



PRZEBIEGŁY LESZY | 10 KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie: III Ultra-Bies
Organizator: Fundacja Ultra-Bies
Data: 2024-05-10
Miejsce: Dożyca
Dystans: 10 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10.4km	Czas brutto 10.4km	Różn	Tempo min/km	Tempo km/h
1	LEŚNIAK Dawid	861	PURA VIDA TEAM	M30	1	00:52:29.80	00:52:29.80		5:02	11.9 (100%)
2	SZMIST Szymon	820	3 PBOT. /K.B ATHLETIC ZRĘCIN	M40	1	00:53:53.40	00:53:53.40	+00:01:23 (2.6%)	5:10	11.6 (97.5%)
3	PACHUT Jerzy	929	ASICS	M20	1	00:55:10.40	00:55:10.40	+00:02:40 (4.9%)	5:18	11.3 (95.0%)
4	STAŃCZYK Hubert	862	#R TEAM	M40	2	00:57:57.65	00:57:57.65	+00:05:27 (9.4%)	5:34	10.8 (90.8%)
5	KULIGA Sławomir	927	POSMAKUJ RUN TEAM	M30	2	00:58:25.05	00:58:25.05	+00:05:55 (10.1%)	5:37	10.7 (89.9%)
6	GRABOWIEC Arkadiusz	906	POWER TRAINING	M20	2	00:58:45.65	00:58:45.65	+00:06:15 (10.7%)	5:38	10.6 (89.1%)
7	STRZĘPEK Dariusz	824	PRZYJACIELE PUT - POGÓRZE ULTRA TRAIL	M30	3	00:58:51.85	00:58:51.85	+00:06:22 (10.8%)	5:39	10.6 (89.1%)
8	ŚWIERAD Krystian	908		M20	3	00:59:27.65	00:59:27.65	+00:06:57 (11.7%)	5:42	10.5 (88.2%)
9	NIEMCZAK Michał	802	PRZEWORSKA GRUPA BIEGOWA	M20	4	01:00:54.25	01:00:54.25	+00:08:24 (13.8%)	5:51	10.2 (85.7%)
10	MOTYKA Szymon	836		M20	5	01:01:28.80	01:01:28.80	+00:08:59 (14.6%)	5:54	10.2 (85.7%)
11	PEŁDIAK Mateusz	868	KB ATHLETIC ZRĘCIN / PAWKO RUNNER TEAM	M30	4	01:01:47.60	01:01:47.60	+00:09:17 (15.0%)	5:56	10.1 (84.9%)
12	STĘPNIAK Rafał	904	MARKOWI BIEGACZE	M40	3	01:02:49.95	01:02:49.95	+00:10:20 (16.4%)	6:02	9.9 (83.2%)
13	GÓRA Marek	858	MKS HALICZ	M40	4	01:02:50.90	01:02:50.90	+00:10:21 (16.5%)	6:02	9.9 (83.2%)
14	SKRZYSIŃSKI Gniewomir	918	INSTINCT TEAM	M40	5	01:02:55.75	01:02:55.75	+00:10:25 (16.6%)	6:02	9.9 (83.2%)
15	LIS-PASIONEK Małgorzata	880		K40	1	01:03:30.65	01:03:30.65	+00:11:00 (17.3%)	6:06	9.8 (82.4%)
16	HOŁOWATY Renata	847	SANOK BIEGA	K30	1	01:04:04.20	01:04:04.20	+00:11:34 (18.1%)	6:09	9.7 (81.5%)
17	ALEKSANDER Ostasiuk	934	FRANCUSKI BAGNET	M30	5	01:04:20.70	01:04:20.70	+00:11:50 (18.4%)	6:11	9.7 (81.5%)
18	LEŚ Michał	736	SANOK BIEGA	M30	6	01:05:02.00	01:05:02.00	+00:12:32 (19.3%)	6:15	9.6 (80.7%)
19	TELESZ Elzbieta	897		K30	2	01:05:33.85	01:05:33.85	+00:13:04 (19.9%)	6:18	9.5 (79.8%)
20	TKACZYK Michał	905	OBSTACLE CENTER TEAM	M20	6	01:06:16.35	01:06:16.35	+00:13:46 (20.8%)	6:22	9.4 (79.0%)
21	GAJECKI Kacper	875	TRZCINICA RUNNING TEAM	M20	7	01:06:18.90	01:06:18.90	+00:13:49 (20.8%)	6:22	9.4 (79.0%)
