



# RUN FORREST PRZYSTANEK WŁADYSŁAWOWO

B4SPORT

**Organizator:** Igrzyska Bohaterów  
**Data:** 2025-04-01  
**Miejsce:** Polska  
**Dystans:** 1000 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Dystans	Różn	Tempo min/km	Tempo km/h
1	<b>KITA Ewelina</b>	<b>8</b>		Senior 2 - K	1		<b>515,0 KM</b>	0	10:02	6 (100%)
2	<b>ZĄBCZYŃSKI Dominik</b>	<b>1</b>	SUSZECKIE ITEN	Weteran 1 - M	1	Suszeckie Iten	<b>180,2 KM</b>	-334.792	8:26	7.1 (118.3%)
3	<b>BUGAJEWSKA Anna</b>	<b>36</b>	MYTO	Weteran 2 - K	1	MyTo	<b>151,4 KM</b>	-363.53	15:06	4 (66.7%)
4	<b>PYTEL Renata</b>	<b>20</b>	SOBIESKI 6	Weteran 1 - K	1	Sobieski 6	<b>149,3 KM</b>	-365.662	6:16	9.6 (160.0%)
5	<b>REDZIMSKI Wojciech</b>	<b>59</b>		Weteran 1 - M	2		<b>148,3 KM</b>	-366.665	9:59	6 (100%)
6	<b>TORBIŃSKI Wiesław</b>	<b>2</b>	SUSZECKIE ITEN	Weteran 2 - M	1	Suszeckie Iten	<b>144,6 KM</b>	-370.402	9:20	6.4 (106.7%)
7	<b>PASZEK Katarzyna</b>	<b>84</b>	SLOW JOGGING GLIWICE	Masters - K	1	Slow jogging Gliwice	<b>136,5 KM</b>	-378.423	13:38	4.4 (73.3%)
8	<b>RAJSKA Elżbieta</b>	<b>90</b>	ULTRAPIOTRKÓW	Masters - K	2		<b>124,0 KM</b>	-390.962	9:38	6.2 (103.3%)
9	<b>DZIEDZIC Józef</b>	<b>9</b>	ZABIEGANY WOŁOMIN	Weteran 1 - M	3	ZABIEGANY WOŁOMIN	<b>108,5 KM</b>	-406.491	17:40	3.4 (56.7%)
10	<b>TOMALA Sylwia</b>	<b>50</b>	B4SPORT	Weteran 1 - K	2	B4SPORT	<b>107,1 KM</b>	-407.862	11:04	5.4 (90.0%)
11	<b>SITEK Klaudia</b>	<b>110</b>	B4SPORT	Senior 2 - K	2	B4SPORT	<b>101,6 KM</b>	-413.332	7:53	7.6 (126.7%)
12	<b>MOMOT Ewa</b>	<b>26</b>		Senior 2 - K	3		<b>100,5 KM</b>	-414.492	12:28	4.8 (80.0%)
13	<b>SIUDA-KOWALCZYK Magdalena</b>	<b>121</b>	REBELLION OF FREE RUNNERS	Masters - K	3	Rebellion Of Free Runners	<b>96,2 KM</b>	-418.721	5:47	10.4 (173.3%)
14	<b>GLANERT Karolina</b>	<b>83</b>	SUSZEKI ITEN	Weteran 2 - K	2	Suszeckie Iten	<b>89,6 KM</b>	-425.345	12:08	4.9 (81.7%)
15	<b>MIELAŃCZYK Patrycja</b>	<b>45</b>	PAT&MAT	Senior 2 - K	4	Pat&Mat	<b>83,9 KM</b>	-431.104	6:24	9.4 (156.7%)
16	<b>SZEFczyk Monika</b>	<b>22</b>	SIOSTRY♥️	Weteran 1 - K	3	Siostry♥️	<b>81,5 KM</b>	-433.497	10:48	5.6 (93.3%)
17	<b>MAŃKA Agnieszka</b>	<b>91</b>		Masters - K	4	Mama i córka	<b>81,4 KM</b>	-433.612	9:00	6.7 (111.7%)
