



# III MARATON RZEŹNIKA

B4SPORT

**Wydarzenie:** X FESTIWAL BIEGU RZEŹNIKA  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2024-05-30  
**Miejsce:** Cisna  
**Dystans:** 52 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M50

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki I 15km	Solinka 28km	Roztoki II 41km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
1	<b>SOKOŁOWSKI Marek</b>	<b>1140</b>	ALPIN SPORT TEAM	M50	1	01:34:51	02:54:26	04:35:37	<b>06:01:49.55</b>	<b>06:01:53.45</b>		6:57	8.6 (100%)
2	<b>CZAJKA Tomasz</b>	<b>7015</b>		M50	2	01:40:35	03:04:58	04:52:33	<b>06:20:40.70</b>	<b>06:20:56.25</b>	+00:19:02 (5.0%)	7:19	8.2 (95.3%)
3	<b>KOZDROWICZ Karol</b>	<b>1419</b>	JAROSŁAWSKI BIEGACZ	M50	3	01:40:27	03:04:51	04:56:28	<b>06:26:39.65</b>	<b>06:26:49.80</b>	+00:24:56 (6.4%)	7:26	8.1 (94.2%)
4	<b>SZCZOTKA Paweł</b>	<b>1284</b>		M50	4	01:47:37	03:15:51	05:05:30	<b>06:43:37.35</b>	<b>06:43:45.55</b>	+00:41:52 (10.4%)	7:45	7.7 (89.5%)
5	<b>KOCIUMBAS Bartosz</b>	<b>1452</b>	KB SOBÓTKA	M50	5	01:47:57	03:21:10	05:18:07	<b>06:54:59.30</b>	<b>06:55:04.50</b>	+00:53:11 (12.8%)	7:58	7.5 (87.2%)
6	<b>MAKOWSKI Jerzy</b>	<b>1319</b>	MKS WŁODAWA	M50	6	01:51:49	03:25:44	05:24:00	<b>07:00:34.00</b>	<b>07:00:51.40</b>	+00:58:57 (14.0%)	8:05	7.4 (86.0%)
7	<b>SEMENIUK Piotr</b>	<b>1171</b>		M50	7	01:46:11	03:16:33	05:16:30	<b>07:01:19.70</b>	<b>07:01:34.60</b>	+00:59:41 (14.2%)	8:06	7.4 (86.0%)
8	<b>BUŁANOW Leszek</b>	<b>1285</b>		M50	8	01:46:55	03:19:22	05:21:41	<b>07:09:28.55</b>	<b>07:09:36.50</b>	+01:07:43 (15.8%)	8:15	7.3 (84.9%)
9	<b>LORENZ Marcin</b>	<b>1473</b>	GB GALOPUJĄCE ŚLIMAKI	M50	9	01:50:38	03:26:49	05:32:25	<b>07:13:01.15</b>	<b>07:13:08.30</b>	+01:11:14 (16.4%)	8:19	7.2 (83.7%)
10	<b>WÓJCIK Jacek</b>	<b>1121</b>		M50	10	01:45:59	03:19:13	05:25:11	<b>07:25:44.55</b>	<b>07:26:01.60</b>	+01:24:08 (18.9%)	8:34	7 (81.4%)
11	<b>RYCHLIICKI Waldemar</b>	<b>1180</b>	MAŁY RUNNERS TEAM	M50	11	01:52:26	03:28:56	05:32:34	<b>07:31:43.30</b>	<b>07:31:51.20</b>	+01:29:57 (19.9%)	8:41	6.9 (80.2%)
12	<b>KLIMKOWSKI Tomasz</b>	<b>1420</b>		M50	12	01:53:06	03:38:58	05:55:00	<b>07:41:14.45</b>	<b>07:41:19.60</b>	+01:39:26 (21.6%)	8:52	6.8 (79.1%)
13	<b>LASKOWSKI Piotr</b>	<b>1002</b>		M50	13	02:02:52	03:54:49	06:03:42	<b>07:43:55.45</b>	<b>07:44:11.70</b>	+01:42:18 (22.0%)	8:55	6.7 (77.9%)
