



Organizator: Fundacja Bieg Rzeźnika
Data: 2017-09-23
Miejsce: Łądek Zdrój
Dystans: 8.848 km

ALPINA EVEREST RUN

B4SPORT



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 8.848km	Czas brutto 8.848km	Różn	Tempo min/km	Tempo km/h
1	HERCOG Piotr	140	SALOMON SUUNTO TEAM	M36-49	1	00:35:59.70	00:36:03.60		4:04	14.7 (100%)
2	KITA Michał	53	PĘDZĄCY W MIEJSCU	M36-49	2	00:36:13.60	00:36:16.25	+00:00:12 (0.6%)	4:05	14.7 (100%)
3	BORZYSTOWSKI Patryk	129	WIDZIALNI.PL	M18-35	1	00:38:23.80	00:38:28.30	+00:02:24 (6.3%)	4:20	13.8 (93.9%)
4	SŁOBODZIAN Jerzy	109	NYSA BIEGA	M50+	1	00:38:25.35	00:38:28.90	+00:02:25 (6.3%)	4:20	13.8 (93.9%)
5	SZCZEPANIAK Kamil	105		M18-35	2	00:38:29.75	00:38:32.25	+00:02:28 (6.4%)	4:21	13.8 (93.9%)
6	WOWER Bartłomiej	5	CSC ADVENTURE ACADEMY	M18-35	3	00:38:31.70	00:38:34.55	+00:02:30 (6.5%)	4:21	13.8 (93.9%)
7	WRÓBEL Mariusz	31	SOBAS TEAM	M36-49	3	00:38:47.50	00:38:50.00	+00:02:46 (7.1%)	4:23	13.7 (93.2%)
8	GARDENER Jacek	17	JACEKBIEGA RUNNING TEAM	M50+	2	00:39:11.80	00:39:14.85	+00:03:11 (8.1%)	4:25	13.5 (91.8%)
9	WĄCHAŁA Łukasz	136		M18-35	4	00:39:11.55	00:39:15.85	+00:03:12 (8.2%)	4:25	13.5 (91.8%)
10	PĘKALA Krzysztof	124		M36-49	4	00:39:34.95	00:39:41.35	+00:03:37 (9.1%)	4:28	13.4 (91.2%)
11	KOWALIK Andrzej	41	BIEG OPOLSKI	M36-49	5	00:39:57.70	00:40:00.50	+00:03:56 (9.9%)	4:31	13.3 (90.5%)
12	DERENCZ Michał	95		M36-49	6	00:39:56.65	00:40:00.90	+00:03:57 (9.9%)	4:30	13.3 (90.5%)
13	BONDARA Sylwia	70	ALPIN SPORT TEAM / JACEKBIEGA RUNNING TEAM	K18-35	1	00:39:58.50	00:40:01.65	+00:03:58 (9.9%)	4:31	13.3 (90.5%)
14	TARNOWSKI Krzysztof	112	KW OPOLE	M18-35	5	00:39:59.05	00:40:02.45	+00:03:58 (9.9%)	4:31	13.3 (90.5%)
14	TOMASIAK Natalia	121	SALOMON SUUNTO TEAM	K18-35	2	00:40:02.45	00:40:02.45	+00:03:58 (9.9%)	4:31	13.3 (90.5%)
16	CIEŚNIK Krzysztof	108		M18-35	6	00:41:04.20	00:41:08.75	+00:05:05 (12.4%)	4:38	12.9 (87.8%)
17	ŁABUZ Małgorzata	123	#SOBASTEAM	K18-35	3	00:41:29.95	00:41:33.50	+00:05:29 (13.2%)	4:41	12.8 (87.1%)
18	CZARNY Jarosław	122	#SOBASTEAM	M18-35	7	00:41:36.95	00:41:41.30	+00:05:37 (13.5%)	4:42	12.8 (87.1%)
19	THIER Dominik	23	KS KANDAHAR	M36-49	7	00:41:55.00	00:42:00.45	+00:05:56 (14.2%)	4:44	12.7 (86.4%)
20	SZPINEK Marcin	62	TUTU TEAM	M36-49	8	00:41:57.55	00:42:02.95	+00:05:59 (14.2%)	4:44	12.7 (86.4%)
21	PIŁAT Michał	47		M36-49	9	00:41:59.60	00:42:04.70	+00:06:01 (14.3%)	4:44	12.6 (85.7%)
