

# RZEŹNIK NA RATY - DZIEŃ III

B4SPORT

**Organizator:** Fundacja Rzeźnika  
**Data:** 2016-05-25  
**Miejsce:** Smerek/Kalnica  
**Dystans:** 21 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	KAMIŃSKI Artur	2109	GMINA SADKOWICE	M30	1	00:00:00	01:44:27.00	01:44:27.80		4:58	12.1
2	POLAŃSKI Tomasz	2091	B4SPORT	M40	1	00:00:01	01:46:02.85	01:46:04.05	+00:01:35	5:03	11.9
3	BAKALARZ Emil	2068		M20	1	00:00:00	01:50:02.55	01:50:03.45	+00:05:35	5:14	11.4
4	PRĘDKI Mirosław	2131		M30	2	00:00:01	01:53:08.70	01:53:09.85	+00:08:41	5:23	11.1
5	KUJAWSKI Bartek	2059	GRUPETTO GORLICE	M20	2	00:00:01	01:54:53.70	01:54:55.40	+00:10:26	5:28	11
6	KNOPEK Robert	2144		M30	3	00:00:01	01:54:59.40	01:55:00.60	+00:10:32	5:28	11
7	SUROWIEC Grzegorz	2120	BESTA SP. Z O.O.	M30	4	00:00:04	01:56:46.25	01:56:50.45	+00:12:19	5:33	10.8
8	GAPSKI Mateusz	2125		M20	3	00:00:01	01:59:17.25	01:59:18.25	+00:14:50	5:40	10.6
9	MORAWSKI Filip	2027	FILIP MORAWSKI	M40	2	00:00:01	02:00:53.85	02:00:55.80	+00:16:26	5:45	10.4
10	WAŁCZYK Krzysztof	2083		M30	5	00:00:03	02:01:16.80	02:01:20.75	+00:16:49	5:46	10.4
11	WAHL Daniel	2071	T.S. AKS CHORZÓW	M30	6	00:00:01	02:02:08.85	02:02:10.50	+00:17:41	5:49	10.3
12	MISIEK Marek	2014	POCZTOWA GRUPA BIEGOWA SPORTOWA PACZKA	M50	1	00:00:02	02:04:26.10	02:04:28.10	+00:19:59	5:55	10.1
13	FIJĄLKOWSKI Radosław	2142	CROSSFIT GCW	M30	7	00:00:01	02:06:25.00	02:06:26.75	+00:21:58	6:01	10
14	BRYLONEK Grzegorz	2080	RADIO WROCŁAW	M40	3	00:00:02	02:07:41.50	02:07:44.35	+00:23:14	6:04	9.9
15	WARSKI Patryk	2060		M30	8	00:00:01	02:07:50.20	02:07:51.80	+00:23:23	6:05	9.9
16	DUCKI Piotr	2170	OTK RZEŹNIK	M30	9	00:00:01	02:09:40.35	02:09:42.30	+00:25:13	6:10	9.7
17	SKALSKI Radosław	2074	KB AKTYWNI KONIN	M40	4	00:00:03	02:10:02.20	02:10:05.65	+00:25:35	6:11	9.7
18	MAZIARZ Damian	2047	BIEGAJĄCY ŚWMDNIK	M30	10	00:00:04	02:10:57.05	02:11:01.25	+00:26:30	6:14	9.6
19	SZUBART Krzysztof	2157		M40	5	00:00:07	02:11:39.55	02:11:47.50	+00:27:12	6:16	9.6
20	ROWIŃSKI Michał	2043	LUBAWA KOCHA BIEGAĆ	M30	11	00:00:04	02:11:48.05	02:11:52.20	+00:27:21	6:16	9.6
21	PAWLIŃSKI Adam	2132	PRO-RUN WROCŁAW	M30	12	00:00:05	02:12:07.75	02:12:13.05	+00:27:40	6:17	9.5
