



II ZIMOWY MARATON BIESZCZADZKI 2016 - 44,6KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

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

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INTELIGENTNE ZAWODY SPORTOWE

Classification: M50

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	KORNAGA Jan	640	HORYNIEC ZDRÓJLUBACZÓW	M50	1	00:09:30	02:07:57	02:45:16	03:19:13	03:30:06	03:39:36.25		4:55	12.2 (100%)
2	SMOLAK Piotr	772	MOSIR DUKLA	M50	2	00:08:46	02:07:56	02:47:39	03:22:59	03:34:15	03:43:01.35	+00:03:25 (1.5%)	5:00	12 (98.4%)
3	GARDENER Jacek	6	JACEKBIEGA RUNNING TEAM	M50	3	00:09:46	02:12:42	02:52:26	03:27:00	03:36:41	03:46:27.25	+00:06:51 (3.0%)	5:04	11.8 (96.7%)
4	LUBAŃSKI Robert	420	NIE	M50	4	00:12:22	02:20:15	02:59:35	03:33:09	03:41:32	03:53:54.90	+00:14:18 (6.1%)	5:14	11.4 (93.4%)
5	KUSTROŃ Adam	241		M50	5	00:12:39	02:23:38	03:02:34	03:35:32	03:42:00	03:54:39.30	+00:15:03 (6.4%)	5:15	11.4 (93.4%)
6	ŚLIWIŃSKI Andrzej	182		M50	6	00:12:42	02:24:21	03:05:16	03:41:09	03:49:53	04:02:35.00	+00:22:58 (9.5%)	5:26	11 (90.2%)
7	BAK Adam	367	KKL KIELCE	M50	7	00:10:47	02:23:45	03:07:40	03:44:25	03:53:45	04:04:32.25	+00:24:56 (10.2%)	5:28	10.9 (89.3%)
8	WĘGRZYN Krzysztof	426	RZESZOWSKIE GAZELE I GEPARDY	M50	8	00:10:32	02:24:25	03:07:05	03:46:36	03:56:36	04:07:08.15	+00:27:31 (11.1%)	5:32	10.8 (88.5%)
9	JUSZKIEWICZ Zbigniew	415	EŁK	M50	9	00:10:07	02:21:36	03:08:37	03:48:14	04:01:08	04:11:15.45	+00:31:39 (12.6%)	5:38	10.7 (87.7%)
10	WITEK Bogdan	560	WATER TEAM	M50	10	00:10:38	02:24:05	03:09:07	03:49:20	04:01:58	04:12:36.60	+00:33:00 (13.1%)	5:39	10.6 (86.9%)
11	GIERULA Robert	674	UBS KRAKOW RUNNING TEAM	M50	11	00:12:37	02:30:33	03:13:09	03:52:10	04:01:35	04:14:12.95	+00:34:36 (13.6%)	5:41	10.5 (86.1%)
12	KLIMCZEWSKI Andrzej	107	FOREVER YOUNG ŁÓDŹ	M50	12	00:09:46	02:27:44	03:13:22	03:52:28	04:04:42	04:14:28.55	+00:34:52 (13.7%)	5:42	10.5 (86.1%)
13	BEDNARZ Krzysztof	728	3K	M50	13	00:12:34	02:31:13	03:15:39	03:53:50	04:03:44	04:16:18.80	+00:36:42 (14.3%)	5:44	10.4 (85.2%)
14	WÓJCIK Mirosław	71	TIME4RUNNING	M50	14	00:11:26	02:28:00	03:13:44	03:54:17	04:04:57	04:16:23.35	+00:36:47 (14.3%)	5:44	10.4 (85.2%)
15	WOROBIEC Józef	216	UMKS NADIR JĘDRZEJÓW	M50	15	00:09:58	02:24:22	03:13:09	03:53:51	04:07:05	04:17:03.95	+00:37:27 (14.6%)	5:45	10.4 (85.2%)

