



# III ULTRA MARATON BIESZCZADZKI

B4SPORT  
INTELLIGENTNE ZAWODY SPORTOWE

**Organizator:** OTK Rzeźnik  
**Data:** 2015-10-11  
**Miejsce:** Cisna  
**Dystans:** 52 km

**B4SPORT**  
INTELLIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M20

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
1	<b>GORCZYCA Bartosz</b>	<b>2</b>	BUFF TEAM POLSKA	M20	1	00:46:55	02:06:46	02:53:26		<b>04:08:49.05</b>	<b>04:08:50.65</b>		4:47	12.5 (100%)
2	<b>CEBERAK Bartosz</b>	<b>310</b>	LUBARTÓW	M20	2	00:50:35	02:18:15	03:11:51		<b>04:37:08.45</b>	<b>04:37:16.70</b>	+00:28:26 (10.3%)	5:19	11.3 (90.4%)
3	<b>CIEŚLIK Paweł</b>	<b>677</b>	ALPHAWOOLF	M20	3	00:51:39	02:21:05	03:20:06		<b>05:07:56.95</b>	<b>05:07:59.05</b>	+00:59:08 (19.2%)	5:55	10.1 (80.8%)
4	<b>GRONEK Adrian</b>	<b>536</b>	WARSZAWA	M20	4	00:53:42	02:30:54	03:33:42		<b>05:10:52.35</b>	<b>05:10:59.10</b>	+01:02:08 (20.0%)	5:58	10 (80.0%)
5	<b>KUJAWSKI Bartek</b>	<b>58</b>	GRUPETTO GORLICE	M20	5	00:56:07	02:35:48	03:36:19		<b>05:23:51.15</b>	<b>05:23:54.65</b>	+01:15:04 (23.2%)	6:13	9.6 (76.8%)
6	<b>TRUSZKOWSKI Damian</b>	<b>775</b>	DREAM RUN	M20	6	00:59:28	02:45:23	03:48:52		<b>05:27:59.30</b>	<b>05:28:16.65</b>	+01:19:26 (24.2%)	6:18	9.5 (76.0%)
7	<b>JURGA Marcin</b>	<b>549</b>	NIGHT RUNNERS/TGV CLUB	M20	7	00:59:07	02:44:58	03:53:04		<b>05:37:19.95</b>	<b>05:37:29.65</b>	+01:28:39 (26.3%)	6:29	9.2 (73.6%)
8	<b>KACZMAREK Piotr</b>	<b>247</b>	TORUŃ	M20	8	00:55:17	02:40:18	03:51:15		<b>05:41:08.20</b>	<b>05:41:55.40</b>	+01:33:04 (27.2%)	6:33	9.1 (72.8%)
9	<b>BOSACKI Jacek</b>	<b>735</b>	GNIEZNO	M20	9	00:58:28	02:48:07	03:58:40		<b>05:50:41.10</b>	<b>05:51:11.60</b>	+01:42:20 (29.1%)	6:44	8.9 (71.2%)
10	<b>ZDUNEK Grzegorz</b>	<b>575</b>	NOWY BEDOŃ/ŁÓDŹ RUNNING TEAM	M20	10	01:07:07	03:04:46	04:12:43		<b>05:54:10.15</b>	<b>05:54:41.50</b>	+01:45:50 (29.8%)	6:48	8.8 (70.4%)
11	<b>ŚWITAŁA Piotr</b>	<b>725</b>	KATOWICE	M20	11	01:01:04	02:59:08	04:08:02		<b>05:56:45.75</b>	<b>05:56:49.55</b>	+01:47:58 (30.3%)	6:51	8.7 (69.6%)
12	<b>PALUCH Tobiasz</b>	<b>245</b>	RUNFORFUN RYGLICE	M20	12	00:59:13	02:54:16	04:06:36		<b>05:59:56.85</b>	<b>06:00:02.60</b>	+01:51:11 (30.9%)	6:55	8.7 (69.6%)
