

X ZIMOWA BIESZCZADZKA DYCHA 2024

B4SPORT

Wydarzenie: X Zimowy Maraton Bieszczadzki
Organizator: Fundacja Bieg Rzeźnika
Data: 2024-01-27
Miejsce: Cisna
Dystans: 10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyżowka na stokowce 5km	Czas netto 9km	Czas brutto 9km	Różn	Tempo min/km	Tempo km/h
1	ŁOIŃSKI Andrzej	1084	RUCH IZBICA	M40	1	00:19:55	00:42:51.45	00:42:52.20		4:45	12.6 (100%)
2	JAKUBKOVIČ Dominik	1061	MARAS TEAM	M30	1	00:21:03	00:44:18.65	00:44:19.95	+00:01:27 (3.3%)	4:55	12.2 (96.8%)
3	GURGUL Sebastian	1047	AROMAT NÓG	M40	2	00:20:43	00:44:33.85	00:44:33.85	+00:01:41 (3.8%)	4:57	12.1 (96.0%)
4	TARGOSZ Michał	1057	RUNPROGRESS.PL TEAM	M40	3	00:20:55	00:45:32.40	00:45:32.40	+00:02:40 (5.9%)	5:03	11.9 (94.4%)
5	MLAŚ Ireneusz	1113	IPA PRZEMYŚL	M30	2	00:21:06	00:46:25.95	00:46:25.95	+00:03:33 (7.7%)	5:09	11.6 (92.1%)
6	PEŁDIAK Mateusz	1067	KB ATHLETIC ZRĘCIN/ PAWKO RUNNER TEAM	M30	3	00:21:43	00:47:02.00	00:47:02.65	+00:04:10 (8.9%)	5:13	11.5 (91.3%)
7	ZAWADZKI Marcin	1001	SZCZWANY TRZMIEL TEAM	M40	4	00:22:00	00:48:42.85	00:48:43.15	+00:05:50 (12.0%)	5:24	11.1 (88.1%)
8	DZIUBIŃSKI Radosław	1093	IPA PRZEMYŚL	M40	5	00:22:27	00:48:49.75	00:48:50.80	+00:05:58 (12.2%)	5:25	11.1 (88.1%)
9	ŁAGOŻNY Łukasz	1106	GÓRY MARZEŃ	M40	6	00:23:03	00:49:32.75	00:49:33.70	+00:06:41 (13.5%)	5:30	10.9 (86.5%)
10	MAZURKIEWICZ Tomasz	1109	GÓRY MARZEŃ	M50	1	00:23:01	00:49:33.60	00:49:34.05	+00:06:41 (13.5%)	5:30	10.9 (86.5%)
11	BUCIOR Łukasz	1121		M20	1	00:23:02	00:49:47.10	00:49:48.15	+00:06:55 (13.9%)	5:31	10.8 (85.7%)
12	HOŁOWATY Renata	1090	SANOK BIEGA	K30	1	00:24:22	00:50:20.60	00:50:20.65	+00:07:28 (14.8%)	5:35	10.7 (84.9%)
13	STACH Tomasz	1038		M40	7	00:23:41	00:50:31.75	00:50:33.00	+00:07:40 (15.2%)	5:36	10.7 (84.9%)
14	TAJAK Bartłomiej	1034		M30	4	00:23:32	00:50:36.05	00:50:38.90	+00:07:46 (15.4%)	5:37	10.7 (84.9%)
15	DOŁŻYCKI Paweł	1023		M30	5	00:23:33	00:50:44.65	00:50:46.15	+00:07:53 (15.6%)	5:38	10.6 (84.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kryzowka na stokowce 5km		Czas netto 9km	Czas brutto 9km	Różn	Tempo min/km	Tempo km/h
16	ŚWIDZIŃSKI Tomasz	1082	LOKOMOTIV MAJDAN	M40	8	00:23:04		00:52:23.35	00:52:23.65	+00:09:31 (18.2%)	5:49	10.3 (81.7%)
