

ZIMOWY MARATON BIESZCZADZKI 2015 - 44,6KM

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Organizator: OTK Rzeźnik
Data: 2015-01-25
Miejsce: Cisna
Dystans: 44,6 km

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	34.2km	Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
1	CZYŻ Grzegorz	64	AUTOMATYKA TARNÓW-GRUPA AZOTY	M40	1	02:35:04	03:26:05.65	03:26:09.30		4:37	13 (100%)
2	KOZDROWICKI Robert	187	JGB SOKÓŁ	M40	2	02:39:30	03:34:18.35	03:34:59.70	+00:08:50 (4.1%)	4:48	12.5 (96.2%)
3	RZYWUCKI Wojtek	318	RUNNERSCLUB.PL	M40	3	02:48:30	03:42:25.45	03:42:33.45	+00:16:24 (7.4%)	4:59	12 (92.3%)
4	GARDENER Jacek	503	WARSZAWA	M40	4	02:48:43	03:44:16.75	03:44:19.10	+00:18:09 (8.1%)	5:01	11.9 (91.5%)
5	BRZEZIŃSKI Andrzej	43	NIGHT RUNNERS PŁOCK	M40	5	02:50:57	03:45:18.50	03:45:21.75	+00:19:12 (8.5%)	5:03	11.9 (91.5%)
6	BACHORSKI Tomasz	18	OWSISZCZE	M40	6	02:52:01	03:46:18.70	03:46:21.55	+00:20:12 (8.9%)	5:04	11.8 (90.8%)
7	JASTRZĄB Piotr	141	LESKO	M40	7	02:51:17	03:48:09.90	03:48:14.80	+00:22:05 (9.7%)	5:06	11.7 (90.0%)
8	ZAKRZEWSKI Aleksander	428	ZGORZELEC	M40	8	02:51:33	03:52:33.10	03:52:42.50	+00:26:33 (11.4%)	5:12	11.5 (88.5%)
9	BARANIAK Radosław	19	LUBOŃ	M40	9	02:51:27	03:52:03.40	03:53:15.30	+00:27:06 (11.6%)	5:12	11.5 (88.5%)
10	BASIS Marcin	21		M40	10	02:51:56	03:53:32.10	03:53:43.15	+00:27:33 (11.8%)	5:14	11.5 (88.5%)
11	VARGA Jozef	488	PRESZOW	M40	11	02:55:12	03:54:27.85	03:54:40.25	+00:28:30 (12.2%)	5:15	11.4 (87.7%)
12	DOROTA Zbigniew	81	RUN RUN OLESZYCE	M40	12	02:58:04	03:56:15.25	03:56:37.45	+00:30:28 (12.9%)	5:17	11.3 (86.9%)
13	WOJCIECHOWSKI Wojciech	414		M40	13	03:00:01	03:57:58.40	03:58:42.40	+00:32:33 (13.6%)	5:20	11.2 (86.2%)
14	GRONO Krzysztof	119	V-MAX ADAMÓW	M40	14	03:00:52	03:59:38.95	04:00:02.35	+00:33:53 (14.1%)	5:22	11.2 (86.2%)
15	AKSTINAS Petras	472	VILNIUS	M40	15	02:58:23	04:00:20.70	04:00:27.75	+00:34:18 (14.3%)	5:23	11.1 (85.4%)
16	ROGAŁA Maciej	314	SM "ORŁOWIEC"	M40	16	03:09:21	04:01:01.30	04:01:05.30	+00:34:56 (14.5%)	5:24	11.1 (85.4%)
17	DARSKI Rafał	68	WIRY	M40	17	03:04:13	04:05:10.85	04:06:23.10	+00:40:13 (16.3%)	5:29	10.9 (83.8%)
18	TYLEK Rafał	390		M40	18	03:03:00	04:06:04.35	04:07:12.65	+00:41:03 (16.6%)	5:31	10.9 (83.8%)
19	SIWIECKI Tomasz	327	JASIEK MELA TEAM	M40	19	03:05:49	04:08:27.35	04:08:35.85	+00:42:26 (17.1%)	5:34	10.8 (83.1%)
20	KONOPKA Sławek	486	NOWY SĄCZ	M40	20	03:09:43	04:11:09.20	04:11:29.70	+00:45:20 (18.0%)	5:37	10.7 (82.3%)
