



Organizator: Fundacja Bieg Rzeźnika
Data: 2016-01-31
Miejsce: Cisna
Dystans: 10 km

II ZIMOWA BIESZCZADZKA DYCHA 2016

B4SPORT

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	5.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	LIPA Wojciech	1151	RZSZOWSKIE GAZELE I GEPARDY	M30	1	00:08:02	00:22:23	00:38:06.75	00:38:06.75		3:48	15.7 (100%)
2	OLEKSY Przemysław	1086	RZSZOWSKIE GAZELE I GEPARDY	M30	2	00:08:03	00:22:21	00:38:28.00	00:38:28.00	+00:00:21 (0.9%)	3:50	15.6 (99.4%)
3	SUROWIEC Grzegorz	1057	BESTA PB SP Z O.O.	M30	3	00:08:02	00:22:38	00:39:31.90	00:39:31.90	+00:01:25 (3.6%)	3:57	15.2 (96.8%)
4	KOT Łukasz	1152	RZSZOWSKIE GAZELE I GEPARDY	M30	4	00:08:38	00:23:38	00:40:31.95	00:40:31.95	+00:02:25 (6.0%)	4:03	14.8 (94.3%)
5	KIBART Krzysztof	1124	BUBBA GUMP RUN TEAM	M30	5	00:08:58	00:24:18	00:41:35.10	00:41:35.10	+00:03:28 (8.4%)	4:09	14.4 (91.7%)
6	PŁACZEK Paweł	1204	WETLINA	M30	6	00:09:20	00:25:34	00:43:41.70	00:43:41.70	+00:05:34 (12.8%)	4:22	13.7 (87.3%)
7	WETHACZ Dariusz	1274		M30	7	00:08:51	00:25:26	00:43:46.75	00:43:46.75	+00:05:40 (12.9%)	4:22	13.7 (87.3%)
8	NOWOMIEJSKI Marcin	1137	OWM LUBLIN TEAM OFIARY WUJA MARCINA	M30	8	00:08:36	00:25:09	00:43:55.90	00:43:55.90	+00:05:49 (13.2%)	4:23	13.7 (87.3%)
9	WIETECHA Piotr	1223		M30	9	00:08:38	00:25:37	00:44:13.20	00:44:13.20	+00:06:06 (13.8%)	4:25	13.6 (86.6%)
10	MARYNICZ Łukasz	1221		M30	10	00:09:44	00:26:14	00:44:55.60	00:44:55.60	+00:06:48 (15.2%)	4:29	13.4 (85.4%)
11	BRZOZOWSKI Łukasz	1138	I-BS.PL SPORT TEAM	M30	11	00:11:14	00:27:31	00:45:15.80	00:45:15.80	+00:07:09 (15.8%)	4:31	13.3 (84.7%)
12	BRENDZOWSKI Adam	1033	SOLINA TEAM	M30	12	00:10:58	00:27:46	00:46:20.15	00:46:20.15	+00:08:13 (17.7%)	4:38	12.9 (82.2%)
13	DOPART Tomasz	1130		M30	13	00:09:45	00:26:20	00:46:59.55	00:46:59.55	+00:08:52 (18.9%)	4:41	12.8 (81.5%)
14	SANKOWSKI Szymon	1065	ZABIEGANI MIELEC	M30	14	00:10:56	00:28:19	00:47:34.25	00:47:34.25	+00:09:27 (19.9%)	4:45	12.6 (80.3%)
15	KOŚCIAŃSKI Paweł	1238		M30	15	00:11:10	00:28:25	00:47:34.65	00:47:34.65	+00:09:27 (19.9%)	4:45	12.6 (80.3%)
16	ZIĘBA Piotr	1287		M30	16	00:10:11	00:27:28	00:47:39.40	00:47:39.40	+00:09:32 (20.0%)	4:45	12.6 (80.3%)
17	CIĄGŁO Jacek	1012		M30	17	00:12:01	00:29:23	00:47:47.70	00:47:47.70	+00:09:40 (20.3%)	4:46	12.6 (80.3%)
18	PIEKARZ Marcin Marian	1282	ALFREDÓWKA	M30	18	00:10:28	00:27:57	00:48:31.05	00:48:31.05	+00:10:24 (21.4%)	4:51	12.4 (79.0%)
19	KRUPA Paweł	1273	WWW.SERWISDRZEWNY.COM	M30	19	00:13:39	00:30:22	00:48:56.35	00:48:56.35	+00:10:49 (22.1%)	4:53	12.3 (78.3%)
20	POŚPIECH Herbert	1350		M30	20	00:10:30	00:29:19	00:49:24.45	00:49:24.45	+00:11:17 (22.9%)	4:56	12.1 (77.1%)
21	PYSZKO Janusz	1040		M30	21	00:11:42	00:29:16	00:49:29.25	00:49:29.25	+00:11:22 (23.0%)	4:56	12.1 (77.1%)
