



ZWODNICZA RUSAŁKA | 44 KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie: III Ultra-Bies
Organizator: Fundacja Ultra-Bies
Data: 2024-05-10
Miejsce: Dożyca
Dystans: 44 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	PK Cisna 38km	Czas netto 44km	Czas brutto 44km	Różn	Tempo min/km	Tempo km/h
1	SOBAS Jacek	493	ON RUNNING	M30	1	03:30:57	04:11:52.65	04:11:52.65		5:43	10.5 (100%)
2	KNAP Mateusz	503	DYNAFIT / AW SZYBCIEJ	M20	1	03:32:58	04:16:11.20	04:16:11.20	+00:04:18 (1.7%)	5:49	10.3 (98.1%)
3	WIERNUSZ Krzysztof	512	FINISZ RYMANÓW P.G.R	M40	1	03:39:25	04:19:44.05	04:19:44.05	+00:07:51 (3.0%)	5:54	10.2 (97.1%)
4	GAWLIK Sławek	514	DYNAFIT TEAM POLAND	M40	2	03:40:19	04:25:02.45	04:25:02.45	+00:13:09 (5.0%)	6:01	10 (95.2%)
5	NIEZGÓDKA Tomasz	495	TEAM DFBG	M50	1	04:08:49	04:54:06.45	04:54:06.45	+00:42:13 (14.4%)	6:41	9 (85.7%)
6	OBSTÓJ Karolina	492	ON RUNNING	K30	1	04:11:37	04:57:56.95	04:57:56.95	+00:46:04 (15.5%)	6:46	8.9 (84.8%)
7	GIERULA Grzegorz	470	KB ATHLETIC ZRĘCIN	M30	2	04:09:56	04:58:58.85	04:58:58.85	+00:47:06 (15.8%)	6:47	8.8 (83.8%)
8	KAMIŃSKI Marek	501		M30	3	04:19:58	05:06:40.95	05:06:40.95	+00:54:48 (17.9%)	6:58	8.6 (81.9%)
9	D'AURIA Umberto	510		M30	4	04:17:21	05:10:25.95	05:10:25.95	+00:58:33 (18.9%)	7:03	8.5 (81.0%)
10	CIENKOSZ Przemysław	479	#ZALINIAMETYTEAM	M30	5	04:22:24	05:15:25.50	05:15:25.50	+01:03:32 (20.1%)	7:10	8.4 (80.0%)
11	BAJSAROWICZ Marlena	411	IPA WROCŁAW	K20	1	04:24:42	05:15:48.85	05:15:48.85	+01:03:56 (20.2%)	7:10	8.4 (80.0%)
12	PIETRZAK Rafał	477	STOPKA PILAWA	M30	6	04:33:16	05:26:09.15	05:26:09.15	+01:14:16 (22.8%)	7:24	8.1 (77.1%)
13	GIBADŁO Maksymilian	408		M20	2	04:46:15	05:28:30.15	05:28:30.15	+01:16:37 (23.3%)	7:27	8 (76.2%)
14	SOBAŃSKA Izabela	412		K20	2	04:38:05	05:29:08.20	05:29:08.20	+01:17:15 (23.5%)	7:28	8 (76.2%)
15	WIECZERZAK Magdalena	457	BIEG LOVE LAS / ZABIEGANI MIELEC	K30	2	04:38:16	05:29:19.00	05:29:19.00	+01:17:26 (23.5%)	7:29	8 (76.2%)
16	SAMUŚ Dariusz	489	BIESZCZADZKIE MORSY	M40	3	04:38:19	05:34:06.90	05:34:06.90	+01:22:14 (24.6%)	7:35	7.9 (75.2%)
17	MILANOWSKI Grzegorz	442		M50	2	04:38:20	05:34:31.60	05:34:31.60	+01:22:38 (24.7%)	7:36	7.9 (75.2%)
18	DUDEK Adam	406		M40	4	04:43:50	05:35:03.45	05:35:03.45	+01:23:10 (24.8%)	7:36	7.9 (75.2%)
19	LATAK Michał	517		M50	3	04:38:26	05:36:52.65	05:36:52.65	+01:25:00 (25.2%)	7:39	7.8 (74.3%)
