



NIESTRUDZONY SAN | 32 KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

II Ultra-Bies
Fundacja Ultra-Bies
2023-05-05
Dołżyca
32 km

Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	PK Łopienka 15km	PK Cisna 25km	Czas netto 32km	Czas brutto 32km	Różn	Tempo min/km	Tempo km/h
1	SKRZYSIŃSKI Gniewomir	697	INSTINCT/ALTRA RED	M40	1	00:41:25	01:19:44	02:25:20	03:05:18.30	03:05:18.30		5:47	10.4 (100%)
2	JANDZIŚ Wiesław	698	AKTYWNY DYNÓW	M40	2	00:47:38	01:32:58	02:50:45	03:36:58.25	03:36:58.25	+00:31:39 (14.6%)	6:46	8.8 (84.6%)
3	STANIO Arkadiusz	713	BIEGAM W RZESZOWIE	M40	3	00:48:23	01:32:43	02:50:21	03:39:44.00	03:39:44.00	+00:34:25 (15.7%)	6:52	8.7 (83.7%)
4	KRZEMIŃSKI Marcin	669		M40	4	00:49:53	01:33:20	02:54:34	03:44:02.20	03:44:02.20	+00:38:43 (17.3%)	7:00	8.6 (82.7%)
5	KAWIAK Marek	633		M40	5	00:51:34	01:35:16	02:54:33	03:45:59.00	03:45:59.00	+00:40:40 (18.0%)	7:03	8.5 (81.7%)
6	KSIĄŻKIEWICZ Bartłomiej	668	ROCKY BALBOA	M40	6	00:52:16	01:36:08	02:57:45	03:48:09.65	03:48:09.65	+00:42:51 (18.8%)	7:07	8.4 (80.8%)
7	PODWÓJCI Michał	656	GÓRAL Z MAZUR RUNNING TEAM	M40	7	00:51:42	01:34:07	02:55:22	03:49:20.35	03:49:20.35	+00:44:02 (19.2%)	7:10	8.4 (80.8%)
8	ZIEBA Tomek	642	JACEKBIEGA RUNNING TEAM	M40	8	00:54:06	01:44:48	03:11:10	04:02:30.00	04:02:30.00	+00:57:11 (23.6%)	7:34	7.9 (76.0%)
9	ROCZNIAK Marcin	648	SANOK BIEGA/ROCZNIAK TEAM	M40	9	00:51:49	01:43:02	03:07:09	04:04:35.40	04:04:35.40	+00:59:17 (24.2%)	7:38	7.9 (76.0%)
10	KLIMEK Przemysław	688		M40	10	00:57:00	01:49:15	03:18:38	04:17:48.05	04:17:48.05	+01:12:29 (28.1%)	8:03	7.4 (71.2%)
11	MISIĄGIEWICZ Paweł	639		M40	11	00:58:13	01:51:26	03:24:41	04:19:07.60	04:19:07.60	+01:13:49 (28.5%)	8:05	7.4 (71.2%)
12	GAŁUSZKA Tomasz	737	SKITUROWE BIESZCZADY	M40	12	00:56:54	01:51:48	03:24:19	04:21:27.45	04:21:27.45	+01:16:09 (29.1%)	8:10	7.3 (70.2%)
13	ZMYŚŁOWSKI Łukasz	705		M40	13	00:59:16	01:53:30	03:30:06	04:27:40.85	04:27:40.85	+01:22:22 (30.8%)	8:21	7.2 (69.2%)
14	WIŚNIEWSKI Krzysztof	715	KEREZA TEAM	M40	14	00:59:13	01:53:36	03:30:08	04:28:39.00	04:28:39.00	+01:23:20 (31.0%)	8:23	7.1 (68.3%)
15	SZYMAŃSKI Piotr	640	RYKOWISKO TEAM	M40	15	01:05:02	02:01:16	03:44:45	04:45:48.30	04:45:48.30	+01:40:30 (35.2%)	8:55	6.7 (64.4%)

