



DYCHA NA JELENI SKOK

B4SPORT

Event: VII FESTIWAL BIEGU RZEŹNIKA
Organiser: Fundacja Bieg Rzeźnika
Date: 2021-05-28
Place: Cisna
Distance: 11 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: M40

Place	Participant	Number	Club	Category	MCat	Net time 11km	Gap	Pace min/km	Pace km/h
1	PERYKASZA Paweł	3229	GRUPALUKTRANS.PL	M40	1	01:04:12.15		5:50	10.3 (100%)
2	JARMOLIŃSKI Piotr	3655		M40	2	01:04:41.15	+00:00:29 (0.7%)	5:52	10.2 (99.0%)
3	BARANOWSKI Jacek	3110	JACEKBIEGA RUNNING TEAM	M40	3	01:10:03.80	+00:05:51 (8.4%)	6:22	9.4 (91.3%)
4	JÓZWIAK Piotr	3462	KITA TEAM	M40	4	01:10:56.00	+00:06:43 (9.5%)	6:26	9.3 (90.3%)
5	BEREZOWSKI Waldemar	3481	PGE RUN OBRÓT	M40	5	01:12:29.20	+00:08:17 (11.4%)	6:35	9.1 (88.3%)
6	CYRKLER Rafał	3291	OSTRÓDA RUNNERS	M40	6	01:13:20.25	+00:09:08 (12.5%)	6:40	9 (87.4%)
7	KRUPA Grzegorz	3084		M40	7	01:13:20.80	+00:09:08 (12.5%)	6:40	9 (87.4%)
8	WEREMKO Grzegorz	3559	MULTIMEDIA RUNNERS PUŁAWY	M40	8	01:13:35.75	+00:09:23 (12.8%)	6:41	9 (87.4%)
9	KOCIUMBAS Bartosz	3190	KB SOBÓTKA	M40	9	01:14:49.05	+00:10:36 (14.2%)	6:48	8.8 (85.4%)
10	PIWOŃSKI Adam	3601		M40	10	01:16:08.15	+00:11:56 (15.7%)	6:55	8.7 (84.5%)
11	KRUPA Grzegorz	3570	KB SOBÓTKA	M40	11	01:16:22.70	+00:12:10 (15.9%)	6:56	8.6 (83.5%)
12	GRONIECKI Mikołaj	3427	KTÓRĘDY PO PIWO,)	M40	12	01:16:43.70	+00:12:31 (16.3%)	6:58	8.6 (83.5%)
13	NOWAK Mirosław	3569	NIE MA	M40	13	01:17:32.00	+00:13:19 (17.2%)	7:02	8.5 (82.5%)
14	AŚLANOWICZ Marcin	3284	ŻÓRAWSKI TEAM	M40	14	01:18:04.40	+00:13:52 (17.8%)	7:05	8.5 (82.5%)
15	WRÓBLEWSKI Marcin	3100	ROSTI POLSKA	M40	15	01:18:18.90	+00:14:06 (18.0%)	7:07	8.4 (81.6%)
16	KĘPIŃSKI Andrzej	3028	TEAM ELBLĄG	M40	16	01:18:57.45	+00:14:45 (18.7%)	7:10	8.4 (81.6%)
17	MACKIEWICZ Adam	3434	TEAM ELBLĄG	M40	17	01:18:57.55	+00:14:45 (18.7%)	7:10	8.4 (81.6%)
18	SZKLARSKI Jacek	3562		M40	18	01:19:31.70	+00:15:19 (19.3%)	7:13	8.3 (80.6%)
19	KORŻYK Marek	3445		M40	19	01:20:46.40	+00:16:34 (20.5%)	7:20	8.2 (79.6%)
20	ROGÓŻ Rafał	3338		M40	20	01:20:48.80	+00:16:36 (20.6%)	7:20	8.2 (79.6%)
21	CICHOŃ Maciej	3113	42.195 WEJHEROWO	M40	21	01:21:05.80	+00:16:53 (20.8%)	7:22	8.1 (78.6%)
22	GET Maciej	3122	-	M40	22	01:21:06.35	+00:16:54 (20.8%)	7:22	8.1 (78.6%)
23	GÓRNY Dariusz	3595	SŁOŃCA JURY	M40	23	01:21:12.90	+00:17:00 (20.9%)	7:22	8.1 (78.6%)
24	ZIOBRO Tomasz	3573	KGB KROSNO	M40	24	01:21:19.25	+00:17:07 (21.1%)	7:23	8.1 (78.6%)
25	KOT Krzysztof	3222	MPK - RZESZÓW	M40	25	01:21:55.60	+00:17:43 (21.6%)	7:26	8.1 (78.6%)
26	SITEK Arkadiusz	3233	AKTYWNI WĘGRÓW	M40	26	01:22:06.65	+00:17:54 (21.8%)	7:27	8 (77.7%)
27	CEGIEŁKO Paweł	3242	NIE NALEŻĘ DO KLUBU	M40	27	01:22:16.30	+00:18:04 (22.0%)	7:28	8 (77.7%)
28	CHORZĘPA Jakub	3003		M40	28	01:25:26.40	+00:21:14 (24.9%)	7:46	7.7 (74.8%)
29	DOMKA Michał	3453	REZERWOWE PSY	M40	29	01:26:17.60	+00:22:05 (25.6%)	7:50	7.6 (73.8%)