22	FLĄDRO Daniel	1080		M30	22	00:13:13	00:30:38	00:49:36.25	00:49:36.25	+00:11:29 (23.2%)	4:57	12.1 (77.1%)
23	OSINIAK Marek	1044		M30	23	00:13:01	00:30:15	00:49:41.05	00:49:41.05	+00:11:34 (23.3%)	4:58	12.1 (77.1%)
24	KALANDYK Wojciech	1155		M30	24	00:11:02	00:29:14	00:49:41.45	00:49:41.45	+00:11:34 (23.3%)	4:58	12.1 (77.1%)
25	KWASEK Kazimierz	1176	ESKADRA KRAKÓW	M30	25	00:09:42	00:28:17	00:49:45.00	00:49:45.00	+00:11:38 (23.4%)	4:58	12.1 (77.1%)
26	JAKUBÓW Krzysztof	1100	PRZEMYSKI KLUB BIEGACZA	M30	26	00:10:48	00:28:58	00:50:28.95	00:50:28.95	+00:12:22 (24.5%)	5:02	11.9 (75.8%)
27	ZIMAK Sebastian	1228		M30	27	00:12:19	00:30:21	00:50:36.10	00:50:36.10	+00:12:29 (24.7%)	5:03	11.9 (75.8%)
28	PILCH Daniel	1078	ZAMEK DUBIECKO RUNNING TEAM	M30	28	00:11:42	00:29:47	00:50:37.55	00:50:37.55	+00:12:30 (24.7%)	5:03	11.9 (75.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	5.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
29	MAZUR Marek	1207	PRZEMYŚL	M30	29	00:12:38	00:30:18	00:50:48.55	00:50:48.55	+00:12:41 (25.0%)	5:04	11.8 (75.2%)
30	BARAN Krystian	1180	IDEO.PL	M30	30	00:13:32	00:31:18	00:51:00.25	00:51:00.25	+00:12:53 (25.3%)	5:06	11.8 (75.2%)
31	KIERES Michał	1062	LEŚNE RUN TEAM	M30	31	00:11:25	00:30:31	00:51:38.65	00:51:38.65	+00:13:31 (26.2%)	5:09	11.6 (73.9%)
32	POŁOŻYŃSKI Andrzej	1118	ZACISZE NIGHT RUNNERS	M30	32	00:12:51	00:30:40	00:51:39.15	00:51:39.15	+00:13:32 (26.2%)	5:09	11.6 (73.9%)
33	SKUBIDA Marcin	1226	GORZYCE	M30	33	00:10:30	00:29:45	00:51:48.35	00:51:48.35	+00:13:41 (26.4%)	5:10	11.6 (73.9%)
34	KLEPACKI Maciej	1032	YOZEN.PL	M30	34	00:10:44	00:29:38	00:51:53.35	00:51:53.35	+00:13:46 (26.6%)	5:11	11.6 (73.9%)
35	NOWIŃSKI Wojciech	1257		M30	35	00:11:46	00:30:37	00:52:20.35	00:52:20.35	+00:14:13 (27.2%)	5:14	11.5 (73.2%)
36	ZAJDEL Sławomir	1215		M30	36	00:10:23	00:29:40	00:52:25.80	00:52:25.80	+00:14:19 (27.3%)	5:14	11.4 (72.6%)
37	ZAWADZKI Grzegorz	1132		M30	37	00:12:30	00:31:59	00:52:36.35	00:52:36.35	+00:14:29 (27.6%)	5:15	11.4 (72.6%)
38	STEMPAK Marcin	1091	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M30	38	00:13:55	00:31:48	00:52:47.45	00:52:47.45	+00:14:40 (27.8%)	5:16	11.4 (72.6%)
39	PACZOCHA Dariusz	1020		M30	39	00:12:22	00:31:25	00:53:20.45	00:53:20.45	+00:15:13 (28.5%)	5:20	11.3 (72.0%)
40	CIEŚLA Maksymilian	1047		M30	40	00:13:56	00:33:05	00:53:22.80	00:53:22.80	+00:15:16 (28.6%)	5:20	11.2 (71.3%)
41	LEŚKO Paweł	1262	GOŃ ZAJĄCZKA SQAD	M30	41	00:12:57	00:32:44	00:53:23.15	00:53:23.15	+00:15:16 (28.6%)	5:20	11.2 (71.3%)
42	LACHOWICZ Przemysław	1104		M30	42	00:11:19	00:31:16	00:53:48.70	00:53:48.70	+00:15:41 (29.2%)	5:22	11.2 (71.3%)
43	SĘKOWSKI Damian	1150	WF SPORTRUN TEAM	M30	43	00:12:03	00:30:27	00:53:55.45	00:53:55.45	+00:15:48 (29.3%)	5:23	11.1 (70.7%)
44	DOŁOWY Łukasz	1279		M30	44	00:14:25	00:34:22	00:54:11.40	00:54:11.40	+00:16:04 (29.7%)	5:25	11.1 (70.7%)
