



# ŁEMKO TRAIL 10

B4SPORT

**Wydarzenie:** Łemkowyna Ultra-Trail  
**Organizator:** Fundacja Ultra  
**Data:** 2023-10-21  
**Miejsce:** Komańcza  
**Dystans:** 10 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
1	<b>KULIGA Sławomir</b>	<b>4026</b>	POSMAKUJ RUN TEAM	Open M	1	<b>00:49:32.80</b>	<b>00:49:32.80</b>		1:42	35.1 (100%)
2	<b>PEŁDIAK Mateusz</b>	<b>4078</b>		Open M	2	<b>00:49:37.20</b>	<b>00:49:37.20</b>	+00:00:04 (0.1%)	1:42	35.1 (100.0%)
3	<b>JACHIMOWSKI Jarosław</b>	<b>4081</b>	SANOK BIEGA	Open M	3	<b>00:50:17.25</b>	<b>00:50:17.25</b>	+00:00:44 (1.5%)	1:44	34.6 (98.6%)
4	<b>RYBA Piotr</b>	<b>4080</b>		Open M	4	<b>00:51:46.35</b>	<b>00:51:46.35</b>	+00:02:13 (4.3%)	1:47	33.6 (95.7%)
5	<b>ZAJDEL Filip</b>	<b>4063</b>		Open M	5	<b>00:52:01.00</b>	<b>00:52:01.00</b>	+00:02:28 (4.7%)	1:47	33.5 (95.4%)
6	<b>PODOLAK Paweł</b>	<b>4084</b>		Open M	6	<b>00:52:18.55</b>	<b>00:52:18.55</b>	+00:02:45 (5.3%)	1:48	33.3 (94.9%)
7	<b>KŁODA Dominika</b>	<b>4018</b>	ASICS FRONTRUNNER POLAND	Open K	1	<b>00:53:13.45</b>	<b>00:53:13.45</b>	+00:03:40 (6.9%)	1:50	32.7 (93.2%)
8	<b>HOŁOWATY Renata</b>	<b>4085</b>	SANOK BIEGA	Open K	2	<b>00:54:15.25</b>	<b>00:54:15.25</b>	+00:04:42 (8.7%)	1:52	32.1 (91.5%)
9	<b>SYGUŁA Mateusz</b>	<b>4052</b>		Open M	7	<b>00:54:50.70</b>	<b>00:54:50.70</b>	+00:05:17 (9.7%)	1:53	31.7 (90.3%)
10	<b>ZABEL Robert</b>	<b>4067</b>	WAWEL KRAKÓW	Open M	8	<b>00:55:31.70</b>	<b>00:55:31.70</b>	+00:05:58 (10.8%)	1:54	31.3 (89.2%)
11	<b>ZAJDEL Aleksandra</b>	<b>4062</b>		Open K	3	<b>00:56:25.90</b>	<b>00:56:25.90</b>	+00:06:53 (12.2%)	1:56	30.8 (87.7%)
12	<b>TROJANOWSKI Bartosz</b>	<b>4054</b>	TRAIL IS OUR WAY	Open M	9	<b>00:56:54.05</b>	<b>00:56:54.05</b>	+00:07:21 (12.9%)	1:57	30.6 (87.2%)
13	<b>ANDRZEJEWSKI Lukasz</b>	<b>4001</b>	FTI	Open M	10	<b>00:57:13.00</b>	<b>00:57:13.00</b>	+00:07:40 (13.4%)	1:58	30.4 (86.6%)
14	<b>ŚWIĘCH Anna</b>	<b>4079</b>	PODIUM	Open K	4	<b>00:57:45.35</b>	<b>00:57:45.35</b>	+00:08:12 (14.2%)	1:59	30.1 (85.8%)
15	<b>MECH Patryk</b>	<b>4033</b>		Open M	11	<b>00:57:53.35</b>	<b>00:57:53.35</b>	+00:08:20 (14.4%)	1:59	30.1 (85.8%)
16	<b>JEDZINIAK Kamila</b>	<b>4016</b>	KOLARSKI.EU TEAM	Open K	5	<b>01:00:39.10</b>	<b>01:00:39.10</b>	+00:11:06 (18.3%)	2:05	28.7 (81.8%)
17	<b>CHOŁAJCZYK Marcin</b>	<b>4006</b>		Open M	12	<b>01:01:07.90</b>	<b>01:01:07.90</b>	+00:11:35 (19.0%)	2:06	28.5 (81.2%)
18	<b>ZUBEK Paweł</b>	<b>4065</b>		Open M	13	<b>01:01:31.65</b>	<b>01:01:31.65</b>	+00:11:58 (19.5%)	2:07	28.3 (80.6%)
