

VI ZIMOWY MARATON BIESZCZADZKI 2020 - 23KM

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Wydarzenie: Zimowy Maraton Bieszczadzki 2020
Organizator: Fundacja Bieg Rzeźnika
Data: 2020-01-25
Miejsce: Cisna
Dystans: 23 km

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: M30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za Skrzyżowaniem 6.5km	Brzeziniak 13.3km	Przed Skrzyżowaniem 19.4km	Kara/ bonifikata	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
1	GAWLIK Sławek	1005	DYNAFIT TEAM POLAND	M30	1	00:25:32	00:53:51	01:19:39		01:33:23.10	01:33:23.85		4:03	14.8 (100%)
2	ŁAGUNA Kacper	1180		M30	2	00:25:38	00:54:29	01:21:13		01:35:15.55	01:35:23.90	+00:02:00 (2.1%)	4:08	14.5 (98.0%)
3	TRACZ Łukasz	1320	WWW.TRENINGFIZJOTERAPIA/AQUAREH	M30	3	00:27:30	00:58:12	01:25:16		01:39:04.55	01:39:06.05	+00:05:42 (5.8%)	4:18	13.9 (93.9%)
4	CZERWIAK Mateusz	1052	KW KRAKÓW	M30	4	00:26:53	00:57:47	01:25:18		01:40:29.00	01:40:33.35	+00:07:09 (7.1%)	4:22	13.7 (92.6%)
5	PAWŁOWSKI Arkadiusz	1246	ROCK&RUN	M30	5	00:28:38	01:00:16	01:27:52		01:42:03.10	01:42:06.30	+00:08:42 (8.5%)	4:26	13.5 (91.2%)
6	DUDZIK Łukasz	1006	GÓRAL BIEGA	M30	6	00:27:43	00:59:04	01:27:55		01:42:46.70	01:42:48.60	+00:09:24 (9.2%)	4:28	13.4 (90.5%)
7	BRENDZOWSKI Adam	1035	SOLINA TEAM / RUNONLINE.PL TEAM	M30	7	00:29:27	01:02:19	01:31:33		01:46:51.45	01:46:59.00	+00:13:35 (12.7%)	4:38	12.9 (87.2%)
8	SKOTNICZNY Michał	1285	EUROCLEAR RUNNING TEAM	M30	8	00:29:08	01:02:22	01:33:12		01:49:23.85	01:49:29.20	+00:16:05 (14.7%)	4:45	12.6 (85.1%)
9	WETHACZ Dariusz	1339	LOKOMOTIV MAJDAN	M30	9	00:29:44	01:02:49	01:34:07		01:50:10.35	01:50:16.35	+00:16:52 (15.3%)	4:47	12.5 (84.5%)
10	BIGAS Jakub	1022		M30	10	00:30:13	01:04:18	01:34:26		01:49:56.80	01:50:25.35	+00:17:01 (15.4%)	4:46	12.6 (85.1%)
11	WĘGLIŃSKI Mikołaj	1341		M30	11	00:28:41	01:01:31	01:32:07		01:50:13.30	01:50:45.65	+00:17:21 (15.7%)	4:47	12.5 (84.5%)
12	LECKI Mateusz	1170	TEAM BIEGOWY SZCZECINEK	M30	12	00:29:57	01:04:25	01:34:41		01:50:25.70	01:50:46.80	+00:17:22 (15.7%)	4:48	12.5 (84.5%)
13	WIĘCH Piotr	1382		M30	13	00:30:14	01:05:06	01:36:16		01:52:26.10	01:52:44.40	+00:19:20 (17.2%)	4:53	12.3 (83.1%)
14	ŻMUDZIEJEWSKI Jakub	1369	WM TRISELF	M30	14	00:31:07	01:05:06	01:35:51		01:51:50.15	01:53:18.45	+00:19:54 (17.6%)	4:51	12.3 (83.1%)
