



# ZWODNICZA RUSAŁKA | 44 KM

B4SPORT

**Event:** II Ultra-Bies  
**Organiser:** Fundacja Ultra-Bies  
**Date:** 2023-05-05  
**Place:** Dożyca  
**Distance:** 44 km

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Classification: M40

Place	Participant	Number	Club	Category	MCat	PK Górzanka 15km	PK Łopienka 28km	PK Cisna 38km	Net time 44km	Czas brutto 44km	Gap	Pace min/km	Pace km/h
1	CHOROŚ Piotr	519	STAY INSANE	M40	1	01:44:03	02:24:06	03:39:10	<b>04:22:05.20</b>	<b>04:22:05.20</b>		5:57	10.1 (100%)
2	PIECHA Artur	548		M40	2	01:49:56	02:33:37	03:50:35	<b>04:38:17.35</b>	<b>04:38:17.35</b>	+00:16:12 (5.8%)	6:19	9.5 (94.1%)
3	KOT Rafał	545	GÓRAL Z MAZUR RUNNING TEAM	M40	3	01:56:39	02:45:53	04:06:28	<b>04:53:14.55</b>	<b>04:53:14.55</b>	+00:31:09 (10.6%)	6:39	9 (89.1%)
4	TUSZYŃSKI Zygmunt	466	PGERUN OBRÓT S.A.	M40	4	01:59:39	02:46:59	04:08:12	<b>04:56:59.00</b>	<b>04:56:59.00</b>	+00:34:53 (11.8%)	6:44	8.9 (88.1%)
5	MAŚLANY Daniel	441		M40	5	02:09:23	03:00:37	04:26:30	<b>05:20:58.90</b>	<b>05:20:58.90</b>	+00:58:53 (18.3%)	7:17	8.2 (81.2%)
6	MIKOŁAJCZYK Krzysztof	498		M40	6	02:08:40	03:02:08	04:30:39	<b>05:21:19.55</b>	<b>05:21:19.55</b>	+00:59:14 (18.4%)	7:18	8.2 (81.2%)
7	ŚWIĄTEK Paweł	541		M40	7	02:11:49	03:05:34	04:33:13	<b>05:29:11.15</b>	<b>05:29:11.15</b>	+01:07:05 (20.4%)	7:28	8 (79.2%)
8	® Virus	539	NSB SPORT TEAM RZESZÓW	M40	8	01:59:09	02:46:23	04:27:13	<b>05:29:39.30</b>	<b>05:29:39.30</b>	+01:07:34 (20.5%)	7:29	8 (79.2%)
9	BARNOWSKI Przemysław	488	BARNOGYM.PL	M40	9	02:05:06	03:01:44	04:35:17	<b>05:31:20.35</b>	<b>05:31:20.35</b>	+01:09:15 (20.9%)	7:31	8 (79.2%)
10	KUPC Zbigniew	445	TRAIL IS OUR WAY	M40	10	02:11:47	03:12:02	04:45:14	<b>05:38:12.30</b>	<b>05:38:12.30</b>	+01:16:07 (22.5%)	7:41	7.8 (77.2%)
11	PTAK Mateusz	422	TRAIL IS OUR WAY/KB ATHLETIC ZRĘCIN	M40	11	02:06:38	03:06:08	04:48:15	<b>05:43:52.25</b>	<b>05:43:52.25</b>	+01:21:47 (23.8%)	7:48	7.7 (76.2%)
12	HAŁGAS Sławomir	407	MARELLI	M40	12	02:13:47	03:11:59	04:48:08	<b>05:46:24.10</b>	<b>05:46:24.10</b>	+01:24:18 (24.3%)	7:52	7.6 (75.2%)
13	GĄSECKI Daniel	532	ULTRA PRZESILENIE	M40	13	02:24:00	03:20:38	04:53:19	<b>05:51:01.60</b>	<b>05:51:01.60</b>	+01:28:56 (25.3%)	7:58	7.5 (74.3%)
14	DĄBROWSKI Łukasz	465	TREKKING TEAM OSTROWIEC ŚWIĘTOKRZYSKI	M40	14	02:19:50	03:17:20	04:55:22	<b>05:55:20.30</b>	<b>05:55:20.30</b>	+01:33:15 (26.2%)	8:04	7.4 (73.3%)
15	MEISSNER Paweł	433	TIGERS TEAM	M40	15	02:27:36	03:25:34	05:00:30	<b>06:00:52.80</b>	<b>06:00:52.80</b>	+01:38:47 (27.4%)	8:12	7.3 (72.3%)

