

# XI ULTRAMARATON BIESZCZADZKI - 52 KM

B4SPORT

**Wydarzenie:** XI ULTRAMARATON BIESZCZADZKI  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2023-10-14  
**Miejsce:** Cisna  
**Dystans:** 52 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K Open

| Msc | Zawodnik                          | Numer       | Klub                     | Kategoria | Mkat | P1_Roztoki<br>15km | P2_Solinka<br>28km | P3_Roztoki<br>41km | Czas<br>netto<br>52km | Czas<br>brutto<br>52km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-----------------------------------|-------------|--------------------------|-----------|------|--------------------|--------------------|--------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 1   | <b>KRAWCZAK Paulina</b>           | <b>5229</b> | ATTIQ TEAM/ ALTRA TEAM   | K30       | 1    | 01:39:26           | 02:59:46           | 04:40:25           | <b>06:13:20.50</b>    | <b>06:13:20.50</b>     |                      | 7:10            | 8.4<br>(100%)  |
| 2   | <b>DŁUGOSZ-STĘPNIAK Agnieszka</b> | <b>5112</b> | STAY INSANE              | K30       | 2    | 01:43:35           | 03:06:21           | 04:56:45           | <b>06:30:49.05</b>    | <b>06:30:49.05</b>     | +00:17:28<br>(4.5%)  | 7:30            | 8<br>(95.2%)   |
| 3   | <b>PALCZEWSKA-REMIŚ Agnieszka</b> | <b>5032</b> |                          | K40       | 1    | 01:44:44           | 03:13:54           | 05:00:56           | <b>06:35:44.35</b>    | <b>06:35:44.35</b>     | +00:22:23<br>(5.7%)  | 7:36            | 7.9<br>(94.0%) |
| 4   | <b>LEWANDOWSKA Milena</b>         | <b>5013</b> | GO APTIV!                | K20       | 1    | 01:49:41           | 03:24:32           | 05:08:32           | <b>06:51:24.75</b>    | <b>06:51:24.75</b>     | +00:38:04<br>(9.3%)  | 7:54            | 7.6<br>(90.5%) |
| 5   | <b>ZAJĄC Katarzyna</b>            | <b>5110</b> | ULTRAFUN ML              | K40       | 2    | 01:47:24           | 03:21:00           | 05:19:23           | <b>06:56:54.75</b>    | <b>06:56:54.75</b>     | +00:43:34<br>(10.5%) | 8:01            | 7.5<br>(89.3%) |
| 6   | <b>GAWLEWICZ Krystyna</b>         | <b>5067</b> | GAWĘŁKI TEAM/SANOK BIEGA | K40       | 3    | 01:52:49           | 03:30:32           | 05:25:44           | <b>07:04:42.75</b>    | <b>07:04:42.75</b>     | +00:51:22<br>(12.1%) | 8:10            | 7.3<br>(86.9%) |
| 7   | <b>WASZKOWSKA Ania</b>            | <b>5105</b> |                          | K30       | 3    | 01:54:25           | 03:31:34           | 05:34:21           | <b>07:17:44.00</b>    | <b>07:17:44.00</b>     | +01:04:23<br>(14.7%) | 8:25            | 7.1<br>(84.5%) |
| 8   | <b>PASEK Monika</b>               | <b>5219</b> | RUNNING CRAZY STRIPES    | K40       | 4    | 02:00:05           | 03:42:59           | 05:48:17           | <b>07:35:16.55</b>    | <b>07:35:16.55</b>     | +01:21:56<br>(18.0%) | 8:45            | 6.9<br>(82.1%) |
| 9   | <b>GRUND Justyna</b>              | <b>5086</b> | MAFIA TEAM LUBLINIEC     | K20       | 2    | 01:57:24           | 03:40:04           | 05:48:37           | <b>07:37:49.60</b>    | <b>07:37:49.60</b>     | +01:24:29<br>(18.5%) | 8:48            | 6.8<br>(81.0%) |
| 10  | <b>JAGIEŁŁO Katarzyna</b>         | <b>5101</b> | BIEGAJĄCE ZĄBKI          | K40       | 5    | 01:52:36           | 03:26:58           | 05:44:35           | <b>07:39:31.35</b>    | <b>07:39:31.35</b>     | +01:26:10<br>(18.8%) | 8:50            | 6.8<br>(81.0%) |
