

# ZWODNICZA RUSAŁKA | 44 KM

B4SPORT

**Wydarzenie:** Ultra-Bies 2022  
**Organizator:** Fundacja Ultra-Bies  
**Data:** 2022-05-06  
**Miejsce:** Dożyca  
**Dystans:** 44 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Senior II M 30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	PK Cisna 38km	Czas netto 44km	Czas brutto 44km	Różn	Tempo min/km	Tempo km/h
1	<b>PAWŁOWSKI Arkadiusz</b>	<b>465</b>		Senior II M 30-39	1	03:33:20	<b>04:13:05.10</b>	<b>04:13:06.65</b>		5:45	10.4 (100%)
2	<b>JAGIEŁO Michał</b>	<b>570</b>	DRAGON RUNNERS/ IŁŻA PĘDZI	Senior II M 30-39	2	03:46:00	<b>04:31:47.55</b>	<b>04:32:03.75</b>	+00:18:57 (7.0%)	6:10	9.7 (93.3%)
3	<b>GUT Jacek</b>	<b>537</b>	BLACK JACK TEAM	Senior II M 30-39	3	03:53:31	<b>04:38:39.40</b>	<b>04:38:57.05</b>	+00:25:50 (9.3%)	6:19	9.5 (91.3%)
4	<b>CHMIELOWIEC Daniel</b>	<b>489</b>		Senior II M 30-39	4	04:02:51	<b>04:48:26.85</b>	<b>04:49:26.40</b>	+00:36:19 (12.6%)	6:33	9.2 (88.5%)
5	<b>WIERZCHOWIAK Jarosław</b>	<b>577</b>	TRAIL IS OUR WAY	Senior II M 30-39	5	04:10:31	<b>04:57:18.15</b>	<b>04:57:33.60</b>	+00:44:26 (14.9%)	6:45	8.9 (85.6%)
6	<b>GALUSKIN Alexey</b>	<b>526</b>	GRUPA NOMAX	Senior II M 30-39	6	04:22:13	<b>05:11:20.30</b>	<b>05:13:20.45</b>	+01:00:13 (19.2%)	7:04	8.5 (81.7%)
7	<b>STANGRECIAK Adam</b>	<b>535</b>	GÓRAL Z MAZUR RUNNING TEAM / PLANBIEGANIE	Senior II M 30-39	7	04:22:33	<b>05:12:23.05</b>	<b>05:14:08.65</b>	+01:01:02 (19.4%)	7:05	8.5 (81.7%)
8	<b>WERNER Kamil</b>	<b>404</b>	DZIKI BIEG	Senior II M 30-39	8	04:22:25	<b>05:14:39.90</b>	<b>05:15:17.85</b>	+01:02:11 (19.7%)	7:09	8.4 (80.8%)
9	<b>ŻAK Paweł</b>	<b>516</b>	BROWERY TEAM / GÓRAL Z MAZUR RUNNING TEAM	Senior II M 30-39	9	04:28:16	<b>05:15:55.55</b>	<b>05:17:29.70</b>	+01:04:23 (20.3%)	7:10	8.4 (80.8%)
10	<b>PŁONKA Rafał</b>	<b>442</b>	GÓRAL Z MAZUR RUNNING TEAM	Senior II M 30-39	10	04:24:39	<b>05:17:05.10</b>	<b>05:17:50.20</b>	+01:04:43 (20.4%)	7:12	8.3 (79.8%)
11	<b>MOŻEJKO Artur</b>	<b>543</b>	NIEPOŁOMICE BIEGAJĄ	Senior II M 30-39	11	04:26:16	<b>05:21:27.00</b>	<b>05:23:40.05</b>	+01:10:33 (21.8%)	7:18	8.2 (78.8%)
12	<b>GOŚCIŃSKI Sławomir</b>	<b>515</b>	WWW.ICE4MED.PL	Senior II M 30-39	12	04:38:08	<b>05:35:00.70</b>	<b>05:36:34.00</b>	+01:23:27 (24.8%)	7:36	7.9 (76.0%)
13	<b>JOKIEL Wojciech</b>	<b>559</b>	SPARTA ULTRA TEAM	Senior II M 30-39	13	04:46:07	<b>05:39:57.60</b>	<b>05:43:35.40</b>	+01:30:28 (26.3%)	7:43	7.8 (75.0%)
14	<b>PRZYBYCIN Łukasz</b>	<b>473</b>		Senior II M 30-39	14	04:42:00	<b>05:43:19.65</b>	<b>05:44:26.75</b>	+01:31:20 (26.5%)	7:48	7.7 (74.0%)
15	<b>PODOLAK Tomasz</b>	<b>413</b>		Senior II M 30-39	15	04:54:16	<b>05:51:32.90</b>	<b>05:53:54.65</b>	+01:40:48 (28.5%)	7:59	7.5 (72.1%)
