

IV ZIMOWA BIESZCZADZKA DYCHA 2018

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie: Zimowy Maraton Bieszczadzki 2018
Organizator: Fundacja Bieg Rzeźnika
Data: 2018-01-28
Miejsce: Cisna
Dystans: 10 km

Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Split_Mateusz 5.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	**SZPUNAR Andrzej**	**1187**		M40	1	00:00:27	00:23:22	**00:36:12.50**	**00:36:12.50**		3:37	16.6 (100%)
2	**ADAMCZYK Przemysław**	**1235**	ADIDAS RUNNERS WARSAW	M40	2	00:00:28	00:28:35	**00:42:43.55**	**00:42:43.55**	+00:06:31 (15.3%)	4:16	14 (84.3%)
3	**TRYNIECKI Tomasz**	**1074**	GRODZISKA GRUPA BIEGOWA	M40	3	00:00:39	00:30:06	**00:45:02.70**	**00:45:02.70**	+00:08:50 (19.6%)	4:30	13.3 (80.1%)
4	**WÓJCIK Józef**	**1137**	CHEŁM BIEGA	M40	4	00:00:56	00:31:06	**00:46:55.85**	**00:46:55.85**	+00:10:43 (22.8%)	4:41	12.8 (77.1%)
5	**MAŚLANY Daniel**	**1046**		M40	5	00:01:00	00:31:45	**00:47:13.85**	**00:47:13.85**	+00:11:01 (23.3%)	4:43	12.7 (76.5%)
6	**KLATE Łukasz**	**1017**	ŁÓDŹ KOCHA SPORT	M40	6	00:00:59	00:32:48	**00:49:18.90**	**00:49:18.90**	+00:13:06 (26.6%)	4:55	12.2 (73.5%)
7	**SZWAST Jerzy**	**1198**	MTB MOSR DUKLA	M40	7	00:01:25	00:33:28	**00:49:26.20**	**00:49:26.20**	+00:13:13 (26.8%)	4:56	12.1 (72.9%)
8	**WILCZAK Janusz**	**1021**		M40	8	00:00:34	00:33:14	**00:50:01.70**	**00:50:01.70**	+00:13:49 (27.6%)	5:00	12 (72.3%)
9	**PŁESZKA Marek**	**1165**	OTRYT LUTOWISKA	M40	9	00:01:01	00:33:42	**00:50:27.50**	**00:50:27.50**	+00:14:15 (28.2%)	5:02	11.9 (71.7%)
10	**BODZIOCH Grzegorz**	**1062**	GORLICKA GRUPA BIEGOWA	M40	10	00:01:01	00:33:26	**00:50:48.05**	**00:50:48.05**	+00:14:35 (28.7%)	5:04	11.8 (71.1%)
11	**DRĄŻEK Sławomir**	**1183**		M40	11	00:01:03	00:34:22	**00:51:14.50**	**00:51:14.50**	+00:15:02 (29.3%)	5:07	11.7 (70.5%)
12	**RYŁKO Jacek**	**1140**	SOLINA TEAM	M40	12	00:01:01	00:35:24	**00:52:21.15**	**00:52:21.15**	+00:16:08 (30.8%)	5:14	11.5 (69.3%)
13	**HYDZIK Łukasz**	**1058**	LIDER SANOK	M40	13	00:00:58	00:34:52	**00:52:27.00**	**00:52:27.00**	+00:16:14 (31.0%)	5:14	11.4 (68.7%)
14	**SIENNICKI Rafał**	**1180**		M40	14	00:01:33	00:35:53	**00:53:23.75**	**00:53:23.75**	+00:17:11 (32.2%)	5:20	11.2 (67.5%)
15	**PAJESTKA Wojciech**	**1265**	POZYTYWNIE ZABIEGANI SANOK/ AZS PWSZ	M40	15	00:02:36	00:37:09	**00:53:35.50**	**00:53:35.50**	+00:17:23 (32.4%)	5:21	11.2 (67.5%)