18	<b>SZAJNER Magdalena</b>	<b>103</b>		Senior 2 - K	5		<b>79,0 KM</b>	-435.962	7:35	7.9 (131.7%)
19	<b>GORZALCZYŃSKI Piotr</b>	<b>33</b>	MYTO	Weteran 1 - M	4	MyTo	<b>78,8 KM</b>	-436.119	12:42	4.7 (78.3%)
20	<b>BORKOWSKI Leszek</b>	<b>47</b>	NOWI SIEDLCE - NW WSCHÓD	Weteran 1 - M	5		<b>76,1 KM</b>	-438.837	9:36	6.2 (103.3%)
21	<b>GÓRNA Edyta</b>	<b>44</b>		Masters - K	5		<b>75,4 KM</b>	-439.582	7:57	7.5 (125.0%)
22	<b>SZTOHRYN Anna</b>	<b>73</b>	SLOW JOGGING GLIWICE	Weteran 1 - K	4	Slow jogging Gliwice	<b>71,4 KM</b>	-443.552	12:08	4.9 (81.7%)
23	<b>MIELAŃCZYK Mateusz</b>	<b>46</b>	PAT&MAT	Senior 2 - M	1	Pat&Mat	<b>69,3 KM</b>	-445.71	6:03	9.9 (165.0%)
24	<b>GOCEJNA Beata</b>	<b>100</b>	MYTO	Weteran 1 - K	5	MyTo	<b>67,6 KM</b>	-447.378	21:50	2.7 (45.0%)
25	<b>DERECHOWSKA Agnieszka</b>	<b>78</b>		Masters - K	6		<b>67,0 KM</b>	-447.982	9:29	6.3 (105.0%)
26	<b>GWIZDOŃ Elżbieta</b>	<b>35</b>		Weteran 1 - K	6		<b>64,8 KM</b>	-450.177	17:07	3.5 (58.3%)
27	<b>MARSZAŁEK Ludwika</b>	<b>17</b>	LOCO	Weteran 1 - K	7		<b>64,1 KM</b>	-450.882	16:53	3.6 (60.0%)
28	<b>MAZUR Katarzyna</b>	<b>5</b>		Masters - K	7		<b>62,9 KM</b>	-452.102	6:02	9.9 (165.0%)
29	<b>PASIERB Grzegorz</b>	<b>98</b>		Masters - M	1		<b>61,8 KM</b>	-453.154	29:01	2.1 (35.0%)
30	<b>BADACH Agnieszka</b>	<b>65</b>	KOBIETY NA 5+	Weteran 1 - K	8	Kobiety na 5+	<b>60,5 KM</b>	-454.484	10:38	5.6 (93.3%)
31	<b>MAREK Bartłomiej</b>	<b>85</b>	UKS SUSZEC	Senior 2 - M	2	Suszeckie Iten	<b>59,7 KM</b>	-455.306	5:36	10.7 (178.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Dystans	Różn	Tempo min/km	Tempo km/h
32	ŚWIDERSKA Katarzyna	48		Senior 2 - K	6		59,6 KM	-455.342	8:53	6.7 (111.7%)
33	CIEŻAK Kamil	108	ROZNE DYSCYPLINY W WOLNE - SWIECKI BRAT -	Masters - M	2	Boży Team- mimo strat-	59,0 KM	-455.962	9:00	6.7 (111.7%)
34	ZASIEK Marek	39		Weteran 1 - M	6		58,1 KM	-456.865	6:23	9.4 (156.7%)
35	NOWICKI Zbigniew	101	MYTO	Weteran 2 - M	2	MyTo	58,0 KM	-456.949	14:52	4 (66.7%)
36	JAGIEŁŁO Sonia	96		Senior 2 - K	7	B4SPORT	54,4 KM	-460.592	16:32	3.6 (60.0%)
37	RAJWA Jan	92	BZIEGACZE	Senior 2 - M	3	Bziegacze	53,4 KM	-461.602	4:23	13.7 (228.3%)