15	HEJNAR Jakub	1093		M30	15	00:33:15	01:06:50	01:38:27		01:55:03.60	01:57:00.30	+00:23:36 (20.2%)	5:00	12 (81.1%)
16	ŁOBODOWSKI Marcin	1184	RACEFIGHTER GOSIR DĘBE WIELKIE	M30	16	00:30:23	01:06:31	01:39:52		01:57:40.45	01:57:40.45	+00:24:16 (20.6%)	5:06	11.7 (79.1%)
17	RAJS Michał	1270		M30	17	00:32:41	01:10:40	01:43:35		02:01:50.95	02:03:02.45	+00:29:38 (24.1%)	5:17	11.3 (76.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za	Przed	Kara/ bonifikata	Czas	Czas	Różn	Tempo min/km	Tempo km/h	
						Skrzyżowaniem 6.5km	Brzeziniak 13.3km		Skrzyżowaniem 19.4km	netto 23km				brutto 23km
18	WOŁOSZYN Artur	1352		M30	18	00:35:07	01:12:51	01:46:15		02:03:13.50	02:03:22.30	+00:29:58 (24.3%)	5:21	11.2 (75.7%)
19	KALBARCZYK Wojciech	1113	ADIDAS RUNNERS WARSAW	M30	19	00:34:22	01:12:14	01:45:50		02:03:12.70	02:03:27.20	+00:30:03 (24.3%)	5:21	11.2 (75.7%)
20	CIEPIELA Patryk	1047	NOWA HUTA TEAM	M30	20	00:36:37	01:15:19	01:46:41		02:02:58.15	02:03:59.00	+00:30:35 (24.7%)	5:20	11.2 (75.7%)
21	OSZYWA Damian	1231	DAMCZI RUN	M30	21	00:34:20	01:13:36	01:47:18		02:05:16.65	02:05:38.95	+00:32:15 (25.7%)	5:26	11 (74.3%)
22	ORGAN Michał	1374		M30	22	00:33:41	01:11:25	01:46:45		02:05:13.95	02:06:01.85	+00:32:38 (25.9%)	5:26	11 (74.3%)
23	TATARA Mateusz	1317	RUN-G	M30	23	00:32:27	01:09:22	01:45:20		02:05:42.60	02:07:53.25	+00:34:29 (27.0%)	5:27	11 (74.3%)
24	ISKRA Grzegorz	1390	KP PSP STRYŻÓW	M30	24	00:35:02	01:15:00	01:50:29		02:08:57.40	02:09:57.15	+00:36:33 (28.1%)	5:36	10.7 (72.3%)
25	DWERNICKI Wiktor	1062		M30	25	00:34:01	01:15:29	01:51:21		02:10:25.65	02:10:59.85	+00:37:36 (28.7%)	5:40	10.6 (71.6%)
26	SIEŃKO Łukasz	1281		M30	26	00:35:29	01:15:13	01:51:37		02:11:15.15	02:11:45.25	+00:38:21 (29.1%)	5:42	10.5 (70.9%)
27	GARUS Łukasz	1075		M30	27	00:35:08	01:15:03	01:52:18		02:11:22.65	02:11:54.25	+00:38:30 (29.2%)	5:42	10.5 (70.9%)
28	HALUCH Łukasz	1092	POKER TO NIE HAZARD	M30	28	00:37:40	01:18:44	01:53:50		02:12:22.25	02:13:46.00	+00:40:22 (30.2%)	5:45	10.4 (70.3%)
29	GACEK Michał	1073		M30	29	00:36:02	01:14:19	01:51:38		02:13:06.45	02:14:04.05	+00:40:40 (30.3%)	5:47	10.4 (70.3%)
30	FEDAN Łukasz	1070		M30	30	00:35:27	01:16:51	01:53:18		02:13:31.30	02:14:14.90	+00:40:51 (30.4%)	5:48	10.3 (69.6%)
