



**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

Ultra Roztocze  
Fundacja Na Ratunek  
2022-05-14  
Józefów  
35 km

## ULTRA ROZTOCZE | 30KM

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Weteran Mężczyzn

| Msc | Zawodnik                  | Numer | Klub                               | Kategoria        | Mkat | Górecko<br>24km | Czas<br>netto<br>35km | Czas<br>brutto<br>35km | Różn              | Tempo<br>min/km | Tempo<br>km/h |
|-----|---------------------------|-------|------------------------------------|------------------|------|-----------------|-----------------------|------------------------|-------------------|-----------------|---------------|
| 1   | WEREMKO Grzegorz          | 3231  | MULTIMEDIA RUNNERS PUŁAWY          | Weteran Mężczyzn | 1    | 02:00:33        | 02:54:19.85           | 02:54:22.80            |                   | 4:58            | 12 (100%)     |
| 2   | DOROTA Zbyszek            | 3035  | RUN RUN OLESZYCE                   | Weteran Mężczyzn | 2    | 02:10:39        | 03:13:42.55           | 03:13:47.45            | +00:19:24 (10.0%) | 5:32            | 10.8 (90.0%)  |
| 3   | BROMKE Łukasz             | 3015  |                                    | Weteran Mężczyzn | 3    | 02:17:11        | 03:18:31.10           | 03:18:39.10            | +00:24:16 (12.2%) | 5:40            | 10.6 (88.3%)  |
| 4   | KOSZAROWSKI Jarosław      | 3091  | PRUSZCZ BIEGA / STRASZYN BIEGA     | Weteran Mężczyzn | 4    | 02:22:44        | 03:26:55.15           | 03:27:06.85            | +00:32:44 (15.8%) | 5:54            | 10.1 (84.2%)  |
| 5   | JAKUBOWSKI Zbyszek        | 3062  |                                    | Weteran Mężczyzn | 5    | 02:22:59        | 03:28:32.60           | 03:28:47.25            | +00:34:24 (16.5%) | 5:57            | 10.1 (84.2%)  |
| 6   | TYMICKI Zbigniew          | 3226  |                                    | Weteran Mężczyzn | 6    | 02:23:27        | 03:34:35.80           | 03:34:41.20            | +00:40:18 (18.8%) | 6:07            | 9.8 (81.7%)   |
| 7   | KĄŁOWSKI Tomasz           | 3072  |                                    | Weteran Mężczyzn | 7    | 02:28:19        | 03:39:51.45           | 03:40:23.55            | +00:46:00 (20.9%) | 6:16            | 9.6 (80.0%)   |
| 8   | SZCZĘŚNIAK Michał         | 3205  |                                    | Weteran Mężczyzn | 8    | 02:37:02        | 03:40:50.75           | 03:41:22.85            | +00:47:00 (21.2%) | 6:18            | 9.5 (79.2%)   |
| 9   | ZAKROCZYŃSKI Michał       | 30    |                                    | Weteran Mężczyzn | 9    | 02:30:48        | 03:44:23.15           | 03:44:28.75            | +00:50:05 (22.3%) | 6:24            | 9.4 (78.3%)   |
| 10  | KUCH Paweł                | 3115  |                                    | Weteran Mężczyzn | 10   | 02:36:04        | 03:44:33.20           | 03:44:53.40            | +00:50:30 (22.5%) | 6:24            | 9.4 (78.3%)   |
| 11  | KOWALSKI Krzysztof        | 3098  | HRMAXCROSSTEAM                     | Weteran Mężczyzn | 11   | 02:33:13        | 03:47:20.80           | 03:47:30.60            | +00:53:07 (23.4%) | 6:29            | 9.2 (76.7%)   |
| 12  | RZEMIŃSKI Jacek           | 3181  |                                    | Weteran Mężczyzn | 12   | 02:36:23        | 03:50:31.35           | 03:50:40.85            | +00:56:18 (24.4%) | 6:35            | 9.1 (75.8%)   |
| 13  | DRYGIEL VEL DRYGLAK Piotr | 3036  |                                    | Weteran Mężczyzn | 13   | 02:35:51        | 03:51:59.55           | 03:52:06.90            | +00:57:44 (24.9%) | 6:37            | 9.1 (75.8%)   |