21	ZAJKOWSKI Jarosław	427	PĘDZIWIATR.BIAŁYSTOK	M40	21	03:07:32	04:12:47.35	04:13:10.70	+00:47:01 (18.6%)	5:40	10.6 (81.5%)
22	KACZOREK Marcin	146	VW GRUPA KACZOREK	M40	22	03:09:05	04:13:33.50	04:13:53.10	+00:47:43 (18.8%)	5:41	10.6 (81.5%)
23	BRONCEL Sebastian	41	TYCHY	M40	23	03:10:08	04:13:50.35	04:14:06.30	+00:47:57 (18.9%)	5:41	10.5 (80.8%)
24	KONIAK Michał	177		M40	24	03:16:41	04:13:30.75	04:14:21.10	+00:48:11 (18.9%)	5:41	10.6 (81.5%)
25	SOPEL Arkadiusz	446	OTK RZEŹNIK	M40	25	03:11:50	04:16:40.10	04:16:49.15	+00:50:39 (19.7%)	5:45	10.4 (80.0%)
26	SADŁOCHA Jacek	319	MONTE CASSINO	M40	26	03:16:29	04:16:04.75	04:16:51.75	+00:50:42 (19.7%)	5:44	10.5 (80.8%)
27	LEBIODA Adam	211	WUJEK BIEGA KATOWICE	M40	27	03:15:02	04:17:01.10	04:17:26.15	+00:51:16 (19.9%)	5:45	10.4 (80.0%)
28	WĘGRZYN Krzysztof	403	RZESZOWSKIE GAZELE I GEPARDY	M40	28	03:10:01	04:18:18.55	04:18:26.25	+00:52:16 (20.2%)	5:47	10.4 (80.0%)
29	JANIUK Jarosław	139	BIAŁYSTOK	M40	29	03:15:43	04:18:06.95	04:18:47.30	+00:52:38 (20.3%)	5:47	10.4 (80.0%)
30	WÓJCIAK Wojciech	420	OLSZANICA BIESZCZADZKIE WILKI	M40	30	03:09:42	04:18:47.80	04:18:56.40	+00:52:47 (20.4%)	5:48	10.3 (79.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	34.2km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 44.6km	brutto 44.6km			
31	FURMAN Tomasz	91	KLUB MATIEGO	M40	31	03:10:08	04:19:46.55	04:20:03.95	+00:53:54 (20.7%)	5:49	10.3 (79.2%)
32	HORACZY Krzysztof	126	BIALYSTOK	M40	32	03:14:06	04:23:13.00	04:23:36.85	+00:57:27 (21.8%)	5:54	10.2 (78.5%)
33	MOLL Bartosz	451	TOROŃ	M40	33	03:20:39	04:23:32.55	04:24:00.95	+00:57:51 (21.9%)	5:54	10.2 (78.5%)
34	MAZURKIEWICZ Tomasz	239	ZAPOROWY MARATON	M40	34	03:20:15	04:23:52.85	04:24:29.40	+00:58:20 (22.1%)	5:54	10.1 (77.7%)
35	WNEK Paweł	413	WATER TEAM	M40	35	03:16:59	04:24:20.45	04:25:07.35	+00:58:58 (22.2%)	5:55	10.1 (77.7%)
36	FORGEL Paweł	88	RONIN CZERWIĘŃSK	M40	36	03:16:58	04:25:06.80	04:26:07.25	+00:59:57 (22.5%)	5:56	10.1 (77.7%)
37	PYRKOSZ Damian	306	RZESZOWSKIE GAZELE I GEPARDY	M40	37	03:20:29	04:26:09.30	04:26:15.90	+01:00:06 (22.6%)	5:58	10.1 (77.7%)
38	BINIECKI Michał	32	CHORZÓW	M40	38	03:21:45	04:29:16.10	04:29:20.45	+01:03:11 (23.5%)	6:02	9.9 (76.2%)
39	WÓJCIK Mirosław	421	TIME4RUNNING	M40	39	03:24:26	04:30:36.75	04:31:27.90	+01:05:18 (24.1%)	6:04	9.9 (76.2%)
40	SOBULSKI Karol	336	KALIŃSKA TEAM	M40	40	03:27:47	04:31:25.55	04:31:49.25	+01:05:39 (24.2%)	6:05	9.9 (76.2%)
41	JAREMA Marek	140	KRAKÓW	M40	41	03:27:06	04:33:52.45	04:34:12.95	+01:08:03 (24.8%)	6:08	9.8 (75.4%)
