

# 3 X HON - ETAP III

B4SPORT

**Wydarzenie:** Festiwal Biegu Rzeźnika  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2017-06-14  
**Miejsce:** Cisna  
**Dystans:** 1.1 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 1.1km	Czas brutto 1.1km	Różn	Tempo min/km	Tempo km/h
1	<b>DOMISZEWSKI Ignacy</b>	<b>2236</b>	MKS HALICZ	M20	1	00:00:52	<b>00:06:43.40</b>	<b>00:07:36.25</b>		6:07	9.8 (100%)
2	<b>CZUBA Jarek</b>	<b>2206</b>	ABORE2000	M20	2	00:02:18	<b>00:07:46.20</b>	<b>00:10:04.25</b>	+00:01:02 (13.5%)	7:03	8.5 (86.7%)
3	<b>GARDENER Jacek</b>	<b>2216</b>	ALPIN SPORT TEAM / JBRT	M50	1	00:00:13	<b>00:08:23.10</b>	<b>00:08:36.30</b>	+00:01:39 (19.8%)	7:37	7.9 (80.6%)
4	<b>BRZĘCZEK Michał</b>	<b>2222</b>		M40	1	00:03:16	<b>00:08:23.80</b>	<b>00:11:40.05</b>	+00:01:40 (19.9%)	7:38	7.9 (80.6%)
5	<b>MATYSIAK Bartłomiej</b>	<b>2229</b>	JACEKBIEGA RUNNING TEAM	M30	1	00:04:13	<b>00:08:28.65</b>	<b>00:12:42.25</b>	+00:01:45 (20.7%)	7:42	7.8 (79.6%)
6	<b>ZĄBCZYŃSKI Dominik</b>	<b>2202</b>	ALPIN SPORT TEAM/ OTK RZEŹNIK	M40	2	00:05:52	<b>00:08:42.55</b>	<b>00:14:35.10</b>	+00:01:59 (22.8%)	7:55	7.6 (77.6%)
7	<b>SZALAK Paweł</b>	<b>2233</b>	BANDA GRUDNIA	M40	3	00:04:48	<b>00:08:43.40</b>	<b>00:13:31.95</b>	+00:02:00 (22.9%)	7:55	7.6 (77.6%)
8	<b>SNARSKI Bogdan</b>	<b>2269</b>	ALBATROSY	M30	2	00:05:48	<b>00:08:43.75</b>	<b>00:14:32.15</b>	+00:02:00 (23.0%)	7:56	7.6 (77.6%)
9	<b>KAPAON Aleksander</b>	<b>2231</b>		M20	3	00:10:11	<b>00:08:53.75</b>	<b>00:19:05.25</b>	+00:02:10 (24.4%)	8:05	7.4 (75.5%)
10	<b>BONDARA Sylwia</b>	<b>2217</b>	ALPIN SPORT TEAM/ JBRT	K30	1	00:06:25	<b>00:09:06.15</b>	<b>00:15:31.55</b>	+00:02:22 (26.1%)	8:16	7.3 (74.5%)
11	<b>LEWANDOWSKI Paweł</b>	<b>2213</b>	KLUB SZALONEGO BIEGACZA	M30	3	00:11:03	<b>00:09:23.00</b>	<b>00:20:26.30</b>	+00:02:39 (28.3%)	8:31	7 (71.4%)
12	<b>LENGIEWICZ Jakub</b>	<b>2240</b>	OTK RZEŹNIK	M40	4	00:09:40	<b>00:09:24.90</b>	<b>00:19:05.15</b>	+00:02:41 (28.6%)	8:33	7 (71.4%)
13	<b>JACHIMEK Bartłomiej</b>	<b>2230</b>	JACEKBIEGA RUNNING TEAM	M40	5	00:10:24	<b>00:09:34.65</b>	<b>00:19:59.45</b>	+00:02:51 (29.8%)	8:42	6.9 (70.4%)
14	<b>KAPAON Andrzej</b>	<b>2234</b>		M20	4	00:11:36	<b>00:09:39.25</b>	<b>00:21:16.15</b>	+00:02:55 (30.4%)	8:47	6.8 (69.4%)
15	<b>GRYGIEL Marek</b>	<b>2232</b>		M40	6	00:08:25	<b>00:09:45.80</b>	<b>00:18:11.35</b>	+00:03:02 (31.1%)	8:52	6.8 (69.4%)
16	<b>MARCOL Mateusz</b>	<b>2299</b>		M20	5	00:13:42	<b>00:09:45.95</b>	<b>00:23:28.10</b>	+00:03:02 (31.2%)	8:52	6.8 (69.4%)
17	<b>STACHURSKI Paweł</b>	<b>2220</b>		M30	4	00:12:01	<b>00:10:05.10</b>	<b>00:22:06.75</b>	+00:03:21 (33.3%)	9:10	6.5 (66.3%)
18	<b>WOSIK Marek</b>	<b>2205</b>		M60	1	00:08:51	<b>00:10:06.30</b>	<b>00:18:57.70</b>	+00:03:22 (33.5%)	9:10	6.5 (66.3%)
19	<b>KĘDZIORA Tomasz</b>	<b>2211</b>	POBIEDZISKA RUNNING TEAM	M30	5	00:12:30	<b>00:10:07.65</b>	<b>00:22:38.55</b>	+00:03:24 (33.6%)	9:12	6.5 (66.3%)
20	<b>ZWOLIŃSKI Łukasz</b>	<b>2260</b>	MISTRZOSTWA OTK	M30	6	00:11:34	<b>00:10:12.60</b>	<b>00:21:47.50</b>	+00:03:29 (34.1%)	9:17	6.5 (66.3%)
21	<b>DOMISZEWSKI Wojciech</b>	<b>2235</b>		M50	2	00:08:09	<b>00:10:18.00</b>	<b>00:18:27.15</b>	+00:03:34 (34.7%)	9:21	6.4 (65.3%)
22	<b>RAUCHFLEISZ Antoś</b>	<b>2223</b>	CZOPKI KOLCZASTE	M40	7	00:12:39	<b>00:10:27.70</b>	<b>00:23:07.15</b>	+00:03:44 (35.7%)	9:30	6.3 (64.3%)
23	<b>PODLASZEWSKI Jacek</b>	<b>2207</b>	SPC	M40	8	00:13:43	<b>00:11:02.65</b>	<b>00:24:46.45</b>	+00:04:19 (39.1%)	10:02	6 (61.2%)
24	<b>REMLEIN Katarzyna</b>	<b>2203</b>	DZIŚ MAM URODZINY :)	K30	2	00:13:43	<b>00:11:22.00</b>	<b>00:25:05.05</b>	+00:04:38 (40.9%)	10:20	5.8 (59.2%)
25	<b>USZYŃSKI Grzegorz</b>	<b>2243</b>		M40	9	00:13:43	<b>00:11:23.60</b>	<b>00:25:06.95</b>	+00:04:40 (41.0%)	10:20	5.8 (59.2%)
26	<b>FALKOWSKI Piotr</b>	<b>2242</b>	FKS PEGAZ	M40	10	00:13:44	<b>00:11:42.50</b>	<b>00:25:26.55</b>	+00:04:59 (42.6%)	10:38	5.6 (57.1%)
27	<b>ŻUBKOWSKA Aleksandra</b>	<b>2239</b>		K20	1	00:13:43	<b>00:11:42.75</b>	<b>00:25:26.10</b>	+00:04:59 (42.6%)	10:39	5.6 (57.1%)
28	<b>DAWID Mirosław</b>	<b>2215</b>		M50	3	00:13:42	<b>00:11:43.70</b>	<b>00:25:26.25</b>	+00:05:00 (42.7%)	10:40	5.6 (57.1%)
29	<b>GLAJCHER Katarzyna</b>	<b>2204</b>	K8	K30	3	00:13:43	<b>00:11:51.95</b>	<b>00:25:35.05</b>	+00:05:08 (43.3%)	10:47	5.6 (57.1%)

