

ZIMOWA BIESZCZADZKA DYCHA 2015

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Organiser: OTK Rzeźnik
Date: 2015-01-25
Place: Cisna
Distance: 10 km

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Classification: M30

Place	Participant	Number	Club	Category	MCat	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	JÓZWIK Pawł	137	LUBLIN	M30	1	00:39:31.60	00:39:36.25		3:57	15.2 (100%)
2	LIPA Wojciech	142	RZESZÓW	M30	2	00:43:48.70	00:44:03.35	+00:04:27 (10.1%)	4:22	13.7 (90.1%)
3	MUSIAŁOWSKI Marcin	176	2REP USTRZYKI GÓRNE	M30	3	00:44:02.35	00:44:14.30	+00:04:38 (10.5%)	4:24	13.6 (89.5%)
4	LEWANDOWSKI Rafał	56		M30	4	00:45:28.00	00:45:32.95	+00:05:56 (13.1%)	4:32	13.2 (86.8%)
5	RĄCZKA Rafał	86		M30	5	00:45:24.85	00:46:26.40	+00:06:50 (14.7%)	4:32	13.2 (86.8%)
6	CZWERENKO Wojciech	18	SANOK	M30	6	00:46:37.85	00:47:10.60	+00:07:34 (16.1%)	4:39	12.9 (84.9%)
7	RYSZ Tomasz	89	SANOK	M30	7	00:47:14.10	00:47:22.55	+00:07:46 (16.4%)	4:43	12.7 (83.6%)
8	KRAJEWSKI Jakub	51	SZAROTKA UHERCE	M30	8	00:47:22.65	00:47:48.40	+00:08:12 (17.2%)	4:44	12.7 (83.6%)
9	WALOSZEK Marcin	118	PASZCZYNA	M30	9	00:47:37.90	00:48:06.00	+00:08:29 (17.7%)	4:45	12.6 (82.9%)
10	URBAN Marcin	171	BOGUCHWAŁA	M30	10	00:48:14.20	00:48:53.70	+00:09:17 (19.0%)	4:49	12.4 (81.6%)
11	BRENDZOWSKI Adam	160	SOLINA	M30	11	00:49:47.85	00:49:57.60	+00:10:21 (20.7%)	4:58	12 (78.9%)
12	CZUCHNOWSKI Marcin	161	RZESZÓW	M30	12	00:49:49.05	00:50:11.45	+00:10:35 (21.1%)	4:58	12 (78.9%)
13	BEDNARCZYK Paweł	167	SANOK	M30	13	00:50:05.35	00:50:37.60	+00:11:01 (21.8%)	5:00	12 (78.9%)
14	ZYGADLEWICZ Grzegorz	134	BIEGAJĄCY ŚWIDNIK	M30	14	00:50:30.70	00:50:43.25	+00:11:07 (21.9%)	5:03	11.9 (78.3%)
15	WIECZOREK Paweł	122	TREND GLASS RUNNING TEAM	M30	15	00:50:28.65	00:51:00.55	+00:11:24 (22.4%)	5:02	11.9 (78.3%)
16	WINIARZ Witold	127	PRZEMYSKI KLUB BIEGACZA	M30	16	00:51:27.15	00:51:56.85	+00:12:20 (23.8%)	5:08	11.7 (77.0%)
17	IGNASZAK Ukasz	35	GRODZISK MAZOWIECKI	M30	17	00:51:08.75	00:52:03.65	+00:12:27 (23.9%)	5:06	11.7 (77.0%)
18	BAK Tymoteusz	6	GLIWICE	M30	18	00:52:11.30	00:52:46.30	+00:13:10 (25.0%)	5:13	11.5 (75.7%)
19	HEC Grzegorz	169	GŁOWIENKA	M30	19	00:53:08.90	00:53:18.55	+00:13:42 (25.7%)	5:18	11.3 (74.3%)
20	BROŻYNA Marcin	166	SANOK	M30	20	00:53:06.65	00:53:38.25	+00:14:02 (26.2%)	5:18	11.3 (74.3%)
21	WĄSOWICZ Ukasz	173	TYCHY	M30	21	00:53:25.60	00:53:40.75	+00:14:04 (26.2%)	5:20	11.2 (73.7%)
22	KRASOŃ Janusz	52	RZESZOWSKI KLUB MORSA "SOPELEK"	M30	22	00:52:45.60	00:53:51.05	+00:14:14 (26.5%)	5:16	11.4 (75.0%)
23	KACZMAREK Norbert	40	PRZEMYŚL	M30	23	00:55:46.25	00:56:15.35	+00:16:39 (29.6%)	5:34	10.8 (71.1%)
24	GOLBA Przemek	27		M30	24	00:55:35.10	00:56:17.65	+00:16:41 (29.6%)	5:33	10.8 (71.1%)
25	KIERES Michał	140	OLSZTYN	M30	25	00:55:56.00	00:56:24.85	+00:16:48 (29.8%)	5:35	10.7 (70.4%)
26	GRZYŚKA Piotr	32	NIGHT RUNNERS ZABRZE	M30	26	00:56:40.00	00:57:13.60	+00:17:37 (30.8%)	5:40	10.6 (69.7%)
27	PISTL Jacek	151	WROCLAW	M30	27	00:56:22.30	00:57:33.05	+00:17:56 (31.2%)	5:38	10.6 (69.7%)
28	PANTERA Wojciech	73	KRAKÓW	M30	28	00:56:32.75	00:57:38.20	+00:18:01 (31.3%)	5:39	10.6 (69.7%)
29	NALEPA Marcin	68	NIGHT RUNNERS ZABRZE	M30	29	00:57:02.75	00:57:45.90	+00:18:09 (31.4%)	5:42	10.5 (69.1%)
30	WIETCHA Paweł	124	WARZYCE	M30	30	00:56:57.75	00:58:01.45	+00:18:25 (31.7%)	5:41	10.5 (69.1%)

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31	NIEDZIELA Michał	69	JAROSŁAW	M30	31	00:57:14.95	00:58:27.15	+00:18:50 (32.2%)	5:43	10.5 (69.1%)
32	TUORA Michal	115		M30	32	00:57:27.05	00:58:39.30	+00:19:03 (32.5%)	5:44	10.4 (68.4%)
33	DANILUK Andrzej	19	ZACISZE NIGHT RUNNERS	M30	33	00:59:06.00	00:59:06.00	+00:19:29 (33.0%)	5:54	10.2 (67.1%)
34	POŁOŻYŃSKI Andrzej	81	ZACISZE NIGHT RUNNERS	M30	34	00:59:10.35	00:59:10.35	+00:19:34 (33.1%)	5:55	10.1 (66.4%)
35	PRZYJEMSKI Krzysztof	85	NOWA HUTA TEAM	M30	35	01:04:05.40	01:05:11.05	+00:25:34 (39.2%)	6:24	9.4 (61.8%)
36	SZANECKI Michał	102	RZESZÓW	M30	36	01:04:46.60	01:05:43.45	+00:26:07 (39.7%)	6:28	9.3 (61.2%)
37	PILCHOWSKI Konrad	77	BIEGACZA RTV EURO AGD	M30	37	01:07:19.35	01:08:40.30	+00:29:04 (42.3%)	6:44	8.9 (58.6%)
38	BOBELLA Erik	8	TRENDGLASS RUNNING TEAM	M30	38	01:21:22.50	01:21:46.95	+00:42:10 (51.6%)	8:08	7.4 (48.7%)

Total 38 results.