



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

B4SPORT

**Event:** PZLA Mistrzostwa Polski w Biegu Górskim  
**Organiser:** Fundacja Strefa Przygód  
**Date:** 2023-04-22  
**Place:** Szczawnica  
**Distance:** 10.8 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Classification: Premia Górska - Mężczyźni

| Place | Participant       | Number | Club                           | Category | MCat | Mistrzostwa Polski | Premia1 3.8km | Premia2 4.3km | Net time 10.8km | Czas brutto 10.8km | Gap                     | Pace min/km | Pace km/h     |
|-------|-------------------|--------|--------------------------------|----------|------|--------------------|---------------|---------------|-----------------|--------------------|-------------------------|-------------|---------------|
| 1     | ŁOBODZIŃSKI Piotr | 212    | BRAK SPONSORA                  | M30      | 2    | MP                 | 00:17:48      | 00:20:18      | 00:42:46.65     | 00:42:46.65        | +00:00:00 (-359,900.0%) | 3:57        | 15.2 (100%)   |
| 2     | KUBICA Marcin     | 208    | BUFF/ SALOMON                  | M20      | 1    | MP                 | 00:17:35      | 00:20:13      | 00:42:18.00     | 00:42:19.30        | +00:00:08 (-340,677.3%) | 3:54        | 15.3 (101%)   |
| 3     | OLEJNIK Michał    | 388    | WKS GRUNWALD POZNAŃ            | M30      | 1    | MP                 | 00:17:31      | 00:20:09      | 00:42:11.40     | 00:42:12.70        | +00:00:08 (-340,569.6%) | 3:54        | 15.4 (101.3%) |
| 4     | KACZOR Jan        | 437    |                                | M20      | 4    | MP                 | 00:18:52      | 00:21:40      | 00:46:33.25     | 00:46:34.60        | +00:00:17 (-321,378.4%) | 4:18        | 13.9 (91.4%)  |
| 5     | TABOR Dominik     | 210    | HOKA GARMIN TEAM/SBG SALCO     | M20      | 2    | MP                 | 00:18:07      | 00:20:55      | 00:43:51.35     | 00:43:51.35        | +00:00:18 (-319,662.8%) | 4:03        | 14.8 (97.4%)  |
| 6     | LEPIARZ Sylwester | 211    | LKB RUDNIK                     | M30      | 3    | MP                 | 00:17:51      | 00:20:44      | 00:45:11.55     | 00:45:13.10        | +00:00:22 (-312,616.7%) | 4:11        | 14.3 (94.1%)  |
| 7     | DUDCZAK Michał    | 213    | THE NORTH FACE                 | M20      | 3    | MP                 | 00:18:43      | 00:21:49      | 00:45:49.65     | 00:45:50.90        | +00:00:36 (-288,671.1%) | 4:14        | 14.1 (92.8%)  |
| 8     | BOROŃ Dariusz     | 463    |                                | M30      | 4    | MP                 | 00:19:58      | 00:23:09      | 00:49:19.70     | 00:49:21.35        | +00:00:40 (-282,912.3%) | 4:33        | 13.1 (86.2%)  |
| 9     | BROJ Marcel       | 378    | BROJ TEAM ŻLINICE              | M20      | 6    | MP                 | 00:20:26      | 00:23:50      | 00:51:17.60     | 00:51:20.35        | +00:00:55 (-263,156.0%) | 4:44        | 12.6 (82.9%)  |
| 10    | DUDA Sebastian    | 319    |                                | M20      | 5    | MP                 | 00:20:51      | 00:24:17      | 00:49:46.10     | 00:49:46.10        | +00:00:56 (-261,622.9%) | 4:36        | 13 (85.5%)    |
| 11    | GABRYŚ Rafał      | 441    | MKL BRYGADA BESKIDÓW NOWY SĄCZ | M30      | 5    | MP                 | 00:20:18      | 00:23:44      | 00:50:13.40     | 00:50:13.40        | +00:00:56 (-261,495.9%) | 4:38        | 12.9 (84.9%)  |
| 12    | BUŻNIAK Arkadiusz | 440    | MKL BRYGADA BESKIDÓW           | M30      | 6    | MP                 | 00:22:01      | 00:25:34      | 00:52:24.90     | 00:52:24.90        | +00:01:03 (-253,083.1%) | 4:51        | 12.4 (81.6%)  |
| 13    | CHŁANDA Sebastian | 354    | GRUPETTO GORLICE               | M30      | 7    | MP                 | 00:21:22      | 00:25:01      | 00:52:28.60     | 00:52:32.40        | +00:01:08 (-246,540.8%) | 4:51        | 12.4 (81.6%)  |
| 14    | KOCIOŁEK Witold   | 361    | INŻYNIERIA BIEGANIA TEAM       | M40      | 1    | MP                 | 00:22:52      | 00:26:39      | 00:54:23.25     | 00:54:26.45        | +00:01:16 (-237,887.6%) | 5:02        | 11.9 (78.3%)  |

| Place | Participant      | Number | Club                           | Category | MCat | Mistrzostwa<br>Polski | Premia1<br>3.8km | Premia2<br>4.3km | Net<br>time<br>10.8km | Czas<br>brutto<br>10.8km | Gap                     | Pace<br>min/km | Pace<br>km/h    |
|-------|------------------|--------|--------------------------------|----------|------|-----------------------|------------------|------------------|-----------------------|--------------------------|-------------------------|----------------|-----------------|
| 15    | OGÓREK Rafał     | 443    | MKL BRYGADA BESKIDÓW NOWY SĄCZ | M20      | 9    | MP                    | 00:21:40         | 00:25:34         | 00:57:30.85           | 00:57:30.85              | +00:01:24 (-230,115.6%) | 5:19           | 11.3<br>(74.3%) |
| 16    | PACHUT Jerzy     | 215    | ASICS FRONTRUNNER              | M20      | 8    | MP                    | 00:21:52         | 00:25:53         | 00:55:15.25           | 00:55:17.10              | +00:01:31 (-223,667.6%) | 5:06           | 11.7<br>(77.0%) |
| 17    | ORDZOWIAŁY Piotr | 429    | SKL SUCHA BESKIDZKA            | M50      | 1    | MP                    | 00:25:26         | 00:29:54         | 01:01:05.80           | 01:01:08.00              | +00:01:58 (-201,161.4%) | 5:39           | 10.6<br>(69.7%) |
| 18    | TELKA Paweł      | 412    | UKSM EKIPA BIELACHY            | M30      | 8    | MP                    | 00:24:47         | 00:29:17         | 01:04:31.25           | 01:04:34.10              | +00:02:00 (-199,080.1%) | 5:58           | 10<br>(65.8%)   |
| 19    | WOŹNIAK Oskar    | 473    | CKS BUDOWLANI CZĘSTOCHOWA      | M20      | 10   | MP                    | 00:28:04         | 00:32:41         | 01:16:00.10           | 01:16:13.05              | +00:02:07 (-194,621.1%) | 7:02           | 8.5<br>(55.9%)  |

Total 19 results.