



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

III ZIMOWA BIESZCZADZKA DYCHA 2017

Zimowy Maraton Bieszczadzki 2017
Fundacja Bieg Rzeźnika
2017-01-29
Cisna
10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

B4SPORT

Klasyfikacja: M30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 2km	Split_Mateusz 5.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	LIPA Wojciech	1216	RZESZOWSKIE GAZELE I GEPARDY	M30	1	00:00:28	00:28:20	00:42:25.00	00:42:25.00		4:14	14.1 (100%)
2	NOWAK Marcin	1238	STALOWOWOLSKI KLUB BIEGACZA	M30	2	00:00:29	00:29:42	00:44:42.05	00:44:42.05	+00:02:17 (5.1%)	4:28	13.4 (95.0%)
3	BAŁCHAN Krzysztof	1012	CPR RZESZOW	M30	3	00:00:50	00:30:22	00:46:08.40	00:46:08.40	+00:03:43 (8.1%)	4:36	13 (92.2%)
4	BRENDZOWSKI Adam	1011	SOLINA TEAM	M30	4	00:00:47	00:31:01	00:46:58.55	00:46:58.55	+00:04:33 (9.7%)	4:41	12.8 (90.8%)
5	KASPROWICZ Marcin	1196	ALGORYTM.EDU.PL	M30	5	00:01:07	00:31:11	00:46:59.70	00:46:59.70	+00:04:34 (9.7%)	4:41	12.8 (90.8%)
6	PŁACZEK Paweł	1329		M30	6	00:00:57	00:31:02	00:47:13.10	00:47:13.10	+00:04:48 (10.2%)	4:43	12.7 (90.1%)
7	CIĄGŁO Jacek	1251	NOWOSARZYŃSKA GRUPA BIEGOWA	M30	7	00:01:04	00:32:00	00:47:45.30	00:47:45.30	+00:05:20 (11.2%)	4:46	12.6 (89.4%)
8	TELESZ Mateusz	1087		M30	8	00:00:32	00:31:59	00:48:26.90	00:48:26.90	+00:06:01 (12.4%)	4:50	12.4 (87.9%)
9	KOWALIK Marcin	1190	PGE RUN OBRÓT	M30	9	00:02:03	00:33:07	00:48:55.50	00:48:55.50	+00:06:30 (13.3%)	4:53	12.3 (87.2%)
10	KORZONEK Karol	1299	SPRINT GORZYCE	M30	10	00:02:14	00:33:44	00:49:06.35	00:49:06.35	+00:06:41 (13.6%)	4:54	12.2 (86.5%)
11	MALCZEWSKI Piotr	1098	MTB MOSIR DUKLA	M30	11	00:01:27	00:32:38	00:49:38.00	00:49:38.00	+00:07:13 (14.5%)	4:57	12.1 (85.8%)
12	LEWANDOWSKI Paweł	1281	KLUB SZALONEGO BIEGACZA	M30	12	00:01:06	00:32:51	00:49:40.15	00:49:40.15	+00:07:15 (14.6%)	4:58	12.1 (85.8%)
13	ISKRA Grzegorz	1044	KP PSP STRZYŻÓW	M30	13	00:00:56	00:33:05	00:49:59.40	00:49:59.40	+00:07:34 (15.1%)	4:59	12 (85.1%)
14	ODRZYWÓŁ VEL NAWENTURA Wojciech	1114	ŁÓDŹ KOCHA SPORT	M30	14	00:01:19	00:33:17	00:50:04.30	00:50:04.30	+00:07:39 (15.3%)	5:00	12 (85.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 2km	Split_Mateusz 5.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10km	brutto 10km			