17	CHARKOT Sławomir	1053	BIEGUSIEM.PL	M40	9	00:24:59		00:54:02.50	00:54:10.35	+00:11:18 (20.9%)	6:00	10 (79.4%)
18	GOLONKA Dawid	1032	JASIELSKIE PIORUNY	M20	2	00:25:27		00:55:05.00	00:55:06.25	+00:12:14 (22.2%)	6:07	9.8 (77.8%)
19	SOLARSKI Robert	1091		M50	2	00:25:05		00:55:18.70	00:55:19.80	+00:12:27 (22.5%)	6:08	9.8 (77.8%)
20	ZIEMLIŃSKI Adrian	1122		M20	3	00:26:38		00:55:44.55	00:55:46.90	+00:12:54 (23.1%)	6:11	9.7 (77.0%)
21	POPIELA-KAWA Sylwia	1096		K40	1	00:25:48		00:56:37.05	00:56:37.65	+00:13:45 (24.3%)	6:17	9.5 (75.4%)
22	KOSTKA Robert	1024		M50	3	00:25:57		00:57:06.90	00:57:08.15	+00:14:15 (25.0%)	6:20	9.5 (75.4%)
22	ROŚCIŃSKI Franciszek	1126	SAMOTNY-WILK	M50	3	00:26:35		00:57:07.55	00:57:08.15	+00:14:15 (25.0%)	6:20	9.5 (75.4%)
24	CICHOŃ Sabina	1129		K40	2	00:27:31		00:58:12.35	00:58:18.15	+00:15:25 (26.5%)	6:28	9.3 (73.8%)
25	Z Marcin	1083		M40	10	00:27:21		00:58:24.05	00:58:29.25	+00:15:37 (26.7%)	6:29	9.2 (73.0%)
26	PADO Michał	1039	BIESZCZADZKA WATAHA MTB RZEPEDŹ	M30	6	00:27:40		00:58:35.30	00:58:41.15	+00:15:48 (27.0%)	6:30	9.2 (73.0%)
27	ZIARKOWSKI Bartosz	1046	STJ KW KRAKÓW	M20	4	00:27:46		00:58:47.20	00:58:52.40	+00:16:00 (27.2%)	6:31	9.2 (73.0%)
28	LASKOWSKI Bartłomiej	1008		M30	7	00:28:48		00:58:55.75	00:59:01.40	+00:16:09 (27.4%)	6:32	9.2 (73.0%)
29	WOŹNIAK Janusz	1004	PORMAT JEDLICZE BIEGA	M60	1	00:27:29		00:59:40.50	00:59:42.60	+00:16:50 (28.2%)	6:37	9.1 (72.2%)
30	NESTOROWICZ Maksymilian	1035	MAM WYBIEGANE	M30	8	00:28:08		00:59:54.70	01:00:00.70	+00:17:08 (28.6%)	6:39	9 (71.4%)
31	WRÓBEL Bartłomiej	1104	CISNA GÓRĄ	M40	11	00:27:34		01:01:12.45	01:01:12.45	+00:18:20 (30.0%)	6:48	8.8 (69.8%)
32	KNAP Mariola	1070	SANOK BIEGA	K40	3	00:29:31		01:01:14.80	01:01:15.15	+00:18:22 (30.0%)	6:48	8.8 (69.8%)
33	PODOLAK Zbigniew	1073	GWIAZDY PRZEMYŚL	M60	2	00:28:56		01:01:26.70	01:01:30.15	+00:18:37 (30.3%)	6:49	8.8 (69.8%)
34	KOWAL Anna	1088		K30	2	00:28:09		01:01:54.90	01:01:56.55	+00:19:04 (30.8%)	6:52	8.7 (69.0%)
35	DROZD Piotr	1099		M40	12	00:29:05		01:02:33.50	01:02:36.25	+00:19:44 (31.5%)	6:57	8.6 (68.3%)
36	DUSZA Łukasz	1076		M30	9	00:29:00		01:02:31.55	01:02:41.50	+00:19:49 (31.6%)	6:56	8.6 (68.3%)
37	UJMA Stanisław	1055		M60	3	00:29:24		01:03:09.65	01:03:09.65	+00:20:17 (32.1%)	7:01	8.6 (68.3%)
