



# PZLA MISTRZOSTWA POLSKI W BIEGU GÓRSKIM SHORT TRAIL

B4SPORT  
INTELLIGENTNE ZAWODY SPORTOWE

**Event:** PZLA Mistrzostwa Polski w Biegu Górskim  
**Organiser:** Fundacja Strefa Przygód  
**Date:** 2024-04-20  
**Place:** Szczawnica  
**Distance:** 43.7 km

**B4SPORT**  
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Classification: All

Place	Participant	Number	Club	Category	MCat	Mistrzostwa		Schronisko na Przehybie 14.7km	Bacówka na Obidzy 24.4km	Schronisko pod Durbaszką 35.5km	43.7km	Net time 44.1km	Czas brutto 44.1km	Gap	Pace min/km	Pace km/h
						Polski	Drużyna									
1	<b>MATUSZCZAK Rafal</b>	<b>2097</b>	LLKS OSOWA SIEŃ	M30	1	MP	LLKS Osowa Sień	01:09:10	01:48:15	02:38:50	03:11:31	<b>03:12:13.85</b>	<b>03:12:15.25</b>		4:21	13.8 (100%)
2	<b>MALINA Dawid</b>	<b>2041</b>	TL ROW RYBNIK	M30	2	MP	TL ROW Rybnik	01:10:26	01:50:37	02:43:00	03:15:18	<b>03:15:58.80</b>	<b>03:16:00.20</b>	+00:03:44 (1.9%)	4:26	13.5 (97.8%)
3	<b>FABIAN Marcel</b>	<b>2035</b>	MKS-R CENTRUM DZIĘGIELÓW	M20	1	MP	MKS-R Centrum Dziegielów	01:13:45	01:54:29	02:49:00	03:25:29	<b>03:26:18.30</b>	<b>03:26:19.70</b>	+00:14:04 (6.8%)	4:40	12.8 (92.8%)
4	<b>SZCZEŚNIEWSKI Miłosz</b>	<b>2819</b>	SBG SALCO NIEPOŁOMICE	M30	3	MP	SBG Salco Niepołomice	01:14:53	01:57:53	02:54:23	03:30:45	<b>03:31:32.60</b>	<b>03:31:33.70</b>	+00:19:18 (9.1%)	4:47	12.5 (90.6%)
5	<b>LEŚNIAK Kamil</b>	<b>2042</b>	SBG SALCO NIEPOŁOMICE	M30	4	MP	SBG Salco Niepołomice	01:14:52	01:57:25	02:54:57	03:32:13	<b>03:33:06.05</b>	<b>03:33:07.15</b>	+00:20:51 (9.8%)	4:49	12.4 (89.9%)
6	<b>MISIAK Bartosz</b>	<b>2199</b>	MUKS SZS CIESZYN	M30	5	MP	MUKS SZS Cieszyn	01:15:43	01:59:27	02:57:24	03:34:22	<b>03:35:03.60</b>	<b>03:35:05.20</b>	+00:22:49 (10.6%)	4:52	12.3 (89.1%)
7	<b>MATYSSEK Karol</b>	<b>2566</b>	KS SPRINT BIELSKO-BIAŁA	M30	6	MP	KS Sprint Bielsko-Biała	01:15:12	01:59:12	02:57:35	03:35:32	<b>03:36:24.80</b>	<b>03:36:25.50</b>	+00:24:10 (11.2%)	4:54	12.2 (88.4%)
8	<b>CZERNAK Paweł</b>	<b>2410</b>	BLACK HAT PRO WARSZAWA	M30	7	MP	Black Hat Pro Warszawa	01:18:14	02:02:21	03:01:02	03:37:08	<b>03:37:56.65</b>	<b>03:37:58.45</b>	+00:25:43 (11.8%)	4:56	12.1 (87.7%)
9	<b>SZKOŁUDA Miłosz</b>	<b>2232</b>	UKS SOKÓŁ WĘGORZEWO	M30	8	MP	UKS Sokół Węgorzewo	01:17:33	02:01:39	03:00:18	03:37:59	<b>03:38:56.50</b>	<b>03:38:56.50</b>	+00:26:41 (12.2%)	4:57	12.1 (87.7%)
10	<b>KARWACZYŃSKI Roger</b>	<b>2401</b>	GKS START DŁUGOŁĘKA	M30	9	MP	GKS Start Długoleka	01:18:13	02:02:33	03:00:58	03:38:24	<b>03:39:14.55</b>	<b>03:39:17.50</b>	+00:27:02 (12.3%)	4:58	12.1 (87.7%)
11	<b>DOMBROWSKI Maciej</b>	<b>2129</b>	KKB MOSIR KROSNO	M30	10	MP	KKB MOSIR Krosno	01:21:00	02:06:52	03:05:30	03:41:42	<b>03:42:25.55</b>	<b>03:42:27.90</b>	+00:30:12 (13.6%)	5:02	11.9 (86.2%)
12	<b>ŚWIERC Marcin</b>	<b>2124</b>	AZS KU POLITECHNIKI OPOLSKIEJ OPOLE	M30	11	MP	AZS KU Politechniki Opolskiej Opole	01:22:14	02:06:24	03:05:45	03:42:05	<b>03:42:52.05</b>	<b>03:42:53.45</b>	+00:30:38 (13.7%)	5:03	11.9 (86.2%)
13	<b>WOŁĄKIEWICZ Piotr</b>	<b>2839</b>	KS SPRINT BIELSKO-BIAŁA	M20	2	MP	KS Sprint Bielsko-Biała	01:19:11	02:03:26	03:03:18	03:43:44	<b>03:44:40.00</b>	<b>03:44:40.80</b>	+00:32:25 (14.4%)	5:05	11.8 (85.5%)
14	<b>MASIAREK Maciej</b>	<b>2141</b>	KB SOBÓTKA	M30	12	MP	KB Sobótka	01:20:30	02:06:03	03:10:02	03:47:16	<b>03:48:01.35</b>	<b>03:48:04.60</b>	+00:35:49 (15.7%)	5:10	11.6 (84.1%)
15	<b>MŁYNARCZYK Martyna</b>	<b>2163</b>	SBG SALCO NIEPOŁOMICE	K30	1	MP	SBG Salco Niepołomice	01:22:20	02:09:42	03:10:54	03:49:52	<b>03:50:41.25</b>	<b>03:50:42.85</b>	+00:38:27 (16.7%)	5:13	11.5 (83.3%)
16	<b>WILK Katarzyna</b>	<b>2970</b>	KS AZS AWF KRAKÓW	K30	2	MP	KS AZS AWF Kraków	01:26:00	02:13:41	03:16:16	03:54:18	<b>03:55:06.75</b>	<b>03:55:08.35</b>	+00:42:53 (18.2%)	5:19	11.3 (81.9%)