22	STACH Piotr	821		M20	8	01:06:46.30	01:06:46.30	+00:14:16 (21.4%)	6:25	9.3 (78.2%)
23	KLAMUT Natalia	895		K30	3	01:08:11.60	01:08:11.60	+00:15:41 (23.0%)	6:33	9.2 (77.3%)
24	JACHIMOWSKI Jarosław	735	SANOK BIEGA	M40	6	01:08:39.45	01:08:39.45	+00:16:09 (23.5%)	6:36	9.1 (76.5%)
25	BRODA Sławomir	873		M50	1	01:08:51.25	01:08:51.25	+00:16:21 (23.8%)	6:37	9.1 (76.5%)
26	BIENIEK Piotr	818	FRANCUSKI BAGNET	M30	7	01:08:53.20	01:08:53.20	+00:16:23 (23.8%)	6:37	9.1 (76.5%)
27	GOLONKA Dawid	810		M20	9	01:10:13.80	01:10:13.80	+00:17:44 (25.3%)	6:45	8.9 (74.8%)
28	GAŁUSZKA Tomasz	896	SKITUROWE BIESZCZADY	M40	7	01:10:16.90	01:10:16.90	+00:17:47 (25.3%)	6:45	8.9 (74.8%)
29	ZIĘBA Sabina	930	SZLACHTA BIEGA	K40	2	01:11:16.00	01:11:16.00	+00:18:46 (26.3%)	6:51	8.8 (73.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 10.4km	brutto 10.4km			
30	RACZYC Janusz	916	HIT THE TRAIL	M30	8	01:11:21.35	01:11:21.35	+00:18:51 (26.4%)	6:51	8.7 (73.1%)
31	NESTOROWICZ Maksymilian	846	MAM WYBIEGANE	M30	9	01:11:24.00	01:11:24.00	+00:18:54 (26.5%)	6:51	8.7 (73.1%)
32	ZATORSKA PLESKACZ Izabela	913	ALPIN SPORT TEAM	K60	1	01:12:14.85	01:12:14.85	+00:19:45 (27.3%)	6:56	8.6 (72.3%)
33	SADOWSKI Michał	907	POWER TRAINING	M30	10	01:12:30.00	01:12:30.00	+00:20:00 (27.6%)	6:58	8.6 (72.3%)
34	RYMUT Kamil	883	PORT LOTNICZY RZESZÓW-JASIONKA	M30	11	01:12:31.75	01:12:31.75	+00:20:01 (27.6%)	6:58	8.6 (72.3%)
35	DELMACZYŃSKI Sebastian	853	HOWDY HOWDY	M30	12	01:12:40.85	01:12:40.85	+00:20:11 (27.8%)	6:59	8.6 (72.3%)
36	KULIGA Katarzyna	926		K40	3	01:14:00.35	01:14:00.35	+00:21:30 (29.1%)	7:06	8.4 (70.6%)
37	WOŹNIAK Janusz	811	PORMAT JEDLICZE BIEGA	M60	1	01:14:37.35	01:14:37.35	+00:22:07 (29.7%)	7:10	8.4 (70.6%)
38	KASJANIUK Sławomir	826		M50	2	01:15:06.85	01:15:06.85	+00:22:37 (30.1%)	7:13	8.3 (69.7%)
39	MOSKOWICZ Stefan	871	PRZEMYSKI KLUB BIEGACZA	M60	2	01:16:01.25	01:16:01.25	+00:23:31 (30.9%)	7:18	8.2 (68.9%)
40	PANEK Michał	865	ITMBW KRAKÓW	M30	13	01:16:04.05	01:16:04.05	+00:23:34 (31.0%)	7:18	8.2 (68.9%)
41	NAWROT Bartłomiej	893	KAMIENIOŁOM	M30	14	01:16:41.50	01:16:41.50	+00:24:11 (31.5%)	7:22	8.1 (68.1%)
42	WOŹNIAK Grzegorz	874		M40	8	01:17:43.35	01:17:43.35	+00:25:13 (32.5%)	7:28	8 (67.2%)
43	SPORNIAK Krzysztof	925		M30	15	01:18:00.50	01:18:00.50	+00:25:30 (32.7%)	7:30	8 (67.2%)
44	CICHOŃ Sabina	834		K40	4	01:19:02.65	01:19:02.65	+00:26:32 (33.6%)	7:35	7.9 (66.4%)
45	MACIEJEWSKI Artur	842		M50	3	01:19:09.90	01:19:09.90	+00:26:40 (33.7%)	7:36	7.9 (66.4%)
