



**BIEG RZEŹNIKA**

**Wydarzenie:** Festiwal Górski 2019  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2019-09-21  
**Miejsce:** Łądek Zdrój  
**Dystans:** 8.091 km

## DYNAFIT ANNAPURNA RUN

B4SPORT

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 8.091km	Czas brutto 8.091km	Różn	Tempo min/km	Tempo km/h
1	<b>MISIAK Bartosz</b>	<b>42</b>	ALPIN SPORT HOKA ONE ONE TEAM	M18-35	1	<b>00:34:10.60</b>	<b>00:34:12.25</b>		4:13	14.2 (100%)
2	<b>BROJ Marcel</b>	<b>3</b>	BROJ TEAM ŻLINICE	M18-35	2	<b>00:35:49.55</b>	<b>00:35:51.00</b>	+00:01:38 (4.6%)	4:25	13.5 (95.1%)
3	<b>KITA Michał</b>	<b>27</b>	PĘDZĄCY W MIEJSCU	M36-49	1	<b>00:36:12.50</b>	<b>00:36:14.50</b>	+00:02:02 (5.6%)	4:28	13.4 (94.4%)
4	<b>NOWAK Wojciech</b>	<b>90</b>		M18-35	3	<b>00:36:51.90</b>	<b>00:36:53.70</b>	+00:02:41 (7.3%)	4:33	13.2 (93.0%)
5	<b>SANIEWSKI Dariusz</b>	<b>51</b>	UKL ÓSEMKA POLICE	M36-49	2	<b>00:36:57.80</b>	<b>00:37:00.35</b>	+00:02:48 (7.6%)	4:34	13.1 (92.3%)
6	<b>CHRZANOWSKI Jan</b>	<b>6</b>	UKS DWÓJKA MORENA / SMARUJ NA TRENING TEAM	M-Open	1	<b>00:39:08.10</b>	<b>00:39:09.60</b>	+00:04:57 (12.7%)	4:50	12.4 (87.3%)
7	<b>KOWALIK Andrzej</b>	<b>32</b>	BIEG OPOLSKI	M36-49	3	<b>00:39:30.35</b>	<b>00:39:32.60</b>	+00:05:20 (13.5%)	4:52	12.3 (86.6%)
8	<b>KUBICKI Igor</b>	<b>77</b>		M18-35	4	<b>00:39:40.80</b>	<b>00:39:43.40</b>	+00:05:31 (13.9%)	4:54	12.2 (85.9%)
9	<b>TOMASIAK Natalia</b>	<b>59</b>	SALOMON SUUNTO TEAM	K18-35	1	<b>00:39:50.55</b>	<b>00:39:52.85</b>	+00:05:40 (14.2%)	4:55	12.2 (85.9%)
10	<b>WIŚNIEWSKI Marek</b>	<b>68</b>	12TRI.PL	M36-49	4	<b>00:40:21.70</b>	<b>00:40:24.00</b>	+00:06:11 (15.3%)	4:59	12 (84.5%)
11	<b>GARDENER Jacek</b>	<b>16</b>	JACEKBIEGA RUNNING TEAM	M50+	1	<b>00:40:44.25</b>	<b>00:40:47.25</b>	+00:06:35 (16.1%)	5:02	11.9 (83.8%)
12	<b>NARWOJSZ Arkadiusz</b>	<b>43</b>		M36-49	5	<b>00:41:28.90</b>	<b>00:41:31.90</b>	+00:07:19 (17.6%)	5:07	11.7 (82.4%)
13	<b>CYBA Rafał</b>	<b>7</b>		M18-35	5	<b>00:42:08.15</b>	<b>00:42:10.30</b>	+00:07:58 (18.9%)	5:12	11.5 (81.0%)
14	<b>MAZURKIEWICZ Jakub</b>	<b>92</b>		M36-49	6	<b>00:42:11.00</b>	<b>00:42:19.40</b>	+00:08:07 (19.2%)	5:12	11.5 (81.0%)
15	<b>DERENCZ Michał</b>	<b>10</b>		M36-49	7	<b>00:42:19.20</b>	<b>00:42:28.90</b>	+00:08:16 (19.5%)	5:13	11.5 (81.0%)

