

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: Mężczyźni

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	JAKUBIK Marcin	1062	MKS HALICZ PSG KROŚCIENKO	M30	1	00:22:02	00:55:07.25	00:55:07.25		5:30	10.9 (100%)
2	MATUSZ Krystian	1080		M20	1	00:22:29	00:55:29.40	00:55:29.40	+00:00:22 (0.7%)	5:32	10.8 (99.1%)
3	TARGOSZ Michał	1069	#ADAMCZERWIŃSKITEAM	M40	1	00:21:54	00:55:37.90	00:55:37.90	+00:00:30 (0.9%)	5:33	10.8 (99.1%)
4	WETHACZ Mateusz	1052		M30	2	00:21:58	00:58:23.95	00:58:23.95	+00:03:16 (5.6%)	5:50	10.3 (94.5%)
5	MLAŚ Ireneusz	1036	IPA PRZEMYŚL	M30	3	00:23:31	00:58:38.35	00:58:38.35	+00:03:31 (6.0%)	5:51	10.2 (93.6%)
6	BANASIK Krzysztof	1149	KAŃCZUCKA GRUPA BIEGOWA	M40	2	00:24:13	00:58:44.80	00:58:44.80	+00:03:37 (6.2%)	5:52	10.2 (93.6%)
7	SZYBIAK Maciej	1129	PRZEMYSKI KLUB BIEGACZA	M20	2	00:24:35	00:59:53.25	00:59:53.25	+00:04:46 (8.0%)	5:59	10 (91.7%)
8	POTERA Maciej	1059		M40	3	00:36:30	01:00:43.75	01:00:43.75	+00:05:36 (9.2%)	6:04	9.9 (90.8%)
9	ZAWADZKI Marcin	1027	SZCZWANY TRZMIEL TEAM	M40	4	00:25:22	01:01:37.65	01:01:37.65	+00:06:30 (10.6%)	6:09	9.7 (89.0%)
10	ŚWIDZIŃSKI Tomasz	1128		M40	5	00:25:39	01:02:46.00	01:02:46.00	+00:07:38 (12.2%)	6:16	9.6 (88.1%)
11	STACH Tomasz	1122	STRACHY....PL	M40	6	00:22:15	01:03:47.90	01:03:47.90	+00:08:40 (13.6%)	6:22	9.4 (86.2%)
12	PUTYRA Damian	1131		M20	3	00:26:05	01:04:19.75	01:04:19.75	+00:09:12 (14.3%)	6:25	9.3 (85.3%)
13	GAŁUSZKA Tomasz	1110	SKITUROWE BIESZCZADY	M40	7	00:26:33	01:04:38.00	01:04:38.00	+00:09:30 (14.7%)	6:27	9.3 (85.3%)
14	RACZKOWSKI Paweł	1094	BLIND FURY	M40	8	00:26:27	01:04:42.30	01:04:42.30	+00:09:35 (14.8%)	6:28	9.3 (85.3%)
15	HYB Dariusz	1055		M20	4		01:05:34.60	01:05:34.60	+00:10:27 (15.9%)	6:33	9.2 (84.4%)
16	TAJAK Bartłomiej	1022		M30	4		01:06:38.30	01:06:38.30	+00:11:31 (17.3%)	6:39	9 (82.6%)
17	ZUBEK Józef	1121		M40	9	00:27:32	01:07:22.25	01:07:22.25	+00:12:15 (18.2%)	6:44	8.9 (81.7%)
18	KARNAS Damian	1039		M30	5	00:27:42	01:07:22.50	01:07:22.50	+00:12:15 (18.2%)	6:44	8.9 (81.7%)
19	KOZA Jasiek	1111	GOPR BIESZCZADY	M30	6	00:27:05	01:07:50.60	01:07:50.60	+00:12:43 (18.8%)	6:47	8.8 (80.7%)
20	BODZIOCH Grzegorz	1042		M50	1	00:27:23	01:08:55.15	01:08:55.15	+00:13:47 (20.0%)	6:53	8.7 (79.8%)
21	BEM Jakub	1146	NOWA HUTA TEAM	M30	7	00:27:16	01:09:47.70	01:09:47.70	+00:14:40 (21.0%)	6:58	8.6 (78.9%)