| 11  | <b>KAMSKA Małgorzata</b>          | <b>5221</b> | GAMBAZ                   | K30       | 4    | 02:04:09           | 03:45:47           | 05:53:48           | <b>07:41:59.15</b>    | <b>07:41:59.15</b>     | +01:28:38<br>(19.2%) | 8:53            | 6.8<br>(81.0%) |
| 12  | <b>WIECZERZAK Magdalena</b>       | <b>5064</b> | ZABIEGANI MIELEC         | K30       | 5    | 01:54:31           | 03:38:01           | 05:51:53           | <b>07:42:55.45</b>    | <b>07:42:55.45</b>     | +01:29:34<br>(19.4%) | 8:54            | 6.7<br>(79.8%) |
| 13  | <b>SIWOŃ Ewa</b>                  | <b>5158</b> |                          | K50       | 1    | 02:01:45           | 03:49:21           | 05:52:08           | <b>07:44:01.55</b>    | <b>07:44:01.55</b>     | +01:30:41<br>(19.5%) | 8:55            | 6.7<br>(79.8%) |
| 14  | <b>SOBOTKA Monika</b>             | <b>5080</b> | NBRC                     | K50       | 2    | 02:00:25           | 03:47:19           | 05:57:44           | <b>07:48:14.15</b>    | <b>07:48:14.15</b>     | +01:34:53<br>(20.3%) | 9:00            | 6.7<br>(79.8%) |
| 15  | <b>MICHALSKA-TRZASKA Joanna</b>   | <b>5114</b> | BIUROWE.COM.PL           | K40       | 6    | 02:01:07           | 03:47:06           | 05:56:06           | <b>07:52:33.15</b>    | <b>07:52:33.15</b>     | +01:39:12<br>(21.0%) | 9:05            | 6.6<br>(78.6%) |

| Msc | Zawodnik                      | Numer | Klub                          | Kategoria | Mkat | P1_Roztoki |                 |                 | Czas netto         | Czas brutto        | Różn              | Tempo min/km | Tempo km/h  |
|-----|-------------------------------|-------|-------------------------------|-----------|------|------------|-----------------|-----------------|--------------------|--------------------|-------------------|--------------|-------------|
|     |                               |       |                               |           |      | 15km       | P2_Solinka 28km | P3_Roztoki 41km | 52km               | 52km               |                   |              |             |
| 16  | LALEWICZ Weronika             | 5037  |                               | K20       | 3    | 02:05:35   | 03:55:39        | 06:18:02        | <b>08:06:36.70</b> | <b>08:06:36.70</b> | +01:53:16 (23.3%) | 9:21         | 6.4 (76.2%) |
| 17  | WALASZKOWSKA Dominika         | 5118  | BIESY                         | K30       | 6    | 02:05:49   | 03:57:41        | 06:16:58        | <b>08:10:22.00</b> | <b>08:10:22.00</b> | +01:57:01 (23.9%) | 9:25         | 6.4 (76.2%) |
| 18  | GOŁĘBIEWSKA Oliwia            | 5206  |                               | K20       | 4    | 01:52:13   | 04:35:26        | 06:41:09        | <b>08:22:59.20</b> | <b>08:22:59.20</b> | +02:09:38 (25.8%) | 9:40         | 6.2 (73.8%) |
| 19  | KURAS Olga                    | 5121  | NUNEK SPITFIRE                | K30       | 7    | 02:08:16   | 04:01:12        | 06:23:05        | <b>08:24:04.75</b> | <b>08:24:04.75</b> | +02:10:44 (25.9%) | 9:41         | 6.2 (73.8%) |
| 20  | PRAGNAĆA Milena               | 5034  | PORANNY PATROL                | K40       | 7    | 02:05:42   | 03:57:18        | 06:17:45        | <b>08:24:42.90</b> | <b>08:24:42.90</b> | +02:11:22 (26.0%) | 9:42         | 6.2 (73.8%) |
| 21  | WIĘCH Kinga                   | 5122  |                               | K40       | 8    | 02:03:38   | 03:54:23        | 06:20:31        | <b>08:24:44.95</b> | <b>08:24:44.95</b> | +02:11:24 (26.0%) | 9:42         | 6.2 (73.8%) |