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						netto 8.091km	brutto 8.091km			
16	<b>PAWŁOWSKI Tomasz</b>	<b>47</b>		M36-49	8	<b>00:42:54.35</b>	<b>00:42:57.65</b>	+00:08:45 (20.4%)	5:18	11.3 (79.6%)
17	<b>IWASZCZYSZYN Tomasz</b>	<b>20</b>	RATEMYTRAIL.COM	M18-35	6	<b>00:43:01.80</b>	<b>00:43:04.50</b>	+00:08:52 (20.6%)	5:19	11.3 (79.6%)
18	<b>PIŁAT Michał</b>	<b>49</b>		M36-49	9	<b>00:43:06.70</b>	<b>00:43:08.80</b>	+00:08:56 (20.7%)	5:19	11.3 (79.6%)
19	<b>ARDELLI Ewa</b>	<b>76</b>	BIELAWSKA AKADEMIA BIEGANIA	K36-49	1	<b>00:43:21.45</b>	<b>00:43:23.40</b>	+00:09:11 (21.2%)	5:21	11.2 (78.9%)
20	<b>GRYGIEL Marek</b>	<b>19</b>	JACEKBIEGA RUNNING TEAM	M36-49	10	<b>00:43:59.30</b>	<b>00:44:03.50</b>	+00:09:51 (22.4%)	5:26	11 (77.5%)
21	<b>KLAV Marek</b>	<b>80</b>		M50+	2	<b>00:44:07.15</b>	<b>00:44:15.05</b>	+00:10:02 (22.7%)	5:27	11 (77.5%)
22	<b>BROJ Adrian</b>	<b>4</b>	BROJ TEAM ŻLINICE	M50+	3	<b>00:44:27.85</b>	<b>00:44:31.45</b>	+00:10:19 (23.2%)	5:29	10.9 (76.8%)
23	<b>DZIEDZIC Krystian</b>	<b>13</b>		M36-49	11	<b>00:44:33.70</b>	<b>00:44:37.15</b>	+00:10:24 (23.3%)	5:30	10.9 (76.8%)
24	<b>MIECH Szymon</b>	<b>87</b>	HUSARIA RACE TEAM	M36-49	12	<b>00:44:58.15</b>	<b>00:45:01.50</b>	+00:10:49 (24.0%)	5:33	10.8 (76.1%)
25	<b>BAŁYS Katarzyna</b>	<b>1</b>		K36-49	2	<b>00:45:17.30</b>	<b>00:45:21.40</b>	+00:11:09 (24.6%)	5:35	10.7 (75.4%)
26	<b>SZYMANOWSKI Paweł</b>	<b>57</b>		M18-35	7	<b>00:45:31.30</b>	<b>00:45:37.70</b>	+00:11:25 (25.0%)	5:37	10.7 (75.4%)
27	<b>GODLEWSKI Tyberiusz</b>	<b>17</b>		M36-49	13	<b>00:45:44.10</b>	<b>00:45:49.10</b>	+00:11:36 (25.3%)	5:39	10.6 (74.6%)
28	<b>PACHURA Kinga</b>	<b>86</b>		K36-49	3	<b>00:45:53.60</b>	<b>00:45:56.15</b>	+00:11:43 (25.5%)	5:40	10.6 (74.6%)
29	<b>KRAJEWSKI Grzegorz</b>	<b>33</b>	TNB	M36-49	14	<b>00:45:49.30</b>	<b>00:45:57.75</b>	+00:11:45 (25.6%)	5:39	10.6 (74.6%)
30	<b>KALEMBKIEWICZ Piotr</b>	<b>24</b>	MIROTRANS	M36-49	15	<b>00:46:02.30</b>	<b>00:46:06.30</b>	+00:11:54 (25.8%)	5:41	10.5 (73.9%)
31	<b>DZIUK Łukasz</b>	<b>14</b>		M18-35	8	<b>00:48:21.50</b>	<b>00:48:28.80</b>	+00:14:16 (29.4%)	5:58	10 (70.4%)
32	<b>STRAK Tomasz</b>	<b>56</b>		M18-35	9	<b>00:48:23.55</b>	<b>00:48:30.60</b>	+00:14:18 (29.5%)	5:58	10 (70.4%)
33	<b>JAZY Szymon</b>	<b>23</b>		M18-35	10	<b>00:48:36.85</b>	<b>00:48:42.00</b>	+00:14:29 (29.8%)	6:00	10 (70.4%)
34	<b>DOMAŃSKI Sebastian</b>	<b>79</b>		M18-35	11	<b>00:48:52.30</b>	<b>00:49:00.20</b>	+00:14:47 (30.2%)	6:02	9.9 (69.7%)
35	<b>BOSEK Paweł</b>	<b>74</b>		M36-49	16	<b>00:48:57.10</b>	<b>00:49:04.55</b>	+00:14:52 (30.3%)	6:03	9.9 (69.7%)
36	<b>JASTRZEBSKI Michal</b>	<b>22</b>	JASTRUN	M36-49	17	<b>00:48:58.30</b>	<b>00:49:06.35</b>	+00:14:54 (30.3%)	6:03	9.9 (69.7%)
37	<b>FOGIEL-PAWŁOWSKA Agnieszka</b>	<b>15</b>		K36-49	4	<b>00:49:26.20</b>	<b>00:49:32.85</b>	+00:15:20 (31.0%)	6:06	9.8 (69.0%)
38	<b>ABULEWICZ Wojciech</b>	<b>73</b>	TRENING STUDIO 17	M50+	4	<b>00:49:38.30</b>	<b>00:49:41.85</b>	+00:15:29 (31.2%)	6:08	9.8 (69.0%)