38	SZMAJ Michał	1066	SZARŻA WROCŁAW	M40	13	00:28:40		01:03:40.05	01:03:40.25	+00:20:48 (32.7%)	7:04	8.5 (67.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kryzowka na stokowce 5km		Czas netto 9km	Czas brutto 9km	Różn	Tempo min/km	Tempo km/h
39	KOKOSIŃSKI Krzysztof	1016		M20	5			01:03:45.00	01:03:45.00	+00:20:52 (32.8%)	7:05	8.5 (67.5%)
40	WASILEWSKI Tomasz	1074	AROMAT NÓG	M40	14	00:29:59		01:03:44.50	01:03:46.00	+00:20:53 (32.8%)	7:04	8.5 (67.5%)
41	MUSIOŁ Sonja	1064	SONJA MUSIOŁ PSYCHOTERAPIA	K20	1	00:30:21		01:04:26.60	01:04:30.85	+00:21:38 (33.5%)	7:09	8.4 (66.7%)
42	URZEDOWSKI Arkadiusz	1097		M30	10	00:30:22		01:04:25.60	01:04:31.70	+00:21:39 (33.6%)	7:09	8.4 (66.7%)
43	JANAS Marian	1125	OTK RZEŹNIK	M60	4	00:30:13		01:04:45.90	01:04:58.30	+00:22:06 (34.0%)	7:11	8.3 (65.9%)
44	GANCARZ Barbara	1012		K30	3	00:30:25		01:05:12.10	01:05:13.90	+00:22:21 (34.3%)	7:14	8.3 (65.9%)
45	ŁAWROWSKI Adolf	1107	KS HARPAGAN	M60	5	00:31:21		01:05:35.30	01:05:37.50	+00:22:45 (34.7%)	7:17	8.2 (65.1%)
46	PĘTALA Marcin	1075		M30	11	00:32:15		01:05:52.75	01:05:54.35	+00:23:02 (35.0%)	7:19	8.2 (65.1%)
47	KSIĄŻEK Damian	1072		M30	12	00:28:44		01:05:49.45	01:05:55.90	+00:23:03 (35.0%)	7:18	8.2 (65.1%)
48	GUCWA Mirosław	1079	BACK ON TRACK	M40	15	00:30:07		01:05:53.20	01:05:57.00	+00:23:04 (35.0%)	7:19	8.2 (65.1%)
49	DZIEŃKOWSKA Ewelina	1021		K40	4	00:30:29		01:05:52.80	01:05:57.75	+00:23:05 (35.0%)	7:19	8.2 (65.1%)
50	ZYSKOWSKI Andrzej	1022	ULTRA GORDON TEAM	M40	16	00:30:30		01:05:53.05	01:05:57.80	+00:23:05 (35.0%)	7:19	8.2 (65.1%)
51	LEWICKI Wojciech	1108	WŻW RZESZÓW	M30	13	00:32:20		01:05:50.25	01:06:00.95	+00:23:08 (35.1%)	7:18	8.2 (65.1%)
52	POJNAR Katarzyna	1052		K20	2	00:29:01		01:06:55.60	01:07:02.75	+00:24:10 (36.1%)	7:26	8.1 (64.3%)
53	ZIELIŃSKI Damian	1114	STOPKA PILAWA	M40	17	00:31:06		01:07:16.30	01:07:16.30	+00:24:24 (36.3%)	7:28	8 (63.5%)
54	SKARUZ Anna	1030	SŁONECZKO	K40	5	00:30:58		01:07:35.90	01:07:40.50	+00:24:48 (36.7%)	7:30	8 (63.5%)
55	STELMACH-TOFIL Ewa	1120	#NOLIMITS	K40	6	00:28:36		01:08:30.20	01:08:32.45	+00:25:40 (37.5%)	7:36	7.9 (62.7%)
56	FORNALIK Marek	1045	FORNALOSTEAM	M40	18	00:30:11		01:09:02.80	01:09:08.15	+00:26:15 (38.0%)	7:40	7.8 (61.9%)
57	OBYRTACZ Paweł	1051		M30	14	00:32:06		01:09:12.30	01:09:19.05	+00:26:26 (38.2%)	7:41	7.8 (61.9%)