15	GURGUL Mateusz	1092	AROMAT NÓG	M30	15	00:01:02	00:34:21	00:50:05.95	00:50:05.95	+00:07:40 (15.3%)	5:00	12 (85.1%)
16	WÓJCIK Jerzy	1271	AKTYWNA STRONA ŻYCIA	M30	16	00:01:45	00:34:18	00:50:47.35	00:50:47.35	+00:08:22 (16.5%)	5:04	11.8 (83.7%)
17	PROCHERA Damian	1159	7	M30	17	00:00:51	00:33:27	00:50:51.25	00:50:51.25	+00:08:26 (16.6%)	5:05	11.8 (83.7%)
18	BŁYSKAL Krzysztof	1258	MKS HALICZ USTRZYKI DOLNE	M30	18	00:02:19	00:34:02	00:50:59.70	00:50:59.70	+00:08:34 (16.8%)	5:05	11.8 (83.7%)
19	BOBER Marcin	1241		M30	19	00:01:06	00:33:57	00:51:35.05	00:51:35.05	+00:09:10 (17.8%)	5:09	11.6 (82.3%)
20	PAŁAC Adam	1240	S M	M30	20	00:01:07	00:33:58	00:51:36.05	00:51:36.05	+00:09:11 (17.8%)	5:09	11.6 (82.3%)
21	PODOLAK Paweł	1174		M30	21	00:01:24	00:34:46	00:51:54.25	00:51:54.25	+00:09:29 (18.3%)	5:11	11.6 (82.3%)
22	JAREMA Maciej	1298	LOKOMOTIV MAJDAN	M30	22	00:00:42	00:34:17	00:51:57.05	00:51:57.05	+00:09:32 (18.4%)	5:11	11.5 (81.6%)
23	SZTUBA Robert	1291	GUTI TEAM	M30	23	00:01:21	00:35:12	00:52:24.45	00:52:24.45	+00:09:59 (19.1%)	5:14	11.5 (81.6%)
24	WYSOCKI Mariusz	1022	FUNDACJA LATARNIA	M30	24	00:01:20	00:34:52	00:52:42.75	00:52:42.75	+00:10:17 (19.5%)	5:16	11.4 (80.9%)
25	JAGIEŁA Tomasz	1269		M30	25	00:00:49	00:35:10	00:53:37.20	00:53:37.20	+00:11:12 (20.9%)	5:21	11.2 (79.4%)
26	NOWOMIEJSKI Marcin	1129	BYLE DOBIEC	M30	26	00:00:49	00:33:03	00:53:39.75	00:53:39.75	+00:11:14 (21.0%)	5:21	11.2 (79.4%)
27	MORCINEK Marcin	1029	BLUSZCZA	M30	27	00:01:27	00:36:08	00:54:08.25	00:54:08.25	+00:11:43 (21.7%)	5:24	11.1 (78.7%)
28	BŁASZCZAK Grzegorz	1035	NIGHT RUNNERS PŁOCK	M30	28	00:00:40	00:35:47	00:54:25.60	00:54:25.60	+00:12:00 (22.1%)	5:26	11 (78.0%)
29	PARWA Michał	1208		M30	29	00:01:33	00:36:29	00:54:38.90	00:54:38.90	+00:12:13 (22.4%)	5:27	11 (78.0%)
30	MACIĄG Michał	1141	BIEGUSIEM.PL	M30	30	00:03:00	00:37:48	00:54:45.50	00:54:45.50	+00:12:20 (22.5%)	5:28	11 (78.0%)
31	CHOJNACKI Wiktor	1212	NADLEŚNICTWO LUTOWISKA	M30	31	00:01:07	00:36:43	00:54:53.40	00:54:53.40	+00:12:28 (22.7%)	5:29	10.9 (77.3%)
32	POŁOZYNSKI Andrzej	1205	ZACISZE NIGHT RUNNERS	M30	32	00:02:04	00:37:42	00:54:59.15	00:54:59.15	+00:12:34 (22.9%)	5:29	10.9 (77.3%)