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39	MAŃKOWSKI Maciej	78		M36-49	18	00:49:56.10	00:50:00.20	+00:15:47 (31.6%)	6:10	9.7 (68.3%)
40	WOJRACH Marcin	88	WILOCHTEAM	M18-35	12	00:50:45.80	00:50:51.90	+00:16:39 (32.8%)	6:16	9.6 (67.6%)
41	KALETA Aleksandra	25		K36-49	5	00:51:09.95	00:51:14.35	+00:17:02 (33.2%)	6:19	9.5 (66.9%)
42	CZOSNYKA Jarek	8		M50+	5	00:51:17.90	00:51:28.85	+00:17:16 (33.6%)	6:20	9.5 (66.9%)
43	MAĆZKA Krystyna	67	OTK RZEŹNIK	K50+	1	00:51:35.00	00:51:38.80	+00:17:26 (33.8%)	6:22	9.4 (66.2%)
44	SKACZKOWSKA Barbara	52		K36-49	6	00:52:12.65	00:52:15.90	+00:18:03 (34.6%)	6:27	9.3 (65.5%)
45	FRAĆKOWIAK Hanna	11	UKL 'ÓSEMKA' POLICE	K36-49	7	00:52:32.10	00:52:36.95	+00:18:24 (35.0%)	6:29	9.2 (64.8%)
46	KOPACKA Eliza	29		K18-35	2	00:52:42.55	00:52:45.75	+00:18:33 (35.2%)	6:30	9.2 (64.8%)
47	KOPACKI Grzegorz	30		M18-35	13	00:52:43.10	00:52:46.55	+00:18:34 (35.2%)	6:30	9.2 (64.8%)
48	ŻENINA Natalija	85	TRAVERSS	K50+	2	00:52:49.90	00:52:53.15	+00:18:40 (35.3%)	6:31	9.2 (64.8%)
49	KIRKIEWICZ Ireneusz	26	KOLEGA MAĆKA OŁAWA	M36-49	19	00:52:43.75	00:52:55.20	+00:18:42 (35.4%)	6:31	9.2 (64.8%)
50	KLEPACZ Piotr	28		M50+	6	00:52:57.50	00:53:02.90	+00:18:50 (35.5%)	6:32	9.2 (64.8%)
51	STĘŻYCKA Edyta	55		K36-49	8	00:52:59.50	00:53:04.35	+00:18:52 (35.6%)	6:33	9.2 (64.8%)
52	ŻUBRZAK Jacek	66		M36-49	20	00:52:59.70	00:53:11.60	+00:18:59 (35.7%)	6:33	9.2 (64.8%)
53	DĄBROWSKA Natalia	9	BIEG OPOLSKI ZAŁOGA GÓRSKA	K18-35	3	00:53:22.75	00:53:25.80	+00:19:13 (36.0%)	6:35	9.1 (64.1%)
54	ZALASIŃSKI Wiktor	65		M18-35	14	00:54:37.50	00:54:44.35	+00:20:32 (37.5%)	6:45	8.9 (62.7%)
55	KAPAK Jarosław	82		M36-49	21	00:54:37.25	00:54:48.15	+00:20:35 (37.6%)	6:45	8.9 (62.7%)
56	BROK Adam	5		M50+	7	00:54:42.25	00:54:48.20	+00:20:35 (37.6%)	6:45	8.9 (62.7%)
57	ŚWIERK Krystyna	58		K50+	3	00:55:20.05	00:55:24.15	+00:21:11 (38.3%)	6:50	8.8 (62.0%)
58	MASZTALSKI Jan	41		M36-49	22	00:59:14.75	00:59:20.70	+00:25:08 (42.4%)	7:19	8.2 (57.7%)
59	FURMANEK Agata	83		K18-35	4	00:59:20.70	00:59:28.80	+00:25:16 (42.5%)	7:20	8.2 (57.7%)
60	PIETRZAK Agnieszka	48		K18-35	5	01:00:11.45	01:00:17.40	+00:26:05 (43.3%)	7:26	8.1 (57.0%)
61	ŁOBASIUK Iwona	34	FUNDACJA KIERUNEK ULTRA	K36-49	9	01:00:27.20	01:00:37.10	+00:26:24 (43.6%)	7:28	8 (56.3%)

