



BIEGI W SZCZAWNICY

ŻWAWĘ WIERCHY - 33 KM

B4SPORT

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Event: Biegi w Szczawnicy
Organiser: Fundacja Strefa Przygód
Date: 2022-04-23
Place: Szczawnica
Distance: 32.8 km

Classification: M40

Place	Participant	Number	Club	Category	MCat	Schronisko na Przehybie 9km	Schronisko pod Durbaszką 25km	Net time 32.8km	Czas brutto 32.8km	Gap	Pace min/km	Pace km/h
1	KOCIOŁEK Witold	979	INŻYNIERIA BIEGANIA TEAM	M40	1	01:34:56	02:32:14	03:16:36.70	03:16:38.35		5:59	10 (100%)
2	POLAŃSKI Tomasz	760	140MINUT.PL	M40	2	01:37:39	02:40:31	03:22:10.80	03:22:12.35	+00:05:34 (2.8%)	6:09	9.7 (97.0%)
3	KORCZ Daniel	1056	JAWORZNO RUNNERS PRO TEAM	M40	3	01:40:07	02:43:12	03:28:33.10	03:28:35.25	+00:11:56 (5.7%)	6:21	9.4 (94.0%)
4	TOPOLSKI Marcin	990		M40	4	01:41:31	02:45:54	03:31:00.70	03:31:03.65	+00:14:25 (6.8%)	6:25	9.3 (93.0%)
5	BEKAS Marcin	1005		M40	5	01:49:01	02:55:13	03:41:22.35	03:41:27.85	+00:24:49 (11.2%)	6:44	8.9 (89.0%)
6	SZARAPANOWSKI Marcin	934	ULTRA DIABŁY TEAM LUBRZA	M40	6	01:46:18	02:54:05	03:42:13.25	03:42:16.65	+00:25:38 (11.5%)	6:46	8.9 (89.0%)
7	KNAPIK Przemysław	962	HEINEKEN KRAKOW / TRIWISE	M40	7	01:53:39	03:02:51	03:49:38.90	03:49:45.30	+00:33:06 (14.4%)	7:00	8.6 (86.0%)
8	ZĄBEK Łukasz	1066	140MINUT.PL	M40	8	01:46:30	02:57:14	03:49:53.50	03:49:57.45	+00:33:19 (14.5%)	7:00	8.6 (86.0%)
9	BRUŚ Marcin	1082	SASKA	M40	9	01:50:51	02:59:52	03:50:26.45	03:50:28.95	+00:33:50 (14.7%)	7:01	8.5 (85.0%)
10	JUCHA Michał	1068	BIEGIEM PO PIWO	M40	10	01:55:23	03:04:05	03:54:24.05	03:54:29.35	+00:37:51 (16.1%)	7:08	8.4 (84.0%)
11	SAINTEMARIE Arnaud	921	MARCIN ŚWIERC TEAM	M40	11	01:56:02	03:07:19	03:54:37.45	03:54:43.60	+00:38:05 (16.2%)	7:09	8.4 (84.0%)
12	ZIELIŃSKI Paweł	898	RUCH IZBICA	M40	12	01:57:59	03:10:47	03:59:28.80	03:59:37.45	+00:42:59 (17.9%)	7:18	8.2 (82.0%)
13	KOŁODZIEJ Roman	929	PERFEKTA KARLOWICE	M40	13	01:50:21	03:08:25	04:00:45.10	04:00:46.30	+00:44:07 (18.3%)	7:20	8.2 (82.0%)
14	WOJTALA Bartłomiej	1008	UWAGA NA DZIADA	M40	14	02:01:39	03:12:38	04:01:13.30	04:01:39.75	+00:45:01 (18.6%)	7:21	8.2 (82.0%)

