

# PRZEBIEGŁY LESZY | 10 KM

B4SPORT

**Wydarzenie:** Ultra-Bies 2022  
**Organizator:** Fundacja Ultra-Bies  
**Data:** 2022-05-06  
**Miejsce:** Dołżyca  
**Dystans:** 10 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>ŚWIERAD Krystian</b>	<b>16</b>		Senior I M 18-29	1	<b>00:55:59.00</b>	<b>00:56:00.00</b>		5:35	10.7 (100%)
2	<b>JAKUBIK Marcin</b>	<b>53</b>	MKS HALICZ PSG KROŚCIENKO	Senior II M 30-39	1	<b>00:56:35.60</b>	<b>00:56:37.80</b>	+00:00:37 (1.1%)	5:39	10.6 (99.1%)
3	<b>BIESZCZAD Mateusz</b>	<b>97</b>	WIPMEB KROSNO	Senior II M 30-39	2	<b>00:56:46.65</b>	<b>00:56:48.45</b>	+00:00:48 (1.4%)	5:40	10.6 (99.1%)
4	<b>GURGUL Sebastian</b>	<b>458</b>	AROMAT NÓG	Masters M 40-49	1	<b>00:58:34.65</b>	<b>00:58:36.10</b>	+00:02:36 (4.4%)	5:51	10.2 (95.3%)
5	<b>GRYGIEL Marek</b>	<b>726</b>	JACEKBIEGA RUNNING TEAM	Masters M 40-49	2	<b>01:01:24.15</b>	<b>01:01:27.00</b>	+00:05:27 (8.9%)	6:08	9.8 (91.6%)
6	<b>SWORSKI Roman</b>	<b>17</b>	TRENUJSKUTECZNIE.COM / VEGAN / VEGE RUNNERS	Senior II M 30-39	3	<b>01:01:53.15</b>	<b>01:01:54.90</b>	+00:05:54 (9.6%)	6:11	9.7 (90.7%)
7	<b>ZIĘBA Mateusz</b>	<b>671</b>		Senior II M 30-39	4	<b>01:02:29.55</b>	<b>01:02:37.80</b>	+00:06:37 (10.6%)	6:14	9.6 (89.7%)
8	<b>JACHIMOWSKI Jarosław</b>	<b>45</b>	POZYTYWNIIE ZABIEGANI SANOK	Senior II M 30-39	5	<b>01:04:09.85</b>	<b>01:04:11.80</b>	+00:08:11 (12.8%)	6:24	9.4 (87.9%)
9	<b>KAPUSTA-SZYDŁAK Sylwia</b>	<b>106</b>		Masters K 40-49	1	<b>01:04:13.40</b>	<b>01:04:15.70</b>	+00:08:15 (12.9%)	6:25	9.3 (86.9%)
10	<b>SABAT Sebastian</b>	<b>21</b>		Senior I M 18-29	2	<b>01:04:21.80</b>	<b>01:04:24.20</b>	+00:08:24 (13.0%)	6:26	9.3 (86.9%)
11	<b>CICHY Krzysztof</b>	<b>18</b>	GÓRAL Z MAZUR RUNNING TEAM	Weteran I M 50-59	1	<b>01:07:20.80</b>	<b>01:07:24.95</b>	+00:11:24 (16.9%)	6:44	8.9 (83.2%)
12	<b>KAWIAK Marek</b>	<b>30</b>		Masters M 40-49	3	<b>01:09:00.15</b>	<b>01:09:05.00</b>	+00:13:05 (18.9%)	6:54	8.7 (81.3%)
13	<b>GAŁUSZKA Tomasz</b>	<b>78</b>	SKITUROWE BIESZCZADY	Masters M 40-49	4	<b>01:10:58.75</b>	<b>01:11:01.90</b>	+00:15:01 (21.2%)	7:05	8.5 (79.4%)
14	<b>HOŁOWATY Renia</b>	<b>87</b>		Senior II K 30-39	1	<b>01:12:35.80</b>	<b>01:12:41.45</b>	+00:16:41 (23.0%)	7:15	8.3 (77.6%)
15	<b>BRODA Sławomir</b>	<b>105</b>		Masters M 40-49	5	<b>01:13:40.80</b>	<b>01:13:52.95</b>	+00:17:52 (24.2%)	7:22	8.1 (75.7%)
16	<b>JADCZAK Monika</b>	<b>88</b>	DASHRADE/ ALE TEAM	Senior I K 18-29	1	<b>01:14:19.20</b>	<b>01:14:23.70</b>	+00:18:23 (24.7%)	7:25	8.1 (75.7%)
