



# PRZEBIEGŁY LESZY | 10 KM

B4SPORT

**B4SPORT**  
INTELEGENTNE ZAWODY SPORTOWE

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

Klasyfikacja: OPEN M

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	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%)
16	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%)
17	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%)
18	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%)
19	STACH Piotr	821		M20	8	01:06:46.30	01:06:46.30	+00:14:16 (21.4%)	6:25	9.3 (78.2%)
20	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%)
21	BRODA Sławomir	873		M50	1	01:08:51.25	01:08:51.25	+00:16:21 (23.8%)	6:37	9.1 (76.5%)
22	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%)
23	GOLONKA Dawid	810		M20	9	01:10:13.80	01:10:13.80	+00:17:44 (25.3%)	6:45	8.9 (74.8%)
24	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%)
25	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%)
26	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%)
27	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%)
28	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%)
29	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%)

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						netto 10.4km	brutto 10.4km			
30	<b>WOŹNIAK Janusz</b>	<b>811</b>	PORMAT JEDLICZE BIEGA	M60	1	<b>01:14:37.35</b>	<b>01:14:37.35</b>	+00:22:07 (29.7%)	7:10	8.4 (70.6%)
31	<b>KASJANIUK Sławomir</b>	<b>826</b>		M50	2	<b>01:15:06.85</b>	<b>01:15:06.85</b>	+00:22:37 (30.1%)	7:13	8.3 (69.7%)
32	<b>MOSKOWICZ Stefan</b>	<b>871</b>	PRZEMYSKI KLUB BIEGACZA	M60	2	<b>01:16:01.25</b>	<b>01:16:01.25</b>	+00:23:31 (30.9%)	7:18	8.2 (68.9%)
33	<b>PANEK Michał</b>	<b>865</b>	ITMBW KRAKÓW	M30	13	<b>01:16:04.05</b>	<b>01:16:04.05</b>	+00:23:34 (31.0%)	7:18	8.2 (68.9%)
34	<b>NAWROT Bartłomiej</b>	<b>893</b>	KAMIENIOŁOM	M30	14	<b>01:16:41.50</b>	<b>01:16:41.50</b>	+00:24:11 (31.5%)	7:22	8.1 (68.1%)
35	<b>WOŹNIAK Grzegorz</b>	<b>874</b>		M40	8	<b>01:17:43.35</b>	<b>01:17:43.35</b>	+00:25:13 (32.5%)	7:28	8 (67.2%)
36	<b>SPORNIAK Krzysztof</b>	<b>925</b>		M30	15	<b>01:18:00.50</b>	<b>01:18:00.50</b>	+00:25:30 (32.7%)	7:30	8 (67.2%)
37	<b>MACIEJEWSKI Artur</b>	<b>842</b>		M50	3	<b>01:19:09.90</b>	<b>01:19:09.90</b>	+00:26:40 (33.7%)	7:36	7.9 (66.4%)
38	<b>PYZEL Przemysław</b>	<b>832</b>	KB DROGA	M50	4	<b>01:19:46.40</b>	<b>01:19:46.40</b>	+00:27:16 (34.2%)	7:40	7.8 (65.5%)