14	<b>JANKOWIAK Przemysław</b>	<b>7029</b>		M50	14	01:55:51	03:34:44	05:48:51	<b>07:48:17.20</b>	<b>07:48:49.60</b>	+01:46:56 (22.8%)	9:00	6.7 (77.9%)
15	<b>PIASKOWSKI Łukasz</b>	<b>1141</b>	SANTANDER RUNNERS TEAM	M50	15	01:52:55	03:34:14	05:57:41	<b>07:57:26.90</b>	<b>07:57:47.10</b>	+01:55:53 (24.3%)	9:10	6.5 (75.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki I 15km	Solinka 28km	Roztoki II 41km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
16	<b>CIUK Piotr</b>	<b>7002</b>	YULO RUN TEAM SIEDLCE/ FUJITSU POLAND	M50	16	02:06:01	03:50:46	06:10:22	<b>08:03:46.30</b>	<b>08:04:46.00</b>	+02:02:52 (25.3%)	9:18	6.4 (74.4%)
17	<b>WALKOWIAK Rafał</b>	<b>1451</b>	KONIN RUN	M50	17	01:47:56	03:40:43	06:04:40	<b>08:05:06.75</b>	<b>08:05:33.40</b>	+02:03:39 (25.5%)	9:19	6.4 (74.4%)
18	<b>SZCZUREK Paweł</b>	<b>1166</b>	--	M50	18	01:49:36	03:29:08	05:53:34	<b>08:08:21.55</b>	<b>08:08:27.30</b>	+02:06:33 (25.9%)	9:23	6.4 (74.4%)
19	<b>ADAMCZYK Mariusz</b>	<b>1418</b>		M50	19	01:56:49	03:45:25	06:10:34	<b>08:18:20.45</b>	<b>08:18:40.95</b>	+02:16:47 (27.4%)	9:35	6.3 (73.3%)
20	<b>SMIT Maciej</b>	<b>1092</b>		M50	20	02:03:44	03:49:25	06:16:30	<b>08:27:20.55</b>	<b>08:28:29.40</b>	+02:26:35 (28.8%)	9:45	6.1 (70.9%)
21	<b>KUDRYCKI Jakub</b>	<b>1105</b>		M50	21	01:59:46	03:45:21	06:24:05	<b>08:37:54.40</b>	<b>08:38:13.50</b>	+02:36:20 (30.2%)	9:57	6 (69.8%)
22	<b>JARZYŃSKI Janusz</b>	<b>1153</b>	KONIN RUN	M50	22	02:06:02	03:59:51	06:32:30	<b>08:44:31.80</b>	<b>08:44:59.55</b>	+02:43:06 (31.1%)	10:05	5.9 (68.6%)
23	<b>MASŁOWSKI Artur</b>	<b>1205</b>	STOWARZYSZENIE NOWA NADZIEJA	M50	23	02:01:52	04:01:46	06:36:40	<b>08:44:20.85</b>	<b>08:45:26.35</b>	+02:43:32 (31.1%)	10:05	6 (69.8%)
24	<b>PAWELEC Piotr</b>	<b>1459</b>		M50	24	02:00:59	03:52:13	06:30:27	<b>08:45:58.25</b>	<b>08:46:09.55</b>	+02:44:16 (31.2%)	10:06	5.9 (68.6%)
25	<b>ETMAŃSKI Piotr</b>	<b>1228</b>	BUNGA BUNGATEAM	M50	25	02:09:19	04:01:42	06:28:39	<b>08:49:36.00</b>	<b>08:50:09.10</b>	+02:48:15 (31.7%)	10:11	5.9 (68.6%)
26	<b>KRUZEL Rafał</b>	<b>7039</b>		M50	26	02:16:25	04:17:36	06:39:08	<b>08:50:44.95</b>	<b>08:50:53.05</b>	+02:48:59 (31.8%)	10:12	5.9 (68.6%)
27	<b>RZEMIŃSKI Robert</b>	<b>1364</b>		M50	27	02:12:36	04:01:45	06:33:44	<b>08:51:34.95</b>	<b>08:52:45.35</b>	+02:50:51 (32.1%)	10:13	5.9 (68.6%)
28	<b>CERBA Jarosław</b>	<b>1057</b>		M50	28	02:02:06	03:59:17	06:41:08	<b>08:57:22.20</b>	<b>08:57:39.45</b>	+02:55:46 (32.7%)	10:20	5.8 (67.4%)
