

**Wydarzenie:** PZLA Mistrzostwa Polski w Biegu Górskim  
**Organizator:** Fundacja Strefa Przygód  
**Data:** 2024-04-19  
**Miejsce:** Szczawnica  
**Dystans:** 6.5 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Czas netto 6.5km	Czas brutto 6.5km	Różn	Tempo min/km	Tempo km/h
1	<b>TABOR Dominik</b>	<b>4043</b>	SBG SALCO NIEPOŁOMICE	M20	1	MP	<b>00:39:59.40</b>	<b>00:40:00.65</b>		6:09	9.8 (100%)
2	<b>OLEJNIK Michał</b>	<b>12</b>	WKS GRUNWALD POZNAŃ	M30	1	MP	<b>00:40:06.95</b>	<b>00:40:07.90</b>	+00:00:07 (0.3%)	6:10	9.7 (99.0%)
3	<b>LEPIARZ Sylwester</b>	<b>91</b>	LKB RUDNIK	M30	2	MP	<b>00:40:38.55</b>	<b>00:40:39.80</b>	+00:00:39 (1.6%)	6:15	9.6 (98.0%)
4	<b>JAŚTAŁ Piotr</b>	<b>4110</b>	LKB RUDNIK	M30	3	MP	<b>00:44:36.20</b>	<b>00:44:36.95</b>	+00:04:36 (10.3%)	6:51	8.7 (88.8%)
5	<b>DUDA Karol</b>	<b>82</b>	BLACK HAT PRO WARSZAWA	M30	4	MP	<b>00:45:01.85</b>	<b>00:45:04.75</b>	+00:05:04 (11.2%)	6:55	8.7 (88.8%)
6	<b>KUROPATWA Gabriel</b>	<b>19</b>	SBG SALCO NIEPOŁOMICE	M20	2	MP	<b>00:45:53.35</b>	<b>00:45:54.30</b>	+00:05:53 (12.8%)	7:03	8.5 (86.7%)
7	<b>SOBAS Jacek</b>	<b>75</b>	AZS KU POLITECHNIKI OPOLSKIEJ OPOLE	M30	5	MP	<b>00:46:24.65</b>	<b>00:46:26.00</b>	+00:06:25 (13.8%)	7:08	8.4 (85.7%)
8	<b>KUNZ Marcin</b>	<b>4106</b>	KS VERTICAL RYTRO	M20	3	MP	<b>00:46:25.70</b>	<b>00:46:27.65</b>	+00:06:27 (13.9%)	7:08	8.4 (85.7%)
9	<b>CELIŃSKA Anna</b>	<b>4030</b>	KS SPRINT BIELSKO-BIAŁA	K40	1	MP	<b>00:46:37.75</b>	<b>00:46:40.20</b>	+00:06:39 (14.3%)	7:10	8.4 (85.7%)
10	<b>STARŻYŃSKI Andrzej</b>	<b>4112</b>	LKB RUDNIK	M30	6	MP	<b>00:47:41.30</b>	<b>00:47:42.60</b>	+00:07:41 (16.1%)	7:20	8.2 (83.7%)
11	<b>RYNKOWSKI Bartosz</b>	<b>4102</b>	LKS ZANTYR SZTUM	M30	7	MP	<b>00:47:59.40</b>	<b>00:48:01.10</b>	+00:08:00 (16.7%)	7:22	8.1 (82.7%)
12	<b>BUCZEK Paweł</b>	<b>13</b>	SPLA TYCHY	M30	8	MP	<b>00:48:38.05</b>	<b>00:48:39.90</b>	+00:08:39 (17.8%)	7:28	8 (81.6%)
13	<b>SENDOR Piotr</b>	<b>29</b>	SKL SUCHA BESKIDZKA	M40	1	MP	<b>00:49:05.35</b>	<b>00:49:07.50</b>	+00:09:06 (18.6%)	7:33	7.9 (80.6%)
14	<b>MASŁOWSKA Martyna</b>	<b>20</b>	ULKS BYSTRZYCA KŁODZKA	K30	1	MP	<b>00:49:55.15</b>	<b>00:49:57.00</b>	+00:09:56 (19.9%)	7:40	7.8 (79.6%)
15	<b>FICNER Anna</b>	<b>97</b>	MKS SIECHNICE	K30	2	MP	<b>00:49:58.75</b>	<b>00:50:02.00</b>	+00:10:01 (20.0%)	7:41	7.8 (79.6%)
16	<b>MACIEJOWSKI Damian</b>	<b>63</b>	KS SPRINT BIELSKO-BIAŁA	M30	9	MP	<b>00:51:04.05</b>	<b>00:51:06.35</b>	+00:11:05 (21.7%)	7:51	7.6 (77.6%)
17	<b>MAZAN Beata</b>	<b>31</b>	KKB MOSIR KROSNO	K30	3	MP	<b>00:51:34.95</b>	<b>00:51:38.15</b>	+00:11:37 (22.5%)	7:56	7.6 (77.6%)
18	<b>STELMACH Dominika</b>	<b>4042</b>	RK ATHLETICS WARSZAWA	K40	2	MP	<b>00:51:48.20</b>	<b>00:51:49.95</b>	+00:11:49 (22.8%)	7:58	7.5 (76.5%)
19	<b>KOCOŃ Justyna</b>	<b>16</b>	MKS ŻYWIEC	K20	1	MP	<b>00:53:04.20</b>	<b>00:53:06.85</b>	+00:13:06 (24.7%)	8:09	7.3 (74.5%)
