



IX RZEŹNIK ULTRA

B4SPORT

Event: IX FESTIWAL BIEGU RZEŹNIKA
Organiser: Fundacja Bieg Rzeźnika
Date: 2023-06-09
Place: Cisna
Distance: 94.39 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: M40

Place	Participant	Number	Club	Category	MCat	Szlem	Przełęcz				Net time	Czas brutto	Pace	Pace
							Smerek 20km	Wetlina 45km	Roztokami 80km	Liszna 90km				
1	GRZĄDZIEL Dominik	2134	ATTIQ TEAM	M40	1		01:55:47	04:33:32	08:40:06		10:31:11.30	10:31:13.25	6:41	9 (100%)
2	GONCZARENKO Jarek	2142	RUN100LOVE	M40	2		02:00:55	04:51:04	09:27:32	10:43:17	11:25:00.60	11:25:04.40	+00:53:51 (7.9%)	7:15 8.3 (92.2%)
3	STROINSKI Daniel	2148	ATTIQ TEAM	M40	3		02:01:00	05:03:47	09:32:54	10:52:00	11:41:26.80	11:41:29.40	+01:10:16 (10.0%)	7:25 8.1 (90.0%)
4	SKWARA Marek	2080	SKWARA TEAM	M40	4		02:18:11	05:25:48	10:14:32	11:38:06	12:29:45.00	12:29:51.85	+01:58:38 (15.8%)	7:56 7.6 (84.4%)
5	SZCZUREK Dominik	2114	KIA WADOWSCY TEAM	M40	5		02:09:43	05:21:35	10:37:33	12:09:34	12:54:48.95	12:54:51.30	+02:23:38 (18.5%)	8:12 7.3 (81.1%)
6	KULCZYK Marcin	2127	ULTRA WAY TEAM	M40	6		02:15:38	05:34:27	10:44:11	12:05:05	12:55:05.85	12:55:07.30	+02:23:54 (18.6%)	8:12 7.3 (81.1%)
7	POTERA Maciej	2132		M40	7		02:31:36	05:46:53	10:44:28	12:10:36	13:03:53.25	13:03:57.65	+02:32:44 (19.5%)	8:18 7.2 (80.0%)
8	JARMOLIŃSKI Piotr	2144	MARCIN ŚWIERC TEAM	M40	8		02:05:56	05:31:29	11:05:54	12:31:23	13:23:28.90	13:23:32.10	+02:52:18 (21.4%)	8:30 7 (77.8%)
9	KASZUBIAK Konrad	2020		M40	9		02:09:46	05:22:05	11:05:46	12:57:11	13:59:44.35	13:59:46.15	+03:28:32 (24.8%)	8:53 6.7 (74.4%)
10	ROGALA Krystian	2086		M40	10		02:27:55	05:55:08	11:50:11	13:24:31	14:28:34.70	14:28:34.70	+03:57:21 (27.3%)	9:12 6.5 (72.2%)
11	PASTERZ Piotr	2110		M40	11		02:31:39	06:05:59	11:56:20	13:39:31	14:40:39.25	14:40:46.00	+04:09:32 (28.3%)	9:19 6.4 (71.1%)
12	BILSKI Bartosz	2096	PRZEDWOJEWSKI TEAM	M40	12		02:24:14	06:01:21	11:53:16	13:41:44	14:42:49.00	14:42:52.70	+04:11:39 (28.5%)	9:21 6.4 (71.1%)
13	KMIEĆ Andrzej	2087	TURBO PRUSZKÓW	M40	13		02:20:12	05:58:30	11:52:53	13:51:35	14:51:31.90	14:51:35.10	+04:20:21 (29.2%)	9:26 6.4 (71.1%)
14	ROSZCZYK Karol	2061		M40	14		02:29:36	06:12:40	12:24:28	14:12:03	15:17:14.35	15:17:27.40	+04:46:14 (31.2%)	9:43 6.2 (68.9%)
15	KUSZTEŁAK Jacek	16	ZIEMO-WIT TEAM	M40	15		02:55:49	06:40:18	12:39:50	14:17:37	15:19:07.55	15:19:14.60	+04:48:01 (31.3%)	9:44 6.2 (68.9%)