42	KURA Tomasz	455	GLIWICE	M40	42	03:25:42	04:34:04.85	04:34:24.20	+01:08:14 (24.9%)	6:08	9.8 (75.4%)
43	FALKOWSKI Piotr	4		M40	43	03:25:07	04:34:38.65	04:35:10.55	+01:09:01 (25.1%)	6:09	9.7 (74.6%)
44	CIESLAK Marek	58		M40	44	03:27:28	04:35:52.85	04:36:09.65	+01:10:00 (25.3%)	6:11	9.7 (74.6%)
45	ŚMIECHOWICZ Filip	376		M40	45	03:30:07	04:35:52.15	04:36:24.95	+01:10:15 (25.4%)	6:11	9.7 (74.6%)
46	UBER Marek	507	KRAKÓW	M40	46		04:37:15.75	04:37:15.75	+01:11:06 (25.6%)	6:12	9.7 (74.6%)
47	BAK Marek	24	M&M ULTRA	M40	47	03:30:12	04:37:22.80	04:37:36.35	+01:11:27 (25.7%)	6:13	9.6 (73.8%)
48	BENESZ Robert	28	RZESZOWSKIE GAZELE I GEPARDY	M40	48	03:31:58	04:39:39.95	04:39:47.65	+01:13:38 (26.3%)	6:16	9.6 (73.8%)
49	KIRKIEWICZ Ireneusz	166	OŁAWA	M40	49	03:35:10	04:41:57.75	04:42:23.15	+01:16:13 (27.0%)	6:19	9.5 (73.1%)
50	GMITEREK Tomasz	108	LUBLIN	M40	50	03:31:46	04:41:33.45	04:42:41.30	+01:16:32 (27.1%)	6:18	9.5 (73.1%)
51	OLBRYŚ Stanisław Adam	270	KB LEGIONOWO	M40	51	03:37:59	04:42:49.75	04:42:59.35	+01:16:50 (27.2%)	6:20	9.5 (73.1%)
52	DERSLEY Stephen	73	POZNAN	M40	52	03:32:03	04:43:59.85	04:44:33.10	+01:18:23 (27.6%)	6:22	9.4 (72.3%)
53	SZWAJKA Robert	369	STALOWA WOLA	M40	53	03:35:44	04:44:19.80	04:45:03.95	+01:18:54 (27.7%)	6:22	9.4 (72.3%)
54	SZPYT Ryszard	365	BIŁGORAJ	M40	54	03:37:13	04:47:04.70	04:47:23.30	+01:21:14 (28.3%)	6:26	9.3 (71.5%)
55	KANIA Marian	155	RYBNIK	M40	55	03:32:41	04:47:29.45	04:47:50.45	+01:21:41 (28.4%)	6:26	9.3 (71.5%)
56	MACHNIKOWSKI Marek	223		M40	56	03:29:04	04:47:08.15	04:47:59.95	+01:21:50 (28.4%)	6:26	9.3 (71.5%)
57	RAWŁUSZEWICZ Waldemar	310	ASTERINA	M40	57	03:32:22	04:47:12.70	04:48:14.75	+01:22:05 (28.5%)	6:26	9.3 (71.5%)
58	KRAUSE Dariusz	192	FORMA WODZISŁAW ŚLĄSKI	M40	58	03:25:30	04:48:26.40	04:48:30.70	+01:22:21 (28.5%)	6:28	9.3 (71.5%)
59	DERWICH Łukasz	74	DUKLA	M40	59	03:33:44	04:49:08.70	04:49:24.10	+01:23:14 (28.8%)	6:28	9.3 (71.5%)
60	KARUŚ Waldemar	157	14 DAS	M40	60	03:24:56	04:49:21.80	04:49:44.30	+01:23:35 (28.8%)	6:29	9.2 (70.8%)
61	CIACH Wojciech	56	KOPRZYWNICA	M40	61	03:33:16	04:50:11.00	04:50:14.15	+01:24:04 (29.0%)	6:30	9.2 (70.8%)
62	ŚWIERCZEK Grzegorz	378		M40	62	03:42:03	04:50:54.90	04:51:08.30	+01:24:59 (29.2%)	6:31	9.2 (70.8%)
63	KOSMAŁA Bartosz	184	KRAKÓW	M40	63	03:41:50	04:51:05.60	04:51:47.45	+01:25:38 (29.3%)	6:31	9.2 (70.8%)
64	KOŁKOWSKI Andrzej	173	SPARTANIE DZIECIOM	M40	64	03:41:29	04:50:48.15	04:51:48.30	+01:25:39 (29.4%)	6:31	9.2 (70.8%)
