

# ULTRAJANOSIK 10 KM LEDWO DYCHA

B4SPORT

**Wydarzenie:** ULTRAJANOSIK 2019  
**Organizator:** Fundacja Na Ratunek  
**Data:** 2019-09-01  
**Miejsce:** Zespół Rekreacyjny Polana Sosny - Niedzica  
**Dystans:** 10 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Open M

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>GABRYŚ Rafał</b>	<b>155</b>	KAWIK RUNNING TEAM	Senior Mężczyzn	1	00:15:33	<b>00:37:49.85</b>	<b>00:37:49.85</b>		3:46	15.9 (100%)
2	<b>GAWLIK Sławek</b>	<b>29</b>		Senior Mężczyzn	2	00:15:49	<b>00:38:19.85</b>	<b>00:38:19.85</b>	+00:00:30 (1.3%)	3:49	15.7 (98.7%)
3	<b>TOKARCZYK Piotr</b>	<b>108</b>	BRYGADA BESKIDÓW	Senior Mężczyzn	3	00:16:45	<b>00:38:26.10</b>	<b>00:38:26.10</b>	+00:00:36 (1.6%)	3:50	15.6 (98.1%)
4	<b>SZMIST Szymon</b>	<b>105</b>	KB.ATHLETIC ZREĆIN	Master Mężczyzn	1	00:16:18	<b>00:39:24.50</b>	<b>00:39:24.50</b>	+00:01:34 (4.0%)	3:56	15.2 (95.6%)
5	<b>TARGOSZ Michał</b>	<b>107</b>	FISI COMPRESSPORT NB TEAM	Master Mężczyzn	2	00:16:21	<b>00:39:34.30</b>	<b>00:39:34.30</b>	+00:01:44 (4.4%)	3:57	15.2 (95.6%)
6	<b>KRZYSTYNIAK Robert</b>	<b>129</b>	GORĄCY POTOK	Master Mężczyzn	3	00:16:23	<b>00:39:42.90</b>	<b>00:39:42.90</b>	+00:01:53 (4.7%)	3:58	15.1 (95.0%)
7	<b>FIJAK Jan</b>	<b>125</b>	BIO-NOVA TEAM	Weteran Mężczyzn	1	00:16:19	<b>00:39:52.20</b>	<b>00:39:52.20</b>	+00:02:02 (5.1%)	3:59	15.1 (95.0%)
8	<b>DUDZIK Łukasz</b>	<b>21</b>	GÓRAL BIEGA	Senior Mężczyzn	4	00:16:38	<b>00:40:24.80</b>	<b>00:40:24.80</b>	+00:02:34 (6.4%)	4:02	14.9 (93.7%)
9	<b>CZAPLIŃSKI Jacek</b>	<b>17</b>	TAGER SPORT	Master Mężczyzn	4	00:17:20	<b>00:41:25.90</b>	<b>00:41:25.90</b>	+00:03:36 (8.7%)	4:08	14.5 (91.2%)
10	<b>ZALEWSKI Karol</b>	<b>149</b>	JATRENUJE	Master Mężczyzn	5	00:17:20	<b>00:41:54.70</b>	<b>00:41:54.70</b>	+00:04:04 (9.7%)	4:11	14.3 (89.9%)
11	<b>ZYGMUNT Tomasz</b>	<b>122</b>		Senior Mężczyzn	5	00:17:11	<b>00:41:56.80</b>	<b>00:41:56.80</b>	+00:04:06 (9.8%)	4:11	14.3 (89.9%)
12	<b>MALEC Łukasz</b>	<b>59</b>		Senior Mężczyzn	6	00:15:48	<b>00:42:34.40</b>	<b>00:42:34.40</b>	+00:04:44 (11.1%)	4:15	14.1 (88.7%)
13	<b>TYNUS Grzegorz</b>	<b>148</b>	ELTYN	Master Mężczyzn	6	00:17:17	<b>00:42:46.65</b>	<b>00:42:46.65</b>	+00:04:56 (11.6%)	4:16	14 (88.1%)
14	<b>ROSIEK Daniel</b>	<b>85</b>	ESKADRA KRAKÓW	Senior Mężczyzn	7	00:17:29	<b>00:43:00.60</b>	<b>00:43:00.60</b>	+00:05:10 (12.0%)	4:18	14 (88.1%)
15	<b>NADKAŃSKI Marek</b>	<b>67</b>	MOK MSZANA DOLNA	Weteran Mężczyzn	2	00:18:46	<b>00:44:55.00</b>	<b>00:44:55.00</b>	+00:07:05 (15.8%)	4:29	13.4 (84.3%)
