



# PZLA MISTRZOSTWA POLSKI SENIORÓW W BIEGU GÓRSKIM NA KRÓTKIM DYSTANSIE - HARDY ROLLING - 11 KM

B4SPORT

**Wydarzenie:** PZLA Mistrzostwa Polski w Biegu Górskim  
**Organizator:** Fundacja Strefa Przygód  
**Data:** 2023-04-22  
**Miejsce:** Szczawnica  
**Dystans:** 10.8 km

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Premia1 3.8km	Premia2 4.3km	Czas netto 10.8km	Czas brutto 10.8km	Różn	Tempo min/km	Tempo km/h
1	<b>OLEJNIK Michał</b>	<b>388</b>	WKS GRUNWALD POZNAŃ	M30	1	MP	00:17:31	00:20:09	<b>00:42:11.40</b>	<b>00:42:12.70</b>		3:54	15.4 (100%)
2	<b>KUBICA Marcin</b>	<b>208</b>	BUFF/ SALOMON	M20	1	MP	00:17:35	00:20:13	<b>00:42:18.00</b>	<b>00:42:19.30</b>	+00:00:06 (0.3%)	3:54	15.3 (99.4%)
3	<b>ŁOBODZIŃSKI Piotr</b>	<b>212</b>	BRAK SPONSORA	M30	2	MP	00:17:48	00:20:18	<b>00:42:46.65</b>	<b>00:42:46.65</b>	+00:00:33 (1.3%)	3:57	15.2 (98.7%)
4	<b>TABOR Dominik</b>	<b>210</b>	HOKA GARMIN TEAM/SBG SALCO	M20	2	MP	00:18:07	00:20:55	<b>00:43:51.35</b>	<b>00:43:51.35</b>	+00:01:38 (3.7%)	4:03	14.8 (96.1%)
5	<b>LEPIARZ Sylwester</b>	<b>211</b>	LKB RUDNIK	M30	3	MP	00:17:51	00:20:44	<b>00:45:11.55</b>	<b>00:45:13.10</b>	+00:03:00 (6.6%)	4:11	14.3 (92.9%)
6	<b>DUDCZAK Michał</b>	<b>213</b>	THE NORTH FACE	M20	3	MP	00:18:43	00:21:49	<b>00:45:49.65</b>	<b>00:45:50.90</b>	+00:03:38 (7.9%)	4:14	14.1 (91.6%)
7	<b>KACZOR Jan</b>	<b>437</b>		M20	4	MP	00:18:52	00:21:40	<b>00:46:33.25</b>	<b>00:46:34.60</b>	+00:04:21 (9.4%)	4:18	13.9 (90.3%)
8	<b>BOROŃ Dariusz</b>	<b>463</b>		M30	4	MP	00:19:58	00:23:09	<b>00:49:19.70</b>	<b>00:49:21.35</b>	+00:07:08 (14.5%)	4:33	13.1 (85.1%)
9	<b>DUDA Sebastian</b>	<b>319</b>		M20	5	MP	00:20:51	00:24:17	<b>00:49:46.10</b>	<b>00:49:46.10</b>	+00:07:33 (15.2%)	4:36	13 (84.4%)
10	<b>GABRYŚ Rafał</b>	<b>441</b>	MKL BRYGADA BESKIDÓW NOWY SĄCZ	M30	5	MP	00:20:18	00:23:44	<b>00:50:13.40</b>	<b>00:50:13.40</b>	+00:08:00 (16.0%)	4:38	12.9 (83.8%)
11	<b>BROJ Marcel</b>	<b>378</b>	BROJ TEAM ŻLINICE	M20	6	MP	00:20:26	00:23:50	<b>00:51:17.60</b>	<b>00:51:20.35</b>	+00:09:07 (17.8%)	4:44	12.6 (81.8%)