Place	Participant	Number	Club	Category	MCat	Net	Gap	Pace	Pace
						time		min/km	km/h
						11km			
30	TWORZYDŁO Paweł	3514	RĄCZY JELEŃ	M40	30	01:27:15.75	+00:23:03 (26.4%)	7:55	7.6 (73.8%)
31	FILIPOWSKI Rafał	3006	FILIPRUNTEAM	M40	31	01:27:41.35	+00:23:29 (26.8%)	7:58	7.5 (72.8%)
32	STACH Jacek	3444		M40	32	01:28:01.55	+00:23:49 (27.1%)	8:00	7.5 (72.8%)
33	BLOK Tomasz	3363		M40	33	01:28:54.15	+00:24:42 (27.8%)	8:04	7.4 (71.8%)
34	PIECHOWSKI Wiesiek	3267		M40	34	01:29:04.30	+00:24:52 (27.9%)	8:05	7.4 (71.8%)
35	GOSZTYŁA Tomasz	3014		M40	35	01:30:20.15	+00:26:08 (28.9%)	8:12	7.3 (70.9%)
36	GRADOWSKI Piotrek	3015		M40	36	01:30:23.70	+00:26:11 (29.0%)	8:13	7.3 (70.9%)
37	KOT Rafał	3460	LEDLENSER // MUAY RUNNING TEAM	M40	37	01:31:18.65	+00:27:06 (29.7%)	8:18	7.2 (69.9%)
38	WALCZAK Paweł	3511		M40	38	01:31:56.50	+00:27:44 (30.2%)	8:21	7.2 (69.9%)
39	MUMOT Dariusz	3137		M40	39	01:32:14.30	+00:28:02 (30.4%)	8:23	7.2 (69.9%)
40	CZEKALSKI Mariusz	3501		M40	40	01:32:55.40	+00:28:43 (30.9%)	8:26	7.1 (68.9%)
41	SADKOWSKI Paweł	3341		M40	41	01:33:44.65	+00:29:32 (31.5%)	8:31	7 (68.0%)
42	WRÓBEL Bartłomiej	3099	CISNA	M40	42	01:33:50.35	+00:29:38 (31.6%)	8:31	7 (68.0%)
43	POROWSKI Waldek	3471	KB SOBÓTKA	M40	43	01:34:19.45	+00:30:07 (31.9%)	8:34	7 (68.0%)
44	KRÓL Maciej	3391	WIRAN TEAM	M40	44	01:34:58.45	+00:30:46 (32.4%)	8:38	6.9 (67.0%)
45	PISINGAS Mariusz	3404	BIEGANIE TO MÓJ TRZEŻWY	M40	45	01:35:00.10	+00:30:47 (32.4%)	8:38	6.9 (67.0%)
46	EDEL Daniel	3589		M40	46	01:35:44.25	+00:31:32 (32.9%)	8:42	6.9 (67.0%)
47	DACYK Sylwester	3367	SAINT-GOBAIN SQUAD	M40	47	01:36:24.25	+00:32:12 (33.4%)	8:45	6.8 (66.0%)
48	DOMIN Daniel	3116	MULTIPLIER TEAM	M40	48	01:36:45.20	+00:32:33 (33.6%)	8:47	6.8 (66.0%)
49	KMIECIK Bartosz	3475		M40	49	01:37:30.25	+00:33:18 (34.2%)	8:51	6.8 (66.0%)
50	TOPOLEWICZ Artur	3085	ROSTI POLSKA	M40	50	01:37:40.90	+00:33:28 (34.3%)	8:52	6.8 (66.0%)
51	MICHALAK Tomasz	3526	DYSTANS LESZNO	M40	51	01:39:03.20	+00:34:51 (35.2%)	9:00	6.7 (65.0%)
