



# ŚLADAMI OKRUTNEJ WŁODKOWEJ - 21 KM

B4SPORT

**Event:** Śladami Okrutnej Włodkowej  
**Organiser:** Fundacja Aktywne Beskidy  
**Date:** 2024-04-27  
**Place:** Porąbka  
**Distance:** 21 km

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Classification: All

Place	Participant	Number	Club	Category	MCat	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
1	STREIT Dawid	34	NON STOP TRAIL	OPEN Mężczyzn	1	02:03:03.00	02:03:03.00		5:51	10.2 (100%)
2	BUCZYŃSKI Adam	5	NON STOP TRAIL	OPEN Mężczyzn	2	02:13:00.00	02:13:00.00	+00:09:57 (7.5%)	6:20	9.5 (93.1%)
3	BEDNARCZYK Gerard	3		OPEN Mężczyzn	3	02:13:45.00	02:13:45.00	+00:10:42 (8.0%)	6:22	9.4 (92.2%)
4	DEMBECKI Marcin	9	D.G. TEAM	OPEN Mężczyzn	4	02:20:55.00	02:20:55.00	+00:17:52 (12.7%)	6:42	8.9 (87.3%)
5	KORCZ Daniel	55	TERVEL BIEGACZ GÓRSKI / BESTTEXT.PL	OPEN Mężczyzn	5	02:27:26.00	02:27:26.00	+00:24:23 (16.5%)	7:01	8.5 (83.3%)
6	SAWICKI Marek	30		OPEN Mężczyzn	6	02:30:35.00	02:30:35.00	+00:27:32 (18.3%)	7:10	8.4 (82.4%)
7	FUCZIK Małgorzata	10	HIT THE TRAIL TOMASZ KLISZ	OPEN Kobiet	1	02:34:16.00	02:34:16.00	+00:31:13 (20.2%)	7:20	8.2 (80.4%)
8	ZYGOŃ Artur	46		OPEN Mężczyzn	7	02:34:47.00	02:34:47.00	+00:31:44 (20.5%)	7:22	8.1 (79.4%)
9	WOJTASIEWICZ Paweł	42	HAGER SPORT TEAM	OPEN Mężczyzn	8	02:38:57.00	02:38:57.00	+00:35:54 (22.6%)	7:34	7.9 (77.5%)
10	CHODOWIEC Karolina	6	DUCLA ACADEMY	OPEN Kobiet	2	02:45:12.00	02:45:12.00	+00:42:09 (25.5%)	7:52	7.6 (74.5%)
11	KAPAŁKA Tomasz	11		OPEN Mężczyzn	9	02:52:06.00	02:52:06.00	+00:49:03 (28.5%)	8:11	7.3 (71.6%)
12	RUSIN Anna	51		OPEN Kobiet	3	02:52:17.00	02:52:17.00	+00:49:14 (28.6%)	8:12	7.3 (71.6%)
13	BĘBEN Sandra	50		OPEN Kobiet	4	02:56:29.00	02:56:29.00	+00:53:26 (30.3%)	8:24	7.1 (69.6%)
14	WOLAŃSKI Mateusz	49	ING HUBS RUNNERS	OPEN Mężczyzn	10	02:59:44.00	02:59:44.00	+00:56:41 (31.5%)	8:33	7 (68.6%)
15	WOLAŃSKA Anna	48	ING HUBS RUNNERS	OPEN Kobiet	5	03:05:47.00	03:05:47.00	+01:02:44 (33.8%)	8:50	6.8 (66.7%)
16	PIETRASZEK Iwona	25		OPEN Kobiet	6	03:06:09.00	03:06:09.00	+01:03:06 (33.9%)	8:51	6.8 (66.7%)
17	SKIBICKI Krzysztof	31	ZADYSZKA OŚWIĘCIM	OPEN Mężczyzn	11	03:06:13.00	03:06:13.00	+01:03:10 (33.9%)	8:52	6.8 (66.7%)
18	RINGWALD Guillaume	28		OPEN Mężczyzn	12	03:06:18.00	03:06:18.00	+01:03:15 (34.0%)	8:52	6.8 (66.7%)
19	KUBASZCZYK Marcin	15	HARDRUN GAME	OPEN Mężczyzn	13	03:06:25.00	03:06:25.00	+01:03:22 (34.0%)	8:52	6.8 (66.7%)
20	MAREK Sławomir	20	WILD BUCHAYS	OPEN Mężczyzn	14	03:07:39.00	03:07:39.00	+01:04:36 (34.4%)	8:56	6.7 (65.7%)
21	MORYS Michał	22		OPEN Mężczyzn	15	03:07:40.00	03:07:40.00	+01:04:37 (34.4%)	8:56	6.7 (65.7%)
22	MADEJ Anna	18	VEGE RUNNERS	OPEN Kobiet	7	03:07:47.00	03:07:47.00	+01:04:44 (34.5%)	8:56	6.7 (65.7%)
23	ZIĘCIAK Michał	44		OPEN Mężczyzn	16	03:08:32.00	03:08:32.00	+01:05:29 (34.7%)	8:58	6.7 (65.7%)
24	JANKOWSKI Marcin	137		OPEN Mężczyzn	17	03:10:32.00	03:10:32.00	+01:07:29 (35.4%)	5:50	10.3 (101%)
25	STEC Agnieszka	32		OPEN Kobiet	8	03:14:34.00	03:14:34.00	+01:11:31 (36.8%)	9:15	6.5 (63.7%)
26	MIŚTAŁSKI Damian	21		OPEN Mężczyzn	18	03:14:56.00	03:14:56.00	+01:11:53 (36.9%)	9:16	6.5 (63.7%)
27	PARSZEWSKA Aleksandra	24		OPEN Kobiet	9	03:16:48.00	03:16:48.00	+01:13:45 (37.5%)	9:22	6.4 (62.7%)

