

# V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

**Wydarzenie:** Zimowy Maraton Bieszczadzki 2019  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2019-01-26  
**Miejsce:** Cisna  
**Dystans:** 44,6 km

**B4SPORT**  
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: M50

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Roztoki 18km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
1	<b>CZYŻ Grzegorz</b>	<b>212</b>	GRUPA AZOTY - AUTOMATYKA TARNÓW	M50	1	00:00:37	01:18:10	01:59:39	02:36:03	03:12:19	<b>03:33:00.10</b>	<b>03:33:00.10</b>		4:46	12.6 (100%)
2	<b>SOKOŁOWSKI Marek</b>	<b>5</b>	ALPIN SPORT TEAM	M50	2	00:00:34	01:27:55	02:16:20	02:58:19	03:37:01	<b>03:58:43.50</b>	<b>03:58:43.50</b>	+00:25:43 (10.8%)	5:21	11.2 (88.9%)
3	<b>MAKA Sławomir</b>	<b>493</b>	STARGLOSS TEAM OSTROŁĘKA	M50	3	00:00:40	01:31:18	02:20:08	03:01:04	03:40:44	<b>04:03:41.60</b>	<b>04:03:41.60</b>	+00:30:41 (12.6%)	5:27	11 (87.3%)
4	<b>BĘTKOWSKI Wojciech</b>	<b>263</b>	BRYGADA BESKIDÓW	M50	4	00:00:32	01:30:46	02:21:50	03:04:57	03:43:55	<b>04:05:16.40</b>	<b>04:05:16.40</b>	+00:32:16 (13.2%)	5:29	10.9 (86.5%)
5	<b>DYDIO Piotr</b>	<b>551</b>	PID-MILL TEAM	M50	5	00:00:49	01:33:40	02:22:12	03:03:51	03:43:57	<b>04:05:49.35</b>	<b>04:05:49.35</b>	+00:32:49 (13.4%)	5:30	10.9 (86.5%)
6	<b>LUBAŃSKI Robert</b>	<b>670</b>		M50	6	00:01:16	01:33:16	02:23:09	03:05:00	03:44:39	<b>04:07:10.40</b>	<b>04:07:10.40</b>	+00:34:10 (13.8%)	5:32	10.8 (85.7%)
7	<b>MACKIEWICZ Roman</b>	<b>181</b>	ŁÓDŹ RUNNING TEAM	M50	7	00:02:09	02:17:47				<b>04:09:14.85</b>	<b>04:09:14.85</b>	+00:36:14 (14.5%)	5:35	10.7 (84.9%)
8	<b>JASTRZĄB Piotr</b>	<b>246</b>	DEKAN LESKO	M50	8	00:00:42	01:38:39	02:34:26	03:23:19	04:06:52	<b>04:28:54.65</b>	<b>04:28:54.65</b>	+00:55:54 (20.8%)	6:01	10 (79.4%)
9	<b>KOSTKA Janusz</b>	<b>637</b>	POSMAKUJ RUN TEAM	M50	9	00:00:55	01:31:46	02:25:06	03:16:08	04:02:53	<b>04:32:19.65</b>	<b>04:32:19.65</b>	+00:59:19 (21.8%)	6:06	9.8 (77.8%)
10	<b>KUSTROŃ Adam</b>	<b>629</b>	PULEX	M50	10	00:02:14	01:38:48	02:29:13	03:19:41	04:05:13	<b>04:32:28.55</b>	<b>04:32:28.55</b>	+00:59:28 (21.8%)	6:06	9.8 (77.8%)
11	<b>BAĆMAGA Grzegorz</b>	<b>698</b>	BIEGIEM RADOM	M50	11	00:00:39	01:42:25	02:39:48	03:28:10	04:12:12	<b>04:36:48.70</b>	<b>04:36:48.70</b>	+01:03:48 (23.1%)	6:12	9.7 (77.0%)