19	<b>WALCZAK Anna</b>	<b>4056</b>		Open K	6	<b>01:02:06.45</b>	<b>01:02:06.45</b>	+00:12:33 (20.2%)	2:08	28 (79.8%)
20	<b>IGNASZEWSKI Michał</b>	<b>4014</b>	BIEGAJĄCE KREJZOLE	Open M	14	<b>01:02:29.75</b>	<b>01:02:29.75</b>	+00:12:56 (20.7%)	2:09	27.8 (79.2%)
21	<b>KOZIOŁ Weronika</b>	<b>4020</b>	SIMWKMM	Open K	7	<b>01:02:48.30</b>	<b>01:02:48.30</b>	+00:13:15 (21.1%)	2:09	27.7 (78.9%)
22	<b>FURMAN Katarzyna</b>	<b>4009</b>	NOWY STYL RUNNING TEAM	Open K	8	<b>01:03:55.70</b>	<b>01:03:55.70</b>	+00:14:22 (22.5%)	2:12	27.2 (77.5%)
23	<b>GANCZEWSKI Paweł</b>	<b>4069</b>		Open M	15	<b>01:07:50.45</b>	<b>01:07:50.45</b>	+00:18:17 (27.0%)	2:20	25.7 (73.2%)
24	<b>FRITZ Wojciech</b>	<b>4086</b>	SWORDS ATHLETICS	Open M	16	<b>01:08:00.50</b>	<b>01:08:00.50</b>	+00:18:27 (27.1%)	2:20	25.6 (72.9%)
25	<b>ANTONIUK Łukasz</b>	<b>4002</b>		Open M	17	<b>01:08:10.25</b>	<b>01:08:10.25</b>	+00:18:37 (27.3%)	2:21	25.5 (72.6%)
26	<b>JĘZYK Marek</b>	<b>4017</b>	KS LIMANOWA FORREST/MY ENDURANCE COACHING	Open M	18	<b>01:08:31.70</b>	<b>01:08:31.70</b>	+00:18:58 (27.7%)	2:21	25.4 (72.4%)
27	<b>MARCZEWSKA-WOJTAS Anna</b>	<b>4030</b>		Open K	9	<b>01:08:52.05</b>	<b>01:08:52.05</b>	+00:19:19 (28.1%)	2:22	25.3 (72.1%)
28	<b>BERECKA Sylwia</b>	<b>4068</b>		Open K	10	<b>01:09:01.40</b>	<b>01:09:01.40</b>	+00:19:28 (28.2%)	2:22	25.2 (71.8%)
29	<b>SOBCZAK Magdalena</b>	<b>4072</b>		Open K	11	<b>01:09:25.25</b>	<b>01:09:25.25</b>	+00:19:52 (28.6%)	2:23	25.1 (71.5%)

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30	<b>RĄCZKA Kacper</b>	<b>4044</b>		Open M	19	<b>01:09:29.90</b>	<b>01:09:29.90</b>	+00:19:57 (28.7%)	2:23	25 (71.2%)
31	<b>DUDEK Arkadiusz</b>	<b>4008</b>		Open M	20	<b>01:09:33.50</b>	<b>01:09:33.50</b>	+00:20:00 (28.8%)	2:23	25 (71.2%)
32	<b>SAWICKA Marta</b>	<b>4046</b>	NW DWA KIJE W DĘBINIE KROŚCIENKO WYŻNE	Open K	12	<b>01:10:25.85</b>	<b>01:10:25.85</b>	+00:20:53 (29.7%)	2:25	24.7 (70.4%)
33	<b>SKRUDLIK Jakub</b>	<b>4048</b>		Open M	21	<b>01:10:37.95</b>	<b>01:10:37.95</b>	+00:21:05 (29.9%)	2:26	24.6 (70.1%)
34	<b>KOZIOŁ Sylwester</b>	<b>4019</b>	SIMWKMM	Open M	22	<b>01:11:41.55</b>	<b>01:11:41.55</b>	+00:22:08 (30.9%)	2:28	24.3 (69.2%)
35	<b>PIĄTY Kamil</b>	<b>4038</b>		Open M	23	<b>01:13:15.70</b>	<b>01:13:15.70</b>	+00:23:42 (32.4%)	2:31	23.8 (67.8%)
36	<b>PITEK Ewa</b>	<b>4039</b>		Open K	13	<b>01:13:18.55</b>	<b>01:13:18.55</b>	+00:23:45 (32.4%)	2:31	23.7 (67.5%)
37	<b>KRYGOWSKI Michał</b>	<b>4024</b>		Open M	24	<b>01:14:42.20</b>	<b>01:14:42.20</b>	+00:25:09 (33.7%)	2:34	23.3 (66.4%)
38	<b>ĆWIAKOŁA Halina</b>	<b>4075</b>		Open K	14	<b>01:14:50.30</b>	<b>01:14:50.30</b>	+00:25:17 (33.8%)	2:34	23.3 (66.4%)
