



# ZADYMA

B4SPORT

**Wydarzenie:** ZAMIEĆ 24h na Skrzyczne  
**Organizator:** Fundacja Aktywne Beskidy  
**Data:** 2023-01-21  
**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	<b>GRUBKA Bartosz</b>	<b>312</b>	TRIO TEAM	OPEN M	1	00:59:15	<b>01:31:40.35</b>	<b>01:31:41.85</b>		6:47	8.8 (100%)
2	<b>BUCZYŃSKI Adam</b>	<b>305</b>	NON STOP TRAIL	OPEN M	2	01:02:08	<b>01:35:00.45</b>	<b>01:35:01.95</b>	+00:03:20 (3.5%)	7:02	8.5 (96.6%)
3	<b>ŁUKOSZ Tomasz</b>	<b>333</b>	ANNA HALSKA COACHING	OPEN M	3	01:01:59	<b>01:36:12.00</b>	<b>01:36:13.50</b>	+00:04:31 (4.7%)	7:07	8.4 (95.5%)
4	<b>SAWICKI Marek</b>	<b>346</b>	SKLEPSONO.PL	OPEN M	4	01:07:34	<b>01:41:28.95</b>	<b>01:41:31.55</b>	+00:09:49 (9.7%)	7:30	8 (90.9%)
5	<b>HALSKA Ania</b>	<b>313</b>	ANNA HALSKA COACHING	OPEN K	1	01:07:25	<b>01:43:23.40</b>	<b>01:43:26.50</b>	+00:11:44 (11.4%)	7:39	7.8 (88.6%)
6	<b>MARSZAŁEK Marcin</b>	<b>336</b>		OPEN M	5	01:10:05	<b>01:45:25.75</b>	<b>01:45:30.90</b>	+00:13:49 (13.1%)	7:48	7.7 (87.5%)
7	<b>MASARCZYK Szymon</b>	<b>337</b>	TRI&MORE	OPEN M	6	01:07:43	<b>01:45:27.10</b>	<b>01:45:31.20</b>	+00:13:49 (13.1%)	7:48	7.7 (87.5%)
8	<b>FOLTYNIAK Paweł</b>	<b>306</b>		OPEN M	7	01:11:11	<b>01:47:52.20</b>	<b>01:47:57.75</b>	+00:16:15 (15.1%)	7:59	7.5 (85.2%)
9	<b>STROJNY Paweł</b>	<b>315</b>		OPEN M	8	01:11:13	<b>01:47:57.80</b>	<b>01:47:59.75</b>	+00:16:17 (15.1%)	7:59	7.5 (85.2%)
10	<b>FRANCUZ Konrad</b>	<b>307</b>	VEGE RUNNERS	OPEN M	9	01:13:44	<b>01:48:58.95</b>	<b>01:49:00.75</b>	+00:17:18 (15.9%)	8:04	7.4 (84.1%)
11	<b>KUTKA Sławek</b>	<b>328</b>		OPEN M	10	01:10:10	<b>01:50:48.40</b>	<b>01:50:54.05</b>	+00:19:12 (17.3%)	8:12	7.3 (83.0%)
12	<b>KAMIŃSKI Marek</b>	<b>318</b>		OPEN M	11	01:15:31	<b>01:51:05.75</b>	<b>01:51:07.75</b>	+00:19:25 (17.5%)	8:13	7.3 (83.0%)
13	<b>WYSŁUCH Izabela</b>	<b>363</b>		OPEN K	2	01:16:44	<b>01:54:09.20</b>	<b>01:54:09.20</b>	+00:22:27 (19.7%)	8:27	7.1 (80.7%)
14	<b>LORANC Paweł</b>	<b>502</b>	WILD BUCHAYS	OPEN M	12	01:19:00	<b>01:56:43.40</b>	<b>01:56:43.40</b>	+00:25:01 (21.4%)	8:38	6.9 (78.4%)
15	<b>SROMEK Dawid</b>	<b>352</b>	KS BYSTRA	OPEN M	13	01:16:33	<b>01:57:11.75</b>	<b>01:57:15.10</b>	+00:25:33 (21.8%)	8:40	6.9 (78.4%)
16	<b>SZŁĘZAK Edward</b>	<b>354</b>	EWELINA RUNNERS	OPEN M	14	01:17:42	<b>01:58:09.20</b>	<b>01:58:12.90</b>	+00:26:31 (22.4%)	8:45	6.9 (78.4%)
