

## INOV-8 LHOTSE RUN

Organizator: Fundacja Bieg Rzeźnika  
Data: 2023-09-09  
Miejsce: Łądek Zdrój  
Dystans: 8.5 km  
Klasyfikacja wg czasów brutto.

**B4SPORT**  
INTELEGENNE ZAWODY SPORTOWE



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### INOV-8 LHOTSE RUN, OPEN

| M-ce | Nazwisko i imię               | Nr | Klub                       | M-scowość           | Kraj | Kat.   | M. kat | K/M  | Netto       | Brutto      | min/km | km/h |
|------|-------------------------------|----|----------------------------|---------------------|------|--------|--------|------|-------------|-------------|--------|------|
| 1    | BROJ MARCEL                   | 60 | BROJ TEAM ŻLINICE          | ŻLINICE             | POL  | OPEN M | 1      | M 1  | 00:39:11.00 | 00:39:11.00 | 4:36   | 13   |
| 2    | DZIERWA MARCIN                | 70 | NOWA HUTA TEAM             | KRAKÓW              | POL  | OPEN M | 2      | M 2  | 00:41:38.00 | 00:41:38.00 | 4:53   | 12.2 |
| 3    | KITA MICHAŁ                   | 35 | PĘDZĄCY W MIEJSCU          | WROCŁAW             | POL  | OPEN M | 3      | M 3  | 00:42:27.00 | 00:42:27.00 | 4:59   | 12   |
| 4    | NOWACKI MATEUSZ               | 16 | PRZEDWOJEWSKI TEAM         | STRONIE ŚLĄSKIE     | POL  | OPEN M | 4      | M 4  | 00:43:03.00 | 00:43:03.00 | 5:03   | 11.8 |
| 5    | BAKALARZ EMIL                 | 54 | WKW                        | WROCŁAW             | POL  | OPEN M | 5      | M 5  | 00:46:51.00 | 00:46:51.00 | 5:30   | 10.9 |
| 6    | FRANASZCZUK WOJCIECH          | 14 | KB SOBÓTKA                 | SOBÓTKA             | POL  | OPEN M | 6      | M 6  | 00:47:37.00 | 00:47:37.00 | 5:36   | 10.7 |
| 7    | PAJAŁ ALAN                    | 75 |                            | NOWY WALISZÓW       | POL  | OPEN M | 7      | M 7  | 00:47:39.00 | 00:47:39.00 | 5:36   | 10.7 |
| 8    | NELL RUPERT                   | 82 |                            | RABKA ZDROJ         | POL  | OPEN M | 8      | M 8  | 00:48:05.00 | 00:48:05.00 | 5:39   | 10.6 |
| 9    | BIRECKI MACIEJ                | 59 |                            | JĘDRZYCHÓW          | POL  | OPEN M | 9      | M 9  | 00:48:36.00 | 00:48:36.00 | 5:43   | 10.5 |
| 10   | ŁOPATYŃSKI IRENEUSZ           | 84 | REMA SPORT TEAM            | ŁADEK ZDRÓJ         | POL  | OPEN M | 10     | M 10 | 00:50:19.00 | 00:50:19.00 | 5:55   | 10.1 |
| 11   | WĘGLARZ CZESŁAW               | 34 |                            | KĘDZIERZYN-KOZŁE    | POL  | OPEN M | 11     | M 11 | 00:50:42.00 | 00:50:42.00 | 5:57   | 10.1 |
| 12   | NIEZGÓDKA TOMASZ              | 83 | TEAM DFBG                  | WROCŁAW             | POL  | OPEN M | 12     | M 12 | 00:51:11.00 | 00:51:11.00 | 6:01   | 10   |
| 13   | WACŁAWSKI JACEK               | 74 |                            | GLIWICE             | POL  | OPEN M | 13     | M 13 | 00:51:16.00 | 00:51:16.00 | 6:01   | 9.9  |