Place	Participant	Number	Club	Category	MCat	Schronisko na	Schronisko pod	Net	Czas	Gap	Pace	Pace
						Przehybie	Durbaszka	time	brutto			
						9km	25km	32.8km	32.8km			
15	PIETRZAK Jacek	1026		M40	15	01:53:59	03:09:03	04:01:56.60	04:02:01.25	+00:45:22 (18.8%)	7:22	8.1 (81.0%)
16	FRĄCKOWIAK Krzysztof	1086	PRO-RUN WROCŁAW	M40	16	01:58:56	03:11:37	04:04:38.90	04:04:50.25	+00:48:11 (19.7%)	7:27	8 (80.0%)
17	GRAJDA Arkadiusz	914	TRIDEA	M40	17	01:57:56	03:11:12	04:07:19.20	04:07:31.50	+00:50:53 (20.6%)	7:32	8 (80.0%)
18	MRÓZ Rafał	1920		M40	18	01:59:09	03:19:59	04:14:00.00	04:14:08.35	+00:57:30 (22.6%)	7:44	7.7 (77.0%)
19	KRAWCZYK Dariusz	1145		M40	19	01:58:33	03:19:51	04:14:58.60	04:15:03.80	+00:58:25 (22.9%)	7:46	7.7 (77.0%)
20	NOWOSADZKI Wojciech	863		M40	20	02:05:55	03:20:55	04:18:44.30	04:18:53.90	+01:02:15 (24.0%)	7:53	7.6 (76.0%)
21	PACIA Sebastian	846		M40	21	02:03:39	03:22:01	04:19:13.05	04:19:17.95	+01:02:39 (24.2%)	7:54	7.6 (76.0%)
22	BOHUCKI Piotr	1094		M40	22	02:03:09	03:22:41	04:20:58.45	04:21:11.45	+01:04:33 (24.7%)	7:57	7.5 (75.0%)
23	GÓRECKI Rafał	889	LESZNOTEAM	M40	23	02:05:17	03:26:08	04:21:20.95	04:21:24.90	+01:04:46 (24.8%)	7:58	7.5 (75.0%)
24	ANDRZEJEWSKI Lukasz	959	FTI RACE TEAM	M40	24	02:16:36	03:30:58	04:21:26.00	04:21:26.00	+01:04:47 (24.8%)	7:58	7.5 (75.0%)
25	ZIĘBA Paweł	993	BOBOWSKA GRUPA BIEGOWA	M40	25	02:02:54	03:24:36	04:23:02.90	04:23:07.60	+01:06:29 (25.3%)	8:01	7.5 (75.0%)
26	WŁODARCZYK Jarosław	977	KARKONOSZ RUNNING TEAM	M40	26	01:37:33	03:36:29	04:24:44.15	04:24:47.70	+01:08:09 (25.7%)	8:04	7.4 (74.0%)
27	SZCZĘŚNIAK Piotr	1128		M40	27	02:02:37	03:29:06	04:25:03.95	04:25:16.00	+01:08:37 (25.9%)	8:04	7.4 (74.0%)
28	ANKIEWICZ Stefan	1129	CZYSTA AMATORKA	M40	28	02:06:43	03:27:03	04:26:41.30	04:27:13.45	+01:10:35 (26.4%)	8:07	7.4 (74.0%)
29	WYKA Mariusz	1014	LEGIA	M40	29	02:05:11	03:27:08	04:28:47.40	04:29:06.35	+01:12:28 (26.9%)	8:11	7.3 (73.0%)
30	LEGUTKO Bartłomiej	980		M40	30	02:00:35	03:27:48	04:29:30.70	04:29:47.50	+01:13:09 (27.1%)	8:12	7.3 (73.0%)
31	STOLARZ Grzegorz	2400	NIEPOŁOMICE BIEGAJĄ	M40	31	02:14:23	03:35:31	04:33:46.80	04:34:01.60	+01:17:23 (28.2%)	8:20	7.2 (72.0%)
32	ZIAJA Wojciech	858		M40	32	02:08:11	03:31:49	04:34:00.70	04:34:05.75	+01:17:27 (28.3%)	8:21	7.2 (72.0%)
33	URBAŃSKI Krzysztof	1040	ASAP TORUŃ	M40	33	02:12:27	03:35:10	04:33:54.70	04:34:07.95	+01:17:29 (28.3%)	8:21	7.2 (72.0%)
34	UBYSZ Marek	1000	JACEKBIEGA RUNNING TEAM	M40	34	02:07:56	03:37:23	04:38:41.85	04:38:57.85	+01:22:19 (29.5%)	8:29	7.1 (71.0%)
35	MALICKI Emil	925	OSTROBIEC	M40	35	02:15:13	03:40:52	04:38:30.80	04:39:07.85	+01:22:29 (29.6%)	8:29	7.1 (71.0%)
36	HADAM Michał	1101	KB MANIAC POZNAŃ/#BIEGIEMWLAS	M40	36	02:09:42	03:37:54	04:39:27.80	04:39:42.55	+01:23:04 (29.7%)	8:31	7 (70.0%)
37	ZIN Jacek	976		M40	37	02:14:16	03:40:04	04:42:59.85	04:43:17.35	+01:26:39 (30.6%)	8:37	7 (70.0%)