Place	Participant	Number	Club	Category	MCat	Szlem	Przełęcz nad				Net time	Czas brutto	Gap	Pace min/km	Pace km/h
							Smerek 20km	Wetlina 45km	Roztokami 80km	Liszna 90km					
16	SKRUCH Paweł	2072	RUNPROGRESS.PL	M40	16		02:35:54	06:19:55	12:29:17	14:17:35	15:20:51.00	15:21:01.00	+04:49:47 (31.5%)	9:45	6.2 (68.9%)
17	SZCZURKO Jarosław	2066	42K PRO TEAM	M40	17		02:36:55	06:27:19	12:38:10	14:30:39	15:29:13.05	15:29:19.90	+04:58:06 (32.1%)	9:50	6.1 (67.8%)
18	PABIS Marek	2068		M40	18		02:27:57	06:19:19	12:39:35	14:32:45	15:34:03.25	15:34:10.70	+05:02:57 (32.4%)	9:53	6.1 (67.8%)
19	TUREK Emil	2124		M40	19		02:45:31	06:23:50	12:38:24	14:34:54	15:34:04.00	15:34:22.80	+05:03:09 (32.4%)	9:53	6.1 (67.8%)
20	JAWORSKI Konrad	2033		M40	20		02:15:04	05:55:15		14:31:41	15:37:17.40	15:37:17.40	+05:06:04 (32.7%)	9:55	6 (66.7%)
21	RAMOTOWSKI Marcin	2098		M40	21		02:36:01	06:20:08	12:37:44	14:32:55	15:42:35.35	15:42:35.35	+05:11:22 (33.0%)	9:59	6 (66.7%)
22	LEWANDOWSKI Przemysław	2102	DZIEŃ RĘCZNIKA	M40	22		02:41:47	06:28:33	12:57:27	14:38:28	15:42:52.15	15:43:05.85	+05:11:52 (33.1%)	9:59	6 (66.7%)
23	KIELAR Maciej	2081		M40	23		02:33:26	06:25:30	12:49:00	14:39:07	15:42:54.80	15:43:10.55	+05:11:57 (33.1%)	9:59	6 (66.7%)
24	PAJDOSZ Rafał	2077	KB BIAŁA BIEGA	M40	24		02:29:49	06:06:40	12:38:23	14:28:58	15:45:07.50	15:45:11.40	+05:13:58 (33.2%)	10:00	6 (66.7%)
25	LEPIARZ Grzegorz	2092		M40	25		02:45:38		12:57:10	14:59:42	15:56:00.95	15:56:22.80	+05:25:09 (34.0%)	10:07	5.9 (65.6%)
26	SOPOTNICKI Wojciech	2084		M40	26		02:49:17	06:50:56	13:11:58	14:57:22	16:00:51.90	16:00:57.55	+05:29:44 (34.3%)	10:10	5.9 (65.6%)
27	LOSKA Piotr	2123		M40	27		02:29:47	06:14:46	12:07:44	15:00:53	16:03:31.15	16:03:37.80	+05:32:24 (34.5%)	10:12	5.9 (65.6%)
28	MICHAŁOWSKI Marcin	2106		M40	28		02:47:03	07:00:11	13:17:29	15:04:14	16:06:31.15	16:06:38.40	+05:35:25 (34.7%)	10:14	5.9 (65.6%)
29	JARMUŻEK Paweł	2125		M40	29		02:24:30	06:17:19	13:01:47	15:20:29	16:12:27.10	16:12:32.65	+05:41:19 (35.1%)	10:18	5.8 (64.4%)
30	KUROWSKI Maciej	2032	NN RUNNIG TEAM/ŻÓRAWSKI TEAM	M40	30		02:22:18	05:44:12	11:37:04	15:04:40	16:16:19.60	16:16:22.90	+05:45:09 (35.4%)	10:20	5.8 (64.4%)
31	MACIASZCZYK Karol	2075		M40	31		02:40:58	06:30:46	13:01:21	15:07:37	16:16:41.70	16:16:51.80	+05:45:38 (35.4%)	10:20	5.8 (64.4%)
32	KOŁODZIEJSKI Robert	2015		M40	32		02:41:14	06:27:32	12:51:57	15:07:46	16:17:22.55	16:17:22.55	+05:46:09 (35.4%)	10:21	5.8 (64.4%)
33	DUDEK Adam	2001		M40	33		02:30:11	06:20:38	13:00:01	15:10:01	16:21:07.65	16:21:11.85	+05:49:58 (35.7%)	10:23	5.8 (64.4%)
34	SADKOWSKI Paweł	2003	ZABIEGANY SKARYSZEW	M40	34			06:21:42	13:13:09	15:15:00	16:31:37.75	16:31:39.45	+06:00:26 (36.3%)	10:30	5.7 (63.3%)
35	SZKLARSKI Jacek	2091		M40	35		02:43:13	06:42:45	13:39:06	15:37:50	16:44:32.15	16:44:47.95	+06:13:34 (37.2%)	10:38	5.6 (62.2%)
36	BOKSZA Piotr	2065	TIME4RUNNING	M40	36		02:43:29	06:45:44	13:51:39	15:47:38	16:47:18.05	16:47:28.90	+06:16:15 (37.3%)	10:40	5.6 (62.2%)
37	KOLTERNIAK Maciej	2022	QUEENS PARK HARRIERS	M40	37		02:22:28	06:28:12	13:26:26	15:45:27	16:48:49.35	16:48:54.20	+06:17:40 (37.4%)	10:41	5.6 (62.2%)
38	KOZIK Tomasz	2090	SPRINTEX TEAM	M40	38		02:20:20	05:51:15	14:18:23	16:13:17	17:13:43.95	17:13:48.80	+06:42:35 (38.9%)	10:57	5.5 (61.1%)

