

# XI ULTRAMARATON BIESZCZADZKI - 26 KM

B4SPORT

**Wydarzenie:** XI ULTRAMARATON BIESZCZADZKI  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2023-10-14  
**Miejsce:** Cisna  
**Dystans:** 26 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
1	<b>GRUCEL Sławomir</b>	<b>2287</b>	AW SZYBCIEJ TEAM	M40	1	01:12:23	<b>02:22:42.20</b>	<b>02:22:42.20</b>		5:29	10.9 (100%)
2	<b>BANASZEK Adam</b>	<b>2284</b>	BANDA GRUDNIA/BIEGUSIEM.PL	M40	2	01:22:21	<b>02:35:09.35</b>	<b>02:35:09.35</b>	+00:12:27 (8.0%)	5:58	10.1 (92.7%)
3	<b>PORĘBSKI Rafał</b>	<b>2221</b>	EVIL TEAM	M40	3	01:21:40	<b>02:43:31.15</b>	<b>02:43:31.15</b>	+00:20:48 (12.7%)	6:17	9.5 (87.2%)
4	<b>GRYGIEL Marek</b>	<b>2077</b>	JACEKBIEGA RUNNING TEAM	M40	4	01:22:44	<b>02:46:59.95</b>	<b>02:46:59.95</b>	+00:24:17 (14.5%)	6:25	9.3 (85.3%)
5	<b>TOPOLSKI Marcin</b>	<b>2157</b>	CZŁOWIEK KTÓRY NIE BOI SIĘ CHUCKA NORRISA	M40	5	01:25:25	<b>02:47:52.55</b>	<b>02:47:52.55</b>	+00:25:10 (15.0%)	6:27	9.3 (85.3%)
6	<b>STANKO Paweł</b>	<b>2263</b>	BIESZCZADZKA GOPR	M40	6	01:24:30	<b>02:48:10.10</b>	<b>02:48:10.10</b>	+00:25:27 (15.1%)	6:28	9.3 (85.3%)
7	<b>KOPEĆ Paweł</b>	<b>2211</b>		M40	7	01:26:21	<b>02:48:19.40</b>	<b>02:48:19.40</b>	+00:25:37 (15.2%)	6:28	9.3 (85.3%)
8	<b>GARUS Łukasz</b>	<b>2194</b>	#TRENINGFIZJO	M40	8	01:29:31	<b>02:50:07.95</b>	<b>02:50:07.95</b>	+00:27:25 (16.1%)	6:32	9.2 (84.4%)
9	<b>KORZONEK Marcin</b>	<b>2231</b>	SPRINT	M40	9	01:23:41	<b>02:50:21.00</b>	<b>02:50:21.00</b>	+00:27:38 (16.2%)	6:33	9.2 (84.4%)
10	<b>KRZEMIŃSKI Marcin</b>	<b>2103</b>		M40	10	01:22:23	<b>02:51:11.85</b>	<b>02:51:11.85</b>	+00:28:29 (16.6%)	6:35	9.1 (83.5%)
11	<b>STANIO Arkadiusz</b>	<b>2026</b>	ASSECO ACTIVE TEAM / BIEGAM W RZESZOWIE	M40	11	01:28:15	<b>02:51:47.75</b>	<b>02:51:47.75</b>	+00:29:05 (16.9%)	6:36	9.1 (83.5%)
12	<b>WANAT Janusz</b>	<b>2161</b>		M40	12	01:28:16	<b>02:53:30.85</b>	<b>02:53:30.85</b>	+00:30:48 (17.8%)	6:40	9 (82.6%)
13	<b>MUCHA Tomasz</b>	<b>2278</b>		M40	13	01:28:36	<b>02:56:52.60</b>	<b>02:56:52.60</b>	+00:34:10 (19.3%)	6:48	8.8 (80.7%)
14	<b>CIEŚLA Krzysztof</b>	<b>2195</b>		M40	14	01:30:04	<b>02:58:13.30</b>	<b>02:58:13.30</b>	+00:35:31 (19.9%)	6:51	8.8 (80.7%)
15	<b>PASEK Mirosław</b>	<b>2257</b>	RUNNING CRAZY STRIPES	M40	15	01:32:30	<b>03:05:39.40</b>	<b>03:05:39.40</b>	+00:42:57 (23.1%)	7:08	8.4 (77.1%)
16	<b>KRALEWSKI Robert</b>	<b>2220</b>	CROSSFIT KONSTANCIN	M40	16	01:36:32	<b>03:07:48.65</b>	<b>03:07:48.65</b>	+00:45:06 (24.0%)	7:13	8.3 (76.1%)
