



DYCHA NA JELENI SKOK

B4SPORT

Wydarzenie: VII FESTIWAL BIEGU RZEŹNIKA
Organizator: Fundacja Bieg Rzeźnika
Data: 2021-05-28
Miejsce: Cisna
Dystans: 11 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifkateda	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
1	JAKUBIK Marcin	3384	MKS HALICZ PSG KROŚCIENKO	M30	1		01:01:42.15		5:36	10.7 (100%)
2	CHOJNACKI Wiktor	3429		M30	2		01:03:39.80	+00:01:57 (3.1%)	5:47	10.4 (97.2%)
3	MULARCZYK Paweł	3261	GRUPA JURA'PL	M30	3	00:03:50	01:04:01.50	+00:02:19 (3.6%)	5:28	11 (102.8%)
4	KOWALIK Marcin	3476	PGE RUN OBRÓT	M30	4		01:04:12.10	+00:02:29 (3.9%)	5:50	10.3 (96.3%)
5	GÓROWSKI Mateusz	3660	GOPR BIESZCZADY/KAGB	M30	5		01:04:17.40	+00:02:35 (4.0%)	5:50	10.3 (96.3%)
6	ZAWADZKI Marcin	3515	SZCZWANY TRZMIEL TEAM	M30	6		01:07:09.05	+00:05:26 (8.1%)	6:06	9.8 (91.6%)
7	SZYDŁAK Dariusz	3541	RZESZOWSKA AKADEMIA KOLARSKA	M30	7		01:07:56.05	+00:06:13 (9.2%)	6:10	9.7 (90.7%)
8	GÓRYŃSKI Rafał	3636		M30	8		01:08:10.00	+00:06:27 (9.5%)	6:11	9.7 (90.7%)
9	GILARSKI Rafał	3375	PRO300_PROJECTDISCIPLINE	M30	9		01:09:58.65	+00:08:16 (11.8%)	6:21	9.4 (87.9%)
10	TUSZYŃSKI Zygmunt	3479	PGE RUN OBRÓT	M30	10		01:10:13.60	+00:08:31 (12.1%)	6:23	9.4 (87.9%)
11	BASĄG Marek	3557	GINGER POWER	M30	11		01:10:58.55	+00:09:16 (13.1%)	6:27	9.3 (86.9%)
12	STAWIARZ Paweł	3572	140MINUT.PL	M30	12		01:12:48.65	+00:11:06 (15.3%)	6:37	9.1 (85.0%)
13	KARCZ Grzegorz	3582	BĘDUSKA BRYGADA BIEGOWA	M30	13		01:12:50.55	+00:11:08 (15.3%)	6:37	9.1 (85.0%)
14	LUBAŃSKI Mateusz	3395	KS BARYCZ MILICZ	M30	14		01:13:12.05	+00:11:29 (15.7%)	6:39	9 (84.1%)
15	SZWED Tomasz	3159	SUSKA GRUPA BIEGOWA	M30	15		01:13:21.80	+00:11:39 (15.9%)	6:40	9 (84.1%)
16	CIEŚLA Krzysztof	3547		M30	16		01:14:39.45	+00:12:57 (17.4%)	6:47	8.8 (82.2%)
17	UZDEJCZYK Kamil	3419	SOLINA TEAM	M30	17		01:15:57.55	+00:14:15 (18.8%)	6:54	8.7 (81.3%)
18	WRÓBLEWSKI Michał	3217	WHISKY AFICIONADOS	M30	18		01:17:32.10	+00:15:49 (20.4%)	7:02	8.5 (79.4%)
19	RUSZCZEWSKI Andrzej	3232	VEGE RUNNERS	M30	19		01:18:08.45	+00:16:26 (21.0%)	7:06	8.4 (78.5%)
20	STASIAK Włodzimierz	3566	LEANPRO	M30	20		01:18:24.10	+00:16:41 (21.3%)	7:07	8.4 (78.5%)
21	WILK Krzysztof	3093	SARNI TĘTENT	M30	21		01:19:36.40	+00:17:54 (22.5%)	7:14	8.3 (77.6%)
