



# III ULTRA MARATON BIESZCZADZKI

B4SPORT

**Organiser:** OTK Rzeźnik  
**Date:** 2015-10-11  
**Place:** Cisna  
**Distance:** 52 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Classification: M50

Place	Participant	Number	Club	Category	MCat	11km	30km	37.8km	50.86km	Net time 52km	Czas brutto 52km	Gap	Pace min/km	Pace km/h
1	<b>PUZIA Krzysztof</b>	<b>173</b>	KRAKÓW	M50	1	00:54:14	02:31:45	03:31:37		<b>04:59:58.70</b>	<b>05:00:03.20</b>		5:46	10.4 (100%)
2	<b>ROCZKOWSKI Artur</b>	<b>566</b>	RYBNIK	M50	2	00:54:58	02:44:49	03:54:58		<b>05:41:57.80</b>	<b>05:42:09.40</b>	+00:42:06 (12.3%)	6:34	9.1 (87.5%)
3	<b>MAKOWSKI Jerzy</b>	<b>708</b>	WŁODAWA	M50	3	01:01:09	02:45:44	03:53:34		<b>05:45:39.50</b>	<b>05:45:47.85</b>	+00:45:44 (13.2%)	6:38	9 (86.5%)
4	<b>KUSTROŃ Adam</b>	<b>103</b>	KROSNO	M50	4	01:04:58	02:58:32	04:07:10		<b>05:47:14.10</b>	<b>05:47:31.00</b>	+00:47:27 (13.7%)	6:40	9 (86.5%)
5	<b>OLEKSY Jarosław</b>	<b>150</b>	KS LIMANOWA FORREST	M50	5	01:04:58	03:07:05	04:15:20		<b>06:03:49.40</b>	<b>06:04:32.10</b>	+01:04:28 (17.7%)	6:59	8.6 (82.7%)
6	<b>KLIMCZEWSKI Andrzej</b>	<b>116</b>	FOREVER YOUNG ŁÓDŹ	M50	6	00:59:46	02:57:28	04:07:56		<b>06:04:26.80</b>	<b>06:04:33.60</b>	+01:04:30 (17.7%)	7:00	8.6 (82.7%)
7	<b>KUJAWSKI Bogusław</b>	<b>176</b>	GRUPETTO GORLICE	M50	7	00:59:22	02:56:23	04:11:51		<b>06:08:57.00</b>	<b>06:09:00.10</b>	+01:08:56 (18.7%)	7:05	8.5 (81.7%)
8	<b>KOEHLER Krzysztof</b>	<b>802</b>		M50	8	01:04:34	03:01:17	04:17:01		<b>06:10:25.25</b>	<b>06:10:43.05</b>	+01:10:39 (19.1%)	7:07	8.4 (80.8%)
9	<b>OLESIAK Grzegorz</b>	<b>399</b>	NIGHT RUNNERS	M50	9	01:06:17	03:04:45	04:22:02		<b>06:13:49.85</b>	<b>06:14:31.35</b>	+01:14:28 (19.9%)	7:11	8.3 (79.8%)
10	<b>ŚLIWIŃSKI Andrzej</b>	<b>590</b>	MIECHÓW	M50	10	00:59:13	03:02:12	04:28:28		<b>06:22:20.10</b>	<b>06:22:27.80</b>	+01:22:24 (21.5%)	7:21	8.2 (78.8%)
11	<b>GŁOWACKI Jacek</b>	<b>359</b>	BIEGAMY Z OCHOTĄ	M50	11	01:05:40	03:12:14	04:30:29		<b>06:28:41.10</b>	<b>06:28:58.75</b>	+01:28:55 (22.9%)	7:28	8 (76.9%)
12	<b>WOJCIECHOWSKI Jarosław</b>	<b>508</b>	CZASEM BIEGAM - KIELCE	M50	12	01:05:23	03:08:32	04:22:33		<b>06:33:30.00</b>	<b>06:33:32.55</b>	+01:33:29 (23.8%)	7:34	7.9 (76.0%)
13	<b>WOROBIEC Józef</b>	<b>803</b>	UMKS NADIR JĘDRZEJÓW	M50	13	01:02:20	03:06:37	04:31:04		<b>06:48:24.20</b>	<b>06:48:31.20</b>	+01:48:28 (26.6%)	7:51	7.6 (73.1%)
14	<b>TURLEJ Dariusz</b>	<b>82</b>	KONDYCJA	M50	14	01:13:11	03:27:37	04:49:56		<b>06:49:28.50</b>	<b>06:49:41.15</b>	+01:49:37 (26.8%)	7:52	7.6 (73.1%)
15	<b>TUROSZ Zbigniew</b>	<b>503</b>	LEŻAJSK	M50	15	01:05:42	03:15:05	04:37:53		<b>06:52:46.45</b>	<b>06:53:03.35</b>	+01:53:00 (27.4%)	7:56	7.6 (73.1%)
16	<b>MISIEK Marek</b>	<b>79</b>	PGB SPORTOWA PACZKA	M50	16	01:13:42	03:21:43	04:42:27		<b>06:53:46.05</b>	<b>06:54:14.35</b>	+01:54:11 (27.6%)	7:57	7.5 (72.1%)

