

ZIMOWA BIESZCZADZKA DYCHA 2015

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Organizator: OTK Rzeźnik
Data: 2015-01-25
Miejsce: Cisna
Dystans: 10 km

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Klasyfikacja: Mężczyźni

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	JÓZWIK Pawł	137	LUBLIN	M30	1	00:39:31.60	00:39:36.25		3:57	15.2 (100%)
2	KIEŁBOŃ Michał	43	PRZEWORSKA GRUPA BIEGOWA	M20	1	00:40:03.95	00:40:11.45	+00:00:35 (1.5%)	4:00	15 (98.7%)
3	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%)
4	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%)
5	WARTA Przemysław	119	CZARNA GÓRNA	M20	2	00:43:41.60	00:44:36.10	+00:04:59 (11.2%)	4:22	13.7 (90.1%)
6	STAWIARSKI Jakub	99	LONGPLAY	M20	3	00:44:08.50	00:44:56.15	+00:05:19 (11.9%)	4:24	13.6 (89.5%)
7	ZAJEZIERSKI Mateusz	133	PIASKI	M20	4	00:44:50.35	00:45:10.05	+00:05:33 (12.3%)	4:29	13.4 (88.2%)
8	LEWANDOWSKI Rafał	56		M30	4	00:45:28.00	00:45:32.95	+00:05:56 (13.1%)	4:32	13.2 (86.8%)
9	TUCZAPSKI Piotr	114	RZESZÓW	M20	5	00:45:32.20	00:45:46.50	+00:06:10 (13.5%)	4:33	13.2 (86.8%)
10	KSZYSZTOŃ Grzegorz	144	WARSZAWA	M20	6	00:45:47.65	00:45:58.20	+00:06:21 (13.8%)	4:34	13.1 (86.2%)
11	RĄCZKA Rafał	86		M30	5	00:45:24.85	00:46:26.40	+00:06:50 (14.7%)	4:32	13.2 (86.8%)
12	SZYBISTY Grzegorz	163	WROCANKA	M40	1	00:47:04.30	00:47:08.05	+00:07:31 (16.0%)	4:42	12.7 (83.6%)
13	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%)
14	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%)
15	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%)
16	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%)
17	SZCZUR Wiesław	105	NOWA DĘBA	M40	2	00:47:38.60	00:48:11.10	+00:08:34 (17.8%)	4:45	12.6 (82.9%)
18	KOWALCZYK Mateusz	48	WARSZAWA	M20	7	00:47:03.00	00:48:29.05	+00:08:52 (18.3%)	4:42	12.8 (84.2%)
19	WAJCOWICZ Witold	116	SANOK	M40	3	00:48:26.80	00:48:35.70	+00:08:59 (18.5%)	4:50	12.4 (81.6%)
20	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%)
21	RUDNICKI Tomasz	87	BIEGUNKA TEAM POLSKA	M40	4	00:48:37.05	00:49:17.45	+00:09:41 (19.7%)	4:51	12.3 (80.9%)
22	CZAJKOWSKI Robert	17	KOSIENICE	M20	8	00:49:23.00	00:49:43.25	+00:10:07 (20.3%)	4:56	12.1 (79.6%)
23	BRENDZOWSKI Adam	160	SOLINA	M30	11	00:49:47.85	00:49:57.60	+00:10:21 (20.7%)	4:58	12 (78.9%)
24	WOJTKIEWICZ Jarosław	130	PODKOWA LEŚNA	M40	5	00:49:49.75	00:50:00.20	+00:10:23 (20.8%)	4:59	12 (78.9%)
25	BOŻĘTKA Józef	11	POLANA	M40	6	00:49:00.30	00:50:06.65	+00:10:30 (21.0%)	4:54	12.2 (80.3%)
26	CZUCHNOWSKI Marcin	161	RZESZÓW	M30	12	00:49:49.05	00:50:11.45	+00:10:35 (21.1%)	4:58	12 (78.9%)
27	ZDEB Krzysztof	164	WROCANKA	M40	7	00:50:12.30	00:50:15.55	+00:10:39 (21.2%)	5:01	12 (78.9%)
28	KARDACH Kamil	149	RYMANÓW ZDRÓJ	M20	9	00:50:19.70	00:50:30.55	+00:10:54 (21.6%)	5:02	11.9 (78.3%)
29	BEDNARCZYK Paweł	167	SANOK	M30	13	00:50:05.35	00:50:37.60	+00:11:01 (21.8%)	5:00	12 (78.9%)
30	WRÓBEL Bartłomiej	135	CISNA	M40	8	00:50:31.95	00:50:42.70	+00:11:06 (21.9%)	5:03	11.9 (78.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
31	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%)
32	POPAJEWSKI Krzysztof	159	LUBLIN	M50	1	00:50:17.60	00:50:49.20	+00:11:12 (22.1%)	5:01	11.9 (78.3%)
33	GRYCZ Darek	31	TWIERDZA MODLIN	M20	10	00:49:39.40	00:50:55.95	+00:11:19 (22.2%)	4:57	12.1 (79.6%)
34	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%)
35	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%)
36	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%)
37	BAŁCHAN Krzysztof	3	CPR RZESZOW	M20	11	00:52:00.70	00:52:18.30	+00:12:42 (24.3%)	5:12	11.5 (75.7%)
38	BYKOWSKI Andrzej	16		M40	9	00:51:29.50	00:52:33.00	+00:12:56 (24.6%)	5:09	11.7 (77.0%)
39	WALICKI Sebastian	117	MORSY	M40	10	00:51:28.75	00:52:37.50	+00:13:01 (24.7%)	5:08	11.7 (77.0%)
40	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%)