Place	Participant	Number	Club	Category	MCat	Mistrzostwa Polski		Schronisko				Net time 44.1km	Czas brutto 44.1km	Gap	Pace min/km	Pace km/h
						Polski	Drużyna	na Przehybie 14.7km	na Bacówka 24.4km	pod Durbaszką 35.5km	43.7km					
17	WERNER Kamil	2005	BLACK HAT PRO WARSZAWA	M40	1	MP	Black Hat Pro Warszawa	01:22:45	02:10:41	03:16:06	03:56:35	<b>03:57:18.10</b>	<b>03:57:26.00</b>	+00:45:10 (19.0%)	5:22	11.2 (81.2%)
18	SOLIŃSKA Katarzyna	2046	KKB MOSIR KROSNO	K30	3	MP	KKB MOSIR Krosno	01:22:23	02:10:49	03:16:06	03:57:51	<b>03:58:41.70</b>	<b>03:58:44.25</b>	+00:46:29 (19.5%)	5:24	11.1 (80.4%)
19	PAPROCKA Urszula	2043	LKB RUDNIK	K20	1	MP	LKB Rudnik	01:27:05	02:16:11	03:23:00	04:03:23	<b>04:04:09.50</b>	<b>04:04:12.35</b>	+00:51:57 (21.3%)	5:32	10.8 (78.3%)
20	LEŚNIAK Dawid	2060	ULTRABIES BIEGI GÓRSKIE DOŁŻYCA	M30	13	MP	UltraBies Biegi Górskie Dołżyca	01:24:47	02:12:21	03:20:26	04:03:50	<b>04:04:41.00</b>	<b>04:04:45.25</b>	+00:52:30 (21.5%)	5:32	10.8 (78.3%)
21	GOŁĄB Marek	2530	MKS UNIA HRUBIESZÓW	M30	14	MP	MKS Unia Hrubieszów	01:30:03	02:20:30	03:27:36	04:09:12	<b>04:09:58.20</b>	<b>04:10:03.30</b>	+00:57:48 (23.1%)	5:40	10.6 (76.8%)
22	STELMACH Dominika	2156	RK ATHLETICS WARSZAWA	K40	1	MP	RK Athletics Warszawa	01:29:58	02:22:08	03:29:27	04:11:30	<b>04:12:22.75</b>	<b>04:12:25.70</b>	+01:00:10 (23.8%)	5:43	10.5 (76.1%)
23	RUSEK Marcin	2335	KS LIMANOWA FORREST	M40	2	MP	KS Limanowa Forrest	01:31:46	02:24:41	03:32:34	04:14:32	<b>04:15:23.90</b>	<b>04:15:29.60</b>	+01:03:14 (24.8%)	5:47	10.4 (75.4%)
24	BYRSKA Sylwia	2853	KRAKÓW ATHLETICS TEAM	K20	2	MP	Kraków Athletics Team	01:32:28	02:24:45	03:33:08	04:17:58	<b>04:18:57.00</b>	<b>04:19:00.75</b>	+01:06:45 (25.8%)	5:52	10.2 (73.9%)
25	WYLEŻAŁEK Alina	2468	GKS PIAST GLIWICE	K30	4	MP	GKS Piast Gliwice	01:32:12	02:24:06	03:34:08	04:18:06	<b>04:18:57.55</b>	<b>04:19:01.25</b>	+01:06:46 (25.8%)	5:52	10.2 (73.9%)
26	KWIATKOWSKA Kinga	2680	SBG SALCO NIEPOŁOMICE	K30	5	MP	SBG Salco Niepołomice	01:36:31	02:27:59	03:36:33	04:19:23	<b>04:20:18.65</b>	<b>04:20:22.70</b>	+01:08:07 (26.2%)	5:54	10.2 (73.9%)
27	GRUCHAŁA Natalia	2219	KKS SFORA BOJANO	K30	6	MP	KKS Sfora Bojano	01:35:01	02:27:53	03:37:59	04:21:56	<b>04:22:50.10</b>	<b>04:23:03.00</b>	+01:10:47 (26.9%)	5:57	10.1 (73.2%)
