



II ZIMOWY MARATON BIESZCZADZKI 2016 - 44,6KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Organizator: Fundacja Bieg Rzeźnika
Data: 2016-01-31
Miejsce: Cisna
Dystans: 44,6 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M20

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	26.5km	34.2km	40.7km	Czas maratonu (42,6km)	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
1	KRAWIECKI Mateusz	583	LUBAWA KOCHA BIEGAĆ	M20	1	00:07:52	01:53:42	02:28:17	02:58:54	03:09:49	03:17:41.70		4:25	13.5 (100%)
2	KUCHARCZYK Tomasz	250	WKB META LUBLINIEC	M20	2	00:08:32	01:57:37	02:32:19	03:06:31	03:16:28	03:25:00.90	+00:07:19 (3.6%)	4:35	13.1 (97.0%)
3	KWIATKOWSKI Michael	49		M20	3	00:09:15	02:13:19	02:52:58	03:28:17	03:39:22	03:48:37.95	+00:30:56 (13.5%)	5:07	11.7 (86.7%)
4	WILK Dawid	52	NIGHT RUNNERS ZABRZE	M20	4	00:08:45	02:03:00	02:45:06	03:24:50	03:40:34	03:49:19.15	+00:31:37 (13.8%)	5:08	11.7 (86.7%)
5	ŻYRA Maciej	744		M20	5	00:11:23	02:20:29	02:59:24	03:33:41	03:40:33	03:51:56.55	+00:34:14 (14.8%)	5:12	11.5 (85.2%)
6	DOMAGAŁA Kamil	549	NIGHT RUNNERS ZABRZE	M20	6	00:10:48	02:19:23	02:58:59	03:32:53	03:41:27	03:52:15.25	+00:34:33 (14.9%)	5:12	11.5 (85.2%)
7	GAICKI Maciej	449		M20	7	00:10:16	02:10:58	02:52:34	03:31:03	03:42:57	03:53:13.15	+00:35:31 (15.2%)	5:13	11.5 (85.2%)
8	PAWUL Wojtek	543	GOPR BIESZCZADY	M20	8	00:08:21	02:09:26	02:55:06	03:33:48	03:46:14	03:54:35.95	+00:36:54 (15.7%)	5:15	11.4 (84.4%)
9	DOMIN Łukasz	180	AKTYWNY DYNÓW	M20	9	00:12:50	02:20:02	03:01:03	03:36:25	03:42:23	03:55:13.30	+00:37:31 (16.0%)	5:16	11.4 (84.4%)
10	REDZIAK Łukasz	57	WKURW_TEAM	M20	10	00:09:57	02:18:07	02:59:42	03:37:58	03:49:57	03:59:54.25	+00:42:12 (17.6%)	5:22	11.2 (83.0%)
11	WNĘK Marek	622		M20	11	00:11:13	02:20:43	03:03:05	03:41:07	03:50:43	04:01:56.05	+00:44:14 (18.3%)	5:25	11.1 (82.2%)
12	ZMYSŁOWSKI Igor	727		M20	12	00:11:30	02:24:08	03:06:20	03:42:43	03:50:48	04:02:18.50	+00:44:36 (18.4%)	5:25	11 (81.5%)
13	MARĆ Marcin	471	KLUB (SPORTING CLUB NAME)	M20	13	00:12:28	02:28:27	03:09:20	03:44:08	03:50:09	04:02:37.60	+00:44:55 (18.5%)	5:26	11 (81.5%)
14	JEZIERSKI-KRUPA Marek	747		M20	14		02:18:48	03:02:36	03:41:29		04:03:07.55	+00:45:25 (18.7%)	5:27	11 (81.5%)

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15	KONIECZNY Rafał	643		M20	15	00:10:47	02:23:07	03:05:28	03:42:47	03:52:32	04:03:19.40	+00:45:37 (18.8%)	5:27	11 (81.5%)
