

## EFB 11 - SZALONA JEDENASTKA

Organizator: Fundacja Na Ratunek  
Data: 2022-06-25  
Miejsce: Krynica Zdrój  
Dystans: 11 km  
Klasyfikacja wg czasów brutto.



### EFB 11 - SZALONA JEDENASTKA, OPEN

| M-ce | Nazwisko i imię         | Nr   | Klub                             | M-scowość       | Kraj | Kat.             | M. kat | K/M  | Bieg | 0.2km    | 5.5km    | Netto       | Brutto      | min/km | km/h |
|------|-------------------------|------|----------------------------------|-----------------|------|------------------|--------|------|------|----------|----------|-------------|-------------|--------|------|
| 1    | WYDRA JAN               | 8092 |                                  |                 | POL  | WETERAN MĘŻCZYZN | 1      | M 1  |      | 00:00:38 | 00:27:16 | 00:49:27.50 | 00:49:27.50 | 4:29   | 13.3 |
| 2    | BRONIATOWSKI MACIEJ     | 3082 | S-TEAM                           | ZIELONKI        | POL  | SENIOR MĘŻCZYZN  | 1      | M 2  |      | 00:00:38 | 00:28:32 | 00:51:09.95 | 00:51:09.95 | 4:39   | 12.9 |
| 3    | WRÓBEL PRZEMYSŁAW       | 3042 |                                  | STRYSZÓW        | POL  | MASTER MĘŻCZYZN  | 1      | M 3  |      | 00:00:39 | 00:29:33 | 00:52:23.05 | 00:52:23.05 | 4:45   | 12.6 |
| 4    | MALEC ŁUKASZ            | 3029 | NIEDZICA TEAM                    | NIEDZICA        | POL  | MASTER MĘŻCZYZN  | 2      | M 4  |      | 00:00:41 | 00:29:36 | 00:52:55.60 | 00:52:55.60 | 4:48   | 12.5 |
| 5    | TARASEK DARIUSZ         | 3044 | SEVEN7                           | NOWY SACZ       | POL  | MASTER MĘŻCZYZN  | 3      | M 5  |      | 00:00:42 | 00:30:03 | 00:53:20.00 | 00:53:20.00 | 4:50   | 12.4 |
| 6    | PAŁAKA KACPER           | 8070 |                                  |                 | POL  | SENIOR MĘŻCZYZN  | 2      | M 6  |      | 00:00:42 | 00:31:14 | 00:56:07.70 | 00:56:07.70 | 5:06   | 11.8 |
| 7    | SURÓWKA PAULINA         | 8093 |                                  |                 | POL  | SENIOR KOBIET    | 1      | K 1  |      | 00:00:42 |          | 00:58:09.85 | 00:58:09.85 | 5:17   | 11.3 |
| 8    | CZUBA WOJCIECH          | 3073 | UKS WOJOWNIK POWROŹNIK           | POWROŹNIK       | POL  | MASTER MĘŻCZYZN  | 4      | M 7  |      | 00:00:41 | 00:33:03 | 00:58:40.10 | 00:58:40.10 | 5:20   | 11.3 |
| 9    | PAŁKA MARIUSZ           | 3081 | KB PARANTELA                     | LIMANOWA        | POL  | MASTER MĘŻCZYZN  | 5      | M 8  |      | 00:00:42 | 00:33:59 | 00:59:44.45 | 00:59:44.45 | 5:25   | 11   |
| 10   | PASTOROVÁ PETRA         | 3004 | MK SEITL OSTRAVA                 | OSTRAVA         | CZE  | MASTER KOBIET    | 1      | K 2  |      | 00:00:44 | 00:33:57 | 00:59:53.70 | 00:59:53.70 | 5:26   | 11   |