| 14   | CIESZYŃSKI PIOTR              | 78 |                            | POZNAŃ              | POL  | OPEN M | 14     | M 14 | 00:51:18.00 | 00:51:18.00 | 6:02   | 9.9  |
| 15   | DERENCZ MICHAŁ                | 4  | AKTYWNA NOWA RUDA          | TLUMACZÓW           | POL  | OPEN M | 15     | M 15 | 00:51:45.00 | 00:51:45.00 | 6:05   | 9.9  |
| 16   | SOŁOP OLEKSANDR               | 64 | TRICLUB                    | WARSZAWA            | POL  | OPEN M | 16     | M 16 | 00:52:00.00 | 00:52:00.00 | 6:07   | 9.8  |
| 17   | PACHURA KINGA                 | 61 |                            | MSZANA DOLNA        | POL  | OPEN K | 1      | K 1  | 00:53:23.00 | 00:53:23.00 | 6:16   | 9.6  |
| 18   | JASTRZĘBSKI BARTŁOMIEJ        | 44 |                            | ALBIGOWA            | POL  | OPEN M | 17     | M 17 | 00:53:24.00 | 00:53:24.00 | 6:16   | 9.6  |
| 19   | JESIONOWSKI PIOTR             | 45 |                            | BYSTRZYCA KŁODZKA   | POL  | OPEN M | 18     | M 18 | 00:55:22.00 | 00:55:22.00 | 6:30   | 9.2  |
| 20   | PRZERYWACZ JAKUB              | 49 | SUSKI KLUB LEKKOATLETYCZNY | LANCKORONA          | POL  | OPEN M | 19     | M 19 | 00:55:38.00 | 00:55:38.00 | 6:32   | 9.2  |
| 21   | SZPINEK MARCIN                | 62 |                            | WROCŁAW             | POL  | OPEN M | 20     | M 20 | 00:55:45.00 | 00:55:45.00 | 6:33   | 9.1  |
| 22   | SZAJDA MARCIN                 | 42 | IRRACJONALNIE MASZERUJĄCY  | WROCŁAW             | POL  | OPEN M | 21     | M 21 | 00:55:54.00 | 00:55:54.00 | 6:34   | 9.1  |
| 23   | OSMOLAK AGNIESZKA             | 19 |                            | WROCŁAW             | POL  | OPEN K | 2      | K 2  | 00:55:56.00 | 00:55:56.00 | 6:34   | 9.1  |
| 24   | LULLA MICHAŁ                  | 39 |                            | UNISŁAW             | POL  | OPEN M | 22     | M 22 | 00:55:59.00 | 00:55:59.00 | 6:35   | 9.1  |
| 25   | CZARNECKI SZYMON              | 2  | DOGONIĆ CZOŁÓWKĘ           | POZNAŃ              | POL  | OPEN M | 23     | M 23 | 00:56:51.00 | 00:56:51.00 | 6:41   | 9    |
| 26   | SZACH ANDRZEJ                 | 7  | 22KBPG                     | ŁADEK ZDRÓJ         | POL  | OPEN M | 24     | M 24 | 00:57:50.00 | 00:57:50.00 | 6:48   | 8.8  |
| 27   | DEMBNY MACIEJ                 | 31 |                            | ŁADEK-ZDRÓJ         | POL  | OPEN M | 25     | M 25 | 00:57:52.00 | 00:57:52.00 | 6:48   | 8.8  |
| 28   | WACHOWSKI ROBERT              | 47 |                            | POZNAŃ              | POL  | OPEN M | 26     | M 26 | 00:59:22.00 | 00:59:22.00 | 6:59   | 8.6  |
| 29   | WOJRACH MARCIN                | 85 |                            | STRONIE ŚLĄSKIE     | POL  | OPEN M | 27     | M 27 | 00:59:25.00 | 00:59:25.00 | 6:59   | 8.6  |
