



# ŚLADAMI OKRUTNEJ WŁODKOWEJ

B4SPORT

**Organiser:** Fundacja Aktywne Beskidy  
**Date:** 2023-04-30  
**Place:** Porąbka  
**Distance:** 32.6 km

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Classification: All

Place	Participant	Number	Club	Category	MCat	Penalty/ bonus	Net time 32.6km	Czas brutto 32.6km	Gap	Pace min/km	Pace km/h
1	KACZMARCZYK Łukasz	21	ELITE RUNNERS	OPEN Mężczyzn	1		03:35:39.00	03:35:39.00		6:36	9.1 (100%)
2	PRZYBYŁA Paweł	54		OPEN Mężczyzn	2		03:35:52.00	03:35:52.00	+00:00:13 (0.1%)	6:37	9.1 (100%)
3	STASZYK Michał	64		OPEN Mężczyzn	3		03:41:48.00	03:41:48.00	+00:06:09 (2.8%)	6:48	8.8 (96.7%)
4	GRUBKA Bartosz	14	TRIO TEAM	OPEN Mężczyzn	4		03:45:13.00	03:45:13.00	+00:09:34 (4.2%)	6:54	8.7 (95.6%)
5	BŁYSZCZEK Piotr	3		OPEN Mężczyzn	5		03:48:01.00	03:48:01.00	+00:12:22 (5.4%)	6:59	8.6 (94.5%)
6	HANKUS Tadeusz	17	HKS RUN	OPEN Mężczyzn	6		03:54:34.00	03:54:34.00	+00:18:55 (8.1%)	7:11	8.3 (91.2%)
7	KRUPA Przemysław	34	STAŃCZAK TEAM	OPEN Mężczyzn	7		04:00:26.00	04:00:26.00	+00:24:47 (10.3%)	7:22	8.1 (89.0%)
8	SUDNIK Krzysztof	67		OPEN Mężczyzn	8		04:15:09.00	04:15:09.00	+00:39:30 (15.5%)	7:49	7.7 (84.6%)
9	WOWER Bartłomiej	79	CSC ADVENTURE ACADEMY	OPEN Mężczyzn	9		04:16:40.00	04:16:40.00	+00:41:01 (16.0%)	7:52	7.6 (83.5%)
10	MAZGAJ Dawid	42	SCI GÓRSCY ENTUZJAŚCI	OPEN Mężczyzn	10		04:19:39.00	04:19:39.00	+00:44:00 (16.9%)	7:57	7.5 (82.4%)
11	CIEŚLAR Michał	4	NGK RUNNINGTEAM	OPEN Mężczyzn	11		04:20:03.00	04:20:03.00	+00:44:24 (17.1%)	7:58	7.5 (82.4%)
12	WOJCIECH Łukasz	76	AKTYWNA PSZCZYNA	OPEN Mężczyzn	12		04:22:58.00	04:22:58.00	+00:47:19 (18.0%)	8:03	7.4 (81.3%)
13	MŁOCEK Tomasz	46	KĘCKIE HARPAGANY	OPEN Mężczyzn	13		04:23:02.00	04:23:02.00	+00:47:23 (18.0%)	8:04	7.4 (81.3%)
14	RUDAWSKI Paweł	58		OPEN Mężczyzn	14		04:23:13.00	04:23:13.00	+00:47:34 (18.1%)	8:04	7.4 (81.3%)

Place	Participant	Number	Club	Category	MCat	Penalty/ bonus	Net	Czas	Gap	Pace min/km	Pace km/h
							time 32.6km	brutto 32.6km			
15	<b>SZOLC Sebastian</b>	<b>70</b>		OPEN Mężczyzn	15		<b>04:24:34.00</b>	<b>04:24:34.00</b>	+00:48:55 (18.5%)	8:06	7.4 (81.3%)
16	<b>WÓJCICKI Darek</b>	<b>81</b>	CSC ADVENTURE ACADEMY	OPEN Mężczyzn	16		<b>04:30:51.00</b>	<b>04:30:51.00</b>	+00:55:12 (20.4%)	8:18	7.2 (79.1%)
