

V ZIMOWY MARATON BIESZCZADZKI 2019 - 23KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie: Zimowy Maraton Bieszczadzki 2019
Organizator: Fundacja Bieg Rzeźnika
Data: 2019-01-26
Miejsce: Cisna
Dystans: 23 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 2km	Split_Mateusz 6.5km	Split_Kamyk 13km	Split_Mateusz 18.5km	Kara/ bonifikata	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
1	MARZEC Krzysztof	1234		M40	1	00:00:32	00:31:07	01:10:07	01:45:32		02:04:31.50	02:04:31.50		5:24	11.1 (100%)
2	JARMOLIŃSKI Piotr	1164	WIECZORNE BIEGANIE W SZCZECINIE	M40	2	00:00:34	00:31:11	01:11:01	01:46:04		02:05:09.95	02:05:09.95	+00:00:38 (0.5%)	5:26	11 (99.1%)
3	ADAMCZYK Przemysław	1099	ADIDAS RUNNERS WARSAW	M40	3	00:00:27	00:31:13	01:12:22	01:47:31		02:06:12.65	02:06:12.65	+00:01:41 (1.3%)	5:29	10.9 (98.2%)
4	MILER Marcin	1461		M40	4	00:01:03	00:32:37	01:13:02	01:48:33		02:07:31.30	02:07:31.30	+00:02:59 (2.3%)	5:32	10.8 (97.3%)
5	RATYŃSKI Marek	1063	OTWOCKI TUPTACZ	M40	5	00:00:53	00:32:15	01:15:06	01:52:53		02:13:02.50	02:13:02.50	+00:08:31 (6.4%)	5:47	10.4 (93.7%)
6	DYMON Bartłomiej	1296		M40	6	00:00:58	00:33:14	01:14:23	01:52:38		02:14:24.25	02:14:24.25	+00:09:52 (7.4%)	5:50	10.3 (92.8%)
7	SZCZOT Andrzej	1452	KB SOBÓTKA	M40	7	00:00:41	00:32:57	01:17:16	01:56:24		02:17:35.35	02:17:35.35	+00:13:03 (9.5%)	5:58	10 (90.1%)
8	NEUFELD Marcin	1237	INTEL RUNNERS / RUNPASSION.PL TEAM	M40	8	00:00:39	00:32:23	01:17:54	01:57:13		02:17:50.35	02:17:50.35	+00:13:18 (9.7%)	5:59	10 (90.1%)
9	MAŚLANY Daniel	1123		M40	9	00:00:59	00:33:08	01:17:13	01:56:43		02:19:40.05	02:19:40.05	+00:15:08 (10.8%)	6:04	9.9 (89.2%)
10	STEPANIUK Adam	1354	CHEŁM BIEGA	M40	10	00:01:53	00:36:13	01:21:18	01:58:22	00:01:00	02:20:03.40	02:20:03.40	+00:15:31 (11.1%)	6:02	9.9 (89.2%)
11	MARCZAK Paweł	1142	ADIDAS RUNNERS WARSAW	M40	11	00:00:52	00:34:47	01:18:45	01:58:44		02:20:21.95	02:20:21.95	+00:15:50 (11.3%)	6:06	9.8 (88.3%)
12	HORODEJCZUK Antoni	1406	HORODEJCZUK TEAM	M40	12	00:00:32	00:34:29	01:19:49	02:00:50		02:22:59.15	02:22:59.15	+00:18:27 (12.9%)	6:13	9.7 (87.4%)
13	KACPERSKI Olaf	1458		M40	13	00:01:11	00:37:33	01:24:10	02:03:20		02:23:05.10	02:23:05.10	+00:18:33 (13.0%)	6:13	9.6 (86.5%)
14	NOWOMIEJSKI Marcin	1194	BIEGACZ CEGŁÓW	M40	14	00:00:57	00:33:56	01:19:09	02:00:53		02:23:20.40	02:23:20.40	+00:18:48 (13.1%)	6:13	9.6 (86.5%)