28	RACZAK Maciej	2107	42K PRO TEAM TYCHY	M30	15	MP	42k Pro Team Tychy	01:32:06	02:22:42	03:34:05	04:22:07	<b>04:23:04.70</b>	<b>04:23:18.40</b>	+01:11:03 (27.0%)	5:57	10.1 (73.2%)
29	NIEDŹWIADEK Kamil	2239	KS AZS AWF WARSZAWA	M30	16	MP	KS AZS AWF Warszawa	01:28:01	02:21:44	03:34:21	04:22:51	<b>04:23:45.90</b>	<b>04:23:51.45</b>	+01:11:36 (27.1%)	5:58	10 (72.5%)
30	WŁODARCZYK Bartłomiej	2419	TL ROW RYBNIK	M20	3	MP	TL ROW Rybnik	01:34:14	02:28:04	03:40:38	04:23:18	<b>04:24:10.95</b>	<b>04:24:14.65</b>	+01:11:59 (27.2%)	5:59	10 (72.5%)
31	BAZAN Kinga	2085	WIELISZEW HERON TEAM	K30	7	MP	Wieliszew Heron Team	01:36:27	02:30:39	03:40:44	04:24:12	<b>04:26:10.65</b>	<b>04:26:23.70</b>	+01:14:08 (27.8%)	6:02	9.9 (71.7%)
32	BEDNARCZYK Magdalena	2155	WKS OLEŚNICZANKA OLEŚNICA	K30	8	MP	WKS Oleśniczanka Oleśnica	01:31:52	02:25:32	03:40:24	04:28:09	<b>04:28:59.95</b>	<b>04:29:03.95</b>	+01:16:48 (28.5%)	6:05	9.8 (71.0%)
33	GRZYWACZEWSKA Justyna	2146	AZS UMCS LUBLIN	K30	9	MP	AZS UMCS Lublin	01:35:05	02:30:34	03:48:43	04:37:57	<b>04:38:58.70</b>	<b>04:39:01.95</b>	+01:26:46 (31.1%)	6:19	9.5 (68.8%)
34	ŻYŁKA Kamil	2523	42K PRO TEAM TYCHY	M30	17	MP	42k Pro Team Tychy	01:36:31	02:31:51	03:52:03	04:43:47	<b>04:44:47.35</b>	<b>04:44:55.80</b>	+01:32:40 (32.5%)	6:27	9.3 (67.4%)
35	SELKE Radosław	2055	UKS MTE MILANÓWEK	M30	18	MP	UKS MTE Milanówek	01:33:38	02:29:59	03:57:33	04:49:42	<b>04:50:43.55</b>	<b>04:50:47.90</b>	+01:38:32 (33.9%)	6:35	9.1 (65.9%)
36	LASSOTA-BUJAK Mariola	2744	42K PRO TEAM TYCHY	K40	2	MP	42k Pro Team Tychy	01:44:54	02:44:34	04:05:46	04:58:06	<b>04:59:00.50</b>	<b>04:59:12.10</b>	+01:46:56 (35.7%)	6:46	8.8 (63.8%)
37	ŁUKASIK Anna	2640	MKL BRYGADA BESKIDÓW NOWY SĄCZ	K40	3	MP	MKL Brygada Beskidów Nowy Sącz	01:45:05	02:50:07	04:15:05	05:10:14	<b>05:11:22.50</b>	<b>05:11:56.25</b>	+01:59:41 (38.4%)	7:03	8.5 (61.6%)
38	MALINOWSKI Marek	2282	UKS LIDER SIERCZA	M40	3	MP	UKS Lider Siercza	01:49:07	02:51:32	04:16:52	05:10:04	<b>05:10:56.40</b>	<b>05:12:18.90</b>	+02:00:03 (38.4%)	7:03	8.5 (61.6%)
39	BADOWSKI Jerzy	2576	MKS POLONIA WARSZAWA	M50	1	MP	MKS Polonia Warszawa	01:43:20	02:44:38	04:13:26	05:12:02	<b>05:13:02.30</b>	<b>05:13:29.80</b>	+02:01:14 (38.7%)	7:05	8.5 (61.6%)