17	<b>RAK Mirek</b>	<b>345</b>		OPEN M	15	01:18:27	<b>01:58:30.55</b>	<b>01:58:34.20</b>	+00:26:52 (22.7%)	8:46	6.8 (77.3%)
18	<b>KĘDZIOR Maciej</b>	<b>321</b>		OPEN M	16	01:19:01	<b>02:02:11.90</b>	<b>02:02:15.55</b>	+00:30:33 (25.0%)	9:03	6.6 (75.0%)
19	<b>GÓRECKI Wojciech</b>	<b>309</b>		OPEN M	17	01:23:21	<b>02:03:11.50</b>	<b>02:03:19.20</b>	+00:31:37 (25.6%)	9:07	6.6 (75.0%)
20	<b>BOGOBOWICZ Dominik</b>	<b>304</b>		OPEN M	18	01:23:35	<b>02:03:19.30</b>	<b>02:03:21.30</b>	+00:31:39 (25.7%)	9:08	6.6 (75.0%)
21	<b>KAJSTURA Katarzyna</b>	<b>317</b>	KW BIELSKO BIAŁA	OPEN K	3	01:22:43	<b>02:04:49.15</b>	<b>02:04:51.55</b>	+00:33:09 (26.6%)	9:14	6.5 (73.9%)
22	<b>ZIMNY Jakub</b>	<b>364</b>		OPEN M	19	01:24:31	<b>02:09:44.30</b>	<b>02:09:48.95</b>	+00:38:07 (29.4%)	9:36	6.2 (70.5%)
23	<b>WĘGOREK Monika</b>	<b>357</b>		OPEN K	4	01:29:17	<b>02:09:48.80</b>	<b>02:09:52.45</b>	+00:38:10 (29.4%)	9:36	6.2 (70.5%)
24	<b>NYC-ZIMNY Gosia</b>	<b>340</b>	4TRITEAM	OPEN K	5	01:25:55	<b>02:09:53.95</b>	<b>02:09:57.00</b>	+00:38:15 (29.4%)	9:37	6.2 (70.5%)
25	<b>KARNÓWKA Jarosław</b>	<b>319</b>		OPEN M	20	01:23:49	<b>02:10:28.75</b>	<b>02:10:33.95</b>	+00:38:52 (29.8%)	9:39	6.2 (70.5%)
26	<b>WÓJCIK Jacek</b>	<b>362</b>		OPEN M	21	01:27:43	<b>02:17:40.85</b>	<b>02:17:44.00</b>	+00:46:02 (33.4%)	10:11	5.9 (67.0%)
27	<b>KLAG Marian</b>	<b>325</b>	TOP33	OPEN M	22	01:29:23	<b>02:20:41.45</b>	<b>02:20:46.60</b>	+00:49:04 (34.9%)	10:25	5.8 (65.9%)

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>ZIÓŁEK Mirosław</b>	<b>365</b>	STAY INSANE/ BANDA GRUDNIA	OPEN M	23	01:35:15	<b>02:23:13.95</b>	<b>02:23:23.80</b>	+00:51:41 (36.1%)	10:36	5.7 (64.8%)
29	<b>BIELAWSKI Paweł</b>	<b>301</b>		OPEN M	24	01:35:22	<b>02:25:10.00</b>	<b>02:25:14.40</b>	+00:53:32 (36.9%)	10:45	5.6 (63.6%)
30	<b>WIECZOREK Dariusz</b>	<b>358</b>		OPEN M	25	01:35:39	<b>02:26:24.80</b>	<b>02:26:35.30</b>	+00:54:53 (37.4%)	10:50	5.5 (62.5%)
31	<b>BAK Piotr</b>	<b>509</b>		OPEN M	26	01:34:37	<b>02:28:25.45</b>	<b>02:28:28.70</b>	+00:56:46 (38.2%)	10:59	5.5 (62.5%)
32	<b>MAREK Sławek</b>	<b>335</b>	WILD BUCHAYS	OPEN M	27	01:34:35	<b>02:28:25.95</b>	<b>02:28:28.75</b>	+00:56:46 (38.2%)	10:59	5.5 (62.5%)
33	<b>LIPIŃSKA Marta</b>	<b>332</b>		OPEN K	6	01:38:15	<b>02:29:23.65</b>	<b>02:29:30.05</b>	+00:57:48 (38.7%)	11:03	5.4 (61.4%)
