



# SMOCZUŚ | 11KM

B4SPORT

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

**Wydarzenie:** SMOCZY CROSS MARATON  
**Organizator:** Fundacja Na Ratunek  
**Data:** 2022-10-22  
**Miejsce:** BRANDYSÓWKA - DOLINKI PODKRAKOWSKIE  
**Dystans:** 11 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lasek 5km	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
1	<b>MALEC Łukasz</b>	<b>1103</b>	NIEDZICA TEAM	Master Mężczyzn	1	00:31:19	<b>00:56:40.10</b>	<b>00:56:40.10</b>		5:09	11.6 (100%)
2	<b>BORSZOWSKI Zbigniew</b>	<b>4</b>	NON STOP TRAIL / ZABIERZÓW BIEGA	Master Mężczyzn	2	00:32:29	<b>00:59:00.25</b>	<b>00:59:00.25</b>	+00:02:20 (4.0%)	5:21	11.2 (96.6%)
3	<b>TKACZYK Szymon</b>	<b>1154</b>	WEGANIZMY	Senior Mężczyzn	1	00:34:11	<b>01:03:13.30</b>	<b>01:03:13.30</b>	+00:06:33 (10.4%)	5:44	10.4 (89.7%)
4	<b>NOWICKI Kamil</b>	<b>32</b>		Senior Mężczyzn	2	00:35:56	<b>01:04:34.55</b>	<b>01:04:34.55</b>	+00:07:54 (12.2%)	5:52	10.2 (87.9%)
5	<b>KOZIARSKI Mateusz</b>	<b>37</b>		Senior Mężczyzn	3	00:35:52	<b>01:04:39.25</b>	<b>01:04:39.25</b>	+00:07:59 (12.4%)	5:52	10.2 (87.9%)
6	<b>BIAŁEK Aleksandra</b>	<b>1155</b>	WEGANIZMY	Senior Kobiet	1	00:36:10	<b>01:05:00.20</b>	<b>01:05:00.20</b>	+00:08:20 (12.8%)	5:54	10.2 (87.9%)
7	<b>PRYSTASZ Krzysztof</b>	<b>1140</b>	ULALA TEAM	Master Mężczyzn	3	00:36:18	<b>01:07:23.00</b>	<b>01:07:23.00</b>	+00:10:42 (15.9%)	6:07	9.8 (84.5%)
8	<b>STACH Tomasz</b>	<b>1110</b>		Master Mężczyzn	4	00:38:00	<b>01:09:11.95</b>	<b>01:09:11.95</b>	+00:12:31 (18.1%)	6:17	9.5 (81.9%)
9	<b>WÓJCIK Józef</b>	<b>1102</b>	CHEŁM BIEGA	Weteran Mężczyzn	1	00:36:46	<b>01:09:14.20</b>	<b>01:09:14.20</b>	+00:12:34 (18.2%)	6:17	9.5 (81.9%)
10	<b>DYDA Krzysztof</b>	<b>1129</b>		Master Mężczyzn	5	00:39:30	<b>01:11:49.00</b>	<b>01:11:49.00</b>	+00:15:08 (21.1%)	6:31	9.2 (79.3%)
11	<b>GULAJSKI Rafał</b>	<b>1157</b>	OSIEM	Weteran Mężczyzn	2	00:40:11	<b>01:12:38.15</b>	<b>01:12:38.15</b>	+00:15:58 (22.0%)	6:36	9.1 (78.4%)
12	<b>BIDAS Róża</b>	<b>10</b>	CROSSFIT Z16	Senior Kobiet	2	00:38:43	<b>01:14:46.35</b>	<b>01:14:46.35</b>	+00:18:06 (24.2%)	6:47	8.8 (75.9%)
13	<b>KĘDZIORA Mariusz</b>	<b>12</b>	ŻUBRY RACE TEAM	Senior Mężczyzn	4	00:41:37	<b>01:15:14.20</b>	<b>01:15:14.20</b>	+00:18:34 (24.7%)	6:50	8.8 (75.9%)