22	FOGIEL-PAWŁOWSKA Agnieszka	2168	LOS BIEGANEROS	K30	1	00:00:01	02:12:38.50	02:12:40.10	+00:28:11	6:19	9.5
23	SALIK Stanisław	2151		M40	6	00:00:04	02:13:06.80	02:13:11.30	+00:28:39	6:20	9.5
24	LUBAŃSKI Robert	2156		M50	2	00:00:03	02:13:25.75	02:13:28.90	+00:28:58	6:21	9.4
25	KWIECIEŃ Sebastian	2048	ZAPIERDALACZE	M30	13	00:00:07	02:13:56.45	02:14:04.00	+00:29:29	6:22	9.4
26	GOLBA Łukasz	2063	ZABIEGANI MIELEC	M30	14	00:00:04	02:15:16.35	02:15:21.05	+00:30:49	6:26	9.3
27	BAR Tomasz	2064		M30	15	00:00:01	02:15:27.45	02:15:29.40	+00:31:00	6:27	9.3
28	MOĆKO Jacek	2012		M20	4	00:00:05	02:15:41.35	02:15:46.95	+00:31:14	6:27	9.3
29	POTĘGA Izabela	2046	DELPHI RUNNING TEAM	K30	2	00:00:03	02:17:43.55	02:17:46.80	+00:33:16	6:33	9.1
30	KRUSZEWSKA-SENK Agnieszka	2062	OBOZYBIEGOWE.PL	K30	3	00:00:02	02:18:00.85	02:18:03.15	+00:33:33	6:34	9.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
31	ZIELIŃSKI Marek	2129		M20	5	00:00:07	02:18:22.00	02:18:29.00	+00:33:55	6:35	9.1
32	CZELNY Tomasz	2031	SMASHING PĄPKINS	M30	16	00:00:05	02:18:39.55	02:18:44.90	+00:34:12	6:36	9.1
33	PIETRASZEWSKI Witold	2126	NETBOX BIEGA	M30	17	00:00:11	02:19:13.10	02:19:24.50	+00:34:46	6:37	9.1
34	TERESZKIEWICZ Joanna	2028	PKO BP	K20	1	00:00:01	02:19:18.30	02:19:19.70	+00:34:51	6:38	9
35	FLAK Łukasz	2049	ZAPIERDALACZE	M30	18	00:00:06	02:19:53.20	02:19:59.45	+00:35:26	6:39	9
36	KOBYLAŃSKI Piotr	2158		M30	19	00:00:08	02:20:22.85	02:20:31.00	+00:35:55	6:41	9
37	PITAS Andrzej	2037	ZAPIERDALACZE	M40	7	00:00:12	02:20:27.85	02:20:40.20	+00:36:00	6:41	9
38	JUSZCZAK Zbigniew	2092	NIEZRZESZONY	M50	3	00:00:06	02:20:35.40	02:20:42.30	+00:36:08	6:41	9
39	CISKI Piotr	2128		M40	8	00:00:05	02:20:44.95	02:20:50.00	+00:36:17	6:42	9
40	ĆWIKLINSKI Maciej	2065		M40	9	00:00:04	02:21:37.85	02:21:42.65	+00:37:10	6:44	8.9
41	KARPIŃSKI Robert	2096	SPARTANIE DZIECIOM	M40	10	00:00:10	02:21:52.60	02:22:03.25	+00:37:25	6:45	8.9
42	ZAWAL Przemysław	2020	REMBERTÓW TEAM	M30	20	00:00:06	02:22:40.35	02:22:46.95	+00:38:13	6:47	8.8
43	BURANDT Magdalena	2019	123 TRI DRUŻYNA WILKA	K30	4	00:00:02	02:22:40.75	02:22:43.10	+00:38:13	6:47	8.8
44	ADAMCZYK Janusz	2073		M40	11	00:00:05	02:23:33.20	02:23:38.20	+00:39:06	6:50	8.8