45	SZCZYPEK Jacek	1119	KLUB (SPORTING CLUB NAME)	M30	45	00:13:03	00:31:53	00:54:12.20	00:54:12.20	+00:16:05 (29.7%)	5:25	11.1 (70.7%)
46	ZWOLIŃSKI Mariusz	1120	KLUB (SPORTING CLUB NAME)	M30	46	00:13:03	00:31:52	00:54:20.55	00:54:20.55	+00:16:13 (29.9%)	5:26	11 (70.1%)
47	SZAJCZYK Hubert	1110		M30	47	00:12:56	00:32:38	00:54:26.20	00:54:26.20	+00:16:19 (30.0%)	5:26	11 (70.1%)
48	WIETECHA Paweł	1241	WARZYCE	M30	48	00:11:24	00:31:50	00:54:30.45	00:54:30.45	+00:16:23 (30.1%)	5:27	11 (70.1%)
49	WYZINA Andrzej	1280		M30	49	00:14:25	00:34:37	00:54:44.80	00:54:44.80	+00:16:38 (30.4%)	5:28	11 (70.1%)
50	ŚWISTAK Piotr	1014		M30	50	00:12:57	00:32:26	00:55:01.65	00:55:01.65	+00:16:54 (30.7%)	5:30	10.9 (69.4%)
51	KIBART Piotr	1182	BUBBA GUMP RUN TEAM	M30	51	00:12:32	00:32:14	00:55:06.70	00:55:06.70	+00:16:59 (30.8%)	5:30	10.9 (69.4%)
52	WŁADYKA Marek	1269		M30	52	00:13:20	00:32:48	00:55:09.45	00:55:09.45	+00:17:02 (30.9%)	5:30	10.9 (69.4%)
53	MOŚ Rafał	1116	B4SPORTONLINE	M30	53	00:12:55	00:32:36	00:55:37.75	00:55:37.75	+00:17:31 (31.5%)	5:33	10.8 (68.8%)
54	LIGENZA Zbigniew	1294	PÓŁNOC - POŁUDNIE	M30	54	00:13:59	00:33:59	00:56:59.80	00:56:59.80	+00:18:53 (33.1%)	5:41	10.5 (66.9%)
55	PRAŻMOWSKI Piotr	1275	AM NAT KRAKÓW	M30	55	00:11:24	00:33:28	00:57:39.00	00:57:39.00	+00:19:32 (33.9%)	5:45	10.4 (66.2%)
56	MIKUTANIEC Sebastian	1214		M30	56	00:13:11	00:33:34	00:57:54.50	00:57:54.50	+00:19:47 (34.2%)	5:47	10.4 (66.2%)
57	DANILUK Andrzej	1117	ZACISZE NIGHT RUNNERS	M30	57	00:12:51	00:34:13	00:58:59.60	00:58:59.60	+00:20:52 (35.4%)	5:53	10.2 (65.0%)
58	BŁĄD Grzegorz	1232		M30	58	00:13:56	00:35:06	00:59:16.35	00:59:16.35	+00:21:09 (35.7%)	5:55	10.1 (64.3%)
58	MALINOWSKI Tomasz	1088		M30	59	00:13:56	00:35:07	00:59:16.35	00:59:16.35	+00:21:09 (35.7%)	5:55	10.1 (64.3%)
60	STACHERA Piotr	1234		M30	60	00:14:00	00:36:03	01:00:33.05	01:00:33.05	+00:22:26 (37.1%)	6:03	9.9 (63.1%)
61	RZEPA Andrzej	1149	JÓZEFIŃSKA TEAM	M30	61	00:13:06	00:34:55	01:01:17.20	01:01:17.20	+00:23:10 (37.8%)	6:07	9.8 (62.4%)
62	ZAWADZKI Marcin	1266		M30	62	00:14:06	00:35:32	01:01:26.95	01:01:26.95	+00:23:20 (38.0%)	6:08	9.8 (62.4%)
63	CETNARSKI Łukasz	1127	KROKODYLE	M30	63	00:13:35	00:37:23	01:02:28.55	01:02:28.55	+00:24:21 (39.0%)	6:14	9.6 (61.1%)
64	MAKOWIECKI Przemysław	1036	STOWARZYSZENIE CZUWAJ WIARO!	M30	64	00:12:17	00:33:36	01:03:33.25	01:03:33.25	+00:25:26 (40.0%)	6:21	9.4 (59.9%)
65	TYLKA Przemysław	1090		M30	65	00:13:44	00:36:49	01:04:19.30	01:04:19.30	+00:26:12 (40.7%)	6:25	9.3 (59.2%)
66	ZATORSKI Paweł	1174		M30	66	00:15:17	00:38:32	01:06:10.25	01:06:10.25	+00:28:03 (42.4%)	6:37	9.1 (58.0%)
67	ZAGDAŃSKI Robert	1292	FINISZ RYMANÓW	M30	67	00:15:51	00:44:12	01:13:42.90	01:13:42.90	+00:35:36 (48.3%)	7:22	8.1 (51.6%)

Znaleziono 67 wynik(ów)