31	WYSKIEL Dominik	1356	AKTYWNY DYNOW	M30	31	00:36:06	01:18:47	01:55:22		02:14:52.30	02:15:22.55	+00:41:58 (31.0%)	5:51	10.2 (68.9%)
32	POSPIECH Michał	1260		M30	32	00:37:29	01:18:55	01:56:36		02:15:22.75	02:17:06.05	+00:43:42 (31.9%)	5:53	10.2 (68.9%)
33	SOBCZAK Zbigniew	1290	MAZURSKI WILK	M30	33	00:38:41	01:20:05	01:57:37		02:17:03.40	02:18:27.75	+00:45:03 (32.5%)	5:57	10.1 (68.2%)
34	ŚCIBOR Adrian	1309		M30	34	00:40:24	01:21:05	01:57:20		02:16:17.40	02:18:32.55	+00:45:08 (32.6%)	5:55	10.1 (68.2%)
35	MATUSZAK Jakub	1202	NOWOCZESNYSPORT.PL	M30	35	00:38:10	01:20:50	01:59:43		02:19:23.70	02:20:33.55	+00:47:09 (33.6%)	6:03	9.9 (66.9%)
36	NOWAK Piotr	1224		M30	36	00:39:40	01:23:37	02:03:13		02:23:21.90	02:25:14.50	+00:51:50 (35.7%)	6:14	9.6 (64.9%)
37	CHLIPAŁA Marek	1045		M30	37	00:36:08	01:20:35	02:02:34		02:25:44.70	02:25:56.40	+00:52:32 (36.0%)	6:20	9.5 (64.2%)
38	GIERZ Bartłomiej	1079	GO APTIV!	M30	38	00:30:49	01:12:45	01:47:49	00:20:00	02:26:17.00	02:26:22.00	+00:52:58 (36.2%)	5:29	10.9 (73.6%)
39	CHLEBIŃSKI Maciej	1044	RZESZOWSKIE GAZELE I GEPARDY	M30	39	00:38:18	01:21:42	02:02:56		02:25:16.70	02:27:02.55	+00:53:38 (36.5%)	6:19	9.5 (64.2%)
40	BOJDA Paweł	1027		M30	40	00:35:50	01:23:19	02:04:59		02:28:18.75	02:28:24.30	+00:55:00 (37.1%)	6:26	9.3 (62.8%)
41	KONIEC Mariusz	1137	BONFIRE BONANZA	M30	41	00:39:36	01:23:20	02:05:10		02:27:32.45	02:29:34.00	+00:56:10 (37.6%)	6:24	9.4 (63.5%)

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						Skrzyżowaniem 6.5km	Brzeziniak 13.3km		Skrzyżowaniem 19.4km	netto 23km				brutto 23km
42	GRZYBOWSKI Artur	1089	BONFIRE BONANZA	M30	42	00:37:24	01:23:23	02:05:34		02:29:11.40	02:31:11.75	+00:57:47 (38.2%)	6:29	9.3 (62.8%)
43	SZADKOWSKI Paweł	1385	NIGHT RUNNERS GLIWICE	M30	43	00:40:34	01:29:34	02:09:24		02:29:36.15	02:31:14.00	+00:57:50 (38.2%)	6:30	9.2 (62.2%)
44	MACIEJEWSKI Karol	1188		M30	44	00:39:47	01:24:05	02:05:17		02:31:08.40	02:32:43.85	+00:59:20 (38.8%)	6:34	9.1 (61.5%)
45	DEMSKI Arkadiusz	1056		M30	45	00:42:09	01:29:56	02:09:31		02:30:48.75	02:32:55.50	+00:59:31 (38.9%)	6:33	9.2 (62.2%)
46	PASEK Wojciech	1241	WOJSKO POLSKIE	M30	46	00:38:22	01:24:53	02:06:34		02:31:05.20	02:33:27.60	+01:00:03 (39.1%)	6:34	9.1 (61.5%)
47	SZTANDERA Grzegorz	1307		M30	47	00:42:47	01:31:30	02:14:05		02:34:29.90	02:35:34.45	+01:02:10 (40.0%)	6:43	8.9 (60.1%)