Place	Participant	Number	Club	Category	MCat	Szlem	Przełęcz nad				Net time	Czas brutto	Gap	Pace min/km	Pace km/h
							Smerek 20km	Wetlina 45km	Roztokami 80km	Liszna 90km					
39	ROMAN Jan	2137	MELO RUNNERS CLUB	M40	39		02:30:33	06:28:49	13:39:21	16:20:42	17:33:22.70	17:33:25.70	+07:02:12 (40.1%)	11:09	5.4 (60.0%)
40	ZIENCINA Marcin	2119		M40	40		02:42:44	06:50:33	14:24:17	16:44:11	17:58:05.70	17:58:10.75	+07:26:57 (41.5%)	11:25	5.3 (58.9%)
41	NOWAK Piotr	2036	TEAM DALI-DALI	M40	41		02:43:44	07:00:14	14:57:55	17:00:55	18:07:14.00	18:07:22.10	+07:36:08 (41.9%)	11:31	5.2 (57.8%)
42	SCHWITALLA Adrian	2141	PURA VIDA TEAM	M40	42		02:41:46	07:03:08	14:45:31	17:00:01	18:12:07.45	18:12:19.90	+07:41:06 (42.2%)	11:34	5.2 (57.8%)
43	GAWLIK Marcin	2111	PURA VIDA TEAM	M40	43		02:41:43	07:03:10	14:45:48	17:01:00	18:12:07.35	18:12:20.40	+07:41:07 (42.2%)	11:34	5.2 (57.8%)
44	MARSZAŁEK Sławomir	2076	MARSZALEK-OSTEOPATIA.PL	M40	44		02:40:10	07:00:12	14:41:04	16:59:40	18:19:18.90	18:19:32.80	+07:48:19 (42.6%)	11:38	5.2 (57.8%)
45	SZUBA Mariusz	2074	NO EXCUSES TEAM	M40	45		03:03:04	07:15:15	14:47:30	17:04:17	18:19:35.80	18:19:54.30	+07:48:41 (42.6%)	11:38	5.2 (57.8%)
46	KOLECKI Jakub	2038	KOLETZKYSAM	M40	46		03:07:04	07:16:48	14:51:18	17:12:34	18:26:11.10	18:26:26.85	+07:55:13 (43.0%)	11:43	5.1 (56.7%)
47	WNUK Krystian	2118		M40	47		03:05:23	07:16:51	14:56:21	17:16:20	18:26:12.60	18:26:26.90	+07:55:13 (43.0%)	11:43	5.1 (56.7%)
48	CETNAR Grzegorz	2027	HURAGAN LIGOTA	M40	48		02:59:35	07:28:58	15:09:16	17:26:26	18:27:52.90	18:28:04.65	+07:56:51 (43.0%)	11:44	5.1 (56.7%)
49	GRZONDZIEL Mirosław	2026	HURAGAN LIGOTA	M40	49		02:59:36	07:29:01	15:09:23	17:26:33	18:31:46.75	18:31:58.95	+08:00:45 (43.2%)	11:46	5.1 (56.7%)
50	KULPA Tomasz	2043		M40	50		02:53:34	07:15:03	14:54:36	17:31:20	18:37:31.05	18:37:50.45	+08:06:37 (43.5%)	11:50	5.1 (56.7%)
51	KLOS Wojciech	2062		M40	51		03:07:28	07:39:49	15:04:30	17:31:20	18:38:14.75	18:38:32.40	+08:07:19 (43.6%)	11:50	5.1 (56.7%)
52	RADOMSKI Grzegorz	2024		M40	52		02:42:26	07:01:48	15:06:49	17:24:39	18:40:52.85	18:41:00.95	+08:09:47 (43.7%)	11:52	5.1 (56.7%)
53	KOCHAJ Wojciech	15		M40	53		03:10:05	07:50:42	15:23:12	17:28:05	18:41:49.30	18:41:59.05	+08:10:45 (43.7%)	11:53	5 (55.6%)
54	OLENDER Marcin	2017		M40	54		02:58:58	07:27:25			18:52:25.65	18:52:43.25	+08:21:30 (44.3%)	11:59	5 (55.6%)
55	GRZELAK Michał	2099	MICHAŁY	M40	55		02:46:02	07:00:09	15:18:46	17:56:20	19:11:06.35	19:11:12.20	+08:39:58 (45.2%)	12:11	4.9 (54.4%)
56	LEWANDOWSKI Rafał	2115	SPC	M40	56		02:43:58	07:26:44	15:26:20	17:58:29	19:34:29.05	19:34:38.65	+09:03:25 (46.3%)	12:26	4.8 (53.3%)
57	ALBIŃSKI Tomasz	2050	RUNNING FROGS	M40	57		03:01:47	07:28:43	15:30:22	18:02:11	19:35:03.85	19:35:24.30	+09:04:11 (46.3%)	12:26	4.8 (53.3%)
58	BIAŁEK Rafał	2105		M40	58		03:00:27	07:40:24	15:40:23	18:11:55	19:44:47.75	19:45:09.20	+09:13:55 (46.7%)	12:33	4.8 (53.3%)
59	PIĘNKOSZ Wojciech	2011	PGE ENERGETIC RUNNING/PODIUM	M40	59		02:38:35		15:31:36	18:17:42	19:56:52.45	19:56:56.35	+09:25:43 (47.3%)	12:40	4.7 (52.2%)
60	PAŚNIK Dariusz	2053		M40	60		03:03:19	07:28:13	15:30:25	18:19:11	20:03:30.85	20:03:44.05	+09:32:30 (47.6%)	12:45	4.7 (52.2%)
61	HERMAN Paweł	21	MLUKS TRZEBIATÓW	M40	61		03:26:36	08:12:23	15:54:19	18:36:53	20:11:41.15	20:11:57.20	+09:40:43 (47.9%)	12:50	4.7 (52.2%)