Place	Participant	Number	Club	Category	MCat	Schronisko na	Schronisko pod	Net	Czas	Gap	Pace	Pace
						Przehybie	Durbaszka	time	brutto			
						9km	25km	32.8km	32.8km			
38	HYNEK Bogusław	890	CSM	M40	38	02:14:00	03:47:35	04:43:32.50	04:43:53.75	+01:27:15 (30.7%)	8:38	6.9 (69.0%)
39	KOROSTYŃSKI Damian	1007		M40	39	02:08:56	03:40:13	04:45:10.25	04:45:24.00	+01:28:45 (31.1%)	8:41	6.9 (69.0%)
40	JAŃCZUK Marcin	815	NAPRZÓD MŁOCINY	M40	40	02:12:43	03:39:37	04:45:06.35	04:45:30.25	+01:28:51 (31.1%)	8:41	6.9 (69.0%)
41	BARCIK Witold	1135	BIEGAM ŻEBY ŻREĆ WIECEJ CIASTKÓW	M40	41	02:11:27	03:46:51	04:50:50.10	04:51:25.35	+01:34:47 (32.5%)	8:52	6.8 (68.0%)
42	NIGIEL Krystian	1013	MIRAZ RACE TEAM	M40	42	02:21:04	03:48:56	04:51:16.95	04:51:48.25	+01:35:09 (32.6%)	8:52	6.8 (68.0%)
43	STALOWSKI Paweł	1079		M40	43	02:19:54	03:52:49	04:53:17.10	04:53:54.15	+01:37:15 (33.1%)	8:56	6.7 (67.0%)
44	KRAJCZYŃSKI Jakub	950	PKO BANK POLSKI	M40	44	02:14:58	03:54:56	04:59:09.85	04:59:19.95	+01:42:41 (34.3%)	9:07	6.6 (66.0%)
45	KARCZMARCZYK Tomasz	1720		M40	45	02:15:36	03:53:38	04:59:49.45	05:00:17.00	+01:43:38 (34.5%)	9:08	6.6 (66.0%)
46	KOZŁOWSKI Szymon	1036		M40	46	02:13:07	03:59:32	05:02:04.60	05:02:19.55	+01:45:41 (35.0%)	9:12	6.5 (65.0%)
47	CZARNECKI Bartłomiej	1009	UWAGA NA DZIADA	M40	47	02:16:19	03:54:11	05:03:20.85	05:03:47.15	+01:47:08 (35.3%)	9:14	6.5 (65.0%)
48	OSIAL Mariusz	983	KB IM. PIOTRA SĘKOWSKIEGO	M40	48	02:15:53	03:54:29	05:05:23.45	05:05:46.80	+01:49:08 (35.7%)	9:18	6.4 (64.0%)
49	ZDEB Piotr	923	AHOJ PRZYGODO LUBLIN	M40	49	02:19:58	03:58:50	05:05:26.60	05:05:58.90	+01:49:20 (35.7%)	9:18	6.4 (64.0%)
50	MALINOWSKI Robert	933		M40	50	02:14:57	03:58:51	05:06:17.90	05:06:28.00	+01:49:49 (35.8%)	9:20	6.4 (64.0%)
51	PAWELCZYK Krzysztof	1084	TNSCON	M40	51	02:17:26	03:58:51	05:07:26.50	05:07:48.65	+01:51:10 (36.1%)	9:22	6.4 (64.0%)
52	SKOCZEK Tomasz	1085		M40	52	02:21:13	03:58:51	05:07:32.75	05:07:55.50	+01:51:17 (36.1%)	9:22	6.4 (64.0%)
53	PIETRZAK Maciej	2216		M40	53	02:14:47	04:00:17	05:11:07.85	05:11:33.65	+01:54:55 (36.9%)	9:29	6.3 (63.0%)
54	WINIECKI Tomasz	1139	IRON HOUSE TRIATHLON WŁOCŁAWEK	M40	54	02:27:00	04:06:42	05:12:07.35	05:12:24.50	+01:55:46 (37.1%)	9:30	6.3 (63.0%)
55	BANDOSZ Bartek	2776	BKKS ŁAWECZKA WILANÓW	M40	55	02:28:36	04:08:05	05:15:58.40	05:16:17.05	+01:59:38 (37.8%)	9:37	6.2 (62.0%)
56	FILUT Tomasz	906		M40	56	02:30:31	04:16:22	05:23:34.10	05:24:02.30	+02:07:23 (39.3%)	9:51	6.1 (61.0%)
57	POTACZEK Wojciech	826		M40	57	02:31:27	04:15:27	05:26:48.80	05:27:24.40	+02:10:46 (39.9%)	9:57	6 (60.0%)
58	ZDUNIAK Marcin	830	BIEGAM NA TARCHOMINIE	M40	58	02:27:54	04:17:06	05:28:24.15	05:29:04.25	+02:12:25 (40.2%)	10:00	6 (60.0%)
59	ROCZNIAK Grzegorz	1917	FIZJOAKTIVA/BBL KRAKÓW	M40	59	02:34:02	04:20:30	05:29:36.85	05:30:04.35	+02:13:26 (40.4%)	10:02	6 (60.0%)
60	POLAKÓW Sławomir	1153	Z GÓRKI I POD GÓRKĘ	M40	60	02:29:17	04:14:04	05:30:24.00	05:30:44.65	+02:14:06 (40.5%)	10:04	6 (60.0%)