20	<b>MAJEWSKA Agata</b>	<b>4</b>	MKS SIECHNICE	K40	3	MP	<b>00:55:27.35</b>	<b>00:55:30.50</b>	+00:15:29 (27.9%)	8:31	7 (71.4%)
21	<b>DŁUGOSZ-STĘPNIAK Agnieszka</b>	<b>65</b>	MKS UNIA HRUBIESZÓW	K30	4	MP	<b>00:55:39.05</b>	<b>00:55:41.20</b>	+00:15:40 (28.2%)	8:33	7 (71.4%)
22	<b>OBSTÓJ Karolina</b>	<b>74</b>	AZS KU POLITECHNIKI OPOLSKIEJ OPOLE	K30	5	MP	<b>00:55:55.30</b>	<b>00:55:57.90</b>	+00:15:57 (28.5%)	8:36	7 (71.4%)
23	<b>KOTLARZ Dawid</b>	<b>40</b>	KS LIMANOWA FORREST	M20	4	MP	<b>00:57:05.95</b>	<b>00:57:07.90</b>	+00:17:07 (30.0%)	8:46	6.8 (69.4%)
24	<b>OGÓREK Monika</b>	<b>80</b>	MKL BRYGADA BESKIDÓW NOWY SĄCZ	K20	2	MP	<b>00:57:20.50</b>	<b>00:57:20.50</b>	+00:17:19 (30.2%)	8:49	6.8 (69.4%)
25	<b>FERET Kamila</b>	<b>89</b>	KRT JELENIA GÓRA	K20	3	MP	<b>00:57:45.55</b>	<b>00:57:45.55</b>	+00:17:44 (30.7%)	8:53	6.8 (69.4%)
26	<b>HOŁOWATY Renata</b>	<b>64</b>	KS KOMUNALNI SANOK	K30	6	MP	<b>00:57:53.20</b>	<b>00:57:57.95</b>	+00:17:57 (31.0%)	8:54	6.7 (68.4%)
27	<b>ŻÓŁTAK Anna</b>	<b>4037</b>	LKS ŻELAZNY OPCZNO RUNNING TEAM	K20	4	MP	<b>00:59:57.40</b>	<b>01:00:00.55</b>	+00:19:59 (33.3%)	9:13	6.5 (66.3%)
28	<b>WOŁOSZYN Antoni</b>	<b>4034</b>	KS SPRINTERZY.COM KRAKÓW	M20	5	MP	<b>01:00:18.65</b>	<b>01:00:24.20</b>	+00:20:23 (33.8%)	9:16	6.5 (66.3%)

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29	<b>WILCZYŃSKA Paulina</b>	<b>4113</b>	MKL BRYGADA BESKIDÓW NOWY SĄCZ	K20	5	MP	<b>01:00:43.85</b>	<b>01:00:49.50</b>	+00:20:48 (34.2%)	9:20	6.4 (65.3%)
30	<b>SKALSKA Anna</b>	<b>11</b>	MKS-MOSM BYTOM	K40	4	MP	<b>01:01:27.40</b>	<b>01:01:30.05</b>	+00:21:29 (34.9%)	9:27	6.3 (64.3%)
31	<b>JACHIMOWSKI Jarosław</b>	<b>67</b>	KS KOMUNALNI SANOK	M40	2	MP	<b>01:03:49.55</b>	<b>01:03:54.80</b>	+00:23:54 (37.4%)	9:49	6.1 (62.2%)
32	<b>GŁÓWCZYK Piotr</b>	<b>4039</b>	KS SPRINTERZY.COM KRAKÓW	M20	6	MP	<b>01:06:30.80</b>	<b>01:06:35.25</b>	+00:26:34 (39.9%)	10:13	5.9 (60.2%)
33	<b>WOŹNIAK Oskar</b>	<b>4107</b>	CKS BUDOWLANI CZĘSTOCHOWA	M20	7	MP	<b>01:09:51.85</b>	<b>01:09:56.65</b>	+00:29:56 (42.8%)	10:44	5.6 (57.1%)
34	<b>TOROŃ Małgorzata</b>	<b>4105</b>	KS SPRINTERZY.COM KRAKÓW	K20	6	MP	<b>01:13:03.90</b>	<b>01:13:09.55</b>	+00:33:08 (45.3%)	11:14	5.3 (54.1%)
35	<b>GOLIŃSKA Natalia</b>	<b>94</b>	KS SPRINTERZY.COM KRAKÓW	K20	7	MP	<b>01:13:11.15</b>	<b>01:13:17.10</b>	+00:33:16 (45.4%)	11:15	5.3 (54.1%)
36	<b>ZARĘBA Jolanta</b>	<b>48</b>	CWKS RESOVIA RZESZÓW	K50	1	MP	<b>01:23:16.60</b>	<b>01:23:24.15</b>	+00:43:23 (52.0%)	12:48	4.7 (48.0%)
37	<b>OSZMAŁEK Agata</b>	<b>4111</b>	RK ATHLETICS WARSZAWA	K30	7	MP	<b>01:25:01.50</b>	<b>01:25:06.75</b>	+00:45:06 (53.0%)	13:04	4.6 (46.9%)
	<b>BALIGA Cezary</b>	<b>4115</b>	SBG SALCO NIEPOŁOMICE	M20		MP	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 38 wynik(ów)