15	WALEWSKI Łukasz	1166	DENTISTOO	M40	15	00:00:44	00:35:52	01:22:01	02:02:16		02:23:43.40	02:23:43.40	+00:19:11 (13.4%)	6:14	9.6 (86.5%)
16	KRUPA Grzegorz	1451		M40	16	00:00:56	00:36:37	01:23:52	02:03:49		02:24:43.40	02:24:43.40	+00:20:11 (14.0%)	6:17	9.5 (85.6%)
17	DWORAKOWSKI Andrzej	1235		M40	17	00:03:17	00:41:55	01:27:06	02:05:19		02:25:10.25	02:25:10.25	+00:20:38 (14.2%)	6:18	9.5 (85.6%)
18	SIWAK Ryszard	1233	TEAM RYŚ SKI	M40	18	00:01:54	00:38:15	01:25:35	02:06:10		02:28:16.00	02:28:16.00	+00:23:44 (16.0%)	6:26	9.3 (83.8%)

Wyniki zawodników											Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start 2k 2km	Split_Mateusz 6.5km	Split_Kamyk 13km	Split_Mateusz 18.5km	Kara/ bonifikata					
19	WOJTASIK Grzegorz	1270		M40	19	00:01:28	00:37:42	01:24:02	02:06:52		02:29:02.65	02:29:02.65	+00:24:31 (16.5%)	6:28	9.3 (83.8%)
20	SUŁKOWSKI Maciej	655	TRIATHLON JAROSŁAW	M40	20	00:02:49	00:42:31	01:28:58	02:08:49		02:30:39.50	02:30:39.50	+00:26:08 (17.3%)	6:33	9.2 (82.9%)
21	WEREMKO Grzegorz	1145	MULTIMEDIA RUNNERS PUŁAWY	M40	21	00:01:37	00:38:35	01:29:38	02:11:00		02:31:32.20	02:31:32.20	+00:27:00 (17.8%)	6:35	9.1 (82.0%)
22	MACH Tomasz	1159	LUBELSKA GRUPA TRIATHLONU	M40	22	00:00:48	00:34:01	01:32:24	02:12:32		02:34:23.00	02:34:23.00	+00:29:51 (19.3%)	6:42	8.9 (80.2%)
23	MATYSIAK Tomasz	1328		M40	23	00:00:49	00:34:05	01:31:45	02:13:33		02:36:05.95	02:36:05.95	+00:31:34 (20.2%)	6:47	8.8 (79.3%)
24	PLUTA Sebastian	1140	DZIKIE MUSTANGI	M40	24	00:01:59	00:39:16	01:28:00	02:11:43		02:36:27.40	02:36:27.40	+00:31:55 (20.4%)	6:48	8.8 (79.3%)
25	DRAŻEK Sławomir	1106	1971	M40	25	00:00:52	00:36:13	01:25:45	02:10:48		02:37:10.05	02:37:10.05	+00:32:38 (20.8%)	6:50	8.8 (79.3%)
26	HYDZIK Łukasz	1071	LIDER SANOK	M40	26	00:01:06	00:37:51	01:27:49	02:12:08		02:37:34.00	02:37:34.00	+00:33:02 (21.0%)	6:51	8.8 (79.3%)
27	ZIĘBA Emil	1143	CENTRUM MEDYCZNE ORTO-OPTYMIST	M40	27	00:01:33	00:39:44	01:32:03	02:15:19		02:39:55.10	02:39:55.10	+00:35:23 (22.1%)	6:57	8.6 (77.5%)
28	OBROŚLAK Grzegorz	341	TRAPER-BIEGOMANIA LUBACZÓW	M40	28	00:01:31	00:39:38	01:33:22	02:17:33		02:42:34.95	02:42:34.95	+00:38:03 (23.4%)	7:04	8.5 (76.6%)
29	HERMANIUK Tomasz	1135	TAURUS TEAM	M40	29	00:03:11	00:43:30	01:35:41	02:19:44		02:44:03.85	02:44:03.85	+00:39:32 (24.1%)	7:07	8.4 (75.7%)