41	MAZIARZ Wojciech	61	PGR PRZEWORSK	M20	12	00:52:12.35	00:53:10.95	+00:13:34 (25.5%)	5:13	11.5 (75.7%)
42	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%)
43	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%)
44	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%)
45	MUSIAŁ Kamil	67	BUDY GŁOGOWSKIE	M20	13	00:52:41.55	00:53:47.30	+00:14:11 (26.4%)	5:16	11.4 (75.0%)
46	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%)
47	RESZTYŁO Grzegorz	165	AŃCUT	M40	11	00:53:42.05	00:53:54.75	+00:14:18 (26.5%)	5:22	11.2 (73.7%)
48	STEC Sebastian	162	WARSZAWA	M40	12	00:53:48.10	00:54:26.35	+00:14:50 (27.3%)	5:22	11.2 (73.7%)
49	WNĘK Bogumił	172	BOGUCHWAŁA	M40	13	00:54:15.95	00:54:27.10	+00:14:50 (27.3%)	5:25	11.1 (73.0%)
50	DUDEK Arkadiusz	22	4 PORY ROKU BRZOZÓW	M50	2	00:54:55.35	00:55:12.75	+00:15:36 (28.3%)	5:29	10.9 (71.7%)
51	SONDEJ Wiesław	185	MORSY	M50	3	00:54:09.75	00:55:19.05	+00:15:42 (28.4%)	5:25	11.1 (73.0%)
52	WIEWIÓRA Jakub	125	WARSZAWA	M20	14	00:54:19.20	00:55:45.40	+00:16:09 (29.0%)	5:25	11 (72.4%)
53	LOREK Marek	57	DĘBICA	M40	14	00:55:06.85	00:56:03.80	+00:16:27 (29.4%)	5:30	10.9 (71.7%)
54	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%)
55	GOLBA Przemek	27		M30	24	00:55:35.10	00:56:17.65	+00:16:41 (29.6%)	5:33	10.8 (71.1%)
56	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%)
57	GUCWA Jarosław	33	KRZYŻANOWICE	M40	15	00:56:29.10	00:56:45.75	+00:17:09 (30.2%)	5:38	10.6 (69.7%)
58	KOZŁOWSKI Bartłomiej	175	KIELCE	M40	16	00:56:20.40	00:57:04.00	+00:17:27 (30.6%)	5:38	10.6 (69.7%)
59	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%)
60	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%)
61	PASZKO Patryk	74	KLUB BIEGACZA RTV EURO AGD	M20	15	00:56:09.75	00:57:36.40	+00:18:00 (31.3%)	5:37	10.7 (70.4%)
62	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%)
63	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%)
64	WIETECZA Paweł	124	WARZYCE	M30	30	00:56:57.75	00:58:01.45	+00:18:25 (31.7%)	5:41	10.5 (69.1%)
65	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%)
66	KORNIŁOW Piotr	148	WARSZAWA	M40	17	00:57:52.10	00:58:32.00	+00:18:55 (32.3%)	5:47	10.4 (68.4%)
67	SZEWC Marian	107	BILGORAJ	Mężczyźni	1	00:58:17.00	00:58:37.25	+00:19:01 (32.4%)	5:49	10.3 (67.8%)
68	TUORA Michal	115		M30	32	00:57:27.05	00:58:39.30	+00:19:03 (32.5%)	5:44	10.4 (68.4%)
69	SZYBIAK Maciej	111	AGONA WM	M20	16	00:58:34.65	00:58:46.05	+00:19:09 (32.6%)	5:51	10.2 (67.1%)
70	KONIK Jarosław	46	BBL KRAKÓW	M40	18	00:57:33.60	00:58:49.45	+00:19:13 (32.7%)	5:45	10.4 (68.4%)
71	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%)
72	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%)
73	KAŁUCKI Adam	42	BBL KRAKÓW	M40	19	00:58:15.20	00:59:30.95	+00:19:54 (33.5%)	5:49	10.3 (67.8%)
74	MAZUREK Jakub	62	PRZEWORSKA GRUPA BIEGOWA	M20	17	00:58:47.15	00:59:45.75	+00:20:09 (33.7%)	5:52	10.2 (67.1%)

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75	PRASEK Artur	83	ALFA STAR RADOM	M40	20	01:01:12.35	01:01:31.40	+00:21:55 (35.6%)	6:07	9.8 (64.5%)
76	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%)
77	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%)
78	SOBIERAJ Marcin	96	SOCHACZEW	M20	18	01:07:12.80	01:08:19.00	+00:28:42 (42.0%)	6:43	8.9 (58.6%)
79	OLESIJUK Antoni	174	LUBARTÓW	Mężczyźni	2	01:07:58.90	01:08:27.75	+00:28:51 (42.2%)	6:47	8.8 (57.9%)
80	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%)
81	BOLANOWSKI Piotr	139	DOMARAC	M40	21	01:14:53.50	01:15:01.50	+00:35:25 (47.2%)	7:29	8 (52.6%)
82	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%)
83	SOT Lucjan	155	WETLINA	M50	4	01:29:49.80	01:31:03.15	+00:51:26 (56.5%)	8:59	6.7 (44.1%)
84	MIRECKI Jan	65	WARSZAWA	M40	22	01:30:04.55	01:31:19.10	+00:51:42 (56.6%)	9:00	6.7 (44.1%)

Znaleziono 84 wynik(ów)