



# NIEZNISZCZALNY RARÓG | 65KM

B4SPORT

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

**Event:** III Ultra-Bies  
**Organiser:** Fundacja Ultra-Bies  
**Date:** 2024-05-10  
**Place:** Dożyca  
**Distance:** 65 km

Classification: M40

Place	Participant	Number	Club	Category	MCat	PK Polańczyk 22km	PK Nadleśnictwo Cisna 60km	Net time 67km	Czas brutto 67km	Gap	Pace min/km	Pace km/h
1	<b>ŚWIĘTOŃ Grzegorz</b>	<b>274</b>	ZABIEGANY WOŁOMIN / ULTRAMARZENIE	M40	1	02:05:32	06:34:16	<b>07:21:01.00</b>	<b>07:21:01.00</b>		6:34	9.1 (100%)
2	<b>MALEC Artur</b>	<b>235</b>	TRAIL IS OUR WAY	M40	2	02:13:19	06:39:59	<b>07:29:33.50</b>	<b>07:29:33.50</b>	+00:08:32 (1.9%)	6:42	8.9 (97.8%)
3	<b>ŚWIĄTEK Paweł</b>	<b>257</b>	HRW	M40	3	02:13:13	06:51:19	<b>07:44:42.20</b>	<b>07:44:42.20</b>	+00:23:41 (5.1%)	6:56	8.7 (95.6%)
4	<b>KLIMEK Przemysław</b>	<b>246</b>		M40	4	02:20:42	07:14:18	<b>08:10:30.50</b>	<b>08:10:30.50</b>	+00:49:29 (10.1%)	7:19	8.2 (90.1%)
5	<b>BANASIK Krzysztof</b>	<b>213</b>	KB ATHLETIC ZRĘCIN	M40	5	02:13:47	07:15:15	<b>08:14:12.65</b>	<b>08:14:12.65</b>	+00:53:11 (10.8%)	7:22	8.1 (89.0%)
6	<b>SEVASTSYANAU Sjarhei</b>	<b>269</b>	WOLNA BIALORUS	M40	6	02:27:28	07:23:54	<b>08:23:14.15</b>	<b>08:23:14.15</b>	+01:02:13 (12.4%)	7:30	8 (87.9%)
7	<b>PIERZ Sławomir</b>	<b>240</b>		M40	7	02:24:48	07:23:23	<b>08:24:03.35</b>	<b>08:24:03.35</b>	+01:03:02 (12.5%)	7:31	8 (87.9%)
8	<b>HAŁGAS Sławomir</b>	<b>203</b>	MARELLI	M40	8	02:27:42	07:25:50	<b>08:30:20.80</b>	<b>08:30:20.80</b>	+01:09:19 (13.6%)	7:37	7.9 (86.8%)
9	<b>HAMUDA Jakub</b>	<b>251</b>	BOCHNIA BIEGA TEAM	M40	9	02:31:11	07:34:36	<b>08:31:12.15</b>	<b>08:31:12.15</b>	+01:10:11 (13.7%)	7:37	7.9 (86.8%)
10	<b>PIETRYSZYN Mariusz</b>	<b>204</b>	TRAIL IS OUR WAY TEAM	M40	10	02:15:09	07:37:57	<b>08:32:02.05</b>	<b>08:32:02.05</b>	+01:11:01 (13.9%)	7:38	7.9 (86.8%)
11	<b>GRZYWIŃSKI Bartosz</b>	<b>201</b>	RAMIRENT	M40	11	02:24:59	07:48:18	<b>08:52:50.15</b>	<b>08:52:50.15</b>	+01:31:49 (17.2%)	7:57	7.5 (82.4%)
12	<b>WAŃKOWICZ Adrian</b>	<b>226</b>		M40	12	02:34:47	08:13:18	<b>09:13:51.55</b>	<b>09:13:51.55</b>	+01:52:50 (20.4%)	8:15	7.3 (80.2%)
13	<b>KOSCIELNY Piotr</b>	<b>268</b>	36RUNS	M40	13	02:35:32	08:10:30	<b>09:14:01.75</b>	<b>09:14:01.75</b>	+01:53:00 (20.4%)	8:16	7.3 (80.2%)
14	<b>SIEŃKO Łukasz</b>	<b>275</b>	AKTYWNY DYNÓW	M40	14	02:37:03	08:12:06	<b>09:16:30.65</b>	<b>09:16:30.65</b>	+01:55:29 (20.8%)	8:18	7.2 (79.1%)
15	<b>MOSIO Grzegorz</b>	<b>252</b>		M40	15	02:30:04	08:26:42	<b>09:34:43.35</b>	<b>09:34:43.35</b>	+02:13:42 (23.3%)	8:34	7 (76.9%)