Place	Participant	Number	Club	Category	MCat	Szlem	Przełęcz nad			Liszna 90km	Net time 94.39km	Czas brutto 94.39km	Gap	Pace min/km	Pace km/h
							Smerek 20km	Wetlina 45km	Roztokami 80km						
62	BIEL Tomek	2143	ROLKINAUKA.OLIMPIASPORT.PL	M40	62		03:22:05	08:33:44	16:03:46	18:32:51	20:18:52.40	20:18:54.10	+09:47:40 (48.2%)	12:54	4.6 (51.1%)
63	RADZKI Rafał	2113		M40	63		02:48:58	07:47:49	16:17:23	18:53:33	20:22:18.10	20:22:36.40	+09:51:23 (48.4%)	12:56	4.6 (51.1%)
64	SIKORSKI Dariusz	2089		M40	64		02:36:58	06:42:07	15:48:20	18:41:42	20:26:04.30	20:26:10.60	+09:54:57 (48.5%)	12:59	4.6 (51.1%)
65	ŚWIĄTEK Michał	1	SFORABMK	M40	65		03:03:12	08:13:12	16:37:16	18:45:19	20:26:24.20	20:26:43.80	+09:55:30 (48.5%)	12:59	4.6 (51.1%)
Przekroczony limit czasu: 21:00:00															
66	MASŁOWSKI Marcin	8	KKM KOZIENICE	M40	66		03:19:41	08:23:29	16:56:50		21:06:43.90	21:07:02.80	+10:35:49 (50.2%)	13:25	4.5 (50.0%)
	SZAFRANIEC Tomasz	2060	MIĘDZYRZECKIE GAZELE	M40			02:07:30 DNF	05:56:09 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	KOT Rafał	2149	GÓRAL Z MAZUR RUNNING TEAM	M40			02:07:31 DNF	05:58:24 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	WILCZYŃSKI Marcin	2067		M40			02:45:18 DNF	07:25:02 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	BANKOWSKI Maciej	2058		M40			02:56:12 DNF	08:10:55 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	ZIMON Marcin	2041		M40			03:16:50 DNF	08:17:47 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	PIECHOTA Maciej	2048	WWW.POMOZPRZEMKOWI.PL	M40			03:30:14 DNF	08:31:46 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	HORDYŃSKI Wojtek	2046		M40			03:30:09 DNF	08:32:01 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	SOKULSKI Marcin	2035	KASZANKI	M40			03:24:05 DNF	08:33:23 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	NECZAJ Andrzej	2031		M40			03:03:29 DNF	DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	TUORA Robert	2	AMBITNI AMATORZY	M40			04:07:52 DNF	DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	NOWAKOWSKI Norbert	2049		M40			DNF	DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)

Total 77 results.