48	WOŹNY Łukasz	1354		M30	48	00:43:32	01:32:58	02:12:01		02:34:32.40	02:35:41.65	+01:02:17 (40.0%)	6:43	8.9 (60.1%)
49	KĘDZIOR Michał	1122	DRUŻYNA SZPIKU	M30	49	00:46:16	01:32:58	02:12:01		02:34:35.20	02:35:44.20	+01:02:20 (40.0%)	6:43	8.9 (60.1%)
50	BIGAS Grzegorz	1023		M30	50	00:39:54	01:27:55	02:11:20		02:35:49.25	02:36:19.05	+01:02:55 (40.3%)	6:46	8.9 (60.1%)
51	ŚLĄCZKA Arkadiusz	1310	FINISZ RYMANÓW	M30	51	00:38:40	01:31:06	02:14:27		02:36:05.35	02:37:24.50	+01:04:00 (40.7%)	6:47	8.8 (59.5%)
52	GRYNIENKO Paweł	1087		M30	52	00:40:40	01:34:59	02:15:56		02:35:58.05	02:37:34.10	+01:04:10 (40.7%)	6:46	8.8 (59.5%)
53	SAWULSKI Bartosz	1279	ROK	M30	53	00:42:23	01:31:07	02:14:45		02:35:56.90	02:37:52.45	+01:04:28 (40.8%)	6:46	8.8 (59.5%)
54	DZIURUŃ Paweł	1067		M30	54	00:43:47	01:31:40	02:14:13		02:36:09.85	02:38:25.80	+01:05:01 (41.0%)	6:47	8.8 (59.5%)
55	SZEPIELAK Dawid	1305	BIEGANIE SZYDERCÓW	M30	55	00:41:40	01:30:33	02:14:53		02:37:24.45	02:38:27.95	+01:05:04 (41.1%)	6:50	8.8 (59.5%)
56	MAJEWICZ Damian	1190		M30	56	00:42:50	01:29:45	02:10:48		02:36:52.90	02:39:14.75	+01:05:50 (41.4%)	6:49	8.8 (59.5%)
57	TOTKO Piotr	1319	MARATOŃCZYK DĘBICA	M30	57	00:41:54	01:33:32	02:16:07		02:39:10.15	02:40:37.75	+01:07:13 (41.9%)	6:55	8.7 (58.8%)
58	LEWANDOWSKI Janusz	1173	BIEGAM DLA KUBY I HANI	M30	58	00:35:08	01:11:40	01:43:09	00:40:00	02:40:00.00	02:42:11.00	+01:08:47 (42.4%)	5:13	11.5 (77.7%)
59	NAKONIECZNY Jacek	1391	SII RUNNING TEAM	M30	59	00:42:48	01:39:15	02:22:24		02:44:09.95	02:45:22.55	+01:11:58 (43.5%)	7:08	8.4 (56.8%)
60	PSZCZOŁA Maciej	1265		M30	60	00:40:25	01:32:08	02:23:51		02:47:46.55	02:49:23.65	+01:15:59 (44.9%)	7:17	8.2 (55.4%)
61	MERESTA Konrad	1211	LW BOGDANKA	M30	61	00:48:03	01:43:51	02:26:33		02:48:22.80	02:49:28.10	+01:16:04 (44.9%)	7:19	8.2 (55.4%)
62	ŁUSZCZYC Krzysztof	1185		M30	62	00:46:23	01:42:15	02:28:03		02:50:56.25	02:52:04.70	+01:18:40 (45.7%)	7:25	8.1 (54.7%)
63	DUDA Rafał	1060	LUBELSKA GRUPA TRIATHLONU	M30	63	00:45:22	01:41:36	02:26:45		02:50:17.60	02:52:14.10	+01:18:50 (45.8%)	7:24	8.1 (54.7%)
64	BOROWSKI Robert	1032		M30	64	00:41:24	01:40:13	02:27:15		02:52:58.75	02:53:36.15	+01:20:12 (46.2%)	7:31	8 (54.1%)