| 11   | TARGOSZ MICHAŁ          | 3064 | #ADAMCZERWIŃSKITEAM              | KRAKÓW          | POL  | MASTER MĘŻCZYZN  | 6      | M 9  |      | 00:00:41 | 00:34:19 | 01:00:22.70 | 01:00:22.70 | 5:29   | 10.9 |
| 12   | KOZIARSKI MATEUSZ       | 8082 |                                  |                 | POL  | SENIOR MĘŻCZYZN  | 3      | M 10 |      | 00:00:38 | 00:33:41 | 01:02:33.15 | 01:02:33.15 | 5:41   | 10.6 |
| 13   | DARŁAK ŁUKASZ           | 8087 |                                  |                 | POL  | SENIOR MĘŻCZYZN  | 4      | M 11 |      | 00:00:44 | 00:34:47 | 01:03:41.05 | 01:03:41.05 | 5:47   | 10.4 |
| 14   | PACHURA KINGA           | 8095 | ULTRA BABIA                      | MSZANA DOLNA    | POL  | WETERAN KOBIET   | 1      | K 3  |      | 00:00:41 | 00:36:09 | 01:03:41.40 | 01:03:41.40 | 5:47   | 10.4 |
| 15   | SĘDZIK KINGA            | 3046 | MOK MSZANA DOLNA                 | TYMBARK         | POL  | SENIOR KOBIET    | 2      | K 4  |      | 00:00:44 | 00:36:50 | 01:04:15.30 | 01:04:15.30 | 5:50   | 10.3 |
| 16   | FILAS WITOLD            | 1125 |                                  |                 | POL  | DIAMENT MĘŻCZYZN | 1      | M 12 |      | 00:00:48 | 00:36:06 | 01:04:39.35 | 01:04:39.35 | 5:52   | 10.2 |
| 17   | WINIARCZYK-JADACH BEATA | 3001 |                                  | KRAKÓW          | POL  | MASTER KOBIET    | 2      | K 5  |      | 00:00:47 | 00:37:18 | 01:05:19.70 | 01:05:19.70 | 5:56   | 10.1 |
| 18   | WYSOCKI MARCIN          | 3083 | POLPLAST BIEGA                   | SKRZYŃKA        | POL  | WETERAN MĘŻCZYZN | 2      | M 13 |      | 00:00:47 | 00:36:52 | 01:05:42.75 | 01:05:42.75 | 5:58   | 10   |
| 19   | JAROSZ JAKUB            | 3049 | AKADEMIA SPORTU<br>KRYNICA-ZDRÓJ | KRYNICA-ZDRÓJ   | POL  | SENIOR MĘŻCZYZN  | 5      | M 14 |      | 00:00:57 | 00:35:10 | 01:06:30.50 | 01:06:30.50 | 6:02   | 9.9  |
| 20   | WIERNIEK TOMEK          | 8086 |                                  |                 |      | WETERAN MĘŻCZYZN | 3      | M 15 |      | 00:00:44 | 00:38:50 | 01:07:41.05 | 01:07:41.05 | 6:09   | 9.8  |
| 21   | KONOPKA KRYSZTIAN       | 3048 |                                  | NOWY SACZ       | POL  | MASTER MĘŻCZYZN  | 7      | M 16 |      | 00:00:48 | 00:38:27 | 01:09:13.95 | 01:09:13.95 | 6:17   | 9.5  |
| 22   | MOSKOWICZ STEFAN        | 3015 | PRZEMYSKI KLUB BIEGACZA          | MŁODOWICE       | POL  | DIAMENT MĘŻCZYZN | 2      | M 17 |      | 00:00:48 | 00:38:43 | 01:09:27.30 | 01:09:27.30 | 6:18   | 9.5  |
| 23   | MURAS ARKADIUSZ         | 3058 | POLICJA ŻORY                     | ŻORY            | POL  | WETERAN MĘŻCZYZN | 4      | M 18 |      | 00:01:12 |          | 01:11:08.95 | 01:11:08.95 | 6:28   | 9.3  |