17	<b>PRUS Tomasz</b>	<b>52</b>		Masters M 40-49	6	<b>01:14:26.35</b>	<b>01:14:33.00</b>	+00:18:33 (24.9%)	7:26	8.1 (75.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
18	WIKTOROWICZ Joanna	26		Senior II K 30-39	2	01:15:16.75	01:15:21.00	+00:19:21 (25.7%)	7:31	8 (74.8%)
19	KLAMUT Natalia	626	KS KANDAHAR	Senior II K 30-39	3	01:15:35.95	01:15:39.30	+00:19:39 (26.0%)	7:33	7.9 (73.8%)
20	WOŹNIAK Janusz	24	PORMAT JEDLICZE BIEGA	Weteran I M 50-59	2	01:15:40.80	01:15:45.85	+00:19:45 (26.1%)	7:34	7.9 (73.8%)
21	GÓRNA-CICHOŃ Monika	72	NIEPOŁOMICE BIEGAJĄ	Masters K 40-49	2	01:17:33.50	01:17:36.00	+00:21:36 (27.8%)	7:45	7.7 (72.0%)
22	DELMACZYŃSKI Sebastian	76		Senior II M 30-39	6	01:18:19.25	01:18:37.40	+00:22:37 (28.8%)	7:49	7.7 (72.0%)
23	STASZKIEWICZ Sebastian	630		Senior I M 18-29	3	01:20:07.40	01:20:12.55	+00:24:12 (30.2%)	8:00	7.5 (70.1%)
24	ZIEMLIŃSKI Szymon	92	ŁAPIE SARNY	Senior I M 18-29	4	01:20:11.75	01:20:16.40	+00:24:16 (30.2%)	8:01	7.5 (70.1%)
25	PADO Marcelo	61		Senior I M 18-29	5	01:20:21.75	01:20:28.40	+00:24:28 (30.4%)	8:02	7.5 (70.1%)
26	ZIMPOCH Łukasz	14		Masters M 40-49	7	01:20:25.45	01:20:33.20	+00:24:33 (30.5%)	8:02	7.5 (70.1%)
27	BIESZCZAD Regina	71	KB ATHLETIC ZRĘCIN	Senior I K 18-29	2	01:20:57.95	01:21:00.85	+00:25:00 (30.9%)	8:05	7.4 (69.2%)
28	PADO Michał	74	BIESZCZADZKAWATAHAMTB RZEPEDŹ	Senior II M 30-39	7	01:20:56.15	01:21:02.25	+00:25:02 (30.9%)	8:05	7.4 (69.2%)
29	MAKOWSKA Maja	86		Senior II K 30-39	4	01:20:57.50	01:21:06.55	+00:25:06 (31.0%)	8:05	7.4 (69.2%)
30	OCHYRA Krzysztof	100		Weteran I M 50-59	3	01:22:34.15	01:22:40.80	+00:26:40 (32.3%)	8:15	7.3 (68.2%)
31	TROJNAR Daniel	49		Senior II M 30-39	8	01:24:20.10	01:24:27.35	+00:28:27 (33.7%)	8:26	7.1 (66.4%)
32	WASILEWSKI Tomasz	236	AROMAT NÓG	Masters M 40-49	8	01:24:46.55	01:24:50.00	+00:28:50 (34.0%)	8:28	7.1 (66.4%)
33	CYPARSKI Artur	81		Masters M 40-49	9	01:25:23.80	01:25:30.00	+00:29:30 (34.5%)	8:32	7 (65.4%)
34	WYBRANIEC Robert	75		Senior II M 30-39	9	01:25:51.25	01:26:07.65	+00:30:07 (35.0%)	8:35	7 (65.4%)
35	DUDEK Arkadiusz	73		Weteran I M 50-59	4	01:26:22.85	01:26:28.75	+00:30:28 (35.2%)	8:38	6.9 (64.5%)
36	BALCEROWSKI Rafał	32		Masters M 40-49	10	01:26:56.90	01:27:08.30	+00:31:08 (35.7%)	8:41	6.9 (64.5%)
37	OCHYRA Karolina	99		Senior I K 18-29	3	01:27:19.90	01:27:27.00	+00:31:27 (36.0%)	8:43	6.9 (64.5%)