52	SERWATKA Michał	3272	BRACTWO BIEGOWE BGK	M40	52	01:39:40.20	+00:35:28 (35.6%)	9:03	6.6 (64.1%)
53	TYKSIŃSKI Rafał	3086	EXPRESSMAP	M40	53	01:39:59.55	+00:35:47 (35.8%)	9:05	6.6 (64.1%)
54	FIEDORCZUK Łukasz	3186		M40	54	01:40:38.30	+00:36:26 (36.2%)	9:08	6.6 (64.1%)
55	GÓRKA Dariusz	3447		M40	55	01:40:48.65	+00:36:36 (36.3%)	9:09	6.5 (63.1%)
56	ŁOBEJKO Arkadiusz	3257		M40	56	01:44:35.30	+00:40:23 (38.6%)	9:30	6.3 (61.2%)
57	GAŁASZKIEWICZ Grzegorz	3120	LINDON TEAM	M40	57	01:44:41.90	+00:40:29 (38.7%)	9:31	6.3 (61.2%)
58	TYMOSZUK Michał	3087	KB BIAŁA BIEGA	M40	58	01:44:48.40	+00:40:36 (38.7%)	9:31	6.3 (61.2%)
59	SOŁGAŁA Tomasz	3596		M40	59	01:45:01.95	+00:40:49 (38.9%)	9:32	6.3 (61.2%)
60	GOLAS Marcin	3588	EXILE	M40	60	01:45:07.45	+00:40:55 (38.9%)	9:33	6.3 (61.2%)
61	SAR Michał	3271		M40	61	01:46:09.90	+00:41:57 (39.5%)	9:39	6.2 (60.2%)
62	GRZESIAK Grzegorz	3303		M40	62	01:50:43.45	+00:46:31 (42.0%)	10:03	6 (58.3%)
63	WOJTAS Daniel	3603		M40	63	01:51:56.80	+00:47:44 (42.6%)	10:10	5.9 (57.3%)
64	KULAK Paweł	3509		M40	64	01:52:54.80	+00:48:42 (43.1%)	10:15	5.8 (56.3%)
65	GÓRKA Bogusław	3123	SUSKA GRUPA BIEGOWA	M40	65	01:53:03.15	+00:48:51 (43.2%)	10:16	5.8 (56.3%)
66	RZYSZKIEWICZ Tomasz	3527	PĘDZĄCE LENIWCE	M40	66	01:53:15.25	+00:49:03 (43.3%)	10:17	5.8 (56.3%)
67	KROLAK Krzysztof	3390		M40	67	01:53:54.80	+00:49:42 (43.6%)	10:21	5.8 (56.3%)
68	GAWRON Jarosław	3121	GERIATRIC ROOM	M40	68	01:54:10.05	+00:49:57 (43.8%)	10:22	5.8 (56.3%)
69	RYBIENIK Lech	3064	NIEZRZESZONY	M40	69	01:54:25.05	+00:50:12 (43.9%)	10:24	5.8 (56.3%)
70	PIEKARSKI Paweł	3230	SFORA BMK	M40	70	01:54:29.95	+00:50:17 (43.9%)	10:24	5.8 (56.3%)
71	HERMAN Paweł	3492	MLUKS TRZEBIATÓW	M40	71	01:55:00.05	+00:50:47 (44.2%)	10:27	5.7 (55.3%)
72	GAŁAZIN Tomasz	3297	CASREX	M40	72	01:55:04.00	+00:50:51 (44.2%)	10:27	5.7 (55.3%)
73	IWIŃSKI Adam	3529	SAINT GOBAIN SQUAD	M40	73	01:55:45.00	+00:51:32 (44.5%)	10:31	5.7 (55.3%)