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28	<b>ŚLIWA Mateusz</b>	<b>39</b>		OPEN Mężczyzn	19	<b>03:16:54.00</b>	<b>03:16:54.00</b>	+01:13:51 (37.5%)	9:22	6.4 (62.7%)
29	<b>PYREK Joanna</b>	<b>175</b>		OPEN Kobiet	10	<b>03:18:04.00</b>	<b>03:18:04.00</b>	+01:15:01 (37.9%)	9:25	6.4 (62.7%)
30	<b>RECLIK Jacek</b>	<b>27</b>	SMAKI BIEGANIA	OPEN Mężczyzn	20	<b>03:19:10.00</b>	<b>03:19:10.00</b>	+01:16:07 (38.2%)	9:29	6.3 (61.8%)
31	<b>DZIERŻAWSKI Tomasz</b>	<b>118</b>		OPEN Mężczyzn	21	<b>03:21:13.00</b>	<b>03:21:13.00</b>	+01:18:10 (38.8%)	6:10	9.7 (95.1%)
32	<b>CZERNAWSKA Beata</b>	<b>7</b>	UBS	OPEN Kobiet	11	<b>03:26:51.00</b>	<b>03:26:51.00</b>	+01:23:48 (40.5%)	9:51	6.1 (59.8%)
33	<b>WOJDAT Katarzyna</b>	<b>203</b>	STARE PSY	OPEN Kobiet	12	<b>03:27:07.00</b>	<b>03:27:07.00</b>	+01:24:04 (40.6%)	6:21	9.4 (92.2%)
34	<b>NIEDERLIŃSKA Gabriela</b>	<b>23</b>		OPEN Kobiet	13	<b>03:27:10.00</b>	<b>03:27:10.00</b>	+01:24:07 (40.6%)	9:51	6.1 (59.8%)
35	<b>KLABISZ Maria</b>	<b>13</b>	WWW.PRZYSTANEKGORY.PL	OPEN Kobiet	14	<b>03:28:21.00</b>	<b>03:28:21.00</b>	+01:25:18 (40.9%)	9:55	6 (58.8%)
36	<b>KOPTOŃ Marcin</b>	<b>47</b>	ING HUBS RUNNERS	OPEN Mężczyzn	22	<b>03:28:33.00</b>	<b>03:28:33.00</b>	+01:25:30 (41.0%)	9:55	6 (58.8%)
37	<b>WOJTKOWSKI Ireneusz</b>	<b>43</b>	ASSECO ACTIVE TEAM	OPEN Mężczyzn	23	<b>03:30:27.00</b>	<b>03:30:27.00</b>	+01:27:24 (41.5%)	10:01	6 (58.8%)
38	<b>RAUSZER-SZOPA Agata</b>	<b>26</b>		OPEN Kobiet	15	<b>03:35:55.00</b>	<b>03:35:55.00</b>	+01:32:52 (43.0%)	10:16	5.8 (56.9%)
39	<b>KIEŁBASA Karolina</b>	<b>12</b>		OPEN Kobiet	16	<b>03:36:51.00</b>	<b>03:36:51.00</b>	+01:33:48 (43.3%)	10:19	5.8 (56.9%)
40	<b>CZERWIŃSKI Mateusz</b>	<b>8</b>		OPEN Mężczyzn	24	<b>03:39:36.00</b>	<b>03:39:36.00</b>	+01:36:33 (44.0%)	10:27	5.7 (55.9%)