30	FLOREK Tomasz	1241	BIEGANIE SZYDERCÓW	M40	30	00:03:28	00:46:42	01:38:18	02:22:51		02:46:48.70	02:46:48.70	+00:42:17 (25.3%)	7:15	8.3 (74.8%)
31	CZEKAŁSKI Mariusz	1366	BBL OSTROŁĘKA	M40	31	00:02:18	00:42:23	01:38:13	02:22:53		02:47:33.20	02:47:33.20	+00:43:01 (25.7%)	7:17	8.2 (73.9%)
32	PARTYKA Andrzej	1435	RZESZOWSKIE GAZELE I GEPARDY	M40	32	00:02:32	00:45:31	01:39:08	02:26:40		02:52:56.30	02:52:56.30	+00:48:24 (28.0%)	7:31	8 (72.1%)
33	KAMYSZ Robert	1187		M40	33	00:01:37	00:43:23	01:39:38	02:27:34		02:56:15.60	02:56:15.60	+00:51:44 (29.4%)	7:39	7.8 (70.3%)
34	MAKA Wojciech	1329	TRIWAWA	M40	34	00:02:17	00:43:56	01:44:12	02:31:46		02:56:37.40	02:56:37.40	+00:52:05 (29.5%)	7:40	7.8 (70.3%)
35	TKACZYK Wojciech	1266		M40	35	00:02:46	00:44:28	01:44:50	02:29:59		02:58:03.15	02:58:03.15	+00:53:31 (30.1%)	7:44	7.8 (70.3%)
36	RZEMIŃSKI Jacek	1132		M40	36	00:02:46	00:45:07	01:44:14	02:32:07		02:59:14.15	02:59:14.15	+00:54:42 (30.5%)	7:47	7.7 (69.4%)
37	PRUSZKOWSKI Mariusz	1277	CROSSFITTER BOX CHEŁM/CHEŁM BIEGA/24 BLP	M40	37	00:01:52	00:42:14	01:43:40	02:31:50		03:00:20.55	03:00:20.55	+00:55:49 (31.0%)	7:50	7.7 (69.4%)
38	BILSKI Marek	1080	VEGEDOG	M40	38	00:01:53	00:44:56	01:49:16	02:37:00		03:01:48.55	03:01:48.55	+00:57:17 (31.5%)	7:54	7.6 (68.5%)
39	CZAJKOWSKI Michał	1372	LAGIEWNICKA 35	M40	39	00:02:57	00:47:13	01:44:44	02:33:33	00:01:00	03:01:51.90	03:01:51.90	+00:57:20 (31.5%)	7:51	7.6 (68.5%)
40	MAŁEK Wojciech	1423		M40	40	00:02:24	00:46:09	01:47:10	02:36:56		03:01:57.65	03:01:57.65	+00:57:26 (31.6%)	7:54	7.6 (68.5%)
41	NIEMIEC Grzegorz	1432		M40	41	00:02:24	00:46:09	01:47:12	02:36:58		03:02:29.90	03:02:29.90	+00:57:58 (31.8%)	7:56	7.6 (68.5%)
42	KOMAŃSKI Rafał	1343	DRUŻYNA SZPIKU	M40	42	00:02:24	00:46:44	01:47:11	02:37:21		03:02:45.05	03:02:45.05	+00:58:13 (31.9%)	7:56	7.6 (68.5%)
43	KUBACKI Maciej	1333	ŁAGIEWNICKA TEAM	M40	43	00:02:54	00:44:08	01:44:47	02:34:35		03:04:28.05	03:04:28.05	+00:59:56 (32.5%)	8:01	7.5 (67.6%)
44	NADOLSKI Stanisław	1278	CROSSFITTER BOX CHEŁM	M40	44	00:03:31	00:46:57	01:46:34	02:35:51		03:05:17.30	03:05:17.30	+01:00:45 (32.8%)	8:03	7.4 (66.7%)

Zawody w biegach długich - 2024											Czas netto	Czas brutto			
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start 2k 2km	Split_Mateusz 6.5km	Split_Kamyk 13km	Split_Mateusz 18.5km	Kara/ bonifikata	23km	23km	Różn	Tempo min/km	Tempo km/h