17	<b>KOŁODZIEJCZYK Kamil</b>	<b>26</b>		OPEN Mężczyzn	17		<b>04:33:35.00</b>	<b>04:33:35.00</b>	+00:57:56 (21.2%)	8:23	7.1 (78.0%)
18	<b>MIROSŁAW Ernest</b>	<b>45</b>		OPEN Mężczyzn	18		<b>04:33:47.00</b>	<b>04:33:47.00</b>	+00:58:08 (21.2%)	8:23	7.1 (78.0%)
19	<b>MACHULIK Marek</b>	<b>39</b>	SZTYJC A DURCH	OPEN Mężczyzn	19		<b>04:40:42.00</b>	<b>04:40:42.00</b>	+01:05:03 (23.2%)	8:36	7 (76.9%)
20	<b>MACHUL Ewa</b>	<b>38</b>		OPEN Kobiet	1		<b>04:41:00.00</b>	<b>04:41:00.00</b>	+01:05:21 (23.3%)	8:37	7 (76.9%)
21	<b>WOJTYCZKA Wojciech</b>	<b>77</b>	GÓRAL Z MAZUR RUNNING TEAM	OPEN Mężczyzn	20		<b>04:43:20.00</b>	<b>04:43:20.00</b>	+01:07:41 (23.9%)	8:41	6.9 (75.8%)
22	<b>MALINOWSKA Anna</b>	<b>41</b>		OPEN Kobiet	2		<b>04:44:17.00</b>	<b>04:44:17.00</b>	+01:08:38 (24.1%)	8:43	6.9 (75.8%)
23	<b>ŚMIGIELSKA-STASICKA Monika</b>	<b>71</b>	ZADYSZKA OŚWIĘCIM	OPEN Kobiet	3		<b>04:49:13.00</b>	<b>04:49:13.00</b>	+01:13:34 (25.4%)	8:52	6.8 (74.7%)
24	<b>KIERSNOWSKI Krzysztof</b>	<b>24</b>	DZIKIE ŻYCIE RUNTEAM	OPEN Mężczyzn	21		<b>04:49:56.00</b>	<b>04:49:56.00</b>	+01:14:17 (25.6%)	8:53	6.7 (73.6%)
25	<b>RAK Mirek</b>	<b>55</b>		OPEN Mężczyzn	22		<b>04:52:55.00</b>	<b>04:52:55.00</b>	+01:17:16 (26.4%)	8:59	6.7 (73.6%)
26	<b>WOŹNIAK Michał</b>	<b>80</b>	RUNNER_ULTRA	OPEN Mężczyzn	23		<b>04:55:47.00</b>	<b>04:55:47.00</b>	+01:20:08 (27.1%)	9:04	6.6 (72.5%)
27	<b>MYCH Bartosz</b>	<b>48</b>		OPEN Mężczyzn	24		<b>04:56:34.00</b>	<b>04:56:34.00</b>	+01:20:55 (27.3%)	9:05	6.6 (72.5%)
28	<b>CZERWIŃSKI Michał</b>	<b>7</b>		OPEN Mężczyzn	25		<b>04:57:31.00</b>	<b>04:57:31.00</b>	+01:21:52 (27.5%)	9:07	6.6 (72.5%)
29	<b>ŚWIĄTEK Anna</b>	<b>72</b>	ALPIN SPORT TEAM	OPEN Kobiet	4		<b>05:03:57.00</b>	<b>05:03:57.00</b>	+01:28:18 (29.1%)	9:19	6.4 (70.3%)
30	<b>DZIEGUĆ Piotr</b>	<b>8</b>		OPEN Mężczyzn	26		<b>05:07:33.00</b>	<b>05:07:33.00</b>	+01:31:54 (29.9%)	9:26	6.4 (70.3%)
31	<b>SZABŁOWSKA Marzena</b>	<b>68</b>	ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE	OPEN Kobiet	5		<b>05:08:11.00</b>	<b>05:08:11.00</b>	+01:32:32 (30.0%)	9:27	6.3 (69.2%)
32	<b>RECLIK Łukasz</b>	<b>97</b>		OPEN Mężczyzn	27		<b>05:08:13.00</b>	<b>05:08:13.00</b>	+01:32:34 (30.0%)	9:27	6.3 (69.2%)
