



# ZAWIERUCHA

B4SPORT

**Wydarzenie:** ZAMIEĆ 24h na Skrzyczne  
**Organizator:** Fundacja Aktywne Beskidy  
**Data:** 2024-02-03  
**Miejsce:** Szczyrk  
**Dystans:** 28 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Skrzyczne 7.5km	13.5km	13.51km	Skrzyczne 21km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
1	<b>STASZYK Michał</b>	<b>237</b>		OPEN M	1	00:57:19	01:28:29	01:28:55	02:32:32	<b>03:05:30.10</b>	<b>03:05:31.25</b>		6:37	9.1 (100%)
2	<b>KOŁODZIEJ Roman</b>	<b>219</b>	MARCIN ŚWIERC TEAEM	OPEN M	2	01:02:54	01:36:27	01:37:00	02:55:55	<b>03:30:44.90</b>	<b>03:30:46.05</b>	+00:25:14 (12.0%)	7:31	8 (87.9%)
3	<b>SAWICKI Marek</b>	<b>233</b>		OPEN M	3	01:02:35	01:38:27	01:38:59	02:53:17	<b>03:31:51.50</b>	<b>03:31:53.95</b>	+00:26:22 (12.4%)	7:33	7.9 (86.8%)
4	<b>PASTUSZKA Michał</b>	<b>231</b>		OPEN M	4	01:02:47	01:38:27	01:38:58	02:54:36	<b>03:36:05.15</b>	<b>03:36:07.20</b>	+00:30:35 (14.2%)	7:43	7.8 (85.7%)
5	<b>NOSALIK Marek</b>	<b>228</b>	MTA	OPEN M	5	01:03:19	01:40:46	01:41:24	02:58:58	<b>03:42:58.60</b>	<b>03:43:01.25</b>	+00:37:30 (16.8%)	7:57	7.5 (82.4%)
6	<b>SROMEK Dawid</b>	<b>235</b>	KLUB SPORTOWY BYSTRA	OPEN M	6	01:07:01	01:44:51	01:45:23	03:08:24	<b>03:50:53.15</b>	<b>03:50:54.40</b>	+00:45:23 (19.7%)	8:14	7.3 (80.2%)
7	<b>OCHOJSKI Dominik</b>	<b>229</b>		OPEN M	7	01:07:05	01:44:59	01:45:29	03:07:28	<b>03:51:44.35</b>	<b>03:51:45.95</b>	+00:46:14 (20.0%)	8:16	7.2 (79.1%)
8	<b>CZOSNOWSKI Tomasz</b>	<b>209</b>	CZOSY SIĘ SZWENDAJĄ.	OPEN M	8	01:06:34	01:42:26	01:42:58	03:05:26	<b>03:48:50.90</b>	<b>03:53:58.30</b>	+00:48:27 (20.7%)	8:10	7.3 (80.2%)
9	<b>KWAŚNY Marcin</b>	<b>223</b>	WILD BUCHAYS	OPEN M	9	01:14:19	01:52:58	01:53:30	03:16:42	<b>03:54:54.75</b>	<b>03:54:57.90</b>	+00:49:26 (21.0%)	8:23	7.2 (79.1%)
10	<b>STAL Katarzyna</b>	<b>236</b>	KS STASZEWSKY	OPEN K	1	01:13:18	01:53:22	01:54:42	03:15:45	<b>03:55:11.40</b>	<b>03:55:13.60</b>	+00:49:42 (21.1%)	8:23	7.1 (78.0%)
11	<b>KROSNY Sebastian</b>	<b>220</b>	STS BIEGATON MIKOŁÓW	OPEN M	10	01:06:29	01:41:59	01:43:40	02:56:45	<b>03:36:29.95</b>	<b>03:55:15.20</b>	+00:49:43 (21.1%)	7:43	7.8 (85.7%)
12	<b>CIEŚLAR Michał</b>	<b>207</b>	NGK RUNNINGTEAM	OPEN M	11	01:12:30	01:55:04	01:55:37	03:16:47	<b>04:06:19.60</b>	<b>04:06:22.85</b>	+01:00:51 (24.7%)	8:47	6.8 (74.7%)
13	<b>WALASZCZYK Artur</b>	<b>241</b>	SZAKALE BAŁUT ŁÓDŹ	OPEN M	12	01:17:15	02:00:23	02:02:30	03:35:43	<b>04:14:22.15</b>	<b>04:14:27.80</b>	+01:08:56 (27.1%)	9:05	6.6 (72.5%)
