



Klasyfikacja: Wszyscy

# WIOSENNY BIEG WSCHODZĄCEGO SŁOŃCA

B4SPORT

**Organizator:** Fundacja Kozica  
**Data:** 2023-06-10  
**Miejsce:** Stańcowa  
**Dystans:** 4,7 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 4.7km	Czas brutto 4.7km	Różn	Tempo min/km	Tempo km/h
1	LEPIARZ Sylwester	74	ALPIN SPORT TEAM	M1 (18-35)	1	00:36:48.00	00:36:48.00		7:49	7.7 (100%)
2	JAŚTAL Piotr	71	NON STOP TRAIL/LKB RUDNIK	M1 (18-35)	2	00:36:53.00	00:36:53.00	+00:00:05 (0.2%)	7:50	7.6 (98.7%)
3	DUDCZAK Michał	89	THE NORTH FACE	M1 (18-35)	3	00:37:01.00	00:37:01.00	+00:00:13 (0.6%)	7:52	7.6 (98.7%)
4	BROJ Marcel	25	BROJ TEAM ŻLINICE	M1 (18-35)	4	00:37:24.00	00:37:24.00	+00:00:36 (1.6%)	7:57	7.5 (97.4%)
5	BALIGA Cezary	92	HOKA GARMIN TEAM	M1 (18-35)	5	00:40:09.00	00:40:09.00	+00:03:21 (8.3%)	8:32	7 (90.9%)
6	KUNZ Marcin	42		M1 (18-35)	6	00:40:20.00	00:40:20.00	+00:03:32 (8.8%)	8:34	7 (90.9%)
7	MAGERCAK Milos	96	DYNAMECKO	M1 (18-35)	7	00:41:44.00	00:41:44.00	+00:04:56 (11.8%)	8:52	6.8 (88.3%)
8	TUKA Michał	69	SKIALPINISTA.SK	M1 (18-35)	8	00:42:57.00	00:42:57.00	+00:06:09 (14.3%)	9:08	6.6 (85.7%)
9	STANEK Patrycja	88		K1 (18-35)	1	00:44:45.00	00:44:45.00	+00:07:57 (17.8%)	9:31	6.3 (81.8%)
10	MIŚKOWIEC Szymon	57	TCORZEŁ	M2 (36-49)	1	00:48:38.00	00:48:38.00	+00:11:50 (24.3%)	10:20	5.8 (75.3%)
11	KOWALCZYK Kazimierz	94		M3 (50+)	1	00:49:21.00	00:49:21.00	+00:12:33 (25.4%)	10:30	5.7 (74.0%)
12	KARAŚ Marcin	64	BUFF	M2 (36-49)	2	00:49:34.00	00:49:34.00	+00:12:46 (25.8%)	10:32	5.7 (74.0%)
13	NOSALIK Marek	60	MTA	M3 (50+)	2	00:49:56.00	00:49:56.00	+00:13:08 (26.3%)	10:37	5.6 (72.7%)
14	DARCHUK Oleksandr	70	TRIFAMILY.PL	M2 (36-49)	3	00:50:14.00	00:50:14.00	+00:13:26 (26.7%)	10:41	5.6 (72.7%)
15	BOLECHOWSKA Dominika	97	ALPIN SPORT	K2 (36-49)	1	00:50:28.00	00:50:28.00	+00:13:40 (27.1%)	10:44	5.6 (72.7%)
16	KOZAK Tomasz	51		M1 (18-35)	9	00:51:04.00	00:51:04.00	+00:14:16 (27.9%)	10:51	5.5 (71.4%)
17	LEJA Michał	48		M1 (18-35)	10	00:51:12.00	00:51:12.00	+00:14:24 (28.1%)	10:53	5.5 (71.4%)
18	ŻĄDŁO Władysław	85		M1 (18-35)	11	00:51:49.00	00:51:49.00	+00:15:01 (29.0%)	11:01	5.4 (70.1%)
19	GAIK Natalia	86		K1 (18-35)	2	00:51:53.00	00:51:53.00	+00:15:05 (29.1%)	11:02	5.4 (70.1%)
