



# ZADYMA

B4SPORT

**Wydarzenie:** ZAMIEĆ 24h na Skrzyczne  
**Organizator:** Fundacja Aktywne Beskidy  
**Data:** 2022-01-29  
**Miejsce:** Szczyrk  
**Dystans:** 13.5 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Skrzyczne 7.5km	Czas netto 13.5km	Czas brutto 13.5km	Różn	Tempo min/km	Tempo km/h
1	MIŚKIEWICZ Mariusz	452	SCI GE	OPEN M	1	00:55:55	01:26:54.00	01:26:54.75		6:26	9.3 (100%)
2	SZCZECHLA Grzegorz	471	TEAM INOV-8	OPEN M	2	00:55:58	01:30:26.70	01:30:27.45	+00:03:32 (3.9%)	6:41	9 (96.8%)
3	SAMORAŃSKI Krzysztof	462	ULTRA-SZCZĘSCIE	OPEN M	3	01:04:49	01:39:41.45	01:39:42.80	+00:12:48 (12.8%)	7:23	8.1 (87.1%)
4	HORZELA Błażej	423	BETA-TRANS	OPEN M	4	01:04:56	01:39:50.40	01:39:51.60	+00:12:56 (13.0%)	7:23	8.1 (87.1%)
5	HAZUKA Arek	420		OPEN M	5	01:07:09	01:40:07.15	01:40:08.40	+00:13:13 (13.2%)	7:24	8.1 (87.1%)
6	KOŻUCH Michał	438	REDLINETEAM	OPEN M	6	01:07:24	01:42:23.85	01:42:25.10	+00:15:30 (15.1%)	7:35	7.9 (84.9%)
7	BOGOBOWICZ Dominik	406		OPEN M	7	01:10:01	01:47:29.75	01:47:29.75	+00:20:35 (19.1%)	7:57	7.5 (80.6%)
8	GALA Emil	411		OPEN M	8	01:09:57	01:48:32.75	01:48:38.85	+00:21:44 (20.0%)	8:02	7.5 (80.6%)
9	KRZYSZTOŃ Tomasz	439	AMBITNI AMATORZY	OPEN M	9	01:09:56	01:48:42.15	01:48:43.90	+00:21:49 (20.1%)	8:03	7.5 (80.6%)
10	GĘBALA Dariusz	414	BESKID GODZISZKA	OPEN M	10	01:15:54	01:53:55.50	01:53:57.15	+00:27:02 (23.7%)	8:26	7.1 (76.3%)
11	GAWORSKI Bartłomiej	412		OPEN M	11	01:15:56	01:56:48.60	01:56:51.65	+00:29:56 (25.6%)	8:39	6.9 (74.2%)
12	SZLĘZAK Edward	474	EWELINA RUNNERS	OPEN M	12	01:15:59	01:57:17.25	01:57:21.95	+00:30:27 (25.9%)	8:41	6.9 (74.2%)
13	MASARCZYK Szymon	448	TRI&MORE	OPEN M	13	01:19:27	02:00:34.85	02:00:42.25	+00:33:47 (28.0%)	8:55	6.7 (72.0%)
14	MARSZAŁEK Marcin	447	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	OPEN M	14	01:20:46	02:01:41.80	02:01:49.55	+00:34:54 (28.7%)	9:00	6.7 (72.0%)
15	SZCZĘSNA Edyta	473		OPEN K	1	01:16:29	02:02:08.75	02:02:11.35	+00:35:16 (28.9%)	9:02	6.6 (71.0%)
16	PANCERZ Mariusz	457		OPEN M	15	01:20:48	02:03:00.40	02:03:03.95	+00:36:09 (29.4%)	9:06	6.6 (71.0%)
17	WOŹNIAKOWSKI Jan	484	OPEL ACTIVE TEAM	OPEN M	16	01:23:18	02:04:45.05	02:04:51.70	+00:37:56 (30.4%)	9:14	6.5 (69.9%)