16	<b>SIVULKA Martin</b>	<b>94</b>	MARAS TEAM	Master Mężczyzn	7	00:19:27	<b>00:45:57.20</b>	<b>00:45:57.20</b>	+00:08:07 (17.7%)	4:35	13.1 (82.4%)
17	<b>FORTUNA Marcin</b>	<b>24</b>	ŚWISZCZĄCY ŁAŃCUCH	Master Mężczyzn	8	00:19:31	<b>00:47:49.40</b>	<b>00:47:49.40</b>	+00:09:59 (20.9%)	4:46	12.5 (78.6%)
18	<b>KOSIŃSKI Krzysztof</b>	<b>50</b>	04.06.1905	Master Mężczyzn	9	00:19:58	<b>00:48:42.05</b>	<b>00:48:42.05</b>	+00:10:52 (22.3%)	4:52	12.3 (77.4%)
19	<b>PATRO Bartłomiej</b>	<b>73</b>		Senior Mężczyzn	8	00:20:43	<b>00:48:54.30</b>	<b>00:48:54.30</b>	+00:11:04 (22.6%)	4:53	12.3 (77.4%)
20	<b>ARENDARCZYK Rafał</b>	<b>3</b>		Senior Mężczyzn	9		<b>00:49:31.00</b>	<b>00:49:31.00</b>	+00:11:41 (23.6%)	4:57	12.1 (76.1%)
21	<b>MYŚLIWIEC Robert</b>	<b>136</b>	WILD & FREE	Master Mężczyzn	10	00:21:09	<b>00:49:54.60</b>	<b>00:49:54.60</b>	+00:12:04 (24.2%)	4:59	12 (75.5%)
22	<b>PARZONKA Michał</b>	<b>72</b>	ŚWISZCZĄCY ŁAŃCUCH	Senior Mężczyzn	10	00:20:34	<b>00:50:06.80</b>	<b>00:50:06.80</b>	+00:12:16 (24.5%)	5:00	12 (75.5%)
23	<b>RZEMIŃSKI Jacek</b>	<b>90</b>		Master Mężczyzn	11	00:20:59	<b>00:50:11.40</b>	<b>00:50:11.40</b>	+00:12:21 (24.6%)	5:01	12 (75.5%)
24	<b>GAJOWSKI Dariusz</b>	<b>28</b>		Master Mężczyzn	12	00:21:14	<b>00:50:19.45</b>	<b>00:50:19.45</b>	+00:12:29 (24.8%)	5:01	11.9 (74.8%)
25	<b>JAGLARZ Jarosław</b>	<b>36</b>	VELLOP	Weteran Mężczyzn	3	00:20:34	<b>00:50:29.25</b>	<b>00:50:29.25</b>	+00:12:39 (25.1%)	5:02	11.9 (74.8%)
26	<b>KONOPKA Krystian</b>	<b>49</b>	FUNDACJANARATUNEK	Master Mężczyzn	13	00:20:46	<b>00:50:45.80</b>	<b>00:50:45.80</b>	+00:12:55 (25.5%)	5:04	11.8 (74.2%)
27	<b>ZAWADZKI Damian</b>	<b>157</b>	ACTIVE MALBORK	Senior Mężczyzn	11	00:20:36	<b>00:50:57.90</b>	<b>00:50:57.90</b>	+00:13:08 (25.8%)	5:05	11.8 (74.2%)
28	<b>GOLBIAK Wojciech</b>	<b>31</b>		Master Mężczyzn	14	00:21:38	<b>00:51:22.00</b>	<b>00:51:22.00</b>	+00:13:32 (26.4%)	5:08	11.7 (73.6%)
29	<b>ZDUNEK Michał</b>	<b>130</b>	WKURW_TEAM	Master Mężczyzn	15	00:21:24	<b>00:51:27.35</b>	<b>00:51:27.35</b>	+00:13:37 (26.5%)	5:08	11.7 (73.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
30	<b>ZMUDA</b> Lukasz	<b>120</b>		Senior Mężczyzn	12	00:22:41	<b>00:51:29.30</b>	<b>00:51:29.30</b>	+00:13:39 (26.5%)	5:08	11.7 (73.6%)
31	<b>PIETRZAK</b> Michał	<b>81</b>	BLOKUS	Master Mężczyzn	16	00:23:15	<b>00:54:18.70</b>	<b>00:54:18.70</b>	+00:16:28 (30.3%)	5:25	11 (69.2%)
32	<b>JAGODZIŃSKI</b> Hubert	<b>37</b>	DZIK KOMANDO	Senior Mężczyzn	13		<b>00:55:27.00</b>	<b>00:55:27.00</b>	+00:17:37 (31.8%)	5:32	10.8 (67.9%)