14	<b>KRASOŃ Marcin</b>	<b>1145</b>	SMASHING PĄPKINS / NBR TEAM / OLX SPORT TEAM	Master Mężczyzn	6	00:42:19	<b>01:15:18.85</b>	<b>01:15:18.85</b>	+00:18:38 (24.8%)	6:50	8.8 (75.9%)
15	<b>ARENDARCZYK Rafał</b>	<b>1931</b>		Senior Mężczyzn	5	00:42:25	<b>01:18:07.60</b>	<b>01:18:07.60</b>	+00:21:27 (27.5%)	7:06	8.4 (72.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lasek 5km	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
16	<b>KORZENIOWSKA Monika</b>	<b>1152</b>		Senior Kobiet	3	00:42:22	<b>01:18:10.55</b>	<b>01:18:10.55</b>	+00:21:30 (27.5%)	7:06	8.4 (72.4%)
17	<b>BOROWIEC Jan</b>	<b>1136</b>		Master Mężczyzn	7	00:49:52	<b>01:18:14.00</b>	<b>01:18:14.00</b>	+00:21:33 (27.6%)	7:06	8.4 (72.4%)
18	<b>KAPUTA Piotr</b>	<b>1107</b>		Senior Mężczyzn	6	00:45:02	<b>01:18:24.50</b>	<b>01:18:24.50</b>	+00:21:44 (27.7%)	7:07	8.4 (72.4%)
19	<b>BŁAUT-KRASOŃ Alicja</b>	<b>1151</b>	SMASHING PAPKINS	Master Kobiet	1	00:47:35	<b>01:18:48.00</b>	<b>01:18:48.00</b>	+00:22:07 (28.1%)	7:09	8.4 (72.4%)
20	<b>BARAN Paweł</b>	<b>1120</b>	PIJOKITEAM	Master Mężczyzn	8	00:42:29	<b>01:20:01.50</b>	<b>01:20:01.50</b>	+00:23:21 (29.2%)	7:16	8.2 (70.7%)
21	<b>MARCINEK Krzysztof</b>	<b>1106</b>	PZU SPORT TEAM	Master Mężczyzn	9	00:45:06	<b>01:20:39.60</b>	<b>01:20:39.60</b>	+00:23:59 (29.7%)	7:19	8.2 (70.7%)
22	<b>ZAJDLICZ Tomasz</b>	<b>1156</b>		Master Mężczyzn	10	00:44:59	<b>01:21:12.40</b>	<b>01:21:12.40</b>	+00:24:32 (30.2%)	7:22	8.1 (69.8%)
23	<b>SIWINSKA Gosia</b>	<b>1147</b>		Master Kobiet	2	00:46:42	<b>01:24:07.80</b>	<b>01:24:07.80</b>	+00:27:27 (32.6%)	7:38	7.8 (67.2%)
24	<b>MROZEK Adam</b>	<b>40</b>		Master Mężczyzn	11	00:45:08	<b>01:24:11.25</b>	<b>01:24:11.25</b>	+00:27:31 (32.7%)	7:39	7.8 (67.2%)
25	<b>MOLASY Tomasz</b>	<b>11</b>	AKTYWNIIE Z MOLKAMI	Master Mężczyzn	12	00:46:14	<b>01:24:52.10</b>	<b>01:24:52.10</b>	+00:28:12 (33.2%)	7:42	7.8 (67.2%)
26	<b>RIZVASH Andrei</b>	<b>1947</b>		Master Mężczyzn	13	00:46:21	<b>01:25:51.75</b>	<b>01:25:51.75</b>	+00:29:11 (34.0%)	7:48	7.7 (66.4%)
27	<b>STOGOWSKI Grzegorz</b>	<b>1117</b>	PENDOLINOTEAM	Master Mężczyzn	14	00:47:44	<b>01:27:02.85</b>	<b>01:27:02.85</b>	+00:30:22 (34.9%)	7:54	7.6 (65.5%)
28	<b>HERMAN Ireneusz</b>	<b>1118</b>	PENDOLINO TEAM	Master Mężczyzn	15	00:47:48	<b>01:27:03.05</b>	<b>01:27:03.05</b>	+00:30:22 (34.9%)	7:54	7.6 (65.5%)
