

VIII ZIMOWY MARATON BIESZCZADZKI 2022 - 20KM

B4SPORT

Wydarzenie: Zimowy Maraton Bieszczadzki 2022
Organizator: Fundacja Bieg Rzeźnika
Data: 2022-01-29
Miejsce: Cisna
Dystans: 20 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Brzeziniak 9km	Czas netto 23km	Różn	Tempo min/km	Tempo km/h
1	SZMIST Szymon	2190	3 PODKARPACKA BRYGADA OBRONY TERYTORIALNEJ	M40	1	00:52:06	01:52:22.30		4:53	12.3 (100%)
2	FLISIŃSKI Łukasz	2195	ALPIN SPORT TEAM	M40	2	00:52:02	01:54:40.65	+00:02:18 (2.0%)	4:59	12 (97.6%)
3	BANIAK Marcin	2194	G.O.A.T. TEAM MICHAŁOWICE	M40	3	00:54:42	01:57:48.35	+00:05:23 (4.6%)	5:07	11.7 (95.1%)
4	ROSIAK Piotr	2276	ASSECO ACTIVE TEAM / RYSIOTEAM	M40	4	00:55:26	01:59:46.55	+00:07:25 (6.2%)	5:12	11.5 (93.5%)
5	GRYZŁO Jakub	2283	TRESERTEAM/WWW.PRZECIEZJANIEBIEGAM.BLOGSPOT.COM	M40	5	00:57:25	02:02:07.30	+00:09:44 (8.0%)	5:18	11.3 (91.9%)
6	HEJNAR Jakub	2133		M40	6	00:57:22	02:06:58.40	+00:14:37 (11.5%)	5:31	10.9 (88.6%)
7	SKÓRA Tomasz	2072	SKÓRZEC BIEGA	M40	7	01:01:02	02:09:11.15	+00:16:51 (13.0%)	5:37	10.7 (87.0%)
8	SNARSKI Bogdan	2263	MISTRZ DWUMARATONU	M40	8	01:00:33	02:09:22.20	+00:17:04 (13.2%)	5:37	10.7 (87.0%)
9	MACH Tomasz	2235	SZYMANOWSKI TRIATHLON TEAM	M40	9	01:00:22	02:09:42.10	+00:17:16 (13.3%)	5:38	10.6 (86.2%)
10	STANISŁAWCZYK Bartosz	2265		M40	10	00:57:01	02:09:43.85	+00:17:23 (13.4%)	5:38	10.6 (86.2%)
11	ZIMAK Sebastian	2093		M40	11	01:03:48	02:16:56.45	+00:24:40 (18.0%)	5:57	10.1 (82.1%)
12	GAC Mariusz	2146	STOPKA PILAWA	M40	12	01:02:47	02:19:33.95	+00:27:35 (19.7%)	6:04	9.9 (80.5%)
13	FURS Teodor	2260	PIERDZĄCE ZAJĄCE	M40	13	01:06:21	02:20:27.25	+00:28:07 (20.0%)	6:06	9.8 (79.7%)
14	SUŁKOWSKI Maciej	2112	TRIATHLON JAROSŁAW	M40	14	01:07:16	02:22:15.50	+00:30:04 (21.1%)	6:11	9.7 (78.9%)
15	GAŚECKI Daniel	2290	AKTYWNY DYNÓW	M40	15	01:07:58	02:24:47.35	+00:32:41 (22.5%)	6:17	9.5 (77.2%)
16	KRUPA Grzegorz	2252	KB SOBÓTKA	M40	16	01:09:19	02:25:12.15	+00:33:21 (22.9%)	6:18	9.5 (77.2%)
17	ZIELIŃSKI Paweł	2078	RUCH IZBICA	M40	17	01:08:50	02:25:01.45	+00:33:35 (23.0%)	6:18	9.5 (77.2%)
18	NOWOSADZKI Wojciech	2026		M40	18	01:09:25	02:26:41.55	+00:34:23 (23.4%)	6:22	9.4 (76.4%)
19	ZUBIK Michał	2092	LUBELSKA GRUPA TRIATHLONU	M40	19	01:06:57	02:28:14.75	+00:36:03 (24.3%)	6:26	9.3 (75.6%)
20	SURMIAK Piotr	2105		M40	20	01:09:16	02:30:11.20	+00:37:59 (25.3%)	6:31	9.2 (74.8%)