20	KARAS Ján	62		M2 (36-49)	4	00:53:13.00	00:53:13.00	+00:16:25 (30.8%)	11:19	5.3 (68.8%)
21	LATOCHA Jacek	16		M1 (18-35)	12	00:53:19.00	00:53:19.00	+00:16:31 (31.0%)	11:20	5.3 (68.8%)
22	MĘCZARSKI Karol	33		M1 (18-35)	13	00:55:06.00	00:55:06.00	+00:18:18 (33.2%)	11:43	5.1 (66.2%)
23	MUCHA Agnieszka	91		K2 (36-49)	2	00:55:20.00	00:55:20.00	+00:18:32 (33.5%)	11:46	5.1 (66.2%)
24	GAŁĘZYKA Rafał	18	EUROVENT ATHLETICS	M2 (36-49)	5	00:55:36.00	00:55:36.00	+00:18:48 (33.8%)	11:49	5.1 (66.2%)
25	BIELAK Daniel	2	ŻYCIOWI AMATORZY	M1 (18-35)	14	00:56:30.00	00:56:30.00	+00:19:42 (34.9%)	12:01	5 (64.9%)
26	KOCIMSKA Katarzyna	17	EUROVENT ATHLETICS	K2 (36-49)	3	00:56:48.00	00:56:48.00	+00:20:00 (35.2%)	12:05	5 (64.9%)
27	RADOMSKI Zbigniew	75	TKKF BESKIDEK	M3 (50+)	3	00:57:38.00	00:57:38.00	+00:20:50 (36.1%)	12:15	4.9 (63.6%)
28	PACHURA Kinga	666		K2 (36-49)	4	00:58:26.00	00:58:26.00	+00:21:38 (37.0%)	12:25	4.8 (62.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 4.7km	Czas brutto 4.7km	Różn	Tempo min/km	Tempo km/h
29	<b>BIELEC Karol</b>	<b>10</b>	ROZBIEGAMY NOWY DWÓR	M1 (18-35)	15	<b>00:58:45.00</b>	<b>00:58:45.00</b>	+00:21:57 (37.4%)	12:30	4.8 (62.3%)
30	<b>BOCHEŃSKA Aleksandra</b>	<b>81</b>	MOUNTAIN POWER	K2 (36-49)	5	<b>00:58:58.00</b>	<b>00:58:58.00</b>	+00:22:10 (37.6%)	12:32	4.8 (62.3%)
31	<b>MIKOLAJCIKOVA Alžbeta</b>	<b>95</b>		K1 (18-35)	3	<b>00:59:21.00</b>	<b>00:59:21.00</b>	+00:22:33 (38.0%)	12:37	4.8 (62.3%)
32	<b>MAŚLANKA Ewa</b>	<b>56</b>	MEGKURSY	K2 (36-49)	6	<b>00:59:40.00</b>	<b>00:59:40.00</b>	+00:22:52 (38.3%)	12:41	4.7 (61.0%)
33	<b>MOSKAL Maciej</b>	<b>26</b>		M1 (18-35)	16	<b>00:59:42.00</b>	<b>00:59:42.00</b>	+00:22:54 (38.4%)	12:42	4.7 (61.0%)
34	<b>ZATORSKA Kamila</b>	<b>27</b>		K1 (18-35)	4	<b>01:00:26.00</b>	<b>01:00:26.00</b>	+00:23:38 (39.1%)	12:51	4.7 (61.0%)
35	<b>SZYMURA Wojciech</b>	<b>43</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M3 (50+)	4	<b>01:00:30.00</b>	<b>01:00:30.00</b>	+00:23:42 (39.2%)	12:52	4.7 (61.0%)
36	<b>OLEJARNIK Łukasz</b>	<b>53</b>		M1 (18-35)	17	<b>01:00:32.00</b>	<b>01:00:32.00</b>	+00:23:44 (39.2%)	12:52	4.7 (61.0%)
37	<b>KOMENZA Marcin</b>	<b>83</b>		M2 (36-49)	6	<b>01:00:51.00</b>	<b>01:00:51.00</b>	+00:24:03 (39.5%)	12:56	4.6 (59.7%)