39	<b>PALCZAK Rafał</b>	<b>909</b>	PASJONACI TRIATLONU	M50	5	<b>01:20:11.15</b>	<b>01:20:11.15</b>	+00:27:41 (34.5%)	7:42	7.8 (65.5%)
40	<b>PIETROŃ Łukasz</b>	<b>911</b>	OBSTACLE CENTER TEAM	M30	16	<b>01:20:26.65</b>	<b>01:20:26.65</b>	+00:27:56 (34.7%)	7:44	7.8 (65.5%)
41	<b>SZEWCZYK Krzysztof</b>	<b>831</b>	KB DROGA	M60	3	<b>01:20:42.85</b>	<b>01:20:42.85</b>	+00:28:13 (35.0%)	7:45	7.7 (64.7%)
42	<b>PADO Michał</b>	<b>872</b>	MAMWYBIEGANE	M30	17	<b>01:21:52.65</b>	<b>01:21:52.65</b>	+00:29:22 (35.9%)	7:52	7.6 (63.9%)
43	<b>WRÓBEL Bartłomiej</b>	<b>850</b>	CISNA GÓRĄ	M40	9	<b>01:22:33.00</b>	<b>01:22:33.00</b>	+00:30:03 (36.4%)	7:56	7.6 (63.9%)
44	<b>ZONTEK Paweł</b>	<b>856</b>	PO JEDNYCH PINIĄDZACH	M50	6	<b>01:23:01.75</b>	<b>01:23:01.75</b>	+00:30:31 (36.8%)	7:58	7.5 (63.0%)
45	<b>RYBA Krzysztof</b>	<b>885</b>	PORT LOTNICZY RZESZÓW-JASIONKA	M20	10	<b>01:23:40.70</b>	<b>01:23:40.70</b>	+00:31:10 (37.3%)	8:02	7.5 (63.0%)
46	<b>NIEMCZUK Robert</b>	<b>892</b>		M40	10	<b>01:24:05.00</b>	<b>01:24:05.00</b>	+00:31:35 (37.6%)	8:05	7.4 (62.2%)
47	<b>LEJMAN Adam</b>	<b>878</b>		M50	7	<b>01:24:28.35</b>	<b>01:24:28.35</b>	+00:31:58 (37.9%)	8:07	7.4 (62.2%)
48	<b>LEŃCZUK Andrzej</b>	<b>889</b>		M50	8	<b>01:25:46.55</b>	<b>01:25:46.55</b>	+00:33:16 (38.8%)	8:14	7.3 (61.3%)
49	<b>PODOLAK Zbigniew</b>	<b>869</b>		M60	4	<b>01:26:42.45</b>	<b>01:26:42.45</b>	+00:34:12 (39.5%)	8:20	7.2 (60.5%)
50	<b>WÓJTOWICZ Sławomir</b>	<b>822</b>		M40	11	<b>01:26:51.20</b>	<b>01:26:51.20</b>	+00:34:21 (39.6%)	8:21	7.2 (60.5%)
51	<b>KRZYŻEWSKI Roger</b>	<b>864</b>		M30	18	<b>01:27:58.15</b>	<b>01:27:58.15</b>	+00:35:28 (40.3%)	8:27	7.1 (59.7%)
52	<b>BOBYK Paweł</b>	<b>898</b>	SANOK BIEGA	M40	12	<b>01:28:39.65</b>	<b>01:28:39.65</b>	+00:36:09 (40.8%)	8:31	7 (58.8%)
53	<b>POLAŃSKI Jan</b>	<b>825</b>	FRANCUSKI BAGNET	M30	19	<b>01:28:40.00</b>	<b>01:28:40.00</b>	+00:36:10 (40.8%)	8:31	7 (58.8%)
54	<b>CHLEBEK Wiktor</b>	<b>828</b>		M30	20	<b>01:29:22.00</b>	<b>01:29:35.00</b>	+00:37:05 (41.4%)	8:35	7 (58.8%)
55	<b>SZKODA Krzysztof</b>	<b>860</b>		M40	13	<b>01:29:48.35</b>	<b>01:29:48.35</b>	+00:37:18 (41.5%)	8:38	6.9 (58.0%)
56	<b>PUSZCZYŃSKI Krzysztof</b>	<b>901</b>		M40	14	<b>01:30:06.80</b>	<b>01:30:06.80</b>	+00:37:37 (41.7%)	8:39	6.9 (58.0%)
57	<b>PASIONEK Bartłomiej</b>	<b>881</b>		M40	15	<b>01:31:31.55</b>	<b>01:31:31.55</b>	+00:39:01 (42.6%)	8:47	6.8 (57.1%)
58	<b>KOCAJ Piotr</b>	<b>879</b>		M50	9	<b>01:32:34.40</b>	<b>01:32:34.40</b>	+00:40:04 (43.3%)	8:54	6.7 (56.3%)