33	<b>GACEK Mariusz</b>	<b>10</b>		OPEN Mężczyzn	28	00:40:00	<b>05:17:35.00</b>	<b>05:17:35.00</b>	+01:41:56 (32.1%)	8:30	7 (76.9%)
34	<b>KACZOR Bastek</b>	<b>22</b>	RUNHOGS TYCHY	OPEN Mężczyzn	29	00:40:00	<b>05:17:39.00</b>	<b>05:17:39.00</b>	+01:42:00 (32.1%)	8:31	7 (76.9%)
35	<b>KRÓTKI Stanisław</b>	<b>33</b>		OPEN Mężczyzn	30	00:40:00	<b>05:17:53.00</b>	<b>05:17:53.00</b>	+01:42:14 (32.2%)	8:31	7 (76.9%)
36	<b>POKRZYK Zbigniew</b>	<b>53</b>		OPEN Mężczyzn	31	00:40:00	<b>05:19:38.00</b>	<b>05:19:38.00</b>	+01:43:59 (32.5%)	8:34	7 (76.9%)
37	<b>SZAREK Marcin</b>	<b>69</b>	BAŁUCKIE TYGRYSY	OPEN Mężczyzn	32		<b>05:20:41.00</b>	<b>05:20:41.00</b>	+01:45:02 (32.8%)	9:50	6.1 (67.0%)

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38	<b>SZYMOCHA Andrzej</b>	<b>98</b>		OPEN Mężczyzn	33		<b>05:21:00.00</b>	<b>05:21:00.00</b>	+01:45:21 (32.8%)	9:50	6.1 (67.0%)
39	<b>PALKA Andrzej</b>	<b>52</b>	BLACK HAT TEAM	OPEN Mężczyzn	34		<b>05:23:30.00</b>	<b>05:23:30.00</b>	+01:47:51 (33.3%)	9:55	6 (65.9%)
40	<b>WÓJCIK Jacek</b>	<b>82</b>		OPEN Mężczyzn	35		<b>05:25:20.00</b>	<b>05:25:20.00</b>	+01:49:41 (33.7%)	9:58	6 (65.9%)
41	<b>GRZYBEK Sławomir</b>	<b>16</b>	BARTOSZ GORCZYCA RUNNING TEAM	OPEN Mężczyzn	36		<b>05:29:27.00</b>	<b>05:29:27.00</b>	+01:53:48 (34.5%)	10:06	5.9 (64.8%)
42	<b>RING Rafał</b>	<b>56</b>		OPEN Mężczyzn	37		<b>05:30:58.00</b>	<b>05:30:58.00</b>	+01:55:19 (34.8%)	10:09	5.9 (64.8%)
43	<b>KOZIEŁ Krzysztof</b>	<b>31</b>		OPEN Mężczyzn	38		<b>05:31:28.00</b>	<b>05:31:28.00</b>	+01:55:49 (34.9%)	10:10	5.9 (64.8%)
44	<b>KOWALSKI Janusz</b>	<b>30</b>	CIESZYNIOKI	OPEN Mężczyzn	39		<b>05:35:54.00</b>	<b>05:35:54.00</b>	+02:00:15 (35.8%)	10:18	5.8 (63.7%)
45	<b>KOPACZ Katarzyna</b>	<b>6</b>	W POGONI ZA DUCHEM	OPEN Kobiet	6		<b>05:38:12.00</b>	<b>05:38:12.00</b>	+02:02:33 (36.2%)	10:22	5.8 (63.7%)
46	<b>KRZYŻAN Jakub</b>	<b>35</b>	KW KRAKÓW	OPEN Mężczyzn	40		<b>05:40:02.00</b>	<b>05:40:02.00</b>	+02:04:23 (36.6%)	10:25	5.8 (63.7%)
47	<b>ZIELIŃSKI Kamil</b>	<b>83</b>		OPEN Mężczyzn	41		<b>05:40:39.00</b>	<b>05:40:39.00</b>	+02:05:00 (36.7%)	10:26	5.7 (62.6%)
48	<b>KOŁODZIEJCZYK Dawid</b>	<b>27</b>	VEGERUNNERS	OPEN Mężczyzn	42		<b>05:42:27.00</b>	<b>05:42:27.00</b>	+02:06:48 (37.0%)	10:30	5.7 (62.6%)
