



# NIEZNISZCZALNY RARÓG | 65KM

B4SPORT

**Event:** II Ultra-Bies  
**Organiser:** Fundacja Ultra-Bies  
**Date:** 2023-05-05  
**Place:** Dołżyca  
**Distance:** 65 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Classification: M40

Place	Participant	Number	Club	Category	MCat	PK				Net time 65km	Czas brutto 65km	Gap	Pace min/km	Pace km/h
						Polańczyk 21km	Górzanka 35km	Łopienka 47km	Nadleśnictwo Cisna 58km					
1	BARAN Piotr	212	TRAIL IS OUR WAY	M40	1	02:01:34	03:59:08	04:48:51	06:12:52	<b>06:59:49.50</b>	<b>06:59:49.50</b>		6:27	9.3 (100%)
2	CIOCH Cezary	308		M40	2	01:58:47	04:00:56	04:57:42	06:31:28	<b>07:26:54.35</b>	<b>07:26:54.35</b>	+00:27:04 (6.1%)	6:52	8.7 (93.5%)
3	WYGANOWSKI Konrad	289		M40	3	02:07:15	04:13:48	05:09:35	06:47:40	<b>07:45:31.30</b>	<b>07:45:31.30</b>	+00:45:41 (9.8%)	7:09	8.4 (90.3%)
4	MALEC Artur	226	TRAIL IS OUR WAY	M40	4	02:15:14	04:36:07	05:34:16	07:03:59	<b>07:56:31.30</b>	<b>07:56:31.30</b>	+00:56:41 (11.9%)	7:19	8.2 (88.2%)
5	PIETRYSZYN Mariusz	307	SOLINA TEAM	M40	5	02:15:05	04:29:50	05:29:48	07:07:54	<b>08:02:06.35</b>	<b>08:02:06.35</b>	+01:02:16 (12.9%)	7:25	8.1 (87.1%)
6	MIETŁA Mateusz	290	KSS JPII	M40	6	02:27:30	04:53:23	05:50:01	07:27:25	<b>08:25:47.30</b>	<b>08:25:47.30</b>	+01:25:57 (17.0%)	7:46	7.7 (82.8%)
7	KRAWCZYK Dariusz	242		M40	7	02:21:43	04:44:00	05:44:41	07:29:15	<b>08:33:38.10</b>	<b>08:33:38.10</b>	+01:33:48 (18.3%)	7:54	7.6 (81.7%)
8	WŁODARCZYK Michał	227		M40	8	02:15:11	04:39:58	05:45:40	07:27:56	<b>08:37:38.70</b>	<b>08:37:38.70</b>	+01:37:49 (18.9%)	7:57	7.5 (80.6%)
9	STOLIŃSKI Przemek	230		M40	9	02:27:17	04:50:49	05:52:03	07:37:22	<b>08:39:42.50</b>	<b>08:39:42.50</b>	+01:39:53 (19.2%)	7:59	7.5 (80.6%)
10	STELMACH Damian	300	GÓRAL Z MAZUR RUNNING TEAM	M40	10	02:13:13	04:33:14	05:45:00	07:39:35	<b>08:45:49.20</b>	<b>08:45:49.20</b>	+01:45:59 (20.2%)	8:05	7.4 (79.6%)
11	WAŃKOWICZ Adrian	262		M40	11	02:32:06	05:10:26	06:12:15	07:58:37	<b>09:02:07.55</b>	<b>09:02:07.55</b>	+02:02:18 (22.6%)	8:20	7.2 (77.4%)
12	BARAN Bernard	239	OCR TEAM DĘBICA	M40	12		05:03:12	06:10:04	07:57:08	<b>09:05:09.20</b>	<b>09:05:09.20</b>	+02:05:19 (23.0%)	8:23	7.2 (77.4%)
13	STARZYK Sebastian	279	OCR TEAM DĘBICA	M40	13	02:27:01	05:09:57	06:11:37	07:56:53	<b>09:05:09.35</b>	<b>09:05:09.35</b>	+02:05:19 (23.0%)	8:23	7.2 (77.4%)
14	WOCHOWSKI Tomasz	235		M40	14	02:24:45	05:06:20	06:12:47	08:06:17	<b>09:05:52.30</b>	<b>09:05:52.30</b>	+02:06:02 (23.1%)	8:23	7.1 (76.3%)
15	BANIAK Eryk	213		M40	15		05:14:18	06:23:09	08:10:42	<b>09:08:32.70</b>	<b>09:08:32.70</b>	+02:08:43 (23.5%)	8:26	7.1 (76.3%)

