

VII ZIMOWY MARATON BIESZCZADZKI 2021 - 43KM

B4SPORT

Wydarzenie: Zimowy Maraton Bieszczadzki 2021
Organizator: Fundacja Bieg Rzeźnika
Data: 2021-03-20
Miejsce: Cisna
Dystans: 43 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 44km	Różn	Tempo min/km	Tempo km/h
1	TKACZEWSKI Piotr	284	MIECHÓW	M40	1	03:18:20.45		4:30	13.3 (100%)
2	ZIEJEWSKI Grzegorz	398		M40	2	03:21:00.80	+00:02:40 (1.3%)	4:34	13.1 (98.5%)
3	SZCZEPANIAK Witold	267	WSPÓLNY DOJAZD 695092103	M40	3	03:39:34.30	+00:21:13 (9.7%)	4:59	12 (90.2%)
4	KURKIEWICZ Krzysztof	143	NIEPOŁOMICE BIEGAJĄ	M40	4	03:44:47.75	+00:26:27 (11.8%)	5:06	11.7 (88.0%)
5	SENDOR Piotr	245		M40	5	03:45:34.85	+00:27:14 (12.1%)	5:07	11.7 (88.0%)
6	RYCHTER Karol	378	THE RYCHTERS	M40	6	03:53:13.35	+00:34:52 (15.0%)	5:18	11.3 (85.0%)
7	SKAWIŃSKI Tomasz	251	GOPR BIESZCZADY	M40	7	03:53:43.85	+00:35:23 (15.1%)	5:18	11.3 (85.0%)
8	MOSKALIK Tomasz	348	TG SOKÓŁ ZAKOPANE	M40	8	03:57:19.50	+00:38:59 (16.4%)	5:23	11.1 (83.5%)
9	KRZEMIŃSKI Marcin	136	SPRINT GORZYCE	M40	9	03:58:08.50	+00:39:48 (16.7%)	5:24	11.1 (83.5%)
10	DOBRZYŃSKI Andrzej	320		M40	10	04:02:13.10	+00:43:52 (18.1%)	5:30	10.9 (82.0%)
11	MARKOWSKI Marcin	385	UKS KOMETA GLIWICE/BIEG RZEŹNIKA	M40	11	04:07:36.45	+00:49:16 (19.9%)	5:37	10.7 (80.5%)
12	WEREMKO Grzegorz	293	MULTIMEDIA RUNNERS PUŁAWY	M40	12	04:13:53.60	+00:55:33 (21.9%)	5:46	10.4 (78.2%)
13	PYSZ Grzegorz	225	HRMAX ŻORY	M40	13	04:19:50.60	+01:01:30 (23.7%)	5:54	10.2 (76.7%)
14	GRZYBOWSKI Rafał	85	OBY PRZED LIMITEM	M40	14	04:24:57.05	+01:06:36 (25.1%)	6:01	10 (75.2%)
15	ZIEMNICKI Michał	309		M40	15	04:26:14.85	+01:07:54 (25.5%)	6:03	9.9 (74.4%)
16	KOBIERSKI Piotr	117	UKA ULTRAS RUNNERS	M40	16	04:28:06.55	+01:09:46 (26.0%)	6:05	9.8 (73.7%)
17	DOBRYNIEWSKI Stanisław	37	AUTOREKIN	M40	17	04:28:31.25	+01:10:10 (26.1%)	6:06	9.8 (73.7%)
18	CHUCHAŁA Paweł	29	MARKOWI BIEGACZE	M40	18	04:30:56.05	+01:12:35 (26.8%)	6:09	9.7 (72.9%)
19	CZYŻ Grzegorz	318		M40	19	04:31:49.40	+01:13:28 (27.0%)	6:10	9.7 (72.9%)
20	CURZYDŁO Bogdan	32	POZYTYWNIIE ZABIEGANI SANOK	M40	20	04:33:53.80	+01:15:33 (27.6%)	6:13	9.6 (72.2%)
21	TAUZ Andrzej	282		M40	21	04:34:12.00	+01:15:51 (27.7%)	6:13	9.6 (72.2%)
22	GRZEGOREK Paweł	84	KINGRUNNER ULTRA TEAM	M40	22	04:34:24.00	+01:16:03 (27.7%)	6:14	9.6 (72.2%)
23	MOSKAŁA Remigiusz	180		M40	23	04:39:04.60	+01:20:44 (28.9%)	6:20	9.5 (71.4%)