12	<b>CELIŃSKA Anna</b>	<b>201</b>	BYLEDOBIEC ANIN	K40	1	MP	00:21:05	00:24:19	<b>00:52:00.30</b>	<b>00:52:01.85</b>	+00:09:49 (18.9%)	4:48	12.5 (81.2%)
13	<b>KUROPATWA Gabriel</b>	<b>453</b>	SBG SALCO	M20	7	MP			<b>00:52:24.80</b>	<b>00:52:24.80</b>	+00:10:12 (19.5%)	4:51	12.4 (80.5%)
14	<b>BUŻNIAK Arkadiusz</b>	<b>440</b>	MKL BRYGADA BESKIDÓW	M30	6	MP	00:22:01	00:25:34	<b>00:52:24.90</b>	<b>00:52:24.90</b>	+00:10:12 (19.5%)	4:51	12.4 (80.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Premia1 3.8km	Premia2 4.3km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 10.8km	brutto 10.8km			
15	<b>CHŁANDA Sebastian</b>	<b>354</b>	GRUPETTO GORLICE	M30	7	MP	00:21:22	00:25:01	<b>00:52:28.60</b>	<b>00:52:32.40</b>	+00:10:19 (19.7%)	4:51	12.4 (80.5%)
16	<b>TRACZ Paulina</b>	<b>205</b>		K30	1	MP	00:21:38	00:25:10	<b>00:52:43.10</b>	<b>00:52:43.10</b>	+00:10:30 (19.9%)	4:52	12.3 (79.9%)
17	<b>KAPUSTA-SZYDŁAK Sylwia</b>	<b>325</b>		K40	2	MP	00:22:13	00:25:54	<b>00:53:51.65</b>	<b>00:53:53.60</b>	+00:11:40 (21.7%)	4:59	12 (77.9%)
18	<b>KOCIOŁEK Witold</b>	<b>361</b>	INŻYNIERIA BIEGANIA TEAM	M40	1	MP	00:22:52	00:26:39	<b>00:54:23.25</b>	<b>00:54:26.45</b>	+00:12:13 (22.5%)	5:02	11.9 (77.3%)
19	<b>PACHUT Jerzy</b>	<b>215</b>	ASICS FRONTRUNNER	M20	8	MP	00:21:52	00:25:53	<b>00:55:15.25</b>	<b>00:55:17.10</b>	+00:13:04 (23.6%)	5:06	11.7 (76.0%)
20	<b>MAZAN Beata</b>	<b>335</b>	FINISZ RYMANÓW	K30	2	MP	00:22:08	00:25:33	<b>00:55:39.55</b>	<b>00:55:39.55</b>	+00:13:26 (24.2%)	5:09	11.6 (75.3%)
21	<b>WIECZOREK Nina</b>	<b>446</b>	SBG SALCO	K20	1	MP	00:23:45	00:27:35	<b>00:55:45.50</b>	<b>00:55:49.00</b>	+00:13:36 (24.4%)	5:09	11.6 (75.3%)
22	<b>FICNER Anna</b>	<b>203</b>	MKS SIECHNICE	K30	3	MP	00:22:53	00:26:27	<b>00:56:08.50</b>	<b>00:56:08.50</b>	+00:13:55 (24.8%)	5:11	11.5 (74.7%)
23	<b>SKALSKA Anna</b>	<b>352</b>	ALPIN SPORT TEAM	K40	3	MP	00:23:37	00:27:15	<b>00:56:10.55</b>	<b>00:56:13.30</b>	+00:14:00 (24.9%)	5:12	11.5 (74.7%)
24	<b>KAŻMIERCZAK Marta</b>	<b>206</b>	TRENERBIEGANIA.PL	K40	4	MP	00:24:18	00:28:08	<b>00:56:12.65</b>	<b>00:56:15.00</b>	+00:14:02 (25.0%)	5:12	11.5 (74.7%)