Place	Participant	Number	Club	Category	MCat	11km	30km	37.8km	50.86km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
										52km	52km			
17	<b>PAUSZEK Roman</b>	<b>530</b>	WĄGROWIEC	M50	17	01:11:23	03:28:59	04:53:14		<b>07:00:48.80</b>	<b>07:01:49.85</b>	+02:01:46 (28.9%)	8:05	7.4 (71.2%)
18	<b>KOLASSA Ryszard</b>	<b>304</b>	AKTYWNI KOCIEWIACY - SKÓRCZ	M50	18	01:16:29	03:36:52	05:00:22		<b>07:07:49.95</b>	<b>07:09:00.70</b>	+02:08:57 (30.1%)	8:13	7.3 (70.2%)
19	<b>PENAR Jarosław</b>	<b>19</b>	FESTINA LENTE	M50	19	01:10:47	03:35:12	04:59:07		<b>07:09:19.70</b>	<b>07:09:42.55</b>	+02:09:39 (30.2%)	8:15	7.3 (70.2%)
20	<b>KRUPCZYŃSKI Mariusz</b>	<b>129</b>	KRUPOLS TEAM	M50	20	01:11:01	03:26:46	04:52:26		<b>07:11:43.30</b>	<b>07:12:55.95</b>	+02:12:52 (30.7%)	8:18	7.2 (69.2%)
21	<b>URBAŃSKI Józef</b>	<b>374</b>	KKB MOSIR KROSNO	M50	21	01:16:08	03:39:19	05:04:53		<b>07:12:27.55</b>	<b>07:13:36.35</b>	+02:13:33 (30.8%)	8:18	7.2 (69.2%)
22	<b>JURCZAK Roman</b>	<b>704</b>	RZESZÓW	M50	22	01:11:31	03:31:43	05:04:30		<b>07:16:06.20</b>	<b>07:16:10.90</b>	+02:16:07 (31.2%)	8:23	7.2 (69.2%)
23	<b>CZAPSKI Piotr</b>	<b>161</b>	WARSZAWA	M50	23	01:12:53	03:31:49	05:00:06		<b>07:19:00.90</b>	<b>07:19:45.40</b>	+02:19:42 (31.8%)	8:26	7.1 (68.3%)
24	<b>KONIECZNY Mariusz</b>	<b>127</b>	AGONA W&M ŁAŃCUT	M50	24	01:08:33	03:36:57	05:09:21		<b>07:22:43.70</b>	<b>07:22:57.45</b>	+02:22:54 (32.3%)	8:30	7 (67.3%)
25	<b>SZYBIAK Waldemar</b>	<b>128</b>	AGONA W&M PRZEMYŚL	M50	25	01:08:34	03:36:56	05:09:16		<b>07:22:44.00</b>	<b>07:22:57.65</b>	+02:22:54 (32.3%)	8:30	7 (67.3%)
26	<b>GERUS Wiesław</b>	<b>557</b>	PRO-RUN WROCŁAW	M50	26	01:09:10	03:22:58	05:03:33		<b>07:24:14.65</b>	<b>07:25:01.85</b>	+02:24:58 (32.6%)	8:32	7 (67.3%)
27	<b>MARCZEWSKI Andrzej</b>	<b>459</b>	KIELCE	M50	27	01:12:48	03:32:28	05:03:10		<b>07:25:33.50</b>	<b>07:26:00.15</b>	+02:25:56 (32.7%)	8:34	7 (67.3%)
28	<b>BULKOWSKI Waldemar</b>	<b>230</b>	BRZEG	M50	28	01:09:42	03:29:30	04:59:00		<b>07:25:06.85</b>	<b>07:26:02.00</b>	+02:25:58 (32.7%)	8:33	7 (67.3%)
29	<b>SPYRA Mariusz</b>	<b>113</b>	VC TEAM	M50	29	01:20:50	03:50:09	05:20:52		<b>07:32:56.35</b>	<b>07:34:04.00</b>	+02:34:00 (33.9%)	8:42	6.9 (66.3%)
30	<b>MICHAŁEK Jarosław</b>	<b>400</b>	KRAKÓW	M50	30	01:07:30	03:27:51	04:57:44		<b>07:34:53.10</b>	<b>07:35:12.05</b>	+02:35:08 (34.1%)	8:44	6.9 (66.3%)
31	<b>KUCZMA Paweł</b>	<b>118</b>	PAŁUKI RUNNING TEAM ŻNIN	M50	31	01:14:56	03:37:59	05:15:55		<b>07:35:23.90</b>	<b>07:36:26.40</b>	+02:36:23 (34.3%)	8:45	6.9 (66.3%)
32	<b>KUŁAKOWSKI Piotr</b>	<b>472</b>	CZŁAPACZE	M50	32	01:15:58	03:43:21	05:09:35		<b>07:35:55.45</b>	<b>07:36:57.45</b>	+02:36:54 (34.3%)	8:46	6.8 (65.4%)
33	<b>PODOLAK Zbigniew</b>	<b>501</b>	PRZEMYŚL	M50	33	01:09:31	03:38:01	05:06:28		<b>07:38:58.50</b>	<b>07:39:10.05</b>	+02:39:06 (34.7%)	8:49	6.8 (65.4%)
34	<b>BEDNARZ Krzysztof</b>	<b>457</b>	TARNÓW	M50	34	01:16:11	03:47:04	05:20:39		<b>07:50:28.15</b>	<b>07:51:18.65</b>	+02:51:15 (36.3%)	9:02	6.6 (63.5%)
35	<b>RUTKOWSKI Janusz</b>	<b>105</b>	LESZNO	M50	35	01:16:17	03:52:30	05:23:40		<b>07:53:09.05</b>	<b>07:53:45.70</b>	+02:53:42 (36.7%)	9:05	6.6 (63.5%)
36	<b>FUNKA Andrzej</b>	<b>53</b>	NKB CHYŻY NOWY TOMYŚL	M50	36	01:17:18	03:55:54	05:30:18		<b>07:58:55.40</b>	<b>08:00:05.55</b>	+03:00:02 (37.5%)	9:12	6.5 (62.5%)
37	<b>OSSOWSKI Adam</b>	<b>728</b>	GRUPA BANKIETOWA BYDGOSZCZ	M50	37	01:17:06	03:47:05	05:31:09		<b>08:07:54.70</b>	<b>08:08:52.40</b>	+03:08:49 (38.6%)	9:22	6.4 (61.5%)
38	<b>RURKA Grzegorz</b>	<b>59</b>	WARSZAWA	M50	38	01:14:41	03:46:57	05:28:39		<b>08:23:17.70</b>	<b>08:24:32.45</b>	+03:24:29 (40.5%)	9:40	6.2 (59.6%)
39	<b>PYSIEWICZ Krzysztof</b>	<b>309</b>	KATOWICE	M50	39	01:22:57	04:11:22	05:51:01		<b>08:27:48.15</b>	<b>08:28:56.35</b>	+03:28:53 (41.0%)	9:45	6.1 (58.7%)