Place	Participant	Number	Club	Category	MCat	Net time 11km	Gap	Pace min/km	Pace km/h
74	RUPIK Piotr	3340	BRAK	M40	74	01:57:25.85	+00:53:13 (45.3%)	10:40	5.6 (54.4%)
75	BĘTKOWSKI Tomasz	3468	CASREX	M40	75	01:59:07.15	+00:54:55 (46.1%)	10:49	5.5 (53.4%)
76	TERLECKI Władysław	3236	MŁODY VS STARY	M40	76	02:00:45.90	+00:56:33 (46.8%)	10:58	5.5 (53.4%)
77	KACZYŃSKI Artur	3305		M40	77	02:01:17.15	+00:57:05 (47.1%)	11:01	5.4 (52.4%)
78	CHWASTA Mariusz	3111		M40	78	02:01:59.35	+00:57:47 (47.4%)	11:05	5.4 (52.4%)
79	POLAK Mikołaj	3145		M40	79	02:03:57.60	+00:59:45 (48.2%)	11:16	5.3 (51.5%)
80	ARABASZ Paweł	3456		M40	80	02:04:14.10	+01:00:01 (48.3%)	11:17	5.3 (51.5%)
81	RECZEK Sebastian	3151	KS ZIELONO-CZARNI	M40	81	02:05:56.25	+01:01:44 (49.0%)	11:26	5.2 (50.5%)
82	RATOWSKI Marek	3150	PODGÓRZ TORUŃ	M40	82	02:05:57.30	+01:01:45 (49.0%)	11:27	5.2 (50.5%)
83	BUZALSKI Robert	3241	ORANGE POLSKA	M40	83	02:07:53.15	+01:03:41 (49.8%)	11:37	5.2 (50.5%)
84	ZALEWSKI Cezary	3528	PĘDZĄCE LENIWCE	M40	84	02:12:07.15	+01:07:55 (51.4%)	12:00	5 (48.5%)
85	STRZYŻOWSKI Marcin	3542	PĘDZĄCE LENIWCE	M40	85	02:12:07.30	+01:07:55 (51.4%)	12:00	5 (48.5%)
86	RĘPALSKI Marcin	3153	BRYGADA RR	M40	86	02:12:50.50	+01:08:38 (51.7%)	12:04	5 (48.5%)
87	TWARDUŚ Leszek	3431		M40	87	02:18:04.10	+01:13:51 (53.5%)	12:33	4.8 (46.6%)
88	KULCZYCKI Andrzej	3608		M40	88	02:20:46.30	+01:16:34 (54.4%)	12:47	4.7 (45.6%)
89	MICHALIK Jacek	3320	SŁOŃCA JURY	M40	89	02:24:09.85	+01:19:57 (55.5%)	13:06	4.6 (44.7%)
90	SOCHACKI Mariusz	3591		M40	90	02:25:14.35	+01:21:02 (55.8%)	13:12	4.5 (43.7%)
91	DASZCZYŃSKI Adam	3369	ADASKO TEAM	M40	91	02:29:52.35	+01:25:40 (57.2%)	13:37	4.4 (42.7%)
92	KLARECKI Adrian	3388	ULTRA WAY TEAM / ASTMA TEAM	M40	92	02:34:02.40	+01:29:50 (58.3%)	14:00	4.3 (41.7%)
93	KULIK Karol	3174		M40	93	02:38:32.80	+01:34:20 (59.5%)	14:24	4.2 (40.8%)
94	REY Andrzej	3210	REY RUNNING TEAM	M40	94	02:39:06.95	+01:34:54 (59.7%)	14:27	4.1 (39.8%)
95	BĄCZEK Krzysztof	3598		M40	95	02:43:30.50	+01:39:18 (60.7%)	14:51	4 (38.8%)
96	MAJKA Dariusz	3319		M40	96	02:44:39.25	+01:40:27 (61.0%)	14:58	4 (38.8%)
97	DYMEK Jacek	3576		M40	97	02:47:43.65	+01:43:31 (61.7%)	15:14	3.9 (37.9%)
98	GIERLOTKA Rafał	3543	BRAK	M40	98	02:47:45.60	+01:43:33 (61.7%)	15:15	3.9 (37.9%)
99	PIENIAŻEK Jacek	3206		M40	99	02:49:10.30	+01:44:58 (62.0%)	15:22	3.9 (37.9%)
100	DWORNICKI Tomasz	3533	RGB	M40	100	02:51:15.65	+01:47:03 (62.5%)	15:34	3.9 (37.9%)
101	MAŚLANY Mariusz	3200	ELEKTROMETAL ENERGETYKA SA	M40	101	02:58:22.20	+01:54:10 (64.0%)	16:12	3.7 (35.9%)
102	KACZMARZYK Jacek	3250		M40	102	02:59:06.70	+01:54:54 (64.2%)	16:16	3.7 (35.9%)
103	KOSTECKI Tomasz	3134	R&T	M40	103	03:07:02.15	+02:02:50 (65.7%)	17:00	3.5 (34.0%)
104	PIĘTKA Piotr	3207	AMERNET	M40	104	03:09:30.30	+02:05:18 (66.1%)	17:13	3.5 (34.0%)
105	SOWA Sylwester	3607		M40	105	03:45:45.50	+02:41:33 (71.6%)	20:31	2.9 (28.2%)
106	MŁYNARCZYK Krzysztof	3179		M40	106	04:39:41.60	+03:35:29 (77.0%)	25:25	2.4 (23.3%)
107	MAZIUK Marcin	3226		M40	107	04:47:19.15	+03:43:07 (77.7%)	26:07	2.3 (22.3%)
	BINEK Michał	3540		M40		DNF		-	- (0.0%)

Total 108 results.