Place	Participant	Number	Club	Category	MCat	Czas maratonu (42,6km)					Czas brutto 44.6km	Gap	Pace min/km	Pace km/h
						2km	26.5km	34.2km	40.7km					
16	GÓRALCZYK Stanisław	767	BUNGEE JUMPING MARIO	M50	16					03:24:00	04:27:25.20	+00:47:48 (17.9%)	5:59	10 (82.0%)
17	MACKIEWICZ Roman	513	ŁÓDŹ RUNNING TEAM	M50	17	00:13:18	02:36:59	03:27:23	04:08:48	04:18:55	04:32:13.40	+00:52:37 (19.3%)	6:06	9.8 (80.3%)
18	STENCEL Zbigniew	60	FORMA WODZISŁAW ŚLĄSKI	M50	18	00:12:08	02:42:20	03:29:39	04:10:17	04:23:39	04:35:47.05	+00:56:10 (20.4%)	6:11	9.7 (79.5%)
19	PAPROCKI Wiesław	791	KB MCKIS JAWORZNO	M50	19	00:11:28	02:34:06	03:25:43	04:10:11	04:24:49	04:36:17.95	+00:56:41 (20.5%)	6:11	9.7 (79.5%)
20	NIZIOŁ Marian	166		M50	20	00:11:29	02:39:54	03:30:48	04:14:05	04:26:22	04:37:51.35	+00:58:15 (21.0%)	6:13	9.6 (78.7%)
21	AUGUŚCIK Mariusz	56		M50	21	00:12:36	02:41:24	03:30:17	04:13:21	04:26:15	04:38:51.75	+00:59:15 (21.3%)	6:15	9.6 (78.7%)
22	MROZEK Roman	557		M50	22	00:11:29	02:42:55	03:38:14	04:20:39	04:32:58	04:44:27.15	+01:04:50 (22.8%)	6:22	9.4 (77.0%)
23	TURLEJ Dariusz	230	KONDYCJA	M50	23	00:12:17	02:44:10	03:36:31	04:19:41	04:32:21	04:44:38.05	+01:05:01 (22.8%)	6:22	9.4 (77.0%)
24	JURCZAK Roman	150	VITAMINS FOR YOU	M50	24	00:11:46	02:40:50	03:32:54	04:20:00	04:34:35	04:46:21.85	+01:06:45 (23.3%)	6:25	9.3 (76.2%)
25	SZYBIAK Waldemar	378		M50	25	00:12:41	02:41:10	03:36:25	04:21:05	04:33:44	04:46:25.65	+01:06:49 (23.3%)	6:25	9.3 (76.2%)
26	KONIECZNY Mariusz	379		M50	26	00:12:41	02:41:11	03:36:26	04:21:08	04:33:44	04:46:25.90	+01:06:49 (23.3%)	6:25	9.3 (76.2%)
27	CAMPS ALMI? ANA Jaime	427	ATLETISMO BOSTON	M50	27	00:11:43	02:38:01	03:32:41	04:19:39	04:35:26	04:47:09.90	+01:07:33 (23.5%)	6:26	9.3 (76.2%)
28	TUROSZ Zbigniew	493	LEŻAJSK	M50	28	00:11:55	02:38:34	03:31:39	04:21:07	04:36:32	04:48:27.20	+01:08:50 (23.9%)	6:28	9.3 (76.2%)
29	DZIADOSZ Artur	459	SAM LATAM	M50	29	00:13:04	02:54:45	03:51:53	04:34:58	04:43:42	04:56:46.15	+01:17:09 (26.0%)	6:39	9 (73.8%)
30	KUCINSKI Andrzej	438	BAZA ZDROWIA	M50	30	00:14:33	02:58:41	03:54:50	04:42:33	04:52:14	05:06:47.05	+01:27:10 (28.4%)	6:52	8.7 (71.3%)
31	PODOLAK Zbigniew	186	PRZEMYŚL	M50	31	00:13:01	02:54:50	03:54:25	04:41:54	04:57:04	05:10:05.65	+01:30:29 (29.2%)	6:57	8.6 (70.5%)
32	KROCZEK Janusz	441	FORMA WODZISŁAW ŚL	M50	32	00:13:56	03:05:51	04:07:33	04:52:53	05:02:43	05:16:39.85	+01:37:03 (30.7%)	7:05	8.5 (69.7%)
33	DOMISZEWSKI Wojciech	324		M50	33	00:11:02	02:50:46	03:59:07	04:49:34	05:07:06	05:18:08.90	+01:38:32 (31.0%)	7:07	8.4 (68.9%)
34	URBAŃSKI Józef	313	KKB MOSIR KROSNO	M50	34	00:12:18	03:03:32	04:08:03	04:54:45	05:09:06	05:21:24.15	+01:41:47 (31.7%)	7:12	8.3 (68.0%)
34	FIGGA Ryszard	631	MARATON GORLICE	M50	34	00:12:12	03:02:53	04:05:16	04:54:43	05:09:12	05:21:24.15	+01:41:47 (31.7%)	7:12	8.3 (68.0%)
36	ZIEMIAN Krzysztof	786		M50	36	00:14:05	03:04:31	04:10:18	05:02:36	05:17:13	05:31:18.55	+01:51:42 (33.7%)	7:25	8.1 (66.4%)
37	GOMÓŁKA Wiesław	474		M50	37	00:14:04	03:05:45	04:10:49	05:02:36	05:17:16	05:31:20.70	+01:51:44 (33.7%)	7:25	8.1 (66.4%)
38	MICUŁA Zbigniew	690	WOLBROM TEAM	M50	38	00:13:52	03:01:02	04:15:35	05:03:44	05:17:32	05:31:24.70	+01:51:48 (33.7%)	7:25	8.1 (66.4%)