65	RAK Cezary	1377		M30	65	00:39:41	01:32:17	02:26:24		02:55:49.35	02:56:20.15	+01:22:56 (47.0%)	7:38	7.8 (52.7%)

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66	UNIOWSKI Tomasz	1323	ĆMY BAROWE	M30	66	00:48:04	01:44:01	02:31:14		02:56:34.35	02:57:40.25	+01:24:16 (47.4%)	7:40	7.8 (52.7%)
67	TOKARZ Adrian	1318	DZIKIE MUSTANGI	M30	67	00:46:31	01:42:49	02:33:40		02:58:02.90	02:59:51.75	+01:26:27 (48.1%)	7:44	7.8 (52.7%)
68	MĄDRO Mateusz	1208	DZIKIE MUSTANGI	M30	68	00:46:37	01:43:12	02:33:32		02:57:55.15	02:59:52.50	+01:26:28 (48.1%)	7:44	7.8 (52.7%)
69	ŚWISTAK Mateusz	1316		M30	69	00:43:41	01:44:07	02:29:20		03:00:22.10	03:01:34.40	+01:28:10 (48.6%)	7:50	7.7 (52.0%)
70	ZAWADZKI Piotr	1361		M30	70	00:45:37	01:46:52	02:34:49		02:59:59.25	03:01:56.45	+01:28:32 (48.7%)	7:49	7.7 (52.0%)
71	KUTKOWSKI Jan	1162	DUSZPASTERSTWO AKADEMICKIE RADOM	M30	71	00:43:32	01:39:43	02:33:30		03:03:16.70	03:03:54.85	+01:30:31 (49.2%)	7:58	7.5 (50.7%)
72	JABŁOŃSKI Karol	1099	KS ZIELONO - CZARNI	M30	72	00:46:08	01:59:16	02:45:57		03:14:00.50	03:14:41.30	+01:41:17 (52.0%)	8:26	7.1 (48.0%)
73	WĘGLIŃSKI Sebuś	1342	MKB DREPTAK	M30	73	00:46:42	01:59:14	02:45:55		03:14:03.25	03:14:44.95	+01:41:21 (52.0%)	8:26	7.1 (48.0%)
74	DĄBRÓWKA Radosław	1054	FUNDACJA LATARNIA	M30	74	00:49:07	01:40:57	02:27:06	00:20:00	03:14:20.00	03:15:30.00	+01:42:06 (52.2%)	7:34	7.9 (53.4%)
75	GENDERA Narcyz	1077		M30	75	00:52:03	01:50:42	02:44:54		03:13:49.20	03:15:33.05	+01:42:09 (52.2%)	8:25	7.1 (48.0%)
76	PACUŁA Krzysztof	1236		M30	76	00:46:11	01:58:07	02:47:36		03:14:58.70	03:15:36.75	+01:42:12 (52.3%)	8:28	7.1 (48.0%)
77	KULESZYŃSKI Jacek	1155	PENTATHLON SZCZECINEK	M30	77	00:43:45	01:50:21	02:43:33		03:17:57.70	03:18:34.00	+01:45:10 (53.0%)	8:36	7 (47.3%)
78	WELONCZYK Bartosz	1338	ZUCHWAŁY ZAJĄC	M30	78	00:47:30	02:07:51	02:55:04		03:21:55.45	03:22:52.15	+01:49:28 (54.0%)	8:46	6.8 (45.9%)
79	WÓJCIK Łukasz	1355	SII RUNNING TEAM	M30	79	00:50:52	01:51:10	02:48:02		03:23:55.30	03:25:08.95	+01:51:45 (54.5%)	8:51	6.8 (45.9%)
80	WYSOKIŃSKI Tomasz	1357	BONFIRE BONANZA	M30	80	00:49:59	02:00:04	02:52:59		03:24:29.55	03:26:30.25	+01:53:06 (54.8%)	8:53	6.7 (45.3%)
81	WISZNIEWSKI Karol	1388	AKS POLONIA WARSZAWA	M30	81	00:42:00	02:15:04	03:03:50		03:29:46.60	03:31:04.30	+01:57:40 (55.8%)	9:07	6.6 (44.6%)

Znaleziono 81 wynik(ów)