16	SITEK Daniel	271		M20	16	00:11:26	02:25:14	03:10:01	03:46:43	03:54:52	04:06:18.15	+00:48:36 (19.7%)	5:31	10.9 (80.7%)
17	BUŁA Adam	740		M20	17	00:11:28	02:25:20	03:08:24	03:45:06	03:55:02	04:06:30.30	+00:48:48 (19.8%)	5:31	10.9 (80.7%)
18	SZADKOWSKI Wojciech	692	WARBUD RUNNING TEAM	M20	18	00:12:38	02:24:15	03:07:09	03:47:05	03:55:44	04:08:22.80	+00:50:41 (20.4%)	5:34	10.8 (80.0%)
19	BARAN Kamil	484	KLUB (SPORTING CLUB NAME)	M20	19	00:11:52	02:28:47	03:11:14	03:48:23	03:56:44	04:08:36.40	+00:50:54 (20.5%)	5:34	10.8 (80.0%)
20	SOŁODUCHA Hubert	764	6 BATALION POWIETRZNO DESANTOWY	M20	20	00:10:56	02:24:57	03:10:45	03:48:22	03:59:01	04:09:57.15	+00:52:15 (20.9%)	5:36	10.7 (79.3%)
21	SOCHACKI Maciej	211	ZAMEK DUBIECKO RUNNING TEAM	M20	21	00:12:13	02:24:10	03:08:30	03:49:09	03:59:17	04:11:30.95	+00:53:49 (21.4%)	5:38	10.6 (78.5%)
22	BOGUSZ Piotr	254	12TRI.PL DRUŻYNA WILKA	M20	22	00:12:57	02:31:03	03:12:45	03:52:14	03:58:46	04:11:43.85	+00:54:02 (21.5%)	5:38	10.6 (78.5%)
23	BEM Jakub	311	NOWA HUTA TEAM	M20	23	00:13:05	02:28:20	03:12:34	03:50:04	03:59:02	04:12:07.15	+00:54:25 (21.6%)	5:39	10.6 (78.5%)
24	BRZESKI Rafał	42		M20	24	00:10:58	02:21:33	03:09:07	03:51:26	04:05:17	04:16:15.00	+00:58:33 (22.9%)	5:44	10.4 (77.0%)
25	MADEJ Mateusz	446	RUNNING TEAM HORMANN LEGNICA	M20	25	00:10:46	02:29:43	03:13:06	03:54:58	04:06:07	04:16:53.50	+00:59:11 (23.0%)	5:45	10.4 (77.0%)
26	KUŹMIŃSKI Wojciech	424		M20	26	00:09:28	02:22:04	03:12:54	03:52:44	04:07:45	04:17:13.85	+00:59:32 (23.1%)	5:46	10.4 (77.0%)
27	GNATOWSKI Przemysław	319	AXA RUNNING TEAM	M20	27	00:11:06	02:27:42	03:16:24	03:55:49	04:07:58	04:19:04.25	+01:01:22 (23.7%)	5:48	10.3 (76.3%)
28	PAJĄK Wojciech	475	KLUB (SPORTING CLUB NAME)	M20	28	00:10:55	02:30:39	03:17:53	03:58:10	04:10:46	04:21:41.30	+01:03:59 (24.5%)	5:52	10.2 (75.6%)
29	ZIELIŃSKI Marek	232		M20	29	00:12:05	02:34:55	03:20:46	03:59:45	04:09:59	04:22:04.85	+01:04:23 (24.6%)	5:52	10.2 (75.6%)
30	GAWRON Janusz	651	BRYGADA BESKIDÓW	M20	30	00:09:25	02:24:16	03:17:57	03:58:54	04:12:46	04:22:11.45	+01:04:29 (24.6%)	5:52	10.2 (75.6%)
31	WOJAK Szymon	574		M20	31	00:12:12	02:25:44	03:12:49	03:57:40	04:11:57	04:24:09.65	+01:06:27 (25.2%)	5:55	10.1 (74.8%)
32	WILK Damian	648		M20	32	00:12:58	02:32:43	03:21:03	04:01:13	04:12:52	04:25:50.10	+01:08:08 (25.6%)	5:57	10.1 (74.8%)