29	<b>SIEDLECKI Stanisław</b>	<b>1375</b>	CEDRUS TEAM	M50	29	02:13:58	04:09:54	06:44:41	<b>09:00:05.20</b>	<b>09:00:35.55</b>	+02:58:42 (33.1%)	10:23	5.8 (67.4%)
30	<b>JUSZCZAK Zbigniew</b>	<b>7016</b>	PKB KMP KALISZ	M50	30	02:19:30	04:14:33	06:44:03	<b>09:03:16.60</b>	<b>09:03:50.45</b>	+03:01:57 (33.5%)	10:26	5.7 (66.3%)
31	<b>KOŁOTUSZA Andrzej</b>	<b>1219</b>	ZASAPANI HYDRO	M50	31	02:02:05	04:08:07	06:51:51	<b>09:05:23.85</b>	<b>09:05:45.25</b>	+03:03:51 (33.7%)	10:29	5.7 (66.3%)
32	<b>RUCIŃSKI Adam</b>	<b>1224</b>		M50	32	02:15:56	04:14:33	06:48:44	<b>09:05:56.50</b>	<b>09:06:54.85</b>	+03:05:01 (33.8%)	10:29	5.7 (66.3%)
33	<b>MADEJ Grzegorz</b>	<b>1053</b>	DELTA FORCE	M50	33	02:05:30	03:59:36	06:36:22	<b>09:08:47.70</b>	<b>09:09:36.55</b>	+03:07:43 (34.2%)	10:33	5.7 (66.3%)
34	<b>KOSIOROWSKI Leszek</b>	<b>1111</b>	TEAM BIEG PIASTÓW	M50	34	02:17:56	04:13:53	06:56:27	<b>09:13:12.70</b>	<b>09:14:19.10</b>	+03:12:25 (34.7%)	10:38	5.6 (65.1%)
35	<b>NOWAK Jarosław</b>	<b>1067</b>	SPC	M50	35	02:06:18	04:02:45	06:52:26	<b>09:13:42.35</b>	<b>09:14:37.95</b>	+03:12:44 (34.8%)	10:38	5.6 (65.1%)
36	<b>PASTWA Janusz</b>	<b>1129</b>		M50	36	02:18:08	04:18:49	07:06:48	<b>09:30:07.75</b>	<b>09:30:42.00</b>	+03:28:48 (36.6%)	10:57	5.5 (64.0%)
37	<b>KWIATKOWSKI Arkadiusz</b>	<b>1032</b>	FABRYKA DZIKA	M50	37	02:24:13	04:32:11	07:10:03	<b>09:38:06.20</b>	<b>09:38:31.80</b>	+03:36:38 (37.4%)	11:07	5.4 (62.8%)
38	<b>KRAUZE Tomasz</b>	<b>1318</b>	STOWARZYSZENIE WROCŁAWSKIE MORSY	M50	38	02:27:02	04:42:03	07:19:54	<b>09:44:03.15</b>	<b>09:44:56.75</b>	+03:43:03 (38.1%)	11:13	5.3 (61.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki I 15km	Solinka 28km	Roztoki II 41km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
39	<b>LALEWICZ Wojciech</b>	<b>1237</b>	ASSECO ACTIVE TEAM	M50	39	02:05:55	04:32:26	07:22:17	<b>09:50:38.90</b>	<b>09:51:16.00</b>	+03:49:22 (38.8%)	11:21	5.3 (61.6%)
40	<b>PASTERNAK Robert</b>	<b>1432</b>		M50	40	02:25:24	04:34:47	07:24:31	<b>09:53:31.20</b>	<b>09:54:40.05</b>	+03:52:46 (39.1%)	11:24	5.3 (61.6%)
41	<b>BOSEK Pawel</b>	<b>1201</b>	BOSKI TEAM	M50	41	02:25:22	04:31:49	07:13:41	<b>09:57:36.10</b>	<b>09:58:18.25</b>	+03:56:24 (39.5%)	11:29	5.2 (60.5%)
42	<b>LUDWICZAK Mariusz</b>	<b>1149</b>	#WKURW-TEAM	M50	42	02:22:03	04:35:03	07:28:44	<b>09:58:45.70</b>	<b>09:59:51.80</b>	+03:57:58 (39.7%)	11:30	5.2 (60.5%)