20	CIECKIEWICZ Tomasz	465		M30	7	04:44:42	05:38:43.90	05:38:43.90	+01:26:51 (25.6%)	7:41	7.8 (74.3%)
21	CUPAK Łukasz	430		M40	5	04:45:23	05:41:20.40	05:41:20.40	+01:29:27 (26.2%)	7:45	7.7 (73.3%)
22	SEMENIUK Piotr	474		M50	4	04:44:15	05:41:59.35	05:41:59.35	+01:30:06 (26.3%)	7:46	7.7 (73.3%)
23	KAWIK-BARTOSIK Anna	437	BLACK HAT TEAM	K30	3	04:47:49	05:44:23.15	05:44:23.15	+01:32:30 (26.9%)	7:49	7.7 (73.3%)
24	MARUT Artur	502	FITNESS FREAKS	M40	6	04:51:46	05:46:23.60	05:46:23.60	+01:34:30 (27.3%)	7:52	7.6 (72.4%)
25	SURKÓW Adrian	443	PARKRUN JEZIORO SWARZĘDZKIE	M40	7	04:51:20	05:50:31.50	05:50:31.50	+01:38:38 (28.1%)	7:57	7.5 (71.4%)
26	GARCZYŃSKI Radostaw	468		M30	8	05:01:03	05:52:15.35	05:52:15.35	+01:40:22 (28.5%)	8:00	7.5 (71.4%)
27	PIWOŃSKI Adam	518	LKS GÓRA BIEGA	M40	8	04:52:20	05:52:34.20	05:52:34.20	+01:40:41 (28.6%)	8:00	7.5 (71.4%)
28	DUBIN Matthieu	464		M30	9	05:00:25	05:52:41.75	05:52:41.75	+01:40:49 (28.6%)	8:00	7.5 (71.4%)
29	ZAWISZA Grzegorz	400		M30	10	04:59:18	05:52:41.95	05:52:41.95	+01:40:49 (28.6%)	8:00	7.5 (71.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	PK Cisna 38km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 44km	brutto 44km			
30	ZDUŃCZYK Paulina	427	AKADEMIABIEGACZA.PL	K30	4	04:58:13	05:55:24.70	05:55:24.70	+01:43:32 (29.1%)	8:04	7.4 (70.5%)
31	PIEŃKOSZ Wojciech	506	PGE ENERGETIC RUNNING/PODIUM	M40	9	05:02:18	05:55:40.50	05:55:40.50	+01:43:47 (29.2%)	8:05	7.4 (70.5%)
32	TROJNAR Daniel	445		M30	11	04:56:23	05:56:42.95	05:56:42.95	+01:44:50 (29.4%)	8:06	7.4 (70.5%)
33	MICHAŁOWSKI Piotr	401	WATAHA	M30	12	04:57:51	05:58:38.40	05:58:38.40	+01:46:45 (29.8%)	8:09	7.4 (70.5%)
34	ROZYCKI Ryszard	451	AKTYWNI ZAGÓRZ	M60	1	05:03:35	06:00:20.85	06:00:20.85	+01:48:28 (30.1%)	8:11	7.3 (69.5%)
35	BODNAR Adrian	414		M30	13	04:57:24	06:00:21.45	06:00:21.45	+01:48:28 (30.1%)	8:11	7.3 (69.5%)
36	TUCKI Konrad	486		M40	10	05:02:16	06:06:56.75	06:06:56.75	+01:55:04 (31.4%)	8:20	7.2 (68.6%)
37	ARTYM Magda	420	#TRENUJZKOSTEREM	K50	1	05:09:40	06:07:06.45	06:07:06.45	+01:55:13 (31.4%)	8:20	7.2 (68.6%)
38	ZYBAŁA Piotr	449		M30	14	05:06:51	06:10:07.20	06:10:07.20	+01:58:14 (31.9%)	8:24	7.1 (67.6%)
39	NAZIEMKOWSKI Bogusław	507	JAROSŁAWSKI BIEGACZ	M40	11	05:09:17	06:11:07.95	06:11:07.95	+01:59:15 (32.1%)	8:26	7.1 (67.6%)