34	<b>KIEŁBASA Artur</b>	<b>322</b>		OPEN M	28	01:35:27	<b>02:29:31.60</b>	<b>02:29:34.85</b>	+00:57:53 (38.7%)	11:04	5.4 (61.4%)
35	<b>WAWRZYŃIAK Mariusz</b>	<b>356</b>		OPEN M	29	01:35:29	<b>02:29:31.80</b>	<b>02:29:34.95</b>	+00:57:53 (38.7%)	11:04	5.4 (61.4%)
36	<b>KARWAT Robert</b>	<b>320</b>		OPEN M	30	01:35:25	<b>02:30:18.65</b>	<b>02:30:27.80</b>	+00:58:45 (39.1%)	11:08	5.4 (61.4%)
37	<b>POLANOWSKI Marek</b>	<b>343</b>	NGB KŁOBUCK	OPEN M	31	01:31:03	<b>02:30:37.80</b>	<b>02:30:39.95</b>	+00:58:58 (39.1%)	11:09	5.4 (61.4%)
38	<b>GÓRSKI Jakub</b>	<b>310</b>	RAPID RUNNERS TEAM	OPEN M	32	01:43:17	<b>02:34:11.60</b>	<b>02:34:20.45</b>	+01:02:38 (40.6%)	11:25	5.3 (60.2%)
39	<b>NIGRINI Beata</b>	<b>339</b>	TROWEL MASTER RACING TEAM	OPEN K	7	01:35:14	<b>02:34:25.45</b>	<b>02:34:30.95</b>	+01:02:49 (40.7%)	11:26	5.2 (59.1%)
40	<b>FRANCZAK Katarzyna</b>	<b>308</b>		OPEN K	8	01:36:06	<b>02:35:32.50</b>	<b>02:35:36.75</b>	+01:03:54 (41.1%)	11:31	5.2 (59.1%)
41	<b>SIEMION Artur</b>	<b>347</b>		OPEN M	33	01:41:02	<b>02:38:49.90</b>	<b>02:39:02.10</b>	+01:07:20 (42.3%)	11:45	5.1 (58.0%)
42	<b>SLUZALEK Małgorzata</b>	<b>349</b>		OPEN K	9	01:37:23	<b>02:40:54.35</b>	<b>02:41:00.20</b>	+01:09:18 (43.0%)	11:55	5 (56.8%)
43	<b>GRAJDEK Wiktor</b>	<b>311</b>		OPEN M	34	01:42:21	<b>02:42:44.90</b>	<b>02:42:52.95</b>	+01:11:11 (43.7%)	12:03	5 (56.8%)
44	<b>STOŃ Leszek</b>	<b>353</b>		OPEN M	35	01:37:45	<b>02:44:41.70</b>	<b>02:44:46.25</b>	+01:13:04 (44.3%)	12:11	4.9 (55.7%)
45	<b>SIWINSKA Gosia</b>	<b>348</b>		OPEN K	10	01:46:47	<b>02:46:25.80</b>	<b>02:46:32.80</b>	+01:14:50 (44.9%)	12:19	4.9 (55.7%)
46	<b>BIELEC Patryk</b>	<b>302</b>	500CC SZKOŁA MISTRZÓW ENDURO	OPEN M	36	01:46:52	<b>02:49:23.30</b>	<b>02:49:26.95</b>	+01:17:45 (45.9%)	12:32	4.8 (54.5%)
47	<b>KURYSIA Piotr</b>	<b>503</b>	HIGHLANDERS	OPEN M	37	01:46:57	<b>02:52:16.15</b>	<b>02:52:24.90</b>	+01:20:43 (46.8%)	12:45	4.7 (53.4%)
48	<b>KIRWIEL Kamil</b>	<b>324</b>		OPEN M	38	01:49:18	<b>02:53:27.05</b>	<b>02:53:37.20</b>	+01:21:55 (47.2%)	12:50	4.7 (53.4%)
49	<b>MICHALSKA Nikoletta</b>	<b>338</b>		OPEN K	11	01:23:27	<b>02:54:31.75</b>	<b>02:54:31.75</b>	+01:22:49 (47.5%)	12:55	4.6 (52.3%)