Place	Participant	Number	Club	Category	MCat	PK Polańczyk 22km	PK Nadleśnictwo Cisna 60km	Net time 67km	Czas brutto 67km	Gap	Pace min/km	Pace km/h
16	<b>WIĘCEK Przemysław</b>	<b>277</b>	KOZICE GÓRSKIE TEAM	M40	16	02:35:11	08:29:27	<b>09:35:35.30</b>	<b>09:35:35.30</b>	+02:14:34 (23.4%)	8:35	7 (76.9%)
17	<b>KUŁAK Przemysław</b>	<b>239</b>		M40	17	02:34:49	08:28:00	<b>09:39:23.75</b>	<b>09:39:23.75</b>	+02:18:22 (23.9%)	8:38	6.9 (75.8%)
18	<b>MILIAN Kamil</b>	<b>210</b>	FORZA TYCHY	M40	18	02:35:52	08:40:01	<b>09:46:34.65</b>	<b>09:46:34.65</b>	+02:25:33 (24.8%)	8:45	6.9 (75.8%)
19	<b>WYJATEK Wojciech</b>	<b>282</b>		M40	19	02:43:53	08:37:04	<b>09:51:14.80</b>	<b>09:51:14.80</b>	+02:30:13 (25.4%)	8:49	6.8 (74.7%)
20	<b>JANUSZ Grzegorz</b>	<b>202</b>	UMCS BIEGA	M40	20	02:53:48	09:01:13	<b>10:14:27.45</b>	<b>10:14:27.45</b>	+02:53:26 (28.2%)	9:10	6.5 (71.4%)
21	<b>MORAWSKI Grzegorz</b>	<b>291</b>		M40	21	02:47:30	09:12:55	<b>10:20:28.85</b>	<b>10:20:28.85</b>	+02:59:27 (28.9%)	9:15	6.5 (71.4%)
22	<b>PASEK Mirosław</b>	<b>288</b>	RUNNING CRAZY STRIPES	M40	22	02:49:25	09:12:01	<b>10:22:35.30</b>	<b>10:22:35.30</b>	+03:01:34 (29.2%)	9:17	6.5 (71.4%)
23	<b>KRAWCZYK Jakub</b>	<b>200</b>		M40	23	03:00:26	09:16:42	<b>10:26:54.50</b>	<b>10:26:54.50</b>	+03:05:53 (29.7%)	9:21	6.4 (70.3%)
24	<b>LUTY Paweł</b>	<b>279</b>		M40	24	02:36:46	09:28:23	<b>10:55:26.95</b>	<b>10:55:26.95</b>	+03:34:25 (32.7%)	9:46	6.1 (67.0%)
25	<b>KOPER Dariusz</b>	<b>216</b>		M40	25	02:49:38	09:45:30	<b>11:01:25.10</b>	<b>11:01:25.10</b>	+03:40:24 (33.3%)	9:52	6.1 (67.0%)
26	<b>KOPYRA Tomasz</b>	<b>265</b>	#BIEGAMWOLNOALEDOKŁADNIE	M40	26	03:14:31	10:05:28	<b>11:31:23.05</b>	<b>11:31:23.05</b>	+04:10:22 (36.2%)	10:19	5.8 (63.7%)
27	<b>CHROMIK Krzysztof</b>	<b>215</b>		M40	27	02:56:27	10:22:53	<b>11:48:42.15</b>	<b>11:48:42.15</b>	+04:27:41 (37.8%)	10:34	5.7 (62.6%)
28	<b>KAPRAL Adam</b>	<b>207</b>	DWERNIK KAMIEŃ TRAIL	M40	28	03:10:44	10:41:02	<b>12:14:26.05</b>	<b>12:14:26.05</b>	+04:53:25 (40.0%)	10:57	5.5 (60.4%)
29	<b>KABULSKI Tomasz</b>	<b>238</b>	AUTO VASHKA	M40	29	03:00:18	11:05:46	<b>12:57:24.05</b>	<b>12:57:24.05</b>	+05:36:23 (43.3%)	11:36	5.2 (57.1%)
	<b>ANTONIUK Robert</b>	<b>209</b>		M40		03:06:50 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Total 30 results.