| 30   | BRESSA ZBIGNIEW               | 48 | 100 MARATON KLUB           | PACZKÓW             | POL  | OPEN M | 28     | M 28 | 00:59:34.00 | 00:59:34.00 | 7:00   | 8.6  |
| 31   | BUŁACIŃSKI FILIP              | 43 | BUŁACIŃSKI TEAM            | STRONIE ŚLĄSKIE     | POL  | OPEN M | 29     | M 29 | 00:59:41.00 | 00:59:41.00 | 7:01   | 8.5  |
| 32   | DURSKI ADAM                   | 24 |                            | POZNAŃ              | POL  | OPEN M | 30     | M 30 | 00:59:45.00 | 00:59:45.00 | 7:01   | 8.5  |
| 33   | CIEŻ MARCELINA                | 28 |                            | SUŁKOWICE           | POL  | OPEN K | 3      | K 3  | 00:59:46.00 | 00:59:46.00 | 7:01   | 8.5  |
| 34   | PIŁAT MICHAŁ                  | 6  | BRAK                       | BOLESŁAWIEC         | POL  | OPEN M | 31     | M 31 | 00:59:50.00 | 00:59:50.00 | 7:02   | 8.5  |
| 35   | WACHOWSKI WIESŁAW             | 41 |                            | GNIEZNO             | POL  | OPEN M | 32     | M 32 | 01:00:00.00 | 01:00:00.00 | 7:03   | 8.5  |
| 36   | JAZY SZYMON                   | 18 |                            | POZNAŃ              | POL  | OPEN M | 33     | M 33 | 01:00:02.00 | 01:00:02.00 | 7:03   | 8.5  |
| 37   | JASTRZĘBSKI MICHAŁ            | 11 | JASTRUN                    | WARSZAWA            | POL  | OPEN M | 34     | M 34 | 01:00:04.00 | 01:00:04.00 | 7:04   | 8.5  |
| 38   | WACH JAROSŁAW                 | 57 | SPYCHACZ Z WAŁBRZYCHA      | WAŁBRZYCH           | POL  | OPEN M | 35     | M 35 | 01:00:17.00 | 01:00:17.00 | 7:05   | 8.5  |
| 39   | ZAPOTOCZNY MARIUSZ            | 27 |                            | WROCŁAW             | POL  | OPEN M | 36     | M 36 | 01:00:22.00 | 01:00:22.00 | 7:06   | 8.4  |
| 40   | MARCINKOWSKI PIOTR            | 10 | OSW TRI TEAM               | OSTRÓW WIELKOPOLSKI | POL  | OPEN M | 37     | M 37 | 01:00:33.00 | 01:00:33.00 | 7:07   | 8.4  |
| 41   | OLEKSIAK PAWEŁ                | 51 |                            | WROCŁAW             | POL  | OPEN M | 38     | M 38 | 01:00:53.00 | 01:00:53.00 | 7:09   | 8.4  |
| 42   | BIENIASZ-KRZYWIEC MAKSYMILIAN | 66 |                            | GDAŃSK              | POL  | OPEN M | 39     | M 39 | 01:01:16.00 | 01:01:16.00 | 7:12   | 8.3  |
| 43   | ZUBRZAK JACEK                 | 17 |                            | ŁÓDZ                | POL  | OPEN M | 40     | M 40 | 01:01:37.00 | 01:01:37.00 | 7:14   | 8.3  |
| 44   | KOTYSZ WALDEMAR               | 40 |                            | OPOLE               | POL  | OPEN M | 41     | M 41 | 01:01:46.00 | 01:01:46.00 | 7:16   | 8.3  |
| 45   | RUSZKOWSKI DANIEL             | 52 |                            | ZDUŃSKA WOLA        | POL  | OPEN M | 42     | M 42 | 01:01:51.00 | 01:01:51.00 | 7:16   | 8.2  |
| 46   | SZPINEK STELLA                | 63 |                            | WROCŁAW             | POL  | OPEN K | 4      | K 4  | 01:01:59.00 | 01:01:59.00 | 7:17   | 8.2  |

