

IX ZIMOWY MARATON BIESZCZADZKI 2023 - 20KM

B4SPORT

Event: IX Zimowy Maraton Bieszczadzki
Organiser: Fundacja Bieg Rzeźnika
Date: 2023-01-28
Place: Cisna
Distance: 20 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Classification: M30

Place	Participant	Number	Club	Category	MCat	Brzeziniak 9km	Net time 23km	Czas brutto 23km	Gap	Pace min/km	Pace km/h
1	SIKOŃCZYK Miłosz	2202	ALPIN SPORT TEAM	M30	1	00:46:29	01:37:53.85	01:37:53.85		4:15	14.1 (100%)
2	KNAPIK Sebastian	2086	BUTYJANA.PL	M30	2	00:46:04	01:38:08.10	01:38:08.10	+00:00:14 (0.2%)	4:16	14.1 (100%)
3	TRACZ Łukasz	2164	TRENINGFIZJO/AQUAREH/RMT	M30	3		01:38:57.50	01:38:57.50	+00:01:03 (1.1%)	4:18	13.9 (98.6%)
4	WRÓBEL Kamil	2002		M30	4	00:51:01	01:53:37.60	01:53:37.60	+00:15:43 (13.8%)	4:56	12.1 (85.8%)
5	WETHACZ Dariusz	2156	TEAM ULTRABIES / ON RUNNING POLSKA	M30	5		01:54:51.20	01:54:51.20	+00:16:57 (14.8%)	4:59	12 (85.1%)
6	REPEĆ Jarosław	2028	AHOJ PRZYGODO LUBLIN	M30	6	00:54:17	01:56:17.30	01:56:17.30	+00:18:23 (15.8%)	5:03	11.9 (84.4%)
7	PARZELSKI Mikołaj	2034	NOWA HUTA TEAM	M30	7	00:55:42	02:00:11.45	02:00:11.45	+00:22:17 (18.5%)	5:13	11.5 (81.6%)
8	BICHAJŁO Maciek	2158		M30	8	00:56:52	02:04:24.05	02:04:24.05	+00:26:30 (21.3%)	5:24	11.1 (78.7%)
9	KURZYDŁO Michał	2099	WARA TEAM	M30	9	00:54:50	02:05:30.20	02:05:30.20	+00:27:36 (22.0%)	5:27	11 (78.0%)
10	HOŁOWNIA Bartłomiej	2045		M30	10	00:54:26	02:05:31.60	02:05:31.60	+00:27:37 (22.0%)	5:27	11 (78.0%)
11	CHOŁAJCZYK Marcin	2204	GRUNNERS	M30	11	00:57:31	02:06:06.45	02:06:06.45	+00:28:12 (22.4%)	5:28	10.9 (77.3%)
12	KOPA Artur	2236		M30	12	01:02:56	02:08:52.05	02:08:52.05	+00:30:58 (24.0%)	5:36	10.7 (75.9%)
13	SMEREKA Wojciech	2200		M30	13	00:59:19	02:09:24.05	02:09:24.05	+00:31:30 (24.3%)	5:37	10.7 (75.9%)
14	PEREGRYM Tobiasz	2012		M30	14	00:58:07	02:09:53.25	02:09:53.25	+00:31:59 (24.6%)	5:38	10.6 (75.2%)
15	SALAK Krzysztof	2024		M30	15	00:59:26	02:10:34.50	02:10:34.50	+00:32:40 (25.0%)	5:40	10.6 (75.2%)
16	LEŚNIAK Dawid	2239	LHO	M30	16		02:10:49.60	02:10:49.60	+00:32:55 (25.2%)	5:41	10.5 (74.5%)
17	WERLE Michał	2194		M30	17	00:59:22	02:11:01.80	02:11:01.80	+00:33:07 (25.3%)	5:41	10.5 (74.5%)
18	PIĘTKA Rafał	2022	STOPKA PILAWA	M30	18	00:59:29	02:11:05.35	02:11:05.35	+00:33:11 (25.3%)	5:41	10.5 (74.5%)
19	MARCHEWICZ Marek	2069		M30	19	00:59:46	02:11:43.70	02:11:43.70	+00:33:49 (25.7%)	5:43	10.5 (74.5%)
20	ROKOSZ Łukasz	2177		M30	20		02:12:33.40	02:12:33.40	+00:34:39 (26.1%)	5:45	10.4 (73.8%)
21	ZAWADKA Kamil	2023	STOPKA PILAWA	M30	21	00:59:32	02:13:17.75	02:13:17.75	+00:35:23 (26.6%)	5:47	10.4 (73.8%)
22	STANCZYK Hubert	2031		M30	22		02:13:36.40	02:13:36.40	+00:35:42 (26.7%)	5:48	10.3 (73.0%)
23	KOT Dawid	2178		M30	23		02:14:59.10	02:14:59.10	+00:37:05 (27.5%)	5:52	10.2 (72.3%)
24	CHLIPAŁA Marek	2018		M30	24	01:01:37	02:15:07.30	02:15:07.30	+00:37:13 (27.5%)	5:52	10.2 (72.3%)
25	TABAK Adrian	2044		M30	25	01:02:00	02:17:02.60	02:17:02.60	+00:39:08 (28.6%)	5:57	10.1 (71.6%)
26	SOWA Bogusław	2015		M30	26	01:03:37	02:18:53.15	02:18:53.15	+00:40:59 (29.5%)	6:02	9.9 (70.2%)
27	JELTEMA Bastin	2234	WM TRISELF	M30	27	01:02:03	02:20:33.60	02:20:33.60	+00:42:39 (30.4%)	6:06	9.8 (69.5%)
28	STALKA Krzysztof	2173	STANWEX II	M30	28		02:20:43.55	02:20:43.55	+00:42:49 (30.4%)	6:07	9.8 (69.5%)
29	BEŻKOWSKI Hubert	2049		M30	29	01:04:41	02:22:08.85	02:22:08.85	+00:44:15 (31.1%)	6:10	9.7 (68.8%)