38	<b>BAŃKOSZ Kinga</b>	<b>58</b>		K1 (18-35)	5	<b>01:01:19.00</b>	<b>01:01:19.00</b>	+00:24:31 (40.0%)	13:02	4.6 (59.7%)
39	<b>JONIK Anna</b>	<b>38</b>		K1 (18-35)	6	<b>01:01:24.00</b>	<b>01:01:24.00</b>	+00:24:36 (40.1%)	13:03	4.6 (59.7%)
40	<b>MUSZYŃSKI Tomasz</b>	<b>24</b>		M2 (36-49)	7	<b>01:02:33.00</b>	<b>01:02:33.00</b>	+00:25:45 (41.2%)	13:18	4.5 (58.4%)
41	<b>CEMBALA Tomasz</b>	<b>61</b>		M2 (36-49)	8	<b>01:04:13.00</b>	<b>01:04:13.00</b>	+00:27:25 (42.7%)	13:39	4.4 (57.1%)
42	<b>KORZENIOWSKI Krzysztof</b>	<b>19</b>		M2 (36-49)	9	<b>01:04:58.00</b>	<b>01:04:58.00</b>	+00:28:10 (43.4%)	13:49	4.3 (55.8%)
43	<b>NAWROT Waldek</b>	<b>65</b>	J U V E R U N	M3 (50+)	5	<b>01:05:10.00</b>	<b>01:05:10.00</b>	+00:28:22 (43.5%)	13:51	4.3 (55.8%)
44	<b>ZAJĄC Tomasz</b>	<b>68</b>		M3 (50+)	6	<b>01:05:31.00</b>	<b>01:05:31.00</b>	+00:28:43 (43.8%)	13:56	4.3 (55.8%)
45	<b>FIDELUS Joanna</b>	<b>82</b>	WCHSZT	K2 (36-49)	7	<b>01:05:39.00</b>	<b>01:05:39.00</b>	+00:28:51 (43.9%)	13:58	4.3 (55.8%)
46	<b>FIDELUS Jacek</b>	<b>1</b>	WCHSZT	M2 (36-49)	10	<b>01:05:46.00</b>	<b>01:05:46.00</b>	+00:28:58 (44.0%)	13:59	4.3 (55.8%)
47	<b>ZAJĄC Bartosz</b>	<b>72</b>		M1 (18-35)	18	<b>01:05:49.00</b>	<b>01:05:49.00</b>	+00:29:01 (44.1%)	14:00	4.3 (55.8%)
48	<b>CHMIELEWSKI Maciej</b>	<b>29</b>	NIKCZEMNI	M2 (36-49)	11	<b>01:05:52.00</b>	<b>01:05:52.00</b>	+00:29:04 (44.1%)	14:00	4.3 (55.8%)
49	<b>KOSZAREK Damian</b>	<b>59</b>		M1 (18-35)	19	<b>01:06:26.00</b>	<b>01:06:26.00</b>	+00:29:38 (44.6%)	14:08	4.2 (54.5%)
50	<b>DĄBROWSKI Mirosław</b>	<b>22</b>	AZS AWF KRAKÓW MASTERS	M2 (36-49)	12	<b>01:06:57.00</b>	<b>01:06:57.00</b>	+00:30:09 (45.0%)	14:14	4.2 (54.5%)
51	<b>SOWIŃSKI Dariusz</b>	<b>9</b>	SOWSTOL	M2 (36-49)	13	<b>01:07:01.00</b>	<b>01:07:01.00</b>	+00:30:13 (45.1%)	14:15	4.2 (54.5%)
52	<b>JAWOREK Kinga</b>	<b>37</b>		K1 (18-35)	7	<b>01:07:34.00</b>	<b>01:07:34.00</b>	+00:30:46 (45.5%)	14:22	4.2 (54.5%)
53	<b>DYMEK Mirosław</b>	<b>46</b>	BW BIEGACZE WYMIATACZE	M3 (50+)	7	<b>01:07:58.00</b>	<b>01:07:58.00</b>	+00:31:10 (45.9%)	14:27	4.1 (53.2%)
54	<b>RYNDUCH Renata</b>	<b>21</b>		K2 (36-49)	8	<b>01:08:16.00</b>	<b>01:08:16.00</b>	+00:31:28 (46.1%)	14:31	4.1 (53.2%)