| 14  | BEDNARZ Paweł             | 3010  | LENIWIE DO PRZODU                  | Weteran Mężczyzn | 14   | 02:38:20        | 03:52:34.50           | 03:52:39.45            | +00:58:16 (25.0%) | 6:38            | 9 (75.0%)     |
| 15  | GOLI Leszek               | 3051  | MOVADO                             | Weteran Mężczyzn | 15   | 02:36:27        | 03:56:16.15           | 03:56:22.40            | +01:01:59 (26.2%) | 6:45            | 8.9 (74.2%)   |
| 16  | WILGAT Adam               | 3240  | DZIKIE SZKRZYDŁO / WARSAW RUN CLUB | Weteran Mężczyzn | 16   | 02:43:54        | 03:57:20.75           | 03:57:33.10            | +01:03:10 (26.6%) | 6:46            | 8.8 (73.3%)   |
| 17  | MARĆ Artur                | 3139  |                                    | Weteran Mężczyzn | 17   | 02:42:06        | 03:57:37.10           | 03:57:43.60            | +01:03:20 (26.6%) | 6:47            | 8.8 (73.3%)   |
| 18  | BUZAŁSKI Robert           | 3021  |                                    | Weteran Mężczyzn | 18   | 02:38:11        | 04:02:19.65           | 04:02:47.45            | +01:08:24 (28.2%) | 6:55            | 8.7 (72.5%)   |
| 19  | WOŹNIAK Marek             | 3253  | AKM PROMILEK                       | Weteran Mężczyzn | 19   | 02:44:45        | 04:04:07.10           | 04:04:25.45            | +01:10:02 (28.7%) | 6:58            | 8.6 (71.7%)   |
| 20  | WIŚNIEWSKI Michał         | 3244  |                                    | Weteran Mężczyzn | 20   | 02:42:21        | 04:04:45.95           | 04:05:23.25            | +01:11:00 (28.9%) | 6:59            | 8.6 (71.7%)   |
| 21  | KRUSZEWSKI Jacek          | 3112  |                                    | Weteran Mężczyzn | 21   | 02:48:00        | 04:05:48.20           | 04:06:07.15            | +01:11:44 (29.1%) | 7:01            | 8.5 (70.8%)   |
| 22  | MARSZAŁEK Dariusz         | 3140  | MCP TEAM                           | Weteran Mężczyzn | 22   | 02:43:32        | 04:06:14.60           | 04:06:43.10            | +01:12:20 (29.3%) | 7:02            | 8.5 (70.8%)   |
| 23  | KRACZKOWSKI Krzysztof     | 3104  |                                    | Weteran Mężczyzn | 23   | 02:50:25        | 04:11:18.25           | 04:11:30.35            | +01:17:07 (30.7%) | 7:10            | 8.4 (70.0%)   |
| 24  | WAGNER Mariusz            | 3228  |                                    | Weteran Mężczyzn | 24   | 02:46:20        | 04:11:30.20           | 04:12:07.30            | +01:17:44 (30.8%) | 7:11            | 8.3 (69.2%)   |
| 25  | BAKUN Mariusz             | 3003  |                                    | Weteran Mężczyzn | 25   | 02:52:29        | 04:15:32.35           | 04:15:49.45            | +01:21:26 (31.8%) | 7:18            | 8.2 (68.3%)   |
| 26  | KŁODZIŃSKI Klaudiusz      | 3080  | ULTRAMĘKI                          | Weteran Mężczyzn | 26   | 02:53:45        | 04:16:35.75           | 04:16:57.65            | +01:22:34 (32.1%) | 7:19            | 8.2 (68.3%)   |
| 27  | ARMATYS Grzegorz          | 3002  | ORANGE POLSKA                      | Weteran Mężczyzn | 27   | 03:02:18        | 04:20:50.65           | 04:21:21.65            | +01:26:58 (33.3%) | 7:27            | 8.1 (67.5%)   |
| 28  | KUZIOŁA Grzegorz          | 3117  | #NOLIMITS                          | Weteran Mężczyzn | 28   | 02:50:31        | 04:23:39.15           | 04:23:50.75            | +01:29:27 (33.9%) | 7:31            | 8 (66.7%)     |
| 29  | SZPONAR Krzysztof         | 3213  |                                    | Weteran Mężczyzn | 29   | 02:58:22        | 04:29:32.30           | 04:30:07.05            | +01:35:44 (35.4%) | 7:42            | 7.8 (65.0%)   |