33	<b>STANEK</b> Krzysztof	<b>98</b>		Master Mężczyzn	17	00:23:49	<b>00:55:31.70</b>	<b>00:55:31.70</b>	+00:17:41 (31.9%)	5:33	10.8 (67.9%)
34	<b>JACHERA</b> Andrzej	<b>147</b>		Master Mężczyzn	18	00:24:01	<b>00:55:44.65</b>	<b>00:55:44.65</b>	+00:17:54 (32.1%)	5:34	10.8 (67.9%)
35	<b>ZELENÁK</b> Kamil	<b>119</b>	AUTOSERVIS ERIKA	Master Mężczyzn	19	00:23:42	<b>00:56:39.55</b>	<b>00:56:39.55</b>	+00:18:49 (33.2%)	5:39	10.6 (66.7%)
36	<b>STEFANOWSKI</b> Mariusz	<b>100</b>		Weteran Mężczyzn	4	00:23:56	<b>00:57:20.30</b>	<b>00:57:20.30</b>	+00:19:30 (34.0%)	5:44	10.5 (66.0%)
37	<b>MACINA</b> Dariusz	<b>57</b>		Weteran Mężczyzn	5	00:23:54	<b>00:57:36.85</b>	<b>00:57:36.85</b>	+00:19:47 (34.3%)	5:45	10.4 (65.4%)
38	<b>KWIATKOWSKI</b> Krzysztof	<b>55</b>	CYKU PYKU RGB	Senior Mężczyzn	14	00:25:27	<b>00:58:03.65</b>	<b>00:58:03.65</b>	+00:20:13 (34.8%)	5:48	10.3 (64.8%)
39	<b>JAMIŃSKI</b> Paweł	<b>153</b>		Senior Mężczyzn	15	00:24:06	<b>00:59:33.20</b>	<b>00:59:33.20</b>	+00:21:43 (36.5%)	5:57	10.1 (63.5%)
40	<b>FRĄTCZAK</b> Jakub	<b>25</b>		Senior Mężczyzn	16	00:24:49	<b>00:59:38.50</b>	<b>00:59:38.50</b>	+00:21:48 (36.6%)	5:57	10.1 (63.5%)
41	<b>PAZERA</b> Jozef	<b>77</b>	RAMAGU, O.Z.	Senior Mężczyzn	17	00:24:35	<b>01:00:03.70</b>	<b>01:00:03.70</b>	+00:22:13 (37.0%)	6:00	10 (62.9%)
42	<b>MICHALIK</b> Krzysztof	<b>64</b>		Senior Mężczyzn	18	00:24:13	<b>01:01:01.45</b>	<b>01:01:01.45</b>	+00:23:11 (38.0%)	6:06	9.8 (61.6%)
43	<b>ZĄZEL</b> Wiesław	<b>118</b>		Senior Mężczyzn	19	00:23:58	<b>01:01:02.40</b>	<b>01:01:02.40</b>	+00:23:12 (38.0%)	6:06	9.8 (61.6%)
44	<b>MICHAŁEK</b> Jarosław	<b>151</b>		Weteran Mężczyzn	6	00:24:46	<b>01:02:30.90</b>	<b>01:02:30.90</b>	+00:24:41 (39.5%)	6:15	9.6 (60.4%)
45	<b>KACZMAREK</b> Mariusz	<b>150</b>	SIEPRAWSKA PIĄTKA	Senior Mężczyzn	20	00:26:43	<b>01:03:01.80</b>	<b>01:03:01.80</b>	+00:25:11 (40.0%)	6:18	9.5 (59.7%)
46	<b>GOLBIAK</b> Hubert	<b>30</b>		Senior Mężczyzn	21	00:24:51	<b>01:03:36.80</b>	<b>01:03:36.80</b>	+00:25:46 (40.5%)	6:21	9.4 (59.1%)
47	<b>FERFECKI</b> Paweł	<b>23</b>	KKNW	Master Mężczyzn	20	00:26:40	<b>01:04:54.40</b>	<b>01:04:54.40</b>	+00:27:04 (41.7%)	6:29	9.2 (57.9%)
48	<b>RZADKOSZ</b> Mateusz	<b>88</b>		Master Mężczyzn	21	00:25:36	<b>01:05:21.85</b>	<b>01:05:21.85</b>	+00:27:32 (42.1%)	6:32	9.2 (57.9%)
49	<b>PODYMNIAK</b> Leszek	<b>133</b>		Weteran Mężczyzn	7	00:28:11	<b>01:05:26.10</b>	<b>01:05:26.10</b>	+00:27:36 (42.2%)	6:32	9.2 (57.9%)