58	LESIŃSKIA Monika	1037	GRUPA BIEGACZY SKÓRZEC BIEGA	M40	19	00:30:47		01:09:20.05	01:09:23.70	+00:26:31 (38.2%)	7:42	7.8 (61.9%)
59	ZAWADKA Małgorzata	1029	STOPKA PILAWA	K40	7	00:32:18		01:09:36.30	01:09:46.90	+00:26:54 (38.6%)	7:44	7.8 (61.9%)
60	RUDY Magdalena	1116		K30	4	00:31:22		01:09:41.50	01:09:49.15	+00:26:56 (38.6%)	7:44	7.7 (61.1%)
61	KAMLER Rafał	1048	BRAK	M40	20	00:30:06		01:10:44.35	01:10:47.30	+00:27:55 (39.4%)	7:51	7.6 (60.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kryzowka na stokowce 5km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 9km	brutto 9km			
62	ZARZYKA Zofia	1118		K40	8	00:30:30	01:10:48.45	01:10:53.05	+00:28:00 (39.5%)	7:52	7.6 (60.3%)
63	GEMZIK Agata	1086	J U V E R U N	K30	5	00:31:27	01:11:00.30	01:11:06.10	+00:28:13 (39.7%)	7:53	7.6 (60.3%)
64	NAWROT Waldek	1094	J U V E R U N	M50	5	00:31:24	01:11:00.20	01:11:07.65	+00:28:15 (39.7%)	7:53	7.6 (60.3%)
65	TAUZ Michał	1102		M20	6	00:32:14	01:11:03.20	01:11:09.90	+00:28:17 (39.8%)	7:53	7.6 (60.3%)
66	ADACH-SOSNOWSKA Magdalena	1017		K40	9	00:28:45	01:11:28.30	01:11:43.45	+00:28:51 (40.2%)	7:56	7.6 (60.3%)
67	KAPŁOWSKI Jerzy	1119		M50	6	00:28:27	01:11:26.70	01:11:43.65	+00:28:51 (40.2%)	7:56	7.6 (60.3%)
68	GASIOR Paweł	1059	ROZBIEGANY SUSZ	M30	15	00:30:48	01:11:50.35	01:11:54.70	+00:29:02 (40.4%)	7:58	7.5 (59.5%)
69	GREC Katarzyna	1010		K20	3	00:32:27	01:11:51.20	01:11:59.05	+00:29:06 (40.4%)	7:59	7.5 (59.5%)
70	BOBYK Paweł	1095		M40	21	00:33:58	01:11:54.80	01:12:02.75	+00:29:10 (40.5%)	7:59	7.5 (59.5%)
71	SOWA Bogusław	1002		M40	22	00:33:11	01:13:12.25	01:13:18.85	+00:30:26 (41.5%)	8:08	7.4 (58.7%)
72	KORZENIEWSKI Piotr	1071		M30	16	00:35:29	01:13:29.00	01:13:37.85	+00:30:45 (41.8%)	8:09	7.3 (57.9%)
73	JAKIELASZEK Maciej	1063	ŚMIGACZDYZIA	M30	17	00:32:52	01:13:40.45	01:13:50.25	+00:30:58 (41.9%)	8:11	7.3 (57.9%)
74	DABROWKA Nina	1089	FUNDACJA LATARNIA - GMINA BUKOWSKO	K30	6	00:34:02	01:13:57.40	01:14:02.40	+00:31:10 (42.1%)	8:13	7.3 (57.9%)
75	MACIEWICZ Teresa	1020		K50	1	00:32:41	01:14:56.20	01:15:02.05	+00:32:09 (42.9%)	8:19	7.2 (57.1%)
76	MAZEK Łukasz	1112	STOPKA PILAWA	M30	18	00:32:29	01:15:55.90	01:15:55.90	+00:33:03 (43.5%)	8:26	7.1 (56.3%)
77	GUCAJMA Izabela	1031		K30	7	00:33:58	01:16:39.50	01:16:42.55	+00:33:50 (44.1%)	8:31	7 (55.6%)