49	<b>KOŚLACZ Tomasz</b>	<b>29</b>	MAG	OPEN Mężczyzn	43		<b>05:52:12.00</b>	<b>05:52:12.00</b>	+02:16:33 (38.8%)	10:48	5.6 (61.5%)
50	<b>STRASZECKI Krystian</b>	<b>65</b>		OPEN Mężczyzn	44		<b>05:55:07.00</b>	<b>05:55:07.00</b>	+02:19:28 (39.3%)	10:53	5.5 (60.4%)
51	<b>ZUŃ Mariusz</b>	<b>84</b>		OPEN Mężczyzn	45		<b>05:56:33.00</b>	<b>05:56:33.00</b>	+02:20:54 (39.5%)	10:56	5.5 (60.4%)
52	<b>JANASIK Michał</b>	<b>19</b>	STS BIEGATON MIKOŁÓW	OPEN Mężczyzn	46		<b>06:04:38.00</b>	<b>06:04:38.00</b>	+02:28:59 (40.9%)	11:11	5.4 (59.3%)
53	<b>MUSIOLIK Sylwia</b>	<b>47</b>		OPEN Kobiet	7		<b>06:05:22.00</b>	<b>06:05:22.00</b>	+02:29:43 (41.0%)	11:12	5.4 (59.3%)
54	<b>KORBUT Radosław</b>	<b>28</b>		OPEN Mężczyzn	47		<b>06:05:24.00</b>	<b>06:05:24.00</b>	+02:29:45 (41.0%)	11:12	5.4 (59.3%)
55	<b>BŁASIAK Henryk</b>	<b>2</b>	KĘCKIE HARPAGANY	OPEN Mężczyzn	48		<b>06:08:47.00</b>	<b>06:08:47.00</b>	+02:33:08 (41.5%)	11:18	5.3 (58.2%)
56	<b>WEINBERG Kamil</b>	<b>74</b>	DROGA DO ULTRA / BIEGIEM PO PIWO	OPEN Mężczyzn	49		<b>06:23:05.00</b>	<b>06:23:05.00</b>	+02:47:26 (43.7%)	11:45	5.1 (56.0%)
57	<b>JĘCEK Maciej</b>	<b>20</b>		OPEN Mężczyzn	50		<b>06:24:00.00</b>	<b>06:24:00.00</b>	+02:48:21 (43.8%)	11:46	5.1 (56.0%)
58	<b>NIEMCZOK Daniel</b>	<b>49</b>	TMASK.PL	OPEN Mężczyzn	51		<b>06:34:04.00</b>	<b>06:34:04.00</b>	+02:58:25 (45.3%)	12:05	5 (54.9%)
59	<b>ŻUREK Michał</b>	<b>85</b>		OPEN Mężczyzn	52		<b>06:35:01.00</b>	<b>06:35:01.00</b>	+02:59:22 (45.4%)	12:07	5 (54.9%)
60	<b>GINTER Grzegorz</b>	<b>11</b>	AZS COLLEGIUM MEDICUM UJ	OPEN Mężczyzn	53		<b>06:38:40.00</b>	<b>06:38:40.00</b>	+03:03:01 (45.9%)	12:13	4.9 (53.8%)

Place	Participant	Number	Club	Category	MCat	Penalty/ bonus	Net time 32.6km	Czas brutto 32.6km	Gap	Pace min/km	Pace km/h
61	<b>OGÓREK Kacper</b>	<b>51</b>		OPEN Mężczyzn	54		<b>06:40:28.00</b>	<b>06:40:28.00</b>	+03:04:49 (46.2%)	12:17	4.9 (53.8%)
62	<b>KOCHAN Rafał</b>	<b>25</b>	TC KOCHAN	OPEN Mężczyzn	55		<b>06:42:22.00</b>	<b>06:42:22.00</b>	+03:06:43 (46.4%)	12:20	4.9 (53.8%)
63	<b>SIWEK Sebastian</b>	<b>61</b>		OPEN Mężczyzn	56		<b>06:43:40.00</b>	<b>06:43:40.00</b>	+03:08:01 (46.6%)	12:22	4.8 (52.7%)
64	<b>BARTULA Arek</b>	<b>1</b>		OPEN Mężczyzn	57		<b>06:44:35.00</b>	<b>06:44:35.00</b>	+03:08:56 (46.7%)	12:24	4.8 (52.7%)