38	DRYL Radosław	79		Masters M 40-49	11	01:27:23.40	01:27:32.05	+00:31:32 (36.0%)	8:44	6.9 (64.5%)
39	PAWLAK Patryk	77		Senior II M 30-39	10	01:28:23.35	01:28:38.40	+00:32:38 (36.8%)	8:50	6.8 (63.6%)
40	PODOLAK Zbigniew	36		Weteran II M 60-69	1	01:28:47.00	01:28:51.35	+00:32:51 (37.0%)	8:52	6.8 (63.6%)

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41	<b>ŁAWROWSKI Adolf</b>	<b>83</b>	KS HARPAGAN	Weteran II M 60-69	2	<b>01:28:58.65</b>	<b>01:29:11.35</b>	+00:33:11 (37.2%)	8:53	6.7 (62.6%)
42	<b>WODYK Mateusz</b>	<b>82</b>	IRRACJONALNIE MASZERUJĄCY	Senior II M 30-39	11	<b>01:31:27.50</b>	<b>01:31:33.40</b>	+00:35:33 (38.8%)	9:08	6.6 (61.7%)
43	<b>KURASADOWICZ Filip</b>	<b>37</b>		Senior I M 18-29	6	<b>01:31:24.55</b>	<b>01:31:35.05</b>	+00:35:35 (38.9%)	9:08	6.6 (61.7%)
44	<b>FOKCZYNSKA Anna</b>	<b>90</b>		Senior II K 30-39	5	<b>01:31:35.85</b>	<b>01:31:47.75</b>	+00:35:47 (39.0%)	9:09	6.6 (61.7%)
45	<b>GRAL Piotr</b>	<b>104</b>	WŁÓCZYMORDY	Senior II M 30-39	12	<b>01:32:54.20</b>	<b>01:33:04.80</b>	+00:37:04 (39.8%)	9:17	6.5 (60.7%)
46	<b>PODOLAK Agnieszka</b>	<b>20</b>	PIĘKNE I BRODACZE	Senior II K 30-39	6	<b>01:33:12.65</b>	<b>01:33:17.65</b>	+00:37:17 (40.0%)	9:19	6.4 (59.8%)
47	<b>BRATKO-SETKOWICZ Alina</b>	<b>39</b>		Senior II K 30-39	7	<b>01:33:09.00</b>	<b>01:33:19.00</b>	+00:37:19 (40.0%)	9:18	6.4 (59.8%)
48	<b>GILAS Szymon</b>	<b>91</b>	CHEŁM BIEGA	Masters M 40-49	12	<b>01:33:52.40</b>	<b>01:34:09.00</b>	+00:38:09 (40.5%)	9:23	6.4 (59.8%)
49	<b>KOWALCZYK-BEDNARCZYK Joanna</b>	<b>96</b>	TEAM ONRUNNING	Masters K 40-49	3	<b>01:34:46.05</b>	<b>01:34:54.70</b>	+00:38:54 (41.0%)	9:28	6.3 (58.9%)
50	<b>PISZCZ Dariusz</b>	<b>102</b>		Masters M 40-49	13	<b>01:37:17.40</b>	<b>01:37:32.15</b>	+00:41:32 (42.6%)	9:43	6.2 (57.9%)
51	<b>WIERZBICKA Ewa</b>	<b>10</b>		Weteran I K 50-59	1	<b>01:37:29.05</b>	<b>01:37:32.95</b>	+00:41:32 (42.6%)	9:44	6.2 (57.9%)
52	<b>BARAŃSKI Przemysław</b>	<b>65</b>		Senior II M 30-39	13	<b>01:38:38.50</b>	<b>01:38:45.00</b>	+00:42:45 (43.3%)	9:51	6.1 (57.0%)
53	<b>MAZUR Grzegorz Mazur</b>	<b>101</b>		Senior II M 30-39	14	<b>01:38:58.00</b>	<b>01:39:20.10</b>	+00:43:20 (43.6%)	9:53	6.1 (57.0%)
54	<b>WIATROWICZ Barbara</b>	<b>69</b>	STALOWOWOLSKI KLUB BIEGACZA	Weteran II K 60-69	1	<b>01:39:25.30</b>	<b>01:39:33.40</b>	+00:43:33 (43.8%)	9:56	6 (56.1%)
55	<b>BOBYK Paweł</b>	<b>44</b>		Masters M 40-49	14	<b>01:39:27.15</b>	<b>01:39:34.70</b>	+00:43:34 (43.8%)	9:56	6 (56.1%)