22	TOPOLSKI Marcin	42	BKB VICTORIA BRZESKO	M36-49	10	00:42:55.55	00:43:01.15	+00:06:57 (16.2%)	4:51	12.4 (84.4%)
23	GREŃ Wacław	22	HUSARIA RACE TEAM	M18-35	8	00:43:55.55	00:44:00.85	+00:07:57 (18.1%)	4:57	12.1 (82.3%)
24	GROCHOWSKI Wojciech	19	KLUB WYSOKOGÓRSKI WARSZAWA	M36-49	11	00:44:00.80	00:44:04.35	+00:08:00 (18.2%)	4:58	12.1 (82.3%)
25	PASTUCHA Marek	56	CROSS KRAPKOWICE	M50+	3	00:44:03.95	00:44:11.90	+00:08:08 (18.4%)	4:58	12 (81.6%)
26	DZIUK Łukasz	138		M18-35	9	00:44:08.40	00:44:15.85	+00:08:12 (18.5%)	4:59	12 (81.6%)
27	MOŚCICKI Michał	92	OPOLSKI FESTIWAL GÓR/CITO/PATONORKI	M18-35	10	00:44:20.00	00:44:30.80	+00:08:27 (19.0%)	5:00	12 (81.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 8.848km	brutto 8.848km			
28	GĘDŁEK Łukasz	98		M18-35	11	00:45:24.30	00:45:32.30	+00:09:28 (20.8%)	5:07	11.7 (79.6%)
29	BAŁYS Katarzyna	97	HERCOG RUNNING TEAM	K18-35	4	00:45:30.20	00:45:34.25	+00:09:30 (20.9%)	5:08	11.7 (79.6%)
30	MIECH Szymon	21		M36-49	12	00:45:34.60	00:45:40.20	+00:09:36 (21.0%)	5:09	11.6 (78.9%)
31	JAJOR Paweł	82		M18-35	12	00:45:34.85	00:45:41.15	+00:09:37 (21.1%)	5:09	11.6 (78.9%)
32	PACHURA Kinga	139		K36-49	1	00:45:59.70	00:46:03.70	+00:10:00 (21.7%)	5:11	11.5 (78.2%)
33	ZAKRZYŃSKI Tomasz	14		M18-35	13	00:45:58.55	00:46:05.25	+00:10:01 (21.8%)	5:11	11.5 (78.2%)
34	SOBIERAJ Aleksander	40	OLO TEAM	M36-49	13	00:46:21.70	00:46:31.10	+00:10:27 (22.5%)	5:14	11.4 (77.6%)
35	KOTYSZ Waldemar	59	BBL OPOLE	M50+	4	00:46:22.00	00:46:32.35	+00:10:28 (22.5%)	5:14	11.4 (77.6%)
36	URBAŃSKI Michał	128	FLUNKYBALLTEAM ŁĄDEK-ZDRÓJ	M18-35	14	00:46:22.95	00:46:34.35	+00:10:30 (22.6%)	5:14	11.4 (77.6%)
37	TOMASZEWICZ Sylwester	60	NABIEGOWKACH.PL	M36-49	14	00:46:38.60	00:46:44.50	+00:10:40 (22.9%)	5:16	11.4 (77.6%)
38	DOMAGAŁA Jarosław	131	BBL	M50+	5	00:46:36.70	00:46:46.20	+00:10:42 (22.9%)	5:16	11.4 (77.6%)
39	PŁASKOCIŃSKI Robert	33	PRO-RUN WROCŁAW	M36-49	15	00:46:48.20	00:47:01.65	+00:10:58 (23.3%)	5:17	11.3 (76.9%)
40	JACEWICZ Karol	78	MOLOMOLO	M36-49	16	00:46:57.70	00:47:02.70	+00:10:59 (23.3%)	5:18	11.3 (76.9%)
41	KLARŻUK Mikołaj	79		M18-35	15	00:47:22.35	00:47:22.35	+00:11:18 (23.9%)	5:21	11.2 (76.2%)
42	KANDZIORA Dominik	110		M18-35	16	00:47:17.70	00:47:34.20	+00:11:30 (24.2%)	5:20	11.2 (76.2%)
43	SZACH Andrzej	93		M36-49	17	00:48:02.70	00:48:14.85	+00:12:11 (25.3%)	5:25	11.1 (75.5%)
44	WOŁOSZYN Piotr	104	OBIBOKI	M36-49	18	00:48:21.95	00:48:28.05	+00:12:24 (25.6%)	5:27	11 (74.8%)