78	SIKORA Amelia	1092		K20	4	00:36:28	01:16:43.55	01:16:47.95	+00:33:55 (44.2%)	8:31	7 (55.6%)
79	FUDALI Jacek	1056		M30	19	00:35:41	01:17:07.55	01:17:09.45	+00:34:17 (44.4%)	8:34	7 (55.6%)
80	KRZEMIEN Jakub	1085		M30	20	00:34:32	01:17:15.40	01:17:24.35	+00:34:32 (44.6%)	8:35	7 (55.6%)
81	PISZCZ Dariusz	1123		M50	7	00:36:08	01:17:26.50	01:17:31.50	+00:34:39 (44.7%)	8:36	7 (55.6%)
82	BEDNARCZYK Karol	1128	AMATOR	M30	21	00:37:52	01:17:33.80	01:17:41.65	+00:34:49 (44.8%)	8:37	7 (55.6%)
83	BAK-LITWA Ewa	1005	FOREVER TEAM	K40	10	00:34:29	01:17:53.85	01:17:57.80	+00:35:05 (45.0%)	8:39	6.9 (54.8%)
84	LITWA Łukasz	1006	FOREVER TEAM	M40	23	00:34:32	01:17:54.65	01:17:58.30	+00:35:06 (45.0%)	8:39	6.9 (54.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyzowka na	Czas	Czas	Różn	Tempo	Tempo
						stokowce	netto	brutto			
85	POPEK Małgorzata	1007		K40	11	00:34:47	01:18:00.45	01:18:03.80	+00:35:11 (45.1%)	8:40	6.9 (54.8%)
86	OSIADŁY Bartosz	1013		M40	24	00:34:01	01:18:02.55	01:18:05.05	+00:35:12 (45.1%)	8:40	6.9 (54.8%)
87	STEC Andrzej	1033		M50	8	00:34:00	01:19:07.05	01:19:12.25	+00:36:20 (45.9%)	8:47	6.8 (54.0%)
88	ANDRASZ Paweł	1027		M30	22	00:33:39	01:19:15.50	01:19:19.60	+00:36:27 (46.0%)	8:48	6.8 (54.0%)
89	BYLINKA Krzysztof	1127	STOPKA PILAWA	M30	23	00:39:08	01:21:32.90	01:21:44.50	+00:38:52 (47.6%)	9:03	6.6 (52.4%)
90	WASILEWSKI Marcin	1014		M40	25	00:36:16	01:24:11.20	01:24:14.30	+00:41:22 (49.1%)	9:21	6.4 (50.8%)
91	WASYLÓW Izabela	1124	JACEK TEAM-PRZEMYŚL	K40	12	00:36:42	01:24:27.60	01:24:34.65	+00:41:42 (49.3%)	9:23	6.4 (50.8%)
92	KUC Daniel	1040		M40	26	00:37:43	01:25:27.50	01:25:35.90	+00:42:43 (49.9%)	9:29	6.3 (50.0%)
93	WRONOWSKA Ewelina	1018		K30	8	00:37:34	01:26:26.00	01:26:35.55	+00:43:43 (50.5%)	9:36	6.2 (49.2%)
94	BAZENTKIEWICZ Piotr	1028		M20	7		01:26:31.95	01:26:39.60	+00:43:47 (50.5%)	9:36	6.2 (49.2%)
95	CHMIEL-ŁOIŃSKA Monika	1098		K40	13	00:34:28	01:26:39.20	01:26:47.95	+00:43:55 (50.6%)	9:37	6.2 (49.2%)
96	ZGÓRSKI Maciej	1009		M40	27	00:36:45	01:26:57.35	01:27:02.85	+00:44:10 (50.8%)	9:39	6.2 (49.2%)
97	ZAWADKA Karolina	1025	STOPKA PILAWA	K30	9	00:39:08	01:27:44.25	01:27:54.80	+00:45:02 (51.2%)	9:44	6.2 (49.2%)
