



## II ZIMOWY MARATON BIESZCZADZKI 2016 - 44,6KM

B4SPORT

**Organiser:** Fundacja Bieg Rzeźnika  
**Date:** 2016-01-31  
**Place:** Cisna  
**Distance:** 44,6 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Classification: M20

Place	Participant	Number	Club	Category	MCat	2km	26.5km	34.2km	40.7km	Czas maratonu (42,6km)	Czas brutto 44.6km	Gap	Pace min/km	Pace km/h
1	<b>KRAWIECKI Mateusz</b>	<b>583</b>	LUBAWA KOCHA BIEGAĆ	M20	1	00:07:52	01:53:42	02:28:17	02:58:54	<b>03:09:49</b>	<b>03:17:41.70</b>		4:25	13.5 (100%)
2	<b>KUCHARCZYK Tomasz</b>	<b>250</b>	WKB META LUBLINIEC	M20	2	00:08:32	01:57:37	02:32:19	03:06:31	<b>03:16:28</b>	<b>03:25:00.90</b>	+00:07:19 (3.6%)	4:35	13.1 (97.0%)
3	<b>KWIATKOWSKI Michael</b>	<b>49</b>		M20	3	00:09:15	02:13:19	02:52:58	03:28:17	<b>03:39:22</b>	<b>03:48:37.95</b>	+00:30:56 (13.5%)	5:07	11.7 (86.7%)
4	<b>WILK Dawid</b>	<b>52</b>	NIGHT RUNNERS ZABRZE	M20	4	00:08:45	02:03:00	02:45:06	03:24:50	<b>03:40:34</b>	<b>03:49:19.15</b>	+00:31:37 (13.8%)	5:08	11.7 (86.7%)
5	<b>ŻYRA Maciej</b>	<b>744</b>		M20	5	00:11:23	02:20:29	02:59:24	03:33:41	<b>03:40:33</b>	<b>03:51:56.55</b>	+00:34:14 (14.8%)	5:12	11.5 (85.2%)
6	<b>DOMAGAŁA Kamil</b>	<b>549</b>	NIGHT RUNNERS ZABRZE	M20	6	00:10:48	02:19:23	02:58:59	03:32:53	<b>03:41:27</b>	<b>03:52:15.25</b>	+00:34:33 (14.9%)	5:12	11.5 (85.2%)
7	<b>GAICKI Maciej</b>	<b>449</b>		M20	7	00:10:16	02:10:58	02:52:34	03:31:03	<b>03:42:57</b>	<b>03:53:13.15</b>	+00:35:31 (15.2%)	5:13	11.5 (85.2%)
8	<b>PAWUL Wojtek</b>	<b>543</b>	GOPR BIESZCZADY	M20	8	00:08:21	02:09:26	02:55:06	03:33:48	<b>03:46:14</b>	<b>03:54:35.95</b>	+00:36:54 (15.7%)	5:15	11.4 (84.4%)
9	<b>DOMIN Łukasz</b>	<b>180</b>	AKTYWNY DYNÓW	M20	9	00:12:50	02:20:02	03:01:03	03:36:25	<b>03:42:23</b>	<b>03:55:13.30</b>	+00:37:31 (16.0%)	5:16	11.4 (84.4%)
10	<b>REDZIAK Łukasz</b>	<b>57</b>	WKURW_TEAM	M20	10	00:09:57	02:18:07	02:59:42	03:37:58	<b>03:49:57</b>	<b>03:59:54.25</b>	+00:42:12 (17.6%)	5:22	11.2 (83.0%)
11	<b>WNĘK Marek</b>	<b>622</b>		M20	11	00:11:13	02:20:43	03:03:05	03:41:07	<b>03:50:43</b>	<b>04:01:56.05</b>	+00:44:14 (18.3%)	5:25	11.1 (82.2%)
