VI ZIMOWA BIESZCZADZKA DYCHA 2020

Wydarzenie: Zimowy Maraton Bieszczadzki 2020
Organizator: Fundacja Bieg Rzeźnika
Data: 2020-01-25
Miejsce: Cisna
Dystans: 10 km

Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za Skrzyżowaniem 6.5km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	**RACHWALSKI Tomasz**	**1628**	BŁĘKITNI	M40	1	00:28:15		**00:42:42.35**	**00:42:51.30**		4:16	14 (100%)
2	**MARZEC Krzysztof**	**1596**	STALOWOWOLSKI KLUB BIEGACZA	M40	2	00:28:01		**00:43:12.25**	**00:43:13.55**	+00:00:22 (0.9%)	4:19	13.9 (99.3%)
3	**ŚWIDZIŃSKI Tomasz**	**1670**	VEGE RUNNERS HAJIME KRAKÓW	M40	3	00:28:13		**00:43:26.15**	**00:43:29.00**	+00:00:37 (1.4%)	4:20	13.8 (98.6%)
4	**MARCZAK Paweł**	**1593**	DRUŻYNA BLONDYNA - ŁUKASZ OSKIERKO	M40	4	00:29:04		**00:44:08.05**	**00:44:12.10**	+00:01:20 (3.0%)	4:24	13.6 (97.1%)
5	**MAJCHROWICZ Wiktor**	**1730**		M40	5	00:29:26		**00:43:57.25**	**00:45:35.95**	+00:02:44 (6.0%)	4:23	13.7 (97.9%)
6	**SZNAJDER Rafał**	**1666**	G.O.A.T. TEAM MICHAŁOWICE	M40	6	00:30:54		**00:46:56.20**	**00:46:59.35**	+00:04:08 (8.8%)	4:41	12.8 (91.4%)
7	**BODZIOCH Grzegorz**	**1513**	GORLICKA GRUPA BIEGOWA	M40	7	00:31:00		**00:47:30.40**	**00:47:39.85**	+00:04:48 (10.1%)	4:45	12.6 (90.0%)
8	**BILSKI Marcin**	**1512**		M40	8	00:32:10		**00:48:07.95**	**00:48:20.65**	+00:05:29 (11.4%)	4:48	12.5 (89.3%)
9	**HORODEJCZUK Antoni**	**1556**	HORODEJCZUK TEAM	M40	9	00:32:17		**00:49:37.75**	**00:49:39.55**	+00:06:48 (13.7%)	4:57	12.1 (86.4%)
10	**SIKORA Jarek**	**1706**		M40	10	00:33:30		**00:50:25.90**	**00:50:49.05**	+00:07:57 (15.7%)	5:02	11.9 (85.0%)
11	**POLEWKA Tomasz**	**1712**	UKS KOMETA	M40	11	00:34:18		**00:52:26.80**	**00:52:28.80**	+00:09:37 (18.3%)	5:14	11.4 (81.4%)
12	**JANKOWSKI Michał**	**1560**		M40	12	00:33:56		**00:52:44.25**	**00:52:53.35**	+00:10:02 (19.0%)	5:16	11.4 (81.4%)
13	**FLASKA Zdenek**	**1540**	MARAS TEAM	M40	13	00:34:52		**00:52:06.40**	**00:53:58.25**	+00:11:06 (20.6%)	5:12	11.5 (82.1%)
14	**WRÓBEL Bartłomiej**	**1724**	CISNA	M40	14	00:34:53		**00:53:59.15**	**00:54:01.05**	+00:11:09 (20.7%)	5:24	11.1 (79.3%)
15	**KOGUT Leszek**	**1569**		M40	15	00:35:26		**00:54:27.05**	**00:55:15.85**	+00:12:24 (22.5%)	5:26	11 (78.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za Skrzyżowaniem 6.5km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	**DUDZIAK Dariusz**	**1536**	POMPA TEAM	M40	16	00:36:28		**00:53:58.95**	**00:55:39.70**	+00:12:48 (23.0%)	5:23	11.1 (79.3%)
17	**PŁESZKA Marek**	**1622**	KLUB SPORTOWY OTRYT I	M40	17	00:31:55	00:10:00	**00:58:57.00**	**00:59:03.00**	+00:16:11 (27.4%)	4:53	12.3 (87.9%)
18	**ROSTEK Arkadiusz**	**1633**	ULTRAMĘKI	M40	18	00:40:11		**00:59:19.65**	**01:00:25.50**	+00:17:34 (29.1%)	5:56	10.1 (72.1%)
18	**GRUSZECKI Tomasz**	**1550**		M40	18	00:39:30		**01:00:00.85**	**01:00:25.50**	+00:17:34 (29.1%)	6:00	10 (71.4%)