18	SZAŁAŚNY Piotr	470	TESTYOUTDOOROWE.PL	OPEN M	17	01:24:58	02:06:33.70	02:06:39.20	+00:39:44 (31.4%)	9:22	6.4 (68.8%)
19	BĄK Piotr	403	WILD BUCHAYS	OPEN M	18	01:23:16	02:06:48.90	02:06:48.90	+00:39:54 (31.5%)	9:23	6.4 (68.8%)
20	GAWROŃSKI Ireneusz	413	AMATOR	OPEN M	19	01:20:24	02:06:52.95	02:06:56.00	+00:40:01 (31.5%)	9:23	6.4 (68.8%)
21	SZCZEPANIKOVA Alice	472		OPEN K	2	01:24:18	02:07:04.90	02:07:11.30	+00:40:16 (31.7%)	9:24	6.4 (68.8%)
22	DRAHOKOUPIL Josef	409		OPEN M	20	01:25:03	02:07:25.30	02:07:31.40	+00:40:36 (31.8%)	9:26	6.4 (68.8%)
23	ŁAPA Piotr	444	AKTYWNA PSZCZYNA RUNNERS TEAM	OPEN M	21	01:24:25	02:08:32.10	02:08:34.25	+00:41:39 (32.4%)	9:31	6.3 (67.7%)
24	MAREK Sławomir	446	WILD BUCHAYS	OPEN M	22	01:23:16	02:09:06.90	02:09:09.55	+00:42:14 (32.7%)	9:33	6.3 (67.7%)
25	WÓJCIK Jacek	294		OPEN M	23	01:24:30	02:09:46.20	02:09:48.85	+00:42:54 (33.0%)	9:36	6.2 (66.7%)
26	KRZYSZTOŃ Eliza	440	TOMAK	OPEN K	3	01:25:26	02:09:47.90	02:09:52.00	+00:42:57 (33.1%)	9:36	6.2 (66.7%)
27	WITKOWSKI Witold	482		OPEN M	24	01:25:10	02:09:53.60	02:09:56.85	+00:43:02 (33.1%)	9:37	6.2 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Skrzyczne 7.5km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 13.5km	brutto 13.5km			
28	<b>TARGOŚ Michał</b>	<b>475</b>		OPEN M	25		<b>02:10:00.80</b>	<b>02:10:10.15</b>	+00:43:15 (33.2%)	9:37	6.2 (66.7%)
29	<b>RAKOWSKA Magdalena</b>	<b>459</b>		OPEN K	4	01:23:08	<b>02:10:20.70</b>	<b>02:10:24.50</b>	+00:43:29 (33.4%)	9:39	6.2 (66.7%)
30	<b>MECH Patryk</b>	<b>495</b>		OPEN M	26	01:25:36	<b>02:11:51.00</b>	<b>02:11:56.15</b>	+00:45:01 (34.1%)	9:46	6.1 (65.6%)
31	<b>JAGODA Mateusz</b>	<b>425</b>	FUCHS OIL TEAM	OPEN M	27	01:28:48	<b>02:11:57.90</b>	<b>02:12:06.25</b>	+00:45:11 (34.2%)	9:46	6.1 (65.6%)
31	<b>TRZASKA Wojciech</b>	<b>477</b>		OPEN M	27	01:28:51	<b>02:11:58.20</b>	<b>02:12:06.25</b>	+00:45:11 (34.2%)	9:46	6.1 (65.6%)
33	<b>MISIUREWICZ Paweł</b>	<b>450</b>	PASSUS SPORT TEAM	OPEN M	29	01:24:55	<b>02:13:01.20</b>	<b>02:13:05.50</b>	+00:46:10 (34.7%)	9:51	6.1 (65.6%)
34	<b>MIESZKOWSKI Andrzej</b>	<b>449</b>	RM TERRA	OPEN M	30	01:28:47	<b>02:13:17.50</b>	<b>02:13:24.15</b>	+00:46:29 (34.8%)	9:52	6.1 (65.6%)
35	<b>KLAG Marian</b>	<b>434</b>	TOP 33	OPEN M	31	01:24:50	<b>02:13:24.00</b>	<b>02:13:29.30</b>	+00:46:34 (34.9%)	9:52	6.1 (65.6%)
