



**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

## IV ZIMOWA BIESZCZADZKA DYCHA 2018

Zimowy Maraton Bieszczadzki 2018  
Fundacja Bieg Rzeźnika  
2018-01-28  
Cisna  
10 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

B4SPORT

Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Split_Mateusz 5.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>SZPUNAR Andrzej</b>	<b>1187</b>		M40	1	00:00:27	00:23:22	<b>00:36:12.50</b>	<b>00:36:12.50</b>		3:37	16.6 (100%)
2	<b>ADAMCZYK Przemysław</b>	<b>1235</b>	ADIDAS RUNNERS WARSAW	M40	2	00:00:28	00:28:35	<b>00:42:43.55</b>	<b>00:42:43.55</b>	+00:06:31 (15.3%)	4:16	14 (84.3%)
3	<b>TRYNIECKI Tomasz</b>	<b>1074</b>	GRODZISKA GRUPA BIEGOWA	M40	3	00:00:39	00:30:06	<b>00:45:02.70</b>	<b>00:45:02.70</b>	+00:08:50 (19.6%)	4:30	13.3 (80.1%)
4	<b>WÓJCIK Józef</b>	<b>1137</b>	CHEŁM BIEGA	M40	4	00:00:56	00:31:06	<b>00:46:55.85</b>	<b>00:46:55.85</b>	+00:10:43 (22.8%)	4:41	12.8 (77.1%)
5	<b>MAŚLANY Daniel</b>	<b>1046</b>		M40	5	00:01:00	00:31:45	<b>00:47:13.85</b>	<b>00:47:13.85</b>	+00:11:01 (23.3%)	4:43	12.7 (76.5%)
6	<b>KLATE Łukasz</b>	<b>1017</b>	ŁÓDŹ KOCHA SPORT	M40	6	00:00:59	00:32:48	<b>00:49:18.90</b>	<b>00:49:18.90</b>	+00:13:06 (26.6%)	4:55	12.2 (73.5%)
7	<b>SZWAST Jerzy</b>	<b>1198</b>	MTB MOSR DUKLA	M40	7	00:01:25	00:33:28	<b>00:49:26.20</b>	<b>00:49:26.20</b>	+00:13:13 (26.8%)	4:56	12.1 (72.9%)
8	<b>WILCZAK Janusz</b>	<b>1021</b>		M40	8	00:00:34	00:33:14	<b>00:50:01.70</b>	<b>00:50:01.70</b>	+00:13:49 (27.6%)	5:00	12 (72.3%)
9	<b>PŁESZKA Marek</b>	<b>1165</b>	OTRYT LUTOWISKA	M40	9	00:01:01	00:33:42	<b>00:50:27.50</b>	<b>00:50:27.50</b>	+00:14:15 (28.2%)	5:02	11.9 (71.7%)
10	<b>BODZIOCH Grzegorz</b>	<b>1062</b>	GORLICKA GRUPA BIEGOWA	M40	10	00:01:01	00:33:26	<b>00:50:48.05</b>	<b>00:50:48.05</b>	+00:14:35 (28.7%)	5:04	11.8 (71.1%)
11	<b>DRAŹEK Sławomir</b>	<b>1183</b>		M40	11	00:01:03	00:34:22	<b>00:51:14.50</b>	<b>00:51:14.50</b>	+00:15:02 (29.3%)	5:07	11.7 (70.5%)
12	<b>RYŁKO Jacek</b>	<b>1140</b>	SOLINA TEAM	M40	12	00:01:01	00:35:24	<b>00:52:21.15</b>	<b>00:52:21.15</b>	+00:16:08 (30.8%)	5:14	11.5 (69.3%)
13	<b>HYDZIK Łukasz</b>	<b>1058</b>	LIDER SANOK	M40	13	00:00:58	00:34:52	<b>00:52:27.00</b>	<b>00:52:27.00</b>	+00:16:14 (31.0%)	5:14	11.4 (68.7%)
14	<b>SIENNICKI Rafał</b>	<b>1180</b>		M40	14	00:01:33	00:35:53	<b>00:53:23.75</b>	<b>00:53:23.75</b>	+00:17:11 (32.2%)	5:20	11.2 (67.5%)