43	<b>KONIECPOLSKI Krzysztof</b>	<b>1103</b>		M50	43	02:39:14	04:50:46	07:37:38	<b>10:07:21.65</b>	<b>10:08:15.25</b>	+04:06:21 (40.5%)	11:40	5.1 (59.3%)
44	<b>ZAKRZEWSKI Marek</b>	<b>1271</b>	OSZOŁOMKI TEAM	M50	44	02:18:23	04:31:56	07:52:33	<b>10:08:16.50</b>	<b>10:08:33.30</b>	+04:06:39 (40.5%)	11:41	5.1 (59.3%)
45	<b>BUKAŁA Jacek</b>	<b>1211</b>		M50	45	02:27:46	04:38:08	07:46:00	<b>10:26:11.35</b>	<b>10:26:39.40</b>	+04:24:45 (42.3%)	12:02	5 (58.1%)
46	<b>SUZANOWICZ Krzysztof</b>	<b>1234</b>		M50	46	02:23:25	04:41:12	07:47:38	<b>10:27:00.90</b>	<b>10:27:29.05</b>	+04:25:35 (42.3%)	12:03	5 (58.1%)
47	<b>BURY Marek</b>	<b>1387</b>		M50	47	02:20:52	04:31:53	07:41:11	<b>10:48:38.05</b>	<b>10:48:56.30</b>	+04:47:02 (44.2%)	12:28	4.8 (55.8%)
48	<b>BOHN Mariusz</b>	<b>1390</b>		M50	48	02:21:31	04:49:37	08:12:58	<b>10:48:39.15</b>	<b>10:48:59.90</b>	+04:47:06 (44.2%)	12:28	4.8 (55.8%)
49	<b>SKLEPOWICZ Jacek</b>	<b>1365</b>		M50	49	02:29:02	04:53:31	07:57:46	<b>10:58:47.80</b>	<b>10:58:59.95</b>	+04:57:06 (45.1%)	12:40	4.7 (54.7%)
50	<b>KADECKI Marek</b>	<b>1334</b>	AZS PANS CIECHANÓW	M50	50	02:42:32	05:13:42	08:25:38	<b>11:27:52.80</b>	<b>11:28:31.95</b>	+05:26:38 (47.4%)	13:13	4.5 (52.3%)
51	<b>KOCHAN Rafał</b>	<b>1327</b>		M50	51	02:25:43	04:37:56	07:47:36	<b>11:37:23.10</b>	<b>11:37:51.00</b>	+05:35:57 (48.1%)	13:24	4.5 (52.3%)
52	<b>SZCZEPOCKI Andrzej</b>	<b>1463</b>	NIEPOŁOMICE BIEGAJĄ	M50	52	02:49:00	05:30:04	08:51:00	<b>11:41:33.15</b>	<b>11:41:33.15</b>	+05:39:39 (48.4%)	13:29	4.4 (51.2%)
53	<b>PIETRUS Piotr</b>	<b>1016</b>	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M50	53	02:15:14	04:32:06	07:50:27	<b>11:45:06.20</b>	<b>11:45:43.45</b>	+05:43:50 (48.7%)	13:33	4.4 (51.2%)
54	<b>WIECZOREK Wojciech</b>	<b>1006</b>	WIECZORKI3	M50	54	02:55:35	05:35:47	09:14:41	<b>12:05:58.45</b>	<b>12:06:46.25</b>	+06:04:52 (50.2%)	13:57	4.3 (50.0%)
55	<b>WIŚNIEWSKI Grzegorz</b>	<b>1044</b>	XTREME FINTESS GYMS SZCZYTNO	M50	55	02:38:43	05:20:59	09:07:35	<b>12:44:08.65</b>	<b>12:44:50.80</b>	+06:42:57 (52.7%)	14:41	4.1 (47.7%)
<b>Przekroczony limit czasu: 13:00:00</b>													
56	<b>POŹDZIECH Mariusz</b>	<b>1309</b>		M50	56	02:54:57	05:59:36	10:09:08	<b>13:26:39.10</b>	<b>13:27:33.80</b>	+07:25:40 (55.2%)	15:30	3.9 (45.3%)
	<b>KOSSIŃSKI Przemysław</b>	<b>1384</b>		M50		02:34:18 DNF	05:21:57 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 57 wynik(ów)