40	TOMCZYK Grzegorz	446	PALARNIA KAWY GREGORIO	M40	12	05:13:22	06:11:30.95	06:11:30.95	+01:59:38 (32.2%)	8:26	7.1 (67.6%)
41	SZCZEPANSKI Grzegorz	498		M40	13	05:11:28	06:16:24.70	06:16:24.70	+02:04:32 (33.1%)	8:33	7 (66.7%)
42	ZAWISZA Łukasz	429		M30	15	05:14:51	06:17:12.90	06:17:12.90	+02:05:20 (33.2%)	8:34	7 (66.7%)
43	PALUCH Paweł	471		M50	5	05:06:03	06:18:51.85	06:18:51.85	+02:06:59 (33.5%)	8:36	7 (66.7%)
44	ORĘZIAK Maciej	425		M40	14	05:17:55	06:19:04.90	06:19:04.90	+02:07:12 (33.6%)	8:36	7 (66.7%)
45	PIELECHA Rafał	511	FITNESS FREAK	M40	15	05:23:38	06:27:23.30	06:27:23.30	+02:15:30 (35.0%)	8:48	6.8 (64.8%)
46	CHMIEL Łukasz	500		M30	16	05:18:33	06:29:49.30	06:29:49.30	+02:17:56 (35.4%)	8:51	6.8 (64.8%)
47	ROSZAK-SURKÓW Sylwia	444	PARKRUN JEZIORO SWARZĘDZKIE	K40	1	05:32:49	06:34:58.75	06:34:58.75	+02:23:06 (36.2%)	8:58	6.7 (63.8%)
48	MAZUR Magdalena	456	DARSOFT RUNNING TEAM	K40	2	05:33:21	06:37:17.80	06:37:17.80	+02:25:25 (36.6%)	9:01	6.6 (62.9%)
49	RADZIOCH Krzysztof	436	DARSOFT RUNNING TEAM	M40	16	05:33:22	06:37:18.75	06:37:18.75	+02:25:26 (36.6%)	9:01	6.6 (62.9%)
50	SZKUDLARSKI Tomasz	435	SZKODNIK TEAM	M50	6	05:32:18	06:38:17.10	06:38:17.10	+02:26:24 (36.8%)	9:03	6.6 (62.9%)
51	BASIŃSKI Rafał	504	FALSTART RUDNIKI	M30	17	05:26:03	06:38:55.20	06:38:55.20	+02:27:02 (36.9%)	9:03	6.6 (62.9%)
52	OBŁUDKA Adam	434	BEERSPIRIT	M40	17	05:38:53	06:44:44.20	06:44:44.20	+02:32:51 (37.8%)	9:11	6.5 (61.9%)
53	KOPACZ Mirosław	480		M60	2	05:40:22	06:44:44.85	06:44:44.85	+02:32:52 (37.8%)	9:11	6.5 (61.9%)
54	GĄSECKI Daniel	505	ULTRA PRZESILENIE	M40	18	05:41:23	06:44:46.40	06:44:46.40	+02:32:53 (37.8%)	9:11	6.5 (61.9%)
55	GINTER Grzegorz	491	AZS COLLEGIUM MEDICUM UJ	M30	18	05:37:49	06:45:43.50	06:45:43.50	+02:33:50 (37.9%)	9:13	6.5 (61.9%)
56	NIEDZIELA Michał	402		M40	19	05:41:51	06:46:31.35	06:46:31.35	+02:34:38 (38.0%)	9:14	6.5 (61.9%)
57	STELMACH Paulina	483		K30	5	05:41:25	06:47:33.80	06:47:33.80	+02:35:41 (38.2%)	9:15	6.5 (61.9%)
58	KURACH Joanna	490	NASZPRYCHOWANI	K30	6	05:42:20	06:47:50.80	06:47:50.80	+02:35:58 (38.2%)	9:16	6.5 (61.9%)
59	CIEĆKIEWICZ Mariusz	513		M20	3	05:36:16	06:53:40.40	06:53:40.40	+02:41:47 (39.1%)	9:24	6.4 (61.0%)
60	MALICKA Maja	515		K30	7	05:42:33	06:55:53.10	06:55:53.10	+02:44:00 (39.4%)	9:27	6.3 (60.0%)