36	<b>WAWRZYNIAK Mariusz</b>	<b>478</b>		OPEN M	32	01:28:49	<b>02:14:23.80</b>	<b>02:14:37.05</b>	+00:47:42 (35.4%)	9:57	6 (64.5%)
37	<b>WĘGOREK Monika</b>	<b>479</b>		OPEN K	5	01:29:42	<b>02:15:35.15</b>	<b>02:15:37.90</b>	+00:48:43 (35.9%)	10:02	6 (64.5%)
38	<b>ŁOBODA Marcin</b>	<b>445</b>	ŚWIRY STELA	OPEN M	33	01:30:59	<b>02:15:38.60</b>	<b>02:15:48.75</b>	+00:48:54 (36.0%)	10:02	6 (64.5%)
39	<b>JĘDRASZEK Alicja</b>	<b>493</b>		OPEN K	6	01:26:35	<b>02:16:30.40</b>	<b>02:16:34.35</b>	+00:49:39 (36.4%)	10:06	5.9 (63.4%)
40	<b>KIEŁBASA Artur</b>	<b>432</b>		OPEN M	34	01:29:28	<b>02:17:07.85</b>	<b>02:17:21.10</b>	+00:50:26 (36.7%)	10:09	5.9 (63.4%)
41	<b>NYC-ZIMNY Gosia</b>	<b>455</b>	4TRITEAM	OPEN K	7	01:29:54	<b>02:17:22.80</b>	<b>02:17:27.05</b>	+00:50:32 (36.8%)	10:10	5.9 (63.4%)
42	<b>RUSIN Anna</b>	<b>461</b>	KĘCKIE HARPAGANY	OPEN K	8	01:31:19	<b>02:20:44.30</b>	<b>02:20:49.15</b>	+00:53:54 (38.3%)	10:25	5.8 (62.4%)
43	<b>KOMAR Konrad</b>	<b>437</b>		OPEN M	35	01:31:22	<b>02:20:44.85</b>	<b>02:20:49.85</b>	+00:53:55 (38.3%)	10:25	5.8 (62.4%)
44	<b>KAMPKA Rafał</b>	<b>429</b>		OPEN M	36	01:33:46	<b>02:22:56.95</b>	<b>02:23:02.70</b>	+00:56:07 (39.2%)	10:35	5.7 (61.3%)
45	<b>SIEMION Artur</b>	<b>464</b>		OPEN M	37	01:33:09	<b>02:23:22.75</b>	<b>02:23:26.70</b>	+00:56:31 (39.4%)	10:37	5.6 (60.2%)
46	<b>HADMAN Przemysław</b>	<b>487</b>		OPEN M	38	01:36:49	<b>02:24:12.25</b>	<b>02:24:28.35</b>	+00:57:33 (39.8%)	10:40	5.6 (60.2%)
47	<b>HELLER Szymon</b>	<b>421</b>	TATA STASIA	OPEN M	39	01:31:18	<b>02:26:53.55</b>	<b>02:26:55.85</b>	+01:00:01 (40.8%)	10:52	5.5 (59.1%)
48	<b>SOCHA Marek</b>	<b>467</b>		OPEN M	40	01:31:09	<b>02:26:57.35</b>	<b>02:27:06.05</b>	+01:00:11 (40.9%)	10:53	5.5 (59.1%)
49	<b>POLANOWSKI Marek</b>	<b>458</b>	NGB KŁOBUCK	OPEN M	41	01:29:02	<b>02:27:42.75</b>	<b>02:27:46.35</b>	+01:00:51 (41.2%)	10:56	5.5 (59.1%)
50	<b>SLUZALEK Małgorzata</b>	<b>465</b>	TRI&MORE	OPEN K	9	01:35:18	<b>02:30:10.40</b>	<b>02:30:18.75</b>	+01:03:24 (42.2%)	11:07	5.4 (58.1%)
51	<b>GIESE Michał</b>	<b>415</b>	MICHAŁ GIESE	OPEN M	42	01:34:18	<b>02:29:14.60</b>	<b>02:30:20.15</b>	+01:03:25 (42.2%)	11:03	5.4 (58.1%)
52	<b>SZAFRAN Adrian</b>	<b>489</b>		OPEN M	43	01:32:45	<b>02:30:20.75</b>	<b>02:30:27.90</b>	+01:03:33 (42.2%)	11:08	5.4 (58.1%)
