

VI ZIMOWY MARATON BIESZCZADZKI 2020 - 23KM

Organizator: Fundacja Bieg Rzeźnika
 Data: 2020-01-25
 Miejsce: Cisna
 Dystans: 23 km
 Klasyfikacja wg czasów brutto.



VI ZIMOWY MARATON BIESZCZADZKI 2020 - 23KM, OPEN

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	6.5km	13.3km	19.4km	Netto	Brutto	min/km	km/h
1	GAWLIK SŁAWEK	1005	DYNAFIT TEAM POLAND	KRAKÓW	POL	M30	1	M 1	00:25:32	00:53:51	01:19:39	01:33:23.10	01:33:23.85	4:03	14.8
2	ŁAGUNA KACPER	1180		WARSZAWA	POL	M30	2	M 2	00:25:38	00:54:29	01:21:13	01:35:15.55	01:35:23.90	4:08	14.5
3	KANIA MICHAŁ	1004	ADIDAS RUNNERS WARSAW	JÓZEFÓW	POL	M20	1	M 3	00:26:01	00:56:33	01:23:05	01:36:57.30	01:36:59.70	4:12	14.2
4	KRUPA PAWEŁ	1008	STALOWOWOLSKI KLUB BIEGACZA	AGATÓWKA	POL	M40	1	M 4	00:27:25	00:57:29	01:23:45	01:38:24.95	01:38:29.20	4:16	14
5	TRACZ ŁUKASZ	1320	WWW.TRENINGFIZJOTERAPIA/AQ UAREH	RADYMNO	POL	M30	3	M 5	00:27:30	00:58:12	01:25:16	01:39:04.55	01:39:06.05	4:18	13.9
6	WĄCHAŁA ŁUKASZ	1336		GOŁKOWICE	POL	M20	2	M 6	00:28:24	00:58:54	01:25:21	01:39:07.75	01:39:12.80	4:18	13.9
7	TRACZ PAULINA	1001	SALCOGARMINTEAM	JAROSŁAW	POL	K30	1	K 1	00:27:31	00:58:36	01:25:23	01:39:26.15	01:39:27.05	4:19	13.9
8	CZERWIAK MATEUSZ	1052	KW KRAKÓW	KRAKÓW	POL	M30	4	M 7	00:26:53	00:57:47	01:25:18	01:40:29.00	01:40:33.35	4:22	13.7
9	PAWŁOWSKI ARKADIUSZ	1246	ROCK&RUN	WARSZAWA	POL	M30	5	M 8	00:28:38	01:00:16	01:27:52	01:42:03.10	01:42:06.30	4:26	13.5
10	KURYŁOWICZ MICHAŁ	1159		KRAKÓW	POL	M40	2	M 9	00:27:16	00:58:29	01:42:26.50	01:42:26.30	01:42:26.30	4:27	13.5
11	DUDZIK ŁUKASZ	1006	GÓRAL BIEGA	KAMIENICA	POL	M30	6	M 10	00:27:43	00:59:04	01:27:55	01:42:46.70	01:42:48.60	4:28	13.4
12	SMOLIK BARTOSZ	1289	TURASZÓWKA	KROSNO	POL	M20	3	M 11	00:28:42	01:00:40	01:29:35	01:44:36.35	01:44:38.65	4:32	13.2
13	JAGIEŁKA MATEUSZ	1101	JERZYK TEAM	LESZNO	POL	M20	4	M 12	00:28:30	01:00:24	01:29:22	01:45:08.65	01:45:22.50	4:34	13.1
14	MIKOŁAJCZUK GRZEGORZ	1212	YULO RUN TEAM SIEDLCE	ZBUCZYN	POL	M40	3	M 13	00:28:58	01:00:27	01:29:50	01:45:33.95	01:45:38.90	4:35	13.1
15	JARMOLIŃSKI PIOTR	1002	MARCINŚWIERCTEAM	MIERZYN	POL	M40	4	M 14	00:29:08	01:01:31	01:30:36	01:45:56.70	01:45:58.60	4:36	13