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62	WESOŁOWSKA Klaudia	62		K18-35	6	01:01:22.80	01:01:29.50	+00:27:17 (44.4%)	7:35	7.9 (55.6%)
63	HELIOSZ Joanna	75		K36-49	10	01:01:27.05	01:01:34.10	+00:27:21 (44.4%)	7:35	7.9 (55.6%)
64	BUCZYŃSKI Mikołaj	89		M-Open	2	01:01:43.20	01:01:47.60	+00:27:35 (44.6%)	7:37	7.9 (55.6%)
65	MARCINIAK Anna	37		K36-49	11	01:02:30.20	01:02:36.80	+00:28:24 (45.4%)	7:43	7.8 (54.9%)
66	GREHL Sylwia	84		K36-49	12	01:03:26.55	01:03:31.00	+00:29:18 (46.1%)	7:50	7.7 (54.2%)
67	JASTRZĘBSKI Rafał	93		M36-49	23	01:03:25.30	01:03:35.80	+00:29:23 (46.2%)	7:50	7.7 (54.2%)
68	JANASIK Aleksandra	21		K36-49	13	01:03:27.25	01:03:36.35	+00:29:24 (46.2%)	7:50	7.7 (54.2%)
69	MAKAREWICZ Sylwia	36		K36-49	14	01:03:27.85	01:03:37.15	+00:29:24 (46.2%)	7:50	7.6 (53.5%)
70	WITKOWSKA Monika	91		K50+	4	01:04:08.80	01:04:13.30	+00:30:01 (46.7%)	7:55	7.6 (53.5%)
71	MARCINIAK Marek	38	NADLEŚNICTWO LEGNICA	M36-49	24	01:04:06.10	01:04:13.60	+00:30:01 (46.7%)	7:55	7.6 (53.5%)
72	CHRÓŚCIAK Paweł Chróściak	12		M36-49	25	01:04:30.65	01:04:40.70	+00:30:28 (47.1%)	7:58	7.5 (52.8%)
73	JASICKI Julian	69	40 LATEK	M50+	8	01:06:34.15	01:06:39.65	+00:32:27 (48.7%)	8:13	7.3 (51.4%)
74	SZAŁAJSKA Magdalena	70		K18-35	7	01:07:25.35	01:07:33.50	+00:33:21 (49.4%)	8:20	7.2 (50.7%)
75	NIEDZIAŁKOWSKI Arkadiusz	44		M36-49	26	01:08:03.60	01:08:09.90	+00:33:57 (49.8%)	8:24	7.1 (50.0%)
76	SROCZYŃSKI Jakub	53	INDYWIDUALNA SPECJALISTYCZNA PRAKTYKA LEKARSKA J. SROCZYŃSKI	M36-49	27	01:08:05.25	01:08:11.80	+00:33:59 (49.8%)	8:24	7.1 (50.0%)
77	WANIAK-STEPNIAK Magdalena	61		K18-35	8	01:15:37.75	01:15:42.85	+00:41:30 (54.8%)	9:20	6.4 (45.1%)
78	STEPNIAK Tomek	54		M18-35	15	01:15:37.80	01:15:43.20	+00:41:30 (54.8%)	9:20	6.4 (45.1%)
79	PALUCH Agnieszka	45		K36-49	15	01:24:56.75	01:25:03.00	+00:50:50 (59.8%)	10:30	5.7 (40.1%)
80	KUCZAKOWSKA Joanna	72		K36-49	16	01:27:51.15	01:28:01.85	+00:53:49 (61.1%)	10:51	5.5 (38.7%)
81	KRUZEL Rafał	71		M36-49	28	01:27:53.50	01:28:02.60	+00:53:50 (61.2%)	10:51	5.5 (38.7%)

Znaleziono 81 wynik(ów)