33	KARDASZ Marek	1223	BIESZCZADY TEAM	M30	33	00:00:51	00:36:42	00:55:05.00	00:55:05.00	+00:12:40 (23.0%)	5:30	10.9 (77.3%)
34	DZIEDZIC Krzysztof	1300		M30	34	00:01:04	00:38:09	00:55:44.30	00:55:44.30	+00:13:19 (23.9%)	5:34	10.8 (76.6%)
35	SAWICKI Radek	1051	DZIKIE GRUBASY SZATANA	M30	35	00:01:34	00:37:09	00:56:11.50	00:56:11.50	+00:13:46 (24.5%)	5:37	10.7 (75.9%)
36	GUJSKI Marcin	1187	TRIPAKA	M30	36	00:00:59	00:37:35	00:56:12.20	00:56:12.20	+00:13:47 (24.5%)	5:37	10.7 (75.9%)
37	MURAWSKI Łukasz	1171	FUNDACJA LATARNIA	M30	37	00:01:21	00:37:30	00:57:01.60	00:57:01.60	+00:14:36 (25.6%)	5:42	10.5 (74.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 2km	Split_Mateusz 5.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10km	brutto 10km			
38	PAWŁOWSKI Piotr	1280		M30	38	00:01:39	00:38:17	00:57:02.35	00:57:02.35	+00:14:37 (25.6%)	5:42	10.5 (74.5%)
39	KARDASZ Jacek	1084	ATTYLA RUNNING CLUB	M30	39	00:01:22	00:38:29	00:57:06.85	00:57:06.85	+00:14:41 (25.7%)	5:42	10.5 (74.5%)
40	STACHURSKI Mirosław	1296	MBTEAM	M30	40	00:02:10	00:38:26	00:57:22.70	00:57:22.70	+00:14:57 (26.1%)	5:44	10.5 (74.5%)
41	KŁOŚ Artur	1247	PKO BANK POLSKI	M30	41	00:01:28	00:38:47	00:57:33.95	00:57:33.95	+00:15:08 (26.3%)	5:45	10.4 (73.8%)
42	TĄLACH Krzysztof	1183	50 TWARZY GRZYBIARZY	M30	42	00:02:02	00:38:23	00:58:12.60	00:58:12.60	+00:15:47 (27.1%)	5:49	10.3 (73.0%)
43	BERNAŚ Dariusz	1322	DOM PSTRĄGA	M30	43	00:01:32	00:39:14	00:58:37.75	00:58:37.75	+00:16:12 (27.7%)	5:51	10.2 (72.3%)
44	SKOCZYLAS Kamil	1303	GUKS MODLIBORZYCE	M30	44	00:01:12	00:38:50	00:58:38.65	00:58:38.65	+00:16:13 (27.7%)	5:51	10.2 (72.3%)
45	KLEPACKI Maciej	1091	YO!ZEN	M30	45	00:02:49	00:39:16	00:58:41.10	00:58:41.10	+00:16:16 (27.7%)	5:52	10.2 (72.3%)
46	MALCZEWSKI Konrad	1330	MOSIR DUKLA	M30	46	00:01:34	00:39:04	00:58:42.25	00:58:42.25	+00:16:17 (27.7%)	5:52	10.2 (72.3%)
47	MAŚLANY Daniel	1217		M30	47	00:02:12	00:40:08	00:59:09.10	00:59:09.10	+00:16:44 (28.3%)	5:54	10.1 (71.6%)
48	LITWINEK Marek	1256		M30	48	00:02:43	00:40:00	01:00:27.50	01:00:27.50	+00:18:02 (29.8%)	6:02	9.9 (70.2%)
49	MISIOŁEK Marcin	1095	MOSIR DUKLA	M30	49	00:01:35	00:39:42	01:00:46.10	01:00:46.10	+00:18:21 (30.2%)	6:04	9.9 (70.2%)
50	CZAJKOWSKI Łukasz	1127		M30	50	00:02:58	00:41:45	01:01:23.40	01:01:23.40	+00:18:58 (30.9%)	6:08	9.8 (69.5%)
