

# X ZIMOWY MARATON BIESZCZADZKI 2024 - 20KM

B4SPORT  
INTELEKTUALNE ZAWODY SPORTOWE

**Wydarzenie:** X Zimowy Maraton Bieszczadzki  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2024-01-27  
**Miejsce:** Cisna  
**Dystans:** 22 km

**B4SPORT**  
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyzowka na stokowce 5km	Karczma Brzeziniak 12km	Wyjscie z Karczmy 12.1km	Krzyzowka na stokowce (powrot) 18km	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
1	<b>PITUCH Grzegorz</b>	<b>2229</b>	KS WYSOKA	M40	1	00:19:40	00:52:10	00:52:22	01:21:14	<b>01:46:09.30</b>	<b>01:46:09.45</b>		4:36	13 (100%)
2	<b>KUROWSKI Andrew</b>	<b>2029</b>		M40	2	00:19:16	00:51:34	00:51:46	01:23:33	<b>01:48:43.75</b>	<b>01:48:44.15</b>	+00:02:34 (2.4%)	4:43	12.7 (97.7%)
3	<b>POŻAK Grzegorz</b>	<b>2207</b>		M40	3	00:22:41	00:59:28	00:59:44	01:33:05	<b>01:58:49.40</b>	<b>01:58:52.35</b>	+00:12:42 (10.7%)	5:09	11.6 (89.2%)
4	<b>BODANKA Piotr</b>	<b>2225</b>	APAMA ACOUSTIC PROJECT	M40	4	00:22:19	00:59:25	00:59:38	01:32:51	<b>01:59:05.80</b>	<b>01:59:06.85</b>	+00:12:57 (10.9%)	5:10	11.6 (89.2%)
5	<b>HEJNAR Jakub</b>	<b>2098</b>		M40	5	00:23:08	01:01:19	01:01:33	01:34:53	<b>02:01:42.25</b>	<b>02:01:45.80</b>	+00:15:36 (12.8%)	5:17	11.3 (86.9%)
6	<b>WASYLÓW Jacek</b>	<b>2165</b>	CZR1-TEAM PRZEMYŚL	M40	6	00:23:41	01:02:35	01:03:30	01:37:38	<b>02:05:40.35</b>	<b>02:05:43.80</b>	+00:19:34 (15.6%)	5:27	11 (84.6%)
7	<b>SKARUZ Jarosław</b>	<b>2088</b>		M40	7	00:23:54	01:02:59	01:03:16	01:37:23	<b>02:06:20.55</b>	<b>02:06:26.85</b>	+00:20:17 (16.0%)	5:29	10.9 (83.8%)
8	<b>BANASIK Krzysztof</b>	<b>2027</b>		M40	8	00:23:26	01:01:22	01:01:36	01:36:52	<b>02:07:19.95</b>	<b>02:07:22.10</b>	+00:21:12 (16.7%)	5:32	10.8 (83.1%)
9	<b>SZCZUDRAWA Dariusz</b>	<b>2037</b>		M40	9	00:22:35	01:00:08	01:00:26	01:36:22	<b>02:08:20.45</b>	<b>02:08:22.60</b>	+00:22:13 (17.3%)	5:34	10.8 (83.1%)
10	<b>GUŁAŚ Daniel</b>	<b>2135</b>		M40	10	00:24:34	01:04:42	01:04:55	01:39:47	<b>02:08:34.55</b>	<b>02:08:37.70</b>	+00:22:28 (17.5%)	5:35	10.7 (82.3%)
11	<b>KUŚMIERZAK Piotr</b>	<b>2087</b>	PRZEDWOJEWSKI TEAM	M40	11	00:23:55	01:04:01	01:04:31	01:39:24	<b>02:09:07.05</b>	<b>02:09:09.80</b>	+00:23:00 (17.8%)	5:36	10.7 (82.3%)