22	MUSIOŁ Michał	3047	SARNI TĘTENT	M30	22		01:19:36.50	+00:17:54 (22.5%)	7:14	8.3 (77.6%)
23	ŚCIBOR Marcin	3574	RUCH IZBICA	M30	23		01:21:21.10	+00:19:38 (24.2%)	7:23	8.1 (75.7%)
24	LASKOWSKI Paweł	3314		M30	24		01:22:19.00	+00:20:36 (25.0%)	7:29	8 (74.8%)
25	WRÓBEL Jakub	3488	TROMBIKI	M30	25		01:23:02.10	+00:21:19 (25.7%)	7:32	7.9 (73.8%)
26	TAMBORSKI Grzegorz	3161		M30	26		01:24:44.65	+00:23:02 (27.2%)	7:42	7.8 (72.9%)
27	LIPIŃSKI Paweł	3484		M30	27		01:27:08.80	+00:25:26 (29.2%)	7:55	7.6 (71.0%)
27	LASOTA Grzegorz	3176		M30	27		01:27:08.80	+00:25:26 (29.2%)	7:55	7.6 (71.0%)
29	MOJSKI Adam	3600	OTK RZEŹNIK	M30	29		01:28:42.80	+00:27:00 (30.4%)	8:03	7.4 (69.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
30	RAK Wojciech	3149	SII RUNNING TEAM	M30	30		01:28:44.50	+00:27:02 (30.5%)	8:04	7.4 (69.2%)
31	SWEENEY Keith	3416		M30	31		01:28:54.50	+00:27:12 (30.6%)	8:04	7.4 (69.2%)
32	MATYSIAK Michał	3532	KOPALNIA MOCY TARNOBRZEG	M30	32		01:30:33.85	+00:28:51 (31.9%)	8:13	7.3 (68.2%)
33	POPOWICZ Kamil	3549		M30	33		01:30:51.10	+00:29:08 (32.1%)	8:15	7.3 (68.2%)
34	CHLEBIŃSKI Maciej	3290	RZESZOWSKIE GAZELE I GEPARDY	M30	34		01:32:31.15	+00:30:49 (33.3%)	8:24	7.1 (66.4%)
35	ROGUZIŃSKI Radosław	3061	RDX	M30	35		01:32:50.60	+00:31:08 (33.5%)	8:26	7.1 (66.4%)
36	MSZANOWSKI Jędrzej	3465	3:33 TEAM	M30	36		01:34:17.75	+00:32:35 (34.6%)	8:34	7 (65.4%)
37	NAKONIECZNY Jacek	3048	SII RUNNING TEAM	M30	37		01:36:14.75	+00:34:32 (35.9%)	8:44	6.9 (64.5%)
38	BEDNARKIEWICZ Jakub	3469		M30	38		01:39:38.00	+00:37:55 (38.1%)	9:03	6.6 (61.7%)
39	NESTOROWICZ Maksymilian	3049	BIESZCZADZKA WATAHA	M30	39		01:40:14.95	+00:38:32 (38.5%)	9:06	6.6 (61.7%)
40	PADO Michał	3052	BIESZCZADZKA WATAHA MTB	M30	40		01:40:15.75	+00:38:33 (38.5%)	9:06	6.6 (61.7%)
41	POTERA Maciej	3269		M30	41		01:40:34.60	+00:38:52 (38.7%)	9:08	6.6 (61.7%)
42	KLĘCZAR Igor	3583		M30	42		01:42:19.40	+00:40:37 (39.7%)	9:18	6.5 (60.7%)
43	PILARSKI Kamil	3403		M30	43		01:43:30.65	+00:41:48 (40.4%)	9:24	6.4 (59.8%)
44	MODRAS Sławek	3473		M30	44		01:44:36.80	+00:42:54 (41.0%)	9:30	6.3 (58.9%)
45	WILAMOWSKI Daniel	3092		M30	45		01:45:19.05	+00:43:36 (41.4%)	9:34	6.3 (58.9%)