33	OLESIEJUK Michał	775	TSA SANDOMIERZ	M20	33	00:12:46	02:30:36	03:19:35	04:06:44	04:23:48	04:36:34.65	+01:18:52 (28.5%)	6:12	9.7 (71.9%)
34	TRETER Sebastian	470	KLUB (SPORTING CLUB NAME)	M20	34	00:12:29	02:35:20	03:31:31	04:15:48	04:26:07	04:38:36.10	+01:20:54 (29.0%)	6:14	9.6 (71.1%)
35	GRZEGORCZYK Tomasz	538		M20	35	00:12:59	02:40:42	03:33:49	04:20:07	04:33:12	04:46:11.45	+01:28:29 (30.9%)	6:25	9.4 (69.6%)
36	ZAWADA Krzysztof	416		M20	36	00:14:50	02:52:38	03:48:52	04:26:43	04:32:43	04:47:33.20	+01:29:51 (31.2%)	6:26	9.3 (68.9%)
37	FURMAN Piotr	100		M20	37	00:13:13	02:37:14	03:34:21	04:19:14	04:34:54	04:48:07.15	+01:30:25 (31.4%)	6:27	9.3 (68.9%)

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38	KOZA Jan	757	LOKOMOTIV MAJDAN, GOPR BIESZCZADY	M20	38	00:10:47	02:35:00	03:30:42	04:21:34	04:37:40	04:48:27.45	+01:30:45 (31.5%)	6:28	9.3 (68.9%)
39	KUDŁAK Paweł	654		M20	39	00:12:01	02:43:28	03:37:26	04:22:53	04:37:29	04:49:30.15	+01:31:48 (31.7%)	6:29	9.2 (68.1%)
40	BRYKCZYŃSKI Łukasz	18	SPORT GURU	M20	40	00:11:23	02:36:01	03:39:42	04:24:38	04:43:31	04:54:54.55	+01:37:12 (33.0%)	6:36	9.1 (67.4%)
41	FLIS Radosław	595		M20	41	00:13:02	02:36:31	03:39:50	04:28:46	04:42:17	04:55:19.25	+01:37:37 (33.1%)	6:37	9.1 (67.4%)
42	BARAN Mateusz	293		M20	42	00:13:04	02:44:14	03:41:48	04:29:25	04:43:15	04:56:19.95	+01:38:38 (33.3%)	6:38	9 (66.7%)
43	KACZOROWSKI Michał	607	SOUL ADVENTURE	M20	43	00:11:01	02:35:37	03:37:55	04:28:04	04:47:00	04:58:01.45	+01:40:19 (33.7%)	6:40	9 (66.7%)
44	KUBASIK Łukasz	173	PRZEWORSK	M20	44	00:13:46	02:53:59	03:49:27	04:36:34	04:45:27	04:59:13.40	+01:41:31 (33.9%)	6:42	8.9 (65.9%)
45	HENKIEL Bartłomiej	749		M20	45	00:13:42	02:49:44	03:50:25	04:36:22	04:46:44	05:00:26.75	+01:42:45 (34.2%)	6:44	8.9 (65.9%)
46	CZOPKO Kamil	326	SAPEX STRONG TEAM	M20	46	00:13:17	02:59:55	03:54:28	04:38:33	04:48:20	05:01:37.75	+01:43:56 (34.5%)	6:45	8.9 (65.9%)
47	MOĆKO Jacek	606		M20	47	00:13:53	02:53:04	03:50:18	04:37:48	04:51:07	05:05:00.65	+01:47:18 (35.2%)	6:50	8.8 (65.2%)
48	DARŁAK Łukasz	569	SMASHING PAPKINS	M20	48	00:13:03	02:44:04	03:52:28	04:39:33	04:53:06	05:06:09.65	+01:48:27 (35.4%)	6:51	8.7 (64.4%)
49	SERZYSKO Bartosz	562	AKTYWNA STRONA ŻYCIA	M20	49	00:12:21	02:50:06	03:55:27	04:40:13	04:54:24	05:06:45.50	+01:49:03 (35.6%)	6:52	8.7 (64.4%)