53	<b>WITAŁA Piotr</b>	<b>481</b>	HURAGAN LIGOTA	OPEN M	44	01:35:25	<b>02:31:11.00</b>	<b>02:31:22.55</b>	+01:04:27 (42.6%)	11:11	5.4 (58.1%)
54	<b>JARUGA Damian</b>	<b>426</b>		OPEN M	45		<b>02:33:21.20</b>	<b>02:33:34.25</b>	+01:06:39 (43.4%)	11:21	5.3 (57.0%)
55	<b>SANOCKA Dorota</b>	<b>463</b>	DRUŻYNA JASNEJ	OPEN K	10	01:36:54	<b>02:34:02.30</b>	<b>02:34:17.30</b>	+01:07:22 (43.7%)	11:24	5.3 (57.0%)
56	<b>BALIŃSKA-SANOCKA Aneta</b>	<b>402</b>	DRUŻYNA JASNEJ	OPEN K	11	01:36:58	<b>02:34:02.75</b>	<b>02:34:17.60</b>	+01:07:22 (43.7%)	11:24	5.3 (57.0%)
57	<b>STAJER Dawid</b>	<b>469</b>	LIGA	OPEN M	46	01:38:53	<b>02:37:05.35</b>	<b>02:37:17.10</b>	+01:10:22 (44.7%)	11:38	5.2 (55.9%)
58	<b>BIELEC Patryk</b>	<b>404</b>	500CC	OPEN M	47	01:38:59	<b>02:37:43.95</b>	<b>02:37:57.95</b>	+01:11:03 (45.0%)	11:40	5.1 (54.8%)
59	<b>ŁAPA Aleksandra</b>	<b>443</b>	4A	OPEN K	12	01:39:14	<b>02:38:07.60</b>	<b>02:38:15.30</b>	+01:11:20 (45.1%)	11:42	5.1 (54.8%)
60	<b>MISIUREWICZ Rozanna</b>	<b>451</b>		OPEN K	13	01:36:55	<b>02:38:41.95</b>	<b>02:38:47.55</b>	+01:11:52 (45.3%)	11:45	5.1 (54.8%)
61	<b>ANTCZAK Marek</b>	<b>401</b>		OPEN M	48	01:39:06	<b>02:45:25.95</b>	<b>02:45:35.60</b>	+01:18:40 (47.5%)	12:15	4.9 (52.7%)
62	<b>CIEŚLIK Michał</b>	<b>408</b>		OPEN M	49	01:46:09	<b>02:46:00.40</b>	<b>02:46:12.45</b>	+01:19:17 (47.7%)	12:17	4.9 (52.7%)
63	<b>KĘPKA Krzysztof</b>	<b>240</b>		OPEN M	50	01:43:18	<b>02:48:12.00</b>	<b>02:48:12.00</b>	+01:21:17 (48.3%)	12:27	4.8 (51.6%)
64	<b>TOMCZYK Rafał</b>	<b>476</b>		OPEN M	51	01:38:56	<b>02:52:11.90</b>	<b>02:52:21.95</b>	+01:25:27 (49.6%)	12:45	4.7 (50.5%)
65	<b>KARLIŃSKI Łukasz</b>	<b>431</b>		OPEN M	52	01:38:59	<b>02:52:14.30</b>	<b>02:52:24.95</b>	+01:25:30 (49.6%)	12:45	4.7 (50.5%)
66	<b>ADAMOSZEK Daniel</b>	<b>400</b>		OPEN M	53	01:46:03	<b>02:58:06.65</b>	<b>02:58:18.15</b>	+01:31:23 (51.3%)	13:11	4.5 (48.4%)
67	<b>BOSEK Pawel</b>	<b>208</b>	BOSKI	OPEN M	54	01:51:53	<b>03:01:00.00</b>	<b>03:01:11.00</b>	+01:34:16 (52.0%)	13:24	4.5 (48.4%)
68	<b>JARUGA Grzegorz</b>	<b>427</b>		OPEN M	55	01:45:58	<b>03:04:06.55</b>	<b>03:04:20.15</b>	+01:37:25 (52.9%)	13:38	4.4 (47.3%)