17	<b>KOWALIK Piotr</b>	<b>2132</b>	TRAWNIKI BIEGAJĄ	M40	17	01:34:05	<b>03:12:10.90</b>	<b>03:12:10.90</b>	+00:49:28 (25.7%)	7:23	8.1 (74.3%)
18	<b>BUCHNER Władysław</b>	<b>2248</b>		M40	18	01:40:23	<b>03:15:46.75</b>	<b>03:15:46.75</b>	+00:53:04 (27.1%)	7:31	8 (73.4%)
19	<b>ZYCHAŁAK Grzegorz</b>	<b>2070</b>		M40	19	01:39:04	<b>03:18:20.10</b>	<b>03:18:20.10</b>	+00:55:37 (28.0%)	7:37	7.9 (72.5%)
20	<b>PIWOŃSKI Adam</b>	<b>2268</b>	GÓRA BIEGA	M40	20	01:42:06	<b>03:19:26.55</b>	<b>03:19:26.55</b>	+00:56:44 (28.4%)	7:40	7.8 (71.6%)
21	<b>TWARDOCHLEB Marcin</b>	<b>2165</b>	BIEGAM W RZESZOWIE	M40	21	01:43:36	<b>03:19:39.70</b>	<b>03:19:39.70</b>	+00:56:57 (28.5%)	7:40	7.8 (71.6%)
22	<b>ASŁANOWICZ Marcin</b>	<b>2029</b>	ŻÓRAWSKI TEAM	M40	22	01:44:56	<b>03:23:46.10</b>	<b>03:23:46.10</b>	+01:01:03 (30.0%)	7:50	7.7 (70.6%)
23	<b>SOLARSKI Robert</b>	<b>2066</b>		M40	23	01:41:23	<b>03:23:56.95</b>	<b>03:23:56.95</b>	+01:01:14 (30.0%)	7:50	7.6 (69.7%)
24	<b>RUSIN Łukasz</b>	<b>2121</b>	CHEŁM BIEGA	M40	24	01:43:38	<b>03:25:17.20</b>	<b>03:25:17.20</b>	+01:02:35 (30.5%)	7:53	7.6 (69.7%)
25	<b>BEŚKA Michał</b>	<b>2189</b>	SPRINT GORZYCE	M40	25	01:42:08	<b>03:25:18.80</b>	<b>03:25:18.80</b>	+01:02:36 (30.5%)	7:53	7.6 (69.7%)
26	<b>BODANKA Piotr</b>	<b>2237</b>	APAMA ACOUSTIC PROJECT	M40	26	01:33:30	<b>03:25:58.05</b>	<b>03:25:58.05</b>	+01:03:15 (30.7%)	7:55	7.6 (69.7%)
27	<b>KITOWSKI Bartosz</b>	<b>2168</b>	GŁOGOVIA 1925 GŁOGÓW MAŁOPOLSKI	M40	27	01:42:43	<b>03:26:56.05</b>	<b>03:26:56.05</b>	+01:04:13 (31.0%)	7:57	7.5 (68.8%)
28	<b>SZARAPANOWSKI Damian</b>	<b>2252</b>	ULTRA DIABŁY TEAM LUBRZA	M40	28	01:44:01	<b>03:28:02.60</b>	<b>03:28:02.60</b>	+01:05:20 (31.4%)	8:00	7.5 (68.8%)
29	<b>CHMIEŁOWSKI Michał</b>	<b>2261</b>	GÓRSKIE PĘDZIWIATRY	M40	29	01:43:47	<b>03:31:24.35</b>	<b>03:31:24.35</b>	+01:08:42 (32.5%)	8:07	7.4 (67.9%)

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30	<b>JABŁOŃSKI Tomasz</b>	<b>2055</b>	KS ATHLETICS BUSKO-ZDRÓJ	M40	30	01:44:09	<b>03:33:07.10</b>	<b>03:33:07.10</b>	+01:10:24 (33.0%)	8:11	7.3 (67.0%)
31	<b>GOLAS Marcin</b>	<b>2110</b>	EXILE	M40	31	01:50:15	<b>03:43:34.90</b>	<b>03:43:34.90</b>	+01:20:52 (36.2%)	8:35	7 (64.2%)
32	<b>STYŁA-STYLIŃSKI Norbert</b>	<b>2232</b>	TWOJA STARA	M40	32	01:50:35	<b>03:45:14.05</b>	<b>03:45:14.05</b>	+01:22:31 (36.6%)	8:39	6.9 (63.3%)