24	FEDAK Bohdan	47		M40	24	04:42:18.20	+01:23:57 (29.7%)	6:24	9.4 (70.7%)
25	RAKOCZY Paweł	229		M40	25	04:45:23.30	+01:27:02 (30.5%)	6:29	9.3 (69.9%)
26	GARUS Łukasz	56		M40	26	04:45:25.95	+01:27:05 (30.5%)	6:29	9.2 (69.2%)
27	ASŁANOWICZ Marcin	3		M40	27	04:45:54.20	+01:27:33 (30.6%)	6:29	9.2 (69.2%)
28	ZIMAK Sebastian	312		M40	28	04:46:56.20	+01:28:35 (30.9%)	6:31	9.2 (69.2%)
29	MAJEWICZ Grzegorz	158		M40	29	04:50:38.90	+01:32:18 (31.8%)	6:36	9.1 (68.4%)

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30	KOZIOŁ Andrzej	132		M40	30	04:56:15.70	+01:37:55 (33.1%)	6:43	8.9 (66.9%)
31	GŁĄBSKI Paweł	64	OLD & FAT GG SQUAD	M40	31	04:56:29.00	+01:38:08 (33.1%)	6:44	8.9 (66.9%)
32	PETER Marcin	353		M40	32	04:56:37.90	+01:38:17 (33.1%)	6:44	8.9 (66.9%)
33	KOSIN Paweł	338	KLUB BIEGAJĄCYCH LEŚNIKÓW	M40	33	04:57:46.85	+01:39:26 (33.4%)	6:46	8.9 (66.9%)
34	KOZIEŁŁO Bartosz	131	TUR	M40	34	04:58:38.40	+01:40:17 (33.6%)	6:47	8.8 (66.2%)
35	ZIEMKIEWICZ Michał	375	OSIR KLECZEW	M40	35	05:00:48.80	+01:42:28 (34.1%)	6:50	8.8 (66.2%)
36	OCZKOWSKI Mateusz	191	GRUPA BIEGOWA CHTMO	M40	36	05:02:45.50	+01:44:25 (34.5%)	6:52	8.7 (65.4%)
37	GROSSE Paweł	81		M40	37	05:03:39.10	+01:45:18 (34.7%)	6:54	8.7 (65.4%)
38	STELMACH Krzysztof	259		M40	38	05:03:44.35	+01:45:23 (34.7%)	6:54	8.7 (65.4%)
39	BODZIACHOWSKI Marcin	380	ERACENT RUNNING TEAM	M40	39	05:04:25.55	+01:46:05 (34.8%)	6:55	8.7 (65.4%)
40	GOLEC Grzegorz	67		M40	40	05:04:25.90	+01:46:05 (34.8%)	6:55	8.7 (65.4%)
41	BARDAN Michał	5	BBKS ŁAWECZKA WILANÓW	M40	41	05:04:27.10	+01:46:06 (34.9%)	6:55	8.7 (65.4%)
42	WASZKIEWICZ Ariel	289	15 BRYGADA ZMECHANIZOWANA	M40	42	05:05:59.60	+01:47:39 (35.2%)	6:57	8.6 (64.7%)
43	MIROWSKI Jarosław	178		M40	43	05:06:00.65	+01:47:40 (35.2%)	6:57	8.6 (64.7%)
44	STANIK Witold	255	YEOPY	M40	44	05:06:04.00	+01:47:43 (35.2%)	6:57	8.6 (64.7%)
45	MARCINIAK Tomasz	163	RADOMNO BIEGA	M40	45	05:06:28.90	+01:48:08 (35.3%)	6:57	8.6 (64.7%)
46	MICHALSKI Adam	174		M40	46	05:07:39.45	+01:49:19 (35.5%)	6:59	8.6 (64.7%)
47	JĘDRZEJCZYK Tomasz	104	CHYBA NIE DAM RADY	M40	47	05:09:06.55	+01:50:46 (35.8%)	7:01	8.5 (63.9%)
48	MUCHA Jacek	184		M40	48	05:09:31.90	+01:51:11 (35.9%)	7:02	8.5 (63.9%)
49	PTAK Krzysztof	224	HRMAX ŻORY	M40	49	05:12:38.65	+01:54:18 (36.6%)	7:06	8.4 (63.2%)
50	WIERNASZ Grzegorz	297	KARCHER KROSNO	M40	50	05:12:41.50	+01:54:21 (36.6%)	7:06	8.4 (63.2%)