25	<b>DUL Karolina</b>	<b>462</b>	SBG SALCO	K20	2	MP	00:23:31	00:27:19	<b>00:56:21.75</b>	<b>00:56:21.75</b>	+00:14:09 (25.1%)	5:13	11.5 (74.7%)
26	<b>OGÓREK Rafał</b>	<b>443</b>	MKL BRYGADA BESKIDÓW NOWY SĄCZ	M20	9	MP	00:21:40	00:25:34	<b>00:57:30.85</b>	<b>00:57:30.85</b>	+00:15:18 (26.6%)	5:19	11.3 (73.4%)
27	<b>BAZUŁKA Aleksandra</b>	<b>202</b>	HOKA GARMIN TEAM	K20	3	MP	00:23:30	00:27:21	<b>00:57:34.80</b>	<b>00:57:37.85</b>	+00:15:25 (26.8%)	5:19	11.3 (73.4%)
28	<b>STANEK Patrycja</b>	<b>494</b>		K20	4	MP	00:23:29	00:27:12	<b>00:59:04.80</b>	<b>00:59:08.50</b>	+00:16:55 (28.6%)	5:28	11 (71.4%)
29	<b>ORDZOWIAŁY Piotr</b>	<b>429</b>	SKL SUCHA BESKIDZKA	M50	1	MP	00:25:26	00:29:54	<b>01:01:05.80</b>	<b>01:01:08.00</b>	+00:18:55 (31.0%)	5:39	10.6 (68.8%)
30	<b>WOSZCZEK Danuta</b>	<b>490</b>	UKS OLIMP KOZIENICE	K40	5	MP	00:24:41	00:28:47	<b>01:02:42.80</b>	<b>01:02:44.65</b>	+00:20:31 (32.7%)	5:48	10.3 (66.9%)
31	<b>BIELECKA Patrycja</b>	<b>489</b>	UKS ACHILLES LESZNO	K20	5	MP	00:26:40	00:31:12	<b>01:03:26.90</b>	<b>01:03:29.65</b>	+00:21:16 (33.5%)	5:52	10.2 (66.2%)
32	<b>ŁUKASIK Anna</b>	<b>444</b>	MKL BRYGADA BESKIDÓW	K40	6	MP	00:27:27	00:31:42	<b>01:04:01.05</b>	<b>01:04:04.50</b>	+00:21:51 (34.1%)	5:55	10.1 (65.6%)
33	<b>TELKA Paweł</b>	<b>412</b>	UKSM EKIPA BIELACHY	M30	8	MP	00:24:47	00:29:17	<b>01:04:31.25</b>	<b>01:04:34.10</b>	+00:22:21 (34.6%)	5:58	10 (64.9%)
34	<b>BAHRANOWSKA-KILIAN Maria</b>	<b>459</b>	KANTOR RUNNING TEAM	K30	4	MP	00:25:51	00:30:38	<b>01:06:11.80</b>	<b>01:06:15.50</b>	+00:24:02 (36.3%)	6:07	9.8 (63.6%)
35	<b>DROZDEK Marcelina</b>	<b>358</b>	AZS AWF WARSZAWA	K20	6	MP	00:27:24	00:32:01	<b>01:07:44.90</b>	<b>01:07:56.95</b>	+00:25:44 (37.9%)	6:16	9.6 (62.3%)
36	<b>MATUŁA Natalia</b>	<b>379</b>	MKL BRYGADA BESKIDÓW	K20	7	MP	00:28:05	00:32:47	<b>01:08:39.75</b>	<b>01:08:44.05</b>	+00:26:31 (38.6%)	6:21	9.4 (61.0%)
37	<b>WOŹNIAK Oskar</b>	<b>473</b>	CKS BUDOWLANI CZĘSTOCHOWA	M20	10	MP	00:28:04	00:32:41	<b>01:16:00.10</b>	<b>01:16:13.05</b>	+00:34:00 (44.6%)	7:02	8.5 (55.2%)

Znaleziono 37 wynik(ów)