51	DĄBRÓWKA Radosław	1021	FUNDACJA LATARNIA	M30	51	00:01:20	00:38:53	01:01:54.00	01:01:54.00	+00:19:29 (31.5%)	6:11	9.7 (68.8%)
52	KADŁUBEK Aleksander	1286	TKTJ	M30	52	00:02:47	00:42:07	01:01:55.80	01:01:55.80	+00:19:30 (31.5%)	6:11	9.7 (68.8%)
53	KRUK Krzysztof	1267	CROSSFITZABRZE	M30	53	00:02:34	00:41:15	01:01:56.90	01:01:56.90	+00:19:31 (31.5%)	6:11	9.7 (68.8%)
54	HERBERT Jarosław	1042	WYDZIAŁ WYCHOWANIA FIZYCZNEGO UNIWERSYTET RZESZOWSKI	M30	54	00:03:12	00:41:30	01:02:17.95	01:02:17.95	+00:19:52 (31.9%)	6:13	9.6 (68.1%)
55	BODNIAK Tomasz	1058		M30	55	00:01:31	00:40:55	01:02:20.20	01:02:20.20	+00:19:55 (32.0%)	6:14	9.6 (68.1%)
56	CZARNIK Stanisław	1117	MIECHOWICKA GRUPA BIEGOWA	M30	56	00:03:02	00:41:37	01:02:32.90	01:02:32.90	+00:20:07 (32.2%)	6:15	9.6 (68.1%)
57	ZAWADZKI Marcin	1039	SZCZWANY TRZMIEL TEAM	M30	57	00:02:40	00:43:25	01:04:36.30	01:04:36.30	+00:22:11 (34.3%)	6:27	9.3 (66.0%)
58	HANAS Mirosław	1096	MTB MOSIR DUKLA	M30	58	00:01:53	00:41:37	01:05:05.10	01:05:05.10	+00:22:40 (34.8%)	6:30	9.2 (65.2%)
59	ŁADA Karol	1124		M30	59	00:02:31	00:42:58	01:05:06.00	01:05:06.00	+00:22:41 (34.8%)	6:30	9.2 (65.2%)
60	KONOPKA Grzegorz	1056	DZIKIE GRUBASY SZATANA	M30	60	00:01:40	00:41:16	01:05:27.40	01:05:27.40	+00:23:02 (35.2%)	6:32	9.2 (65.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 2km	Split_Mateusz 5.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10km	brutto 10km			
61	ŻYREK Jarosław	1031		M30	61	00:01:52	00:42:23	01:06:05.10	01:06:05.10	+00:23:40 (35.8%)	6:36	9.1 (64.5%)
62	KRZYSZTOFIK Damian	1318		M30	62	00:00:50	00:42:22	01:06:13.20	01:06:13.20	+00:23:48 (35.9%)	6:37	9.1 (64.5%)
63	WOJCIECHOWSKI Paweł	1201		M30	63	00:03:13	00:43:19	01:06:21.80	01:06:21.80	+00:23:56 (36.1%)	6:38	9 (63.8%)
64	MYGA Łukasz	1320	HEARTLESS	M30	64	00:02:34	00:44:01	01:07:10.90	01:07:10.90	+00:24:45 (36.9%)	6:43	8.9 (63.1%)
65	KAPUSTA Krzysztof	1221	KISPLUS	M30	65	00:02:14	00:44:04	01:07:17.15	01:07:17.15	+00:24:52 (37.0%)	6:43	8.9 (63.1%)
66	DROZDOWSKI Wojciech	1332	BIEGAJ Z TRENERAMI	M30	66	00:01:30	00:43:22	01:07:23.05	01:07:23.05	+00:24:58 (37.1%)	6:44	8.9 (63.1%)
67	BURDA Sławomir	1308		M30	67	00:01:36	00:44:07	01:07:50.45	01:07:50.45	+00:25:25 (37.5%)	6:47	8.8 (62.4%)