46	PYZEL Przemysław	832	KB DROGA	M50	4	01:19:46.40	01:19:46.40	+00:27:16 (34.2%)	7:40	7.8 (65.5%)
47	PALCZAK Rafał	909	PASJONACI TRIATLONU	M50	5	01:20:11.15	01:20:11.15	+00:27:41 (34.5%)	7:42	7.8 (65.5%)
48	PIETROŃ Łukasz	911	OBSTACLE CENTER TEAM	M30	16	01:20:26.65	01:20:26.65	+00:27:56 (34.7%)	7:44	7.8 (65.5%)
49	SZEWCZYK Krzysztof	831	KB DROGA	M60	3	01:20:42.85	01:20:42.85	+00:28:13 (35.0%)	7:45	7.7 (64.7%)
50	LEŚNOWOLSKA Alicja	933		K50	1	01:21:02.50	01:21:02.50	+00:28:32 (35.2%)	7:47	7.7 (64.7%)
51	PADO Michał	872	MAMWYBIEGANE	M30	17	01:21:52.65	01:21:52.65	+00:29:22 (35.9%)	7:52	7.6 (63.9%)
52	WRÓBEL Bartłomiej	850	CISNA GÓRĄ	M40	9	01:22:33.00	01:22:33.00	+00:30:03 (36.4%)	7:56	7.6 (63.9%)
53	ZONTEK Paweł	856	PO JEDNYCH PINIĄDZACH	M50	6	01:23:01.75	01:23:01.75	+00:30:31 (36.8%)	7:58	7.5 (63.0%)
54	RYBA Krzysztof	885	PORT LOTNICZY RZESZÓW-JASIONKA	M20	10	01:23:40.70	01:23:40.70	+00:31:10 (37.3%)	8:02	7.5 (63.0%)
55	NIEMCZUK Robert	892		M40	10	01:24:05.00	01:24:05.00	+00:31:35 (37.6%)	8:05	7.4 (62.2%)
56	LEJMAN Adam	878		M50	7	01:24:28.35	01:24:28.35	+00:31:58 (37.9%)	8:07	7.4 (62.2%)
57	LEŃCZUK Andrzej	889		M50	8	01:25:46.55	01:25:46.55	+00:33:16 (38.8%)	8:14	7.3 (61.3%)
58	PODOLAK Zbigniew	869		M60	4	01:26:42.45	01:26:42.45	+00:34:12 (39.5%)	8:20	7.2 (60.5%)
59	WÓJTOWICZ Sławomir	822		M40	11	01:26:51.20	01:26:51.20	+00:34:21 (39.6%)	8:21	7.2 (60.5%)
60	KRZYŻEWSKI Roger	864		M30	18	01:27:58.15	01:27:58.15	+00:35:28 (40.3%)	8:27	7.1 (59.7%)
61	GANCARZ Barbara	819		K30	4	01:28:15.40	01:28:15.40	+00:35:45 (40.5%)	8:29	7.1 (59.7%)
62	BOBYK Paweł	898	SANOK BIEGA	M40	12	01:28:39.65	01:28:39.65	+00:36:09 (40.8%)	8:31	7 (58.8%)
63	POLAŃSKI Jan	825	FRANCUSKI BAGNET	M30	19	01:28:40.00	01:28:40.00	+00:36:10 (40.8%)	8:31	7 (58.8%)
64	TYPIAK Sylwia	912		K20	1	01:29:16.05	01:29:16.05	+00:36:46 (41.2%)	8:35	7 (58.8%)
65	CHLEBEK Wiktor	828		M30	20	01:29:22.00	01:29:35.00	+00:37:05 (41.4%)	8:35	7 (58.8%)
66	ADAMCZAK-CHLEBEK Natalia	827	CHLEBEK TEAM	K20	2	01:29:35.40	01:29:35.40	+00:37:05 (41.4%)	8:36	7 (58.8%)
67	SZKODA Krzysztof	860		M40	13	01:29:48.35	01:29:48.35	+00:37:18 (41.5%)	8:38	6.9 (58.0%)
68	PUSZCZYŃSKI Krzysztof	901		M40	14	01:30:06.80	01:30:06.80	+00:37:37 (41.7%)	8:39	6.9 (58.0%)
69	PASIONEK Bartłomiej	881		M40	15	01:31:31.55	01:31:31.55	+00:39:01 (42.6%)	8:47	6.8 (57.1%)
70	NOWICKA Izabela	830		K30	5	01:32:05.00	01:32:05.00	+00:39:35 (43.0%)	8:51	6.8 (57.1%)
