



# 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 - OPEN

| 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     | CELIŃSKA Anna     | 201    | BYLEDOBIEC ANIN                | K40      | 1    | MP                 | 00:21:05      | 00:24:19      | 00:52:00.30     | 00:52:01.85        | +00:00:44 (-277,593.1%) | 4:48        | 12.5 (82.2%)  |
| 10    | 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%)  |
| 11    | MAZAN Beata       | 335    | FINISZ RYMANÓW                 | K30      | 2    | MP                 | 00:22:08      | 00:25:33      | 00:55:39.55     | 00:55:39.55        | +00:00:55 (-263,091.8%) | 5:09        | 11.6 (76.3%)  |
| 12    | 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%)    |
| 13    | 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%)  |
| 14    | TRACZ Paulina     | 205    |                                | K30      | 1    | MP                 | 00:21:38      | 00:25:10      | 00:52:43.10     | 00:52:43.10        | +00:01:02 (-254,337.4%) | 4:52        | 12.3 (80.9%)  |

| 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    | 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%) |
| 16    | FICNER Anna              | 203    | MKS SIECHNICE                  | K30      | 3    | MP                    | 00:22:53         | 00:26:27         | 00:56:08.50           | 00:56:08.50              | +00:01:04 (-251,547.2%) | 5:11           | 11.5 (75.7%) |
| 17    | SKALSKA Anna             | 352    | ALPIN SPORT TEAM               | K40      | 3    | MP                    | 00:23:37         | 00:27:15         | 00:56:10.55           | 00:56:13.30              | +00:01:08 (-247,219.4%) | 5:12           | 11.5 (75.7%) |
| 18    | 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%) |
| 19    | KAPUSTA-SZYDŁAK Sylwia   | 325    |                                | K40      | 2    | MP                    | 00:22:13         | 00:25:54         | 00:53:51.65           | 00:53:53.60              | +00:01:10 (-244,637.9%) | 4:59           | 12 (78.9%)   |
| 20    | STANEK Patrycja          | 494    |                                | K20      | 4    | MP                    | 00:23:29         | 00:27:12         | 00:59:04.80           | 00:59:08.50              | +00:01:12 (-242,001.0%) | 5:28           | 11 (72.4%)   |
| 21    | 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%) |
| 22    | DUL Karolina             | 462    | SBG SALCO                      | K20      | 2    | MP                    | 00:23:31         | 00:27:19         | 00:56:21.75           | 00:56:21.75              | +00:01:18 (-236,374.5%) | 5:13           | 11.5 (75.7%) |
| 23    | KAŻMIERCZAK Marta        | 206    | TRENERBIEGANIA.PL              | K40      | 4    | MP                    | 00:24:18         | 00:28:08         | 00:56:12.65           | 00:56:15.00              | +00:01:19 (-234,829.2%) | 5:12           | 11.5 (75.7%) |
| 24    | WIECZOREK Nina           | 446    | SBG SALCO                      | K20      | 1    | MP                    | 00:23:45         | 00:27:35         | 00:55:45.50           | 00:55:49.00              | +00:01:20 (-234,165.9%) | 5:09           | 11.6 (76.3%) |
| 25    | BAZUŁKA Aleksandra       | 202    | HOKA GARMIN TEAM               | K20      | 3    | MP                    | 00:23:30         | 00:27:21         | 00:57:34.80           | 00:57:37.85              | +00:01:20 (-234,115.0%) | 5:19           | 11.3 (74.3%) |
| 26    | 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 (74.3%) |
| 27    | 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 (77.0%) |
| 28    | WOSZCZEK Danuta          | 490    | UKS OLIMP KOZIENICE            | K40      | 5    | MP                    | 00:24:41         | 00:28:47         | 01:02:42.80           | 01:02:44.65              | +00:01:36 (-219,297.9%) | 5:48           | 10.3 (67.8%) |
| 29    | ŁUKASIK Anna             | 444    | MKL BRYGADA BESKIDÓW           | K40      | 6    | MP                    | 00:27:27         | 00:31:42         | 01:04:01.05           | 01:04:04.50              | +00:01:45 (-211,258.0%) | 5:55           | 10.1 (66.4%) |
| 30    | 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 (69.7%) |
| 31    | 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 (65.8%)   |
| 32    | BIELECKA Patrycja        | 489    | UKS ACHILLES LESZNO            | K20      | 5    | MP                    | 00:26:40         | 00:31:12         | 01:03:26.90           | 01:03:29.65              | +00:02:02 (-197,946.3%) | 5:52           | 10.2 (67.1%) |
| 33    | DROZDEK Marcelina        | 358    | AZS AWF WARSZAWA               | K20      | 6    | MP                    | 00:27:24         | 00:32:01         | 01:07:44.90           | 01:07:56.95              | +00:02:07 (-194,656.2%) | 6:16           | 9.6 (63.2%)  |
| 34    | 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 (55.9%)  |
| 35    | MATUŁA Natalia           | 379    | MKL BRYGADA BESKIDÓW           | K20      | 7    | MP                    | 00:28:05         | 00:32:47         | 01:08:39.75           | 01:08:44.05              | +00:02:12 (-191,100.1%) | 6:21           | 9.4 (61.8%)  |
| 36    | BAHRANOWSKA-KILIAN Maria | 459    | KANTOR RUNNING TEAM            | K30      | 4    | MP                    | 00:25:51         | 00:30:38         | 01:06:11.80           | 01:06:15.50              | +00:02:17 (-187,835.2%) | 6:07           | 9.8 (64.5%)  |