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16	OREŻIAK Maciej	650		M40	16	01:00:02	02:00:22	03:45:34	04:47:45.75	04:47:45.75	+01:42:27 (35.6%)	8:59	6.7 (64.4%)
17	SAMUŚ Dariusz	651	BIESZCZADZKIE MORSY	M40	17	00:59:54	01:57:33	03:46:16	04:49:50.00	04:49:50.00	+01:44:31 (36.1%)	9:03	6.6 (63.5%)
18	KITOWSKI Bartosz	745		M40	18	00:59:04	01:55:24	03:41:37	04:50:31.45	04:50:31.45	+01:45:13 (36.2%)	9:04	6.6 (63.5%)
19	CHOJNACKI Mikołaj	739	WARSAW RUN CLUB	M40	19	01:03:30	02:10:28	03:54:57	05:15:37.50	05:15:37.50	+02:10:19 (41.3%)	9:51	6.1 (58.7%)
20	STRZAŁKOWSKI Marcin	638	RYKOWISKO TEAM	M40	20	01:05:36	02:09:49	04:01:26	05:16:06.55	05:16:06.55	+02:10:48 (41.4%)	9:52	6.1 (58.7%)
21	DEREŃ Wojciech	708	TREKKING TEAM OSTROWIEC	M40	21	01:02:44	02:06:28	04:02:45	05:20:19.25	05:20:19.25	+02:15:00 (42.2%)	10:00	6 (57.7%)
22	OŻÓG Paweł	744	DZIKITIM	M40	22	01:01:40	02:06:09	03:59:35	05:20:30.85	05:20:30.85	+02:15:12 (42.2%)	10:00	6 (57.7%)
23	MISIUREK Miron	714	EKSTREMALNA GRUPA BIEGOWA	M40	23	01:07:43	02:11:43	04:13:33	05:26:21.55	05:26:21.55	+02:21:03 (43.2%)	10:11	5.9 (56.7%)
24	ZIMPOCH Łukasz	601		M40	24	01:07:55	02:25:10	04:21:49	05:41:56.15	05:41:56.15	+02:36:37 (45.8%)	10:41	5.6 (53.8%)
25	TALAROWSKI Paweł	629	HRT	M40	25	01:13:30	02:23:49	04:30:26	05:46:09.40	05:46:09.40	+02:40:51 (46.5%)	10:49	5.5 (52.9%)
26	BOBYK Paweł	644	SANOK BIEGA	M40	26	01:12:11	02:21:28	04:29:35	05:47:06.50	05:47:06.50	+02:41:48 (46.6%)	10:50	5.5 (52.9%)
27	CZAJA Paweł	686		M40	27	01:05:36	02:15:21	04:22:28	05:48:31.95	05:48:31.95	+02:43:13 (46.8%)	10:53	5.5 (52.9%)
28	MUSIAŁ Paweł	742		M40	28	01:04:41	02:15:19	04:21:55	05:51:03.80	05:51:03.80	+02:45:45 (47.2%)	10:58	5.5 (52.9%)
29	HOFFMANN Robert	664		M40	29	01:06:24	02:15:18	04:15:31	05:51:03.90	05:51:03.90	+02:45:45 (47.2%)	10:58	5.5 (52.9%)
30	DRYL Radosław	603		M40	30	01:07:58	02:25:01	04:21:52	05:51:31.85	05:51:31.85	+02:46:13 (47.3%)	10:59	5.5 (52.9%)
31	KABULSKI Tomasz	689	AUTOVASHKA	M40	31	01:11:35	02:22:53	04:34:42	05:57:37.90	05:57:37.90	+02:52:19 (48.2%)	11:10	5.4 (51.9%)
32	CEBRAT Tomasz	717		M40	32	01:12:46	02:23:47	04:34:38	05:58:42.70	05:58:42.70	+02:53:24 (48.3%)	11:12	5.4 (51.9%)
33	BANASIK Rafał	623	ŚWIAT FORMY STALOWA WOLA	M40	33	01:15:15	02:31:47	04:46:17	06:09:37.80	06:09:37.80	+03:04:19 (49.9%)	11:33	5.2 (50.0%)
34	WARZOCHA Paweł	667	NIECHBIEGA	M40	34	01:15:15	02:31:49	04:43:16	06:09:39.45	06:09:39.45	+03:04:21 (49.9%)	11:33	5.2 (50.0%)
35	KĘSICKI Rafał	652		M40	35	01:24:58	02:53:22	05:19:03	06:47:15.10	06:47:15.10	+03:41:56 (54.5%)	12:43	4.7 (45.2%)
Przekroczony limit czasu: 07:00:00													
36	DRELINKIEWICZ Michał	604	MISIE BIEGAJĄ	M40	36	01:31:28	03:05:07	05:44:06	07:00:18.70	07:00:18.70	+03:55:00 (55.9%)	13:08	4.6 (44.2%)