33	<b>KIEŁPIŃSKI Piotr</b>	<b>2131</b>		M40	33	01:54:42	<b>03:45:16.55</b>	<b>03:45:16.55</b>	+01:22:34 (36.7%)	8:39	6.9 (63.3%)
34	<b>WESOŁY Piotr</b>	<b>2022</b>	LUBIĘ BURPEESY	M40	34	01:53:03	<b>03:45:30.70</b>	<b>03:45:30.70</b>	+01:22:48 (36.7%)	8:40	6.9 (63.3%)
35	<b>STASIAK Włodzimierz</b>	<b>2281</b>		M40	35	01:54:34	<b>03:45:57.20</b>	<b>03:45:57.20</b>	+01:23:15 (36.8%)	8:41	6.9 (63.3%)
36	<b>REMBISZ Krzysztof</b>	<b>2250</b>	SYPKI GRAVEL	M40	36	01:49:25	<b>03:47:27.40</b>	<b>03:47:27.40</b>	+01:24:45 (37.3%)	8:44	6.9 (63.3%)
37	<b>PERLIŃSKI Mirosław</b>	<b>2024</b>	ASSECO ACTIVE TEAM	M40	37	01:57:19	<b>03:48:57.35</b>	<b>03:48:57.35</b>	+01:26:15 (37.7%)	8:48	6.8 (62.4%)
38	<b>STACZOWICZ Sebastian</b>	<b>2044</b>	EXPLORE BESKIDY/SKITUROWE BIESZCZADY	M40	38	01:59:05	<b>03:52:59.95</b>	<b>03:52:59.95</b>	+01:30:17 (38.8%)	8:57	6.7 (61.5%)
39	<b>RADKOWSKI Dariusz</b>	<b>2063</b>		M40	39	01:58:07	<b>03:53:28.85</b>	<b>03:53:28.85</b>	+01:30:46 (38.9%)	8:58	6.7 (61.5%)
40	<b>PIETEK Janusz</b>	<b>2097</b>		M40	40	01:56:25	<b>03:53:41.05</b>	<b>03:53:41.05</b>	+01:30:58 (38.9%)	8:59	6.7 (61.5%)
41	<b>KONDZIOŁA Krzysztof</b>	<b>2274</b>	STAY INSANE / PERFECT RUNNER LUBLIN	M40	41	02:04:20	<b>03:56:57.80</b>	<b>03:56:57.80</b>	+01:34:15 (39.8%)	9:06	6.6 (60.6%)
42	<b>JĘDRUSIAK Paweł</b>	<b>2111</b>	SZATAN	M40	42	01:58:57	<b>03:59:44.40</b>	<b>03:59:44.40</b>	+01:37:02 (40.5%)	9:13	6.5 (59.6%)
43	<b>KRZYŻAK Łukasz</b>	<b>2152</b>		M40	43	01:56:02	<b>04:01:09.75</b>	<b>04:01:09.75</b>	+01:38:27 (40.8%)	9:16	6.5 (59.6%)
44	<b>MARMUROWICZ Krystian</b>	<b>2119</b>		M40	44	02:03:40	<b>04:04:09.75</b>	<b>04:04:09.75</b>	+01:41:27 (41.6%)	9:23	6.4 (58.7%)
45	<b>STREMLER Krzysztof</b>	<b>2105</b>		M40	45	02:14:34	<b>04:06:03.60</b>	<b>04:06:03.60</b>	+01:43:21 (42.0%)	9:27	6.3 (57.8%)
46	<b>SZAMOCKI Piotr</b>	<b>2198</b>	ZIEMIA CHEŁMIŃSKA	M40	46	02:10:52	<b>04:08:57.45</b>	<b>04:08:57.45</b>	+01:46:15 (42.7%)	9:34	6.3 (57.8%)
47	<b>WOJCIECHOWSKI Wojciech</b>	<b>2300</b>	JAKUZA	M40	47	02:06:51	<b>04:11:26.30</b>	<b>04:11:26.30</b>	+01:48:44 (43.2%)	9:40	6.2 (56.9%)
48	<b>MICHALCZAK Jacek</b>	<b>2001</b>		M40	48	01:50:26	<b>04:11:53.15</b>	<b>04:11:53.15</b>	+01:49:10 (43.3%)	9:41	6.2 (56.9%)
49	<b>BAS Mariusz</b>	<b>2206</b>	BPP ON TOUR	M40	49	02:03:42	<b>04:12:42.45</b>	<b>04:12:42.45</b>	+01:50:00 (43.5%)	9:43	6.2 (56.9%)
50	<b>DYDYMSKI Krzysztof</b>	<b>2073</b>	RUNEDA / DECATHLON RUMIA BIEGA	M40	50	02:04:38	<b>04:13:35.45</b>	<b>04:13:35.45</b>	+01:50:53 (43.7%)	9:45	6.2 (56.9%)