16	KOSTKA JANUSZ	1144	POSMAKUJ RUN TEAM	SZCZEPAŃCOWA	POL	M50	1	M 15	00:28:39	01:01:42	01:31:18	01:46:35.35	01:46:39.10	4:38	12.9
17	BRENDZOWSKI ADAM	1035	SOLINA TEAM / RUNONLINE.PL TEAM	SOLINA	POL	M30	7	M 16	00:29:27	01:02:19	01:31:33	01:46:51.45	01:46:59.00	4:38	12.9
18	CELMER PIOTR	1043	CTS TRIAWA	WARSZAWA	POL	M40	5	M 17	00:28:52	01:01:59	01:31:33	01:47:07.75	01:47:11.65	4:39	12.9
19	PAPROCKA URSZULA	1239	NOWA HUTA TEAM	KRAKÓW	POL	K30	2	K 2	00:29:32	01:02:27	01:31:46	01:47:06.85	01:47:12.00	4:39	12.9
20	BRYL MARCIN	1038	ADIDAS RUNNERS WARSAW	WARSZAWA	POL	M40	6	M 18	00:30:02	01:03:31	01:32:16	01:47:37.10	01:47:50.15	4:40	12.8
21	SKOTNICZNY MICHAŁ	1285	EUROCLEAR RUNNING TEAM	KRAKÓW	POL	M30	8	M 19	00:29:08	01:02:22	01:33:12	01:49:23.85	01:49:29.20	4:45	12.6
22	WETHACZ DARIUSZ	1339	LOKOMOTIV MAJDAN	DOŁŻYCA	POL	M30	9	M 20	00:29:44	01:02:49	01:34:07	01:50:10.35	01:50:16.35	4:47	12.5
23	MATYSIAK TOMASZ	1204	CTS	WARSZAWA	POL	M40	7	M 21	00:28:54	01:03:41	01:34:38	01:50:17.70	01:50:21.65	4:47	12.5
24	BIGAS JAKUB	1022		LUBLIN	POL	M30	10	M 22	00:30:13	01:04:18	01:34:26	01:49:56.80	01:50:25.35	4:46	12.6
25	WĘGLIŃSKI MIKOŁAJ	1341		JAROCIN	POL	M30	11	M 23	00:28:41	01:01:31	01:32:07	01:50:13.30	01:50:45.65	4:47	12.5
26	LECKI MATEUSZ	1170	TEAM BIEGOWY SZCZECINEK	SZCZECINEK	POL	M30	12	M 24	00:29:57	01:04:25	01:34:41	01:50:25.70	01:50:46.80	4:48	12.5
27	DYMON BARTŁOMIEJ	1064	BIEGAJ-ZAPOBIEGAJ	SZCZAWNO-ZDRÓJ	POL	M40	8	M 25	00:29:56	01:03:32	01:34:31	01:50:36.85	01:50:52.85	4:48	12.5
28	BEM JAKUB	1395	NH TEAM	NOWA HUTA	POL	M20	5	M 26	00:29:09	01:02:33	01:35:16	01:50:53.85	01:50:53.85	4:49	12.4
29	KOWALCZYK AGNIESZKA	1003	DUKLANOWSKI TEAM	LESZNO	POL	K30	3	K 3	00:29:48	01:04:24	01:35:14	01:50:54.40	01:50:55.90	4:49	12.4
30	WAŁDOWSKI DOMINIK	1329	XRUNNERS	GDAŃSK	POL	M40	9	M 27	00:30:04	01:03:45	01:34:49	01:51:20.85	01:51:42.95	4:50	12.4
31	ZALEWSKI BARTŁOMIEJ	1359	BBL ZDUŃSKA WOLA	ZDUŃSKA WOLA	POL	M40	10	M 28	00:31:44	01:05:58	01:36:15	01:51:55.40	01:52:01.50	4:51	12.3
32	ZUBIK MICHAŁ	1368	LUBELSKA GRUPA TRIATHLONU	LUBLIN	POL	M40	11	M 29	00:31:01	01:05:53	01:36:20	01:52:03.00	01:52:33.75	4:52	12.3