56	<b>GAŁKA Krzysztof</b>	<b>40</b>		Senior II M 30-39	15	<b>01:39:47.55</b>	<b>01:39:56.10</b>	+00:43:56 (44.0%)	9:58	6 (56.1%)
57	<b>GRAL Katarzyna</b>	<b>70</b>	WŁÓCZYMORDY	Weteran I K 50-59	2	<b>01:40:22.70</b>	<b>01:40:32.55</b>	+00:44:32 (44.3%)	10:02	6 (56.1%)
58	<b>BEMBNISTA Ola</b>	<b>103</b>	WŁÓCZYMORDY	Masters K 40-49	4	<b>01:41:09.10</b>	<b>01:41:19.10</b>	+00:45:19 (44.7%)	10:06	5.9 (55.1%)
59	<b>WIŚNIEWSKI Robert</b>	<b>55</b>		Senior I M 18-29	7	<b>01:41:30.40</b>	<b>01:41:44.85</b>	+00:45:44 (45.0%)	10:09	5.9 (55.1%)
60	<b>SZANIAWSKI Krystian</b>	<b>3</b>		Masters M 40-49	15	<b>01:42:03.10</b>	<b>01:42:22.05</b>	+00:46:22 (45.3%)	10:12	5.9 (55.1%)
61	<b>LORENC Monika</b>	<b>1</b>		Senior II K 30-39	8	<b>01:42:03.60</b>	<b>01:42:22.55</b>	+00:46:22 (45.3%)	10:12	5.9 (55.1%)
62	<b>WYSOCKI Marek</b>	<b>60</b>		Masters M 40-49	16	<b>01:42:09.10</b>	<b>01:42:23.00</b>	+00:46:23 (45.3%)	10:12	5.9 (55.1%)
63	<b>MATEJA Maciej</b>	<b>25</b>		Masters M 40-49	17	<b>01:47:29.50</b>	<b>01:47:35.20</b>	+00:51:35 (47.9%)	10:44	5.6 (52.3%)

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64	<b>SALA Anna</b>	<b>31</b>		Senior II K 30-39	9	<b>01:47:56.50</b>	<b>01:48:08.10</b>	+00:52:08 (48.2%)	10:47	5.6 (52.3%)
65	<b>WIŚNIEWSKI Konrad</b>	<b>54</b>		Senior I M 18-29	8	<b>01:48:23.40</b>	<b>01:48:37.30</b>	+00:52:37 (48.4%)	10:50	5.5 (51.4%)
66	<b>NOWOSADZKA Beata</b>	<b>94</b>		Senior II K 30-39	10	<b>01:50:15.65</b>	<b>01:50:29.30</b>	+00:54:29 (49.3%)	11:01	5.4 (50.5%)
67	<b>LENAR Kamila</b>	<b>57</b>		Senior I K 18-29	4	<b>01:50:46.35</b>	<b>01:50:57.80</b>	+00:54:57 (49.5%)	11:04	5.4 (50.5%)
68	<b>WOŹNIAK Lidia</b>	<b>23</b>	PORMAT JEDLICZE BIEGA	Weteran I K 50-59	3	<b>01:52:36.45</b>	<b>01:52:42.15</b>	+00:56:42 (50.3%)	11:15	5.3 (49.5%)
69	<b>HULBOJ Marlena</b>	<b>48</b>	AKTYWNA NOWA RUDA	Senior II K 30-39	11	<b>01:52:39.00</b>	<b>01:52:43.65</b>	+00:56:43 (50.3%)	11:15	5.3 (49.5%)
70	<b>KOWSKA Monika</b>	<b>43</b>	RUNNING BLONDES TARNOBRZEG	Senior II K 30-39	12	<b>01:52:45.55</b>	<b>01:52:58.35</b>	+00:56:58 (50.4%)	11:16	5.3 (49.5%)
71	<b>MOCZYŃSKA Joanna</b>	<b>95</b>		Senior II K 30-39	13	<b>01:53:13.75</b>	<b>01:53:23.30</b>	+00:57:23 (50.6%)	11:19	5.3 (49.5%)
72	<b>DĄBROWSKA-ŚWIDER Danuta</b>	<b>50</b>		Weteran I K 50-59	4	<b>01:53:07.25</b>	<b>01:53:23.40</b>	+00:57:23 (50.6%)	11:18	5.3 (49.5%)