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16	**ŻAK Krzysztof**	**1051**		M40	16	00:01:20	00:36:43	**00:54:14.15**	**00:54:14.15**	+00:18:01 (33.2%)	5:25	11.1 (66.9%)
17	**POLOZYNSKI Andrzej**	**1075**	ZACISZE NIGHT RUNNERS	M40	17	00:02:06	00:36:55	**00:54:15.00**	**00:54:15.00**	+00:18:02 (33.3%)	5:25	11.1 (66.9%)
18	**FURS Teodor**	**1253**	PIERDZĄCE ZAJĄCE	M40	18	00:01:22	00:37:01	**00:54:49.40**	**00:54:49.40**	+00:18:36 (34.0%)	5:28	10.9 (65.7%)
19	**GALANTY Bartłomiej**	**1189**		M40	19	00:02:11	00:38:07	**00:56:01.05**	**00:56:01.05**	+00:19:48 (35.4%)	5:36	10.7 (64.5%)
20	**KOGUT Leszek**	**1049**		M40	20	00:02:01	00:37:16	**00:56:09.05**	**00:56:09.05**	+00:19:56 (35.5%)	5:36	10.7 (64.5%)
21	**BUGAJSKI Artur**	**1111**	JABIEGAM	M40	21	00:01:18	00:37:32	**00:56:19.30**	**00:56:19.30**	+00:20:06 (35.7%)	5:37	10.7 (64.5%)
22	**OLEKSIK Zygmunt**	**1063**		M40	22	00:01:25	00:37:48	**00:56:52.80**	**00:56:52.80**	+00:20:40 (36.3%)	5:41	10.6 (63.9%)
23	**MAJCHROWSKI Jacek**	**1019**	CKB TARNOBRZEG	M40	23	00:01:59	00:38:46	**00:56:53.05**	**00:56:53.05**	+00:20:40 (36.3%)	5:41	10.5 (63.3%)
24	**ROŚCIŃSKI Franciszek**	**1316**		M40	24	00:01:40	00:38:27	**00:56:58.60**	**00:56:58.60**	+00:20:46 (36.5%)	5:41	10.5 (63.3%)
25	**SKÓRA Michał**	**1168**		M40	25	00:02:47	00:39:24	**00:56:59.80**	**00:56:59.80**	+00:20:47 (36.5%)	5:41	10.5 (63.3%)
26	**PANEK Piotr**	**1190**	DZIKIE MUSTANGI	M40	26	00:01:39	00:38:37	**00:58:25.30**	**00:58:25.30**	+00:22:12 (38.0%)	5:50	10.3 (62.0%)
27	**WYDRO Rafał**	**1133**	FUN&RUN	M40	27	00:00:53	00:41:14	**00:58:34.15**	**00:58:34.15**	+00:22:21 (38.2%)	5:51	10.2 (61.4%)
28	**PAWLETA Michał**	**1161**	NIGHT RUNNERS GLIWICE	M40	28	00:01:42	00:38:59	**00:58:50.45**	**00:58:50.45**	+00:22:37 (38.5%)	5:53	10.2 (61.4%)
29	**SZPERKA Leszek**	**1285**	SIGIT	M40	29	00:01:31	00:40:09	**00:59:16.20**	**00:59:16.20**	+00:23:03 (38.9%)	5:55	10.1 (60.8%)
30	**JUSZCZAK Artur**	**1233**	CHEŁM BIEGA	M40	30	00:01:37	00:40:23	**00:59:51.45**	**00:59:51.45**	+00:23:38 (39.5%)	5:59	10 (60.2%)
31	**DZIERŻAK Arkadiusz**	**1164**		M40	31	00:01:26	00:40:08	**01:00:09.60**	**01:00:09.60**	+00:23:57 (39.8%)	6:00	10 (60.2%)
32	**STACH Robert**	**1214**		M40	32	00:01:05	00:40:03	**01:01:01.90**	**01:01:01.90**	+00:24:49 (40.7%)	6:06	9.8 (59.0%)
33	**LUZAR Andrzej**	**1077**	MIA	M40	33	00:01:11	00:41:38	**01:02:41.00**	**01:02:41.00**	+00:26:28 (42.2%)	6:16	9.6 (57.8%)
34	**WITKO Jerzy**	**1083**	BRAK	M40	34	00:02:02	00:42:44	**01:03:40.45**	**01:03:40.45**	+00:27:27 (43.1%)	6:22	9.4 (56.6%)
35	**SZPAKOWSKI Andrzej**	**1134**	FUN&RUN	M40	35	00:00:56	00:43:21	**01:04:50.70**	**01:04:50.70**	+00:28:38 (44.2%)	6:29	9.3 (56.0%)
36	**MAJCHROWICZ Andrzej**	**1181**		M40	36	00:02:47	00:43:24	**01:04:55.05**	**01:04:55.05**	+00:28:42 (44.2%)	6:29	9.2 (55.4%)
37	**KORNIŁOW Piotr**	**1299**	KORNIŁOW TEAM	M40	37	00:02:56	00:46:18	**01:07:11.90**	**01:07:11.90**	+00:30:59 (46.1%)	6:43	8.9 (53.6%)
38	**FRANKOWSKI Dariusz**	**1259**		M40	38	00:01:50	00:45:27	**01:07:13.50**	**01:07:13.50**	+00:31:01 (46.1%)	6:43	8.9 (53.6%)

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39	**MIROSŁAW Albert**	**1186**	WW TEAM	M40	39	00:01:50	00:46:33	**01:08:41.60**	**01:08:41.60**	+00:32:29 (47.3%)	6:52	8.7 (52.4%)
40	**DANILUK Andrzej**	**1293**	ZACISZE NIGHT RUNNERS	M40	40	00:02:06	00:46:44	**01:09:23.15**	**01:09:23.15**	+00:33:10 (47.8%)	6:56	8.6 (51.8%)
41	**BAKA Piotr**	**1069**	ARCHIMEDIA	M40	41	00:02:18	00:50:08	**01:11:15.40**	**01:11:15.40**	+00:35:02 (49.2%)	7:07	8.4 (50.6%)
42	**KRYGOWSKI Zbigniew**	**1091**	AKADEMIA SPORTU LUBACZÓW	M40	42	00:02:38	00:48:55	**01:13:50.80**	**01:13:50.80**	+00:37:38 (51.0%)	7:23	8.1 (48.8%)
43	**CZOCHARA Robert**	**1123**	AMATOR	M40	43	00:02:48	00:48:57	**01:14:33.75**	**01:14:33.75**	+00:38:21 (51.4%)	7:27	8 (48.2%)
44	**BRODIUK Norbert**	**1163**	NIGH RUNNERS GLIWICE	M40	44	00:01:50	00:52:05	**01:22:05.80**	**01:22:05.80**	+00:45:53 (55.9%)	8:12	7.3 (44.0%)

Znaleziono 44 wynik(ów)