38	SLOBODA Krzysztof	93	RUNSLOBODAN	Weteran 2 - M	3	RunSlobodan	53,1 KM	-461.817	14:01	4.3 (71.7%)
39	ZAJĄCZKOWSKA Jolanta	62		Weteran 1 - K	9		51,7 KM	-463.295	12:33	4.8 (80.0%)
40	HOLONA Agata	49		Senior 2 - K	8	KolankoRun	49,7 KM	-465.227	7:38	7.9 (131.7%)
41	BUGAJEWSKI Janusz	38	MYTO	Weteran 2 - M	4	MyTo	49,7 KM	-465.273	16:48	3.6 (60.0%)
42	SAWKO Sławomir	123	TORUŃ - IDZIEMY BEZ RYZYKA	Weteran 2 - M	5		48,3 KM	-466.702	10:31	5.7 (95.0%)
43	MAŃKA Gabriela	107		Junior 1 - K	1	Mama i córka	47,8 KM	-467.122	17:41	3.4 (56.7%)
44	JEZUSEK Piotr	99		Masters - M	3	Rebellion Of Free Runners	47,5 KM	-467.475	6:27	9.3 (155.0%)
45	SZCZYGIEŁ Sławomir	37	MYTO	Weteran 2 - M	6	MyTo	47,5 KM	-467.48	24:11	2.5 (41.7%)
46	CIEŚLIK Katarzyna	53		Masters - K	8		47,4 KM	-467.522	15:06	4 (66.7%)
47	JERSZ Angelika	94		Senior 2 - K	9		46,3 KM	-468.672	12:57	4.6 (76.7%)
48	WRÓBEL Ewa	13	ITMBW KRAKÓW	Masters - K	9		45,1 KM	-469.911	9:18	6.4 (106.7%)
49	BURY Jarosław	54		Senior 2 - M	4	Bury Team	44,8 KM	-470.151	5:49	10.3 (171.7%)
50	TEOFILAK Edward	19	REBELLION OF FREE RUNNERS	Weteran 1 - M	7	Rebellion Of Free Runners	44,4 KM	-470.556	40:43	1.5 (25.0%)
51	MITRENGA Piotr	117		Weteran 1 - M	8		44,0 KM	-470.992	7:32	7.9 (131.7%)
52	OLECH Bogusław	14	NIEZRZESZONY	Weteran 2 - M	7		42,7 KM	-472.292	38:26	1.6 (26.7%)
53	RAKOWSKI Krzysztof	3	RUNNERSI	Masters - M	4		42,5 KM	-472.473	5:56	10.1 (168.3%)
54	ROTTER Hanna	116		Weteran 2 - K	3		41,9 KM	-473.029	26:54	2.2 (36.7%)
55	NOWAK Renata	69	RUNSLOBODAN	Masters - K	10	RunSlobodan	40,3 KM	-474.631	10:31	5.7 (95.0%)
56	FRAIS - LIGAJ Agnieszka	11	#NOMERCY	Weteran 1 - K	10		39,7 KM	-475.242	13:23	4.5 (75.0%)
57	SZMYD Arkadiusz	119	MARO TEAM JASTRZĘBIE-ŻORY	Masters - M	5	MARO Team Jastrzębie-Żory	39,6 KM	-475.352	10:53	5.5 (91.7%)
58	ROJ Magdalena	64	RUNSLOBODAN	Masters - K	11	RunSlobodan	39,4 KM	-475.552	11:30	5.2 (86.7%)
59	PELAN Katarzyna	34		Masters - K	12		38,9 KM	-476.082	7:57	7.5 (125.0%)
60	KOWALIK Anna	56	BURY TEAM	Senior 2 - K	10	Bury Team	37,9 KM	-477.042	5:47	10.4 (173.3%)
61	ŚMIGIEL Aneta	112	RADLINIOKI W BIEGU	Masters - K	13	Radlinioki w biegu	36,6 KM	-478.352	9:03	6.6 (110.0%)