45	MACIĄG Andrzej	1212	DZIKIE MUSTANGI	M40	45	00:03:28	00:47:12	01:45:09	02:36:21		03:05:19.00	03:05:19.00	+01:00:47 (32.8%)	8:03	7.4 (66.7%)
46	HABRAT Maciej	1186	HABRAT TEAM	M40	46	00:02:15	00:43:25	01:47:23	02:37:46		03:05:30.75	03:05:30.75	+01:00:59 (32.9%)	8:03	7.4 (66.7%)
47	GWOZDZIOWSKI Marcin	1141		M40	47	00:01:35	00:43:09	01:43:04	02:36:12		03:07:43.25	03:07:43.25	+01:03:11 (33.7%)	8:09	7.4 (66.7%)
48	MINKINA Tomasz	1076		M40	48	00:02:47	00:45:28	01:48:35	02:44:01		03:09:03.70	03:09:03.70	+01:04:32 (34.1%)	8:13	7.3 (65.8%)
49	ORZECZ Artur	1387	KROKODYLE KOLBUSZOWA	M40	49	00:03:20	00:48:23	01:47:36	02:40:55		03:09:41.45	03:09:41.45	+01:05:09 (34.4%)	8:14	7.3 (65.8%)
50	BULWAN Radosław	1402		M40	50		00:51:34	01:47:16	02:41:57		03:10:35.65	03:10:35.65	+01:06:04 (34.7%)	8:17	7.2 (64.9%)
51	WITCZAK Paweł	1199	WIELUŃ BIEGA	M40	51	00:02:04	00:44:26	01:47:20	02:41:46		03:12:39.75	03:12:39.75	+01:08:08 (35.4%)	8:22	7.2 (64.9%)
51	KAŁOWSKI Irek	1153	WWW.POMOCDLAKAROLINY.PL	M40	52	00:02:35	00:48:11	01:49:33	02:43:14		03:12:39.75	03:12:39.75	+01:08:08 (35.4%)	8:22	7.2 (64.9%)
53	GRABOWSKI Damian	1433	WKURW_TEAM	M40	53	00:01:39	00:45:08	01:45:41	02:42:48		03:14:19.95	03:14:19.95	+01:09:48 (35.9%)	8:26	7.1 (64.0%)
54	SMOLUCH Ryszard	111		M40	54	00:03:03	00:47:30	01:46:52	02:43:16		03:15:11.85	03:15:11.85	+01:10:40 (36.2%)	8:29	7.1 (64.0%)
55	MAGER Bartosz	1027		M40	55	00:03:03	00:49:26	01:53:23	02:45:00		03:15:17.20	03:15:17.20	+01:10:45 (36.2%)	8:29	7.1 (64.0%)
56	GRUSZECKI Tomasz	1169		M40	56	00:00:47	00:46:32	01:50:34	02:44:28		03:15:18.40	03:15:18.40	+01:10:46 (36.2%)	8:29	7.1 (64.0%)
57	KLAUS Dominik	1114	KS PIASECZNO	M40	57	00:03:43	00:50:57	01:51:22	02:46:38		03:15:31.65	03:15:31.65	+01:11:00 (36.3%)	8:30	7.1 (64.0%)
58	HEBANOWSKI Łukasz	1330		M40	58	00:02:08	00:46:56	01:53:22	02:46:42		03:15:34.85	03:15:34.85	+01:11:03 (36.3%)	8:30	7.1 (64.0%)
59	CEGLARSKI Jacek	1398	WKURW_TEAM	M40	59	00:03:27	00:50:41	01:58:19	02:49:44		03:16:42.20	03:16:42.20	+01:12:10 (36.7%)	8:33	7 (63.1%)
60	PAŚKO Rafał	1086	TEATR S.A.N. I PRZEMYSKI KLUB BIEGACZA	M40	60	00:01:24	00:45:27	01:56:12	02:48:39		03:19:11.10	03:19:11.10	+01:14:39 (37.5%)	8:39	6.9 (62.2%)
61	SIONKOWSKI Maciej	1275	CROSSFITTER CHEŁM	M40	61		02:51:40				03:20:57.40	03:20:57.40	+01:16:25 (38.0%)	8:44	6.9 (62.2%)