29	<b>MOLITORYS Marek</b>	<b>1137</b>		Weteran Mężczyzn	3	00:49:20	<b>01:29:48.50</b>	<b>01:29:48.50</b>	+00:33:08 (36.9%)	8:09	7.3 (62.9%)
30	<b>KRZEMIŃSKA Anna</b>	<b>1146</b>		Senior Kobiet	4	00:54:50	<b>01:34:00.15</b>	<b>01:34:00.15</b>	+00:37:20 (39.7%)	8:32	7 (60.3%)
31	<b>MATAN-KLIMKIEWICZ Magdalena</b>	<b>1158</b>		Master Kobiet	3	00:50:54	<b>01:34:40.80</b>	<b>01:34:40.80</b>	+00:38:00 (40.1%)	8:36	7 (60.3%)
32	<b>SOCHAJ Monika</b>	<b>1122</b>		Senior Kobiet	5	00:52:20	<b>01:34:40.90</b>	<b>01:34:40.90</b>	+00:38:00 (40.1%)	8:36	7 (60.3%)
33	<b>WRÓBEL Paweł</b>	<b>1139</b>		Master Mężczyzn	16	00:51:32	<b>01:34:59.80</b>	<b>01:34:59.80</b>	+00:38:19 (40.3%)	8:38	6.9 (59.5%)
34	<b>DZIERŻĘGA Justyna</b>	<b>1109</b>		Senior Kobiet	6	00:51:01	<b>01:35:02.00</b>	<b>01:35:02.00</b>	+00:38:21 (40.4%)	8:38	6.9 (59.5%)
35	<b>PLATA Alina</b>	<b>1159</b>		Senior Kobiet	7	00:51:36	<b>01:36:31.70</b>	<b>01:36:31.70</b>	+00:39:51 (41.3%)	8:46	6.8 (58.6%)
36	<b>MICHALSKA Ewa</b>	<b>1144</b>		Master Kobiet	4	00:51:41	<b>01:37:26.80</b>	<b>01:37:26.80</b>	+00:40:46 (41.8%)	8:51	6.8 (58.6%)
37	<b>ŁYSIAK Marta</b>	<b>1142</b>		Master Kobiet	5	00:52:39	<b>01:41:33.70</b>	<b>01:41:33.70</b>	+00:44:53 (44.2%)	9:13	6.5 (56.0%)
38	<b>SIZOVA Anna</b>	<b>1127</b>		Senior Kobiet	8	00:55:05	<b>01:42:01.35</b>	<b>01:42:01.35</b>	+00:45:21 (44.5%)	9:16	6.5 (56.0%)

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39	<b>TOMASZEWSKA-ŁOŚ Ilona</b>	<b>41</b>		Master Kobiet	6	00:55:55	<b>01:43:32.50</b>	<b>01:43:32.50</b>	+00:46:52 (45.3%)	9:24	6.4 (55.2%)
40	<b>BARTOSIEWICZ Karolina</b>	<b>1112</b>		Senior Kobiet	9	00:57:15	<b>01:46:10.35</b>	<b>01:46:10.35</b>	+00:49:30 (46.6%)	9:39	6.2 (53.4%)
41	<b>PYTEL Kamila</b>	<b>1150</b>		Senior Kobiet	10	00:57:10	<b>01:46:11.45</b>	<b>01:46:11.45</b>	+00:49:31 (46.6%)	9:39	6.2 (53.4%)
42	<b>GROŃSKA Karolina</b>	<b>1111</b>		Senior Kobiet	11	00:57:20	<b>01:46:12.05</b>	<b>01:46:12.05</b>	+00:49:31 (46.6%)	9:39	6.2 (53.4%)
43	<b>HOŁUJ Barbara</b>	<b>1104</b>		Weteran Kobiet	1	00:56:45	<b>01:46:33.75</b>	<b>01:46:33.75</b>	+00:49:53 (46.8%)	9:41	6.2 (53.4%)
44	<b>OGRODNIK Jakub</b>	<b>22</b>		Master Mężczyzn	17	01:01:20	<b>01:48:27.50</b>	<b>01:48:27.50</b>	+00:51:47 (47.8%)	9:51	6.1 (52.6%)