55	<b>HAŁUSZCZAK Monika</b>	<b>30</b>	PRO LOVE	K1 (18-35)	8	<b>01:08:21.00</b>	<b>01:08:21.00</b>	+00:31:33 (46.2%)	14:32	4.1 (53.2%)
56	<b>PAJOR-LESZCZYŃSKA Aleksandra</b>	<b>76</b>	OLA&BARTLO	K2 (36-49)	9	<b>01:08:32.00</b>	<b>01:08:32.00</b>	+00:31:44 (46.3%)	14:34	4.1 (53.2%)
57	<b>CIASTOŃ Bartłomiej</b>	<b>40</b>		M2 (36-49)	14	<b>01:08:34.00</b>	<b>01:08:34.00</b>	+00:31:46 (46.3%)	14:35	4.1 (53.2%)
58	<b>KACZAN-SOREMSKA Aleksandra</b>	<b>4</b>		K2 (36-49)	10	<b>01:09:50.00</b>	<b>01:09:50.00</b>	+00:33:02 (47.3%)	14:51	4 (51.9%)
58	<b>GÓRSKA Małgorzata</b>	<b>8</b>		K1 (18-35)	9	<b>01:09:50.00</b>	<b>01:09:50.00</b>	+00:33:02 (47.3%)	14:51	4 (51.9%)
60	<b>SOREMSKI Marek</b>	<b>73</b>	THESOR W BIEGU	M2 (36-49)	15	<b>01:09:56.00</b>	<b>01:09:56.00</b>	+00:33:08 (47.4%)	14:52	4 (51.9%)
61	<b>LATOSIŃSKA Renata</b>	<b>5</b>		K3 (50+)	1	<b>01:10:12.00</b>	<b>01:10:12.00</b>	+00:33:24 (47.6%)	14:56	4 (51.9%)
62	<b>ŁAWNICZAK-CIELIŃSKA Dorota</b>	<b>84</b>		K2 (36-49)	11	<b>01:10:45.00</b>	<b>01:10:45.00</b>	+00:33:57 (48.0%)	15:03	4 (51.9%)
63	<b>INGLOT Jacek</b>	<b>67</b>	RAPIDLINK	M2 (36-49)	16	<b>01:11:08.00</b>	<b>01:11:08.00</b>	+00:34:20 (48.3%)	15:08	4 (51.9%)
64	<b>JARECKA Katarzyna</b>	<b>14</b>		K2 (36-49)	12	<b>01:12:13.00</b>	<b>01:12:13.00</b>	+00:35:25 (49.0%)	15:21	3.9 (50.6%)
65	<b>CHLEBEK Sylwia</b>	<b>63</b>		K1 (18-35)	10	<b>01:12:16.00</b>	<b>01:12:16.00</b>	+00:35:28 (49.1%)	15:22	3.9 (50.6%)
66	<b>WYSOCKI Jacek</b>	<b>13</b>		M2 (36-49)	17	<b>01:14:41.00</b>	<b>01:14:41.00</b>	+00:37:53 (50.7%)	15:53	3.8 (49.4%)
67	<b>OSIKA Aleksandra</b>	<b>12</b>		K1 (18-35)	11	<b>01:14:47.00</b>	<b>01:14:47.00</b>	+00:37:59 (50.8%)	15:54	3.8 (49.4%)
68	<b>CZERNEK Mateusz</b>	<b>31</b>	HEXAGON	M1 (18-35)	20	<b>01:17:58.00</b>	<b>01:17:58.00</b>	+00:41:10 (52.8%)	16:35	3.6 (46.8%)
69	<b>SORA Joanna</b>	<b>93</b>		K2 (36-49)	13	<b>01:18:37.00</b>	<b>01:18:37.00</b>	+00:41:49 (53.2%)	16:43	3.6 (46.8%)
70	<b>WACHEL Grzegorz</b>	<b>54</b>		M1 (18-35)	21	<b>01:18:39.00</b>	<b>01:18:39.00</b>	+00:41:51 (53.2%)	16:44	3.6 (46.8%)