| 24   | BRYTAŃCZYK MATEUSZ      | 3060 |                                  | KRAKÓW          | POL  | SENIOR MĘŻCZYZN  | 6      | M 19 |      | 00:00:48 | 00:38:17 | 01:11:16.05 | 01:11:16.05 | 6:28   | 9.3  |
| 25   | DZIAŁO ADRIAN           | 3021 | BORGWARNER RUNNING TEAM          | RADOMYŚL WIELKI | POL  | SENIOR MĘŻCZYZN  | 7      | M 20 |      | 00:00:52 | 00:40:37 | 01:11:27.80 | 01:11:27.80 | 6:29   | 9.2  |
| 26   | GOLENIA BARTOSZ         | 3020 | BORGWARNER RUNNING TEAM          | RAKSZAWA        | POL  | SENIOR MĘŻCZYZN  | 8      | M 21 |      | 00:01:04 | 00:40:24 | 01:11:27.95 | 01:11:27.95 | 6:29   | 9.2  |
| 27   | CHOWANIEC DAMIAN        | 8056 |                                  |                 | POL  | MASTER MĘŻCZYZN  | 8      | M 22 |      | 00:00:43 | 00:40:00 | 01:13:30.55 | 01:13:30.55 | 6:40   | 9    |
| 28   | KORDYL WALDEMAR         | 3076 | AZS AWF KRAKÓW MASTERS           | KRAKÓW          | POL  | WETERAN MĘŻCZYZN | 5      | M 23 |      | 00:01:01 | 00:41:18 | 01:13:30.60 | 01:13:30.60 | 6:40   | 9    |
| 29   | TUCHOŁKA MARTA          | 2251 |                                  | KRAKÓW          | POL  | MASTER KOBIET    | 3      | K 6  |      | 00:00:57 | 00:42:37 | 01:14:13.70 | 01:14:13.70 | 6:44   | 8.9  |
| 30   | SZOSTEK KRZYSZTOF       | 3022 | BORGWARNER RUNNING TEAM          | RZESZÓW         | POL  | MASTER MĘŻCZYZN  | 9      | M 24 |      | 00:00:52 |          | 01:15:51.55 | 01:15:51.55 | 6:53   | 8.7  |
| 31   | KSIĄŻEK GRZEGORZ        | 3071 | ITMBW KRAKÓW                     | KRAKÓW          | POL  | WETERAN MĘŻCZYZN | 6      | M 25 |      | 00:00:53 | 00:41:51 | 01:18:32.20 | 01:18:32.20 | 7:08   | 8.4  |
| 32   | GRUCHAŁA ADAM           | 3051 |                                  | ZĄBKI           | POL  | MASTER MĘŻCZYZN  | 10     | M 26 |      | 00:00:58 | 00:46:07 | 01:19:22.35 | 01:19:22.35 | 7:12   | 8.3  |
| 33   | DUŻY KAROL              | 3018 | TEAM PAPRY                       | TYCHY           | POL  | MASTER MĘŻCZYZN  | 11     | M 27 |      | 00:01:06 | 00:44:53 | 01:19:24.20 | 01:19:24.20 | 7:13   | 8.3  |
| 34   | PANEK MAREK             | 3026 | BORGWARNER RUNNING TEAM          | KOPANIE         | POL  | SENIOR MĘŻCZYZN  | 9      | M 28 |      | 00:01:04 | 00:45:03 | 01:19:47.40 | 01:19:47.40 | 7:15   | 8.3  |
| 35   | RAJCZAK ŁUKASZ          | 3054 |                                  | KRYNICA-ZDRÓJ   | POL  | MASTER MĘŻCZYZN  | 12     | M 29 |      | 00:00:58 | 00:41:53 | 01:20:45.60 | 01:20:45.60 | 7:20   | 8.2  |
| 36   | DUDEK ARKADIUSZ         | 3059 |                                  | HUMNISKA        | POL  | WETERAN MĘŻCZYZN | 7      | M 30 |      | 00:00:58 | 00:44:57 | 01:21:03.25 | 01:21:03.25 | 7:22   | 8.1  |
| 37   | GRYBÓŚ ZBIGNIEW         | 3033 |                                  | GRYBÓW          | POL  | WETERAN MĘŻCZYZN | 8      | M 31 |      | 00:00:48 | 00:44:35 | 01:22:25.30 | 01:22:25.30 | 7:29   | 8    |