45	KLAR Marek	96		M50+	6	00:48:39.40	00:48:53.35	+00:12:49 (26.2%)	5:30	10.9 (74.1%)
46	KWOLIK Daniel	115		M36-49	19	00:48:40.90	00:48:53.55	+00:12:49 (26.2%)	5:30	10.9 (74.1%)
47	GORZUCH Justyna	32	KW WARSZAWA	K18-35	5	00:48:47.30	00:48:53.95	+00:12:50 (26.3%)	5:30	10.9 (74.1%)
48	CZERNIAK Henryk	101	KB MARATOŃCZYK	M50+	7	00:48:53.00	00:48:57.85	+00:12:54 (26.4%)	5:31	10.9 (74.1%)
49	JAZY Szymon	36	POMIOTY SZATANA	M18-35	17	00:49:01.70	00:49:09.95	+00:13:06 (26.7%)	5:32	10.8 (73.5%)
50	PASTUCHA Katarzyna	57	CROSS KRAPKOWICE	K18-35	6	00:49:07.05	00:49:25.75	+00:13:22 (27.0%)	5:33	10.8 (73.5%)
51	GODLEWSKI Tyberiusz	106		M36-49	20	00:49:19.10	00:49:30.70	+00:13:27 (27.2%)	5:34	10.8 (73.5%)
52	NOWAKOWSKI Leszek	61		M36-49	21	00:49:32.30	00:49:42.65	+00:13:39 (27.5%)	5:35	10.7 (72.8%)
53	HENEL Marcin	114		M18-35	18	00:49:49.25	00:49:58.15	+00:13:54 (27.8%)	5:37	10.7 (72.8%)
54	CICHERSKI Bartłomiej	16	KLUB BIEGACZA RTVEUROAGD	M18-35	19	00:50:01.05	00:50:06.85	+00:14:03 (28.0%)	5:39	10.6 (72.1%)
55	OSMOŁAK Agnieszka	51	PRO-RUN WROCŁAW	K18-35	7	00:50:05.30	00:50:11.35	+00:14:07 (28.2%)	5:39	10.6 (72.1%)
56	JÓSKOWSKI Bogdan	38	REKOWO BIEGA	M36-49	22	00:50:20.35	00:50:27.70	+00:14:24 (28.5%)	5:41	10.5 (71.4%)
57	SMOLAN Marcin	94		M36-49	23	00:50:21.50	00:50:29.15	+00:14:25 (28.6%)	5:41	10.5 (71.4%)
58	MARCINKOWSKI Piotr	11	OSW TRI TEAM	M36-49	24	00:50:28.20	00:50:37.90	+00:14:34 (28.8%)	5:42	10.5 (71.4%)
59	KLEPACZ Piotr	113		M36-49	25	00:50:44.80	00:50:56.30	+00:14:52 (29.2%)	5:44	10.5 (71.4%)
60	KAPRAL Łukasz	7	BIEGAM BO LUBIĘ	M18-35	20	00:50:48.35	00:50:59.35	+00:14:55 (29.3%)	5:44	10.5 (71.4%)
61	RUSZKOWSKI Daniel	71	IKSS	M18-35	21	00:50:59.80	00:51:09.80	+00:15:06 (29.5%)	5:45	10.4 (70.7%)
62	LEWANDOWSKA Patrycja	135	LKS ISKRA JASZKOWA	K18-35	8	00:51:05.60	00:51:15.80	+00:15:12 (29.7%)	5:46	10.4 (70.7%)
63	WESOŁOWSKI Michał	111	KW OPOLE	M18-35	22	00:51:18.20	00:51:21.30	+00:15:17 (29.8%)	5:47	10.3 (70.1%)
64	SKACZKOWSKA Barbara	103	OBIBOKI	K36-49	2	00:51:29.60	00:51:34.20	+00:15:30 (30.1%)	5:49	10.3 (70.1%)
65	RAWSKI Jarosław	73	STOPA SŁUPSK	M50+	8	00:52:01.00	00:52:13.55	+00:16:09 (31.0%)	5:52	10.2 (69.4%)
66	PELPLIŃSKI Piotr	77	INTEL RUNNERS	M18-35	23	00:52:12.80	00:52:17.90	+00:16:14 (31.0%)	5:53	10.2 (69.4%)
67	WITKOWSKA Ania	54	KLUB KRÓLIKA STEFANA	K36-49	3	00:53:10.35	00:53:22.30	+00:17:18 (32.4%)	6:00	10 (68.0%)