62	BOJDO Magdalena	82	SLOW JOGGING GLIWICE	Masters - K	14	Slow jogging Gliwice	36,1 KM	-478.872	18:17	3.3 (55.0%)
63	WITOSZEK Wiktoria	102	SUSZECKIE ITEN	Senior 1 - K	1	Suszeckie Iten	35,3 KM	-479.632	6:17	9.5 (158.3%)
64	SŁOBODA Ela	71		Masters - K	15	RunSlobodan	32,4 KM	-482.556	15:13	3.9 (65.0%)
65	ROSIŃSKA Joanna	106	SLOW JOGGING GLIWICE	Masters - K	16	Slow jogging Gliwice	31,2 KM	-483.803	10:29	5.7 (95.0%)
66	KOLAT Jadwiga	6	KOBIETY NA5+	Masters - K	17		30,8 KM	-484.162	18:31	3.2 (53.3%)
67	JAGIEŁŁO Renata	136		Weteran 2 - K	4	B4SPORT	29,9 KM	-485.032	14:22	4.2 (70.0%)
68	GORKA Edyta	23	REBELLION OF FREE RUNNERS	Senior 2 - K	11	Rebellion Of Free Runners	29,8 KM	-485.158	7:49	7.7 (128.3%)
69	MAJKA Wojtek	125		Masters - M	6		28,9 KM	-486.07	4:51	12.3 (205.0%)
70	BIEGAŁA Przemysław	68		Masters - M	7		28,0 KM	-487.007	5:15	11.4 (190.0%)
71	PIGUŁA Jolanta	43	SIOSTRY♥☐☐	Weteran 2 - K	5	Siostry♥☐☐	28,0 KM	-487.009	13:16	4.5 (75.0%)
72	SĘK Henryk	111	SUSZECKIE ITEN	Weteran 1 - M	9	Suszeckie Iten	27,9 KM	-487.108	7:07	8.4 (140.0%)
73	JURCZENKO Iwona	87	HAWAII TEAM	Masters - K	18		27,1 KM	-487.883	14:21	4.2 (70.0%)
74	KEMPNY Ania	114		Senior 2 - K	12		26,9 KM	-488.112	14:14	4.2 (70.0%)
75	ŻURAWSKA Tatiana	29	NORDICOWE FRELKI	Masters - K	19		26,7 KM	-488.262	11:04	5.4 (90.0%)
76	TŁOCZKOWSKA Agnieszka	28		Weteran 1 - K	11		26,1 KM	-488.832	17:21	3.5 (58.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Dystans	Różn	Tempo min/km	Tempo km/h
77	<b>KLIMIUK Blanka</b>	<b>42</b>		Weteran 1 - K	12		<b>25,2 KM</b>	-489.766	12:53	4.7 (78.3%)
78	<b>ANDROSZ Joanna</b>	<b>80</b>	REBELLION OF FREE RUNNERS	Masters - K	20	Rebellion Of Free Runners	<b>24,3 KM</b>	-490.692	9:01	6.6 (110.0%)
79	<b>STASZEK Monika</b>	<b>31</b>		Masters - K	21		<b>24,2 KM</b>	-490.772	11:09	5.4 (90.0%)
80	<b>ZAWIERUCHA Aleksander</b>	<b>51</b>	MARO TEAM JASTRZĘBIE-ŻORY	Weteran 1 - M	10	MARO Team Jastrzębie-Żory	<b>24,1 KM</b>	-490.908	13:25	4.5 (75.0%)
81	<b>ZALEWSKA Barbara</b>	<b>7</b>	KOBIETY NA 5+	Masters - K	22	Kobiety na 5+	<b>22,9 KM</b>	-492.082	13:46	4.4 (73.3%)