73	<b>WOROSZYŁO Monika</b>	<b>28</b>	RYKOWISKO TEAM	Masters K 40-49	5	<b>01:53:30.35</b>	<b>01:53:40.05</b>	+00:57:40 (50.7%)	11:21	5.3 (49.5%)
74	<b>BARAŃSKA Anna</b>	<b>66</b>		Senior II K 30-39	14	<b>01:53:45.15</b>	<b>01:53:51.55</b>	+00:57:51 (50.8%)	11:22	5.3 (49.5%)
75	<b>KWOLEK Wojciech</b>	<b>38</b>		Senior II M 30-39	16	<b>01:53:45.45</b>	<b>01:53:52.25</b>	+00:57:52 (50.8%)	11:22	5.3 (49.5%)
76	<b>BUKOWSKA Małgorzata</b>	<b>42</b>	RUNNING BLONDES	Weteran I K 50-59	5	<b>01:54:54.90</b>	<b>01:55:08.10</b>	+00:59:08 (51.4%)	11:29	5.2 (48.6%)
77	<b>WŁODARCZYK Grzegorz</b>	<b>5</b>	GANG ŚWIETLIKÓW	Senior II M 30-39	17	<b>01:59:29.25</b>	<b>01:59:39.90</b>	+01:03:39 (53.2%)	11:56	5 (46.7%)
78	<b>GODLEWSKA Anna</b>	<b>6</b>	GANG ŚWIETLIKÓW	Senior II K 30-39	15	<b>01:59:30.70</b>	<b>01:59:41.20</b>	+01:03:41 (53.2%)	11:57	5 (46.7%)
79	<b>GURGUL Dorota</b>	<b>46</b>	AROMAT NÓG	Masters K 40-49	6	<b>02:00:08.00</b>	<b>02:00:15.55</b>	+01:04:15 (53.4%)	12:00	5 (46.7%)
80	<b>WASILEWSKA Agnieszka</b>	<b>63</b>	AROMAT NÓG	Masters K 40-49	7	<b>02:00:16.55</b>	<b>02:00:24.40</b>	+01:04:24 (53.5%)	12:01	5 (46.7%)
81	<b>OPALA Joanna</b>	<b>67</b>	CROSSELITE	Masters K 40-49	8	<b>02:02:33.80</b>	<b>02:02:33.80</b>	+01:06:33 (54.3%)	12:15	4.9 (45.8%)
82	<b>DĘBIEC Paweł</b>	<b>68</b>	CROSSELITE	Senior II M 30-39	18	<b>02:02:34.45</b>	<b>02:02:34.45</b>	+01:06:34 (54.3%)	12:15	4.9 (45.8%)
83	<b>LENAR Nikola</b>	<b>56</b>		Senior I K 18-29	5	<b>02:05:21.80</b>	<b>02:05:32.95</b>	+01:09:32 (55.4%)	12:32	4.8 (44.9%)
84	<b>PLASKOTA Paulina</b>	<b>80</b>		Senior II K 30-39	16	<b>02:07:43.90</b>	<b>02:07:55.10</b>	+01:11:55 (56.2%)	12:46	4.7 (43.9%)
85	<b>ŚWIDER Paweł</b>	<b>51</b>		Weteran I M 50-59	5	<b>02:22:40.20</b>	<b>02:22:55.75</b>	+01:26:55 (60.8%)	14:16	4.2 (39.3%)
86	<b>KASPRZYK Katarzyna</b>	<b>85</b>		Senior I K 18-29	6	<b>02:28:45.80</b>	<b>02:29:03.00</b>	+01:33:03 (62.4%)	14:52	4 (37.4%)

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87	<b>CIELEPA Krzysztof</b>	<b>29</b>		Masters M 40-49	18	<b>02:41:22.00</b>	<b>02:41:35.35</b>	+01:45:35 (65.3%)	16:08	3.7 (34.6%)
88	<b>OBARA Maria</b>	<b>12</b>		Senior I K 18-29	7	<b>02:47:28.55</b>	<b>02:47:28.55</b>	+01:51:28 (66.6%)	16:44	3.6 (33.6%)
89	<b>MICHALSKI Dariusz</b>	<b>84</b>	ALFA TEAM GOSTYŃ	Weteran I M 50-59	6	<b>02:48:46.30</b>	<b>02:49:06.65</b>	+01:53:06 (66.9%)	16:52	3.6 (33.6%)

Znaleziono 89 wynik(ów)