45	<b>GUSTAW Agnieszka</b>	<b>1105</b>	PZU SPORT TEAM	Master Kobiet	7	00:56:49	<b>01:50:36.50</b>	<b>01:50:36.50</b>	+00:53:56 (48.8%)	10:03	6 (51.7%)
46	<b>PAKUŁA Aneta</b>	<b>1119</b>		Master Kobiet	8	00:56:53	<b>01:53:09.25</b>	<b>01:53:09.25</b>	+00:56:29 (49.9%)	10:17	5.8 (50.0%)
47	<b>PACZUSKA Eliza</b>	<b>1148</b>	8 BALL CROSS GYM CHEŁM	Master Kobiet	9	00:57:00	<b>01:53:09.45</b>	<b>01:53:09.45</b>	+00:56:29 (49.9%)	10:17	5.8 (50.0%)
48	<b>BURDA Monika</b>	<b>1113</b>		Weteran Kobiet	2	01:04:28	<b>01:53:53.60</b>	<b>01:53:53.60</b>	+00:57:13 (50.2%)	10:21	5.8 (50.0%)
49	<b>BUBISZ Danuta</b>	<b>1126</b>		Master Kobiet	10	01:06:46	<b>01:57:08.20</b>	<b>01:57:08.20</b>	+01:00:28 (51.6%)	10:38	5.6 (48.3%)
50	<b>SZAROMA Joanna</b>	<b>1141</b>		Master Kobiet	11	01:06:23	<b>01:58:11.00</b>	<b>01:58:11.00</b>	+01:01:30 (52.1%)	10:44	5.6 (48.3%)
51	<b>CHRYŚCINA Agnieszka</b>	<b>1143</b>		Weteran Kobiet	3	01:04:36	<b>01:58:29.20</b>	<b>01:58:29.20</b>	+01:01:49 (52.2%)	10:46	5.6 (48.3%)
52	<b>ROZMUS Anna</b>	<b>1149</b>		Senior Kobiet	12	01:03:02	<b>01:58:30.45</b>	<b>01:58:30.45</b>	+01:01:50 (52.2%)	10:46	5.6 (48.3%)
53	<b>BOJANOWSKA Joanna</b>	<b>1124</b>		Weteran Kobiet	4	01:02:48	<b>01:59:39.90</b>	<b>01:59:39.90</b>	+01:02:59 (52.6%)	10:52	5.5 (47.4%)
<b>Przekroczony limit czasu: 02:00:00</b>											
54	<b>BIELICKA Marta</b>	<b>1121</b>	HAJDAAA	Master Kobiet	12	01:05:44	<b>02:01:11.30</b>	<b>02:01:11.30</b>	+01:04:31 (53.2%)	11:01	5.4 (46.6%)
55	<b>ŻARNICKA Anna</b>	<b>1116</b>		Master Kobiet	13	01:07:02	<b>02:01:19.00</b>	<b>02:01:19.00</b>	+01:04:38 (53.3%)	11:01	5.4 (46.6%)
56	<b>BOJANOWSKA Ewa</b>	<b>1128</b>		Senior Kobiet	13	01:06:54	<b>02:02:24.40</b>	<b>02:02:24.40</b>	+01:05:44 (53.7%)	11:07	5.4 (46.6%)
57	<b>PARTYKA Agnieszka</b>	<b>1108</b>	KB HARCOWNIK JELCZ-LASKOWICE	Master Kobiet	14	01:10:39	<b>02:05:20.20</b>	<b>02:05:20.20</b>	+01:08:40 (54.8%)	11:23	5.3 (45.7%)
58	<b>ŁOZIENKO Anna</b>	<b>1130</b>	KB HARCOWNIK JELCZ-LASKOWICE	Senior Kobiet	14	01:20:52	<b>02:39:28.70</b>	<b>02:39:28.70</b>	+01:42:48 (64.5%)	14:29	4.1 (35.3%)
59	<b>ROSIŃSKA Monika</b>	<b>9</b>	WYBIEGAJ SIEBIE	Weteran Kobiet	5	01:24:49	<b>02:41:35.90</b>	<b>02:41:35.90</b>	+01:44:55 (64.9%)	14:41	4.1 (35.3%)

Znaleziono 59 wynik(ów)