12	<b>BATORY Marek</b>	<b>2125</b>	BATORY BAU	M40	12	00:23:52	01:03:07	01:03:45	01:39:25	<b>02:11:33.80</b>	<b>02:11:37.15</b>	+00:25:27 (19.3%)	5:43	10.5 (80.8%)
13	<b>PIERZ Sławomir</b>	<b>2174</b>		M40	13	00:25:42	01:06:34	01:06:48	01:42:22	<b>02:11:46.20</b>	<b>02:12:03.70</b>	+00:25:54 (19.6%)	5:43	10.5 (80.8%)
14	<b>ZIĘBA Mateusz</b>	<b>2190</b>	FOREVER TEAM	M40	14	00:24:19	01:04:23	01:04:37	01:43:53	<b>02:14:28.70</b>	<b>02:14:30.05</b>	+00:28:20 (21.1%)	5:50	10.3 (79.2%)
15	<b>CZARNOCKI Paweł</b>	<b>2054</b>	GBSB	M40	15	01:35:25				<b>02:13:56.60</b>	<b>02:14:31.45</b>	+00:28:22 (21.1%)	5:49	10.3 (79.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyzowka								
						Krzyzowka na stokowce 5km	Karczma Brzeziniak 12km	Wyjscie z Karczmy 12.1km	Krzyzowka na stokowce (powrot) 18km	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
16	<b>RACZKOWSKI Paweł</b>	<b>2076</b>		M40	16	00:25:53	01:06:49	01:07:29	01:43:34	<b>02:15:48.85</b>	<b>02:16:20.40</b>	+00:30:10 (22.1%)	5:54	10.2 (78.5%)
17	<b>SZAROWICZ Fabian</b>	<b>2230</b>	BATORYBAU	M40	17	00:25:58	01:07:25	01:08:40	01:45:22	<b>02:16:11.45</b>	<b>02:16:24.30</b>	+00:30:14 (22.2%)	5:55	10.1 (77.7%)
18	<b>TABĘDZKI Bartłomiej</b>	<b>2134</b>		M40	18	00:25:59	01:07:27	01:09:17	01:46:32	<b>02:16:17.70</b>	<b>02:16:25.75</b>	+00:30:16 (22.2%)	5:55	10.1 (77.7%)
19	<b>DOMARECKI Paweł</b>	<b>2127</b>	STOPKA PILAWA	M40	19	00:26:56	01:07:29	01:07:58	01:43:20	<b>02:17:32.75</b>	<b>02:17:43.45</b>	+00:31:34 (22.9%)	5:58	10 (76.9%)
20	<b>RYCHLIK Grzegorz</b>	<b>2189</b>		M40	20	00:27:57	01:11:32	01:12:20	01:49:29	<b>02:22:40.70</b>	<b>02:23:10.05</b>	+00:37:00 (25.9%)	6:12	9.7 (74.6%)
21	<b>FEDAN Łukasz</b>	<b>2010</b>		M40	21	00:25:21	01:08:10	01:09:53	01:48:56	<b>02:23:53.20</b>	<b>02:23:57.05</b>	+00:37:47 (26.3%)	6:15	9.6 (73.8%)
22	<b>KARDASZ Jacek</b>	<b>2031</b>	ATTYLA	M40	22	00:29:03	01:15:02	01:16:45	01:56:55	<b>02:32:05.20</b>	<b>02:32:44.80</b>	+00:46:35 (30.5%)	6:36	9.1 (70.0%)
23	<b>BILSKI Marcin</b>	<b>2044</b>	PO JEDNYCH PINIĄDZACH	M40	23	00:31:32	01:14:53	01:18:50	01:57:48	<b>02:33:01.15</b>	<b>02:33:41.30</b>	+00:47:31 (30.9%)	6:39	9 (69.2%)
