



IV ZIMOWA BIESZCZADZKA DYCHA 2018

B4SPORT

Event: Zimowy Maraton Bieszczadzki 2018
Organiser: Fundacja Bieg Rzeźnika
Date: 2018-01-28
Place: Cisna
Distance: 10 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Classification: M40

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

Place	Participant	Number	Club	Category	MCat	Start_2k 0.1km	Split_Mateusz 5.5km	Net	Czas	Gap	Pace min/km	Pace km/h
								time 10km	brutto 10km			
15	PAJESTKA Wojciech	1265	POZYTYWNE ZABIEGANI SANOK/ AZS PWSZ	M40	15	00:02:36	00:37:09	00:53:35.50	00:53:35.50	+00:17:23 (32.4%)	5:21	11.2 (67.5%)
16	ŻAK Krzysztof	1051		M40	16	00:01:20	00:36:43	00:54:14.15	00:54:14.15	+00:18:01 (33.2%)	5:25	11.1 (66.9%)
17	POLOZYNSKI Andrzej	1075	ZACISZE NIGHT RUNNERS	M40	17	00:02:06	00:36:55	00:54:15.00	00:54:15.00	+00:18:02 (33.3%)	5:25	11.1 (66.9%)
18	FURS Teodor	1253	PIERDZĄCE ZAJĄCE	M40	18	00:01:22	00:37:01	00:54:49.40	00:54:49.40	+00:18:36 (34.0%)	5:28	10.9 (65.7%)
19	GALANTY Bartłomiej	1189		M40	19	00:02:11	00:38:07	00:56:01.05	00:56:01.05	+00:19:48 (35.4%)	5:36	10.7 (64.5%)
20	KOGUT Leszek	1049		M40	20	00:02:01	00:37:16	00:56:09.05	00:56:09.05	+00:19:56 (35.5%)	5:36	10.7 (64.5%)
21	BUGAJSKI Artur	1111	JABIEGAM	M40	21	00:01:18	00:37:32	00:56:19.30	00:56:19.30	+00:20:06 (35.7%)	5:37	10.7 (64.5%)
22	OLESIK Zygmunt	1063		M40	22	00:01:25	00:37:48	00:56:52.80	00:56:52.80	+00:20:40 (36.3%)	5:41	10.6 (63.9%)
23	MAJCHROWSKI Jacek	1019	CKB TARNOBRZEG	M40	23	00:01:59	00:38:46	00:56:53.05	00:56:53.05	+00:20:40 (36.3%)	5:41	10.5 (63.3%)
24	ROŚCIŃSKI Franciszek	1316		M40	24	00:01:40	00:38:27	00:56:58.60	00:56:58.60	+00:20:46 (36.5%)	5:41	10.5 (63.3%)
25	SKÓRA Michał	1168		M40	25	00:02:47	00:39:24	00:56:59.80	00:56:59.80	+00:20:47 (36.5%)	5:41	10.5 (63.3%)
26	PANEK Piotr	1190	DZIKIE MUSTANGI	M40	26	00:01:39	00:38:37	00:58:25.30	00:58:25.30	+00:22:12 (38.0%)	5:50	10.3 (62.0%)
27	WYDRO Rafał	1133	FUN&RUN	M40	27	00:00:53	00:41:14	00:58:34.15	00:58:34.15	+00:22:21 (38.2%)	5:51	10.2 (61.4%)
28	PAWLETA Michał	1161	NIGHT RUNNERS GLIWICE	M40	28	00:01:42	00:38:59	00:58:50.45	00:58:50.45	+00:22:37 (38.5%)	5:53	10.2 (61.4%)
29	SZPERKA Leszek	1285	SIGIT	M40	29	00:01:31	00:40:09	00:59:16.20	00:59:16.20	+00:23:03 (38.9%)	5:55	10.1 (60.8%)
30	JUSZCZAK Artur	1233	CHEŁM BIEGA	M40	30	00:01:37	00:40:23	00:59:51.45	00:59:51.45	+00:23:38 (39.5%)	5:59	10 (60.2%)
31	DZIERŻAK Arkadiusz	1164		M40	31	00:01:26	00:40:08	01:00:09.60	01:00:09.60	+00:23:57 (39.8%)	6:00	10 (60.2%)
32	STACH Robert	1214		M40	32	00:01:05	00:40:03	01:01:01.90	01:01:01.90	+00:24:49 (40.7%)	6:06	9.8 (59.0%)
33	LUZAR Andrzej	1077	MIA	M40	33	00:01:11	00:41:38	01:02:41.00	01:02:41.00	+00:26:28 (42.2%)	6:16	9.6 (57.8%)
34	WITKO Jerzy	1083	BRAK	M40	34	00:02:02	00:42:44	01:03:40.45	01:03:40.45	+00:27:27 (43.1%)	6:22	9.4 (56.6%)
35	SZPAKOWSKI Andrzej	1134	FUN&RUN	M40	35	00:00:56	00:43:21	01:04:50.70	01:04:50.70	+00:28:38 (44.2%)	6:29	9.3 (56.0%)
36	MAJCHROWICZ Andrzej	1181		M40	36	00:02:47	00:43:24	01:04:55.05	01:04:55.05	+00:28:42 (44.2%)	6:29	9.2 (55.4%)
37	KORNIŁOW Piotr	1299	KORNIŁOW TEAM	M40	37	00:02:56	00:46:18	01:07:11.90	01:07:11.90	+00:30:59 (46.1%)	6:43	8.9 (53.6%)

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38	FRANKOWSKI Dariusz	1259		M40	38	00:01:50	00:45:27	01:07:13.50	01:07:13.50	+00:31:01 (46.1%)	6:43	8.9 (53.6%)
39	MIROSŁAW Albert	1186	WW TEAM	M40	39	00:01:50	00:46:33	01:08:41.60	01:08:41.60	+00:32:29 (47.3%)	6:52	8.7 (52.4%)
40	DANILUK Andrzej	1293	ZACISZE NIGHT RUNNERS	M40	40	00:02:06	00:46:44	01:09:23.15	01:09:23.15	+00:33:10 (47.8%)	6:56	8.6 (51.8%)
41	BAKA Piotr	1069	ARCHIMEDIA	M40	41	00:02:18	00:50:08	01:11:15.40	01:11:15.40	+00:35:02 (49.2%)	7:07	8.4 (50.6%)
42	KRYGOWSKI Zbigniew	1091	AKADEMIA SPORTU LUBACZÓW	M40	42	00:02:38	00:48:55	01:13:50.80	01:13:50.80	+00:37:38 (51.0%)	7:23	8.1 (48.8%)
43	CZOCHARA Robert	1123	AMATOR	M40	43	00:02:48	00:48:57	01:14:33.75	01:14:33.75	+00:38:21 (51.4%)	7:27	8 (48.2%)
44	BRODIUK Norbert	1163	NIGH RUNNERS GLIWICE	M40	44	00:01:50	00:52:05	01:22:05.80	01:22:05.80	+00:45:53 (55.9%)	8:12	7.3 (44.0%)

Total 44 results.