71	HOLIK Iwona	891	STAJNIA BALONA	K40	5	01:32:22.30	01:32:22.30	+00:39:52 (43.2%)	8:52	6.8 (57.1%)
72	KOCAJ Piotr	879		M50	9	01:32:34.40	01:32:34.40	+00:40:04 (43.3%)	8:54	6.7 (56.3%)
73	RODZEŃ Daniel	921		M30	21	01:33:31.80	01:33:31.80	+00:41:02 (43.9%)	8:59	6.7 (56.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 10.4km	brutto 10.4km			
74	MAC Sławomir	919		M30	22	01:33:34.40	01:33:34.40	+00:41:04 (43.9%)	8:59	6.7 (56.3%)
75	RACHWALSKA Marzena	932		K40	6	01:34:46.90	01:34:46.90	+00:42:17 (44.6%)	9:06	6.6 (55.5%)
76	MAZEK Emilia	851	STOPKA PILAWA	K30	6	01:35:54.90	01:35:54.90	+00:43:25 (45.3%)	9:13	6.5 (54.6%)
77	ZARĘBA Jolanta	910		K50	2	01:36:06.05	01:36:06.05	+00:43:36 (45.4%)	9:14	6.5 (54.6%)
78	BRATKO-SETKOWICZ Alina	886		K30	7	01:36:06.85	01:36:06.85	+00:43:37 (45.4%)	9:14	6.5 (54.6%)
79	MUSIAŁ Paweł	920	SAMOTNY WILK	M40	16	01:36:49.45	01:36:49.45	+00:44:19 (45.8%)	9:18	6.4 (53.8%)
80	KUBICKA Martyna	900		K30	8	01:37:08.05	01:37:08.05	+00:44:38 (46.0%)	9:20	6.4 (53.8%)
81	POKRYWKA Stefan	839	OTK RZEŹNIK	M60	5	01:37:41.60	01:37:41.60	+00:45:11 (46.3%)	9:23	6.4 (53.8%)
82	KOPCZYK Katarzyna	917		K40	7	01:38:52.90	01:38:52.90	+00:46:23 (46.9%)	9:30	6.3 (52.9%)
83	KĄDZIELA Sylwia	884	PORT LOTNICZY RZESZÓW-JASIONKA	K30	9	01:38:53.75	01:38:53.75	+00:46:23 (46.9%)	9:30	6.3 (52.9%)
84	OSOWSKA Magdalena	809		K20	3	01:39:56.00	01:39:56.00	+00:47:26 (47.5%)	9:36	6.2 (52.1%)
85	BARTOŃ Halina	835		K20	4	01:40:08.45	01:40:08.45	+00:47:38 (47.6%)	9:37	6.2 (52.1%)
86	GOMUŁKIEWICZ-KRYSIAK Emilia	813		K30	10	01:40:12.20	01:40:12.20	+00:47:42 (47.6%)	9:38	6.2 (52.1%)
87	KOWSKA Monika	887	AKADEMIA EMKA SPORT	K30	11	01:40:15.05	01:40:15.05	+00:47:45 (47.6%)	9:38	6.2 (52.1%)
88	ŚWIĄTEK Łukasz	815		M30	23	01:40:18.70	01:40:18.70	+00:47:48 (47.7%)	9:38	6.2 (52.1%)
89	LITWA Łukasz	923	FOREVER TEAM	M40	17	01:40:32.80	01:40:32.80	+00:48:03 (47.8%)	9:40	6.2 (52.1%)
90	BAK LITWA Ewa	922	FOREVER TEAM	K40	8	01:40:33.10	01:40:33.10	+00:48:03 (47.8%)	9:40	6.2 (52.1%)
91	SITEK Jarosław	838		M30	24	01:43:23.05	01:43:23.05	+00:50:53 (49.2%)	9:56	6 (50.4%)
92	PIETRZAK Laura	852	STOPKA PILAWA	K30	12	01:43:23.15	01:43:23.15	+00:50:53 (49.2%)	9:56	6 (50.4%)
93	LENAR Kamila	849		K20	5	01:44:22.75	01:44:22.75	+00:51:52 (49.7%)	10:02	6 (50.4%)
94	FIEDORCZUK Łukasz	876	BIMBER RUNNING TEAM	M40	18	01:44:56.05	01:44:56.05	+00:52:26 (50.0%)	10:05	5.9 (49.6%)
95	KUTEK Piotr	888	AKADEMIA EMKA SPORT	M40	19	01:45:35.45	01:45:35.45	+00:53:05 (50.3%)	10:09	5.9 (49.6%)