Place	Participant	Number	Club	Category	MCat	Brzeziniak 9km	Net time 23km	Czas brutto 23km	Gap	Pace min/km	Pace km/h
30	MATUSZAK Jakub	2166	NOWOCZESNYSPORT.PL	M30	30	01:04:27	02:22:34.05	02:22:34.05	+00:44:40 (31.3%)	6:11	9.7 (68.8%)
31	PSZONAK Damian	2181		M30	31	01:07:59	02:25:33.55	02:25:33.55	+00:47:39 (32.7%)	6:19	9.5 (67.4%)
32	STASZCZYK Michał	2219	BKB CZARNA PERŁA	M30	32	01:06:13	02:25:55.05	02:25:55.05	+00:48:01 (32.9%)	6:20	9.5 (67.4%)
33	DRZEWIECKI Jakub	2075		M30	33	01:06:10	02:26:03.35	02:26:03.35	+00:48:09 (33.0%)	6:21	9.4 (66.7%)
34	KUBIK Michał	2216	ATTYLA	M30	34		02:30:02.95	02:30:02.95	+00:52:09 (34.8%)	6:31	9.2 (65.2%)
35	DZIADUS Marcin	2042		M30	35	01:04:54	02:30:18.35	02:30:18.35	+00:52:24 (34.9%)	6:32	9.2 (65.2%)
36	PIETRZAK Rafał	2096		M30	36	01:06:46	02:30:23.65	02:30:23.65	+00:52:29 (34.9%)	6:32	9.2 (65.2%)
37	WARZECHA Slawek	2082	NH TEAM	M30	37	01:08:03	02:31:13.05	02:31:13.05	+00:53:19 (35.3%)	6:34	9.1 (64.5%)
38	HOŁODY Łukasz	2081	NOWA HUTA TEAM	M30	38	01:03:47	02:31:21.85	02:31:21.85	+00:53:28 (35.3%)	6:34	9.1 (64.5%)
39	TROJNAR Daniel	2179		M30	39	01:06:24	02:31:29.65	02:31:29.65	+00:53:35 (35.4%)	6:35	9.1 (64.5%)
40	WÓJCIK Jerzy	2203		M30	40	01:13:12	02:32:54.65	02:32:54.65	+00:55:00 (36.0%)	6:38	9 (63.8%)
41	KORNET Przemysław	2142		M30	41	01:06:03	02:34:35.05	02:34:35.05	+00:56:41 (36.7%)	6:43	8.9 (63.1%)
42	ŁĄCZNY Marcin	2213	GALOPUJĄCE DŹDŻOWNICE	M30	42	01:10:43	02:35:55.45	02:35:55.45	+00:58:01 (37.2%)	6:46	8.9 (63.1%)
43	MAZEK Łukasz	2116	STOPKA PILAWA	M30	43	01:08:37	02:37:12.40	02:37:12.40	+00:59:18 (37.7%)	6:50	8.8 (62.4%)
44	CICHORACKI Patryk	2032	INTO THE WILD	M30	44	01:08:06	02:41:26.05	02:41:26.05	+01:03:32 (39.4%)	7:01	8.5 (60.3%)
45	BOROWSKI Robert	2196		M30	45	01:08:33	02:41:52.85	02:41:52.85	+01:03:59 (39.5%)	7:02	8.5 (60.3%)
46	GRYNIENKO Paweł	2063		M30	46	01:08:26	02:41:55.40	02:41:55.40	+01:04:01 (39.5%)	7:02	8.5 (60.3%)
47	WOŻNY Łukasz	2175		M30	47	01:13:30	02:42:15.65	02:42:15.65	+01:04:21 (39.7%)	7:03	8.5 (60.3%)
48	GADOMSKI Grzegorz	2017		M30	48	01:11:45	02:42:23.85	02:42:23.85	+01:04:30 (39.7%)	7:03	8.5 (60.3%)
49	MACHNIKOWSKI Paweł	2016		M30	49	01:16:09	02:42:27.35	02:42:27.35	+01:04:33 (39.7%)	7:03	8.5 (60.3%)
50	RĘKAS Michał	2070	RAPTOWNI	M30	50	01:14:54	02:42:40.65	02:42:40.65	+01:04:46 (39.8%)	7:04	8.5 (60.3%)
51	LEWICKI Wojciech	2221	WŻW RZESZÓW	M30	51	01:18:35	02:46:35.30	02:46:35.30	+01:08:41 (41.2%)	7:14	8.3 (58.9%)
52	PASTWA Grzegorz	2092		M30	52	01:21:35	02:51:03.20	02:51:03.20	+01:13:09 (42.8%)	7:26	8.1 (57.4%)
53	DONART Michał	2228		M30	53	01:19:42	02:58:33.70	02:58:33.70	+01:20:39 (45.2%)	7:45	7.7 (54.6%)
54	KOZIARA Patryk	2162	DZIKIE MUSTANGI	M30	54	01:17:26	03:00:13.80	03:00:13.80	+01:22:19 (45.7%)	7:50	7.7 (54.6%)
55	KRZEMINSKI Mateusz	2033		M30	55	01:18:31	03:01:15.25	03:01:15.25	+01:23:21 (46.0%)	7:52	7.6 (53.9%)
56	PACIOREK Hubert	2113	COBRA TEAM	M30	56	01:24:59	03:05:34.35	03:05:34.35	+01:27:40 (47.2%)	8:04	7.4 (52.5%)

Total 56 results.