Place	Participant	Number	Club	Category	MCat	PK	PK	PK	Net	Czas	Gap	Pace	Pace
						Górzanka	Łopienka	Cisna	time	brutto			
16	<b>BIELSKI Seweryn</b>	<b>499</b>	42K PRO TEAM	M40	16	02:05:11	03:15:28	05:03:12	<b>06:08:06.80</b>	<b>06:08:06.80</b>	+01:46:01 (28.8%)	8:21	7.2 (71.3%)
17	<b>LEWTAK Marcin</b>	<b>415</b>	9-TKA RUNNING TEAM	M40	17	02:12:36	03:21:58	05:11:45	<b>06:10:19.35</b>	<b>06:10:19.35</b>	+01:48:14 (29.2%)	8:24	7.1 (70.3%)
18	<b>KALIŃSKI Krzysztof</b>	<b>426</b>	PUREEPIC	M40	18	02:29:14	03:30:23	05:12:02	<b>06:12:22.90</b>	<b>06:12:22.90</b>	+01:50:17 (29.6%)	8:27	7.1 (70.3%)
19	<b>LEWCZUK Norbert</b>	<b>487</b>	BIEGACZE POMAGACZE	M40	19	02:26:21	03:26:53	05:10:39	<b>06:12:24.15</b>	<b>06:12:24.15</b>	+01:50:18 (29.6%)	8:27	7.1 (70.3%)
20	<b>GOLA Radosław</b>	<b>497</b>		M40	20	02:26:43	03:24:41	05:08:54	<b>06:13:41.25</b>	<b>06:13:41.25</b>	+01:51:36 (29.9%)	8:29	7.1 (70.3%)
21	<b>DUBIAŁ Rafał</b>	<b>443</b>	LESZ NO LIMITS RUNNERS	M40	21	02:20:05	03:19:58	05:07:19	<b>06:14:11.65</b>	<b>06:14:11.65</b>	+01:52:06 (30.0%)	8:30	7.1 (70.3%)
22	<b>FUKS Szymon</b>	<b>450</b>	MCBIEGACZE	M40	22	02:09:59	03:08:01	05:12:48	<b>06:24:17.40</b>	<b>06:24:17.40</b>	+02:02:12 (31.8%)	8:44	6.9 (68.3%)
23	<b>GALUSKIN Alexey</b>	<b>493</b>		M40	23	02:39:43	03:43:42	05:25:03	<b>06:24:41.50</b>	<b>06:24:41.50</b>	+02:02:36 (31.9%)	8:44	6.9 (68.3%)
24	<b>PIOTROWSKI Przemysław</b>	<b>469</b>	NOWA HUTA TEAM	M40	24	02:45:08	03:52:38	05:38:33	<b>06:43:00.80</b>	<b>06:43:00.80</b>	+02:20:55 (35.0%)	9:09	6.6 (65.3%)
25	<b>STOPA Marcin</b>	<b>427</b>	URZĄD MIASTA RZESZOWA/PODIUM	M40	25	02:36:09	03:49:35	05:41:14	<b>06:51:38.35</b>	<b>06:51:38.35</b>	+02:29:33 (36.3%)	9:21	6.4 (63.4%)
26	<b>WYJATEK Wojciech</b>	<b>489</b>		M40	26	02:50:42	03:59:28	05:49:01	<b>06:52:42.70</b>	<b>06:52:42.70</b>	+02:30:37 (36.5%)	9:22	6.4 (63.4%)
27	<b>POWIERTOWSKI Adam</b>	<b>490</b>		M40	27	02:50:42	03:59:29	05:49:01	<b>06:55:19.15</b>	<b>06:55:19.15</b>	+02:33:13 (36.9%)	9:26	6.4 (63.4%)
