



# PZLA MISTRZOSTWA POLSKI W BIEGU GÓRSKIM NA DŁUGIM DYSTANSIE - WIELKA PREHYBA - 44 KM

B4SPORT  
INTELEKTNE ZAWODY SPORTOWE

**Event:** PZLA Mistrzostwa Polski w Biegu Górskim  
**Organiser:** Fundacja Strefa Przygód  
**Date:** 2023-04-22  
**Place:** Szczawnica  
**Distance:** 44.1 km

**B4SPORT**  
INTELEKTNE ZAWODY SPORTOWE

Classification: MP w Biegu Górskim na Długim Dystansie

Place	Participant	Number	Club	Category	MCat	Mistrzostwa Polski	Schronisko Bacówka		Premia1 37.2km	Premia2 37.7km	Net time 44.1km	Czas brutto 44.1km	Gap	Pace min/km	Pace km/h
							na Przehybie 14.7km	na Obidzy 24.4km							
1	<b>WITEK Andrzej</b>	<b>1507</b>	MKS SIECHNICE	M30	1	MP	01:13:49	01:57:54	02:58:16	03:01:40	<b>03:29:27.65</b>	<b>03:29:30.00</b>		4:44	12.6 (100%)
2	<b>MATUSZCZAK Rafal</b>	<b>1509</b>	LLKS OSOWA SIEŃ	M20	1	MP	01:11:39	01:54:03	02:55:28	02:59:23	<b>03:30:20.05</b>	<b>03:30:22.25</b>	+00:00:52 (0.4%)	4:46	12.6 (100%)
3	<b>RAJCA Michał</b>	<b>1513</b>	SBG SALCO NIEPOŁOMICE	M30	2	MP	01:16:02	02:00:16	03:02:53	03:06:39	<b>03:34:50.15</b>	<b>03:34:52.90</b>	+00:05:22 (2.5%)	4:52	12.3 (97.6%)
4	<b>FABIAN Marcel</b>	<b>1518</b>	SMKS PARASOL WROCŁAW	M20	2	MP	01:16:12	02:01:11	03:07:37	03:11:39	<b>03:43:45.65</b>	<b>03:43:48.05</b>	+00:14:18 (6.4%)	5:04	11.8 (93.7%)
5	<b>SKUPIEŃ Tomasz</b>	<b>1510</b>	SKL SUCHA BESKIDZKA	M30	3	MP		02:01:24	03:10:06	03:14:50	<b>03:46:08.40</b>	<b>03:46:10.30</b>	+00:16:40 (7.4%)	5:07	11.7 (92.9%)
6	<b>ŻUCHOWSKI Daniel</b>	<b>2110</b>	LKB RUDNIK	M30	4	MP	01:22:01	02:10:00	03:19:28	03:23:38	<b>03:53:09.35</b>	<b>03:53:12.70</b>	+00:23:42 (10.2%)	5:17	11.3 (89.7%)
7	<b>SZKOŁUDA Miłosz</b>	<b>2015</b>	UKS SOKÓŁ WĘGORZEWO	M20	3	MP	01:22:40	02:11:21	03:22:53	03:27:19	<b>03:58:22.10</b>	<b>03:58:25.60</b>	+00:28:55 (12.1%)	5:24	11.1 (88.1%)
8	<b>PASIK Tomasz</b>	<b>1922</b>	WOLSZTYŃSKI KLUB BIEGOWY	M40	1	MP	01:22:20	02:11:21	03:22:41	03:27:25	<b>03:58:54.65</b>	<b>03:58:57.75</b>	+00:29:27 (12.3%)	5:25	11.1 (88.1%)
9	<b>KANTOR Martyna</b>	<b>1504</b>	SBG SALCO NIEPOŁOMICE	K30	1	MP	01:26:42	02:18:36	03:28:50	03:32:42	<b>04:03:42.00</b>	<b>04:03:45.10</b>	+00:34:15 (14.1%)	5:31	10.9 (86.5%)
10	<b>ŚWIRGOŃ Adam</b>	<b>2108</b>	AZS UMCS LUBLIN	M20	4	MP	01:24:21	02:15:56	03:34:42	03:39:30	<b>04:10:54.50</b>	<b>04:10:56.65</b>	+00:41:26 (16.5%)	5:41	10.5 (83.3%)
11	<b>SOLIŃSKA Katarzyna</b>	<b>1503</b>	KKB MOSIR KROSNO	K30	2	MP	01:28:22	02:20:55	03:35:10	03:39:40	<b>04:11:48.05</b>	<b>04:11:51.55</b>	+00:42:21 (16.8%)	5:42	10.5 (83.3%)
12	<b>MILEWSKI Dominik</b>	<b>1516</b>	TKKF PŁOCK	M20	5	MP	01:18:37	02:08:16	03:31:44	03:37:19	<b>04:12:14.45</b>	<b>04:12:17.20</b>	+00:42:47 (17.0%)	5:43	10.5 (83.3%)
13	<b>ŚLIWKA Paweł</b>	<b>1704</b>	MKS BRENNA GÓRKI	M30	5	MP	01:26:37	02:18:39	03:36:03	03:40:58	<b>04:15:33.30</b>	<b>04:15:36.90</b>	+00:46:06 (18.0%)	5:47	10.4 (82.5%)
14	<b>WILK Katarzyna</b>	<b>1501</b>	KS AZS AWF KRAKÓW	K30	3	MP	01:29:30	02:22:05	03:38:45	03:42:56	<b>04:16:46.35</b>	<b>04:16:49.15</b>	+00:47:19 (18.4%)	5:49	10.3 (81.7%)
15	<b>BADOWSKI Aleksander</b>	<b>1968</b>	MKS POLONIA WARSZAWA	M30	6	MP	01:26:56	02:19:02	03:35:56	03:41:03	<b>04:18:55.35</b>	<b>04:18:58.45</b>	+00:49:28 (19.1%)	5:52	10.2 (81.0%)