33	WIĘCH PIOTR	1382		WOLMIN	POL	M30	13	M 30	00:30:14	01:05:06	01:36:16	01:52:26.10	01:52:44.40	4:53	12.3
34	STEPANIUK ADAM	1301	CHEŁM BIEGA	WIERZBICA - OSIEDLE	POL	M40	12	M 31	00:31:04	01:05:58	01:36:38	01:52:33.55	01:52:52.75	4:53	12.3
35	ŻMUDZIEJEWSKI JAKUB	1369	WM TRISELF	KRAKÓW	POL	M30	14	M 32	00:31:07	01:05:06	01:35:51	01:51:50.15	01:53:18.45	4:51	12.3
36	ŚWIĄDER MIROSLAW	1313	INTEL RUNNERS/RUNPASSION.PL TEAM	KOLBUDY	POL	M50	2	M 33	00:30:16	01:04:34	01:36:14	01:53:45.75	01:53:56.55	4:56	12.1
37	ZIOBROWSKI ŁUKASZ	1365		BRZEG	POL	M40	13	M 34	00:30:20	01:04:39	01:36:45	01:55:21.00	01:55:26.85	5:00	12
38	LATOSZEK RAFAŁ	1168	CTS	WARSZAWA	POL	M40	14	M 35	00:32:04	01:08:41	01:40:30	01:56:18.15	01:56:22.85	5:03	11.9
39	SZCZOT ANDRZEJ	1384		WROCŁAW	POL	M40	15	M 36	00:31:39	01:07:45	01:39:40	01:56:46.70	01:56:56.65	5:04	11.8
40	HEJNAR JAKUB	1093		SZCZEPAŃCOWA	POL	M30	15	M 37	00:33:15	01:06:50	01:38:27	01:55:03.60	01:57:00.30	5:00	12
41	GÓRAK GRZEGORZ	1082	BIEGAM BO LUBIĘ WYZWANIA	KRAKÓW	POL	M40	16	M 38	00:31:54	01:07:52	01:39:50	01:56:45.65	01:57:00.90	5:04	11.8
42	ŁOBODOWSKI MARCIN	1184	RACEFIGHTER GOSIR DĘBE WIELKIE	SIENNICA	POL	M30	16	M 39	00:30:23	01:06:31	01:39:52	01:57:40.45	01:57:40.45	5:06	11.7

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M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	6.5km	13.3km	19.4km	Netto	Brutto	min/km	km/h
315	KULESZYŃSKI JACEK	1155	PENTATHLON SZCZECINEK	SZCZECINEK	POL	M30	77	M 209	00:43:45	01:50:21	02:43:33	03:17:57.70	03:18:34.00	8:36	7
316	MYŚLIŃSKI TOMASZ	1218	BIEGUSIEM.PL	WIELOGÓRA	POL	M40	86	M 210	00:47:22	01:49:52	02:47:32	03:18:04.20	03:18:41.95	8:36	7
317	PABIAŃCZYK MAŁGORZATA	1235		KRAKÓW	POL	K40	40	K 107	00:48:22	01:49:38	02:46:55	03:17:58.15	03:19:44.85	8:36	7
318	KALINOWSKI JANUSZ	1114		ŁÓDŹ	POL	M60	8	M 211	00:53:19	01:56:13	02:49:38	03:19:53.30	03:21:58.00	8:41	6.9
319	LAZAROWICZ PIOTR	1169	WKURW_TEAM	KROSNO	POL	M40	87	M 212	00:53:05	02:04:05	02:54:46	03:21:27.50	03:22:39.80	8:45	6.9
320	WELONCZYK BARTOSZ	1338	ZUCHWAŁY ZAJĄC	WARSZAWA	POL	M30	78	M 213	00:47:30	02:07:51	02:55:04	03:21:55.45	03:22:52.15	8:46	6.8