12	<b>PAWLKOWSKI Bogusław</b>	<b>498</b>	DZIKIE ŻYCIE RUN TEAM	M50	12	00:02:17	01:43:19	02:46:12	03:45:36	04:31:02	<b>04:56:57.50</b>	<b>04:56:57.50</b>	+01:23:57 (28.3%)	6:39	9 (71.4%)
13	<b>PORĘBA Eugeniusz</b>	<b>695</b>		M50	13	00:01:26	01:56:19	02:54:09	03:45:29	04:33:01	<b>04:58:38.30</b>	<b>04:58:38.30</b>	+01:25:38 (28.7%)	6:41	9 (71.4%)
14	<b>KALTENBERG Janusz</b>	<b>192</b>		M50	14	00:02:47	01:55:00	02:53:45	03:43:47	04:33:24	<b>05:03:05.30</b>	<b>05:03:05.30</b>	+01:30:05 (29.7%)	6:47	8.8 (69.8%)
15	<b>KRAUZE Tomasz</b>	<b>621</b>	GB WROCŁAWSKIE MORSY	M50	15	00:01:52	01:59:20	03:02:04	03:53:55	04:39:00	<b>05:04:03.25</b>	<b>05:04:03.25</b>	+01:31:03 (29.9%)	6:49	8.8 (69.8%)
16	<b>GRZYWACZ Wojciech</b>	<b>447</b>	FARTLEK GO	M50	16	00:01:37	01:52:49	02:59:21	03:54:03	04:42:05	<b>05:10:37.55</b>	<b>05:10:37.55</b>	+01:37:37 (31.4%)	6:57	8.6 (68.3%)
17	<b>FALKOWSKI Piotr</b>	<b>777</b>	KS PEGAZ PIASECZNO	M50	17	00:02:30	01:55:58	03:01:22	03:59:30	04:48:12	<b>05:14:54.25</b>	<b>05:14:54.25</b>	+01:41:54 (32.4%)	7:03	8.5 (67.5%)
18	<b>LIK Marek</b>	<b>161</b>	CHEŁM BIEGA	M50	18	00:01:16	01:55:39	02:59:47	04:03:10	04:52:34	<b>05:19:32.25</b>	<b>05:19:32.25</b>	+01:46:32 (33.3%)	7:09	8.4 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Roztoki 18km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	Czas		Różn	Tempo min/km	Tempo km/h
											netto 44.6km	brutto 44.6km			
19	<b>CISZYŃSKI Marek</b>	<b>42</b>	START KATOWICE	M50	19	00:03:12	02:03:51	03:12:25	04:05:48	04:54:11	<b>05:20:57.50</b>	<b>05:20:57.50</b>	+01:47:57 (33.6%)	7:11	8.3 (65.9%)
20	<b>SUWEZDA Jacek</b>	<b>380</b>		M50	20	00:02:30	01:57:39	03:05:50	04:04:31	04:56:06	<b>05:27:28.80</b>	<b>05:27:28.80</b>	+01:54:28 (35.0%)	7:20	8.2 (65.1%)
21	<b>POREMSKI Leszek</b>	<b>183</b>		M50	21	00:03:14	02:01:32	03:10:35	04:12:13	05:00:24	<b>05:29:10.05</b>	<b>05:29:10.05</b>	+01:56:09 (35.3%)	7:22	8.1 (64.3%)
22	<b>LEŚNIAK Dariusz</b>	<b>11</b>		M50	22	00:00:46	01:56:34	03:09:02	04:11:46	05:02:30	<b>05:31:45.40</b>	<b>05:31:45.40</b>	+01:58:45 (35.8%)	7:26	8.1 (64.3%)
23	<b>GÓRALCZYK Stanisław</b>	<b>750</b>	BUNGEE JUMPING 'MARIO'	M50	23	00:02:27	02:00:25	03:16:16	04:21:02	05:10:15	<b>05:37:51.30</b>	<b>05:37:51.30</b>	+02:04:51 (37.0%)	7:34	7.9 (62.7%)
