

IX ZIMOWA BIESZCZADZKA DYCHA 2023

B4SPORT

Wydarzenie: IX Zimowy Maraton Bieszczadzki
Organizator: Fundacja Bieg Rzeźnika
Data: 2023-01-28
Miejsce: Cisna
Dystans: 10 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	TARGOSZ Michał	1069	#ADAMCZERWIŃSKITEAM	M40	1	00:21:54	00:55:37.90	00:55:37.90		5:33	10.8 (100%)
2	BANASIK Krzysztof	1149	KAŃCZUCKA GRUPA BIEGOWA	M40	2	00:24:13	00:58:44.80	00:58:44.80	+00:03:06 (5.3%)	5:52	10.2 (94.4%)
3	POTERA Maciej	1059		M40	3	00:36:30	01:00:43.75	01:00:43.75	+00:05:05 (8.4%)	6:04	9.9 (91.7%)
4	ZAWADZKI Marcin	1027	SZCZEWANY TRZMIEL TEAM	M40	4	00:25:22	01:01:37.65	01:01:37.65	+00:05:59 (9.7%)	6:09	9.7 (89.8%)
5	ŚWIDZIŃSKI Tomasz	1128		M40	5	00:25:39	01:02:46.00	01:02:46.00	+00:07:08 (11.4%)	6:16	9.6 (88.9%)
6	STACH Tomasz	1122	STRACHY....PL	M40	6	00:22:15	01:03:47.90	01:03:47.90	+00:08:10 (12.8%)	6:22	9.4 (87.0%)
7	GAŁUSZKA Tomasz	1110	SKITUROWE BIESZCZADY	M40	7	00:26:33	01:04:38.00	01:04:38.00	+00:09:00 (13.9%)	6:27	9.3 (86.1%)
8	RACZKOWSKI Paweł	1094	BLIND FURY	M40	8	00:26:27	01:04:42.30	01:04:42.30	+00:09:04 (14.0%)	6:28	9.3 (86.1%)
9	ZUBEK Józef	1121		M40	9	00:27:32	01:07:22.25	01:07:22.25	+00:11:44 (17.4%)	6:44	8.9 (82.4%)
10	KOSTKA Robert	1023	TEAM ZALEWSKI	M40	10	00:28:43	01:12:28.65	01:12:28.65	+00:16:50 (23.2%)	7:14	8.3 (76.9%)
11	HAJDUK Tomek	1044	YULO RUN TEAM SIEDLCE	M40	11	00:29:42	01:16:01.15	01:16:01.15	+00:20:23 (26.8%)	7:36	7.9 (73.1%)
12	RUSZCZYK Marek	1077		M40	12		01:18:00.80	01:18:00.80	+00:22:22 (28.7%)	7:48	7.7 (71.3%)
13	CZARNOCKI Paweł	1029	GRUPA BIEGACZY SKÓRZEC BIEGA	M40	13		01:18:25.55	01:18:25.55	+00:22:47 (29.1%)	7:50	7.7 (71.3%)
14	KRÓL Mariusz	1150		M40	14	00:34:25	01:19:19.25	01:19:19.25	+00:23:41 (29.9%)	7:55	7.6 (70.4%)
15	ZIELIŃSKI Damian	1050	STOPKA PILAWA	M40	15	00:33:02	01:19:23.70	01:19:23.70	+00:23:45 (29.9%)	7:56	7.6 (70.4%)
16	ZIOBROWSKI Marcin	1096		M40	16	00:32:46	01:20:11.30	01:20:11.30	+00:24:33 (30.6%)	8:01	7.5 (69.4%)
17	WOJCIK Maciej	1074		M40	17	00:33:48	01:22:18.00	01:22:18.00	+00:26:40 (32.4%)	8:13	7.3 (67.6%)
18	WRÓBEL Bartłomiej	1019	CISNA GÓRĄ	M40	18	00:31:35	01:22:44.90	01:22:44.90	+00:27:07 (32.8%)	8:16	7.3 (67.6%)
19	PUDŁO Marcin	1102		M40	19	00:29:47	01:23:39.85	01:23:39.85	+00:28:01 (33.5%)	8:21	7.2 (66.7%)
20	MAŃKOWSKI Marek	1098	MAKABI WARSZAWA	M40	20	00:35:14	01:24:59.60	01:24:59.60	+00:29:21 (34.5%)	8:29	7.1 (65.7%)
21	KOPEĆ Paweł	1092	BLIND FURY	M40	21	00:34:17	01:26:47.20	01:26:47.20	+00:31:09 (35.9%)	8:40	6.9 (63.9%)
22	LASKOWSKI Marcin	1155	MAKABI WARSZAWA	M40	22	00:37:06	01:32:01.15	01:32:01.15	+00:36:23 (39.5%)	9:12	6.5 (60.2%)
23	KAFARSKI Marcin	1030		M40	23	00:35:44	01:35:48.10	01:35:48.10	+00:40:10 (41.9%)	9:34	6.3 (58.3%)
24	PISZCZ Dariusz	1135		M40	24	00:36:48	01:35:48.90	01:35:48.90	+00:40:11 (41.9%)	9:34	6.3 (58.3%)
25	WŁODARSKI Leszek	1126	BLIND FURY	M40	25	00:36:33	01:36:08.60	01:36:08.60	+00:40:30 (42.1%)	9:36	6.2 (57.4%)
26	KUREK Krzysztof	1106	PŁOCK BIEGA NO AGE LIMIT	M40	26	00:36:40	01:36:18.85	01:36:18.85	+00:40:40 (42.2%)	9:37	6.2 (57.4%)
27	DUDEK Marcin	1130	LEŚNA BIEGUNKA	M40	27	00:36:45	01:37:05.50	01:37:05.50	+00:41:27 (42.7%)	9:42	6.2 (57.4%)
28	SZADKOWSKI Sebastian	1072		M40	28	00:39:22	01:45:56.90	01:45:56.90	+00:50:19 (47.5%)	10:35	5.7 (52.8%)
29	PENKALA Marcin	1089	STRANGERS	M40	29	00:43:40	01:46:12.45	01:46:12.45	+00:50:34 (47.6%)	10:37	5.6 (51.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
30	WALATEK Filip	1083	BLIND FURY	M40	30		01:47:59.15	01:47:59.15	+00:52:21 (48.5%)	10:47	5.6 (51.9%)
31	JEZIOR Bartosz	1061		M40	31	00:46:40	01:50:19.65	01:50:19.65	+00:54:41 (49.6%)	11:01	5.4 (50.0%)
32	PIELAK Marcin	1067		M40	32		01:50:54.40	01:50:54.40	+00:55:16 (49.8%)	11:05	5.4 (50.0%)
	RYZIŃSKI Ryszard	1033		M40		00:44:37 DNF	DNF	DNF		-	- (0.0%)

Znaleziono 33 wynik(ów)