Place	Participant	Number	Club	Category	MCat	PK				Net time 65km	Czas brutto 65km	Gap	Pace min/km	Pace km/h
						Polańczyk 21km	Górzanka 35km	Łopienka 47km	Nadleśnictwo Cisna 58km					
16	<b>BILCZEWSKI Michał</b>	<b>211</b>	KĘCKIE HARPAGANY	M40	16	02:48:11	05:32:31	06:38:05	08:24:00	<b>09:30:54.75</b>	<b>09:30:54.75</b>	+02:31:05 (26.5%)	8:46	6.8 (73.1%)
17	<b>MOSIO Grzegorz</b>	<b>245</b>		M40	17	02:29:27	05:23:20	06:39:24	08:40:13	<b>09:46:36.30</b>	<b>09:46:36.30</b>	+02:46:46 (28.4%)	9:01	6.6 (71.0%)
18	<b>PITEK Tomek</b>	<b>257</b>	42K PRO TEAM	M40	18	02:35:08	05:31:32	06:45:28	08:45:10	<b>09:52:15.70</b>	<b>09:52:15.70</b>	+02:52:26 (29.1%)	9:06	6.6 (71.0%)
19	<b>JAWORSKI Hubert</b>	<b>275</b>	VEGE RUNNERS	M40	19	02:32:35	05:14:13	06:39:52	08:45:08	<b>10:14:54.70</b>	<b>10:14:54.70</b>	+03:15:05 (31.7%)	9:27	6.3 (67.7%)
20	<b>PIĘKOSZ Wojciech</b>	<b>305</b>	PGE ENERGETIC RUNNING/PODIUM	M40	20	02:53:15	05:55:16	07:14:27	09:21:03	<b>10:33:18.35</b>	<b>10:33:18.35</b>	+03:33:28 (33.7%)	9:44	6.2 (66.7%)
21	<b>MORAWSKI Grzegorz</b>	<b>302</b>		M40	21	02:43:42	05:41:57	07:03:25	09:25:26	<b>10:40:21.00</b>	<b>10:40:21.00</b>	+03:40:31 (34.4%)	9:51	6.1 (65.6%)
22	<b>BUDNICKI Andrzej</b>	<b>274</b>		M40	22	03:03:48	06:11:38	07:31:07	09:39:02	<b>10:53:40.05</b>	<b>10:53:40.05</b>	+03:53:50 (35.8%)	10:03	6 (64.5%)
23	<b>MILA Marcei</b>	<b>203</b>		M40	23	03:13:00	06:21:20	07:40:15	09:42:48	<b>10:55:34.70</b>	<b>10:55:34.70</b>	+03:55:45 (36.0%)	10:05	5.9 (63.4%)
24	<b>JANUSZ Grzegorz</b>	<b>207</b>	UMCS BIEGA/ ROBERT MROZEK TRI TEAM	M40	24	02:59:43	06:06:27	07:24:59	09:36:17	<b>10:59:44.95</b>	<b>10:59:44.95</b>	+03:59:55 (36.4%)	10:08	5.9 (63.4%)
25	<b>MIKOŁAJCZYK Mariusz</b>	<b>266</b>	ULTRA KSP	M40	25	02:59:30	06:08:59	07:29:09	09:34:51	<b>11:02:04.80</b>	<b>11:02:04.80</b>	+04:02:15 (36.6%)	10:11	5.9 (63.4%)
26	<b>MAKOWSKI Łukasz</b>	<b>298</b>		M40	26	03:02:27	06:16:12	07:42:57	09:50:09	<b>11:07:14.75</b>	<b>11:07:14.75</b>	+04:07:25 (37.1%)	10:15	5.8 (62.4%)