71	<b>SŁOMSKA Kamila</b>	<b>7</b>		K1 (18-35)	12	<b>01:19:32.00</b>	<b>01:19:32.00</b>	+00:42:44 (53.7%)	16:55	3.5 (45.5%)
72	<b>STOCHLA Małgorzata</b>	<b>28</b>	ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE	K2 (36-49)	14	<b>01:23:34.00</b>	<b>01:23:34.00</b>	+00:46:46 (56.0%)	17:46	3.4 (44.2%)

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73	<b>KACZMARCZYK Dorota</b>	<b>47</b>	AZS AWF KRAKÓW MASTERS	K2 (36-49)	15	<b>01:24:07.00</b>	<b>01:24:07.00</b>	+00:47:19 (56.3%)	17:53	3.4 (44.2%)
74	<b>SZYMURA Izabela</b>	<b>44</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	K2 (36-49)	16	<b>01:24:22.00</b>	<b>01:24:22.00</b>	+00:47:34 (56.4%)	17:57	3.3 (42.9%)
75	<b>LIŚKIEWICZ Sylwia</b>	<b>15</b>	12TRI	K2 (36-49)	17	<b>01:24:27.00</b>	<b>01:24:27.00</b>	+00:47:39 (56.4%)	17:58	3.3 (42.9%)
76	<b>MIZERA-OCZADŁY Barbara</b>	<b>11</b>		K2 (36-49)	18	<b>01:24:34.00</b>	<b>01:24:34.00</b>	+00:47:46 (56.5%)	17:59	3.3 (42.9%)
77	<b>WOLAŃSKA Magdalena</b>	<b>23</b>		K2 (36-49)	19	<b>01:24:43.00</b>	<b>01:24:43.00</b>	+00:47:55 (56.6%)	18:01	3.3 (42.9%)
78	<b>PIERZCHAŁA Edyta</b>	<b>50</b>		K1 (18-35)	13	<b>01:26:57.00</b>	<b>01:26:57.00</b>	+00:50:09 (57.7%)	18:30	3.2 (41.6%)
79	<b>NAWROT Magdalena</b>	<b>66</b>	J U V E R U N	K2 (36-49)	20	<b>01:28:41.00</b>	<b>01:28:41.00</b>	+00:51:53 (58.5%)	18:52	3.2 (41.6%)
80	<b>MAJECKI Tomasz</b>	<b>6</b>		M2 (36-49)	18	<b>01:31:47.00</b>	<b>01:31:47.00</b>	+00:54:59 (59.9%)	19:31	3.1 (40.3%)
81	<b>NIEMIEC Łukasz</b>	<b>32</b>		M1 (18-35)	22	<b>01:36:47.00</b>	<b>01:36:47.00</b>	+00:59:59 (62.0%)	20:35	2.9 (37.7%)
82	<b>PELZ Zuzanna</b>	<b>52</b>		K2 (36-49)	21	<b>01:43:48.00</b>	<b>01:43:48.00</b>	+01:07:00 (64.5%)	22:05	2.7 (35.1%)
83	<b>BIROS Wioletta</b>	<b>34</b>		K1 (18-35)	14	<b>01:45:29.00</b>	<b>01:45:29.00</b>	+01:08:41 (65.1%)	22:26	2.7 (35.1%)
84	<b>CIEKAŁA Magdalena</b>	<b>35</b>		K1 (18-35)	15	<b>01:45:32.00</b>	<b>01:45:32.00</b>	+01:08:44 (65.1%)	22:27	2.7 (35.1%)
85	<b>GROCHOWINA Andrzej</b>	<b>20</b>		M3 (50+)	8	<b>02:07:01.00</b>	<b>02:07:01.00</b>	+01:30:13 (71.0%)	27:01	2.2 (28.6%)
86	<b>FURTACZ Marek</b>	<b>87</b>	NIEZRZESZONY	M3 (50+)	9	<b>02:44:25.00</b>	<b>02:44:25.00</b>	+02:07:37 (77.6%)	34:58	1.7 (22.1%)

Znaleziono 86 wynik(ów)