14	<b>BAK Tymoteusz</b>	<b>202</b>	MERCE.COM	OPEN M	13	01:22:00	02:05:29	02:06:16	03:37:39	<b>04:15:37.30</b>	<b>04:15:39.95</b>	+01:10:08 (27.4%)	9:07	6.6 (72.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Skrzyczne			Skrzyczne 21km	Czas		Różn	Tempo min/km	Tempo km/h
						7.5km	13.5km	13.51km		netto 28km	brutto 28km			
15	<b>SZCZESZEK Łukasz</b>	<b>240</b>		OPEN M	14	01:24:48	02:12:59	02:14:29	03:41:49	<b>04:29:10.50</b>	<b>04:29:16.15</b>	+01:23:44 (31.1%)	9:36	6.2 (68.1%)
16	<b>WYKA Mariusz</b>	<b>246</b>	LEGIA	OPEN M	15	01:17:22	02:00:32	02:02:14	03:41:35	<b>04:33:28.60</b>	<b>04:33:31.55</b>	+01:28:00 (32.2%)	9:46	6.1 (67.0%)
17	<b>WITEK Maciej</b>	<b>244</b>		OPEN M	16	01:22:50	02:12:23	02:12:58	03:42:28	<b>04:33:33.15</b>	<b>04:33:36.40</b>	+01:28:05 (32.2%)	9:46	6.1 (67.0%)
18	<b>LANGE Szymon</b>	<b>224</b>	WSK- WOJOWNICY SASKIEJ KAWY	OPEN M	17	01:14:36	02:01:07	02:03:54	03:41:26	<b>04:39:53.70</b>	<b>04:39:58.00</b>	+01:34:26 (33.7%)	9:59	6 (65.9%)
19	<b>BRONOWSKA Justyna</b>	<b>206</b>		OPEN K	2	01:26:39	02:14:11	02:15:43	03:49:57	<b>04:43:36.15</b>	<b>04:43:38.05</b>	+01:38:06 (34.6%)	10:07	5.9 (64.8%)
20	<b>LEGIEĆ-KWAŚNY Monika</b>	<b>225</b>	WILD BUCHAYS	OPEN K	3	01:28:15	02:18:22	02:19:32	04:03:18	<b>04:55:09.90</b>	<b>04:55:14.85</b>	+01:49:43 (37.2%)	10:32	5.7 (62.6%)
21	<b>ŁUCJANEK Justyna</b>	<b>226</b>		OPEN K	4	01:28:22	02:20:47	02:22:48	04:08:41	<b>04:59:00.10</b>	<b>04:59:02.30</b>	+01:53:31 (38.0%)	10:40	5.6 (61.5%)
22	<b>KASINSKI Wojciech</b>	<b>217</b>	ULTRAPLESS	OPEN M	18	01:32:02	02:33:13	02:38:31	04:05:10	<b>04:59:03.95</b>	<b>04:59:05.70</b>	+01:53:34 (38.0%)	10:40	5.6 (61.5%)
23	<b>KRZYŻAN Jakub</b>	<b>221</b>	KW KRAKÓW	OPEN M	19	01:27:09	02:20:34	02:23:39	04:04:52	<b>05:04:08.35</b>	<b>05:04:11.50</b>	+01:58:40 (39.0%)	10:51	5.5 (60.4%)
24	<b>BORKOWSKI Andrzej</b>	<b>204</b>		OPEN M	20	01:15:30	02:07:29	02:10:32	04:03:13	<b>05:09:48.35</b>	<b>05:09:52.05</b>	+02:04:20 (40.1%)	11:03	5.4 (59.3%)
25	<b>ŻYŁKA Piotr</b>	<b>248</b>		OPEN M	21	01:23:42	02:14:21	02:15:52	04:07:03	<b>05:10:09.65</b>	<b>05:10:13.10</b>	+02:04:41 (40.2%)	11:04	5.4 (59.3%)
26	<b>HELIOSZ Joanna</b>	<b>214</b>	SILESIA MARATHON CLUB	OPEN K	5	01:36:35	02:33:01	02:38:57	04:22:21	<b>05:22:58.75</b>	<b>05:23:03.20</b>	+02:17:31 (42.6%)	11:32	5.2 (57.1%)
27	<b>BOSEK Pawel</b>	<b>205</b>		OPEN M	22	01:30:14	02:27:03	02:38:57	04:23:34	<b>05:22:59.25</b>	<b>05:23:03.45</b>	+02:17:32 (42.6%)	11:32	5.2 (57.1%)
28	<b>PIGUŁA Daria</b>	<b>232</b>	CARBON SILESIA SPORT	OPEN K	6	01:31:17	02:29:52	02:32:57	04:19:48	<b>05:26:21.70</b>	<b>05:26:23.55</b>	+02:20:52 (43.2%)	11:39	5.1 (56.0%)