21	SKORUPKA Leszek	2275	GRUPA BIEGACZY SKÓRZEC BIEGA	M40	21	01:11:42	02:31:42.05	+00:39:23 (25.9%)	6:35	9.1 (74.0%)
22	JEŻEWSKI Jacek	2205	KBBB	M40	22	01:09:28	02:31:32.25	+00:39:55 (26.2%)	6:35	9.1 (74.0%)
23	ISKRA Grzegorz	2047	KP PSP STRZYŻÓW	M40	23	01:12:15	02:32:40.05	+00:41:07 (26.8%)	6:38	9 (73.2%)
24	ZWIERZAŃSKI Paweł	2226	STAY INSANE	M40	24	01:10:22	02:33:33.35	+00:41:43 (27.1%)	6:40	9 (73.2%)
25	DROZD Michał	2171		M40	25	01:10:22	02:34:03.50	+00:42:16 (27.3%)	6:41	9 (73.2%)
26	GARDZIEL Jerzy	2294		M40	26	01:09:59	02:36:27.85	+00:44:21 (28.3%)	6:48	8.8 (71.5%)
27	KASPERZEC Michał	1025	JEJKOWICE BIEGAJĄ	M40	27	01:11:30	02:36:23.90	+00:44:39 (28.4%)	6:47	8.8 (71.5%)
28	WÓJCIK Dawid	2144		M40	28	01:11:58	02:36:29.65	+00:45:17 (28.7%)	6:48	8.8 (71.5%)
29	PALEJ Janusz	2212	J&J	M40	29	01:12:41	02:37:42.20	+00:45:45 (28.9%)	6:51	8.8 (71.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Brzeziniak		Czas netto		Tempo min/km	Tempo km/h
						9km	23km	Różn			
30	BOGUSZ Mirosław	2030	PTT O/BESKID SEKCJA BIEGOWA	M40	30	01:18:24	02:38:13.45	+00:46:56 (29.5%)	6:52	8.7 (70.7%)	
31	ZIELIŃSKI Damian	2149	STOPKA PILAWA	M40	31	01:15:17	02:39:00.30	+00:46:58 (29.5%)	6:54	8.7 (70.7%)	
32	KITOWSKI Bartosz	2180	GŁOGOVIA 1925 GŁOGÓW MAŁOPOLSKI	M40	32	01:15:26	02:42:58.45	+00:50:43 (31.1%)	7:05	8.5 (69.1%)	
33	KOMOSIŃSKI Łukasz	2160		M40	33	01:15:50	02:43:05.70	+00:50:46 (31.1%)	7:05	8.5 (69.1%)	
34	SUMARA Wojciech	2070		M40	34	01:20:36	02:42:15.25	+00:50:50 (31.1%)	7:03	8.5 (69.1%)	
35	CURYŁO Wojciech	2074		M40	35	01:17:02	02:42:14.90	+00:50:50 (31.1%)	7:03	8.5 (69.1%)	
36	ZDEB Piotr	2102	AHOJ PRZYGODO LUBLIN	M40	36	01:15:39	02:44:52.55	+00:53:25 (32.2%)	7:10	8.4 (68.3%)	
37	DAROWICKI Daniel	2217		M40	37	01:16:30	02:44:45.35	+00:53:29 (32.2%)	7:09	8.4 (68.3%)	
38	KUCZYŃSKI Grzegorz	4129	BIAŁYSTOK BIEGA TEAM	M40	38	01:18:50	02:48:53.60	+00:56:44 (33.5%)	7:20	8.2 (66.7%)	
39	WALUSIAK Kamil	2017		M40	39	01:20:11	02:48:30.45	+00:56:54 (33.6%)	7:19	8.2 (66.7%)	
40	BIS Tomasz	2164	KAWKA	M40	40	01:17:53	02:48:48.70	+00:56:55 (33.6%)	7:20	8.2 (66.7%)	
41	RADZIK Szymon	2163	KAWKA	M40	41	01:17:55	02:48:53.25	+00:56:57 (33.6%)	7:20	8.2 (66.7%)	
42	KANIA Rafał	2175	MIG ŚLIMAKI	M40	42	01:16:24	02:49:52.80	+00:57:46 (33.9%)	7:23	8.1 (65.9%)	
43	KŁOSOK Adam	4076	INŻYNIERIA BIEGANIA TEAM	M40	43	01:23:42	02:49:56.55	+00:58:39 (34.3%)	7:23	8.1 (65.9%)	
44	JUDA Tomasz	2183		M40	44	01:23:58	02:50:30.10	+00:58:48 (34.3%)	7:24	8.1 (65.9%)	