321	JAWORSKA AGNIESZKA	1107		WARSZAWA	POL	K40	41	K 108	00:52:56	02:04:00	02:56:26	03:24:07.70	03:24:40.85	8:52	6.8
322	WÓJCIK ŁUKASZ	1355	SII RUNNING TEAM	LUBLIN	POL	M30	79	M 214	00:50:52	01:51:10	02:48:02	03:23:55.30	03:25:08.95	8:51	6.8
323	KOT WIKTORIA	1145		RZESZÓW	POL	K20	11	K 109	00:52:07	01:54:29	02:51:42	03:24:26.95	03:25:48.20	8:53	6.7
324	WYSOKIŃSKI TOMASZ	1357	BONFIRE BONANZA	KRAKOW	POL	M30	80	M 215	00:49:59	02:00:04	02:52:59	03:24:29.55	03:26:30.25	8:53	6.7
325	BOREK SABINA	1029	BONFIRE BONANZA	KRAKÓW	POL	K20	12	K 110	00:50:01	02:00:04	02:53:07	03:24:30.20	03:26:30.75	8:53	6.7
326	WASILEWSKA MAŁGORZATA	1335		WARSZAWA	POL	K30	48	K 111	00:53:36	01:57:48	02:53:31	03:25:02.95	03:26:44.70	8:54	6.7
327	JEŻEWSKA ANGELIKA	1109		WARSZAWA	POL	K30	49	K 112	00:53:36	01:57:47	02:53:31	03:25:04.40	03:26:45.45	8:54	6.7
328	NASARZEWSKA JOANNA	1221	WEST COAST RUNNERS CYPRUS	BRZEZINY	POL	K40	42	K 113	00:48:34	02:05:06	02:58:16	03:25:45.30	03:27:14.45	8:56	6.7
329	LEN MARIUSZ	1171		WARSZAWA	POL	M50	22	M 216	02:54:14			03:27:57.45	03:27:57.45	9:02	6.6
330	URBANIAK AGNIESZKA	1325		LEGIONOWO	POL	K40	43	K 114	00:53:49	01:59:12	02:56:31	03:26:48.55	03:28:51.80	8:59	6.7
331	ZIOBRO-MYŚLIWIEC ANNA	1364	FUN&RUN	PRZEDMIEŚCIE CZUDECKIE	POL	K40	44	K 115	00:49:07	02:00:14	02:56:04	03:29:01.15	03:29:55.45	9:05	6.6
332	MYŚLIWIEC WOJCIECH	1219	FUN&RUN	PRZEDMIEŚCIE CZUDECKIE	POL	M40	88	M 217	00:49:08	02:00:15	02:56:05	03:29:02.20	03:29:55.85	9:05	6.6
333	SKORUPKA ANNA	1284		NOWE IGANIE	POL	K40	45	K 116	00:55:34	01:59:37	02:59:26	03:29:58.50	03:31:01.30	9:07	6.6
334	WISZNIEWSKI KAROL	1388	AKS POLONIA WARSZAWA	WARSZAWA	POL	M30	81	M 218	00:42:00	02:15:04	03:03:50	03:29:46.60	03:31:04.30	9:07	6.6
335	JABŁONKA RADOSŁAW	1098	DZIADY OCR	WYSZKÓW	POL	M40	89	M 219	00:42:44	02:15:00	03:03:49	03:29:54.80	03:31:12.80	9:07	6.6
336	PASZKIEL ALICJA	1242		WARSZAWA	POL	K20	13	K 117	00:49:26	01:44:11	02:55:11	03:31:03.40	03:32:25.50	9:10	6.5
337	MAKOSA KONRAD	1210		WARSZAWA	POL	M40	90	M 220	00:51:59	02:07:21	03:01:33	03:31:16.45	03:32:54.55	9:11	6.5
338	OBARSKA MAŁGORZATA	328		STARACHOWICE	POL	K50	9	K 118	00:54:42	02:04:23	03:00:44	03:31:49.50	03:33:47.10	9:12	6.5