Place	Participant	Number	Club	Category	MCat	11km	30km	37.8km	50.86km	Net time 52km	Czas brutto 52km	Gap	Pace min/km	Pace km/h
40	<b>OZIMKOWICZ Dariusz</b>	<b>292</b>	WARSZAWA	M50	40	01:20:39	04:10:49	05:49:14		<b>08:29:15.15</b>	<b>08:29:35.85</b>	+03:29:32 (41.1%)	9:47	6.1 (58.7%)
41	<b>MAKOWSKI Bogdan</b>	<b>148</b>	PŁOCK BIEGA NO AGE LIMIT	M50	41	01:14:20	03:41:33	05:20:57		<b>08:33:39.35</b>	<b>08:34:03.50</b>	+03:34:00 (41.6%)	9:52	6.1 (58.7%)
42	<b>GROCHOWSKI Grzegorz</b>	<b>136</b>	BIEGAMY Z OCHOTĄ	M50	42	01:25:00	04:13:06	06:01:04		<b>08:34:28.85</b>	<b>08:35:43.85</b>	+03:35:40 (41.8%)	9:53	6.1 (58.7%)
43	<b>SERWACZYŃSKI Mirosław</b>	<b>428</b>	SPARTANIE DZIECIOM	M50	43	01:18:33	04:13:21	06:04:43		<b>08:56:31.20</b>	<b>08:57:27.55</b>	+03:57:24 (44.2%)	10:19	5.8 (55.8%)
44	<b>ŚRODA Janusz</b>	<b>364</b>	SPARTANIE DZIECIOM	M50	44	01:22:33	04:17:39	06:17:38		<b>09:21:08.35</b>	<b>09:22:00.55</b>	+04:21:57 (46.6%)	10:47	5.6 (53.8%)

Total 44 results.