| 22  | WIŚNIEWSKA Zofia              | 5022  |                               | K30       | 8    | 02:17:39   | 04:09:38        | 06:29:04        | <b>08:29:12.85</b> | <b>08:29:12.85</b> | +02:15:52 (26.7%) | 9:47         | 6.1 (72.6%) |
| 23  | WOŁOSZYN Małgorzata           | 5138  | MARGO TEAM                    | K40       | 9    | 02:04:18   | 03:52:56        | 06:26:56        | <b>08:33:38.85</b> | <b>08:33:38.85</b> | +02:20:18 (27.3%) | 9:52         | 6.1 (72.6%) |
| 23  | SOKOŁOWSKA Anna               | 5142  | MARGO TEAM                    | K50       | 3    | 02:03:36   | 03:53:01        | 06:27:04        | <b>08:33:38.85</b> | <b>08:33:38.85</b> | +02:20:18 (27.3%) | 9:52         | 6.1 (72.6%) |
| 25  | STASZCZYK Anna                | 5051  | BKB CZARNA PERŁA              | K30       | 9    | 02:09:52   | 04:03:05        | 06:31:07        | <b>08:33:52.55</b> | <b>08:33:52.55</b> | +02:20:32 (27.3%) | 9:52         | 6.1 (72.6%) |
| 26  | OLSCHIMKE-MARMUROWICZ Barbara | 5109  |                               | K50       | 4    | 02:12:22   | 04:07:15        | 06:31:35        | <b>08:37:05.45</b> | <b>08:37:05.45</b> | +02:23:44 (27.8%) | 9:56         | 6 (71.4%)   |
| 27  | WNOROWSKA Magdalena           | 5150  | OBSTACLE CENTER TEAM #ULTRA   | K40       | 10   | 02:08:48   | 04:04:58        | 06:26:22        | <b>08:43:58.40</b> | <b>08:43:58.40</b> | +02:30:37 (28.7%) | 10:04        | 6 (71.4%)   |
| 28  | KLIŚ Patrycja                 | 5233  | TOMICA COACHING               | K40       | 11   | 02:17:50   | 04:15:59        | 06:42:23        | <b>08:45:54.85</b> | <b>08:45:54.85</b> | +02:32:34 (29.0%) | 10:06        | 5.9 (70.2%) |
| 29  | TADLA Izabela                 | 5230  | #NOLIMITS                     | K30       | 10   | 02:11:39   | 04:06:55        | 06:38:31        | <b>08:46:09.25</b> | <b>08:46:09.25</b> | +02:32:48 (29.0%) | 10:07        | 5.9 (70.2%) |
| 30  | POPLAWSKA Katarzyna           | 5116  | VELO ŁOSIE NA SZOSIE          | K40       | 12   | 02:09:08   | 04:08:11        | 06:32:45        | <b>08:48:06.60</b> | <b>08:48:06.60</b> | +02:34:46 (29.3%) | 10:09        | 5.9 (70.2%) |
| 31  | NOWAK Ewelina                 | 5196  | SPARTAN TRAINING GROUP TARNÓW | K40       | 13   | 02:11:38   | 04:08:17        | 06:43:50        | <b>08:55:40.40</b> | <b>08:55:40.40</b> | +02:42:19 (30.3%) | 10:18        | 5.8 (69.0%) |
| 32  | ŁOPATKIEWICZ Beata            | 5224  |                               | K50       | 5    | 02:17:15   | 04:20:22        | 06:50:40        | <b>08:57:31.10</b> | <b>08:57:31.10</b> | +02:44:10 (30.5%) | 10:20        | 5.8 (69.0%) |
| 33  | JASTRZĄB-STANDERSKA Joanna    | 5055  |                               | K40       | 14   | 02:16:22   | 04:13:41        | 06:46:10        | <b>08:59:45.15</b> | <b>08:59:45.15</b> | +02:46:24 (30.8%) | 10:22        | 5.8 (69.0%) |
| 34  | ĆWIAKAŁA Halina               | 5174  | ATHLETIC ZRĘCIN               | K40       | 15   | 02:16:56   | 04:18:47        | 06:50:37        | <b>09:06:29.45</b> | <b>09:06:29.45</b> | +02:53:08 (31.7%) | 10:30        | 5.7 (67.9%) |
| 35  | KURAS Katarzyna               | 5048  |                               | K40       | 16   | 02:31:18   | 04:41:21        | 07:11:49        | <b>09:16:28.85</b> | <b>09:16:28.85</b> | +03:03:08 (32.9%) | 10:42        | 5.6 (66.7%) |
| 36  | FABROWICZ Katarzyna           | 5010  |                               | K40       | 17   | 02:27:17   | 04:26:46        | 07:17:32        | <b>09:19:41.25</b> | <b>09:19:41.25</b> | +03:06:20 (33.3%) | 10:45        | 5.6 (66.7%) |