15	<b>PAJESTKA Wojciech</b>	<b>1265</b>	POZYTYWNIIE ZABIEGANI SANOK/ AZS PWSZ	M40	15	00:02:36	00:37:09	<b>00:53:35.50</b>	<b>00:53:35.50</b>	+00:17:23 (32.4%)	5:21	11.2 (67.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k		Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						0.1km	Split Mateusz 5.5km					
16	<b>ŻAK Krzysztof</b>	<b>1051</b>		M40	16	00:01:20	00:36:43	<b>00:54:14.15</b>	<b>00:54:14.15</b>	+00:18:01 (33.2%)	5:25	11.1 (66.9%)
17	<b>POLOZYNSKI Andrzej</b>	<b>1075</b>	ZACISZE NIGHT RUNNERS	M40	17	00:02:06	00:36:55	<b>00:54:15.00</b>	<b>00:54:15.00</b>	+00:18:02 (33.3%)	5:25	11.1 (66.9%)
18	<b>FURS Teodor</b>	<b>1253</b>	PIERDZĄCE ZAJĄCE	M40	18	00:01:22	00:37:01	<b>00:54:49.40</b>	<b>00:54:49.40</b>	+00:18:36 (34.0%)	5:28	10.9 (65.7%)
19	<b>GALANTY Bartłomiej</b>	<b>1189</b>		M40	19	00:02:11	00:38:07	<b>00:56:01.05</b>	<b>00:56:01.05</b>	+00:19:48 (35.4%)	5:36	10.7 (64.5%)
20	<b>KOGUT Leszek</b>	<b>1049</b>		M40	20	00:02:01	00:37:16	<b>00:56:09.05</b>	<b>00:56:09.05</b>	+00:19:56 (35.5%)	5:36	10.7 (64.5%)
21	<b>BUGAJSKI Artur</b>	<b>1111</b>	JABIEGAM	M40	21	00:01:18	00:37:32	<b>00:56:19.30</b>	<b>00:56:19.30</b>	+00:20:06 (35.7%)	5:37	10.7 (64.5%)
22	<b>OLESIK Zygmunt</b>	<b>1063</b>		M40	22	00:01:25	00:37:48	<b>00:56:52.80</b>	<b>00:56:52.80</b>	+00:20:40 (36.3%)	5:41	10.6 (63.9%)
23	<b>MAJCHROWSKI Jacek</b>	<b>1019</b>	CKB TARNOBRZEG	M40	23	00:01:59	00:38:46	<b>00:56:53.05</b>	<b>00:56:53.05</b>	+00:20:40 (36.3%)	5:41	10.5 (63.3%)
24	<b>ROŚCIŃSKI Franciszek</b>	<b>1316</b>		M40	24	00:01:40	00:38:27	<b>00:56:58.60</b>	<b>00:56:58.60</b>	+00:20:46 (36.5%)	5:41	10.5 (63.3%)
25	<b>SKÓRA Michał</b>	<b>1168</b>		M40	25	00:02:47	00:39:24	<b>00:56:59.80</b>	<b>00:56:59.80</b>	+00:20:47 (36.5%)	5:41	10.5 (63.3%)
26	<b>PANEK Piotr</b>	<b>1190</b>	DZIKIE MUSTANGI	M40	26	00:01:39	00:38:37	<b>00:58:25.30</b>	<b>00:58:25.30</b>	+00:22:12 (38.0%)	5:50	10.3 (62.0%)
27	<b>WYDRO Rafał</b>	<b>1133</b>	FUN&RUN	M40	27	00:00:53	00:41:14	<b>00:58:34.15</b>	<b>00:58:34.15</b>	+00:22:21 (38.2%)	5:51	10.2 (61.4%)
28	<b>PAWLETA Michał</b>	<b>1161</b>	NIGHT RUNNERS GLIWICE	M40	28	00:01:42	00:38:59	<b>00:58:50.45</b>	<b>00:58:50.45</b>	+00:22:37 (38.5%)	5:53	10.2 (61.4%)
29	<b>SZPERKA Leszek</b>	<b>1285</b>	SIGIT	M40	29	00:01:31	00:40:09	<b>00:59:16.20</b>	<b>00:59:16.20</b>	+00:23:03 (38.9%)	5:55	10.1 (60.8%)