50	<b>WITCZAK</b> Szymon	<b>115</b>		Master Mężczyzn	22	00:28:22	<b>01:05:54.00</b>	<b>01:05:54.00</b>	+00:28:04 (42.6%)	6:35	9.1 (57.2%)
51	<b>GADZINOWSKI</b> Ignacy	<b>27</b>		Dinozaur Mężczyzn	1	00:26:12	<b>01:06:08.90</b>	<b>01:06:08.90</b>	+00:28:19 (42.8%)	6:36	9.1 (57.2%)
52	<b>CHORABIK</b> Armand	<b>139</b>	ZABIEGANI MIELEC	Senior Mężczyzn	22	00:27:05	<b>01:06:22.35</b>	<b>01:06:22.35</b>	+00:28:32 (43.0%)	6:38	9 (56.6%)
53	<b>TOMASKOVIC</b> Milan	<b>158</b>	ZDZIAR	Weteran Mężczyzn	8	00:27:47	<b>01:07:07.10</b>	<b>01:07:07.10</b>	+00:29:17 (43.6%)	6:42	8.9 (56.0%)
54	<b>BALON</b> Marcin	<b>4</b>		Weteran Mężczyzn	9	00:28:06	<b>01:08:31.90</b>	<b>01:08:31.90</b>	+00:30:42 (44.8%)	6:51	8.8 (55.3%)
55	<b>PLASKOTA</b> Frederic	<b>83</b>	IBM FRANCE PARIS	Master Mężczyzn	23	00:30:14	<b>01:09:00.10</b>	<b>01:09:00.10</b>	+00:31:10 (45.2%)	6:54	8.7 (54.7%)
56	<b>BUDZOWSKI</b> Maciej	<b>14</b>		Master Mężczyzn	24	00:30:48	<b>01:12:30.90</b>	<b>01:12:30.90</b>	+00:34:41 (47.8%)	7:15	8.3 (52.2%)
57	<b>STARAKIEWICZ</b> Szymon	<b>99</b>		Senior Mężczyzn	23	00:30:49	<b>01:12:31.60</b>	<b>01:12:31.60</b>	+00:34:41 (47.8%)	7:15	8.3 (52.2%)
58	<b>KRAJEWSKI</b> Michał	<b>156</b>	WSL	Senior Mężczyzn	24	00:30:00	<b>01:14:38.10</b>	<b>01:14:38.10</b>	+00:36:48 (49.3%)	7:27	8 (50.3%)
59	<b>JASTRZĘBSKI</b> Krzysztof	<b>41</b>		Master Mężczyzn	25	00:30:27	<b>01:15:00.50</b>	<b>01:15:00.50</b>	+00:37:10 (49.6%)	7:30	8 (50.3%)
60	<b>ŁĘŻNIAK</b> Arkadiusz	<b>56</b>		Weteran Mężczyzn	10	00:31:11	<b>01:17:49.60</b>	<b>01:17:49.60</b>	+00:39:59 (51.4%)	7:46	7.7 (48.4%)
61	<b>GAŁALSKI</b> Łukasz	<b>143</b>	BIKE FUN LEGIONOWO	Master Mężczyzn	26	00:32:24	<b>01:21:29.55</b>	<b>01:21:29.55</b>	+00:43:39 (53.6%)	8:08	7.4 (46.5%)
62	<b>KOŚCIELSKI</b> Mateusz	<b>142</b>	BRAVEHEARTS LEGIONOWO	Master Mężczyzn	27	00:32:23	<b>01:21:30.00</b>	<b>01:21:30.00</b>	+00:43:40 (53.6%)	8:09	7.4 (46.5%)
63	<b>NOGAŃSKI</b> Paweł	<b>146</b>	POWER TRAINING	Senior Mężczyzn	25	00:32:48	<b>01:27:10.45</b>	<b>01:27:10.45</b>	+00:49:20 (56.6%)	8:43	6.9 (43.4%)
64	<b>BĄCZEK</b> Krzysztof	<b>5</b>	GRUPA JURA'PL	Master Mężczyzn	28	00:34:23	<b>01:28:06.00</b>	<b>01:28:06.00</b>	+00:50:16 (57.1%)	8:48	6.8 (42.8%)
65	<b>DĘBOWSKI</b> Daniel	<b>20</b>	COKE RUNNERS	Master Mężczyzn	29	00:34:18	<b>01:28:10.05</b>	<b>01:28:10.05</b>	+00:50:20 (57.1%)	8:49	6.8 (42.8%)
66	<b>MARCINIEC</b> Łukasz	<b>131</b>		Weteran Mężczyzn	11	00:44:48	<b>01:48:48.35</b>	<b>01:48:48.35</b>	+01:10:58 (65.2%)	10:52	5.5 (34.6%)

Znaleziono 66 wynik(ów)