41	<b>WALCZYŃSKA Katarzyna</b>	<b>41</b>		OPEN Kobiet	17	<b>03:41:26.00</b>	<b>03:41:26.00</b>	+01:38:23 (44.4%)	10:32	5.7 (55.9%)
42	<b>KUCYPER-GRANDYS Katarzyna</b>	<b>16</b>	KLUB NIEDZIELNYCH SPACEROWICZÓW "BEZBOŻNIK"	OPEN Kobiet	18	<b>03:41:41.00</b>	<b>03:41:41.00</b>	+01:38:38 (44.5%)	10:33	5.7 (55.9%)
43	<b>BESZTOCHA Jadwiga</b>	<b>4</b>		OPEN Kobiet	19	<b>03:41:55.00</b>	<b>03:41:55.00</b>	+01:38:52 (44.6%)	10:34	5.7 (55.9%)
44	<b>KRZYSTYŃIAK Michał</b>	<b>14</b>		OPEN Mężczyzn	25	<b>04:05:46.00</b>	<b>04:05:46.00</b>	+02:02:43 (49.9%)	11:42	5.1 (50.0%)
45	<b>TALAGA Aleksandra</b>	<b>40</b>		OPEN Kobiet	20	<b>04:08:26.00</b>	<b>04:08:26.00</b>	+02:05:23 (50.5%)	11:49	5.1 (50.0%)
46	<b>SKOWRON Rafał</b>	<b>103</b>	ING HUBS RUNNERS	OPEN Mężczyzn	26	<b>04:09:47.00</b>	<b>04:09:47.00</b>	+02:06:44 (50.7%)	11:53	5 (49.0%)
47	<b>SZALSKA Elżbieta</b>	<b>36</b>		OPEN Kobiet	21	<b>04:10:06.00</b>	<b>04:10:06.00</b>	+02:07:03 (50.8%)	11:54	5 (49.0%)
48	<b>SZOPA Bartłomiej</b>	<b>37</b>		OPEN Mężczyzn	27	<b>04:15:46.00</b>	<b>04:15:46.00</b>	+02:12:43 (51.9%)	12:10	4.9 (48.0%)
49	<b>KOZŁOWSKA Katarzyna</b>	<b>152</b>	#BIEGIEMWLAS	OPEN Kobiet	22	<b>04:33:16.00</b>	<b>04:33:16.00</b>	+02:30:13 (55.0%)	8:22	7.2 (70.6%)
50	<b>MANIURA Adam</b>	<b>19</b>		OPEN Mężczyzn	28	<b>04:57:14.00</b>	<b>04:57:14.00</b>	+02:54:11 (58.6%)	14:09	4.2 (41.2%)
51	<b>RYBARZ Artur</b>	<b>29</b>	ZADYSZKA OŚWIĘCIM	OPEN Mężczyzn	29	<b>05:32:16.00</b>	<b>05:32:16.00</b>	+03:29:13 (63.0%)	15:49	3.8 (37.3%)
52	<b>STERKOWICZ Katarzyna</b>	<b>33</b>		OPEN Kobiet	23	<b>05:55:16.00</b>	<b>05:55:16.00</b>	+03:52:13 (65.4%)	16:55	3.5 (34.3%)
53	<b>SZUMIEC Joanna</b>	<b>38</b>		OPEN Kobiet	24	<b>05:55:18.00</b>	<b>05:55:18.00</b>	+03:52:15 (65.4%)	16:55	3.5 (34.3%)

Total 53 results.