| 38   | KOPROWSKA BARBARA       | 3017 |                                  | POZNAN          | POL  | WETERAN KOBIET   | 2      | K 7  |      | 00:01:02 | 00:45:10 | 01:22:39.05 | 01:22:39.05 | 7:30   | 8    |
| 39   | KĄLUZIŃSKI BOGDAN       | 3069 |                                  | SZCZAWNIK       | POL  | WETERAN MĘŻCZYZN | 9      | M 32 |      | 00:01:05 | 00:46:30 | 01:24:48.55 | 01:24:48.55 | 7:42   | 7.8  |
| 40   | ISKRZYCKA EWELINA       | 3070 |                                  | CZUDEK/MUSZYNA  | POL  | MASTER KOBIET    | 4      | K 8  |      | 00:01:05 | 00:46:34 | 01:24:48.65 | 01:24:48.65 | 7:42   | 7.8  |
| 41   | MŁOCKA AGATA            | 3038 |                                  | PRUSZKÓW        | POL  | MASTER KOBIET    | 5      | K 9  |      | 00:01:03 | 00:47:41 | 01:25:03.40 | 01:25:03.40 | 7:43   | 7.8  |
| 42   | KORZENIOWSKA JOANNA     | 3030 | UMCS BIEGA                       | LUBLIN          | POL  | MASTER KOBIET    | 6      | K 10 |      | 00:00:54 | 00:46:55 | 01:25:11.15 | 01:25:11.15 | 7:44   | 7.7  |
| 43   | DOBROWOLSKA KATARZYNA   | 3052 |                                  | KIELCE          | POL  | WETERAN KOBIET   | 3      | K 11 |      | 00:00:58 | 00:42:07 | 01:25:17.75 | 01:25:17.75 | 7:45   | 7.7  |
| 44   | SULICKI ANDRZEJ         | 3039 |                                  | PRUSZKÓW        | POL  | MASTER MĘŻCZYZN  | 13     | M 33 |      | 00:01:03 | 00:47:42 | 01:25:25.85 | 01:25:25.85 | 7:45   | 7.7  |
| 45   | PILCH MAREK             | 3063 | GŁOS SENIORA                     | KRAKÓW          | POL  | DIAMENT MĘŻCZYZN | 3      | M 34 |      | 00:01:01 | 00:47:07 | 01:26:41.70 | 01:26:41.70 | 7:52   | 7.6  |

**EFB 11 - SZALONA JEDENASTKA, OPEN c.d.**

| M-ce | Nazwisko i imię       | Nr   | Klub                                     | M-scowość      | Kraj | Kat.             | M. kat | K/M  | Bieg | 0.2km    | 5.5km    | Netto       | Brutto      | min/km | km/h |
|------|-----------------------|------|--|----------------|------|------------------|--------|------|------|----------|----------|-------------|-------------|--------|------|
| 46   | SZOZDA DAMIAN         | 8069 |  |                | POL  | SENIOR MĘŻCZYZN  | 10     | M 35 |      | 00:01:04 | 00:47:47 | 01:27:45.00 | 01:27:45.00 | 7:58   | 7.5  |
| 47   | ZIOMEK JAROSŁAW       | 3005 |  | TARNÓW         | POL  | MASTER MĘŻCZYZN  | 14     | M 36 |      | 00:01:04 | 00:49:22 | 01:27:51.05 | 01:27:51.05 | 7:59   | 7.5  |
| 48   | PASTUCHA ANNA         | 3006 |  | KRAPKOWICE     | POL  | DIAMENT KOBIET   | 1      | K 12 |      | 00:00:54 | 00:50:02 | 01:28:05.40 | 01:28:05.40 | 8:00   | 7.5  |