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						Przehybie	Durbaszka	time	brutto			
						9km	25km	32.8km	32.8km			
61	WIECZOREK Piotr	1125	CZYSTA AMATORKA	M40	61	02:29:12	04:14:34	05:30:45.65	05:31:17.00	+02:14:38 (40.6%)	10:05	6 (60.0%)
62	UHRIN Stanislav	842	PREŠOV TRAIL RUN SVK	M40	62	02:27:45	04:11:43	05:31:00.60	05:31:21.15	+02:14:42 (40.7%)	10:05	5.9 (59.0%)
63	PIETRUS Maciek	1112		M40	63	02:29:11	04:20:18	05:35:10.90	05:35:41.80	+02:19:03 (41.4%)	10:13	5.9 (59.0%)
64	MASZKOWSKI Rafał	845		M40	64	02:35:45	04:21:48	05:38:34.00	05:39:03.85	+02:22:25 (42.0%)	10:19	5.8 (58.0%)
65	ZAKRZEWSKI Jarosław	1147	AUTOKAJKI SP Z O.O	M40	65	02:29:08	04:26:39	05:39:55.00	05:40:07.85	+02:23:29 (42.2%)	10:21	5.8 (58.0%)
66	PELCZAR Paweł	1131		M40	66	02:31:56	04:28:16	05:40:28.45	05:41:02.80	+02:24:24 (42.3%)	10:22	5.8 (58.0%)
67	TOMASZEWSKI Krzysztof	1063	SPC	M40	67	02:49:12	04:32:04	05:42:02.20	05:42:17.30	+02:25:38 (42.6%)	10:25	5.8 (58.0%)
68	KALINOWSKI Marek	984		M40	68	02:33:00	04:24:57	05:44:17.95	05:44:49.15	+02:28:10 (43.0%)	10:29	5.7 (57.0%)
69	PREDEŃKOWSKI Jarek	954		M40	69	02:32:50	04:30:53	05:45:25.45	05:45:39.40	+02:29:01 (43.1%)	10:31	5.7 (57.0%)
70	GRZEJDZIAK Igor	943	NAPRZÓD MŁOCINY	M40	70	02:27:16	04:26:21	05:46:12.50	05:46:36.25	+02:29:57 (43.3%)	10:33	5.7 (57.0%)
71	SZELAĞ Piotr	1490	TURBO JEZE TEAM	M40	71	02:33:12	04:43:27	05:56:03.90	05:56:31.80	+02:39:53 (44.8%)	10:51	5.5 (55.0%)
72	KACZYŃSKI Marcin	1724	NEXERIANIE	M40	72	02:33:18	04:43:29	05:57:17.70	05:57:45.35	+02:41:07 (45.0%)	10:53	5.5 (55.0%)
73	CZAPLIŃSKI Michał	1106		M40	73	02:43:46	04:36:08	05:58:18.35	05:58:52.35	+02:42:14 (45.2%)	10:55	5.5 (55.0%)
74	SOŁDYGA Paweł	1027	SKOWRONEKBIEGA	M40	74	02:36:37	04:29:10	05:59:35.60	06:00:04.65	+02:43:26 (45.4%)	10:57	5.5 (55.0%)
75	CZECH Marcin	859	OCHAJORUN&FRIENDS	M40	75	02:40:59	04:46:41	06:00:50.00	06:01:10.90	+02:44:32 (45.6%)	11:00	5.5 (55.0%)
76	KOĆ Marcin	836		M40	76	02:31:08	04:33:43	06:02:56.70	06:03:22.40	+02:46:44 (45.9%)	11:03	5.4 (54.0%)
77	SZCZEPKOWSKI Robert	1015		M40	77	02:41:20	04:52:47	06:11:25.45	06:12:11.60	+02:55:33 (47.2%)	11:19	5.3 (53.0%)
78	GNIADEK Łukasz	1124	BRAVEHEARTS LEGIONOWO	M40	78	02:41:20	04:32:26	06:13:12.20	06:13:40.20	+02:57:01 (47.4%)	11:22	5.3 (53.0%)
79	WIERTELORZ Paweł	948		M40	79	02:39:39	04:47:34	06:15:24.15	06:15:31.50	+02:58:53 (47.6%)	11:26	5.2 (52.0%)
80	WARDZIŃSKI Paweł	1148	RUN AND GUN	M40	80	02:52:59	04:53:23	06:18:23.90	06:18:50.25	+03:02:11 (48.1%)	11:32	5.2 (52.0%)
81	CHAJDYS Maciej	1042	SKOSZEWY RUNNERS	M40	81	02:48:19	04:56:51	06:19:44.90	06:20:02.70	+03:03:24 (48.3%)	11:34	5.2 (52.0%)
82	LATAŁA Wojciech	856	LEŚNE GRUBASY	M40	82	02:56:45	04:57:23	06:19:51.70	06:20:26.70	+03:03:48 (48.3%)	11:34	5.2 (52.0%)
83	LUC Adam	1064	BIEGUSIEM.PL	M40	83	02:54:14	05:01:55	06:40:44.65	06:41:05.90	+03:24:27 (51.0%)	12:13	4.9 (49.0%)