12	<b>ZMYSŁOWSKI Igor</b>	<b>727</b>		M20	12	00:11:30	02:24:08	03:06:20	03:42:43	<b>03:50:48</b>	<b>04:02:18.50</b>	+00:44:36 (18.4%)	5:25	11 (81.5%)
13	<b>MARĆ Marcin</b>	<b>471</b>	KLUB (SPORTING CLUB NAME)	M20	13	00:12:28	02:28:27	03:09:20	03:44:08	<b>03:50:09</b>	<b>04:02:37.60</b>	+00:44:55 (18.5%)	5:26	11 (81.5%)
14	<b>JEZIERSKI-KRUPA Marek</b>	<b>747</b>		M20	14		02:18:48	03:02:36	03:41:29		<b>04:03:07.55</b>	+00:45:25 (18.7%)	5:27	11 (81.5%)

Place	Participant	Number	Club	Category	MCat	Split Times					Czas maratonu	Czas brutto	Gap	Pace min/km	Pace km/h
						2km	26.5km	34.2km	40.7km	(42,6km)	44.6km				
15	KONIECZNY Rafał	643		M20	15	00:10:47	02:23:07	03:05:28	03:42:47	03:52:32	04:03:19.40	+00:45:37 (18.8%)	5:27	11 (81.5%)	
16	SITEK Daniel	271		M20	16	00:11:26	02:25:14	03:10:01	03:46:43	03:54:52	04:06:18.15	+00:48:36 (19.7%)	5:31	10.9 (80.7%)	
17	BUŁA Adam	740		M20	17	00:11:28	02:25:20	03:08:24	03:45:06	03:55:02	04:06:30.30	+00:48:48 (19.8%)	5:31	10.9 (80.7%)	
18	SZADKOWSKI Wojciech	692	WARBUD RUNNING TEAM	M20	18	00:12:38	02:24:15	03:07:09	03:47:05	03:55:44	04:08:22.80	+00:50:41 (20.4%)	5:34	10.8 (80.0%)	
19	BARAN Kamil	484	KLUB (SPORTING CLUB NAME)	M20	19	00:11:52	02:28:47	03:11:14	03:48:23	03:56:44	04:08:36.40	+00:50:54 (20.5%)	5:34	10.8 (80.0%)	
20	SOŁODUCHA Hubert	764	6 BATALION POWIETRZNO DESANTOWY	M20	20	00:10:56	02:24:57	03:10:45	03:48:22	03:59:01	04:09:57.15	+00:52:15 (20.9%)	5:36	10.7 (79.3%)	
21	SOCHACKI Maciej	211	ZAMEK DUBIECKO RUNNING TEAM	M20	21	00:12:13	02:24:10	03:08:30	03:49:09	03:59:17	04:11:30.95	+00:53:49 (21.4%)	5:38	10.6 (78.5%)	
22	BOGUSZ Piotr	254	12TRI.PL DRUŻYNA WILKA	M20	22	00:12:57	02:31:03	03:12:45	03:52:14	03:58:46	04:11:43.85	+00:54:02 (21.5%)	5:38	10.6 (78.5%)	
23	BEM Jakub	311	NOWA HUTA TEAM	M20	23	00:13:05	02:28:20	03:12:34	03:50:04	03:59:02	04:12:07.15	+00:54:25 (21.6%)	5:39	10.6 (78.5%)	
24	BRZESKI Rafał	42		M20	24	00:10:58	02:21:33	03:09:07	03:51:26	04:05:17	04:16:15.00	+00:58:33 (22.9%)	5:44	10.4 (77.0%)	
25	MADEJ Mateusz	446	RUNNING TEAM HORMANN LEGNICA	M20	25	00:10:46	02:29:43	03:13:06	03:54:58	04:06:07	04:16:53.50	+00:59:11 (23.0%)	5:45	10.4 (77.0%)	