59	<b>RODZEŃ Daniel</b>	<b>921</b>		M30	21	<b>01:33:31.80</b>	<b>01:33:31.80</b>	+00:41:02 (43.9%)	8:59	6.7 (56.3%)
60	<b>MAC Sławomir</b>	<b>919</b>		M30	22	<b>01:33:34.40</b>	<b>01:33:34.40</b>	+00:41:04 (43.9%)	8:59	6.7 (56.3%)
61	<b>MUSIAŁ Paweł</b>	<b>920</b>	SAMOTNY WILK	M40	16	<b>01:36:49.45</b>	<b>01:36:49.45</b>	+00:44:19 (45.8%)	9:18	6.4 (53.8%)
62	<b>POKRYWKA Stefan</b>	<b>839</b>	OTK RZEŹNIK	M60	5	<b>01:37:41.60</b>	<b>01:37:41.60</b>	+00:45:11 (46.3%)	9:23	6.4 (53.8%)
63	<b>ŚWIĄTEK Łukasz</b>	<b>815</b>		M30	23	<b>01:40:18.70</b>	<b>01:40:18.70</b>	+00:47:48 (47.7%)	9:38	6.2 (52.1%)
64	<b>LITWA Łukasz</b>	<b>923</b>	FOREVER TEAM	M40	17	<b>01:40:32.80</b>	<b>01:40:32.80</b>	+00:48:03 (47.8%)	9:40	6.2 (52.1%)
65	<b>SITEK Jarosław</b>	<b>838</b>		M30	24	<b>01:43:23.05</b>	<b>01:43:23.05</b>	+00:50:53 (49.2%)	9:56	6 (50.4%)
66	<b>FIEDORCZUK Łukasz</b>	<b>876</b>	BIMBER RUNNING TEAM	M40	18	<b>01:44:56.05</b>	<b>01:44:56.05</b>	+00:52:26 (50.0%)	10:05	5.9 (49.6%)
67	<b>KUTEK Piotr</b>	<b>888</b>	AKADEMIA EMKA SPORT	M40	19	<b>01:45:35.45</b>	<b>01:45:35.45</b>	+00:53:05 (50.3%)	10:09	5.9 (49.6%)
68	<b>MAJORCZAK Sławomir</b>	<b>845</b>		M40	20	<b>01:46:43.30</b>	<b>01:46:43.30</b>	+00:54:13 (50.8%)	10:15	5.8 (48.7%)
69	<b>PISZCZ Dariusz</b>	<b>890</b>		M50	10	<b>01:46:57.50</b>	<b>01:46:57.50</b>	+00:54:27 (50.9%)	10:17	5.8 (48.7%)
70	<b>BRATKO Zbigniew</b>	<b>807</b>	69+	M60	6	<b>01:50:51.35</b>	<b>01:50:51.35</b>	+00:58:21 (52.6%)	10:39	5.6 (47.1%)
71	<b>DRUCIAK Jacek</b>	<b>863</b>	PATATAJ	M40	21	<b>02:03:47.45</b>	<b>02:03:47.45</b>	+01:11:17 (57.6%)	11:54	5 (42.0%)
72	<b>GUCWA Aleksander</b>	<b>899</b>		M20	11	<b>02:07:46.00</b>	<b>02:07:46.00</b>	+01:15:16 (58.9%)	12:17	4.9 (41.2%)
73	<b>GUCWA Jarosław</b>	<b>800</b>		M50	11	<b>02:07:46.55</b>	<b>02:07:46.55</b>	+01:15:16 (58.9%)	12:17	4.9 (41.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10.4km	Czas brutto 10.4km	Różn	Tempo min/km	Tempo km/h
74	<b>BIBRO Daniel</b>	<b>915</b>		M30	25	<b>02:07:47.10</b>	<b>02:07:47.10</b>	+01:15:17 (58.9%)	12:17	4.9 (41.2%)
75	<b>SMELA Damian</b>	<b>894</b>		M20	12	<b>02:09:21.40</b>	<b>02:09:21.40</b>	+01:16:51 (59.4%)	12:26	4.8 (40.3%)
76	<b>BORUCKI Piotr</b>	<b>928</b>	OBSTACLE CENTER TEAM	M40	22	<b>02:16:18.45</b>	<b>02:16:18.45</b>	+01:23:48 (61.5%)	13:06	4.6 (38.7%)
77	<b>DZIECHCIARZ Gianni</b>	<b>829</b>		M30	26			+00:00:11	233:20	0.3 (2.5%)

Znaleziono 77 wynik(ów)