

# XI ULTRAMARATON BIESZCZADZKI - 14 KM

B4SPORT

**Wydarzenie:** XI ULTRAMARATON BIESZCZADZKI  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2023-10-14  
**Miejsce:** Cisna  
**Dystans:** 14 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 14km	Czas brutto 14km	Różn	Tempo min/km	Tempo km/h
1	<b>DZIEWIŃSKI Damian</b>	<b>1170</b>	35BLP/SANOK BIEGA	M40	1	<b>01:10:08.90</b>	<b>01:10:08.90</b>		5:00	12 (100%)
2	<b>ŁOIŃSKI Andrzej</b>	<b>1126</b>	RUCH IZBICA	M40	2	<b>01:14:27.85</b>	<b>01:14:27.85</b>	+00:04:18 (5.8%)	5:19	11.3 (94.2%)
3	<b>TARGOSZ Michał</b>	<b>1195</b>	RUNPROGRESS.PL	M40	3	<b>01:14:58.35</b>	<b>01:14:58.35</b>	+00:04:49 (6.4%)	5:21	11.2 (93.3%)
4	<b>MATŁOSZ Mariusz</b>	<b>1205</b>	SNW KW KRAKÓW	M40	4	<b>01:22:28.50</b>	<b>01:22:28.50</b>	+00:12:19 (14.9%)	5:53	10.2 (85.0%)
5	<b>BUSZ Jacek</b>	<b>1123</b>	STAJNIA BALONA/OLD SCHOOL TRAIL RUNNING	M40	5	<b>01:22:45.70</b>	<b>01:22:45.70</b>	+00:12:36 (15.2%)	5:54	10.2 (85.0%)
6	<b>ZAWADZKI Marcin</b>	<b>1047</b>	SZCZWANY TRZMIEL TEAM	M40	6	<b>01:23:41.00</b>	<b>01:23:41.00</b>	+00:13:32 (16.2%)	5:58	10 (83.3%)
7	<b>KICIŃSKI Grzegorz</b>	<b>1186</b>		M40	7	<b>01:23:49.40</b>	<b>01:23:49.40</b>	+00:13:40 (16.3%)	5:59	10 (83.3%)
8	<b>KOŁODZIEJCZYK Marcin</b>	<b>1069</b>	BEZ	M40	8	<b>01:33:47.15</b>	<b>01:33:47.15</b>	+00:23:38 (25.2%)	6:41	9 (75.0%)
9	<b>GIERULA Piotr</b>	<b>1194</b>		M40	9	<b>01:38:32.15</b>	<b>01:38:32.15</b>	+00:28:23 (28.8%)	7:02	8.5 (70.8%)
10	<b>KRZYSZTYNIAK Mariusz</b>	<b>1064</b>		M40	10	<b>01:38:37.00</b>	<b>01:38:37.00</b>	+00:28:28 (28.9%)	7:02	8.5 (70.8%)
11	<b>DEREN Wojtek</b>	<b>1179</b>		M40	11	<b>01:38:42.05</b>	<b>01:38:42.05</b>	+00:28:33 (28.9%)	7:03	8.5 (70.8%)
12	<b>GRYCZKA Andrzej</b>	<b>1225</b>	DKB WARSZAWA	M40	12	<b>01:39:16.10</b>	<b>01:39:16.10</b>	+00:29:07 (29.3%)	7:05	8.5 (70.8%)
13	<b>BANASIAK Marcin</b>	<b>1088</b>	DKB	M40	13	<b>01:43:36.65</b>	<b>01:43:36.65</b>	+00:33:27 (32.3%)	7:24	8.1 (67.5%)
14	<b>NIEMCZUK Robert</b>	<b>1226</b>		M40	14	<b>01:46:24.55</b>	<b>01:46:24.55</b>	+00:36:15 (34.1%)	7:36	7.9 (65.8%)
15	<b>MAJCHERCZYK Krzysztof</b>	<b>1034</b>	MUKS PODKARPACIE JEDLICZE	M40	15	<b>01:53:51.45</b>	<b>01:53:51.45</b>	+00:43:42 (38.4%)	8:07	7.4 (61.7%)
16	<b>ZARĘBSKI Piotr</b>	<b>1070</b>		M40	16	<b>01:54:17.55</b>	<b>01:54:17.55</b>	+00:44:08 (38.6%)	8:09	7.4 (61.7%)
17	<b>KRUCZYK Marcin</b>	<b>1220</b>		M40	17	<b>01:55:28.20</b>	<b>01:55:28.20</b>	+00:45:19 (39.2%)	8:14	7.3 (60.8%)
18	<b>TARKOWSKI Paweł</b>	<b>1084</b>	DKB	M40	18	<b>01:55:36.00</b>	<b>01:55:36.00</b>	+00:45:27 (39.3%)	8:15	7.3 (60.8%)
19	<b>KARPIESIUK Adam</b>	<b>1228</b>	AKTYWNIE UZALEŻNIAMY	M40	19	<b>01:57:27.80</b>	<b>01:57:27.80</b>	+00:47:18 (40.3%)	8:23	7.2 (60.0%)
20	<b>WASIEWICZ Michał</b>	<b>1185</b>		M40	20	<b>02:01:10.60</b>	<b>02:01:10.60</b>	+00:51:01 (42.1%)	8:39	6.9 (57.5%)
21	<b>PIEKŁO Marcin</b>	<b>1182</b>	NOCNY BÓR TEAM	M40	21	<b>02:04:42.60</b>	<b>02:04:42.60</b>	+00:54:33 (43.8%)	8:54	6.7 (55.8%)
22	<b>WDÓWKA Przemysław</b>	<b>1096</b>		M40	22	<b>02:08:03.15</b>	<b>02:08:03.15</b>	+00:57:54 (45.2%)	9:08	6.6 (55.0%)
23	<b>PISZCZ Dariusz</b>	<b>1223</b>		M40	23	<b>02:10:52.75</b>	<b>02:10:52.75</b>	+01:00:43 (46.4%)	9:20	6.4 (53.3%)
24	<b>CHWASTA Mariusz</b>	<b>1092</b>		M40	24	<b>02:12:44.75</b>	<b>02:12:44.75</b>	+01:02:35 (47.2%)	9:28	6.3 (52.5%)
25	<b>LITWA Łukasz</b>	<b>1203</b>	FOREVER TEAM	M40	25	<b>02:14:19.05</b>	<b>02:14:19.05</b>	+01:04:10 (47.8%)	9:35	6.3 (52.5%)
26	<b>GÓRAJ Maciej</b>	<b>1159</b>		M40	26	<b>02:15:28.90</b>	<b>02:15:28.90</b>	+01:05:20 (48.2%)	9:40	6.2 (51.7%)
27	<b>KLIMCZAK Janusz</b>	<b>1200</b>		M40	27	<b>02:19:47.80</b>	<b>02:19:47.80</b>	+01:09:38 (49.8%)	9:59	6 (50.0%)
28	<b>MAZUR Maciej</b>	<b>1116</b>	WOODWARD RUNNERS	M40	28	<b>02:24:57.50</b>	<b>02:24:57.50</b>	+01:14:48 (51.6%)	10:21	5.8 (48.3%)
29	<b>LEŚNIEWSKI Tomek</b>	<b>1042</b>	BIESZCZADZKIE DESEROWE	M40	29	<b>02:30:55.65</b>	<b>02:30:55.65</b>	+01:20:46 (53.5%)	10:46	5.6 (46.7%)