68	SIEKIERZYŃSKI Radosław	100		M36-49	26	00:53:25.80	00:53:30.30	+00:17:26 (32.6%)	6:02	9.9 (67.3%)
69	ZAWADZKI Łukasz	3		M36-49	27	00:53:23.50	00:53:32.75	+00:17:29 (32.7%)	6:02	9.9 (67.3%)
70	GRZĘBSKA-BUJA Małgorzata	116	SKPT GDAŃSK	K36-49	4	00:53:19.05	00:53:33.35	+00:17:29 (32.7%)	6:01	10 (68.0%)
71	SOBCZAK Karolina	49		K18-35	9	00:53:30.50	00:53:38.55	+00:17:34 (32.8%)	6:02	9.9 (67.3%)

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						netto 8.848km	brutto 8.848km			
72	DURSKI Adam	137		M18-35	24	00:53:33.20	00:53:46.55	+00:17:42 (32.9%)	6:03	9.9 (67.3%)
73	GAJEK Halina	26	ATHLETICS NYSA	K36-49	5	00:54:01.35	00:54:06.05	+00:18:02 (33.3%)	6:06	9.8 (66.7%)
74	WALKOWIAK Dominik	81		M18-35	25	00:54:07.55	00:54:15.10	+00:18:11 (33.5%)	6:07	9.8 (66.7%)
75	KOPACKA Eliza	125		K18-35	10	00:54:19.30	00:54:29.90	+00:18:26 (33.8%)	6:08	9.8 (66.7%)
76	KOPACKI Grzegorz	126		M18-35	26	00:54:20.20	00:54:30.50	+00:18:26 (33.8%)	6:08	9.8 (66.7%)
77	KIRKIEWICZ Ireneusz	66	KOLEGA MAĆKA OŁAWA	M36-49	28	00:54:20.30	00:54:32.00	+00:18:28 (33.9%)	6:08	9.8 (66.7%)
78	ZJAWIONA Katarzyna	133		K18-35	11	00:54:48.80	00:54:55.25	+00:18:51 (34.3%)	6:11	9.7 (66.0%)
79	PRASZELIK Łukasz	29		M36-49	29	00:54:53.00	00:55:00.35	+00:18:56 (34.4%)	6:12	9.7 (66.0%)
80	SADOWY Andrzej	65	SUDECKI KW	M50+	9	00:54:50.65	00:55:04.15	+00:19:00 (34.5%)	6:11	9.7 (66.0%)
81	KRZYSZTOFIAK Aleksandra	10	KOWARY BIEGAJĄ	K18-35	12	00:55:01.20	00:55:08.75	+00:19:05 (34.6%)	6:13	9.6 (65.3%)
82	KANECKI Mirek	8	KOWARY BIEGAJĄ	M36-49	30	00:55:02.15	00:55:09.00	+00:19:05 (34.6%)	6:13	9.6 (65.3%)
83	KANECKA Mariola	9	KOWARY BIEGAJĄ	K36-49	6	00:55:02.35	00:55:09.20	+00:19:05 (34.6%)	6:13	9.6 (65.3%)
84	GAŚSIOROWSKI Michał	63		M36-49	31	00:55:04.50	00:55:12.65	+00:19:09 (34.7%)	6:13	9.6 (65.3%)
85	PASTUCHA Anna	58	CROSS KRAPKOWICE	K50+	1	00:55:28.05	00:55:41.25	+00:19:37 (35.2%)	6:16	9.6 (65.3%)
86	RAKOCZY Ireneusz	84		M50+	10	00:56:16.30	00:56:21.85	+00:20:18 (36.0%)	6:21	9.4 (63.9%)
87	JUCHA Urszula	117		K36-49	7	00:57:30.60	00:57:43.95	+00:21:40 (37.5%)	6:29	9.2 (62.6%)
88	JUCHA Rafał	118		M36-49	32	00:57:29.45	00:57:44.35	+00:21:40 (37.5%)	6:29	9.2 (62.6%)
89	WITKOWSKA Monika	80	NIEZRZESZONA	K50+	2	00:58:21.00	00:58:24.95	+00:22:21 (38.3%)	6:35	9.1 (61.9%)
90	SIERAKOWSKI Maciej	25		M18-35	27	00:58:28.85	00:58:37.75	+00:22:34 (38.5%)	6:36	9.1 (61.9%)
91	CZUKIEWSKI Łukasz	99		M36-49	33	00:58:33.95	00:58:42.75	+00:22:39 (38.6%)	6:37	9.1 (61.9%)