Place	Participant	Number	Club	Category	MCat	Schronisko na Przehybie 9km	Schronisko pod Durbaszką 25km	Net time 32.8km	Czas brutto 32.8km	Gap	Pace min/km	Pace km/h
84	KLOSS Daniel	1455	KAPITAN KLOSS	M40	84	02:45:54	05:04:38	06:56:07.55	06:56:21.40	+03:39:43 (52.8%)	12:41	4.7 (47.0%)
85	STACHANCZYK Wojciech	849	MATNER RUNNING TEAM	M40	85	03:15:17	05:30:22	06:58:39.65	06:58:58.05	+03:42:19 (53.1%)	12:45	4.7 (47.0%)
86	RYBARSKI Michał	997		M40	86	03:14:45	05:32:16	07:04:12.65	07:04:57.80	+03:48:19 (53.7%)	12:55	4.6 (46.0%)
87	GŁUCHOWSKI Jacek	838	BB RUNNERS	M40	87	03:12:23	05:28:39	07:05:55.10	07:06:13.75	+03:49:35 (53.9%)	12:59	4.6 (46.0%)
88	WASILEWSKI Adam	927	ŁOMIANKOWSKA GRUPA BIEGOWA	M40	88	03:24:03	05:52:19	07:19:42.30	07:19:50.00	+04:03:11 (55.3%)	13:24	4.5 (45.0%)

Total 88 results.