61	MIKOŁAJCZYK Mariusz	467	ULTRA KSP	M40	20	05:43:06	06:56:24.00	06:56:24.00	+02:44:31 (39.5%)	9:27	6.3 (60.0%)
62	CIEŚLAK Paweł	461	BSCZADY	M40	21	05:50:57	06:58:28.80	06:58:28.80	+02:46:36 (39.8%)	9:30	6.3 (60.0%)
63	KRUCZEK Robert	497	CPP POLAND	M60	3	05:51:21	07:02:44.95	07:02:44.95	+02:50:52 (40.4%)	9:36	6.2 (59.0%)
64	LEWCZUK Norbert	488	BIEGACZE POMAGACZE	M40	22	05:49:56	07:10:56.70	07:10:56.70	+02:59:04 (41.6%)	9:47	6.1 (58.1%)
65	WOŹNIAK Kasia	462		K40	3	05:59:02	07:12:29.45	07:12:29.45	+03:00:36 (41.8%)	9:49	6.1 (58.1%)
66	SAWICKI Wojciech	453		M40	23	06:04:45	07:13:33.85	07:13:33.85	+03:01:41 (41.9%)	9:51	6.1 (58.1%)
67	STYŁA-STYLIŃSKI Norbert	452	TWOJA STARA	M40	24	06:03:50	07:18:09.55	07:18:09.55	+03:06:16 (42.5%)	9:57	6 (57.1%)
68	HAJDU CZENIA Karolina	485	NINIWA TEAM	K20	3	06:03:00	07:18:21.80	07:18:21.80	+03:06:29 (42.5%)	9:57	6 (57.1%)
69	CHODZIŃSKI Piotr	466		M40	25	06:05:19	07:19:22.55	07:19:22.55	+03:07:29 (42.7%)	9:59	6 (57.1%)
70	KOSEWSKA Dorota	475	BIEGIEM NA KAWĘ	K50	2	06:01:30	07:23:06.20	07:23:06.20	+03:11:13 (43.2%)	10:04	6 (57.1%)
71	ZAWADA Damian	494		M30	19	06:06:37	07:26:37.35	07:26:37.35	+03:14:44 (43.6%)	10:09	5.9 (56.2%)
72	DUCHNA Paweł	440	SYNOWIE BROOKLYNU	M30	20	06:09:16	07:27:48.40	07:27:48.40	+03:15:55 (43.8%)	10:10	5.9 (56.2%)
73	LUBOWICKA Anna	439	SYNOWIE BROOKLYNU	K20	4	06:09:19	07:27:48.60	07:27:48.60	+03:15:55 (43.8%)	10:10	5.9 (56.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	PK Cisna 38km	Czas netto 44km	Czas brutto 44km	Różn	Tempo min/km	Tempo km/h
74	SZYMANIK Anna	499		K20	5	06:14:59	07:30:38.80	07:30:38.80	+03:18:46 (44.1%)	10:14	5.9 (56.2%)
75	ZIMOCH Łukasz	417		M40	26	06:06:31	07:31:53.80	07:31:53.80	+03:20:01 (44.3%)	10:16	5.8 (55.2%)
76	KIEŁBUS Mirosław	450		M50	7	06:15:00	07:34:47.55	07:34:47.55	+03:22:54 (44.6%)	10:20	5.8 (55.2%)
77	STOPA Marcin	481	RZESZÓW STOLICA INNOWACJI/PODIUM	M40	27	06:21:51	07:46:54.15	07:46:54.15	+03:35:01 (46.1%)	10:36	5.7 (54.3%)
78	GAJEWSKI Maciej	472		M40	28	06:19:37	07:48:06.75	07:48:06.75	+03:36:14 (46.2%)	10:38	5.6 (53.3%)
79	STUDNICKI Paweł	409		M30	21	06:40:15	07:49:50.25	07:49:50.25	+03:37:57 (46.4%)	10:40	5.6 (53.3%)
80	GUSZCZA Ewa	422	MARKOWI BIEGACZE	K50	3	06:34:18	07:52:16.10	07:52:16.10	+03:40:23 (46.7%)	10:44	5.6 (53.3%)
81	SZYSZKO Ewa	423	MARKOWI BIEGACZE	K40	4	06:34:16	07:52:16.15	07:52:16.15	+03:40:23 (46.7%)	10:44	5.6 (53.3%)