46	LENARCZYK Michał	3315		M30	46		01:45:20.70	+00:43:38 (41.4%)	9:34	6.3 (58.9%)
47	BANAJSKI Damian	3441		M30	47		01:45:25.70	+00:43:43 (41.5%)	9:35	6.3 (58.9%)
48	GŁUCHOWSKI Karol	3299		M30	48		01:45:34.40	+00:43:52 (41.6%)	9:35	6.3 (58.9%)
49	KORBIK Łukasz	3310		M30	49		01:45:57.95	+00:44:15 (41.8%)	9:37	6.2 (57.9%)
50	ADAMKIEWICZ Michał	3517	ŁÓDŻRUNCREW/JAKOTEAM	M30	50		01:47:53.25	+00:46:11 (42.8%)	9:48	6.1 (57.0%)
51	SZYMCZAK Łukasz	3580	SSW TEAM KROŚNICE	M30	51		01:51:09.85	+00:49:27 (44.5%)	10:06	5.9 (55.1%)
52	PRZYBYLIK Oktawian	3467	DEKA80	M30	52		01:52:17.80	+00:50:35 (45.1%)	10:12	5.9 (55.1%)
53	WINIARSKI Krystian	3094	BIEGAM W RZESZOWIE	M30	53		01:52:32.15	+00:50:50 (45.2%)	10:13	5.9 (55.1%)
54	OPALIŃSKI Paweł	3265		M30	54		01:55:05.55	+00:53:23 (46.4%)	10:27	5.7 (53.3%)
55	BŁĘDOWSKI Łukasz	3364		M30	55		01:55:40.35	+00:53:58 (46.7%)	10:30	5.7 (53.3%)
56	KALICIŃSKI Jarosław	3252	ŚLĘZAK TEAM	M30	56		01:56:05.60	+00:54:23 (46.9%)	10:33	5.7 (53.3%)
57	POPŁAWSKI Krystian	3405	GLADIATORS BY RMF 4RT	M30	57		01:57:20.35	+00:55:38 (47.4%)	10:40	5.6 (52.3%)
58	PRZYBYŁA Krzysztof	3332	ADIDAS RUNNERS WARSAW	M30	58		01:57:26.95	+00:55:44 (47.5%)	10:40	5.6 (52.3%)
59	DĄBKOWSKI Damian	3371	CROSS TRENING MAZOVIA CIECHANÓW	M30	59		01:57:29.65	+00:55:47 (47.5%)	10:40	5.6 (52.3%)
60	SURDAKCI Łukasz	3276	MONKEYS' TEAM	M30	60		01:57:30.95	+00:55:48 (47.5%)	10:40	5.6 (52.3%)
61	CHORZĘPA Wojciech	3442		M30	61		01:58:15.70	+00:56:33 (47.8%)	10:45	5.6 (52.3%)
62	JÓZWIAK Mikołaj	3448	STG WARSZAWA	M30	62		01:58:29.10	+00:56:46 (47.9%)	10:46	5.6 (52.3%)
63	WYSOCKI Bartosz	3282	KS JANUSZE	M30	63		01:58:35.35	+00:56:53 (48.0%)	10:46	5.6 (52.3%)
64	KULIKOWSKI Adam	3175		M30	64		02:01:21.95	+00:59:39 (49.2%)	11:01	5.4 (50.5%)
65	MIELNICZUK Tomasz	3043	PERFECT RUNNER TEAM	M30	65		02:02:23.55	+01:00:41 (49.6%)	11:07	5.4 (50.5%)
66	SŁONIEWSKI Rafał	3181	KADRA MOCNYCH WDRAŻEŃ	M30	66		02:04:04.30	+01:02:22 (50.3%)	11:16	5.3 (49.5%)
67	ANDRZEJEWSKI Maciej	3238	KTÓRĘDY PO PIWO	M30	67		02:05:35.70	+01:03:53 (50.9%)	11:25	5.3 (49.5%)
68	FRYD Błażej	3172		M30	68		02:06:01.30	+01:04:19 (51.0%)	11:27	5.2 (48.6%)
69	HABA Konrad	3487		M30	69		02:06:40.90	+01:04:58 (51.3%)	11:30	5.2 (48.6%)