50	<b>KOZDROŃ Mateusz</b>	<b>326</b>		OPEN M	39	01:25:26	<b>02:54:32.45</b>	<b>02:54:32.45</b>	+01:22:50 (47.5%)	12:55	4.6 (52.3%)
51	<b>KIEŁBASA Karolina</b>	<b>323</b>		OPEN K	12	01:56:57	<b>02:58:15.65</b>	<b>02:58:21.60</b>	+01:26:39 (48.6%)	13:12	4.5 (51.1%)
52	<b>SMAGA Jan</b>	<b>351</b>		OPEN M	40	01:53:44	<b>03:01:58.50</b>	<b>03:02:08.45</b>	+01:30:26 (49.7%)	13:28	4.5 (51.1%)
53	<b>POLANOWSKI Przemysław</b>	<b>344</b>		OPEN M	41	01:51:16	<b>03:04:25.00</b>	<b>03:04:27.40</b>	+01:32:45 (50.3%)	13:39	4.4 (50.0%)
54	<b>MACIEJEWSKA Lidia</b>	<b>226</b>		OPEN K	13	02:16:27	<b>03:30:29.95</b>	<b>03:30:37.95</b>	+01:58:56 (56.5%)	15:35	3.8 (43.2%)
55	<b>JARUGA Damian</b>	<b>314</b>	KULULULU TEAM	OPEN M	42		<b>03:32:31.35</b>	<b>03:32:32.70</b>	+02:00:50 (56.9%)	15:44	3.8 (43.2%)
56	<b>MACIEJEWSKA Dagmara</b>	<b>225</b>		OPEN K	14	02:16:30	<b>03:34:14.15</b>	<b>03:34:22.15</b>	+02:02:40 (57.2%)	15:52	3.8 (43.2%)
57	<b>SMAGA Antoni</b>	<b>350</b>		OPEN M	43	02:17:05	<b>03:35:05.90</b>	<b>03:35:17.35</b>	+02:03:35 (57.4%)	15:55	3.8 (43.2%)
58	<b>OLEŃSKA Agnieszka</b>	<b>341</b>	SIOSTRY MADIZAR	OPEN K	15	02:06:22	<b>03:38:56.85</b>	<b>03:39:03.05</b>	+02:07:21 (58.1%)	16:13	3.7 (42.0%)
59	<b>WOJTOWICZ Karolina</b>	<b>360</b>	SIOSTRY MADIZAR	OPEN K	16	02:07:09	<b>03:38:57.15</b>	<b>03:39:03.40</b>	+02:07:21 (58.1%)	16:13	3.7 (42.0%)
60	<b>KUCZEK Grzegorz</b>	<b>327</b>	133BLP	OPEN M	44	02:17:58	<b>03:44:13.60</b>	<b>03:44:20.05</b>	+02:12:38 (59.1%)	16:36	3.6 (40.9%)
61	<b>MANIURA Adam</b>	<b>334</b>		OPEN M	45	02:20:08	<b>03:44:23.95</b>	<b>03:44:29.30</b>	+02:12:47 (59.2%)	16:37	3.6 (40.9%)
62	<b>LEPA-ROMAN Magdalena</b>	<b>331</b>		OPEN K	17	02:13:27	<b>03:49:03.85</b>	<b>03:49:11.15</b>	+02:17:29 (60.0%)	16:58	3.5 (39.8%)
63	<b>WILK Rafał</b>	<b>359</b>	SEKCJA PIASKI	OPEN M	46	02:10:54	<b>03:57:09.50</b>	<b>03:57:09.50</b>	+02:25:27 (61.3%)	17:34	3.4 (38.6%)
64	<b>JABŁOŃSKI Kazimierz</b>	<b>501</b>	SPRINTER PRĄDY	OPEN M	47	02:29:46	<b>04:05:03.10</b>	<b>04:05:12.95</b>	+02:33:31 (62.6%)	18:09	3.3 (37.5%)
65	<b>WOŚKO Gabriela</b>	<b>361</b>	STG WARSZAWA	OPEN K	18	02:30:38	<b>04:05:43.55</b>	<b>04:05:50.70</b>	+02:34:08 (62.7%)	18:12	3.3 (37.5%)
66	<b>MIKOŁAJCZAK Magdalena</b>	<b>508</b>		OPEN K	19	02:56:14	<b>05:29:26.00</b>	<b>05:29:26.00</b>	+03:57:44 (72.2%)	24:24	2.5 (28.4%)

Znaleziono 66 wynik(ów)