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
39	ZATORSKI Andrzej	694		M50	39	00:14:25	03:04:36	04:19:21	05:13:46	05:29:37	05:44:02.15	+02:04:25 (36.2%)	7:42	7.8 (63.9%)
40	GRZĘDA Krzysztof	54	KALIŃSKA TEAM	M50	40	00:13:55	03:19:32	04:32:49	05:19:10	05:30:27	05:44:22.75	+02:04:46 (36.2%)	7:43	7.8 (63.9%)
41	SŁOMIAK Marian	478		M50	41	00:14:24	02:58:48	04:19:28	05:14:58	05:30:35	05:44:59.15	+02:05:22 (36.3%)	7:44	7.8 (63.9%)
42	FANSLAU Marek	717	NIEZRZESZONY	M50	42	00:12:48	03:17:00	04:28:48	05:18:05	05:36:38	05:49:26.30	+02:09:50 (37.2%)	7:50	7.7 (63.1%)
43	SUWALD Andrzej	754	JACEKBIEGA RUNNING TEAM	M50	43	00:14:05	03:13:12	04:28:22	05:25:15	05:38:19	05:52:24.15	+02:12:47 (37.7%)	7:54	7.6 (62.3%)
44	OBARSKI Norbert	119		M50	44	00:12:58	03:24:03	04:33:02	05:26:05	05:44:08	05:57:06.65	+02:17:30 (38.5%)	8:00	7.5 (61.5%)
45	NOWICKI Jacek	108	GOREDA	M50	45	00:12:56	03:22:48	04:35:18	05:29:13	05:45:33	05:58:29.45	+02:18:53 (38.7%)	8:02	7.5 (61.5%)
46	GŁUSZCZAK Jerzy	481		M50	46	00:13:48	03:20:16	04:34:55	05:31:19	05:48:37	06:02:25.55	+02:22:49 (39.4%)	8:07	7.4 (60.7%)
47	ŚRODA Janusz	178	SPARTANIE DZIECIOM	M50	47	00:14:49	03:29:48	04:42:27	05:38:48	05:56:58	06:11:47.15	+02:32:10 (40.9%)	8:20	7.2 (59.0%)
48	PYSIEWICZ Krzysztof	190	NIEZRZESZONY	M50	48	00:13:43	03:32:08	04:41:19	05:39:46	05:58:13	06:11:56.05	+02:32:19 (41.0%)	8:20	7.2 (59.0%)
49	FUNKA Andrzej	58	NKB CHYŻY NOWY TOMYŚL, OTK RZEŹNIK (ZGŁOSZENIE)	M50	49	00:14:03	03:31:24	04:44:22	05:44:31	06:03:55	06:17:58.05	+02:38:21 (41.9%)	8:28	7.1 (58.2%)
50	KOZIOŁ Witold	425	KGB OSTROWIEC	M50	50	00:15:21	03:38:13	05:00:16	05:54:56	06:10:21	06:25:42.60	+02:46:06 (43.1%)	8:38	6.9 (56.6%)
50	GAWROŃSKI Grzegorz	655	KGB OSTROWIEC ŚWIĘTOKRZYSKI	M50	50	00:15:19	03:37:50	05:00:19	05:54:55	06:10:23	06:25:42.60	+02:46:06 (43.1%)	8:38	6.9 (56.6%)
52	POKRYWKA Stefan	790	OTK RZEŹNIK	M50	52	00:09:04	03:27:42	04:59:03	05:57:34	06:23:27	06:32:31.40	+02:52:55 (44.1%)	8:48	6.8 (55.7%)

Total 52 results.