22	WOŹNIAK Janusz	1004	PORMAT JEDLICZE BIEGA	M60	1	00:30:00	01:12:18.10	01:12:18.10	+00:17:10 (23.8%)	7:13	8.3 (76.1%)
23	KOSTKA Robert	1023	TEAM ZALEWSKI	M40	10	00:28:43	01:12:28.65	01:12:28.65	+00:17:21 (23.9%)	7:14	8.3 (76.1%)
24	UJMA Stanisław	1051		M60	2	00:29:20	01:12:41.35	01:12:41.35	+00:17:34 (24.2%)	7:16	8.3 (76.1%)
25	PROTSIV Jarosław	1159		M30	8	00:30:07	01:13:28.70	01:13:28.70	+00:18:21 (25.0%)	7:20	8.2 (75.2%)
26	KRYNICKI Jakub	1140	GALICJA CISNA	M30	9	00:28:43	01:13:55.75	01:13:55.75	+00:18:48 (25.4%)	7:23	8.1 (74.3%)
27	PODOLAK Zbigniew	1085	GWIAZDY PRZEMYŚL	M60	3	00:30:44	01:14:32.60	01:14:32.60	+00:19:25 (26.1%)	7:27	8.1 (74.3%)
28	CHMIEL Damian	1054		M20	5		01:15:15.45	01:15:15.45	+00:20:08 (26.8%)	7:31	8 (73.4%)
29	SIENKO Karol	1084	ASURA WEAR	M30	10		01:15:21.85	01:15:21.85	+00:20:14 (26.9%)	7:32	8 (73.4%)

							Czas netto 10km	Czas brutto 10km		Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3.7km			Różn		
30	MARKOWICZ Dawid	1031		M20	6	00:38:07	01:15:29.30	01:15:29.30	+00:20:22 (27.0%)	7:32	7.9 (72.5%)
31	HAJDUK Tomek	1044	YULO RUN TEAM SIEDLCE	M40	11	00:29:42	01:16:01.15	01:16:01.15	+00:20:53 (27.5%)	7:36	7.9 (72.5%)
32	OCHYRA Krzysztof	1114		M50	2	00:30:25	01:16:33.35	01:16:33.35	+00:21:26 (28.0%)	7:39	7.8 (71.6%)
33	JANAS Marian	1152		M60	4	00:31:25	01:16:39.95	01:16:39.95	+00:21:32 (28.1%)	7:39	7.8 (71.6%)
34	OBYRTACZ Paweł	1071		M30	11	00:30:33	01:17:51.75	01:17:51.75	+00:22:44 (29.2%)	7:47	7.7 (70.6%)
35	MOLENDĄ Szczepan	1009		M30	12	00:31:55	01:17:52.30	01:17:52.30	+00:22:45 (29.2%)	7:47	7.7 (70.6%)
36	RUSZCZYK Marek	1077		M40	12		01:18:00.80	01:18:00.80	+00:22:53 (29.3%)	7:48	7.7 (70.6%)
37	CZARNOCKI Paweł	1029	GRUPA BIEGACZY SKÓRZEC BIEGA	M40	13		01:18:25.55	01:18:25.55	+00:23:18 (29.7%)	7:50	7.7 (70.6%)
38	STOLARZ Andrzej	1151		M30	13	00:31:35	01:18:45.85	01:18:45.85	+00:23:38 (30.0%)	7:52	7.6 (69.7%)
39	PENKALA Piotr	1090	STRANGERS	M20	7	00:33:53	01:18:51.55	01:18:51.55	+00:23:44 (30.1%)	7:53	7.6 (69.7%)
40	KRÓL Mariusz	1150		M40	14	00:34:25	01:19:19.25	01:19:19.25	+00:24:12 (30.5%)	7:55	7.6 (69.7%)
41	ZIELIŃSKI Damian	1050	STOPKA PILAWA	M40	15	00:33:02	01:19:23.70	01:19:23.70	+00:24:16 (30.6%)	7:56	7.6 (69.7%)
42	SZCZUR Wiesław	1123		M50	3	00:31:55	01:19:25.15	01:19:25.15	+00:24:17 (30.6%)	7:56	7.6 (69.7%)
