



**Organiser:** Fundacja Kozica  
**Date:** 2023-06-10  
**Place:** Stańcowa  
**Distance:** 4,7 km

## WIOSENNY BIEG WSCHODZĄCEGO SŁOŃCA

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Classification: M3 (50+)

Place	Participant	Number	Club	Category	MCat	Net time 4.7km	Czas brutto 4.7km	Gap	Pace min/km	Pace km/h
1	<b>KOWALCZYK Kazimierz</b>	<b>94</b>		M3 (50+)	1	<b>00:49:21.00</b>	<b>00:49:21.00</b>		10:30	5.7 (100%)
2	<b>NOSALIK Marek</b>	<b>60</b>	MTA	M3 (50+)	2	<b>00:49:56.00</b>	<b>00:49:56.00</b>	+00:00:35 (1.2%)	10:37	5.6 (98.2%)
3	<b>RADOMSKI Zbigniew</b>	<b>75</b>	TKKF BESKIDEK	M3 (50+)	3	<b>00:57:38.00</b>	<b>00:57:38.00</b>	+00:08:17 (14.4%)	12:15	4.9 (86.0%)
4	<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>	+00:11:09 (18.4%)	12:52	4.7 (82.5%)
5	<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>	+00:15:49 (24.3%)	13:51	4.3 (75.4%)
6	<b>ZAJĄC Tomasz</b>	<b>68</b>		M3 (50+)	6	<b>01:05:31.00</b>	<b>01:05:31.00</b>	+00:16:10 (24.7%)	13:56	4.3 (75.4%)
7	<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>	+00:18:37 (27.4%)	14:27	4.1 (71.9%)
8	<b>GROCHOWINA Andrzej</b>	<b>20</b>		M3 (50+)	8	<b>02:07:01.00</b>	<b>02:07:01.00</b>	+01:17:40 (61.1%)	27:01	2.2 (38.6%)
9	<b>FURTACZ Marek</b>	<b>87</b>	NIEZRZESZONY	M3 (50+)	9	<b>02:44:25.00</b>	<b>02:44:25.00</b>	+01:55:04 (70.0%)	34:58	1.7 (29.8%)

Total 9 results.