26	KUŹMIŃSKI Wojciech	424		M20	26	00:09:28	02:22:04	03:12:54	03:52:44	04:07:45	04:17:13.85	+00:59:32 (23.1%)	5:46	10.4 (77.0%)	
27	GNATOWSKI Przemysław	319	AXA RUNNING TEAM	M20	27	00:11:06	02:27:42	03:16:24	03:55:49	04:07:58	04:19:04.25	+01:01:22 (23.7%)	5:48	10.3 (76.3%)	
28	PAJĄK Wojciech	475	KLUB (SPORTING CLUB NAME)	M20	28	00:10:55	02:30:39	03:17:53	03:58:10	04:10:46	04:21:41.30	+01:03:59 (24.5%)	5:52	10.2 (75.6%)	
29	ZIELIŃSKI Marek	232		M20	29	00:12:05	02:34:55	03:20:46	03:59:45	04:09:59	04:22:04.85	+01:04:23 (24.6%)	5:52	10.2 (75.6%)	
30	GAWRON Janusz	651	BRYGADA BESKIDÓW	M20	30	00:09:25	02:24:16	03:17:57	03:58:54	04:12:46	04:22:11.45	+01:04:29 (24.6%)	5:52	10.2 (75.6%)	
31	WOJAK Szymon	574		M20	31	00:12:12	02:25:44	03:12:49	03:57:40	04:11:57	04:24:09.65	+01:06:27 (25.2%)	5:55	10.1 (74.8%)	
32	WILK Damian	648		M20	32	00:12:58	02:32:43	03:21:03	04:01:13	04:12:52	04:25:50.10	+01:08:08 (25.6%)	5:57	10.1 (74.8%)	
33	OLESIEJUK Michał	775	TSA SANDOMIERZ	M20	33	00:12:46	02:30:36	03:19:35	04:06:44	04:23:48	04:36:34.65	+01:18:52 (28.5%)	6:12	9.7 (71.9%)	
34	TRETER Sebastian	470	KLUB (SPORTING CLUB NAME)	M20	34	00:12:29	02:35:20	03:31:31	04:15:48	04:26:07	04:38:36.10	+01:20:54 (29.0%)	6:14	9.6 (71.1%)	
35	GRZEGORCZYK Tomasz	538		M20	35	00:12:59	02:40:42	03:33:49	04:20:07	04:33:12	04:46:11.45	+01:28:29 (30.9%)	6:25	9.4 (69.6%)	
36	ZAWADA Krzysztof	416		M20	36	00:14:50	02:52:38	03:48:52	04:26:43	04:32:43	04:47:33.20	+01:29:51 (31.2%)	6:26	9.3 (68.9%)	
37	FURMAN Piotr	100		M20	37	00:13:13	02:37:14	03:34:21	04:19:14	04:34:54	04:48:07.15	+01:30:25 (31.4%)	6:27	9.3 (68.9%)	

Place	Participant	Number	Club	Category	MCat	Czas maratonu (42,6km)					Czas brutto	Gap	Pace min/km	Pace km/h
						2km	26.5km	34.2km	40.7km	44.6km				
38	<b>KOZA Jan</b>	<b>757</b>	LOKOMOTIV MAJDAN, GOPR BIESZCZADY	M20	38	00:10:47	02:35:00	03:30:42	04:21:34	<b>04:37:40</b>	<b>04:48:27.45</b>	+01:30:45 (31.5%)	6:28	9.3 (68.9%)
39	<b>KUDŁAK Paweł</b>	<b>654</b>		M20	39	00:12:01	02:43:28	03:37:26	04:22:53	<b>04:37:29</b>	<b>04:49:30.15</b>	+01:31:48 (31.7%)	6:29	9.2 (68.1%)
40	<b>BRYKCZYŃSKI Łukasz</b>	<b>18</b>	SPORT GURU	M20	40	00:11:23	02:36:01	03:39:42	04:24:38	<b>04:43:31</b>	<b>04:54:54.55</b>	+01:37:12 (33.0%)	6:36	9.1 (67.4%)