| 49   | BŁASZAK MONIKA        | 3050 |  | KRAKÓW         | POL  | SENIOR KOBIET    | 3      | K 13 |      | 00:01:02 | 00:48:50 | 01:28:29.85 | 01:28:29.85 | 8:02   | 7.5  |
| 50   | CYRAN ANDRZEJ         | 8059 |  |                | POL  | WETERAN MĘŻCZYZN | 10     | M 37 |      | 00:01:10 | 00:47:00 | 01:28:32.60 | 01:28:32.60 | 8:02   | 7.5  |
| 51   | PISANIAK DARIUSZ      | 3027 | BORGWARNER RUNNING TEAM                  | RZESZOW        | POL  | WETERAN MĘŻCZYZN | 11     | M 38 |      | 00:01:08 | 00:47:03 | 01:28:54.50 | 01:28:54.50 | 8:04   | 7.4  |
| 52   | GADOMSKI PIOTR        | 3016 |  | CZERWONAK      | POL  | WETERAN MĘŻCZYZN | 12     | M 39 |      | 00:01:01 | 00:45:27 | 01:29:06.30 | 01:29:06.30 | 8:06   | 7.4  |
| 53   | ZELENÁK KAMIL         | 3067 | ZAMAGURSKÍ BEŽCI                         | KOŠICE         | SVK  | MASTER MĘŻCZYZN  | 15     | M 40 |      | 00:01:05 | 00:50:26 | 01:30:02.25 | 01:30:02.25 | 8:11   | 7.3  |
| 54   | OLESIAK BEATA         | 8043 |  | KRAKÓW         | POL  | MASTER KOBIET    | 7      | K 14 |      | 00:01:13 | 00:52:25 | 01:31:00.35 | 01:31:00.35 | 8:16   | 7.3  |
| 55   | TUREK ŁUKASZ          | 3008 |  | KRYNICA ZDRÓJ  | POL  | MASTER MĘŻCZYZN  | 16     | M 41 |      | 00:01:03 | 00:49:13 | 01:31:41.25 | 01:31:41.25 | 8:20   | 7.2  |
| 56   | ROGOZIŃSKI ARTUR      | 3013 | ULTRAZABIEGANY                           | BINAROWA       | POL  | WETERAN MĘŻCZYZN | 13     | M 42 |      | 00:01:03 | 00:51:58 | 01:32:34.00 | 01:32:34.00 | 8:24   | 7.1  |
| 57   | ROGOZIŃSKA MAŁGORZATA | 3012 | ULTRA ZABIEGANA                          | BINAROWA       | POL  | WETERAN KOBIET   | 4      | K 15 |      | 00:01:03 | 00:52:10 | 01:32:35.80 | 01:32:35.80 | 8:25   | 7.1  |
| 58   | ZIAJA ALEKSANDRA      | 3057 |  | JAWORZNO       | POL  | MASTER KOBIET    | 8      | K 16 |      | 00:01:00 | 00:51:39 | 01:34:08.10 | 01:34:08.10 | 8:33   | 7    |
| 59   | MROZIEWICZ MARCIN     | 3040 |  | LEGIONOWO      | POL  | MASTER MĘŻCZYZN  | 17     | M 43 |      | 00:00:57 | 00:51:46 | 01:34:08.30 | 01:34:08.30 | 8:33   | 7    |
| 60   | KOWALCZYK TADEUSZ     | 3080 |  | KRAKÓW         | POL  | DIAMENT MĘŻCZYZN | 4      | M 44 |      | 00:01:02 | 00:53:06 | 01:36:16.70 | 01:36:16.70 | 8:45   | 6.9  |
| 61   | STRYSZYK IZABELA      | 3010 |  | NOWE OBORZYSKA | POL  | SENIOR KOBIET    | 4      | K 17 |      | 00:00:59 | 00:54:12 | 01:36:17.80 | 01:36:17.80 | 8:45   | 6.9  |
| 62   | MALEC WOJCIECH        | 3036 | GALOOUJACE DZDZOWNICE                    | SUSIEC         | POL  | SENIOR MĘŻCZYZN  | 11     | M 45 |      | 00:01:07 | 00:54:17 | 01:36:18.25 | 01:36:18.25 | 8:45   | 6.9  |
| 63   | GRZYBOWSKA SYLWIA     | 3055 | PRZEMYSKI KLUB BIEGACZA,<br>PARASTYLE.PL | PRZEMYSŁ       | POL  | WETERAN KOBIET   | 5      | K 18 |      | 00:01:15 | 00:55:58 | 01:39:32.00 | 01:39:32.00 | 9:02   | 6.6  |