339	DZIURZYŃSKA ULKA	1068	GOODCOACHTEAM	KRAKÓW	POL	K40	46	K 119	00:53:49	02:10:05	03:04:58	03:31:38.80	03:33:53.05	9:12	6.5
340	OŻÓG DOROTA	1232		CHEŁM	POL	K40	47	K 120	00:54:00	02:05:25	03:02:28	03:33:09.90	03:34:26.25	9:16	6.5
341	ZDROJEWSKI ANDRZEJ	1375	ADIDAS RUNNERS WARSAW	BIĄŁYSTOK	POL	M40	91	M 221	00:52:27	02:15:21	03:09:01	03:33:15.50	03:34:31.05	9:16	6.5
342	OŻÓG IWONA	1233		CHEŁM	POL	K40	48	K 121	00:54:03	02:05:26	03:02:52	03:33:23.30	03:34:39.60	9:16	6.5
343	MAJEWSKA SONIA	1192		GOSTYŃ	POL	K20	14	K 122	00:52:05	01:50:41	02:45:30	03:35:02.00	03:36:46.00	8:28	7.1
344	BAREŁA ANDRZEJ	1013	FIFARFAFA	STALOWA WOLA	POL	M40	92	M 222	00:52:58	02:02:06	03:03:10	03:36:02.70	03:37:07.80	9:23	6.4
345	JASIUL MARIOLA	1106		LEGIONOWO	POL	K40	49	K 123	00:56:11	02:04:49	03:04:09	03:35:55.75	03:37:29.50	9:23	6.4
346	PARADOWSKI PAWEŁ	1240		RZESZÓW	POL	M50	23	M 223	00:53:33	02:09:24	03:09:55	03:41:42.50	03:42:26.85	9:38	6.2
347	BURZ JOWITA	1042		RZESZÓW	POL	K40	50	K 124	00:53:35	02:09:25	03:09:57	03:41:53.60	03:42:37.25	9:38	6.2
348	STRASSBERGER KATARZYNA	1302		GLIWICE	POL	K50	10	K 125	00:59:00	02:14:44	03:09:10	03:42:43.80	03:44:05.70	9:41	6.2
349	PĘDOWSKA BOŻENA	1249		GLIWICE	POL	K50	11	K 126	00:58:59	02:14:58	03:08:54	03:42:43.80	03:44:06.35	9:41	6.2
350	PĘDOWSKI WOJCIECH	1250		GLIWICE	POL	M50	24	M 224	00:58:04	02:14:47	03:09:36	03:42:44.90	03:44:07.70	9:41	6.2
351	BRODECKI ADAM	1036	WATAHA ŁĄCZY NAS BIEGANIE	RADZYŃ PODLASKI	POL	M20	20	M 225	00:53:23	02:15:01	03:12:34	03:43:46.80	03:46:01.85	9:43	6.2
352	GRABOWSKA ANNA	1372	„ MARATOŃCZYK" DĘBICA	DĘBICA	POL	K50	12	K 127	00:55:32	02:16:10	03:19:15	03:53:37.25	03:54:38.45	10:09	5.9
353	SAMEK ARTUR	1277		BOCHNIA	POL	M40	93	M 226				03:58:35.00	03:58:35.00	10:22	5.8
354	BORKOWSKA EWA	1030	WKURW-TEAM	ZŁOTOW	POL	K60	3	K 128	01:00:05	02:18:09	03:26:09	04:01:20.15	04:02:52.65	10:29	5.7
355	GENDERA EWA	1078	NIGHT RUNNERS	POZNAŃ	POL	K40	51	K 129	01:01:08	02:31:15	03:32:48	04:06:55.35	04:08:20.65	10:44	5.6
356	WANDEL AGNIESZKA	1332	FACE NORDIC WALKING TEAM	POZNAŃ	POL	K40	52	K 130	01:01:09	02:31:15	03:32:48	04:06:57.60	04:08:22.15	10:44	5.6