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30	<b>ŁUKASZEK Iwona</b>	<b>2214</b>	LUKASZEK.TEAM	K40	1	00:13:44	<b>00:12:14.75</b>	<b>00:25:59.45</b>	+00:05:31 (45.1%)	11:08	5.4 (55.1%)
31	<b>LEPA-ROMAN Magdalena</b>	<b>2201</b>		K30	4	00:13:45	<b>00:13:19.45</b>	<b>00:27:04.45</b>	+00:06:36 (49.5%)	12:06	5 (51.0%)
32	<b>JAWORSKI Bartłomiej</b>	<b>2244</b>	SPC	M20	6	00:13:51	<b>00:14:03.50</b>	<b>00:27:54.85</b>	+00:07:20 (52.2%)	12:46	4.7 (48.0%)
33	<b>JASKULSKI Kacper</b>	<b>2225</b>	SPC	M20	7	00:13:48	<b>00:14:05.95</b>	<b>00:27:53.95</b>	+00:07:22 (52.3%)	12:48	4.7 (48.0%)
34	<b>BARYZA Robert</b>	<b>2208</b>	SPC	M40	11	00:13:44	<b>00:14:42.45</b>	<b>00:28:27.10</b>	+00:07:59 (54.3%)	13:22	4.5 (45.9%)
35	<b>DOBRZYŃSKA Małgorzata</b>	<b>2238</b>	SPC	K50	1	00:13:45	<b>00:16:06.05</b>	<b>00:29:51.75</b>	+00:09:22 (58.2%)	14:38	4.1 (41.8%)
36	<b>MODZELEWSKA Karolina</b>	<b>2241</b>	SPC	K30	5	00:13:50	<b>00:18:17.15</b>	<b>00:32:07.50</b>	+00:11:33 (63.2%)	16:37	3.6 (36.7%)
37	<b>SAMEREK Małgorzata</b>	<b>2227</b>		K40	2	00:13:50	<b>00:19:15.80</b>	<b>00:33:06.25</b>	+00:12:32 (65.1%)	17:30	3.4 (34.7%)
38	<b>SAMEREK Dariusz</b>	<b>2228</b>	SPC	M30	7	00:13:51	<b>00:19:15.90</b>	<b>00:33:06.90</b>	+00:12:32 (65.1%)	17:30	3.4 (34.7%)
39	<b>RADZIŃSKA - KAMYSZEK Ewa</b>	<b>2210</b>		K50	2	00:13:54	<b>00:19:32.95</b>	<b>00:33:27.15</b>	+00:12:49 (65.6%)	17:46	3.4 (34.7%)
40	<b>MOCZADŁO Maria</b>	<b>2237</b>	SPC	K40	3	00:13:49	<b>00:19:47.55</b>	<b>00:33:37.15</b>	+00:13:04 (66.0%)	18:00	3.3 (33.7%)
41	<b>JASKULSKI Karol</b>	<b>2224</b>	SPC	M30	8	00:13:51	<b>00:21:13.40</b>	<b>00:35:05.15</b>	+00:14:30 (68.3%)	19:18	3.1 (31.6%)
DNC	<b>JASKULSKA Iwona</b>	<b>2221</b>	SPC	K30		00:13:51	<b>00:21:11.65</b>	<b>00:35:03.25</b>	-	-	- (0.0%)

Znaleziono 42 wynik(ów)