45	GIMZICKA Ewa	2075	BANDA I WANDA	K30	5	00:00:03	02:26:13.25	02:26:17.00	+00:41:46	6:57	8.6
46	CHABKO Jacek	2066	2. WOG WROCŁAW	M40	12	00:00:11	02:27:48.65	02:28:00.50	+00:43:21	7:02	8.5
47	CHWAŁA Artur	2165		M30	21	00:00:08	02:28:18.25	02:28:26.60	+00:43:51	7:03	8.5
48	BRYŁA Krzysztof	2079	DRUŻYNA SZPIKU BIEGNIJMY.PL KOSZALIN	M40	13	00:00:02	02:28:44.75	02:28:47.30	+00:44:17	7:05	8.5
49	SIKORA Paweł	2149	KRABOLUDZIE	M30	22	00:00:09	02:30:34.25	02:30:43.40	+00:46:07	7:10	8.4
50	DARŁAK Lucasz	2134	SMASHING PĄPKINS	M20	6	00:00:06	02:30:58.90	02:31:05.20	+00:46:31	7:11	8.3
51	SERAFIN Paulina	2140		K20	2	00:00:04	02:31:13.25	02:31:17.65	+00:46:46	7:12	8.3
52	ZYGADLEWICZ Grzegorz	2112		M30	23	00:00:03	02:32:35.05	02:32:38.90	+00:48:08	7:15	8.3
53	KACZMAREK Karolina	2022		K30	6	00:00:02	02:32:57.50	02:33:00.40	+00:48:30	7:17	8.2
54	WIADERNA Nina	2021		K30	7	00:00:02	02:32:57.95	02:33:00.55	+00:48:30	7:17	8.2
55	STAWIARSKI Artur	2152		M40	14	00:00:09	02:33:40.05	02:33:49.65	+00:49:13	7:19	8.2
56	BRAUN Krzysztof	2115	SMARTOYS.PL	M40	15	00:00:10	02:35:39.80	02:35:50.35	+00:51:12	7:24	8.1
57	HYJEK Elżbieta	2040		K40	1	00:00:03	02:35:47.25	02:35:51.15	+00:51:20	7:25	8.1
58	ŻULEWSKI Radosław	2101		M20	7	00:00:14	02:35:49.15	02:36:03.20	+00:51:22	7:25	8.1
59	FRĄCKIEWICZ Karol	2105		M40	16	00:00:06	02:35:53.20	02:36:00.00	+00:51:26	7:25	8.1
60	SALAK Piotr	2122		M40	17	00:00:02	02:35:57.00	02:35:59.85	+00:51:30	7:25	8.1
61	KOKOSZKA Magdalena	2039	ZABIEGANI MIELEC	K30	8	00:00:03	02:36:13.80	02:36:17.45	+00:51:46	7:26	8.1
62	SZUSZKIEWICZ Marzena	2111		K40	2	00:00:04	02:37:11.55	02:37:15.65	+00:52:44	7:29	8
63	PIETRZYKOWSKI Artur	2024		M40	18	00:00:08	02:38:38.95	02:38:47.20	+00:54:11	7:33	7.9
64	STODULSKI Tomasz	2015		M30	24	00:00:07	02:38:39.75	02:38:47.50	+00:54:12	7:33	7.9
65	KREFT Dorota	2164	KLUB WYSOKOGÓRSKI TRÓJMIASTO	K30	9	00:00:02	02:41:14.15	02:41:17.05	+00:56:47	7:40	7.8
66	MARCINEK Łukasz	2016	NIE TERAZ, POTEM	M30	25	00:00:10	02:43:37.65	02:43:48.50	+00:59:10	7:47	7.7
67	KREBS Marcin	2107	RUN&SMILE PABIANICE	M30	26	00:00:11	02:43:40.10	02:43:51.35	+00:59:13	7:47	7.7
68	POGORZELSKI Jacek	2032		M40	19	00:00:08	02:45:20.40	02:45:28.90	+01:00:53	7:52	7.6