92	ŻÓRAWSKA Katarzyna	15		K18-35	13	00:58:32.05	00:58:43.90	+00:22:40 (38.6%)	6:36	9.1 (61.9%)
93	STACHOWICZ Marcin	76	5F TEAM	M18-35	28	00:58:59.15	00:59:12.20	+00:23:08 (39.1%)	6:39	9 (61.2%)
94	PAWLIK Katarzyna	75	5F TEAM	K18-35	14	00:58:59.50	00:59:12.30	+00:23:08 (39.1%)	6:40	9 (61.2%)
95	JÓSKOWSKA Beata	37	REKOWO BIEGA	K36-49	8	00:59:05.35	00:59:12.60	+00:23:09 (39.1%)	6:40	9 (61.2%)
96	POLAK Agnieszka	119	TATERNIK KW KATOWICE	K36-49	9	01:00:26.90	01:00:38.50	+00:24:34 (40.5%)	6:49	8.8 (59.9%)
97	BALICZ Agnieszka	50	VIP CLUB	K18-35	15	01:01:25.20	01:01:37.70	+00:25:34 (41.5%)	6:56	8.6 (58.5%)
98	JASICKI Julian	102		M50+	11	01:01:55.05	01:02:05.80	+00:26:02 (41.9%)	6:59	8.6 (58.5%)
99	CHALCIŃSKA Izabela	13		K36-49	10	01:02:00.05	01:02:09.30	+00:26:05 (42.0%)	7:00	8.6 (58.5%)
100	MIKOŁAJCZYK Agata	18		K36-49	11	01:02:19.55	01:02:23.45	+00:26:19 (42.2%)	7:02	8.5 (57.8%)
101	HOFFMANN Filip	134		M18-35	29	01:02:56.10	01:03:03.85	+00:27:00 (42.8%)	7:06	8.4 (57.1%)
102	GRZELEWSKA Izabela	30	BMC ŁÓDŹ	K36-49	12	01:03:10.00	01:03:16.20	+00:27:12 (43.0%)	7:08	8.4 (57.1%)
103	PRASZELIK Sylwia	28		K36-49	13	01:03:09.55	01:03:18.15	+00:27:14 (43.0%)	7:08	8.4 (57.1%)
104	ADAMCZYK Krzysztof	34		M18-35	30	01:03:58.00	01:04:06.65	+00:28:03 (43.8%)	7:13	8.3 (56.5%)
105	STEFANIAK Jacek	83	KB LUPUS OLEŚNICA	M36-49	34	01:04:23.70	01:04:37.20	+00:28:33 (44.2%)	7:16	8.2 (55.8%)
106	SEŃKÓW Mirosław	27	NIE ZRZESZONY	M50+	12	01:05:41.30	01:05:46.60	+00:29:43 (45.2%)	7:25	8.1 (55.1%)
107	KUCZAKOWSKA Joanna	45	BIEGOWE MISIE	K18-35	16	01:06:16.45	01:06:26.35	+00:30:22 (45.7%)	7:29	8 (54.4%)
108	KRUZEL Rafał	46	BIEGOWE MISIE	M36-49	35	01:06:17.80	01:06:26.65	+00:30:23 (45.7%)	7:29	8 (54.4%)
109	KOTYSZ Katarzyna	55	BBL OPOLE	K50+	3	01:06:56.75	01:07:08.05	+00:31:04 (46.3%)	7:34	7.9 (53.7%)
110	SZAŁAPSKI Marcin	35	BMC ŁÓDŹ	M36-49	36	01:07:16.00	01:07:22.05	+00:31:18 (46.5%)	7:36	7.9 (53.7%)
111	SAWCZUK Karolina	132		K36-49	14	01:07:38.60	01:07:42.60	+00:31:39 (46.7%)	7:38	7.8 (53.1%)
112	BRONISZEWSKA Edyta	127		K36-49	15	01:08:28.05	01:08:38.10	+00:32:34 (47.5%)	7:44	7.8 (53.1%)
113	HRYŃKÓW Tomasz	44		M36-49	37	01:08:41.55	01:08:41.55	+00:32:37 (47.5%)	7:45	7.7 (52.4%)
114	ZIELIŃSKA Jadwiga	87		K18-35	17	01:08:48.25	01:08:55.20	+00:32:51 (47.7%)	7:46	7.7 (52.4%)
115	GŁOWACKI Piotr	120	KW KATOWICE	M50+	13	01:13:13.10	01:13:22.80	+00:37:19 (50.9%)	8:16	7.3 (49.7%)

Znaleziono 115 wynik(ów)