39	<b>KRUSZEWSKA Asia</b>	<b>4022</b>	ADIDAS RUNNERS POZNAŃ	Open K	15	<b>01:14:55.55</b>	<b>01:14:55.55</b>	+00:25:22 (33.9%)	2:35	23.2 (66.1%)
40	<b>KROTOS Krzysztof</b>	<b>4021</b>		Open M	25	<b>01:15:02.30</b>	<b>01:15:02.30</b>	+00:25:29 (34.0%)	2:35	23.2 (66.1%)
41	<b>WYROBA Barbara</b>	<b>4061</b>		Open K	16	<b>01:16:19.75</b>	<b>01:16:19.75</b>	+00:26:46 (35.1%)	2:37	22.8 (65.0%)
42	<b>ZASADA Tomasz</b>	<b>4064</b>		Open M	26	<b>01:17:51.30</b>	<b>01:17:51.30</b>	+00:28:18 (36.4%)	2:41	22.4 (63.8%)
43	<b>TARACIŃSKI Marcin</b>	<b>4083</b>	KAMIEŃ DWERNIK TRAIL	Open M	27	<b>01:18:15.30</b>	<b>01:18:15.30</b>	+00:28:42 (36.7%)	2:41	22.2 (63.2%)
44	<b>PROKOP Dominik</b>	<b>4082</b>		Open M	28	<b>01:18:49.55</b>	<b>01:18:49.55</b>	+00:29:16 (37.1%)	2:43	22.1 (63.0%)
45	<b>MACIASZCZYK Magdalena</b>	<b>4027</b>		Open K	17	<b>01:18:54.65</b>	<b>01:18:54.65</b>	+00:29:21 (37.2%)	2:43	22.1 (63.0%)
46	<b>REC Bartosz</b>	<b>4045</b>		Open M	29	<b>01:19:18.65</b>	<b>01:19:18.65</b>	+00:29:45 (37.5%)	2:44	21.9 (62.4%)
47	<b>WOJTAS Bartosz</b>	<b>4059</b>		Open M	30	<b>01:19:43.75</b>	<b>01:19:43.75</b>	+00:30:10 (37.9%)	2:44	21.8 (62.1%)
48	<b>SKRUDLIK Wojciech</b>	<b>4049</b>	NIGHT RUNNERS	Open M	31	<b>01:21:35.05</b>	<b>01:21:35.05</b>	+00:32:02 (39.3%)	2:48	21.3 (60.7%)
49	<b>GAŁKA Izabela</b>	<b>4010</b>		Open K	18	<b>01:23:19.00</b>	<b>01:23:19.00</b>	+00:33:46 (40.5%)	2:52	20.9 (59.5%)
50	<b>POGORZELEC Izabela</b>	<b>4041</b>	SPARTA LUBLIN	Open K	19	<b>01:24:21.80</b>	<b>01:24:21.80</b>	+00:34:49 (41.3%)	2:54	20.6 (58.7%)
51	<b>BENICKA Joanna</b>	<b>4004</b>		Open K	20	<b>01:24:21.90</b>	<b>01:24:21.90</b>	+00:34:49 (41.3%)	2:54	20.6 (58.7%)
52	<b>MARCHEWKA Dagmara</b>	<b>4029</b>		Open K	21	<b>01:24:22.05</b>	<b>01:24:22.05</b>	+00:34:49 (41.3%)	2:54	20.6 (58.7%)
53	<b>GAŁKA Marcin</b>	<b>4011</b>		Open M	32	<b>01:25:04.15</b>	<b>01:25:04.15</b>	+00:35:31 (41.8%)	2:56	20.5 (58.4%)
54	<b>RAJCHEL Joanna</b>	<b>4043</b>		Open K	22	<b>01:28:38.40</b>	<b>01:28:38.40</b>	+00:39:05 (44.1%)	3:03	19.6 (55.8%)
55	<b>MALEC Basia</b>	<b>4028</b>	SPARTA LUBLIN	Open K	23	<b>01:29:40.15</b>	<b>01:29:40.15</b>	+00:40:07 (44.7%)	3:05	19.4 (55.3%)
56	<b>JANKOWSKA Julia</b>	<b>4015</b>		Open K	24	<b>01:29:47.20</b>	<b>01:29:47.20</b>	+00:40:14 (44.8%)	3:05	19.4 (55.3%)
57	<b>DZICZKOWSKA Zuzanna</b>	<b>4073</b>		Open K	25	<b>01:30:03.85</b>	<b>01:30:03.85</b>	+00:40:31 (45.0%)	3:06	19.3 (55.0%)
58	<b>BUBERNAK Mateusz</b>	<b>4077</b>		Open M	33	<b>01:31:09.85</b>	<b>01:31:09.85</b>	+00:41:37 (45.7%)	3:08	19.1 (54.4%)