13	<b>WĘGIEL Marcin</b>	<b>719</b>	JASŁO	M20	13	01:02:43	03:00:09	04:11:10		<b>05:59:18.75</b>	<b>06:00:12.75</b>	+01:51:22 (30.9%)	6:54	8.7 (69.6%)
14	<b>BAKALARZ Emil</b>	<b>297</b>	WROCŁAW	M20	14	00:56:39	02:46:19	04:04:57		<b>06:02:11.70</b>	<b>06:02:15.55</b>	+01:53:24 (31.3%)	6:57	8.6 (68.8%)
15	<b>CIESIELSKI Michał</b>	<b>306</b>	CSWP AUDIT&ADVISORY	M20	15	01:02:25	02:59:37	04:09:49		<b>06:03:50.50</b>	<b>06:04:37.50</b>	+01:55:46 (31.8%)	6:59	8.6 (68.8%)
16	<b>JOSYPENKO Jędrzej</b>	<b>131</b>	JACEKBIEGA RUNNING TEAM	M20	16	01:01:18	03:01:57	04:17:15		<b>06:10:24.10</b>	<b>06:10:26.75</b>	+02:01:36 (32.8%)	7:07	8.4 (67.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
17	<b>JANICKI Michał</b>	<b>298</b>	BYTOM	M20	17	01:03:31	02:59:36	04:16:15		<b>06:15:05.05</b>	<b>06:15:30.15</b>	+02:06:39 (33.7%)	7:12	8.3 (66.4%)
18	<b>ŻURAWSKI Kamil</b>	<b>507</b>	WARSZAWA	M20	18	00:59:33	02:55:59	04:11:57		<b>06:16:40.05</b>	<b>06:16:53.30</b>	+02:08:02 (34.0%)	7:14	8.3 (66.4%)
19	<b>KĘDZIA Szymon</b>	<b>88</b>	DĄBROWA GÓRNICZA	M20	19	01:03:55	02:51:16	04:12:11		<b>06:16:33.50</b>	<b>06:16:57.55</b>	+02:08:06 (34.0%)	7:14	8.3 (66.4%)
20	<b>KOZIOŁKOWSKI Eryk</b>	<b>717</b>	GÓRA	M20	20		03:02:40	04:20:42		<b>06:17:09.35</b>	<b>06:17:09.35</b>	+02:08:18 (34.0%)	7:15	8.3 (66.4%)
21	<b>MAŁEK Piotr</b>	<b>643</b>	NIEMCE	M20	21	01:00:21	02:58:09	04:17:27		<b>06:18:32.45</b>	<b>06:18:40.50</b>	+02:09:49 (34.3%)	7:16	8.2 (65.6%)
22	<b>ŁĘŻNIAK Aleksander</b>	<b>637</b>	MONK SANDALS	M20	22	01:05:15	03:01:39	04:26:45		<b>06:18:46.90</b>	<b>06:19:02.55</b>	+02:10:11 (34.3%)	7:17	8.2 (65.6%)
23	<b>DOMIN Łukasz</b>	<b>441</b>	AKTYWNY DYNÓW	M20	23	01:01:45	02:58:17	04:17:04		<b>06:19:09.00</b>	<b>06:19:32.65</b>	+02:10:42 (34.4%)	7:17	8.2 (65.6%)
24	<b>KOŁODZIEJCZYK Kamil</b>	<b>511</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M20	24	01:08:45	03:07:03	04:18:43		<b>06:19:45.10</b>	<b>06:20:16.55</b>	+02:11:25 (34.6%)	7:18	8.2 (65.6%)
25	<b>PALUCH Marek</b>	<b>205</b>	STJ KW KRAKÓW	M20	25	01:09:42	03:14:22	04:28:31		<b>06:24:43.10</b>	<b>06:25:43.95</b>	+02:16:53 (35.5%)	7:23	8.1 (64.8%)