Place	Participant	Number	Club	Category	MCat	Mistrzostwa Polski	Schronisko	Bacówka	Premia1 37.2km	Premia2 37.7km	Net time 44.1km	Czas brutto 44.1km	Gap	Pace min/km	Pace km/h
							na Przehybie 14.7km	na Obidzy 24.4km							
16	<b>DOMBROWSKI Maciej</b>	<b>1519</b>	KKB MOSIR KROSNO	M30	7	MP	01:21:06	02:13:13	03:36:26	03:41:28	<b>04:19:09.50</b>	<b>04:19:12.60</b>	+00:49:42 (19.2%)	5:52	10.2 (81.0%)
17	<b>PAPROCKA Urszula</b>	<b>2107</b>	LKB RUDNIK	K30	4	MP	01:31:57	02:25:14	03:42:31	03:46:54	<b>04:20:03.60</b>	<b>04:20:08.10</b>	+00:50:38 (19.5%)	5:53	10.2 (81.0%)
18	<b>PILARSKI Tomasz</b>	<b>2130</b>	MKS SZERSZEŃ BOGATYNIA	M40	2	MP	01:31:51	02:23:27	03:40:55	03:45:55	<b>04:21:05.35</b>	<b>04:21:11.10</b>	+00:51:41 (19.8%)	5:55	10.1 (80.2%)
19	<b>NIEDŹWIADEK Kamil</b>	<b>1522</b>	KS AZS AWF WARSZAWA	M30	8	MP	01:31:59	02:28:06	03:52:04	03:57:19	<b>04:34:30.80</b>	<b>04:34:35.00</b>	+01:05:05 (23.7%)	6:13	9.6 (76.2%)
20	<b>SELKE Radosław</b>	<b>1910</b>	UKS MTE MILANÓWEK	M30	9	MP	01:30:37	02:28:19	03:55:22	04:00:08	<b>04:37:43.90</b>	<b>04:37:47.30</b>	+01:08:17 (24.6%)	6:17	9.5 (75.4%)
21	<b>KWIATKOWSKA Kinga</b>	<b>2017</b>	SBG SALCO NIEPOŁOMICE	K30	5	MP	01:40:15	02:35:42	03:58:10	04:03:16	<b>04:38:09.70</b>	<b>04:38:13.75</b>	+01:08:43 (24.7%)	6:18	9.5 (75.4%)
22	<b>STANKIEWICZ Tomasz</b>	<b>1612</b>	KL ZIEMIA KŁODZKA	M30	10	MP	01:35:31	02:31:10	03:59:35	04:04:58	<b>04:44:45.75</b>	<b>04:44:50.75</b>	+01:15:20 (26.5%)	6:27	9.3 (73.8%)
23	<b>BYRSKA Sylwia</b>	<b>1505</b>	KRAKÓW ATHLETICS TEAM	K20	1	MP	01:42:32	02:46:12	04:15:53	04:21:43	<b>05:01:34.10</b>	<b>05:01:39.75</b>	+01:32:09 (30.6%)	6:50	8.8 (69.8%)
24	<b>WIERZCHOWIAK Karolina</b>	<b>1506</b>	KKB MOSIR KROSNO	K30	6	MP	01:47:30	02:49:55	04:21:10	04:26:37	<b>05:05:48.75</b>	<b>05:05:52.25</b>	+01:36:22 (31.5%)	6:56	8.7 (69.0%)
25	<b>PERUCKA Kamila</b>	<b>2111</b>	UKS ROMER RABKA-ZDRÓJ	K30	7	MP	01:44:18	02:49:29	04:33:46	04:40:31	<b>05:25:45.40</b>	<b>05:25:49.80</b>	+01:56:19 (35.7%)	7:23	8.1 (64.3%)
26	<b>MILANOWSKA- ZABEL Kaja</b>	<b>1940</b>	KRAKOWSKA AKADEMIA LEKKOATLETYKI	K30	8	MP	01:52:31	03:00:00	04:41:05	04:47:16	<b>05:32:05.00</b>	<b>05:32:11.10</b>	+02:02:41 (36.9%)	7:31	8 (63.5%)
27	<b>PRUCHNIEWSKA Agnieszka</b>	<b>1601</b>	RKL KUSY ROKIETNICA	K40	1	MP	02:24:20	03:52:45	06:05:14	06:12:24	<b>07:03:26.15</b>	<b>07:03:32.65</b>	+03:34:02 (50.5%)	9:36	6.2 (49.2%)
28	<b>STAJNIAK Bartłomiej</b>	<b>2033</b>	AZS KU POLITECHNIKI OPOLSKIEJ OPOLE	M30	11	MP	01:18:41	02:16:18					+00:18:23	5:35	10.7 (84.9%)
29	<b>KOBOS Tomasz</b>	<b>1517</b>	LKB RUDNIK	M30	12	MP	01:21:05	02:22:06					+00:24:12	5:49	10.3 (81.7%)
30	<b>PYSZEL Florian</b>	<b>1512</b>	STOWARZYSZENIE PIEKIELNI WARSZAWA	M20	6	MP	01:20:19						+00:06:29	5:27	11 (87.3%)
31	<b>ZDANOWSKI Łukasz</b>	<b>2058</b>	WLKS NOWE IGANIE	M30	13	MP	01:27:35						+00:13:45	5:57	10.1 (80.2%)
32	<b>CZERNAK Paweł</b>	<b>1511</b>	BLACK HAT PRO WARSZAWA	M30	14	MP									(0.0%)

Total 32 results.