82	<b>WLOSZCZYNSKA Marta</b>	<b>60</b>	REBELLION OF FREE RUNNERS	Weteran 1 - K	13	Rebellion Of Free Runners	<b>22,9 KM</b>	-492.092	10:26	5.7 (95.0%)
83	<b>PASLAWSKA Irma</b>	<b>75</b>	REBELLION OF FREE RUNNERS	Masters - K	23	Rebellion Of Free Runners	<b>21,6 KM</b>	-493.362	12:59	4.6 (76.7%)
84	<b>DOLAŚ Danuta</b>	<b>86</b>		Weteran 1 - K	14	Rebellion Of Free Runners	<b>21,5 KM</b>	-493.425	6:51	8.7 (145.0%)
85	<b>NOWICKA Hanna</b>	<b>138</b>	MYTO	Weteran 2 - K	6	MyTo	<b>21,5 KM</b>	-493.452	16:28	3.6 (60.0%)
86	<b>BUBKA Barbara</b>	<b>16</b>	HARPAGAN SOSNOWIEC	Weteran 2 - K	7		<b>20,7 KM</b>	-494.262	10:50	5.5 (91.7%)
87	<b>RYBAK Remigiusz</b>	<b>127</b>		Masters - M	8	DAAAAAAJE RADEĘ	<b>20,4 KM</b>	-494.542	6:48	8.8 (146.7%)
88	<b>SIREK Izabela</b>	<b>74</b>	OLZA CIESZYN	Masters - K	24	Olza Cieszyn	<b>19,0 KM</b>	-495.999	10:45	5.6 (93.3%)
89	<b>BUCHALSKI Rafal</b>	<b>118</b>	REBELLION OF FREE RUNNERS	Senior 2 - M	5	Rebellion Of Free Runners	<b>18,9 KM</b>	-496.019	9:34	6.3 (105.0%)
90	<b>JUCKIEWICZ Sylwia</b>	<b>25</b>		Weteran 1 - K	15		<b>18,6 KM</b>	-496.402	23:30	2.6 (43.3%)
91	<b>GAJ Monika</b>	<b>32</b>	KS GRYF KIETRZ	Masters - K	25		<b>18,1 KM</b>	-496.832	10:30	5.7 (95.0%)
92	<b>BAJOR Rafał</b>	<b>79</b>	REBELLION OF FREE RUNNERS	Weteran 1 - M	11	Rebellion Of Free Runners	<b>16,9 KM</b>	-498.092	12:51	4.7 (78.3%)
93	<b>MALINOWSKI Przemysław</b>	<b>105</b>	SUSZECKIE ITEN	Senior 2 - M	6	Suszeckie Iten	<b>16,9 KM</b>	-498.112	6:32	9.2 (153.3%)
94	<b>GRUSZCZYŃSKI Krzysztof</b>	<b>70</b>	KRESOWIANIE/AKTYWNI PANS JAROSŁAW	Masters - M	9		<b>16,5 KM</b>	-498.465	11:48	5.1 (85.0%)
95	<b>GASZCZYK Damian</b>	<b>24</b>	ITEN SUSZEC	Weteran 2 - M	8	Suszeckie Iten	<b>15,3 KM</b>	-499.699	6:19	9.5 (158.3%)
96	<b>BURY Janusz</b>	<b>144</b>	BURY TEAM	Weteran 2 - M	9	Bury Team	<b>14,8 KM</b>	-500.152	13:21	4.5 (75.0%)
97	<b>SITKO Dagmara</b>	<b>89</b>	KOBIETY NA 5+	Senior 2 - K	13	Kobiety na 5+	<b>14,8 KM</b>	-500.211	22:31	2.7 (45.0%)
98	<b>SYGUŁA Martyna</b>	<b>4</b>	MAMUŚKI Z WÓZKIEM	Masters - K	26		<b>14,4 KM</b>	-500.532	23:07	2.6 (43.3%)
99	<b>BAJOR Aneta</b>	<b>113</b>	REBELLION OD FREE RUNNERS	Weteran 1 - K	16	Rebellion Of Free Runners	<b>14,0 KM</b>	-500.957	14:01	4.3 (71.7%)