41	<b>FLIS Radosław</b>	<b>595</b>		M20	41	00:13:02	02:36:31	03:39:50	04:28:46	<b>04:42:17</b>	<b>04:55:19.25</b>	+01:37:37 (33.1%)	6:37	9.1 (67.4%)
42	<b>BARAN Mateusz</b>	<b>293</b>		M20	42	00:13:04	02:44:14	03:41:48	04:29:25	<b>04:43:15</b>	<b>04:56:19.95</b>	+01:38:38 (33.3%)	6:38	9 (66.7%)
43	<b>KACZOROWSKI Michał</b>	<b>607</b>	SOUL ADVENTURE	M20	43	00:11:01	02:35:37	03:37:55	04:28:04	<b>04:47:00</b>	<b>04:58:01.45</b>	+01:40:19 (33.7%)	6:40	9 (66.7%)
44	<b>KUBASIK Łukasz</b>	<b>173</b>	PRZEWORSK	M20	44	00:13:46	02:53:59	03:49:27	04:36:34	<b>04:45:27</b>	<b>04:59:13.40</b>	+01:41:31 (33.9%)	6:42	8.9 (65.9%)
45	<b>HENKIEL Bartłomiej</b>	<b>749</b>		M20	45	00:13:42	02:49:44	03:50:25	04:36:22	<b>04:46:44</b>	<b>05:00:26.75</b>	+01:42:45 (34.2%)	6:44	8.9 (65.9%)
46	<b>CZOPKO Kamil</b>	<b>326</b>	SAPEX STRONG TEAM	M20	46	00:13:17	02:59:55	03:54:28	04:38:33	<b>04:48:20</b>	<b>05:01:37.75</b>	+01:43:56 (34.5%)	6:45	8.9 (65.9%)
47	<b>MOĆKO Jacek</b>	<b>606</b>		M20	47	00:13:53	02:53:04	03:50:18	04:37:48	<b>04:51:07</b>	<b>05:05:00.65</b>	+01:47:18 (35.2%)	6:50	8.8 (65.2%)
48	<b>DARŁAK Łukasz</b>	<b>569</b>	SMASHING PĄPKINS	M20	48	00:13:03	02:44:04	03:52:28	04:39:33	<b>04:53:06</b>	<b>05:06:09.65</b>	+01:48:27 (35.4%)	6:51	8.7 (64.4%)
49	<b>SERZYSKO Bartosz</b>	<b>562</b>	AKTYWNA STRONA ŻYCIA	M20	49	00:12:21	02:50:06	03:55:27	04:40:13	<b>04:54:24</b>	<b>05:06:45.50</b>	+01:49:03 (35.6%)	6:52	8.7 (64.4%)
50	<b>ANDRES Kamil</b>	<b>148</b>	TRUSOX	M20	50	00:12:26	02:48:46	03:54:41	04:41:24	<b>04:54:36</b>	<b>05:07:02.20</b>	+01:49:20 (35.6%)	6:53	8.7 (64.4%)
51	<b>URBAŃCZYK Karol</b>	<b>137</b>	NIGHT RUNNERS GLIWICE	M20	51	00:12:25	02:49:28	03:55:19	04:43:25	<b>04:57:43</b>	<b>05:10:08.45</b>	+01:52:26 (36.3%)	6:57	8.6 (63.7%)
52	<b>WINIECKI Mateusz</b>	<b>553</b>	ŁÓDŹ RUNNING TEAM	M20	52	00:13:18	02:58:29	03:57:35	04:48:03	<b>05:02:55</b>	<b>05:16:13.40</b>	+01:58:31 (37.5%)	7:05	8.5 (63.0%)
53	<b>ZIEMNIAK Marcin</b>	<b>437</b>		M20	53	00:13:55	02:59:47	04:04:15	04:52:48	<b>05:05:51</b>	<b>05:19:46.05</b>	+02:02:04 (38.2%)	7:10	8.4 (62.2%)