24	<b>JANOWSKI Bogdan</b>	<b>768</b>		M50	24	00:02:27	01:57:49	03:06:42	04:12:47	05:04:29	<b>05:38:18.20</b>	<b>05:38:18.20</b>	+02:05:18 (37.0%)	7:35	7.9 (62.7%)
25	<b>BERDYCHOWSKI Krzysztof</b>	<b>765</b>	FESTIWAL BIEGOWY	M50	25	00:02:29	01:57:55	03:06:41	04:12:43	05:05:11	<b>05:38:18.30</b>	<b>05:38:18.30</b>	+02:05:18 (37.0%)	7:35	7.9 (62.7%)
26	<b>PAWELEC Piotr</b>	<b>612</b>		M50	26	00:02:34	01:58:25	03:17:36	04:25:56	05:16:02	<b>05:43:02.45</b>	<b>05:43:02.45</b>	+02:10:02 (37.9%)	7:41	7.8 (61.9%)
27	<b>PARCHOMIUK Andrzej</b>	<b>138</b>	NIEZRZESZONY	M50	27	00:02:23	02:07:25	03:16:17		05:07:41	<b>05:43:54.90</b>	<b>05:43:54.90</b>	+02:10:54 (38.1%)	7:42	7.8 (61.9%)
28	<b>NOWICKI Artur</b>	<b>435</b>	SPORTCZESNA	M50	28	00:01:20	01:56:47	03:16:04	04:24:07	05:16:00	<b>05:44:35.10</b>	<b>05:44:35.10</b>	+02:11:35 (38.2%)	7:43	7.8 (61.9%)
29	<b>BARANOWSKI Krzysztof</b>	<b>351</b>	KUTNO BIEGA	M50	29	00:01:39	02:03:21	03:17:48	04:23:56	05:15:44	<b>05:44:41.50</b>	<b>05:44:41.50</b>	+02:11:41 (38.2%)	7:43	7.8 (61.9%)
30	<b>GŁÓWKA Alfred</b>	<b>634</b>	KARCZMA U FREDA	M50	30	00:01:27	01:58:46	03:16:14	04:23:36	05:14:29	<b>05:46:12.35</b>	<b>05:46:12.35</b>	+02:13:12 (38.5%)	7:45	7.7 (61.1%)
31	<b>KAJA Robert</b>	<b>466</b>	WIELUŃ BIEGA	M50	31	00:02:03	02:01:16	03:16:08	04:20:37	05:16:13	<b>05:48:20.60</b>	<b>05:48:20.60</b>	+02:15:20 (38.9%)	7:48	7.7 (61.1%)
32	<b>GRUCA Ryszard</b>	<b>707</b>		M50	32	00:02:03	01:59:43	03:08:34	04:25:59	05:18:19	<b>05:48:34.40</b>	<b>05:48:34.40</b>	+02:15:34 (38.9%)	7:48	7.7 (61.1%)
33	<b>DOMAGAŁA Jerzy</b>	<b>294</b>		M50	33	00:03:23	02:11:33	03:23:58	04:26:04	05:22:29	<b>05:54:41.50</b>	<b>05:54:41.50</b>	+02:21:41 (39.9%)	7:57	7.5 (59.5%)
34	<b>WYSOKIŃSKI Jerzy</b>	<b>753</b>	KLUB BIEGACZA BIAŁA BIEGA/ORANGE POLSKA	M50	34	00:03:11	02:17:55	03:31:06	04:32:57	05:27:17	<b>05:58:26.60</b>	<b>05:58:26.60</b>	+02:25:26 (40.6%)	8:02	7.5 (59.5%)
35	<b>JEZIORNY Ryszard</b>	<b>414</b>	WIELUŃ BIEGA	M50	35	00:02:04	02:08:37	03:26:04	04:32:03	05:26:35	<b>06:00:41.85</b>	<b>06:00:41.85</b>	+02:27:41 (40.9%)	8:05	7.4 (58.7%)
36	<b>WARZYCHA Krzysztof</b>	<b>121</b>	OSK MAXEL	M50	36	00:01:44	02:11:08	03:32:33	04:37:08	05:35:57	<b>06:07:33.10</b>	<b>06:07:33.10</b>	+02:34:33 (42.0%)	8:14	7.3 (57.9%)