100	<b>SPALDING Dorota</b>	<b>67</b>		Masters - K	27	MARO Team Jastrzębie-Żory	<b>13,5 KM</b>	-501.489	12:10	4.9 (81.7%)
101	<b>DUDEK Robert</b>	<b>12</b>		Weteran 1 - M	12		<b>11,9 KM</b>	-503.014	12:15	4.9 (81.7%)
102	<b>BURY Urszula</b>	<b>58</b>	BURY TEAM	Weteran 2 - K	8	Bury Team	<b>11,4 KM</b>	-503.602	21:12	2.8 (46.7%)
103	<b>JACKOWSKI Tomasz</b>	<b>135</b>	SUPERPIECHURZY	Weteran 1 - M	13	SuperPiechurzy	<b>10,9 KM</b>	-504.073	13:00	4.6 (76.7%)
104	<b>JABŁOŃSKI Józef</b>	<b>142</b>		Weteran 2 - M	10		<b>7,5 KM</b>	-507.44	15:59	3.8 (63.3%)
105	<b>HINZ Ewa</b>	<b>61</b>	MIO MAO	Masters - K	28	Mio Mao	<b>7,5 KM</b>	-507.442	11:58	5 (83.3%)
106	<b>MAROŃ Dariusz</b>	<b>129</b>	SERVCOMP	Masters - M	10	SERVCOMP	<b>7,1 KM</b>	-507.902	5:51	10.2 (170.0%)
107	<b>ZABAWA Małgorzata</b>	<b>124</b>	DAAAAAAJE RADEĘ	Masters - K	29	DAAAAAAJE RADEĘ	<b>5,1 KM</b>	-509.892	7:04	8.5 (141.7%)
108	<b>W Krzych</b>	<b>133</b>	SERVCOMP	Masters - M	11	SERVCOMP	<b>5,1 KM</b>	-509.902	4:14	14.2 (236.7%)
109	<b>JAKUBOWSKI Paweł</b>	<b>145</b>		Senior 2 - M	7		<b>5,1 KM</b>	-509.911	6:31	9.2 (153.3%)
110	<b>ZYCH Wioleta</b>	<b>126</b>	DAAAAAAJE RADEĘ	Weteran 1 - K	17	DAAAAAAJE RADEĘ	<b>5,0 KM</b>	-509.922	7:22	8.1 (135.0%)
111	<b>JASIŃSKI Maksymilian</b>	<b>63</b>	MARO TEAM JASTRZĘBIE-ŻORY	Weteran 2 - M	11	MARO Team Jastrzębie-Żory	<b>5,0 KM</b>	-509.938	7:08	8.4 (140.0%)
112	<b>BAK Barbara</b>	<b>104</b>		Weteran 1 - K	18		<b>4,3 KM</b>	-510.662	8:13	7.3 (121.7%)
113	<b>ŚLEDŹ Karol</b>	<b>130</b>	SERVCOMP	Senior 2 - M	8	SERVCOMP	<b>4,3 KM</b>	-510.662	13:46	4.4 (73.3%)
114	<b>GRABOWSKI Sebastian</b>	<b>140</b>		Senior 2 - M	9		<b>3,1 KM</b>	-511.876	5:07	11.7 (195.0%)
115	<b>KLIMOSZ Damian</b>	<b>97</b>	HAWAII TEAM	Senior 2 - M	10		<b>1,7 KM</b>	-513.241	16:26	3.7 (61.7%)
116	<b>ADAMEK Emilia</b>	<b>77</b>		Senior 2 - K	14		<b>0,7 KM</b>	-514.272	15:56	3.8 (63.3%)
117	<b>KUCZKOWSKA Magdalena</b>	<b>55</b>		Masters - K	30		<b>0,0 KM</b>	-514.918	4:32	13.2 (220.0%)
118	<b>TOMALA Łukasz</b>	<b>132</b>	SERVCOMP	Senior 2 - M	11	SERVCOMP	<b>0,0 KM</b>	-514.962		(0.0%)

Znaleziono 118 wynik(ów)