69	OTAWSKI Maciej	2050	ARCADIS RUNNING TEAM	M30	27	00:00:10	02:46:05.30	02:46:16.00	+01:01:38	7:54	7.6
70	MRUGAŁA Wojciech	2133	KILOWATY RUNNERS	M20	8	00:00:04	02:46:08.20	02:46:12.70	+01:01:41	7:54	7.6
71	KRUPCZYŃSKI Mariusz	2084	KRUPOLS TEAM	M50	4	00:00:10	02:46:29.40	02:46:40.20	+01:02:02	7:55	7.6
72	ATRASZKIEWICZ Magda	2118	F3TEAM	K40	3	00:00:06	02:46:35.20	02:46:41.60	+01:02:08	7:55	7.6
73	CEGLARZ Jacek	2153		M30	28	00:00:20	02:47:29.40	02:47:49.80	+01:03:02	7:58	7.5
74	DZIAŁO Agnieszka	2041		K30	10	00:00:04	02:48:06.75	02:48:11.00	+01:03:39	8:00	7.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
75	<b>BRAUN Maria</b>	<b>2116</b>	SMARTOYS.PL	K30	11	00:00:09	<b>02:48:35.40</b>	<b>02:48:44.65</b>	+01:04:08	8:01	7.5
76	<b>PÓŁTORAK Katarzyna</b>	<b>2081</b>		K30	12	00:00:07	<b>02:48:45.80</b>	<b>02:48:53.30</b>	+01:04:18	8:02	7.5
77	<b>SIWIŃSKI Jerzy</b>	<b>2023</b>	12TRI.PL DRUŻYNA WILKA	M50	5	00:00:06	<b>02:49:22.70</b>	<b>02:49:28.80</b>	+01:04:55	8:03	7.4
78	<b>BIJOŚ Mirosław</b>	<b>2070</b>		M30	29	00:00:07	<b>02:51:24.35</b>	<b>02:51:32.10</b>	+01:06:57	8:09	7.4
79	<b>GAŁUSZEK Michał</b>	<b>2045</b>	EPO RACING ADVENTURE TEAM	M20	9	00:00:09	<b>02:51:49.25</b>	<b>02:51:59.00</b>	+01:07:22	8:10	7.3
80	<b>SOŁTYS Krzysztof</b>	<b>2017</b>		M40	20	00:00:10	<b>02:52:05.95</b>	<b>02:52:16.25</b>	+01:07:38	8:11	7.3
81	<b>KRUZEL Rafal</b>	<b>2018</b>	BIEGOWE MISIE	M40	21	00:00:09	<b>02:53:25.75</b>	<b>02:53:35.35</b>	+01:08:58	8:15	7.3
82	<b>BRUSZEWSKA- GŁOMBIOWSKA Monika</b>	<b>2052</b>		K40	4	00:00:05	<b>02:54:24.80</b>	<b>02:54:30.40</b>	+01:09:57	8:18	7.2
83	<b>HAUTON Monika</b>	<b>2013</b>	NIE TERAZ, POTEM	K30	13	00:00:12	<b>02:56:46.00</b>	<b>02:56:58.75</b>	+01:12:19	8:25	7.1
84	<b>LEGENDZIEWICZ Iga</b>	<b>2069</b>		K30	14	00:00:16	<b>02:56:48.00</b>	<b>02:57:04.50</b>	+01:12:21	8:25	7.1
85	<b>HORBACZEWSKI Marek</b>	<b>2155</b>		M50	6	00:00:09	<b>02:57:14.00</b>	<b>02:57:23.15</b>	+01:12:47	8:26	7.1
86	<b>KRUPCZYŃSKI Szymon</b>	<b>2086</b>	KRUPOLS TEAM	M20	10	00:00:06	<b>02:58:12.40</b>	<b>02:58:18.95</b>	+01:13:45	8:29	7.1
87	<b>KOPERA Anna</b>	<b>2124</b>	KAMZIK TEAM	K40	5	00:00:07	<b>02:58:41.80</b>	<b>02:58:48.90</b>	+01:14:14	8:30	7.1