98	KOWALSKA Monika	1026	STOPKA PILAWA	K40	14	00:38:48	01:27:44.00	01:27:55.00	+00:45:02 (51.2%)	9:44	6.2 (49.2%)
99	WOŹNIAK Lidia	1078	PORMAT JEDLICZE BIEGA	K50	2	00:38:56	01:28:23.95	01:28:27.00	+00:45:34 (51.5%)	9:49	6.1 (48.4%)
100	PIELAK Marcin	1111	MARKOWI BIEGACZE	M40	28	00:40:01	01:28:24.90	01:28:40.70	+00:45:48 (51.7%)	9:49	6.1 (48.4%)
101	KOŚCIUCZYK Lesław	1069		M50	9	00:39:48	01:29:42.20	01:29:51.50	+00:46:59 (52.3%)	9:58	6 (47.6%)
102	PETER Katarzyna	1087		K50	3	00:37:49	01:29:54.15	01:30:11.35	+00:47:19 (52.5%)	9:59	6 (47.6%)
103	KOBAK Klaudyna	1011		K20	5	00:35:53	01:30:07.05	01:30:14.20	+00:47:22 (52.5%)	10:00	6 (47.6%)
104	AUGUSTYNIAK Iza	1015		K20	6	00:38:53	01:30:12.65	01:30:19.90	+00:47:27 (52.5%)	10:01	6 (47.6%)
105	WALECKA Anna	1019	STOPKA PILAWA	K30	10	00:41:20	01:31:02.15	01:31:12.85	+00:48:20 (53.0%)	10:06	5.9 (46.8%)
106	NAWROT Magdalena	1103	J U V E R U N	K40	15	00:40:21	01:32:02.25	01:32:08.95	+00:49:16 (53.5%)	10:13	5.9 (46.8%)
107	WOŁOSZYN Ryszard	1105	MARGO TEAM	M50	10	00:41:17	01:33:39.25	01:33:49.05	+00:50:56 (54.3%)	10:24	5.8 (46.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyzowka na stokowce 5km	Czas netto 9km	Czas brutto 9km	Różn	Tempo min/km	Tempo km/h
108	MIKOŁAJCZYK Wiktor	1115	ULTRA KSP	M20	8	00:41:11	01:33:47.10	01:33:51.25	+00:50:59 (54.3%)	10:25	5.8 (46.0%)
109	CZUBA Jadwiga	1081		K40	16	00:41:22	01:36:04.10	01:36:12.10	+00:53:19 (55.4%)	10:40	5.6 (44.4%)
110	ŻYŁOWICZ Marcin	1060		M30	24	00:40:47	01:36:00.50	01:36:19.15	+00:53:26 (55.5%)	10:40	5.6 (44.4%)
111	CZAPLA Andrzej	1058		M60	6		01:37:38.95	01:37:47.20	+00:54:55 (56.2%)	10:50	5.5 (43.7%)
112	MARAS Ladislav	1062	MARAS TEAM	M60	7	00:44:06	01:40:48.15	01:40:53.80	+00:58:01 (57.5%)	11:12	5.4 (42.9%)
113	DRELINKIEWICZ Alicja	1101	DYNÓW	K60	1		01:44:49.35	01:45:01.10	+01:02:08 (59.2%)	11:38	5.2 (41.3%)
114	HADAM Ewa	1100	SPARTAN TRAINING GROUP RZESZÓW	K50	4		01:44:49.45	01:45:01.40	+01:02:09 (59.2%)	11:38	5.2 (41.3%)
115	STROJNY Aleksander	1077		M40	29		01:50:03.70	01:50:16.55	+01:07:24 (61.1%)	12:13	4.9 (38.9%)
116	OSIŃSKA Agata	1003		K50	5		01:56:26.80	01:56:38.25	+01:13:46 (63.2%)	12:56	4.6 (36.5%)
117	HERMANOWICZ Marcin	1068	AMATOR	M40	30	01:07:02	02:57:50.95	03:15:46.95	+02:32:54 (78.1%)	19:45	3 (23.8%)

Znaleziono 117 wynik(ów)