29	<b>FERFECKI Marek</b>	<b>210</b>		OPEN M	23	01:33:50	02:35:24	02:40:52	04:38:12	<b>05:48:07.90</b>	<b>05:48:16.00</b>	+02:42:44 (46.7%)	12:25	4.8 (52.7%)
30	<b>WOŚ Krzysztof</b>	<b>245</b>	SCUDERIA BEBOKI	OPEN M	24	01:33:38	02:35:24	02:41:54	04:38:05	<b>05:48:09.00</b>	<b>05:48:16.60</b>	+02:42:45 (46.7%)	12:26	4.8 (52.7%)
31	<b>KIEŁBASA Karolina</b>	<b>218</b>		OPEN K	7	01:41:18	02:42:52	03:03:21	05:03:25	<b>06:13:57.65</b>	<b>06:14:02.10</b>	+03:08:30 (50.4%)	13:21	4.5 (49.5%)
32	<b>GRACZYK Magdalena</b>	<b>212</b>		OPEN K	8	01:44:02	03:04:13	03:12:18	05:18:19	<b>06:29:47.30</b>	<b>06:29:54.25</b>	+03:24:23 (52.4%)	13:55	4.3 (47.3%)
33	<b>WILCZEK Łukasz</b>	<b>243</b>		OPEN M	25	01:33:49	02:39:15	03:06:24	05:12:27	<b>06:39:47.60</b>	<b>06:39:51.30</b>	+03:34:20 (53.6%)	14:16	4.2 (46.2%)
34	<b>STROMIDŁO Anna</b>	<b>239</b>	W STRONĘ ULTRA PODCAST	OPEN K	9	01:43:48	03:05:05	03:12:18	05:18:03	<b>06:51:08.40</b>	<b>06:51:14.80</b>	+03:45:43 (54.9%)	14:41	4.1 (45.1%)
35	<b>PABICH Honorata</b>	<b>230</b>	MAM_NA_WSZTSTKO_WYBIEGANE	OPEN K	10	01:52:03	03:13:18	03:40:24	05:41:52	<b>07:02:12.85</b>	<b>07:02:17.95</b>	+03:56:46 (56.1%)	15:04	4 (44.0%)
36	<b>CZEPIEL Daniel</b>	<b>208</b>	MAM_NA_WSZYSTKO_WYBIEGANE	OPEN M	26	01:52:09	03:13:22	03:40:30	05:56:56	<b>07:17:00.10</b>	<b>07:17:04.90</b>	+04:11:33 (57.6%)	15:36	3.8 (41.8%)
37	<b>WARKOCZ Marcin</b>	<b>242</b>		OPEN M	27	01:56:34	03:30:29	03:42:07	05:55:31	<b>07:23:57.75</b>	<b>07:24:03.10</b>	+04:18:31 (58.2%)	15:51	3.8 (41.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Skrzyczne			Skrzyczne 21km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
						7.5km	13.5km	13.51km						
38	<b>HOWANIEC-SIWEK Anna</b>	<b>216</b>		OPEN K	11	01:56:41	03:30:29	03:42:08		<b>07:23:59.10</b>	<b>07:24:03.70</b>	+04:18:32 (58.2%)	15:51	3.8 (41.8%)
<b>Przekroczony limit czasu: 10:00:00</b>														
39	<b>BESSER Bartosz</b>	<b>203</b>		OPEN M	28	02:29:59	04:27:15	04:58:37	08:08:41	<b>11:12:49.65</b>	<b>11:12:56.90</b>	+08:07:25 (72.4%)	24:01	2.5 (27.5%)
	<b>GRZEGORZEWSKA Marlena</b>	<b>213</b>	DAISYPLESS	OPEN K		01:31:55 DNF	02:33:09 DNF	02:44:12 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>KUTKA Slawek</b>	<b>222</b>	MARMAC CYKELTEAM	OPEN M		01:02:43 DNF	01:55:15 DNF	24:00:00 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>BARCICKI Tomasz</b>	<b>201</b>		OPEN M		01:27:51 DNF	02:35:08 DNF	24:00:00 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>NICIEJA Anna</b>	<b>227</b>		OPEN K		01:19:45 DNF	03:35:31 DNF	24:00:00 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 43 wynik(ów)