70	KWIATKOWSKI Kajetan	3196	SUT - STRASZYN ULTRA TEAM	M30	70		02:06:53.95	+01:05:11 (51.4%)	11:32	5.2 (48.6%)
71	NOWAK Michał	3140		M30	71		02:10:02.20	+01:08:20 (52.5%)	11:49	5.1 (47.7%)
72	STASZCZYK Michał	3346		M30	72		02:10:57.25	+01:09:15 (52.9%)	11:54	5 (46.7%)
73	DUSZA Łukasz	3004		M30	73		02:12:24.40	+01:10:42 (53.4%)	12:02	5 (46.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
74	NOWAK Karol	3398		M30	74		02:18:34.80	+01:16:52 (55.5%)	12:35	4.8 (44.9%)
75	SIENKIEWICZ Dariusz	3344	GS TEAM	M30	75		02:20:20.30	+01:18:38 (56.0%)	12:45	4.7 (43.9%)
76	PEHCIN Jakub	3428		M30	76		02:21:58.05	+01:20:15 (56.5%)	12:54	4.6 (43.0%)
77	KACZOR Paweł	3304		M30	77		02:22:17.15	+01:20:35 (56.6%)	12:56	4.6 (43.0%)
78	FURMAN Michał	3374	OCHAJORUN & FRIENDS	M30	78		02:22:23.80	+01:20:41 (56.7%)	12:56	4.6 (43.0%)
79	SZYMANEK Paweł	3074	ZWOLEŃNICY BIEGANIA	M30	79		02:23:54.20	+01:22:12 (57.1%)	13:04	4.6 (43.0%)
80	GRZEGORY Marek	3125	DECATHLON RUMIA	M30	80		02:24:26.85	+01:22:44 (57.3%)	13:07	4.6 (43.0%)
81	ZAWILSKI Zbigniew Rafał	3105		M30	81		02:24:47.00	+01:23:04 (57.4%)	13:09	4.6 (43.0%)
82	STEC Dawid	3565		M30	82		02:30:55.05	+01:29:12 (59.1%)	13:43	4.4 (41.1%)
83	WOJCIESZKIEWICZ Marcin	3280		M30	83		02:30:56.05	+01:29:13 (59.1%)	13:43	4.4 (41.1%)
84	MOŻEJKO Artur	3594	GIT EKIPA !	M30	84		02:32:35.80	+01:30:53 (59.6%)	13:52	4.3 (40.2%)
85	ROZWÓD Emil	3062		M30	85		02:49:08.15	+01:47:26 (63.5%)	15:22	3.9 (36.4%)
86	KUŚMIERCZYK Tomasz	3584		M30	86		03:03:47.05	+02:02:04 (66.4%)	16:42	3.6 (33.6%)
87	JABŁOŃSKI Paweł	3020		M30	87		03:04:10.80	+02:02:28 (66.5%)	16:44	3.6 (33.6%)
88	SZCZĘSNY Daniel	3157		M30	88		03:17:53.65	+02:16:11 (68.8%)	17:59	3.3 (30.8%)
89	RADYK Jakub	3334	PRZEMYSKI KLUB BIEGACZA	M30	89		03:23:08.65	+02:21:26 (69.6%)	18:28	3.2 (29.9%)
90	DOMINIK Michał	3512	S AR CA SM	M30	90		03:30:29.35	+02:28:47 (70.7%)	19:08	3.1 (29.0%)
91	TESCHE Tomek	3081		M30	91		03:51:22.80	+02:49:40 (73.3%)	21:02	2.9 (27.1%)
92	JANCZEWSKI Sebastian	3546		M30	92		04:19:25.10	+03:17:42 (76.2%)	23:35	2.5 (23.4%)
93	CZEMPIEL Mateusz	3366	LECYMY DURŚ	M30	93		04:26:16.70	+03:24:34 (76.8%)	24:12	2.5 (23.4%)
DNC	KRZYŻEWSKI Roger	3135		M30			01:03:00.35		0:00	10.5 (98.1%)

Znaleziono 94 wynik(ów)