16	<b>PODOLAK Paweł</b>	<b>463</b>	MKS HALICZ	Senior II M 30-39	16	04:48:24	<b>05:52:56.25</b>	<b>05:55:03.15</b>	+01:41:56 (28.7%)	8:01	7.5 (72.1%)
17	<b>JEZIERSKI-KRUPA Marek</b>	<b>573</b>		Senior II M 30-39	17	04:58:07	<b>05:54:55.60</b>	<b>05:57:50.00</b>	+01:44:43 (29.3%)	8:03	7.4 (71.2%)
18	<b>MOJSAK Aron</b>	<b>576</b>		Senior II M 30-39	18	05:05:32	<b>05:59:06.10</b>	<b>06:02:46.75</b>	+01:49:40 (30.2%)	8:09	7.4 (71.2%)
19	<b>SROKA Maciej</b>	<b>454</b>	BLOCKCHAINEXTRAORDINAIRE.IO	Senior II M 30-39	19	05:04:20	<b>06:02:30.25</b>	<b>06:05:51.45</b>	+01:52:44 (30.8%)	8:14	7.3 (70.2%)
20	<b>DUDA Dariusz</b>	<b>455</b>	MIRAZ RACE TEAM	Senior II M 30-39	20	05:07:59	<b>06:07:11.85</b>	<b>06:12:12.80</b>	+01:59:06 (32.0%)	8:20	7.2 (69.2%)
21	<b>ZDEB Maciej</b>	<b>409</b>	PIĘKNE I BRODACZE	Senior II M 30-39	21	05:19:29	<b>06:21:36.50</b>	<b>06:24:00.40</b>	+02:10:53 (34.1%)	8:40	6.9 (66.3%)
22	<b>LEWCZUK Norbert</b>	<b>534</b>	BIEGACZE POMAGACZE/ PYZA TEAM	Senior II M 30-39	22	05:19:17	<b>06:25:39.45</b>	<b>06:29:07.50</b>	+02:16:00 (35.0%)	8:45	6.8 (65.4%)
23	<b>PARWA Michał</b>	<b>461</b>	POLNI PIZGACZE	Senior II M 30-39	23	05:30:28	<b>06:26:25.20</b>	<b>06:29:33.55</b>	+02:16:26 (35.0%)	8:46	6.8 (65.4%)
24	<b>ŚCIBOR Adrian</b>	<b>565</b>		Senior II M 30-39	24	05:27:30	<b>06:37:55.85</b>	<b>06:43:09.80</b>	+02:30:03 (37.2%)	9:02	6.6 (63.5%)
25	<b>MAKAREWICZ Wiktor</b>	<b>430</b>	KUDŁATE MAKARONY	Senior II M 30-39	25	05:36:09	<b>06:41:42.05</b>	<b>06:43:19.40</b>	+02:30:12 (37.2%)	9:07	6.6 (63.5%)
26	<b>TOPOROWSKI Mariusz</b>	<b>575</b>		Senior II M 30-39	26	05:58:52	<b>07:00:16.20</b>	<b>07:05:12.70</b>	+02:52:06 (40.5%)	9:33	6.3 (60.6%)
27	<b>SZPUNAR Daniel</b>	<b>449</b>	CARPATHIAN RUNNERS	Senior II M 30-39	27	05:47:40	<b>07:04:36.45</b>	<b>07:09:14.70</b>	+02:56:08 (41.0%)	9:39	6.2 (59.6%)
28	<b>ZIMA Tomasz</b>	<b>474</b>		Senior II M 30-39	28	06:00:38	<b>07:14:01.80</b>	<b>07:18:36.35</b>	+03:05:29 (42.3%)	9:51	6.1 (58.7%)
29	<b>CHUDY Kamil</b>	<b>514</b>		Senior II M 30-39	29	06:28:25	<b>07:46:15.90</b>	<b>07:50:30.10</b>	+03:37:23 (46.2%)	10:35	5.7 (54.8%)

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30	<b>LEKSIŃSKI Michał</b>	<b>564</b>		Senior II M 30-39	30	06:19:47	<b>07:48:24.95</b>	<b>07:52:24.90</b>	+03:39:18 (46.4%)	10:38	5.6 (53.8%)
31	<b>SZYMCZYŃSKI Błażej</b>	<b>425</b>	BIG TEAM	Senior II M 30-39	31	06:34:54	<b>08:05:51.80</b>	<b>08:10:40.55</b>	+03:57:33 (48.4%)	11:02	5.4 (51.9%)
32	<b>RURA Marcin</b>	<b>435</b>	HERNIK TEAM	Senior II M 30-39	32	08:06:55	<b>09:50:53.20</b>	<b>09:56:09.45</b>	+05:43:02 (57.5%)	13:25	4.5 (43.3%)

Znaleziono 32 wynik(ów)