Place	Participant	Number	Club	Category	MCat	Mistrzostwa Polski	Drużyna	Schronisko	Bacówka	Schronisko	Net time		Czas brutto	Gap	Pace min/km	Pace km/h
								na Przehybie 14.7km	na Obidzy 24.4km	pod Durbaszką 35.5km	43.7km	44.1km	44.1km			
40	<b>KORECKI Andrzej</b>	<b>2777</b>	UKS CZAPLA BIAŁE BŁOTA	M40	4	MP	UKS Czapla Białe Błota	01:46:01	02:48:01	04:24:57	05:22:51	<b>05:23:39.20</b>	<b>05:23:41.75</b>	+02:11:26 (40.6%)	7:20	8.2 (59.4%)
41	<b>SOWA- LEWANDOWSKA Katarzyna</b>	<b>2140</b>	UKS LIDER SIERCZA	K40	4	MP	UKS Lider Siercza	02:07:27	03:21:42	05:05:19	06:06:56	<b>06:08:00.10</b>	<b>06:09:24.85</b>	+02:57:09 (48.0%)	8:20	7.2 (52.2%)
42	<b>ZARĘBA Jolanta</b>	<b>2715</b>	CWKS RESOVIA RZESZÓW	K50	1	MP	CWKS Resovia Rzeszów	02:24:53	04:02:50	06:07:21		<b>07:30:25.50</b>	<b>07:31:29.65</b>	+04:19:14 (57.4%)	10:12	5.9 (42.8%)
43	<b>KSIĄŻKIEWICZ Piotr</b>	<b>2128</b>	MKS UNIA HRUBIESZÓW	M30	19	MP	MKS Unia Hrubieszów	01:27:11	02:16:58					+00:28:43	5:36	10.7 (77.5%)
	<b>JĘDRZEJEWSKA Aleksandra</b>	<b>2099</b>	ŚWIDNICKA GRUPA BIEGOWA	K30		MP	Świdnicka Grupa Biegowa	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Total 44 results.