65	NOWAK Piotr	262	BIESZCZADY	M40	65	03:40:17	04:51:58.25	04:52:07.20	+01:25:57 (29.4%)	6:32	9.2 (70.8%)
66	KRYPCZYK Michał	195		M40	66	03:41:12	04:52:15.55	04:52:40.70	+01:26:31 (29.6%)	6:33	9.2 (70.8%)
67	MAŁYSZA Sławomir	232	PZU SPORT TEAM	M40	67	03:35:27	04:51:55.50	04:53:03.05	+01:26:53 (29.7%)	6:32	9.2 (70.8%)
68	LEŚNOWOLSKI Piotr	215	KLUB BIEGACZA RTV EURO AGD	M40	68	03:45:07	04:53:32.00	04:54:51.65	+01:28:42 (30.1%)	6:34	9.1 (70.0%)
69	GAŁECKI Tomasz	96	KLUB BIEGACZA EURO	M40	69	03:41:38	04:56:55.75	04:58:17.10	+01:32:07 (30.9%)	6:39	9 (69.2%)
70	SZULC Sebastian	366		M40	70	03:40:13	04:58:29.45	04:58:50.55	+01:32:41 (31.0%)	6:41	9 (69.2%)
71	CHOCHÓŁ Paweł	52	KRZESZOWICE	M40	71	03:44:06	04:57:47.75	04:59:21.15	+01:33:11 (31.1%)	6:40	9 (69.2%)
72	MICHALIK Adam	244	KRAKÓW	M40	72	03:52:47	04:59:17.95	05:00:06.40	+01:33:57 (31.3%)	6:42	8.9 (68.5%)
73	STARZYŃSKI Piotr	344		M40	73	03:48:37	05:00:14.50	05:00:29.65	+01:34:20 (31.4%)	6:43	8.9 (68.5%)
74	KACZOROWSKI Przemysław	147	SZCZECIN	M40	74	03:45:02	04:59:47.95	05:00:51.85	+01:34:42 (31.5%)	6:43	8.9 (68.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	34.2km	Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
75	SZACHNA Krzysztof	358	RUNNINGCOUPLE	M40	75	03:45:45	05:00:41.35	05:01:20.70	+01:35:11 (31.6%)	6:44	8.9 (68.5%)
76	PROŃCZUK Adam	300	CA AKTYWNI	M40	76	03:51:08	05:01:56.60	05:02:50.95	+01:36:41 (31.9%)	6:46	8.9 (68.5%)
77	GAŚCZYK Grzegorz	100	NOWA HUTA TEAM	M40	77	03:35:17	05:02:50.55	05:03:10.80	+01:37:01 (32.0%)	6:47	8.8 (67.7%)
78	STĘPIEŃ Wojciech	347	NIGHT RUNNERS GLIWICE	M40	78	03:52:51	05:04:55.40	05:06:14.10	+01:40:04 (32.7%)	6:50	8.8 (67.7%)
79	DĄBEK Paweł	70	WIKLINKI RUDNIK NAD SANEM	M40	79	03:51:31	05:12:25.10	05:13:36.70	+01:47:27 (34.3%)	7:00	8.6 (66.2%)
80	GAŁUSZKA Bogdan	97	JGB "SOKÓŁ"	M40	80	04:01:56	05:15:23.55	05:16:10.15	+01:50:00 (34.8%)	7:04	8.5 (65.4%)
81	ARKUSZYŃSKI Paweł	17	TIME4RUNNING	M40	81	03:54:24	05:16:06.50	05:16:58.45	+01:50:49 (35.0%)	7:05	8.5 (65.4%)
82	PAŁASZYŃSKI Tomasz	278	CZERNIKOWO	M40	82	03:52:59	05:16:10.55	05:17:02.80	+01:50:53 (35.0%)	7:05	8.5 (65.4%)
83	BIERĆ Jarek	31	PĘDZIWIATR BIAŁYSTOK	M40	83	03:54:49	05:18:05.30	05:18:32.65	+01:52:23 (35.3%)	7:07	8.4 (64.6%)
83	LESZCZYŃSKI Maciek	213	M&M ULTRA BIELSKO-BAŁA	M40	83	03:53:40	05:18:18.65	05:18:32.65	+01:52:23 (35.3%)	7:08	8.4 (64.6%)
85	ĆWIEK Dariusz	65	DARIUS	M40	85	04:00:59	05:19:06.35	05:19:55.25	+01:53:45 (35.6%)	7:09	8.4 (64.6%)