62	KOŃKA Mariusz	1092		M40	62	00:01:19	00:45:15	01:48:07	02:47:26		03:23:06.75	03:23:06.75	+01:18:35 (38.7%)	8:49	6.8 (61.3%)
63	LEGIERSKI Piotr	1417		M40	63	00:02:55	00:46:52	01:52:58	02:49:58		03:23:12.25	03:23:12.25	+01:18:40 (38.7%)	8:50	6.8 (61.3%)
64	STASZCZUK Jarosław	1217	WATAHA-ŁĄCZY NAS BIEGANIE	M40	64	00:01:21	00:47:27	01:56:29	02:52:24		03:23:22.80	03:23:22.80	+01:18:51 (38.8%)	8:50	6.8 (61.3%)
65	STEC Sebastian	1307	SIEMUSZOWA	M40	65	00:01:53	00:50:26	01:56:13	02:51:37		03:23:47.85	03:23:47.85	+01:19:16 (38.9%)	8:51	6.8 (61.3%)
66	GREGIER Krzysztof	1429		M40	66	00:02:43	00:49:27	01:56:56	02:51:42		03:25:01.15	03:25:01.15	+01:20:29 (39.3%)	8:54	6.7 (60.4%)
67	GAŁAZKA Marcin	1314	ESK EKO SERWIS KOTŁY TEAM	M40	67	00:03:21	00:51:28	01:56:03	02:53:06		03:26:41.50	03:26:41.50	+01:22:10 (39.8%)	8:59	6.7 (60.4%)
68	SOSZYŃSKI Piotr	1117	GAZELE NA STARCIE	M40	68	00:02:58	00:56:53	01:59:58	02:57:16		03:29:31.55	03:29:31.55	+01:25:00 (40.6%)	9:06	6.6 (59.5%)
69	SCHILLER Fryderyk	1167	SCHODY HISZPAŃSKIE	M40	69	00:02:27	00:53:04	02:00:13	02:57:00		03:30:11.60	03:30:11.60	+01:25:40 (40.8%)	9:08	6.6 (59.5%)
70	WRONA Sylwester	1405		M40	70	00:02:41	00:49:42	01:57:00	02:56:20		03:30:55.75	03:30:55.75	+01:26:24 (41.0%)	9:10	6.5 (58.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 2km	Split_Mateusz 6.5km	Split_Kamyk 13km	Split_Mateusz 18.5km	Kara/ bonifikata	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
71	ZABIELSKI Grzegorz	1073	WKURW_TEAM	M40	71	00:01:21	00:48:39	02:01:19	02:55:13		03:32:04.40	03:32:04.40	+01:27:32 (41.3%)	9:13	6.5 (58.6%)
72	WILK Rafał	1364	SEKCJA PIASKI	M40	72	00:02:16	00:51:50	01:58:10	02:57:28		03:32:45.35	03:32:45.35	+01:28:13 (41.5%)	9:15	6.5 (58.6%)
73	KOBIAŁKA Irek	1316		M40	73	00:03:09	00:52:57	02:07:47	03:02:47		03:32:50.10	03:32:50.10	+01:28:18 (41.5%)	9:15	6.5 (58.6%)
74	JASIURSKI Grzegorz	1340	CORPORA EX ARMARIO	M40	74	00:02:15	00:52:31	02:01:49	03:00:41		03:36:40.30	03:36:40.30	+01:32:08 (42.5%)	9:25	6.4 (57.7%)
75	BACZA Piotr	1426		M40	75	00:02:42	00:49:24	01:56:09	03:01:42		03:37:01.70	03:37:01.70	+01:32:30 (42.6%)	9:26	6.4 (57.7%)
76	WAŻNY Andrzej	1394	TYNEXPOL	M40	76		01:00:31	02:16:51	03:10:51		03:42:48.10	03:42:48.10	+01:38:16 (44.1%)	9:41	6.2 (55.9%)
77	CYPARSKI Atrur	1182	-	M40	77	00:02:49	00:51:29	02:05:00	03:07:27		03:42:53.10	03:42:53.10	+01:38:21 (44.1%)	9:41	6.2 (55.9%)