50	ANDRES Kamil	148	TRUSOX	M20	50	00:12:26	02:48:46	03:54:41	04:41:24	04:54:36	05:07:02.20	+01:49:20 (35.6%)	6:53	8.7 (64.4%)
51	URBAŃCZYK Karol	137	NIGHT RUNNERS GLIWICE	M20	51	00:12:25	02:49:28	03:55:19	04:43:25	04:57:43	05:10:08.45	+01:52:26 (36.3%)	6:57	8.6 (63.7%)
52	WINIECKI Mateusz	553	ŁÓDŹ RUNNING TEAM	M20	52	00:13:18	02:58:29	03:57:35	04:48:03	05:02:55	05:16:13.40	+01:58:31 (37.5%)	7:05	8.5 (63.0%)
53	ZIEMNIAK Marcin	437		M20	53	00:13:55	02:59:47	04:04:15	04:52:48	05:05:51	05:19:46.05	+02:02:04 (38.2%)	7:10	8.4 (62.2%)
54	NAWARA Arkadiusz	575		M20	54	00:12:31	02:50:54	03:55:43	04:49:42	05:08:23	05:20:54.90	+02:03:13 (38.4%)	7:11	8.3 (61.5%)
55	MALEC Dawid	396	NIGHT RUNNERS	M20	55	00:13:30	02:58:11	04:02:21	04:52:42	05:07:37	05:21:07.85	+02:03:26 (38.4%)	7:11	8.3 (61.5%)
56	KUROWSKI Michał	615	NIGHT RUNNERS GLIWICE	M20	56	00:12:55	03:02:25	04:06:17	04:55:23	05:11:55	05:24:50.30	+02:07:08 (39.1%)	7:16	8.2 (60.7%)
57	NESTOROWICZ Maksymilian	297	NESTOR & ZAWADA CLUB	M20	57	00:14:50	03:03:58	04:04:24	04:58:37	05:14:23	05:29:13.60	+02:11:31 (40.0%)	7:22	8.1 (60.0%)
58	GARGAS Marek	423		M20	58	00:15:28	03:03:59	04:20:28	05:08:18	05:17:24	05:32:52.90	+02:15:11 (40.6%)	7:27	8 (59.3%)
59	PAWLICA Paweł	229	POLSKIE RADIO	M20	59		02:59:57	04:02:33	05:02:21		05:36:10.25	+02:18:28 (41.2%)	7:32	8 (59.3%)
60	BOROWIECKI Łukasz	104		M20	60	00:13:44	03:08:42	04:15:45	05:09:30	05:27:50	05:41:34.05	+02:23:52 (42.1%)	7:39	7.8 (57.8%)

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61	ADAMCZEWSKI Jakub	608	NIGHT RUNNERS	M20	61	00:13:18	03:12:42	04:37:31	05:28:52	05:45:18	05:58:36.75	+02:40:55 (44.9%)	8:02	7.5 (55.6%)
62	KĘDZIOR Michał	521	DRUŻYNA SZPIKU	M20	62	00:15:04	03:27:55	04:38:28	05:33:32	05:47:52	06:02:56.15	+02:45:14 (45.5%)	8:08	7.4 (54.8%)
63	GŁUSZEK Michał	703		M20	63	00:09:38	03:08:25	04:29:49	05:33:42	05:58:34	06:08:12.80	+02:50:31 (46.3%)	8:15	7.3 (54.1%)
64	CIEŚLIK Seba	662	TRI ENGINES KRAKÓW	M20	64	00:13:54	03:24:13	04:37:17	05:36:31	05:56:53	06:10:47.65	+02:53:05 (46.7%)	8:18	7.2 (53.3%)
65	WARYKIEWICZ Gawęł	603	TRI ENGINES	M20	65	00:13:54	03:24:17	04:37:17	05:37:19	05:56:54	06:10:48.05	+02:53:06 (46.7%)	8:18	7.2 (53.3%)
	TOMCZYK Grzegorz	599		M20		00:12:28 DNF	02:42:16 DNF	04:12:24 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 66 wynik(ów)