54	<b>NAWARA Arkadiusz</b>	<b>575</b>		M20	54	00:12:31	02:50:54	03:55:43	04:49:42	<b>05:08:23</b>	<b>05:20:54.90</b>	+02:03:13 (38.4%)	7:11	8.3 (61.5%)
55	<b>MALEC Dawid</b>	<b>396</b>	NIGHT RUNNERS	M20	55	00:13:30	02:58:11	04:02:21	04:52:42	<b>05:07:37</b>	<b>05:21:07.85</b>	+02:03:26 (38.4%)	7:11	8.3 (61.5%)
56	<b>KUROWSKI Michał</b>	<b>615</b>	NIGHT RUNNERS GLIWICE	M20	56	00:12:55	03:02:25	04:06:17	04:55:23	<b>05:11:55</b>	<b>05:24:50.30</b>	+02:07:08 (39.1%)	7:16	8.2 (60.7%)
57	<b>NESTOROWICZ Maksymilian</b>	<b>297</b>	NESTOR & ZAWADA CLUB	M20	57	00:14:50	03:03:58	04:04:24	04:58:37	<b>05:14:23</b>	<b>05:29:13.60</b>	+02:11:31 (40.0%)	7:22	8.1 (60.0%)
58	<b>GARGAS Marek</b>	<b>423</b>		M20	58	00:15:28	03:03:59	04:20:28	05:08:18	<b>05:17:24</b>	<b>05:32:52.90</b>	+02:15:11 (40.6%)	7:27	8 (59.3%)
59	<b>PAWLICA Paweł</b>	<b>229</b>	POLSKIE RADIO	M20	59		02:59:57	04:02:33	05:02:21		<b>05:36:10.25</b>	+02:18:28 (41.2%)	7:32	8 (59.3%)
60	<b>BOROWIECKI Łukasz</b>	<b>104</b>		M20	60	00:13:44	03:08:42	04:15:45	05:09:30	<b>05:27:50</b>	<b>05:41:34.05</b>	+02:23:52 (42.1%)	7:39	7.8 (57.8%)

Place	Participant	Number	Club	Category	MCat	2km	26.5km	34.2km	40.7km	Czas maratonu (42,6km)	Czas brutto 44.6km	Gap	Pace min/km	Pace km/h
61	<b>ADAMCZEWSKI Jakub</b>	<b>608</b>	NIGHT RUNNERS	M20	61	00:13:18	03:12:42	04:37:31	05:28:52	<b>05:45:18</b>	<b>05:58:36.75</b>	+02:40:55 (44.9%)	8:02	7.5 (55.6%)
62	<b>KĘDZIOR Michał</b>	<b>521</b>	DRUŻYNA SZPIKU	M20	62	00:15:04	03:27:55	04:38:28	05:33:32	<b>05:47:52</b>	<b>06:02:56.15</b>	+02:45:14 (45.5%)	8:08	7.4 (54.8%)
63	<b>GŁUSZEK Michał</b>	<b>703</b>		M20	63	00:09:38	03:08:25	04:29:49	05:33:42	<b>05:58:34</b>	<b>06:08:12.80</b>	+02:50:31 (46.3%)	8:15	7.3 (54.1%)
64	<b>CIEŚLIK Seba</b>	<b>662</b>	TRI ENGINES KRAKÓW	M20	64	00:13:54	03:24:13	04:37:17	05:36:31	<b>05:56:53</b>	<b>06:10:47.65</b>	+02:53:05 (46.7%)	8:18	7.2 (53.3%)
65	<b>WARYKIEWICZ Gawęł</b>	<b>603</b>	TRI ENGINES	M20	65	00:13:54	03:24:17	04:37:17	05:37:19	<b>05:56:54</b>	<b>06:10:48.05</b>	+02:53:06 (46.7%)	8:18	7.2 (53.3%)
	<b>TOMCZYK Grzegorz</b>	<b>599</b>		M20		00:12:28 DNF	02:42:16 DNF	04:12:24 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Total 66 results.