45	CZARNOCKI Paweł	2035	GBSB	M40	45	01:14:37	02:51:28.15	+00:59:09 (34.5%)	7:27	8 (65.0%)	
46	SZAJEWSKI Arkadiusz	2167	O TAK ŁO	M40	46	01:21:45	02:51:59.60	+01:00:44 (35.1%)	7:28	8 (65.0%)	
47	JAGIEŁŁO Jarosław	2094		M40	47	01:18:50	02:55:16.90	+01:03:06 (36.0%)	7:37	7.9 (64.2%)	
48	ŻMUDKA Bartek	2250	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M40	48	01:23:01	02:55:46.50	+01:03:26 (36.1%)	7:38	7.9 (64.2%)	
49	GRYCZKA Marcin	2025	KB BIAŁA BIEGA	M40	49	01:27:51	02:56:36.90	+01:04:58 (36.6%)	7:40	7.8 (63.4%)	
50	CZYZ Wojciech	2011		M40	50	01:22:18	02:58:56.95	+01:06:53 (37.3%)	7:46	7.7 (62.6%)	
51	PIĄSTKA Daniel	2128		M40	51	01:20:03	03:05:11.10	+01:13:04 (39.4%)	8:03	7.5 (61.0%)	
52	BIEDROŃ Artur	2107	ERP HEART TEAM	M40	52	01:29:18	03:07:53.70	+01:16:12 (40.4%)	8:10	7.3 (59.3%)	
53	MAZUREK Grzegorz	2111		M40	53	01:30:19	03:11:11.15	+01:19:22 (41.4%)	8:18	7.2 (58.5%)	
54	BORKOWSKI Krzysztof	2278	VEGE RUNNERS	M40	54	01:26:44	03:15:14.15	+01:23:12 (42.5%)	8:29	7.1 (57.7%)	
55	SACZEWSKI Arkadiusz	2043		M40	55	01:31:43	03:18:33.85	+01:26:57 (43.6%)	8:37	7 (56.9%)	
56	TABOR Piotr	2297		M40	56	01:32:15	03:21:32.20	+01:30:21 (44.6%)	8:45	6.8 (55.3%)	
57	KALINOWSKI Marek	2269		M40	57	01:35:12	03:24:43.70	+01:32:42 (45.2%)	8:54	6.7 (54.5%)	
58	OLEKSY Przemysław	2055		M40	58	01:35:21	03:25:15.90	+01:33:10 (45.3%)	8:55	6.7 (54.5%)	
59	JĘDRAS Łukasz	2201	MIG ŚLIMAKI	M40	59	01:38:18	03:28:42.90	+01:36:38 (46.2%)	9:04	6.6 (53.7%)	
60	CIESIELSKI Grzegorz	2015	#SMARTRUN	M40	60	01:40:00	03:34:37.65	+01:43:24 (47.9%)	9:19	6.4 (52.0%)	
61	SERAFIN Sebastian	2296		M40	61	01:42:58	03:35:27.55	+01:43:25 (47.9%)	9:22	6.4 (52.0%)	
62	GORAJEK Michał	2023	ALA&LILA	M40	62	01:35:48	03:34:40.50	+01:43:28 (47.9%)	9:20	6.4 (52.0%)	
63	WINIARCZYK Łukasz	2089	MIKI&OLEK&JEREMI	M40	63	01:40:00	03:34:41.55	+01:43:28 (47.9%)	9:20	6.4 (52.0%)	
64	MAJDYŚ Wojciech	2153		M40	64	01:35:32	03:35:34.05	+01:43:38 (48.0%)	9:22	6.4 (52.0%)	
65	MAKOSA Konrad	2010		M40	65	01:41:27	03:39:42.90	+01:47:57 (49.0%)	9:33	6.3 (51.2%)	
66	LEŚNIEWSKI Tomek	2202	BIESZCZADZKIE DESEROWE	M40	66	01:52:34	03:55:06.60	+02:02:53 (52.2%)	10:13	5.9 (48.0%)	
67	KACZKIEWICZ Damian	2255	NIGHT RUNNERS GLIWICE	M40	67	01:55:07	04:05:11.85	+02:13:19 (54.3%)	10:39	5.6 (45.5%)	
68	REY Andrzej	2001	REYRUNNINGTEAM	M40	68	02:20:13	04:55:00.10	+03:03:51 (62.1%)	12:49	4.7 (38.2%)	