26	<b>ŁAŃCUCKI Dariusz</b>	<b>698</b>	SKĘPE	M20	26	01:04:11	03:00:03	04:19:52		<b>06:28:02.95</b>	<b>06:28:09.95</b>	+02:19:19 (35.9%)	7:27	8 (64.0%)
27	<b>CAŁKA Maciej</b>	<b>702</b>	KRZESZÓW	M20	27	01:02:10	03:00:03	04:19:49		<b>06:29:56.90</b>	<b>06:30:03.45</b>	+02:21:12 (36.2%)	7:29	8 (64.0%)
28	<b>SPACHACZ Łukasz</b>	<b>262</b>	GNIEZNO	M20	28	01:02:52	03:07:47	04:25:52		<b>06:29:58.05</b>	<b>06:30:43.90</b>	+02:21:53 (36.3%)	7:29	8 (64.0%)
29	<b>BASIŃSKI Piotr</b>	<b>410</b>	NOKIA	M20	29	01:06:07	03:16:01	04:36:18		<b>06:30:39.45</b>	<b>06:30:46.65</b>	+02:21:56 (36.3%)	7:30	8 (64.0%)
30	<b>KALISZ Jakub</b>	<b>801</b>		M20	30	01:05:31	03:03:26	04:27:04		<b>06:33:06.25</b>	<b>06:33:52.50</b>	+02:25:01 (36.8%)	7:33	7.9 (63.2%)
31	<b>RZECZYCA Adam</b>	<b>759</b>	NIGHT RUNNERS ŁÓDŹ	M20	31	01:07:06	03:10:23	04:30:43		<b>06:34:22.50</b>	<b>06:34:56.05</b>	+02:26:05 (37.0%)	7:35	7.9 (63.2%)
32	<b>BERUS Mikołaj</b>	<b>687</b>	LESZNO	M20	32	01:15:09	03:24:47	04:40:25		<b>06:37:52.65</b>	<b>06:38:46.25</b>	+02:29:55 (37.6%)	7:39	7.8 (62.4%)
33	<b>BRZEZIŃSKI Michał</b>	<b>427</b>	WARSZAWA	M20	33	01:01:58	03:08:12	04:30:44		<b>06:41:51.50</b>	<b>06:42:41.55</b>	+02:33:50 (38.2%)	7:43	7.8 (62.4%)
34	<b>PIECZONKA Janusz</b>	<b>498</b>	PWC RUNNING TEAM	M20	34	01:05:30	03:11:46	04:30:46		<b>06:42:49.65</b>	<b>06:43:37.45</b>	+02:34:46 (38.3%)	7:44	7.7 (61.6%)
35	<b>MILEWSKI Mateusz</b>	<b>93</b>	MKB DREPTAK MIŃSK MAZOWIECKI	M20	35	01:07:58	03:15:12	04:37:29		<b>06:48:54.90</b>	<b>06:49:58.50</b>	+02:41:07 (39.3%)	7:51	7.6 (60.8%)
36	<b>MOSKWIAK Mateusz</b>	<b>307</b>	JAROSŁAW	M20	36	01:08:43	03:15:34	04:34:09		<b>06:49:12.85</b>	<b>06:50:00.45</b>	+02:41:09 (39.3%)	7:52	7.6 (60.8%)
37	<b>JEZIERSKI-KRUPA Marek</b>	<b>777</b>	ZABRZE	M20	37	01:02:15	03:11:33	04:38:21		<b>06:57:42.90</b>	<b>06:57:47.75</b>	+02:48:57 (40.4%)	8:01	7.5 (60.0%)
38	<b>KUBASIK Łukasz</b>	<b>327</b>	PRZEWORSK	M20	38	01:08:39	03:19:07	04:46:36		<b>06:58:40.10</b>	<b>06:59:30.75</b>	+02:50:40 (40.7%)	8:03	7.5 (60.0%)