28	<b>HYDZIK Łukasz</b>	<b>440</b>		M40	28	02:35:56	03:41:37	05:41:13	<b>06:55:22.15</b>	<b>06:55:22.15</b>	+02:33:16 (36.9%)	9:26	6.4 (63.4%)
29	<b>SZCZEPAŃSKI Grzegorz</b>	<b>491</b>	8132746829	M40	29	02:40:59	03:48:55	05:51:02	<b>06:58:25.65</b>	<b>06:58:25.65</b>	+02:36:20 (37.4%)	9:30	6.3 (62.4%)
30	<b>PANTOŁ Mirosław</b>	<b>538</b>		M40	30	02:39:39	03:51:54	05:50:17	<b>07:02:50.85</b>	<b>07:02:50.85</b>	+02:40:45 (38.0%)	9:36	6.2 (61.4%)
31	<b>SADY Sebastian</b>	<b>481</b>	OBY2	M40	31	02:42:13	04:00:33	05:53:59	<b>07:07:39.85</b>	<b>07:07:39.85</b>	+02:45:34 (38.7%)	9:43	6.2 (61.4%)
32	<b>MATRACKI Sebastian</b>	<b>464</b>	TREKKING TEAM OSTROWIEC	M40	32	02:42:15	04:00:36	05:54:14	<b>07:07:43.05</b>	<b>07:07:43.05</b>	+02:45:37 (38.7%)	9:43	6.2 (61.4%)
33	<b>KAPRAL Adam</b>	<b>506</b>	DWERNIK KAMIEŃ TRAIL	M40	33	02:48:12	04:07:03	06:07:17	<b>07:21:25.75</b>	<b>07:21:25.75</b>	+02:59:20 (40.6%)	10:01	6 (59.4%)
34	<b>KORBA Michał</b>	<b>547</b>		M40	34	03:01:01	04:22:16	06:20:22	<b>07:35:32.60</b>	<b>07:35:32.60</b>	+03:13:27 (42.5%)	10:21	5.8 (57.4%)
35	<b>SKALNY Rafał</b>	<b>475</b>		M40	35	02:58:54	04:12:20	06:14:27	<b>07:40:54.75</b>	<b>07:40:54.75</b>	+03:18:49 (43.1%)	10:28	5.7 (56.4%)
36	<b>CHODZIŃSKI Piotr</b>	<b>413</b>		M40	36	03:04:24	04:25:09	06:37:32	<b>07:58:55.90</b>	<b>07:58:55.90</b>	+03:36:50 (45.3%)	10:53	5.5 (54.5%)
37	<b>CZEKALSKI Tomasz</b>	<b>467</b>	NARAMOWICE BIEGAJĄ	M40	37	03:02:39	04:26:06	06:36:36	<b>08:01:02.70</b>	<b>08:01:02.70</b>	+03:38:57 (45.5%)	10:55	5.5 (54.5%)
38	<b>DEDIC Robert</b>	<b>460</b>	RARLD	M40	38	03:22:04	04:55:26	07:15:11	<b>08:36:15.50</b>	<b>08:36:15.50</b>	+04:14:10 (49.2%)	11:43	5.1 (50.5%)

Place	Participant	Number	Club	Category	MCat	PK Górzanka 15km	PK Łopienka 28km	PK Cisna 38km	Net time 44km	Czas brutto 44km	Gap	Pace min/km	Pace km/h
39	<b>ZGÓRSKI Maciej</b>	<b>401</b>	WKURW TEAM	M40	39	03:36:05	05:14:42	07:40:01	<b>09:08:42.50</b>	<b>09:08:42.50</b>	+04:46:37 (52.2%)	12:28	4.8 (47.5%)
	<b>CITUK Grzegorz</b>	<b>451</b>	42K PRO TEAM	M40		DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Total 40 results.