51	ŁUCZAK Tomasz	155	KB MARATON TUREK	M40	51	05:15:36.15	+01:57:15 (37.2%)	7:10	8.4 (63.2%)
52	NOWINOWSKI Andrzej	190	KB MARATON TUREK	M40	52	05:15:37.10	+01:57:16 (37.2%)	7:10	8.4 (63.2%)
53	KOWALCZYK Mariusz	128	WOLFPACK	M40	53	05:16:16.95	+01:57:56 (37.3%)	7:11	8.3 (62.4%)
54	ZARZEKA Marcin	306	VEGE RUNNERS	M40	54	05:17:23.95	+01:59:03 (37.5%)	7:12	8.3 (62.4%)
55	WACŁAWIK Jan	364		M40	55	05:20:13.10	+02:01:52 (38.1%)	7:16	8.2 (61.7%)
56	CZWERENKO Wojciech	317		M40	56	05:20:13.40	+02:01:52 (38.1%)	7:16	8.2 (61.7%)
57	ZĄBEK Paweł	308	ŻYWCEM ZABIEGANI	M40	57	05:24:18.65	+02:05:58 (38.8%)	7:22	8.1 (60.9%)
58	JABŁOŃSKI Michał	94		M40	58	05:25:37.60	+02:07:17 (39.1%)	7:24	8.1 (60.9%)
59	MACIĄG Krzysztof	344		M40	59	05:26:54.20	+02:08:33 (39.3%)	7:25	8.1 (60.9%)
60	STANIKOWSKI Mariusz	256		M40	60	05:27:59.35	+02:09:38 (39.5%)	7:27	8 (60.2%)
61	OSTASZEWSKI Ireneusz	196	KOŁO BIEGACZY IM. FEDERICO FELLINIEGO	M40	61	05:31:15.25	+02:12:54 (40.1%)	7:31	8 (60.2%)
62	PAŁUBSKI Andrzej	200		M40	62	05:32:16.75	+02:13:56 (40.3%)	7:33	7.9 (59.4%)
63	GĘBCZYŃSKI Paweł	62		M40	63	05:36:12.60	+02:17:52 (41.0%)	7:38	7.9 (59.4%)
64	WIDŁAK Janusz	391		M40	64	05:37:18.90	+02:18:58 (41.2%)	7:39	7.8 (58.6%)
65	SZPECHT Filip	271		M40	65	05:39:59.20	+02:21:38 (41.7%)	7:43	7.8 (58.6%)
66	PIĄTKOWSKI Michał	211	CROSSFIT MOKOTÓW	M40	66	05:40:24.45	+02:22:04 (41.7%)	7:44	7.8 (58.6%)
67	JĘDRZEJCZYK Robert	329	CHYBA NIE DAM RADY	M40	67	05:41:58.35	+02:23:37 (42.0%)	7:46	7.7 (57.9%)
68	KOZA Robert	129	CARBON SILESIA SPORT	M40	68	05:42:02.15	+02:23:41 (42.0%)	7:46	7.7 (57.9%)
69	WENERSKI Andrzej	292	MULTIMEDIA RUNNERS PUŁAWY	M40	69	05:49:09.40	+02:30:48 (43.2%)	7:56	7.6 (57.1%)
70	KUSIO Marcin	343	DOGOŃ GRODZISK MAZOWIECKI	M40	70	05:50:07.90	+02:31:47 (43.4%)	7:57	7.5 (56.4%)
71	SZYMANIAK Paweł	363	DOGOŃ	M40	71	05:50:08.40	+02:31:47 (43.4%)	7:57	7.5 (56.4%)
72	SACZUK Andrzej	240	KB BIAŁA BIEGA	M40	72	05:50:09.15	+02:31:48 (43.4%)	7:57	7.5 (56.4%)
73	SZPERKA Leszek	272		M40	73	05:52:06.20	+02:33:45 (43.7%)	8:00	7.5 (56.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 44km	Różn	Tempo min/km	Tempo km/h
74	GÓRAJ Maciej	72	YOLO:)	M40	74	05:52:40.50	+02:34:20 (43.8%)	8:00	7.5 (56.4%)
75	CZAŁPIŃSKI Tomasz	399		M40	75	05:52:42.15	+02:34:21 (43.8%)	8:00	7.5 (56.4%)