**INOV-8 LHOTSE RUN, OPEN c.d.**

| M-ce | Nazwisko i imię          | Nr | Klub  | M-scowość           | Kraj | Kat.   | M. kat | K/M  | Netto       | Brutto      | min/km | km/h |
|------|--------------------------|----|---|---------------------|------|--------|--------|------|-------------|-------------|--------|------|
| 47   | GRUDZIĘN KATARZYNA       | 36 |   | GARBY               | POL  | OPEN K | 5      | K 5  | 01:02:16.00 | 01:02:16.00 | 7:19   | 8.2  |
| 48   | MICHAŁAK-KLIMCZAK LUCYNA | 76 |   | WROCŁAW             | POL  | OPEN K | 6      | K 6  | 01:03:17.00 | 01:03:17.00 | 7:26   | 8.1  |
| 49   | SEKIERZYŃSKI RADOSŁAW    | 5  | DRUŻYNA SZPIKU                              | POZNAŃ              | POL  | OPEN M | 43     | M 43 | 01:04:26.00 | 01:04:26.00 | 7:34   | 7.9  |
| 50   | LUBAK MARCIN             | 72 |   | OTWOCK              | POL  | OPEN M | 44     | M 44 | 01:08:01.00 | 01:08:01.00 | 8:00   | 7.5  |
| 51   | MICHAŁOWSKI MACIEJ       | 26 |   | GRABINY-ZAMECZEK    | POL  | OPEN M | 45     | M 45 | 01:09:53.00 | 01:09:53.00 | 8:13   | 7.3  |
| 52   | SOBIERAJSKI MARCIN       | 25 | KOŁO NAUKOWE BYDLA GYM                      | GNIEW               | POL  | OPEN M | 46     | M 46 | 01:09:57.00 | 01:09:57.00 | 8:13   | 7.3  |
| 53   | STACHOWICZ KATARZYNA     | 68 |   | PRZYGODZICE         | POL  | OPEN K | 7      | K 7  | 01:10:31.00 | 01:10:31.00 | 8:17   | 7.2  |
| 54   | STACHOWICZ MARCIN        | 69 |   | PRZYGODZICE         | POL  | OPEN M | 47     | M 47 | 01:10:32.00 | 01:10:32.00 | 8:17   | 7.2  |
| 55   | BUDNIOK BARBARA          | 77 |   | WARSZAWA            | POL  | OPEN K | 8      | K 8  | 01:12:05.00 | 01:12:05.00 | 8:28   | 7.1  |
| 56   | BOGALIŃSKA KATARZYNA     | 46 |   | NYSA                | POL  | OPEN K | 9      | K 9  | 01:12:07.00 | 01:12:07.00 | 8:29   | 7.1  |
| 57   | MIKŁAS MAGDALENA         | 79 |   | KRAKÓW              | POL  | OPEN K | 10     | K 10 | 01:12:08.00 | 01:12:08.00 | 8:29   | 7.1  |
| 58   | FURMANEK AGATA           | 71 |   | WARSZAWA            | POL  | OPEN K | 11     | K 11 | 01:12:09.00 | 01:12:09.00 | 8:29   | 7.1  |
| 59   | MATERA KRZYSZTOF         | 67 |   | POZNAŃ              | POL  | OPEN M | 48     | M 48 | 01:12:32.00 | 01:12:32.00 | 8:32   | 7    |
| 60   | ŁYCZBA BOGUSŁAW          | 80 |   | CZĘSTOCHOWA         | POL  | OPEN M | 49     | M 49 | 01:13:01.00 | 01:13:01.00 | 8:35   | 7    |
| 61   | FRONK JAROSŁAW           | 8  |   | TRZEBNICA           | POL  | OPEN M | 50     | M 50 | 01:13:02.00 | 01:13:02.00 | 8:35   | 7    |
| 62   | FORNALIK MAREK           | 12 |   | BĘDZIN              | POL  | OPEN M | 51     | M 51 | 01:13:04.00 | 01:13:04.00 | 8:35   | 7    |
| 63   | HENEL MARCIN             | 32 |   | GLUSZYCA            | POL  | OPEN M | 52     | M 52 | 01:14:04.00 | 01:14:04.00 | 8:42   | 6.9  |
| 64   | DROŹDZIEWICZ PIOTR       | 58 |   | DĄBROWA GÓRNICZA    | POL  | OPEN M | 53     | M 53 | 01:17:15.00 | 01:17:15.00 | 9:05   | 6.6  |
| 65   | MIKOŁAJCZYK AGATA        | 3  |   | WILKÓW              | POL  | OPEN K | 12     | K 12 | 01:17:19.00 | 01:17:19.00 | 9:05   | 6.6  |
| 66   | RAKOCZY IRENEUSZ         | 22 |   | ŁĄDEK-ZDRÓJ         | POL  | OPEN M | 54     | M 54 | 01:17:53.00 | 01:17:53.00 | 9:09   | 6.5  |
| 67   | WALCZAK MACIEJ           | 30 |   | BYDGOSZCZ           | POL  | OPEN M | 55     | M 55 | 01:18:55.00 | 01:18:55.00 | 9:17   | 6.5  |
| 68   | BRZEZIŃSKI ANDRZEJ       | 65 | LANRUNS                                     | OLKUSZ              | POL  | OPEN M | 56     | M 56 | 01:19:45.00 | 01:19:45.00 | 9:22   | 6.4  |
| 69   | ZUGAJ BARTEK             | 55 |   | KATOWICE            | POL  | OPEN M | 57     | M 57 | 01:19:47.00 | 01:19:47.00 | 9:23   | 6.4  |
| 70   | CHALCIŃSKA IZABELA       | 29 |   | OSTRÓW WIELKOPOLSKI | POL  | OPEN K | 13     | K 13 | 01:22:51.00 | 01:22:51.00 | 9:44   | 6.2  |
| 71   | BIENKOWSKA MAGDALENA     | 73 |   | WROCŁAW             | POL  | OPEN K | 14     | K 14 | 01:24:52.00 | 01:24:52.00 | 9:59   | 6    |
| 72   | KOKOSZKIEWICZ JAROSŁAW   | 53 | GRZYBIANY TEAM                              | GRZYBIANY           | POL  | OPEN M | 58     | M 58 | 01:24:55.00 | 01:24:55.00 | 9:59   | 6    |
| 73   | KOSTULSKA OLGA           | 56 | WKURW_TEAM                                  | TORUŃ               | POL  | OPEN K | 15     | K 15 | 01:38:48.00 | 01:38:48.00 | 11:37  | 5.2  |
| 74   | TRZYNA PAULA             | 38 | POLSKIE TOWARZYSTWO STWARDNIENIA ROZSIANEGO | CZĘSTOCHOWA         | POL  | OPEN K | 16     | K 16 | 24:41:49.00 | 24:41:49.00 | 174:19 | 0.3  |