43	ZIOBROWSKI Marcin	1096		M40	16	00:32:46	01:20:11.30	01:20:11.30	+00:25:04 (31.3%)	8:01	7.5 (68.8%)
44	URZEDOWSKI Arkadiusz	1143		M30	14		01:20:18.35	01:20:18.35	+00:25:11 (31.4%)	8:01	7.5 (68.8%)
45	RĘKAS Piotr	1035	RAPTOWNI	M60	5	00:31:10	01:21:46.80	01:21:46.80	+00:26:39 (32.6%)	8:10	7.3 (67.0%)
46	JAŁOSZEWSKI Mateusz	1093		M30	15		01:21:48.65	01:21:48.65	+00:26:41 (32.6%)	8:10	7.3 (67.0%)
47	WOJCIK Maciej	1074		M40	17	00:33:48	01:22:18.00	01:22:18.00	+00:27:10 (33.0%)	8:13	7.3 (67.0%)
48	WRÓBEL Bartłomiej	1019	CISNA GÓRĄ	M40	18	00:31:35	01:22:44.90	01:22:44.90	+00:27:37 (33.4%)	8:16	7.3 (67.0%)
49	BERTRANDT Bartosz	1018		M30	16	00:36:37	01:23:28.05	01:23:28.05	+00:28:20 (34.0%)	8:20	7.2 (66.1%)
50	PUDŁO Marcin	1102		M40	19	00:29:47	01:23:39.85	01:23:39.85	+00:28:32 (34.1%)	8:21	7.2 (66.1%)
51	BOROWSKI Tomasz	1142	HAMER	M60	6	00:35:30	01:24:06.10	01:24:06.10	+00:28:58 (34.5%)	8:24	7.1 (65.1%)
52	MAŃKOWSKI Marek	1098	MAKABI WARSZAWA	M40	20	00:35:14	01:24:59.60	01:24:59.60	+00:29:52 (35.1%)	8:29	7.1 (65.1%)
53	CZAJKOWSKI Adam	1120		M50	4		01:25:06.80	01:25:06.80	+00:29:59 (35.2%)	8:30	7.1 (65.1%)
54	KOPEĆ Paweł	1092	BLIND FURY	M40	21	00:34:17	01:26:47.20	01:26:47.20	+00:31:39 (36.5%)	8:40	6.9 (63.3%)
55	SABANOŚ Gejza	1162	MARAS TEAM	M60	7	00:35:50	01:28:53.20	01:28:53.20	+00:33:45 (38.0%)	8:53	6.8 (62.4%)
56	NOWAK Maciej	1032		M30	17	00:35:35	01:30:03.75	01:30:03.75	+00:34:56 (38.8%)	9:00	6.7 (61.5%)
57	LASKOWSKI Marcin	1155	MAKABI WARSZAWA	M40	22	00:37:06	01:32:01.15	01:32:01.15	+00:36:53 (40.1%)	9:12	6.5 (59.6%)
58	STEC Andrzej	1046		M50	5		01:32:42.60	01:32:42.60	+00:37:35 (40.5%)	9:16	6.5 (59.6%)
59	ZUBA Rafał	1153	BLACK RIVER	M20	8		01:33:03.85	01:33:03.85	+00:37:56 (40.8%)	9:18	6.4 (58.7%)
60	KLUZ Robert	1136		M50	6	00:39:31	01:33:33.45	01:33:33.45	+00:38:26 (41.1%)	9:21	6.4 (58.7%)
61	STEPNOWSKI Łukasz	1157	PADŁ NA RYJ TEAM	M30	18	00:36:55	01:35:36.95	01:35:36.95	+00:40:29 (42.4%)	9:33	6.3 (57.8%)
62	KAFARSKI Marcin	1030		M40	23	00:35:44	01:35:48.10	01:35:48.10	+00:40:40 (42.5%)	9:34	6.3 (57.8%)
63	PISZCZ Dariusz	1135		M40	24	00:36:48	01:35:48.90	01:35:48.90	+00:40:41 (42.5%)	9:34	6.3 (57.8%)
64	WŁODARSKI Leszek	1126	BLIND FURY	M40	25	00:36:33	01:36:08.60	01:36:08.60	+00:41:01 (42.7%)	9:36	6.2 (56.9%)