76	GAJOWNIK Błażej	51	OLD & FAT GG SQUAD	M40	76	05:52:52.35	+02:34:31 (43.8%)	8:01	7.5 (56.4%)
77	JAROCH Michał	98	MARKOWI BIEGACZE	M40	77	05:53:21.80	+02:35:01 (43.9%)	8:01	7.5 (56.4%)
78	GÓRKA Bogusław	75	SUSKA GRUPA BIEGOWA	M40	78	05:53:24.80	+02:35:04 (43.9%)	8:01	7.5 (56.4%)
79	GUNERT Kuba	86		M40	79	05:54:48.80	+02:36:28 (44.1%)	8:03	7.4 (55.6%)
80	KORZENIOWSKI Łukasz	125		M40	80	05:55:07.60	+02:36:47 (44.1%)	8:04	7.4 (55.6%)
81	POLEWKA Tomasz	383	UKS KOMETA GLIWICE/BIEG RZEŹNIKA	M40	81	05:56:02.05	+02:37:41 (44.3%)	8:05	7.4 (55.6%)
82	SAMEK Aleksander	241		M40	82	05:58:37.50	+02:40:17 (44.7%)	8:09	7.4 (55.6%)
83	JABŁONKA Radosław	93	DZIADY OCR	M40	83	06:03:01.85	+02:44:41 (45.4%)	8:15	7.3 (54.9%)
84	KRZEPKOWSKI Radosław	137	ADIDAS RUNNERS WARSAW	M40	84	06:12:07.75	+02:53:47 (46.7%)	8:27	7.1 (53.4%)
85	SZERSZEŃ Janusz	269	PIASECZNO RUNNING	M40	85	06:16:30.90	+02:58:10 (47.3%)	8:33	7 (52.6%)
86	KOPIEC Marcin	123	PIASECZNO RUNNING	M40	86	06:16:32.10	+02:58:11 (47.3%)	8:33	7 (52.6%)
87	JEDLIŃSKI Bartosz	101	MARATOŃCZYK DĘBICA	M40	87	06:18:14.55	+02:59:54 (47.6%)	8:35	7 (52.6%)
88	SINDREWICZ Sławomir	249		M40	88	06:19:37.05	+03:01:16 (47.8%)	8:37	7 (52.6%)
89	URBANEK Sylwester	286		M40	89	06:22:13.85	+03:03:53 (48.1%)	8:41	6.9 (51.9%)
90	KUCHARCZYK Radosław	377		M40	90	06:23:19.80	+03:04:59 (48.3%)	8:42	6.9 (51.9%)
91	MAŁACHOWSKI Sebastian	379	LEMON TEAM KRÓWKA	M40	91	06:33:25.30	+03:15:04 (49.6%)	8:56	6.7 (50.4%)
92	MIDERA Szymon	175	***** ***	M40	92	06:34:00.45	+03:15:40 (49.7%)	8:57	6.7 (50.4%)
93	MILKA Mirosław	177		M40	93	06:43:05.20	+03:24:44 (50.8%)	9:09	6.5 (48.9%)
94	WÓJCIK Łukasz	302	CYTRYNOWE CURRY???	M40	94	06:51:26.40	+03:33:05 (51.8%)	9:21	6.4 (48.1%)
95	SIPIERA Tomasz	386		M40	95	07:05:26.90	+03:47:06 (53.4%)	9:40	6.2 (46.6%)
96	GAŁĄZKA Marcin	54	ESK	M40	96	07:07:07.05	+03:48:46 (53.6%)	9:42	6.2 (46.6%)
97	RYSIAWA Marek	239	BIEGANIE NIE OPIERDALANIE	M40	97	07:07:08.20	+03:48:47 (53.6%)	9:42	6.2 (46.6%)
98	MROZOWSKI Paweł	182	ORANGE POLSKA	M40	98	07:20:37.85	+04:02:17 (55.0%)	10:00	6 (45.1%)
99	KAMIŃSKI Krystian	332	DARKO NIESTEPOWO	M40	99	07:28:53.35	+04:10:32 (55.8%)	10:12	5.9 (44.4%)
100	GONDEK Krzysztof	70	LUKSTART NAKŁO NAD NOTECIA	M40	100	07:36:48.15	+04:18:27 (56.6%)	10:22	5.8 (43.6%)
101	KACZKIEWICZ Damian	330		M40	101	07:40:38.20	+04:22:17 (56.9%)	10:28	5.7 (42.9%)

Znaleziono 101 wynik(ów)