24	<b>TARNAWSKI Sławomir</b>	<b>2047</b>		M40	24	00:28:10	01:14:44	01:15:43	01:56:49	<b>02:34:22.20</b>	<b>02:34:29.90</b>	+00:48:20 (31.3%)	6:42	8.9 (68.5%)
25	<b>ŁĄCZNY Marcin</b>	<b>2155</b>	GALOPUJĄCE DŹDŻOWNICE/SPARTAŃSKA DZICZ	M40	25	00:28:21	01:14:24	01:15:49	01:57:25	<b>02:35:48.75</b>	<b>02:35:54.25</b>	+00:49:44 (31.9%)	6:46	8.9 (68.5%)
26	<b>SKARŻYŃSKI Michał</b>	<b>2068</b>	TURBACZE	M40	26	00:29:09	01:19:03	01:20:37	02:01:53	<b>02:35:37.40</b>	<b>02:35:57.90</b>	+00:49:48 (31.9%)	6:45	8.9 (68.5%)
27	<b>LEWCZUK Norbert</b>	<b>2082</b>	BIEGACZE POMAGACZE EDYTA LEWANDOWSKA TEAM	M40	27	00:28:40	01:15:05	01:18:51	02:00:32	<b>02:41:07.60</b>	<b>02:41:39.55</b>	+00:55:30 (34.3%)	7:00	8.6 (66.2%)
28	<b>JONKISZ Marcin</b>	<b>2147</b>		M40	28	00:31:46	01:20:59	01:24:07	02:05:35	<b>02:42:14.15</b>	<b>02:43:05.60</b>	+00:56:56 (34.9%)	7:03	8.5 (65.4%)
29	<b>HAPUNOWICZ Tomasz</b>	<b>2038</b>	MOSTOSTAL SIEDLCE	M40	29	00:29:10	01:15:23	01:17:08	02:00:41	<b>02:45:38.45</b>	<b>02:46:00.65</b>	+00:59:51 (36.1%)	7:12	8.3 (63.8%)
30	<b>WERESINSKI Michał</b>	<b>2161</b>		M40	30	00:31:34	01:22:47	01:23:08	02:09:12	<b>02:47:05.75</b>	<b>02:47:09.85</b>	+01:01:00 (36.5%)	7:15	8.3 (63.8%)
31	<b>SZAJEWSKI Arkadiusz</b>	<b>2013</b>	O TAK ŁO	M40	31	00:31:04	01:20:44	01:25:15	02:08:57	<b>02:47:19.10</b>	<b>02:48:14.15</b>	+01:02:04 (36.9%)	7:16	8.2 (63.1%)
32	<b>KIEŁPIŃSKI Piotr</b>	<b>2072</b>		M40	32	00:30:01	01:19:06	01:28:06	02:12:17	<b>02:47:51.00</b>	<b>02:48:18.35</b>	+01:02:08 (36.9%)	7:17	8.2 (63.1%)
33	<b>WYSOCKI Bartosz</b>	<b>2051</b>	KS JANUSZE	M40	33	00:29:11	01:20:26	01:23:24	02:07:47	<b>02:51:06.90</b>	<b>02:51:14.25</b>	+01:05:04 (38.0%)	7:26	8.1 (62.3%)
34	<b>ZIEMKIEWICZ Michał</b>	<b>2187</b>	BIEGACZE KLECZEW	M40	34	00:30:31	01:21:19	01:25:39	02:09:51	<b>02:51:09.65</b>	<b>02:51:46.40</b>	+01:05:36 (38.2%)	7:26	8.1 (62.3%)
35	<b>BIEDROŃ Artur</b>	<b>2086</b>	ERP HEART TEAM	M40	35	00:32:44	01:28:45	01:37:41	02:24:17	<b>03:05:02.20</b>	<b>03:06:01.65</b>	+01:19:52 (42.9%)	8:02	7.5 (57.7%)
36	<b>NOWAK Maciej</b>	<b>2103</b>		M40	36	00:30:41	01:25:25	01:28:17	02:15:22	<b>03:10:57.65</b>	<b>03:11:01.10</b>	+01:24:51 (44.4%)	8:18	7.2 (55.4%)
