 10:20        | 5.8 (55.8%) |
| 23  | OSTROWSKA Natalia    | 425   |                                      | K30-39    | 4    | 05:49:13 | 07:24:59.00     | 07:24:59.00      | +03:16:04 (44.1%) | 10:20        | 5.8 (55.8%) |
| 24  | WALCZAK Dariusz      | 438   | OLKUSZBIEGA                          | M50-59    | 4    | 05:48:56 | 07:32:19.00     | 07:32:19.00      | +03:23:24 (45.0%) | 10:31        | 5.7 (54.8%) |
| 25  | MADEYSKI Tomasz      | 419   |                                      | M40-49    | 9    | 05:57:43 | 07:34:11.00     | 07:34:11.00      | +03:25:16 (45.2%) | 10:33        | 5.7 (54.8%) |
| 26  | HANGIEL Urszula      | 406   | ŻWAWĘ ŻÓŁWIE                         | K40-49    | 2    | 05:54:32 | 07:34:30.00     | 07:34:30.00      | +03:25:35 (45.2%) | 10:34        | 5.7 (54.8%) |
| 27  | SŁOWIK Grzegorz      | 430   | ZEFKA RUNNERS                        | M40-49    | 10   |          | 07:35:14.00     | 07:35:14.00      | +03:26:19 (45.3%) | 10:35        | 5.7 (54.8%) |

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|-----|-----------------------------|------------|-------------------------|-----------|------|----------|--------------------|--------------------|-------------------|--------------|---------------|
| 28  | <b>TROJNAR Daniel</b>       | <b>434</b> |                         | M30-39    | 7    | 05:59:28 | <b>07:38:14.00</b> | <b>07:38:14.00</b> | +03:29:19 (45.7%) | 10:39        | 5.6 (53.8%)   |
| 29  | <b>WADOWSKI Marcin</b>      | <b>437</b> | OLKUSZBIEGA.PL          | M50-59    | 5    | 06:29:31 | <b>08:44:53.00</b> | <b>08:44:53.00</b> | +04:35:58 (52.6%) | 12:12        | 4.9 (47.1%)   |
| 30  | <b>KRZYSZTONEK Grzegorz</b> | <b>415</b> | OLKUSZBIEGA.PL          | M50-59    | 6    | 06:29:37 | <b>08:44:56.00</b> | <b>08:44:56.00</b> | +04:36:01 (52.6%) | 12:12        | 4.9 (47.1%)   |
| 31  | <b>ADAMCZYK Jan</b>         | <b>400</b> | GORLICKA GRUPA BIEGOWA  | M60+      | 2    | 06:29:41 | <b>08:58:07.00</b> | <b>08:58:07.00</b> | +04:49:12 (53.7%) | 12:30        | 4.8 (46.2%)   |
| DNC | <b>MAREK Darek</b>          | <b>421</b> | #RÓBSWOJE / SCARPA TEAM | M30-39    |      |          | <b>02:18:20.00</b> | <b>02:18:20.00</b> |                   | 0:00         | 18.7 (179.8%) |

Znaleziono 32 wynik(ów)