86	HYZIAK Jakub	127	JJ.RUNNERS GORLICE	M40	86	04:06:11	05:19:49.15	05:20:00.95	+01:53:51 (35.6%)	7:10	8.4 (64.6%)
87	BRONISZEWSKI Jakub	42	ZĄBKI	M40	87	04:07:17	05:21:32.70	05:21:50.70	+01:55:41 (35.9%)	7:12	8.3 (63.8%)
88	MIKSA Sławomir	246	DŻ	M40	88	04:04:47	05:21:01.10	05:22:11.90	+01:56:02 (36.0%)	7:11	8.3 (63.8%)
89	KONIECZNY Jacek	178	MOSINA	M40	89	04:12:59	05:25:39.25	05:25:49.50	+01:59:40 (36.7%)	7:18	8.2 (63.1%)
90	JUCHA Jacek	144	CA AKTYWNI/CA BROKER	M40	90	03:57:30	05:26:41.15	05:27:35.20	+02:01:25 (37.1%)	7:19	8.2 (63.1%)
91	DUJKA Dariusz	471	WOLA GUTOWSKA	M40	91	04:11:42	05:28:13.30	05:29:31.30	+02:03:22 (37.4%)	7:21	8.2 (63.1%)
92	ARGALSKI Grzegorz	15	KW TRÓJMIASTO	M40	92	04:19:12	05:37:36.30	05:38:37.60	+02:12:28 (39.1%)	7:34	7.9 (60.8%)
93	PYRZEWSKI Dariusz	307	TORUŃ	M40	93	04:19:10	05:37:35.70	05:38:38.00	+02:12:28 (39.1%)	7:34	7.9 (60.8%)
94	SZYSZKOWSKI Włodzimierz	371	DUKE NUKEM PRINCE OF WARSAW	M40	94	04:10:15	05:40:37.05	05:40:49.75	+02:14:40 (39.5%)	7:38	7.9 (60.8%)
95	PIĄTEK Roman	474	KRAKÓW	M40	95	04:27:37	05:46:50.95	05:47:54.35	+02:21:45 (40.7%)	7:46	7.7 (59.2%)
96	JAKUBOWSKI Wojciech	137	KB GEOTERMIA UNIEJÓW	M40	96	04:18:19	05:47:38.30	05:48:10.70	+02:22:01 (40.8%)	7:47	7.7 (59.2%)
97	BATOR Marek	22	WARSZAWA	M40	97	04:26:45	05:52:09.45	05:52:39.35	+02:26:30 (41.5%)	7:53	7.6 (58.5%)
98	KOPER Jacek	180	DŻ	M40	98	04:20:32	05:56:18.55	05:57:28.50	+02:31:19 (42.3%)	7:59	7.5 (57.7%)
99	WAŚKIEWICZ Zbigniew	400	AWF KATOWICE	M40	99	04:27:57	05:56:27.95	05:57:42.85	+02:31:33 (42.4%)	7:59	7.5 (57.7%)
100	LEŚNIEWSKI Michał	214	SPARTANIE DZIECIOM	M40	100	04:35:46	06:04:07.95	06:05:05.35	+02:38:56 (43.5%)	8:09	7.3 (56.2%)
101	PLATA Tomasz	492	KRAKÓW	M40	101	04:36:20	06:08:12.60	06:09:22.45	+02:43:13 (44.2%)	8:15	7.3 (56.2%)
102	ZIELIŃSKI Michał	436	SPARTANIE DZIECIOM	M40	102	04:45:11	06:17:03.20	06:17:59.85	+02:51:50 (45.5%)	8:27	7.1 (54.6%)
103	GAJEK Jarosław	480	NIEPOŁOMICE	M40	103	04:42:36	06:21:17.35	06:22:24.50	+02:56:15 (46.1%)	8:32	7 (53.8%)
104	NOWOSIELSKI Piotr	265	14DAS JAROSŁAW	M40	104	04:45:07	06:28:35.85	06:29:28.40	+03:03:19 (47.1%)	8:42	6.9 (53.1%)
105	ŚMIECHOWICZ Gerard	375	WARSZAWA	M40	105	05:15:15	06:42:39.10	06:43:48.25	+03:17:38 (48.9%)	9:01	6.6 (50.8%)
106	SMYK Robert	454	GLIWICE	M40	106	05:15:03	06:50:17.35	06:51:37.80	+03:25:28 (49.9%)	9:11	6.5 (50.0%)
	PIKOR Jacek	287	BIEGUSIEM.PL	M40		03:25:54 DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 107 wynik(ów)