69	<b>GORAUS Krzysztof</b>	<b>416</b>		OPEN M	56	01:46:06	<b>03:04:11.35</b>	<b>03:04:23.35</b>	+01:37:28 (52.9%)	13:38	4.4 (47.3%)
70	<b>BRZEZIŃSKA Teresa</b>	<b>407</b>		OPEN K	14	02:04:20	<b>03:05:32.20</b>	<b>03:05:41.65</b>	+01:38:46 (53.2%)	13:44	4.4 (47.3%)
71	<b>ADAMOWSKA Joanna</b>	<b>200</b>		OPEN K	15	01:59:03	<b>03:10:25.00</b>	<b>03:10:32.00</b>	+01:43:37 (54.4%)	14:06	4.3 (46.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Skrzyczne 7.5km	Czas netto 13.5km	Czas brutto 13.5km	Różn	Tempo min/km	Tempo km/h
72	<b>JAGODA Adam</b>	<b>424</b>	FUCHS OIL TEAM	OPEN M	57	01:50:59	<b>03:10:27.75</b>	<b>03:10:42.15</b>	+01:43:47 (54.4%)	14:06	4.3 (46.2%)
73	<b>WIECZOREK Dariusz</b>	<b>480</b>	KGB - KOLARSKA GRUPA BIAŁOŁĘCKA	OPEN M	58	01:50:59	<b>03:12:07.05</b>	<b>03:12:23.25</b>	+01:45:28 (54.8%)	14:13	4.2 (45.2%)
74	<b>KUGIEL Grzegorz</b>	<b>441</b>		OPEN M	59	01:52:36	<b>03:12:32.40</b>	<b>03:12:43.25</b>	+01:45:48 (54.9%)	14:15	4.2 (45.2%)
75	<b>PABICH Honorata</b>	<b>267</b>	MAM_MA_WSZYSTKO_WYBIEGANE	OPEN K	16	01:57:54	<b>03:13:04.00</b>	<b>03:13:12.00</b>	+01:46:17 (55.0%)	14:18	4.2 (45.2%)
75	<b>CZEPIEL Daniel</b>	<b>215</b>	MAM_NA_WSZYSTKO_WYBIEGANIE	OPEN M	60	01:58:07	<b>03:13:04.00</b>	<b>03:13:12.00</b>	+01:46:17 (55.0%)	14:18	4.2 (45.2%)
77	<b>ANDRZEJEWSKI Krzysztof</b>	<b>201</b>		OPEN M	61	02:00:53	<b>03:14:04.00</b>	<b>03:14:10.00</b>	+01:47:15 (55.2%)	14:22	4.2 (45.2%)
78	<b>SIEJAK Andrzej</b>	<b>494</b>		OPEN M	62	02:02:01	<b>03:08:06.40</b>	<b>03:22:51.75</b>	+01:55:57 (57.2%)	13:56	4.3 (46.2%)
79	<b>GORYŚ Marcin</b>	<b>225</b>	MAM_NA_WSZYSTKO_WYBIEGANE	OPEN M	63	02:07:10	<b>03:36:42.00</b>	<b>03:36:48.00</b>	+02:09:53 (59.9%)	16:03	3.7 (39.8%)
80	<b>WOJTOWICZ Karolina</b>	<b>483</b>	SIOSTRY MADIZAR	OPEN K	17	02:06:36	<b>03:36:44.00</b>	<b>03:36:55.65</b>	+02:10:00 (59.9%)	16:03	3.7 (39.8%)
81	<b>PROŃCZUK Adam</b>	<b>272</b>	WEHICOOLL	OPEN M	64	02:04:36	<b>03:41:42.00</b>	<b>03:42:01.00</b>	+02:15:06 (60.9%)	16:25	3.7 (39.8%)
82	<b>DOBROSZ-KRAKOWCZYK Joanna</b>	<b>217</b>	SISTARS	OPEN K	18	02:16:02	<b>03:46:17.00</b>	<b>03:46:24.00</b>	+02:19:29 (61.6%)	16:45	3.6 (38.7%)
83	<b>KOLAKOWSKA Ania</b>	<b>435</b>	POLACY BIEGAJĄ W NL	OPEN K	19	02:58:44	<b>05:53:15.75</b>	<b>05:53:24.15</b>	+04:26:29 (75.4%)	26:10	2.3 (24.7%)

Znaleziono 83 wynik(ów)