39	<b>KOTUŁA Jarosław</b>	<b>315</b>	SKLEP BIEGACZA TEAM/LUBLIN	M20	39	01:08:08	03:30:47	04:54:44		<b>07:01:24.90</b>	<b>07:01:46.95</b>	+02:52:56 (41.0%)	8:06	7.4 (59.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
40	<b>ŁUCZAK Piotr</b>	<b>636</b>	JA+117KG	M20	40	01:09:30	03:30:26	04:51:17		<b>07:02:40.25</b>	<b>07:03:50.60</b>	+02:54:59 (41.3%)	8:07	7.4 (59.2%)
41	<b>KRUPA Jan</b>	<b>387</b>	TORTUGA ADVENTURE TEAM	M20	41	01:10:00	03:33:20	04:53:02		<b>07:06:50.50</b>	<b>07:07:15.00</b>	+02:58:24 (41.8%)	8:12	7.3 (58.4%)
42	<b>AUBRECHT Paweł</b>	<b>770</b>	PRUSZCZ GDAŃSKI	M20	42	01:17:19	03:50:01	05:11:52		<b>07:09:45.30</b>	<b>07:10:40.75</b>	+03:01:50 (42.2%)	8:15	7.3 (58.4%)
43	<b>GŁUCHOWSKI Jędrzej</b>	<b>480</b>	TORTUGA ADVENTURE TEAM	M20	43	01:10:02	03:32:34	04:54:05		<b>07:10:29.80</b>	<b>07:10:54.15</b>	+03:02:03 (42.3%)	8:16	7.2 (57.6%)
44	<b>KĄŻMIERCZAK Marcin</b>	<b>203</b>	SOCHACZEW	M20	44	01:01:32	03:15:15	04:42:24		<b>07:12:17.05</b>	<b>07:13:14.60</b>	+03:04:23 (42.6%)	8:18	7.2 (57.6%)
45	<b>WINIECKI Mateusz</b>	<b>680</b>	ŁÓDŹ RUNNING TEAM	M20	45	01:12:27	03:30:57	04:56:24		<b>07:12:45.00</b>	<b>07:13:15.35</b>	+03:04:24 (42.6%)	8:19	7.2 (57.6%)
46	<b>MROZIK Jarosław</b>	<b>253</b>	PRAGA-PÓŁNOC	M20	46	01:15:53	03:41:35	05:07:40		<b>07:13:34.10</b>	<b>07:14:40.20</b>	+03:05:49 (42.8%)	8:20	7.2 (57.6%)
47	<b>KNIAZ Piotr</b>	<b>684</b>	WARSZAWA	M20	47	01:07:53	03:15:15	04:42:23		<b>07:16:40.50</b>	<b>07:17:35.40</b>	+03:08:44 (43.1%)	8:23	7.1 (56.8%)
48	<b>KRÓL Michał</b>	<b>709</b>	PUŁAWY	M20	48	01:06:05	03:31:51	05:01:05		<b>07:21:57.45</b>	<b>07:22:12.25</b>	+03:13:21 (43.7%)	8:29	7.1 (56.8%)
49	<b>NEPELSKI Krzysztof</b>	<b>284</b>		M20	49	01:11:27	03:33:21	05:02:56		<b>07:25:40.20</b>	<b>07:25:54.25</b>	+03:17:03 (44.2%)	8:34	7 (56.0%)
50	<b>FARON Dawid</b>	<b>96</b>	NORAFSPORT	M20	50	01:09:32	03:26:47	04:56:19		<b>07:27:01.70</b>	<b>07:27:45.70</b>	+03:18:55 (44.4%)	8:35	7 (56.0%)
51	<b>REJDYCH Aleksander</b>	<b>763</b>	ORTOREH TEAM	M20	51	01:01:41	03:22:58	04:59:38		<b>07:28:18.00</b>	<b>07:28:26.75</b>	+03:19:36 (44.5%)	8:37	7 (56.0%)