30	<b>JUSZCZAK Artur</b>	<b>1233</b>	CHEŁM BIEGA	M40	30	00:01:37	00:40:23	<b>00:59:51.45</b>	<b>00:59:51.45</b>	+00:23:38 (39.5%)	5:59	10 (60.2%)
31	<b>DZIERŻAK Arkadiusz</b>	<b>1164</b>		M40	31	00:01:26	00:40:08	<b>01:00:09.60</b>	<b>01:00:09.60</b>	+00:23:57 (39.8%)	6:00	10 (60.2%)
32	<b>STACH Robert</b>	<b>1214</b>		M40	32	00:01:05	00:40:03	<b>01:01:01.90</b>	<b>01:01:01.90</b>	+00:24:49 (40.7%)	6:06	9.8 (59.0%)
33	<b>LUZAR Andrzej</b>	<b>1077</b>	MIA	M40	33	00:01:11	00:41:38	<b>01:02:41.00</b>	<b>01:02:41.00</b>	+00:26:28 (42.2%)	6:16	9.6 (57.8%)
34	<b>WITKO Jerzy</b>	<b>1083</b>	BRAK	M40	34	00:02:02	00:42:44	<b>01:03:40.45</b>	<b>01:03:40.45</b>	+00:27:27 (43.1%)	6:22	9.4 (56.6%)
35	<b>SZPAKOWSKI Andrzej</b>	<b>1134</b>	FUN&RUN	M40	35	00:00:56	00:43:21	<b>01:04:50.70</b>	<b>01:04:50.70</b>	+00:28:38 (44.2%)	6:29	9.3 (56.0%)
36	<b>MAJCHROWICZ Andrzej</b>	<b>1181</b>		M40	36	00:02:47	00:43:24	<b>01:04:55.05</b>	<b>01:04:55.05</b>	+00:28:42 (44.2%)	6:29	9.2 (55.4%)
37	<b>KORNIŁOW Piotr</b>	<b>1299</b>	KORNIŁOW TEAM	M40	37	00:02:56	00:46:18	<b>01:07:11.90</b>	<b>01:07:11.90</b>	+00:30:59 (46.1%)	6:43	8.9 (53.6%)
38	<b>FRANKOWSKI Dariusz</b>	<b>1259</b>		M40	38	00:01:50	00:45:27	<b>01:07:13.50</b>	<b>01:07:13.50</b>	+00:31:01 (46.1%)	6:43	8.9 (53.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Split_Mateusz 5.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
39	<b>MIROSŁAW Albert</b>	<b>1186</b>	WW TEAM	M40	39	00:01:50	00:46:33	<b>01:08:41.60</b>	<b>01:08:41.60</b>	+00:32:29 (47.3%)	6:52	8.7 (52.4%)
40	<b>DANILUK Andrzej</b>	<b>1293</b>	ZACISZE NIGHT RUNNERS	M40	40	00:02:06	00:46:44	<b>01:09:23.15</b>	<b>01:09:23.15</b>	+00:33:10 (47.8%)	6:56	8.6 (51.8%)
41	<b>BAKA Piotr</b>	<b>1069</b>	ARCHIMEDIA	M40	41	00:02:18	00:50:08	<b>01:11:15.40</b>	<b>01:11:15.40</b>	+00:35:02 (49.2%)	7:07	8.4 (50.6%)
42	<b>KRYGOWSKI Zbigniew</b>	<b>1091</b>	AKADEMIA SPORTU LUBACZÓW	M40	42	00:02:38	00:48:55	<b>01:13:50.80</b>	<b>01:13:50.80</b>	+00:37:38 (51.0%)	7:23	8.1 (48.8%)
43	<b>CZOCHARA Robert</b>	<b>1123</b>	AMATOR	M40	43	00:02:48	00:48:57	<b>01:14:33.75</b>	<b>01:14:33.75</b>	+00:38:21 (51.4%)	7:27	8 (48.2%)
44	<b>BRODIUK Norbert</b>	<b>1163</b>	NIGH RUNNERS GLIWICE	M40	44	00:01:50	00:52:05	<b>01:22:05.80</b>	<b>01:22:05.80</b>	+00:45:53 (55.9%)	8:12	7.3 (44.0%)

Znaleziono 44 wynik(ów)