27	<b>SMERECKI Maciej</b>	<b>231</b>	POSMAKUJ RUN TEAM	M40	27	02:54:14	05:59:33	07:29:57	09:45:08	<b>11:08:51.35</b>	<b>11:08:51.35</b>	+04:09:01 (37.2%)	10:17	5.8 (62.4%)
28	<b>ŁUSZCZ Paweł</b>	<b>218</b>	GAMONIUSZ	M40	28	03:02:07	06:11:28	07:49:15	10:01:36	<b>11:39:59.65</b>	<b>11:39:59.65</b>	+04:40:10 (40.0%)	10:46	5.6 (60.2%)
29	<b>JEDYNAK Marcin</b>	<b>246</b>	GAMONIUSZE	M40	29	03:02:09	06:15:28	07:49:03	10:08:54	<b>11:49:14.35</b>	<b>11:49:14.35</b>	+04:49:24 (40.8%)	10:54	5.5 (59.1%)
30	<b>KRAWCZYK Jakub</b>	<b>263</b>		M40	30	03:16:33		08:18:51	10:45:54	<b>12:23:42.60</b>	<b>12:23:42.60</b>	+05:23:53 (43.5%)	11:26	5.2 (55.9%)
31	<b>GWOŹDZIEWICZ Tomasz</b>	<b>265</b>		M40	31	03:16:04		08:37:40	10:55:58	<b>12:25:30.55</b>	<b>12:25:30.55</b>	+05:25:41 (43.7%)	11:28	5.2 (55.9%)
32	<b>JANASZ Rafał</b>	<b>268</b>	NBRC	M40	32	02:51:12		08:33:24	10:59:46	<b>12:27:36.05</b>	<b>12:27:36.05</b>	+05:27:46 (43.8%)	11:30	5.2 (55.9%)
33	<b>KRÓL Michał</b>	<b>284</b>	ULTRA KSP	M40	33	03:39:38	07:13:58	08:47:40	11:13:23	<b>12:30:58.30</b>	<b>12:30:58.30</b>	+05:31:08 (44.1%)	11:33	5.2 (55.9%)
34	<b>GORGOL Tomasz</b>	<b>240</b>	LP500	M40	34	03:11:42		08:16:20	10:55:39	<b>12:32:51.15</b>	<b>12:32:51.15</b>	+05:33:01 (44.2%)	11:34	5.2 (55.9%)
35	<b>MEŁNICKI Kamil</b>	<b>247</b>	DARKNESS.RUN	M40	35	02:59:57	06:30:07	08:25:32	11:19:42	<b>12:53:47.60</b>	<b>12:53:47.60</b>	+05:53:58 (45.7%)	11:54	5 (53.8%)
36	<b>WÓJTOWICZ Paweł</b>	<b>234</b>	AKM PROMILEK	M40	36	03:57:10	08:01:50	09:42:29	12:24:55	<b>14:00:25.00</b>	<b>14:00:25.00</b>	+07:00:35 (50.0%)	12:55	4.6 (49.5%)
	<b>KUŚMIERZAK Piotr</b>	<b>233</b>	PRZEDWOJEWSKI TEAM	M40		02:23:04 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>CHODOROWSKI Arkadiusz</b>	<b>267</b>	ULTRA KSP	M40		03:40:00 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Place	Participant	Number	Club	Category	MCat	PK	PK	PK	PK	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
						Polańczyk 21km	Górzanka 35km	Łopienka 47km	Nadleśnictwo Cisna 58km					
	<b>ZEGARMISTRZ Grzegorz</b>	<b>256</b>		M40		DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Total 39 results.