59	<b>WITKOWSKA Paulina</b>	<b>4058</b>		Open K	26	<b>01:31:22.70</b>	<b>01:31:22.70</b>	+00:41:49 (45.8%)	3:09	19 (54.1%)
60	<b>WYROBA Mariusz</b>	<b>4060</b>		Open M	34	<b>01:31:22.90</b>	<b>01:31:22.90</b>	+00:41:50 (45.8%)	3:09	19 (54.1%)
61	<b>BILIK Wojciech</b>	<b>4005</b>		Open M	35	<b>01:31:24.20</b>	<b>01:31:24.20</b>	+00:41:51 (45.8%)	3:09	19 (54.1%)
62	<b>HANUS Joanna</b>	<b>4013</b>		Open K	27	<b>01:32:20.05</b>	<b>01:32:20.05</b>	+00:42:47 (46.3%)	3:11	18.8 (53.6%)
63	<b>GŁUSKOWSKA Monika</b>	<b>4071</b>		Open K	28	<b>01:32:40.35</b>	<b>01:32:40.35</b>	+00:43:07 (46.5%)	3:11	18.8 (53.6%)
64	<b>KIM Renata</b>	<b>4070</b>	T2D	Open K	29	<b>01:32:40.55</b>	<b>01:32:40.55</b>	+00:43:07 (46.5%)	3:11	18.8 (53.6%)
65	<b>SZYMURA Izabela</b>	<b>4053</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Open K	30	<b>01:33:47.10</b>	<b>01:33:47.10</b>	+00:44:14 (47.2%)	3:14	18.6 (53.0%)
66	<b>KUCZERA Beata</b>	<b>4025</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Open K	31	<b>01:33:47.25</b>	<b>01:33:47.25</b>	+00:44:14 (47.2%)	3:14	18.6 (53.0%)
67	<b>PIASEK-CHOJNACKA Ewa</b>	<b>4037</b>		Open K	32	<b>01:34:36.50</b>	<b>01:34:36.50</b>	+00:45:03 (47.6%)	3:15	18.4 (52.4%)
68	<b>BARCIKOWSKA Olga</b>	<b>4074</b>		Open K	33	<b>01:34:44.70</b>	<b>01:34:44.70</b>	+00:45:11 (47.7%)	3:16	18.4 (52.4%)
69	<b>WYKIERSKI Patryk</b>	<b>4076</b>		Open M	36	<b>01:35:22.05</b>	<b>01:35:22.05</b>	+00:45:49 (48.0%)	3:17	18.2 (51.9%)
70	<b>MATRACKA Klaudia</b>	<b>4031</b>	TREKKING TEAM OSTROWIEC	Open K	34	<b>01:35:22.10</b>	<b>01:35:22.10</b>	+00:45:49 (48.0%)	3:17	18.2 (51.9%)
71	<b>MATRACKI Sebastian</b>	<b>4032</b>	TREKKING TEAM OSTROWIEC	Open M	37	<b>01:35:22.20</b>	<b>01:35:22.20</b>	+00:45:49 (48.0%)	3:17	18.2 (51.9%)
72	<b>TROJANOWSKI Piotr</b>	<b>4055</b>		Open M	38	<b>01:36:56.85</b>	<b>01:36:56.85</b>	+00:47:24 (48.9%)	3:20	18 (51.3%)
73	<b>ŻYŁOWICZ Marcin</b>	<b>4066</b>		Open M	39	<b>01:50:04.75</b>	<b>01:50:04.75</b>	+01:00:31 (55.0%)	3:47	15.8 (45.0%)

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74	<b>SIDOR Magdalena</b>	<b>4047</b>	SPARTA LUBLIN	Open K	35	<b>01:52:31.00</b>	<b>01:52:31.00</b>	+01:02:58 (56.0%)	3:52	15.5 (44.2%)
<b>Przekroczony limit czasu: 02:00:00</b>										
75	<b>PIASEK Anna</b>	<b>4036</b>		Open K	36	<b>02:04:35.65</b>	<b>02:04:35.65</b>	+01:15:02 (60.2%)	4:17	14 (39.9%)
76	<b>PRZECH-FUS Agnieszka</b>	<b>4042</b>	MROZEK TRI TEAM/UMCS BIEGA	Open K	37	<b>02:10:02.85</b>	<b>02:10:02.85</b>	+01:20:30 (61.9%)	4:29	13.4 (38.2%)

Znaleziono 76 wynik(ów)