20	**SZYMONIAK Marcin**	**1669**		M40	20	00:39:27		**00:59:21.80**	**01:01:28.95**	+00:18:37 (30.3%)	5:56	10.1 (72.1%)
21	**GAŁUSZKA Mariusz**	**1699**	GOPR	M40	21	00:39:22		**01:01:41.10**	**01:01:55.85**	+00:19:04 (30.8%)	6:10	9.7 (69.3%)
22	**MANIAK Łukasz**	**1589**		M40	22	00:39:42		**01:00:10.90**	**01:02:10.50**	+00:19:19 (31.1%)	6:01	10 (71.4%)
23	**WITKO Jerzy**	**1682**	BRAK	M40	23	00:41:03		**01:02:06.40**	**01:02:55.15**	+00:20:03 (31.9%)	6:12	9.7 (69.3%)
24	**LYPINSKI Mikael**	**1176**		M40	24	00:41:09		**01:02:50.25**	**01:03:02.40**	+00:20:11 (32.0%)	2:43	22 (157.1%)
25	**MARCISZ Boguslaw**	**1592**	ŻANDARMERIA WOJSKOWA RZESZÓW	M40	25	00:40:46		**01:02:33.45**	**01:03:40.85**	+00:20:49 (32.7%)	6:15	9.6 (68.6%)
26	**GUCWA Mirosław**	**1551**	BACK ON TRACK	M40	26	00:39:56		**01:04:26.60**	**01:06:06.20**	+00:23:14 (35.2%)	6:26	9.3 (66.4%)
27	**HENNIG Waldemar**	**1555**	ECO KĄPINO	M40	27	00:42:34		**01:04:18.15**	**01:06:13.00**	+00:23:21 (35.3%)	6:25	9.3 (66.4%)
28	**JANIK Jacek**	**1558**		M40	28	00:30:04	00:20:00	**01:06:21.00**	**01:06:43.00**	+00:23:51 (35.8%)	4:38	12.9 (92.1%)
29	**RABIEJEWSKI Zbigniew**	**1627**	ŻANDARMERIA WOJSKOWA RZESZÓW	M40	29	00:42:35		**01:08:00.30**	**01:09:06.40**	+00:26:15 (38.0%)	6:48	8.8 (62.9%)
30	**CHMIELEWSKI Marcin**	**1733**		M40	30	00:45:43		**01:10:02.55**	**01:12:08.30**	+00:29:17 (40.6%)	7:00	8.6 (61.4%)
31	**CZERSKI Krzysztof**	**1530**		M40	31	00:46:49		**01:11:15.85**	**01:12:11.35**	+00:29:20 (40.6%)	7:07	8.4 (60.0%)
32	**PENKALA Marcin**	**1615**	STRANGERS	M40	32	00:46:55		**01:10:09.95**	**01:12:25.30**	+00:29:34 (40.8%)	7:01	8.6 (61.4%)
33	**SKÓRA Michał**	**1640**	MICHAŁ TEAM	M40	33	00:47:46		**01:11:48.15**	**01:12:56.50**	+00:30:05 (41.2%)	7:10	8.4 (60.0%)
34	**NOWOMIEJSKI Marcin**	**1608**	BIEGACZ CEGŁÓW	M40	34	00:30:22	00:30:00	**01:16:32.00**	**01:16:38.00**	+00:33:46 (44.1%)	4:39	12.9 (92.1%)
35	**LESZCZYŃSKI Aleksander**	**1723**		M40	35	00:51:36		**01:18:23.90**	**01:19:52.10**	+00:37:00 (46.3%)	7:50	7.7 (55.0%)
36	**JASIURKOWSKI Robert**	**1562**		M40	36	00:53:02		**01:20:20.15**	**01:21:23.95**	+00:38:32 (47.4%)	8:02	7.5 (53.6%)
37	**STEC Sebastian**	**1652**	SIEMUSZOWA	M40	37	00:46:30	00:10:00	**01:19:17.00**	**01:21:35.00**	+00:38:43 (47.5%)	6:55	8.7 (62.1%)
38	**CZAJA Wacław**	**1526**		M40	38	00:51:27		**01:20:42.00**	**01:22:58.85**	+00:40:07 (48.4%)	8:04	7.4 (52.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za Skrzyżowaniem 6.5km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
39	**SOŁTYSEK Sebastian**	**1649**	UNIVERSAL SOLDIERS	M40	39	01:12:03		**01:54:06.90**	**01:55:54.30**	+01:13:03 (63.0%)	11:24	5.3 (37.9%)
40	**SOŁTYSEK Grzegorz**	**1650**	UNIVERSAL SOLDIERS	M40	40	01:12:08		**01:54:06.55**	**01:55:55.15**	+01:13:03 (63.0%)	11:24	5.3 (37.9%)

Znaleziono 40 wynik(ów)