| 37  | PICHER-RÓŻYŁO Joanna          | 5025  |                               | K40       | 18   | 02:27:43   | 04:35:04        | 07:18:12        | <b>09:34:37.45</b> | <b>09:34:37.45</b> | +03:21:16 (35.0%) | 11:03        | 5.4 (64.3%) |
| 38  | SKROBEK Karolina              | 5128  | VEGE RABBITS                  | K40       | 19   | 02:19:05   | 04:22:16        | 07:05:48        | <b>09:35:22.05</b> | <b>09:35:22.05</b> | +03:22:01 (35.1%) | 11:03        | 5.4 (64.3%) |

| Msc | Zawodnik                       | Numer       | Klub                               | Kategoria | Mkat | P1_Roztoki<br>15km | P2_Solinka<br>28km | P3_Roztoki<br>41km | Czas<br>netto<br>52km | Czas<br>brutto<br>52km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|--------------------------------|-------------|------------------------------------|-----------|------|--------------------|--------------------|--------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 39  | <b>RÓŻAK-RUKUSZEWICZ Mania</b> | <b>5106</b> | DZIKIE GRUBASY SZATANA / BARUNOWCE | K40       | 20   | 02:19:37           | 04:29:56           | 07:14:03           | <b>09:37:46.50</b>    | <b>09:37:46.50</b>     | +03:24:26<br>(35.4%) | 11:06           | 5.4<br>(64.3%) |
| 40  | <b>MAJ Magdalena</b>           | <b>5231</b> |                                    | K30       | 11   | 02:38:17           | 04:41:38           | 07:20:15           | <b>09:40:00.95</b>    | <b>09:40:00.95</b>     | +03:26:40<br>(35.6%) | 11:09           | 5.4<br>(64.3%) |
| 41  | <b>WYRWICH Kasia</b>           | <b>5090</b> | ULTRASZY CHOCIWEL                  | K40       | 21   | 02:20:09           | 04:35:18           | 07:29:50           | <b>09:56:01.45</b>    | <b>09:56:01.45</b>     | +03:42:40<br>(37.4%) | 11:27           | 5.2<br>(61.9%) |
| 42  | <b>KOWALSKA Agnieszka</b>      | <b>5240</b> | KOMANDOSI                          | K20       | 5    | 02:24:23           | 04:42:33           | 07:25:26           | <b>10:05:27.75</b>    | <b>10:05:27.75</b>     | +03:52:07<br>(38.3%) | 11:38           | 5.2<br>(61.9%) |
| 43  | <b>MASZEWSKA-WACH Mariola</b>  | <b>5208</b> |                                    | K40       | 22   | 02:43:45           | 04:56:50           | 07:42:00           | <b>10:21:42.65</b>    | <b>10:21:42.65</b>     | +04:08:22<br>(39.9%) | 11:57           | 5<br>(59.5%)   |
| 44  | <b>CHODUN Agnieszka</b>        | <b>5146</b> |                                    | K40       | 23   | 02:23:37           | 04:39:20           | 07:35:41           | <b>10:25:22.45</b>    | <b>10:25:22.45</b>     | +04:12:01<br>(40.3%) | 12:01           | 5<br>(59.5%)   |
| 45  | <b>GOLEŃ Justyna</b>           | <b>5091</b> |                                    | K40       | 24   | 02:29:48           | 04:46:59           | 07:30:50           | <b>10:29:00.00</b>    | <b>10:29:00.00</b>     | +04:15:39<br>(40.6%) | 12:05           | 5<br>(59.5%)   |
| 46  | <b>SĘK Izabela</b>             | <b>5104</b> | SĘK-SYSTEM                         | K30       | 12   | 02:35:29           | 04:59:26           | 07:55:00           | <b>10:29:00.15</b>    | <b>10:29:00.15</b>     | +04:15:39<br>(40.6%) | 12:05           | 5<br>(59.5%)   |
| 47  | <b>STUDZIŃSKA Joanna</b>       | <b>5045</b> |                                    | K30       | 13   | 02:29:47           | 04:41:21           | 07:30:51           | <b>10:29:14.25</b>    | <b>10:29:14.25</b>     | +04:15:53<br>(40.7%) | 12:06           | 5<br>(59.5%)   |