65	KUREK Krzysztof	1106	PŁOCK BIEGA NO AGE LIMIT	M40	26	00:36:40	01:36:18.85	01:36:18.85	+00:41:11 (42.8%)	9:37	6.2 (56.9%)
66	LITAK Grzegorz	1095		M60	8	00:36:24	01:37:02.70	01:37:02.70	+00:41:55 (43.2%)	9:42	6.2 (56.9%)
67	DUDEK Marcin	1130	LEŚNA BIEGUNKA	M40	27	00:36:45	01:37:05.50	01:37:05.50	+00:41:58 (43.2%)	9:42	6.2 (56.9%)
68	TOMCZAK Miłosz	1064		M30	19	00:37:46	01:39:07.60	01:39:07.60	+00:44:00 (44.4%)	9:54	6.1 (56.0%)
69	FUDALI Jacek	1048		M30	20		01:39:53.45	01:39:53.45	+00:44:46 (44.8%)	9:59	6 (55.0%)
70	NAWROT Waldek	1137	J U V E R U N	M50	7	00:39:17	01:41:18.45	01:41:18.45	+00:46:11 (45.6%)	10:07	5.9 (54.1%)
71	PASTUSZAK Grzegorz	1041		M50	8	00:38:11	01:44:44.20	01:44:44.20	+00:49:36 (47.4%)	10:28	5.7 (52.3%)
72	MAZURKÓW Marian	1040		M60	9	00:38:20	01:44:44.80	01:44:44.80	+00:49:37 (47.4%)	10:28	5.7 (52.3%)
73	WILSZ Adam	1038	#THEWINEFEELS	M50	9	00:38:59	01:45:01.55	01:45:01.55	+00:49:54 (47.5%)	10:30	5.7 (52.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
74	SZADKOWSKI Sebastian	1072		M40	28	00:39:22	01:45:56.90	01:45:56.90	+00:50:49 (48.0%)	10:35	5.7 (52.3%)
75	PENKALA Marcin	1089	STRANGERS	M40	29	00:43:40	01:46:12.45	01:46:12.45	+00:51:05 (48.1%)	10:37	5.6 (51.4%)
76	KLIMCZAK Marcin	1057		M20	9	00:40:39	01:47:31.70	01:47:31.70	+00:52:24 (48.7%)	10:45	5.6 (51.4%)
77	WALATEK Filip	1083	BLIND FURY	M40	30		01:47:59.15	01:47:59.15	+00:52:51 (49.0%)	10:47	5.6 (51.4%)
78	MAJDYŚ Wojciech	1125		M50	10	00:41:59	01:48:04.85	01:48:04.85	+00:52:57 (49.0%)	10:48	5.6 (51.4%)
79	CZAPLA Andrzej	1024		M60	10	00:44:57	01:48:21.15	01:48:21.15	+00:53:13 (49.1%)	10:50	5.5 (50.5%)
80	JEZIOR Bartosz	1061		M40	31	00:46:40	01:50:19.65	01:50:19.65	+00:55:12 (50.0%)	11:01	5.4 (49.5%)
81	PIELAK Marcin	1067		M40	32		01:50:54.40	01:50:54.40	+00:55:47 (50.3%)	11:05	5.4 (49.5%)
82	ANDRASZ Paweł	1001		M20	10	00:43:12	01:51:04.10	01:51:04.10	+00:55:56 (50.4%)	11:06	5.4 (49.5%)
83	MARAS Ladislav	1079	MARAS TEAM	M60	11	00:42:59	01:51:08.45	01:51:08.45	+00:56:01 (50.4%)	11:06	5.4 (49.5%)
84	LASOTA Dominik	1124	BEJBIK	M20	11	00:44:26	02:00:22.80	02:00:22.80	+01:05:15 (54.2%)	12:02	5 (45.9%)
85	KORNAK Michał	1119	BEJBIK	M20	12		02:00:31.25	02:00:31.25	+01:05:24 (54.3%)	12:03	5 (45.9%)
	RYZIŃSKI Ryszard	1033		M40		00:44:37 DNF	DNF	DNF	-	-	(0.0%)
	FUS Jacek	1108	BAMBERTEAM	M60		DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 87 wynik(ów)