37	<b>JASINOWICZ Norbert</b>	<b>2105</b>		M40	37	00:29:51	01:27:06	01:28:06	02:19:34	<b>03:12:58.55</b>	<b>03:13:10.30</b>	+01:27:00 (45.0%)	8:23	7.2 (55.4%)
38	<b>KRZAN Tomasz</b>	<b>2203</b>	KRZAN PRZEWORSK	M40	38	00:33:42	01:30:44	01:37:17	02:26:00	<b>03:15:36.40</b>	<b>03:16:31.45</b>	+01:30:22 (46.0%)	8:30	7.1 (54.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyzowka				Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
						Krzyzowka na stokowce 5km	Karczma Brzeziniak 12km	Wyjscie z Karczmy 12.1km	Krzyzowka na stokowce (powrot) 18km					
39	<b>BODNIAK Tomasz</b>	<b>2069</b>	POJEDNYCHPINIONDZACH	M40	39	00:34:16	01:31:46	01:42:04	02:30:31	<b>03:18:30.10</b>	<b>03:19:10.25</b>	+01:33:00 (46.7%)	8:37	7 (53.8%)
40	<b>MALEC Krystian</b>	<b>2063</b>	BRAVE SNAILS LUBLIN	M40	40	00:33:25	01:31:25	01:41:19	02:29:48	<b>03:20:26.00</b>	<b>03:21:10.95</b>	+01:35:01 (47.2%)	8:42	6.9 (53.1%)
41	<b>NOWAK Łukasz</b>	<b>2073</b>	PRESSGLASS SPORT AND SUPPORT	M40	41	00:37:06	01:42:07	01:49:11	02:35:26	<b>03:26:57.60</b>	<b>03:27:26.55</b>	+01:41:17 (48.8%)	8:59	6.7 (51.5%)
42	<b>UNKIEWICZ Michał</b>	<b>2195</b>		M40	42	00:33:28	01:31:30	01:41:18	02:29:48	<b>03:29:33.55</b>	<b>03:30:18.80</b>	+01:44:09 (49.5%)	9:06	6.6 (50.8%)
43	<b>STEPNOWSKI Łukasz</b>	<b>2184</b>		M40	43	00:36:52	01:40:49	01:48:46	02:45:26	<b>03:47:37.40</b>	<b>03:48:24.30</b>	+02:02:14 (53.5%)	9:53	6.1 (46.9%)
44	<b>GORAJEK Michał</b>	<b>2022</b>	LILA&ALA	M40	44	00:36:14	01:39:18	01:48:46	02:42:04	<b>03:50:11.00</b>	<b>03:50:40.85</b>	+02:04:31 (54.0%)	10:00	6 (46.2%)
45	<b>WINIARCZYK Łukasz</b>	<b>2129</b>	MIKI&OLUŚ&REMUŚ	M40	45	00:36:08	01:38:53	01:48:47	02:42:10	<b>03:50:15.20</b>	<b>03:50:43.75</b>	+02:04:34 (54.0%)	10:00	6 (46.2%)
46	<b>WOJTYŚ Andrzej</b>	<b>2171</b>		M40	46	00:40:21	01:46:18	01:58:49	02:59:11	<b>04:08:10.45</b>	<b>04:16:38.55</b>	+02:30:29 (58.6%)	10:47	5.6 (43.1%)
47	<b>POLAŃSKI Konrad</b>	<b>2017</b>		M40	47	00:45:33	02:08:55	02:32:17	03:43:07	<b>05:02:05.10</b>	<b>05:04:36.15</b>	+03:18:26 (65.1%)	13:08	4.6 (35.4%)
	<b>SCHLAPPA Sebastian</b>	<b>2153</b>	IZBICKO W BIEGU	M40		00:41:56 DNF	01:51:35 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)

Znaleziono 48 wynik(ów)