88	<b>MAŃKOWSKI Krzysztof</b>	<b>2033</b>	12TRI.PL MAKERUNEASIER	M30	30	00:00:05	<b>02:59:00.05</b>	<b>02:59:05.95</b>	+01:14:33	8:31	7
89	<b>KMIEĆ Robert</b>	<b>2011</b>		M40	22	00:00:08	<b>02:59:28.15</b>	<b>02:59:36.40</b>	+01:15:01	8:32	7
90	<b>SZCZEPANIAK Jadwiga</b>	<b>2067</b>	EVERRUN	K50	1	00:00:06	<b>03:04:23.20</b>	<b>03:04:29.90</b>	+01:19:56	8:46	6.8
91	<b>CYZEWSKA Mariola</b>	<b>2026</b>	12TRI.PL DRUZYNA WILKA	K30	15	00:00:05	<b>03:04:55.90</b>	<b>03:05:01.25</b>	+01:20:28	8:48	6.8
92	<b>ZIELONKA Adam</b>	<b>2121</b>	AMICUS AR	M50	7	00:00:06	<b>03:06:02.35</b>	<b>03:06:08.85</b>	+01:21:35	8:51	6.8
93	<b>KOŚCIUCH Justyna</b>	<b>2166</b>		K40	6	00:00:03	<b>03:06:19.85</b>	<b>03:06:23.10</b>	+01:21:52	8:52	6.8
94	<b>POKRYWKA Stefan</b>	<b>2169</b>	NA BUCIE	M50	8	00:00:15	<b>03:06:59.75</b>	<b>03:07:14.85</b>	+01:22:32	8:54	6.7
95	<b>KORNŁOW Piotr</b>	<b>2167</b>		M40	23	00:00:11	<b>03:07:13.50</b>	<b>03:07:24.90</b>	+01:22:46	8:54	6.7
96	<b>KOCIOŁEK Andrzej</b>	<b>2055</b>	KANCELARIA BIEGOWA STASZEWSKY	M40	24	00:00:05	<b>03:07:55.50</b>	<b>03:08:01.10</b>	+01:23:28	8:56	6.7
97	<b>ŚWIDERSKA Joanna</b>	<b>2143</b>		K20	3	00:00:09	<b>03:07:57.70</b>	<b>03:08:07.15</b>	+01:23:30	8:57	6.7
98	<b>ŁĄTKOWSKI Maciej</b>	<b>2119</b>	KB MANIAC ULTRA	M40	25	00:00:12	<b>03:09:30.35</b>	<b>03:09:42.65</b>	+01:25:03	9:01	6.6
99	<b>CZAJKA Joanna</b>	<b>2072</b>		K30	16	00:00:12	<b>03:09:30.90</b>	<b>03:09:43.05</b>	+01:25:03	9:01	6.6
100	<b>PROCHWICZ Tomasz</b>	<b>2099</b>		M20	11	00:00:14	<b>03:12:10.15</b>	<b>03:12:24.60</b>	+01:27:43	9:09	6.6
101	<b>ŻYCHLIŃSKA Agata</b>	<b>2141</b>		K30	17	00:00:09	<b>03:16:25.10</b>	<b>03:16:34.80</b>	+01:31:58	9:21	6.4
102	<b>SZEWCZUK Sylwester</b>	<b>2127</b>		M30	31	00:00:13	<b>03:16:51.35</b>	<b>03:17:04.90</b>	+01:32:24	9:22	6.4
103	<b>GOWIN Wiktor</b>	<b>2147</b>	BOZONY HIGGSA	M20	12	00:00:18	<b>03:17:32.00</b>	<b>03:17:50.55</b>	+01:33:05	9:24	6.4
104	<b>ŁUKASIEWICZ Marcin</b>	<b>2148</b>	BOZONY HIGGSA	M20	13	00:00:18	<b>03:17:32.25</b>	<b>03:17:50.70</b>	+01:33:05	9:24	6.4
105	<b>ATRASZKIEWICZ Olga</b>	<b>2117</b>		K40	7	00:00:08	<b>03:21:12.20</b>	<b>03:21:20.75</b>	+01:36:45	9:34	6.3