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|-----|-------------------------|-------|-------------------|------------------|------|-----------------|-----------------------|------------------------|-------------------|-----------------|---------------|
| 30  | BIELECKI Mariusz        | 3019  |                   | Weteran Mężczyzn | 30   | 03:07:25        | 04:31:58.60           | 04:32:32.55            | +01:38:09 (36.0%) | 7:46            | 7.7 (64.2%)   |
| 31  | HYZ Marek               | 7     |                   | Weteran Mężczyzn | 31   | 03:07:24        | 04:33:35.35           | 04:33:43.90            | +01:39:21 (36.3%) | 7:49            | 7.7 (64.2%)   |
| 32  | SIUCIAK Robert          | 3188  |                   | Weteran Mężczyzn | 32   | 03:05:06        | 04:34:10.90           | 04:34:49.10            | +01:40:26 (36.5%) | 7:50            | 7.7 (64.2%)   |
| 33  | SUCHORA Jerzy           | 3200  |                   | Weteran Mężczyzn | 33   | 03:07:08        | 04:35:13.25           | 04:35:21.50            | +01:40:58 (36.7%) | 7:51            | 7.6 (63.3%)   |
| 34  | WICZUK-WICZEWSKI Marcin | 3235  | ORANGE POLSKA     | Weteran Mężczyzn | 34   | 03:03:54        | 04:35:29.30           | 04:35:58.65            | +01:41:35 (36.8%) | 7:52            | 7.6 (63.3%)   |
| 35  | KMIEĆ Andrzej           | 3081  | JARDON TEAM       | Weteran Mężczyzn | 35   | 02:58:14        | 04:39:11.45           | 04:39:32.95            | +01:45:10 (37.6%) | 7:58            | 7.5 (62.5%)   |
| 36  | CYRANKA Jarosław        | 3025  | JARDON TEAM       | Weteran Mężczyzn | 36   | 02:57:03        | 04:39:12.00           | 04:39:33.10            | +01:45:10 (37.6%) | 7:58            | 7.5 (62.5%)   |
| 37  | STANOSZEK Robert        | 3195  |                   | Weteran Mężczyzn | 37   | 03:09:16        | 04:39:38.85           | 04:39:55.05            | +01:45:32 (37.7%) | 7:59            | 7.5 (62.5%)   |
| 38  | SASIN Andrzej           | 3185  |                   | Weteran Mężczyzn | 38   | 03:02:07        | 04:39:46.45           | 04:40:08.75            | +01:45:45 (37.8%) | 7:59            | 7.5 (62.5%)   |
| 39  | BIEGOWY Amator          | 3012  |                   | Weteran Mężczyzn | 39   | 02:57:22        | 04:40:54.80           | 04:41:32.60            | +01:47:09 (38.1%) | 8:01            | 7.5 (62.5%)   |
| 40  | TOKARSKI Rafał          | 3222  |                   | Weteran Mężczyzn | 40   | 03:03:55        | 04:41:39.75           | 04:42:06.55            | +01:47:43 (38.2%) | 8:02            | 7.5 (62.5%)   |
| 41  | KOZAK Filip             | 3099  | NGB KŁOBUCK       | Weteran Mężczyzn | 41   | 03:01:46        | 04:42:24.50           | 04:42:49.25            | +01:48:26 (38.3%) | 8:04            | 7.4 (61.7%)   |
| 42  | BAŃDO Piotr             | 3006  |                   | Weteran Mężczyzn | 42   | 03:02:32        | 04:44:49.25           | 04:44:57.50            | +01:50:34 (38.8%) | 8:08            | 7.4 (61.7%)   |
| 43  | RYCYK Paweł             | 3180  |                   | Weteran Mężczyzn | 43   | 03:13:48        | 04:46:03.35           | 04:46:06.40            | +01:51:43 (39.1%) | 8:10            | 7.3 (60.8%)   |
| 44  | SMOLARCZYK Grzegorz     | 3190  |                   | Weteran Mężczyzn | 44   | 03:06:39        | 04:46:59.50           | 04:47:31.00            | +01:53:08 (39.3%) | 8:11            | 7.3 (60.8%)   |
| 45  | SERWADCZAK Piotr        | 3187  | P+E               | Weteran Mężczyzn | 45   | 03:09:24        | 04:55:11.40           | 04:55:32.20            | +02:01:09 (41.0%) | 8:26            | 7.1 (59.2%)   |
| 46  | LORENS Krzysztof        | 3124  | ZABIEGANY WOŁOMIN | Weteran Mężczyzn | 46   | 03:14:34        | 04:56:31.20           | 04:56:55.70            | +02:02:32 (41.3%) | 8:28            | 7.1 (59.2%)   |
| 47  | BALON Marcin            | 3005  |                   | Weteran Mężczyzn | 47   | 03:42:59        | 05:21:13.35           | 05:21:42.70            | +02:27:19 (45.8%) | 9:10            | 6.5 (54.2%)   |
| 48  | JASTRZĘBSKI Adam        | 3066  |                   | Weteran Mężczyzn | 48   | 03:33:18        | 05:25:05.10           | 05:25:43.30            | +02:31:20 (46.5%) | 9:17            | 6.5 (54.2%)   |
| 49  | DĄBROWSKI Paweł         | 3032  |                   | Weteran Mężczyzn | 49   | 03:42:57        | 05:27:58.35           | 05:28:18.85            | +02:33:56 (46.9%) | 9:22            | 6.4 (53.3%)   |
| 50  | BŁAŻUK Dominik          | 3013  | ANKH-MORPORK      | Weteran Mężczyzn | 50   | 04:00:29        | 05:38:40.65           | 05:39:04.30            | +02:44:41 (48.6%) | 9:40            | 6.2 (51.7%)   |
| 51  | SATKO Jacek             | 6097  |                   | Weteran Mężczyzn | 51   | 04:54:35        | 06:48:53.80           | 06:48:57.20            | +03:54:34 (57.4%) | 11:40           | 5.1 (42.5%)   |

Znaleziono 51 wynik(ów)