96	JAKUBOWICZ CZACHUR Katarzyna	914	TEAMFLOREK	K50	3	01:45:55.30	01:45:55.30	+00:53:25 (50.4%)	10:11	5.9 (49.6%)
97	MAJORCZAK Sławomir	845		M40	20	01:46:43.30	01:46:43.30	+00:54:13 (50.8%)	10:15	5.8 (48.7%)
98	PISZCZ Dariusz	890		M50	10	01:46:57.50	01:46:57.50	+00:54:27 (50.9%)	10:17	5.8 (48.7%)
99	RUSIN Iga	840		K20	6	01:47:00.50	01:47:00.50	+00:54:30 (50.9%)	10:17	5.8 (48.7%)
100	BRATKO Zbigniew	807	69+	M60	6	01:50:51.35	01:50:51.35	+00:58:21 (52.6%)	10:39	5.6 (47.1%)
101	LEŃCZUK Grażyna	843		K50	4	01:51:16.15	01:51:16.15	+00:58:46 (52.8%)	10:41	5.6 (47.1%)
102	BALCEROWSKA Patrycja	857		K40	9	01:54:38.50	01:54:38.50	+01:02:08 (54.2%)	11:01	5.4 (45.4%)
103	KĘSICKA Katarzyna	844		K40	10	01:54:59.15	01:54:59.15	+01:02:29 (54.3%)	11:03	5.4 (45.4%)
104	DELEGIEWICZ Olga	804	OSTROBIEC	K40	11	01:55:10.80	01:55:10.80	+01:02:41 (54.4%)	11:04	5.4 (45.4%)
105	WŁODARCZYK Agnieszka	854	HOWDY HOWDY	K30	13	01:55:37.80	01:55:37.80	+01:03:08 (54.6%)	11:07	5.4 (45.4%)
106	DRUCIAK Jacek	863	PATATAJ	M40	21	02:03:47.45	02:03:47.45	+01:11:17 (57.6%)	11:54	5 (42.0%)
107	WOŹNIAK Lidia	812	PORMAT JEDLICZE BIEGA	K50	5	02:04:14.25	02:04:14.25	+01:11:44 (57.7%)	11:56	5 (42.0%)
108	GUCWA Aleksander	899		M20	11	02:07:46.00	02:07:46.00	+01:15:16 (58.9%)	12:17	4.9 (41.2%)
109	GUCWA Jarosław	800		M50	11	02:07:46.55	02:07:46.55	+01:15:16 (58.9%)	12:17	4.9 (41.2%)
110	BIBRO Daniel	915		M30	25	02:07:47.10	02:07:47.10	+01:15:17 (58.9%)	12:17	4.9 (41.2%)
111	LENAR Nikola	848		K30	14	02:09:21.10	02:09:21.10	+01:16:51 (59.4%)	12:26	4.8 (40.3%)
112	SMELA Damian	894		M20	12	02:09:21.40	02:09:21.40	+01:16:51 (59.4%)	12:26	4.8 (40.3%)
113	BORUCKI Piotr	928	OBSTACLE CENTER TEAM	M40	22	02:16:18.45	02:16:18.45	+01:23:48 (61.5%)	13:06	4.6 (38.7%)
114	WOJCIECHOWICZ-BRATKO Aldona	808		K60	2	02:17:06.30	02:17:06.30	+01:24:36 (61.7%)	13:10	4.6 (38.7%)
115	KOSTULSKA Olga	924	WKURW_TEAM	K30	15	02:18:30.30	02:18:30.30	+01:26:00 (62.1%)	13:19	4.5 (37.8%)
116	PIETRASZEK Ewa	806	KOBIETY WATAHY	K50	6	02:43:27.10	02:43:27.10	+01:50:57 (67.9%)	15:42	3.8 (31.9%)
117	SITARSKA Agnieszka	805	KOBIETY WATAHY	K40	12	02:43:27.30	02:43:27.30	+01:50:57 (67.9%)	15:42	3.8 (31.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10.4km	Czas brutto 10.4km	Różn	Tempo min/km	Tempo km/h
118	KOCZOT Paulina	931	NOWE ŻYCIE NOWY STYL	K40	13	02:50:59.10	02:50:59.10	+01:58:29 (69.3%)	16:26	3.6 (30.3%)
119	DZIECHCIARZ Gianni	829		M30	26			+00:00:11	233:20	0.3 (2.5%)

Znaleziono 119 wynik(ów)