| 64   | BROSZKIEWICZ ANNA     | 3043 | GLOBAL NATUREON BOCHNIA<br>BIEGA TEAM    | BOCHNIA        | POL  | WETERAN KOBIET   | 6      | K 19 |      | 00:01:00 | 00:56:57 | 01:41:47.45 | 01:41:47.45 | 9:15   | 6.5  |
| 65   | BRZEZIŃSKA AGNIESZKA  | 3061 |  | GDAŃSK         | POL  | WETERAN KOBIET   | 7      | K 20 |      | 00:01:03 | 00:56:20 | 01:41:48.50 | 01:41:48.50 | 9:15   | 6.5  |
| 66   | FIEDOROWICZ KORNELIA  | 3079 |  | NIEPOŁOMICE    | POL  | SENIOR KOBIET    | 5      | K 21 |      | 00:01:16 | 00:57:53 | 01:44:07.15 | 01:44:07.15 | 9:27   | 6.3  |
| 67   | FIEDOROWICZ MARCIN    | 3078 |  | NIEPOŁOMICE    | POL  | MASTER MĘŻCZYZN  | 18     | M 46 |      | 00:01:20 | 00:57:48 | 01:44:09.80 | 01:44:09.80 | 9:28   | 6.3  |
| 68   | URBANIK ANNA          | 3014 |  | DĘBICA         | POL  | WETERAN KOBIET   | 8      | K 22 |      | 00:01:00 | 00:58:09 | 01:47:28.10 | 01:47:28.10 | 9:46   | 6.1  |
| 69   | WIERCHOŁA JOANNA      | 8012 |  | LUBLIN         | POL  | DIAMENT KOBIET   | 2      | K 23 |      | 00:01:14 | 00:57:39 | 01:47:40.50 | 01:47:40.50 | 9:47   | 6.1  |
| 70   | ROHAN IWONA           | 3047 | PRZEMYSKI KLUB BIEGACZA                  | PRZEMYSŁ       | POL  | MASTER KOBIET    | 9      | K 24 |      | 00:01:15 | 00:56:34 | 01:47:53.10 | 01:47:53.10 | 9:48   | 6.1  |
| 71   | NIEMIEC MARTA         | 3075 |  | KRYNICA-ZDRÓJ  | POL  | DIAMENT KOBIET   | 3      | K 25 |      | 00:01:02 | 01:00:01 | 01:48:41.55 | 01:48:41.55 | 9:52   | 6.1  |
| 72   | STRADOMSKI ROMAN      | 8078 |  |                | POL  | WETERAN MĘŻCZYZN | 14     | M 47 |      | 00:01:03 | 01:02:36 | 01:55:00.20 | 01:55:00.20 | 10:27  | 5.7  |
| 73   | PETROVA JANA          | 3072 | AUTOSERVIS ERIKA                         | KOŠICE         | SVK  | MASTER KOBIET    | 10     | K 26 |      | 00:01:06 | 01:09:53 | 01:58:00.35 | 01:58:00.35 | 10:43  | 5.6  |
| 74   | KLEMOVÁ MARTINA       | 3068 | ZAMAGURSKÍ BEŽCI                         | KOŠICE         | SVK  | WETERAN KOBIET   | 9      | K 27 |      | 00:01:06 | 01:09:57 | 02:03:56.70 | 02:03:56.70 | 11:16  | 5.3  |
| 75   | PIETRASZEK EWA        | 3034 | KOBIETY WATAHY                           | CHORZÓW        | POL  | WETERAN KOBIET   | 10     | K 28 |      | 00:01:24 |          | 02:24:38.60 | 02:24:38.60 | 13:08  | 4.6  |
| 76   | WOŹNIAK ANNA          | 3035 | KOBIETY WATAHY                           | BYTOM          | POL  | WETERAN KOBIET   | 11     | K 29 |      | 00:01:24 |          | 02:24:38.80 | 02:24:38.80 | 13:08  | 4.6  |
| 77   | ROSINSKA MONIKA       | 3041 | WYBIEGAJ SIEBIE                          | WARSZAWA       | POL  | WETERAN KOBIET   | 12     | K 30 |      | 00:00:59 |          | 02:37:17.20 | 02:37:17.20 | 14:17  | 4.2  |