68	CECUŁA Rafał	1152	POZYTYWNIIE ZABIEGANI SANOK	M30	68	00:02:12	00:43:58	01:08:06.65	01:08:06.65	+00:25:41 (37.7%)	6:48	8.8 (62.4%)
69	DANILUK Andrzej	1164	ZACISZE NIGHT RUNNERS	M30	69	00:02:04	00:44:40	01:08:11.95	01:08:11.95	+00:25:46 (37.8%)	6:49	8.8 (62.4%)
70	MATYJASIK Tomasz	1023	FUNDACJA LATARNIA	M30	70	00:01:25	00:44:22	01:08:39.85	01:08:39.85	+00:26:14 (38.2%)	6:51	8.7 (61.7%)
71	SAMUŚ Dariusz	1262	SRTG RZESZÓW	M30	71	00:02:37	00:44:59	01:08:47.45	01:08:47.45	+00:26:22 (38.3%)	6:52	8.7 (61.7%)
72	GAŃSKI Filip	1225	BIEGAJĄCY ŚWIDNIK	M30	72	00:02:54	00:43:26	01:08:51.90	01:08:51.90	+00:26:26 (38.4%)	6:53	8.7 (61.7%)
73	ZABURKO Mateusz	1083		M30	73	00:01:35	00:43:46	01:09:28.65	01:09:28.65	+00:27:03 (38.9%)	6:56	8.6 (61.0%)
74	CETNARSKI Łukasz	1118	KROKODYLE KOLBUSZOWA	M30	74	00:02:18	00:45:39	01:09:40.95	01:09:40.95	+00:27:15 (39.1%)	6:58	8.6 (61.0%)
75	KOZIEŁ Szymon	569	TOUR DE RUN	M30	75	00:01:58	00:42:05	01:10:10.45	01:10:10.45	+00:27:45 (39.6%)	7:01	8.6 (61.0%)
76	ŻEBRAKOWSKI Artur	1228	SPARTAN RACE TRAINING GROUP RZESZÓW	M30	76	00:02:04	00:44:59	01:10:25.45	01:10:25.45	+00:28:00 (39.8%)	7:02	8.5 (60.3%)
77	FLIS Piotr	1116	DANIEL'S TEAM	M30	77	00:02:06	00:46:08	01:10:51.85	01:10:51.85	+00:28:26 (40.1%)	7:05	8.5 (60.3%)
78	CHODOROWSKI Wojciech	1222	KOLBUSZOWSKIE ZAKAPIORY	M30	78	00:02:18	00:46:35	01:13:20.70	01:13:20.70	+00:30:55 (42.2%)	7:20	8.2 (58.2%)
79	KOZDRAŚ Marcin	1282	JOY RUNNERS TEAM	M30	79	00:02:25	00:46:45	01:13:31.15	01:13:31.15	+00:31:06 (42.3%)	7:21	8.2 (58.2%)
80	PELC Kacper	1275		M30	80	00:02:16	00:48:53	01:15:55.95	01:15:55.95	+00:33:30 (44.1%)	7:35	7.9 (56.0%)
81	ŻERULIK Jarosław	1315		M30	81	00:03:08	00:47:47	01:16:14.85	01:16:14.85	+00:33:49 (44.4%)	7:37	7.9 (56.0%)
82	PYREK Marek	1016		M30	82	00:02:56	00:50:00	01:16:48.95	01:16:48.95	+00:34:23 (44.8%)	7:40	7.8 (55.3%)
83	FURMAN Michał	1169	OCHAJO RUN&FRIENDS	M30	83	00:02:12	00:53:02	01:23:14.90	01:23:14.90	+00:40:49 (49.0%)	8:19	7.2 (51.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 2km	Split_Mateusz 5.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
84	PIĄTY Kamil	1041		M30	84	00:03:17	00:56:32	01:29:00.90	01:29:00.90	+00:46:35 (52.3%)	8:54	6.7 (47.5%)

Znaleziono 84 wynik(ów)