37	<b>KĘPKA Andrzej</b>	<b>374</b>	PRZEWORSKA GRUPA BIEGOWA	M50	37	00:02:02	02:12:15	03:31:59	04:41:32	05:37:37	<b>06:10:13.30</b>	<b>06:10:13.30</b>	+02:37:13 (42.5%)	8:18	7.2 (57.1%)
38	<b>ROSPOND Piotr</b>	<b>157</b>	TKKF MPK POZNAŃ	M50	38	00:02:28	02:14:12	03:35:29	04:43:16	05:39:48	<b>06:12:08.00</b>	<b>06:12:08.00</b>	+02:39:07 (42.8%)	8:20	7.2 (57.1%)
39	<b>DRABIK Jacek</b>	<b>115</b>		M50	39	00:01:15	02:09:03	03:30:08	04:43:23	05:42:02	<b>06:15:40.90</b>	<b>06:15:40.90</b>	+02:42:40 (43.3%)	8:25	7.1 (56.3%)
40	<b>OPALIŃSKI Tomasz</b>	<b>358</b>		M50	40	00:02:12	02:06:03	03:25:45	04:51:13	05:48:32	<b>06:18:52.10</b>	<b>06:18:52.10</b>	+02:45:52 (43.8%)	8:29	7.1 (56.3%)
41	<b>KUCA Roman</b>	<b>711</b>		M50	41	00:01:58	02:15:45	03:34:01	04:45:24	05:46:35	<b>06:23:13.60</b>	<b>06:23:13.60</b>	+02:50:13 (44.4%)	8:35	7 (55.6%)
42	<b>MIKA Damian</b>	<b>151</b>	EKO-OKNA RUNNERS	M50	42	00:02:45	02:21:47	03:43:21	04:58:52	05:57:38	<b>06:33:05.90</b>	<b>06:33:05.90</b>	+03:00:05 (45.8%)	8:48	6.8 (54.0%)
43	<b>STACHYRA Andrzej</b>	<b>312</b>	LSB	M50	43	00:02:20	02:00:20	03:23:56	04:57:55	06:08:59	<b>06:46:40.95</b>	<b>06:46:40.95</b>	+03:13:40 (47.6%)	9:07	6.6 (52.4%)
44	<b>SOKOŁOWSKI Artur</b>	<b>36</b>		M50	44	00:02:36	02:25:52	03:49:00	05:08:03	06:10:50	<b>06:51:17.00</b>	<b>06:51:17.00</b>	+03:18:16 (48.2%)	9:13	6.5 (51.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Roztoki	Split_Mateusz	Split_Kamyk	Split_Mateusz	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.1km	18km	26.5km	34.2km	40.7km	44.6km	44.6km			
45	<b>OBARSKI Norbert</b>	<b>220</b>		M50	45	00:02:58	02:32:54	03:56:20	05:16:18	06:20:06	<b>06:54:12.15</b>	<b>06:54:12.15</b>	+03:21:12 (48.6%)	9:17	6.5 (51.6%)
46	<b>BĘDŹKOWSKI Marek</b>	<b>479</b>	MORSY OSTROŁĘKA	M50	46	00:02:20	02:45:34	04:11:11	05:20:54	06:20:16	<b>06:55:11.80</b>	<b>06:55:11.80</b>	+03:22:11 (48.7%)	9:18	6.4 (50.8%)
47	<b>HRYSZKO Robert</b>	<b>747</b>	POZYTYWNIIE ZABIEGANI SANOK	M50	47	00:02:40	02:34:18	04:19:00	05:45:38	06:46:52	<b>07:26:24.95</b>	<b>07:26:24.95</b>	+03:53:24 (52.3%)	10:00	6 (47.6%)
	<b>MAŚLANKA Ireneusz</b>	<b>64</b>	NIGHT RUNNERS GLIWICE	M50		00:03:40 DNF	02:59:48 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 48 wynik(ów)