51	<b>ROSIŃSKI Krzysztof</b>	<b>2294</b>	ELEGANCKIE BIEGANIE	M40	51	02:10:52	<b>04:14:43.10</b>	<b>04:14:43.10</b>	+01:52:00 (44.0%)	9:47	6.1 (56.0%)
52	<b>FABISIAK Marcin</b>	<b>2180</b>	TEAM ZABIEGANEDNI	M40	52	02:14:47	<b>04:23:49.85</b>	<b>04:23:49.85</b>	+02:01:07 (45.9%)	10:08	5.9 (54.1%)
53	<b>SZCZĘSNY Marcin</b>	<b>2107</b>	RIDERS OF THE LOST GOAT	M40	53	02:11:31	<b>04:26:12.60</b>	<b>04:26:12.60</b>	+02:03:30 (46.4%)	10:14	5.9 (54.1%)
54	<b>CHORBIŃSKI Krystian</b>	<b>2275</b>		M40	54	02:14:05	<b>04:32:29.00</b>	<b>04:32:29.00</b>	+02:09:46 (47.6%)	10:28	5.7 (52.3%)
55	<b>CHERVET Cedric</b>	<b>2181</b>		M40	55	02:10:20	<b>04:32:37.50</b>	<b>04:32:37.50</b>	+02:09:55 (47.7%)	10:29	5.7 (52.3%)
56	<b>TENETA Jacek</b>	<b>2047</b>		M40	56	02:11:59	<b>04:33:35.90</b>	<b>04:33:35.90</b>	+02:10:53 (47.8%)	10:31	5.7 (52.3%)
57	<b>KRÓL Michał</b>	<b>2204</b>	ULTRA KSP	M40	57	02:09:36	<b>04:35:50.75</b>	<b>04:35:50.75</b>	+02:13:08 (48.3%)	10:36	5.7 (52.3%)
58	<b>CHODOROWSKI Arkadiusz</b>	<b>2209</b>	ULTRA KSP	M40	58	02:09:35	<b>04:35:53.65</b>	<b>04:35:53.65</b>	+02:13:11 (48.3%)	10:36	5.7 (52.3%)
59	<b>WOJTASIK Adam</b>	<b>2214</b>		M40	59	02:13:41	<b>04:35:54.50</b>	<b>04:35:54.50</b>	+02:13:12 (48.3%)	10:36	5.7 (52.3%)
60	<b>MILLER Tomasz</b>	<b>2054</b>	BIEGAJĄCE ZĄBKI	M40	60	02:27:22	<b>04:46:20.65</b>	<b>04:46:20.65</b>	+02:23:38 (50.2%)	11:00	5.4 (49.5%)
61	<b>KACZKIEWICZ Damian</b>	<b>2124</b>	NIGHT RUNNERS	M40	61	02:20:43	<b>04:48:16.00</b>	<b>04:48:16.00</b>	+02:25:33 (50.5%)	11:05	5.4 (49.5%)
62	<b>ADAMSKI Marcin</b>	<b>2130</b>	SAMOTNIK Z NIZIN:)	M40	62	02:08:21	<b>04:50:00.35</b>	<b>04:50:00.35</b>	+02:27:18 (50.8%)	11:09	5.4 (49.5%)
63	<b>GAŁUSZKA Mariusz</b>	<b>2043</b>	SKITUROWE BIESZCZADY	M40	63	02:06:42	<b>05:02:04.15</b>	<b>05:02:04.15</b>	+02:39:21 (52.8%)	11:37	5.2 (47.7%)
64	<b>BANCERZ Grzegorz</b>	<b>2135</b>	TRAWNIKI BIEGAJĄ	M40	64	02:30:16	<b>05:03:18.20</b>	<b>05:03:18.20</b>	+02:40:36 (53.0%)	11:39	5.1 (46.8%)
65	<b>RAWSKI Krzysztof</b>	<b>2078</b>		M40	65	02:34:24	<b>05:06:11.05</b>	<b>05:06:11.05</b>	+02:43:28 (53.4%)	11:46	5.1 (46.8%)
66	<b>WILMAŃSKI Dariusz</b>	<b>2060</b>		M40	66	02:48:18	<b>05:48:10.10</b>	<b>05:48:10.10</b>	+03:25:27 (59.0%)	13:23	4.5 (41.3%)
67	<b>PEDA Damian</b>	<b>2112</b>	REZIKANCI	M40	67	03:50:33	<b>07:33:55.70</b>	<b>07:33:55.70</b>	+05:11:13 (68.6%)	17:27	3.4 (31.2%)

Znaleziono 67 wynik(ów)