106	<b>KUCIŃSKA Magdalena</b>	<b>2100</b>	RUNRECORD.PL	K40	8	00:00:07	<b>03:21:13.35</b>	<b>03:21:20.80</b>	+01:36:46	9:34	6.3
107	<b>ORIOŁ-SIGNERSKA Monika</b>	<b>2053</b>	XTEAM KLUB SPORTOWY XTRI.PL	K40	9	00:00:08	<b>03:21:33.45</b>	<b>03:21:41.55</b>	+01:37:06	9:35	6.3
108	<b>JABŁOŃSKI Kazimierz</b>	<b>2093</b>		M60	1	00:00:26	<b>03:21:34.45</b>	<b>03:22:00.60</b>	+01:37:07	9:35	6.3
109	<b>SELWA Katarzyna</b>	<b>2103</b>		K20	4	00:00:14	<b>03:24:56.30</b>	<b>03:25:11.10</b>	+01:40:29	9:45	6.1
110	<b>SNARSKA Katarzyna</b>	<b>2036</b>	ALBATROSY	K30	18	00:00:11	<b>03:31:34.25</b>	<b>03:31:45.80</b>	+01:47:07	10:04	6
111	<b>GORCZYCA Aneta</b>	<b>2094</b>		K30	19	00:00:11	<b>03:31:34.65</b>	<b>03:31:45.90</b>	+01:47:07	10:04	6
112	<b>WÓJCIK Grażyna</b>	<b>2136</b>		K30	20	00:00:16	<b>03:41:06.25</b>	<b>03:41:22.85</b>	+01:56:39	10:31	5.7
113	<b>WÓJCIK Michał</b>	<b>2135</b>		M40	26	00:00:14	<b>03:41:07.85</b>	<b>03:41:22.75</b>	+01:56:40	10:31	5.7
114	<b>PERKOWSKI Tomasz</b>	<b>2162</b>		M30	32	00:00:16	<b>03:45:45.30</b>	<b>03:46:01.30</b>	+02:01:18	10:45	5.6
115	<b>GÓRA Daniel</b>	<b>2108</b>		M30	33	00:00:17	<b>03:46:10.90</b>	<b>03:46:27.90</b>	+02:01:43	10:46	5.6
116	<b>LOS Anna</b>	<b>2044</b>	TURLAM SIĘ TEAM	K40	10	00:00:16	<b>03:48:36.20</b>	<b>03:48:52.20</b>	+02:04:09	10:53	5.5
117	<b>STRZELECKI Artur</b>	<b>2078</b>		M50	9	00:00:12	<b>03:52:25.55</b>	<b>03:52:38.40</b>	+02:07:58	11:04	5.4
118	<b>JODŁOWSKA Wioletta</b>	<b>2054</b>	XTEAM KLUB SPORTOWY XTRI.PL	K40	11	00:00:14	<b>04:00:47.35</b>	<b>04:01:01.90</b>	+02:16:20	11:27	5.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
119	<b>PACANOWSKA Agnieszka</b>	<b>2034</b>	WEŁNICA BIEGA	K40	12	00:00:15	<b>04:02:11.45</b>	<b>04:02:26.55</b>	+02:17:44	11:31	5.2
120	<b>PACANOWSKI Robert</b>	<b>2035</b>	WEŁNICA BIEGA	M40	27	00:00:14	<b>04:02:13.00</b>	<b>04:02:27.05</b>	+02:17:46	11:32	5.2
121	<b>DORSZEWSKA Bożena</b>	<b>2076</b>		K50	2	00:00:10	<b>04:14:19.55</b>	<b>04:14:29.80</b>	+02:29:52	12:06	5
122	<b>PODKÓWKA Zbigniew</b>	<b>2077</b>		M50	10	00:00:09	<b>04:14:21.00</b>	<b>04:14:30.90</b>	+02:29:54	12:06	5

Znaleziono 122 wynik(ów)