



Organizator:

Data:

Miejsce:

Dystans:

II ZIMOWA BIESZCZADZKA DYCHA 2016

Fundacja Bieg Rzeźnika

2016-01-31

Cisna

10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

B4SPORT

Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	5.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	ŁUCZAK Stanisław	1024		M40	1	00:08:45	00:23:47	00:41:28.65	00:41:28.65		4:08	14.5 (100%)
2	SZCZUR Wiesław	1072		M40	2	00:09:39	00:26:28	00:45:00.10	00:45:00.10	+00:03:31 (7.8%)	4:30	13.3 (91.7%)
3	TYSZCZAK Rafał	1239	BLOCK B CROSSFIT PRZEMYŚL	M40	3	00:10:33	00:27:18	00:45:40.70	00:45:40.70	+00:04:12 (9.2%)	4:34	13.1 (90.3%)
4	SIPIERA Tomasz	1166	LACHO TEAM	M40	4	00:09:10	00:26:16	00:45:57.60	00:45:57.60	+00:04:28 (9.8%)	4:35	13.1 (90.3%)
5	HRYSZKO Robert	1113	KLUB (SPORTING CLUB NAME)	M40	5	00:11:41	00:29:07	00:47:35.65	00:47:35.65	+00:06:07 (12.9%)	4:45	12.6 (86.9%)
6	CELIŃSKI Tomasz	1263		M40	6	00:10:48	00:28:45	00:47:52.25	00:47:52.25	+00:06:23 (13.4%)	4:47	12.5 (86.2%)
7	MAZUR Sebastian	1068		M40	7	00:11:48	00:29:21	00:48:17.30	00:48:17.30	+00:06:48 (14.1%)	4:49	12.4 (85.5%)
8	BOŻĘTKA Józef	1286		M40	8	00:11:03	00:28:31	00:48:48.15	00:48:48.15	+00:07:19 (15.0%)	4:52	12.3 (84.8%)
9	KAPRAL Adam	1129		M40	9	00:09:45	00:28:07	00:49:20.25	00:49:20.25	+00:07:51 (15.9%)	4:56	12.2 (84.1%)
10	KIBART Robert	1125	BUBBA GUMP RUN TEAM	M40	10	00:12:31	00:30:55	00:50:13.65	00:50:13.65	+00:08:45 (17.4%)	5:01	11.9 (82.1%)
11	BAHIR Said	1205	PRZEMYŚL	M40	11	00:12:38	00:30:19	00:50:16.40	00:50:16.40	+00:08:47 (17.5%)	5:01	11.9 (82.1%)
12	PRZYBYSZ Mariusz	1021		M40	12	00:13:02	00:30:55	00:50:31.40	00:50:31.40	+00:09:02 (17.9%)	5:03	11.9 (82.1%)
13	TALMA Paweł	1028	LUBARTOWBIEGA.PL	M40	13	00:13:01	00:30:58	00:50:38.80	00:50:38.80	+00:09:10 (18.1%)	5:03	11.8 (81.4%)
14	PAWŁOWSKI Paweł	1187		M40	14	00:11:46	00:30:27	00:51:55.45	00:51:55.45	+00:10:26 (20.1%)	5:11	11.6 (80.0%)
15	WRÓBEL Bartłomiej	1038	CISNA	M40	15	00:11:25	00:30:44	00:52:19.85	00:52:19.85	+00:10:51 (20.7%)	5:13	11.5 (79.3%)
16	KRUPA Jacek	1271	UNIWHEELS	M40	16	00:13:41	00:32:01	00:54:05.85	00:54:05.85	+00:12:37 (23.3%)	5:24	11.1 (76.6%)
17	NIZIOŁEK Marek	1296	PEDRAFORZA / NIZIOLKI ZABORZAŃSKIE	M40	17	00:12:28	00:32:43	00:55:23.05	00:55:23.05	+00:13:54 (25.1%)	5:32	10.8 (74.5%)
18	TWOREK Bogusław	1252	BBL JAROSŁAW	M40	18	00:13:55	00:33:37	00:55:39.10	00:55:39.10	+00:14:10 (25.5%)	5:33	10.8 (74.5%)
19	WOJTOWICZ Daniel	1056		M40	19	00:13:28	00:33:39	00:56:06.35	00:56:06.35	+00:14:37 (26.1%)	5:36	10.7 (73.8%)
20	NADOLSKI Stanisław	1098		M40	20	00:12:52	00:33:57	00:56:42.70	00:56:42.70	+00:15:14 (26.9%)	5:40	10.6 (73.1%)
21	NIEWIAROWSKI Cezary	1250	GRUPA SZALONYCH ROWERZYSTÓW	M40	21	00:11:22	00:32:37	00:56:45.45	00:56:45.45	+00:15:16 (26.9%)	5:40	10.6 (73.1%)
22	MAZIAKOWSKI Krzysztof	1122	MAZIAKOWSKI RUNNING TEAM	M40	22	00:13:49	00:34:41	00:57:07.15	00:57:07.15	+00:15:38 (27.4%)	5:42	10.5 (72.4%)
23	KLIKS Andrzej	1043	BIEGAM, BO ŻONA MI KAŻE	M40	23	00:15:27	00:34:49	00:57:09.90	00:57:09.90	+00:15:41 (27.4%)	5:42	10.5 (72.4%)
24	PODSKARBI Mariusz	1083		M40	24	00:11:08	00:32:18	00:58:08.35	00:58:08.35	+00:16:39 (28.7%)	5:48	10.3 (71.0%)
25	GARCZYŃSKI Dariusz	1197		M40	25	00:14:13	00:36:17	01:00:00.00	01:00:00.00	+00:18:31 (30.9%)	6:00	10 (69.0%)
26	PLISZYŁO Paweł	1272	JUDO-JASŁO.PL	M40	26	00:13:53	00:37:10	01:03:32.85	01:03:32.85	+00:22:04 (34.7%)	6:21	9.4 (64.8%)
27	PRZYBYTEK Bartosz	1175		M40	27	00:13:30	00:37:09	01:05:50.25	01:05:50.25	+00:24:21 (37.0%)	6:35	9.1 (62.8%)
28	STRZĘPKA Krzysiek	1094	KROKODYLE	M40	28	00:14:38	00:38:33	01:07:06.10	01:07:06.10	+00:25:37 (38.2%)	6:42	8.9 (61.4%)

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29	PASIK Wojciech	1194		M40	29	00:16:08	00:42:50	01:13:31.05	01:13:31.05	+00:32:02 (43.6%)	7:21	8.2 (56.6%)
30	BOŻĘCKI Sebastian	1108	NOWA HUTA TEAM	M40	30	00:16:48	00:49:09	01:31:40.20	01:31:40.20	+00:50:11 (54.8%)	9:10	6.5 (44.8%)
31	MIRECKI Jan	1217		M40	31	00:18:39	00:53:14	01:36:55.00	01:36:55.00	+00:55:26 (57.2%)	9:41	6.2 (42.8%)

Znaleziono 31 wynik(ów)