65	<b>MIELCAREK Agnieszka</b>	<b>43</b>		OPEN Kobiet	8		<b>06:44:51.00</b>	<b>06:44:51.00</b>	+03:09:12 (46.7%)	12:25	4.8 (52.7%)
66	<b>MIELCAREK Krzysztof</b>	<b>44</b>	MK-BUD	OPEN Mężczyzn	58		<b>06:44:53.00</b>	<b>06:44:53.00</b>	+03:09:14 (46.7%)	12:25	4.8 (52.7%)
67	<b>WOJTYCZKA Katarzyna</b>	<b>78</b>	GÓRAL Z MAZUR RUNNING TEAM	OPEN Kobiet	9		<b>06:46:08.00</b>	<b>06:46:08.00</b>	+03:10:29 (46.9%)	12:27	4.8 (52.7%)
68	<b>RUDAWSKA Karolina</b>	<b>57</b>		OPEN Kobiet	10		<b>06:46:48.00</b>	<b>06:46:48.00</b>	+03:11:09 (47.0%)	12:28	4.8 (52.7%)
69	<b>IZDEBSKA Anna</b>	<b>18</b>		OPEN Kobiet	11		<b>06:46:50.00</b>	<b>06:46:50.00</b>	+03:11:11 (47.0%)	12:28	4.8 (52.7%)
70	<b>SIWA Kinga</b>	<b>99</b>		OPEN Kobiet	12		<b>06:55:21.00</b>	<b>06:55:21.00</b>	+03:19:42 (48.1%)	12:44	4.7 (51.6%)
71	<b>MALIK Mariusz</b>	<b>40</b>		OPEN Mężczyzn	59		<b>07:01:01.00</b>	<b>07:01:01.00</b>	+03:25:22 (48.8%)	12:54	4.6 (50.5%)
72	<b>KURYSIA Piotr</b>	<b>36</b>	HIGHLANDERS	OPEN Mężczyzn	60		<b>07:35:02.00</b>	<b>07:35:02.00</b>	+03:59:23 (52.6%)	13:57	4.3 (47.3%)
73	<b>STANISZEWSKI Janusz</b>	<b>63</b>		OPEN Mężczyzn	61		<b>07:35:18.00</b>	<b>07:35:18.00</b>	+03:59:39 (52.6%)	13:57	4.3 (47.3%)
74	<b>WILCZYŃSKA-KOGUT Aleksandra</b>	<b>75</b>	BANDA Z POLUDNIA	OPEN Kobiet	13		<b>07:38:21.00</b>	<b>07:38:21.00</b>	+04:02:42 (53.0%)	14:03	4.3 (47.3%)
75	<b>FRANKOWSKI Dariusz</b>	<b>9</b>	SZAMANI W TRANSIE	OPEN Mężczyzn	62		<b>07:42:56.00</b>	<b>07:42:56.00</b>	+04:07:17 (53.4%)	14:12	4.2 (46.2%)
76	<b>RZENNO Dagmara</b>	<b>60</b>		OPEN Kobiet	14		<b>07:42:57.00</b>	<b>07:42:57.00</b>	+04:07:18 (53.4%)	14:12	4.2 (46.2%)
77	<b>NIEWIAROWSKI Jarosław</b>	<b>50</b>	BIEGIEM PO PIWO	OPEN Mężczyzn	63		<b>08:16:14.00</b>	<b>08:16:14.00</b>	+04:40:35 (56.5%)	15:13	3.9 (42.9%)
78	<b>GINTER Katarzyna</b>	<b>12</b>		OPEN Kobiet	15		<b>08:51:00.00</b>	<b>08:51:00.00</b>	+05:15:21 (59.4%)	16:17	3.7 (40.7%)
79	<b>WALCZYŃSKA Katarzyna</b>	<b>73</b>		OPEN Kobiet	16		<b>09:09:19.00</b>	<b>09:09:19.00</b>	+05:33:40 (60.7%)	16:51	3.6 (39.6%)
	<b>KIEŁBASA Karolina</b>	<b>23</b>		OPEN Kobiet			<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>STREIT Dawid</b>	<b>66</b>	NON STOP TRAIL	OPEN Mężczyzn			<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Total 81 results.