82	SALA Ania	418		K30	8	06:32:05	07:56:26.60	07:56:26.60	+03:44:33 (47.1%)	10:49	5.5 (52.4%)
83	KOCHANIAK Andrzej	484	KOSMICZNA FLOTA GALAKTYKI KX	M40	29	06:32:05	07:56:26.75	07:56:26.75	+03:44:34 (47.1%)	10:49	5.5 (52.4%)
84	MURASZEW - DĄBROWSKA Katarzyna	416	NBRC	K40	5	06:36:21	07:58:43.15	07:58:43.15	+03:46:50 (47.4%)	10:52	5.5 (52.4%)
85	GRZYWINSKA Anna	432		K40	6	06:35:32	08:04:00.15	08:04:00.15	+03:52:07 (48.0%)	11:00	5.5 (52.4%)
86	GOCYLA Dariusz	458		OPEN M	1	06:49:58	08:18:41.30	08:18:41.30	+04:06:48 (49.5%)	11:20	5.3 (50.5%)
87	PAPIERNIK Aneta	419		K40	7	06:49:48	08:22:39.30	08:22:39.30	+04:10:46 (49.9%)	11:25	5.3 (50.5%)
88	RUCYK Justyna	426		K40	8	06:49:47	08:22:39.40	08:22:39.40	+04:10:46 (49.9%)	11:25	5.3 (50.5%)
89	GODLEWSKA Izabella	403	GANG ŚWIETLIKÓW	K20	6	06:55:27	08:27:25.85	08:27:25.85	+04:15:33 (50.4%)	11:31	5.2 (49.5%)
90	WIDERA Adrian	415	CHOOSE YOURSELF JAWORZNO	M40	30	07:03:03	08:27:39.70	08:27:39.70	+04:15:47 (50.4%)	11:32	5.2 (49.5%)
91	LEŚNICZAK Barbara	508		K40	9	07:14:34	08:39:25.25	08:39:25.25	+04:27:32 (51.5%)	11:48	5.1 (48.6%)
92	GAWEŁ Agata	476	NAJMNIEJSZA WATAHA ŚWIATA Z.:F	K40	10	07:08:39	08:43:12.50	08:43:12.50	+04:31:19 (51.9%)	11:53	5 (47.6%)
93	KRÓL Ewa	463	ULTRA KSP	K30	9	07:21:50	08:45:59.50	08:45:59.50	+04:34:06 (52.1%)	11:57	5 (47.6%)
94	KRÓL Michał	460	ULTRA KSP	M40	31	07:21:48	08:45:59.60	08:45:59.60	+04:34:06 (52.1%)	11:57	5 (47.6%)
95	ROSZKIEWICZ Marek	428		M50	8	07:17:45	08:47:41.00	08:47:41.00	+04:35:48 (52.3%)	11:59	5 (47.6%)
96	DWOJAK Katarzyna	448		K50	4	07:19:03	08:51:23.10	08:51:23.10	+04:39:30 (52.6%)	12:04	5 (47.6%)
97	KOSTYRA Krzysztof	469	BIEGUSIEM.PL	M50	9	07:27:00	09:16:01.40	09:16:01.40	+05:04:08 (54.7%)	12:38	4.7 (44.8%)
98	MICHALCZUK Zenon	455		M60	4	08:05:04	09:49:40.10	09:49:40.10	+05:37:47 (57.3%)	13:24	4.5 (42.9%)
Przekroczony limit czasu: 10:00:00											
99	KILJAN Anna	441		K30	10		10:06:08.30	10:06:08.30	+05:54:15 (58.4%)	13:46	4.4 (41.9%)
100	MIKOŁAJCZAK Marcin	482		M40	32		10:06:08.50	10:06:08.50	+05:54:15 (58.4%)	13:46	4.4 (41.9%)
	WŁODARCZYK Grzegorz	413	GANG ŚWIETLIKÓW	M40		DNF	DNF	DNF		-	- (0.0%)
	GODLEWSKA Anna	405	GANG ŚWIETLIKÓW	K30		DNF	DNF	DNF		-	- (0.0%)
	NIEMCZAK Basia	459	ULTRA KSP	K30		DNF	DNF	DNF		-	- (0.0%)

Znaleziono 103 wynik(ów)