| 48  | <b>BORKOWSKA Agnieszka</b>     | <b>5063</b> | PSI FRYZ TEAM                      | K30       | 14   | 02:25:21           | 04:43:10           | 07:54:17           | <b>10:43:23.70</b>    | <b>10:43:23.70</b>     | +04:30:03<br>(42.0%) | 12:22           | 4.8<br>(57.1%) |
| 49  | <b>ADAMCZYK Ilona</b>          | <b>5021</b> | KB BIAŁA BIEGA                     | K40       | 25   | 02:26:46           | 04:43:11           | 07:54:12           | <b>10:43:23.85</b>    | <b>10:43:23.85</b>     | +04:30:03<br>(42.0%) | 12:22           | 4.8<br>(57.1%) |
| 50  | <b>BĄCZEK Agata</b>            | <b>5169</b> |                                    | K40       | 26   | 02:40:51           | 05:03:47           | 08:05:17           | <b>10:46:34.60</b>    | <b>10:46:34.60</b>     | +04:33:14<br>(42.3%) | 12:26           | 4.8<br>(57.1%) |
| 51  | <b>MĘTLAK Małgorzata</b>       | <b>5189</b> |                                    | K20       | 6    | 02:40:52           | 05:03:47           | 08:05:16           | <b>10:46:34.65</b>    | <b>10:46:34.65</b>     | +04:33:14<br>(42.3%) | 12:26           | 4.8<br>(57.1%) |
| 52  | <b>FRANKENBERG Małgorzata</b>  | <b>5033</b> | BIEGACZ NOWOSOLNA                  | K60       | 1    | 02:31:47           | 04:56:56           | 07:52:12           | <b>10:47:54.10</b>    | <b>10:47:54.10</b>     | +04:34:33<br>(42.4%) | 12:27           | 4.8<br>(57.1%) |
| 53  | <b>JAROCKA Małgorzata</b>      | <b>5012</b> |                                    | K50       | 6    | 02:46:37           | 05:11:37           | 08:02:34           | <b>10:49:52.10</b>    | <b>10:49:52.10</b>     | +04:36:31<br>(42.6%) | 12:29           | 4.8<br>(57.1%) |
| 54  | <b>MAŃKA Magdalena</b>         | <b>5085</b> | ZRYW PARZYMIECHY                   | K40       | 27   | 02:44:33           | 05:12:13           | 08:05:03           | <b>10:52:10.25</b>    | <b>10:52:10.25</b>     | +04:38:49<br>(42.8%) | 12:32           | 4.8<br>(57.1%) |
| 55  | <b>RADYK Joanna</b>            | <b>5186</b> | RADYK TEAM                         | K40       | 28   | 02:51:40           | 05:12:55           | 08:11:21           | <b>10:56:49.85</b>    | <b>10:56:49.85</b>     | +04:43:29<br>(43.2%) | 12:37           | 4.8<br>(57.1%) |
| 56  | <b>GÓRE CZNY Kamila</b>        | <b>5089</b> |                                    | K40       | 29   | 02:32:28           | 04:58:07           | 08:01:29           | <b>11:07:01.95</b>    | <b>11:07:01.95</b>     | +04:53:41<br>(44.0%) | 12:49           | 4.7<br>(56.0%) |
| 57  | <b>JAKUBISIAK Renata</b>       | <b>5083</b> | BIEGAM NA TARCHOMINIE              | K40       | 30   | 02:39:51           | 05:15:54           | 08:16:28           | <b>11:45:20.35</b>    | <b>11:45:20.35</b>     | +05:31:59<br>(47.1%) | 13:33           | 4.4<br>(52.4%) |
| 58  | <b>SIKORA Amelia</b>           | <b>5182</b> | TEAM BOERS                         | K20       | 7    | 02:36:09           | 05:02:54           | 08:16:26           | <b>11:47:13.45</b>    | <b>11:47:13.45</b>     | +05:33:52<br>(47.2%) | 13:36           | 4.4<br>(52.4%) |
|     | <b>ZIĘBA Sabina</b>            | <b>5236</b> | FOREVER TEAM                       | K30       |      | 01:43:26<br>DNF    | 03:11:53<br>DNF    | DNF                | <b>DNF</b>            | <b>DNF</b>             |                      | -               | -<br>(0.0%)    |
|     | <b>KAPAŁKA Bożena</b>          | <b>5054</b> |                                    | K50       |      | DNF                | DNF                | DNF                | <b>DNF</b>            | <b>DNF</b>             |                      | -               | -<br>(0.0%)    |