78	MYŚLIŃSKI Tomasz	1040	BIEGUSIEM.PL	M40	78	00:02:37	00:50:52	02:03:42	03:08:05		03:44:43.80	03:44:43.80	+01:40:12 (44.6%)	9:46	6.1 (55.0%)
79	BALON Marcin	1371	VOLUME TRADING	M40	79	00:02:28	00:52:52	02:05:32	03:07:23		03:44:48.25	03:44:48.25	+01:40:16 (44.6%)	9:46	6.1 (55.0%)
80	BIDNIK Jakub	1374		M40	80	00:02:28	00:52:53	02:05:32	03:07:21		03:44:59.85	03:44:59.85	+01:40:28 (44.7%)	9:46	6.1 (55.0%)
81	PRZYBYŁ Sławomir	1210		M40	81	00:01:41	00:52:34	02:12:42	03:11:38		03:49:03.60	03:49:03.60	+01:44:32 (45.6%)	9:57	6 (54.1%)
82	CZOCHARA Robert	1083	AMATOR	M40	82	00:03:42	00:52:15	02:21:31	03:12:59		03:51:14.20	03:51:14.20	+01:46:42 (46.1%)	10:03	6 (54.1%)
83	SZPAKOWSKI Andrzej	155	FUN&RUN	M40	83	00:02:20	00:55:41	02:24:14	03:18:45		03:51:30.35	03:51:30.35	+01:46:58 (46.2%)	10:03	6 (54.1%)
84	WYDRO Rafał	154	FUN&RUN	M40	84	00:02:19	00:55:43	02:24:14	03:18:46		03:51:58.55	03:51:58.55	+01:47:27 (46.3%)	10:05	5.9 (53.2%)
85	LEJA Marek	1026	TAK LUBIĘ SANDOMIERZ	M40	85	00:02:47	00:45:41	02:02:59	03:11:49		03:56:02.35	03:56:02.35	+01:51:30 (47.2%)	10:15	5.8 (52.3%)
86	MAKOSA Konrad	1029	WKURW_TEAM	M40	86	00:03:28	00:59:35	02:14:51	03:20:13		03:57:01.90	03:57:01.90	+01:52:30 (47.5%)	10:18	5.8 (52.3%)
87	OLEKSY Przemysław	1205		M40	87	00:03:27	00:56:17	02:25:09	03:21:10		03:57:54.00	03:57:54.00	+01:53:22 (47.7%)	10:20	5.8 (52.3%)
88	PIĄSTKA Daniel	1130		M40	88	00:03:27	00:56:17	02:25:09	03:21:10		03:57:54.10	03:57:54.10	+01:53:22 (47.7%)	10:20	5.8 (52.3%)
89	PRZYBYŁA Krzysztof	1090		M40	89	00:02:53	01:06:30	02:31:09	03:36:56		04:12:08.05	04:12:08.05	+02:07:36 (50.6%)	10:57	5.5 (49.5%)
90	SAMEK Artur	1449		M40	90	00:03:10	01:00:34	02:26:01	03:28:47		04:12:40.30	04:12:40.30	+02:08:08 (50.7%)	10:59	5.5 (49.5%)
91	WASILEWSKI Marcin	211	WW TEAM	M40	91	00:02:56	01:03:07	02:31:33	03:39:01		04:16:54.95	04:16:54.95	+02:12:23 (51.5%)	11:10	5.4 (48.6%)
92	JEZIOREK Józef	1115		M40	92	00:03:07	01:00:13	02:24:00	03:34:46		04:27:01.25	04:27:01.25	+02:22:29 (53.4%)	11:36	5.2 (46.8%)
93	REY Andrzej	1184		M40	93	00:03:35	01:00:55	02:38:19			04:46:36.75	04:46:36.75	+02:42:05 (56.6%)	12:27	4.8 (43.2%)
94	MIRECKI Jan	1120		M40	94	00:03:06	01:14:41	02:50:06	04:12:52		05:02:56.15	05:02:56.15	+02:58:24 (58.9%)	13:10	4.6 (41.4%)

Znaleziono 94 wynik(ów)