52	<b>ISALSKI Mikołaj</b>	<b>324</b>	POZNAŃ	M20	52	01:12:25	03:31:47	05:04:08		<b>07:28:40.30</b>	<b>07:29:45.20</b>	+03:20:54 (44.7%)	8:37	7 (56.0%)
53	<b>ZIEMNIAK Marcin</b>	<b>186</b>	WARSZAWA	M20	53	01:08:25	03:23:06	04:49:13		<b>07:29:52.40</b>	<b>07:30:27.25</b>	+03:21:36 (44.8%)	8:39	6.9 (55.2%)
54	<b>WALENTOWSKI Maciej</b>	<b>693</b>	TARNÓW	M20	54	01:17:32	03:41:35	05:14:32		<b>07:31:52.85</b>	<b>07:32:46.65</b>	+03:23:56 (45.0%)	8:41	6.9 (55.2%)
55	<b>KOZA Jan</b>	<b>41</b>	LOKOMOTIW MAJDAN	M20	55	01:08:27	03:35:16	05:03:31		<b>07:33:56.75</b>	<b>07:34:36.20</b>	+03:25:45 (45.3%)	8:43	6.9 (55.2%)
56	<b>OLEJNIK Marcin</b>	<b>348</b>	ŁÓDŹ	M20	56	01:18:36	03:49:13	05:24:08		<b>07:45:46.85</b>	<b>07:46:03.00</b>	+03:37:12 (46.6%)	8:57	6.7 (53.6%)
57	<b>PARŚNIAK Michał</b>	<b>195</b>	SZLACHETNA PACZKA WARSZAWA	M20	57	01:13:35	03:52:23	05:24:34		<b>08:08:28.20</b>	<b>08:08:50.95</b>	+04:00:00 (49.1%)	9:23	6.4 (51.2%)
58	<b>KOWALEWSKI Marcin</b>	<b>573</b>	EŁK	M20	58	01:13:36	03:52:26	05:24:35		<b>08:09:56.55</b>	<b>08:10:18.60</b>	+04:01:27 (49.2%)	9:25	6.4 (51.2%)
59	<b>WASIL Mateusz</b>	<b>302</b>	KRAKÓW	M20	59	01:18:31	04:03:31	05:38:03		<b>08:19:17.95</b>	<b>08:19:51.35</b>	+04:11:00 (50.2%)	9:36	6.2 (49.6%)
60	<b>GANCARSKI Marcin</b>	<b>377</b>	LUBLA	M20	60	01:22:42	04:15:47	05:49:51		<b>08:32:34.05</b>	<b>08:33:42.00</b>	+04:24:51 (51.6%)	9:51	6.1 (48.8%)
61	<b>TOCZEK Maciej</b>	<b>572</b>	DYNÓW	M20	61	01:12:12	03:44:50	05:42:38		<b>08:47:00.95</b>	<b>08:47:24.10</b>	+04:38:33 (52.8%)	10:08	5.9 (47.2%)
62	<b>KUNERT Jakub</b>	<b>336</b>	SMASHING PĄPKINS	M20	62	01:19:58	04:08:25	05:57:11		<b>08:46:34.05</b>	<b>08:47:32.65</b>	+04:38:42 (52.8%)	10:07	5.9 (47.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
63	<b>KARDACH Kamil</b>	<b>311</b>	FINISZ RYMANÓW	M20	63	01:17:43	03:57:54	05:45:40		<b>08:57:30.40</b>	<b>08:58:42.55</b>	+04:49:51 (53.8%)	10:20	5.8 (46.4%)
	<b>BEM Jakub</b>	<b>534</b>	`KRAKÓW	M20		01:19:04 DNF	04:04:01 DNF	05:38:33 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>MIZIOŁEK Jakub</b>	<b>593</b>	LUBLIN	M20		01:21:22 DNF	04:10:51 DNF	06:15:24 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 65 wynik(ów)