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30	<b>WIŚNIEWSKI Zbigniew</b>	<b>1158</b>	SSS	M40	30	<b>02:32:05.70</b>	<b>02:32:05.70</b>	+01:21:56 (53.9%)	10:51	5.5 (45.8%)
31	<b>FRANKIEWICZ Tomasz</b>	<b>1035</b>		M40	31	<b>02:34:38.35</b>	<b>02:34:38.35</b>	+01:24:29 (54.6%)	11:02	5.4 (45.0%)
32	<b>KAŁOWSKI Irek</b>	<b>1057</b>	K-ŁOSIE	M40	32	<b>02:37:15.40</b>	<b>02:37:15.40</b>	+01:27:06 (55.4%)	11:13	5.3 (44.2%)
33	<b>DĄBROWSKI Mariusz</b>	<b>1099</b>		M40	33	<b>02:38:34.95</b>	<b>02:38:34.95</b>	+01:28:26 (55.8%)	11:19	5.3 (44.2%)
34	<b>POPKO Mariusz</b>	<b>1072</b>		M40	34	<b>02:48:23.80</b>	<b>02:48:23.80</b>	+01:38:14 (58.3%)	12:01	5 (41.7%)
35	<b>OKRÓJ Dawid</b>	<b>1005</b>		M40	35	<b>03:30:07.15</b>	<b>03:30:07.15</b>	+02:19:58 (66.6%)	15:00	4 (33.3%)

Znaleziono 35 wynik(ów)