



**Wydarzenie:** IX FESTIWAL BIEGU RZEŹNIKA  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2023-06-09  
**Miejsce:** Cisna  
**Dystans:** 94.39 km

## IX RZEŹNIK ULTRA

B4SPORT

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Smerek 20km	Wetlina 45km	Przełęcz nad Roztokami 80km	Liszna 90km	Czas netto 94.39km	Czas brutto 94.39km	Różn	Tempo min/km	Tempo km/h
1	<b>GRZĄDZIEL Dominik</b>	<b>2134</b>	ATTIQ TEAM	M40	1		01:55:47	04:33:32	08:40:06		<b>10:31:11.30</b>	<b>10:31:13.25</b>		6:41	9 (100%)
2	<b>GONCZARENKO Jarek</b>	<b>2142</b>	RUN100LOVE	M40	2		02:00:55	04:51:04	09:27:32	10:43:17	<b>11:25:00.60</b>	<b>11:25:04.40</b>	+00:53:51 (7.9%)	7:15	8.3 (92.2%)
3	<b>STROINSKI Daniel</b>	<b>2148</b>	ATTIQ TEAM	M40	3		02:01:00	05:03:47	09:32:54	10:52:00	<b>11:41:26.80</b>	<b>11:41:29.40</b>	+01:10:16 (10.0%)	7:25	8.1 (90.0%)
4	<b>SKWARA Marek</b>	<b>2080</b>	SKWARA TEAM	M40	4		02:18:11	05:25:48	10:14:32	11:38:06	<b>12:29:45.00</b>	<b>12:29:51.85</b>	+01:58:38 (15.8%)	7:56	7.6 (84.4%)
5	<b>SZCZUREK Dominik</b>	<b>2114</b>	KIA WADOWSCY TEAM	M40	5		02:09:43	05:21:35	10:37:33	12:09:34	<b>12:54:48.95</b>	<b>12:54:51.30</b>	+02:23:38 (18.5%)	8:12	7.3 (81.1%)
6	<b>KULCZYK Marcin</b>	<b>2127</b>	ULTRA WAY TEAM	M40	6		02:15:38	05:34:27	10:44:11	12:05:05	<b>12:55:05.85</b>	<b>12:55:07.30</b>	+02:23:54 (18.6%)	8:12	7.3 (81.1%)
7	<b>POTERA Maciej</b>	<b>2132</b>		M40	7		02:31:36	05:46:53	10:44:28	12:10:36	<b>13:03:53.25</b>	<b>13:03:57.65</b>	+02:32:44 (19.5%)	8:18	7.2 (80.0%)
8	<b>JARMOLIŃSKI Piotr</b>	<b>2144</b>	MARCIN ŚWIERC TEAM	M40	8		02:05:56	05:31:29	11:05:54	12:31:23	<b>13:23:28.90</b>	<b>13:23:32.10</b>	+02:52:18 (21.4%)	8:30	7 (77.8%)
9	<b>KASZUBIAK Konrad</b>	<b>2020</b>		M40	9		02:09:46	05:22:05	11:05:46	12:57:11	<b>13:59:44.35</b>	<b>13:59:46.15</b>	+03:28:32 (24.8%)	8:53	6.7 (74.4%)
10	<b>ROGALA Krystian</b>	<b>2086</b>		M40	10		02:27:55	05:55:08	11:50:11	13:24:31	<b>14:28:34.70</b>	<b>14:28:34.70</b>	+03:57:21 (27.3%)	9:12	6.5 (72.2%)
11	<b>PASTERZ Piotr</b>	<b>2110</b>		M40	11		02:31:39	06:05:59	11:56:20	13:39:31	<b>14:40:39.25</b>	<b>14:40:46.00</b>	+04:09:32 (28.3%)	9:19	6.4 (71.1%)
12	<b>BILSKI Bartosz</b>	<b>2096</b>	PRZEDWOJEWSKI TEAM	M40	12		02:24:14	06:01:21	11:53:16	13:41:44	<b>14:42:49.00</b>	<b>14:42:52.70</b>	+04:11:39 (28.5%)	9:21	6.4 (71.1%)
13	<b>KMIEĆ Andrzej</b>	<b>2087</b>	TURBO PRUSZKÓW	M40	13		02:20:12	05:58:30	11:52:53	13:51:35	<b>14:51:31.90</b>	<b>14:51:35.10</b>	+04:20:21 (29.2%)	9:26	6.4 (71.1%)
14	<b>ROSZCZYK Karol</b>	<b>2061</b>		M40	14		02:29:36	06:12:40	12:24:28	14:12:03	<b>15:17:14.35</b>	<b>15:17:27.40</b>	+04:46:14 (31.2%)	9:43	6.2 (68.9%)
15	<b>KUSZTEŁAK Jacek</b>	<b>16</b>	ZIEMO-WIT TEAM	M40	15		02:55:49	06:40:18	12:39:50	14:17:37	<b>15:19:07.55</b>	<b>15:19:14.60</b>	+04:48:01 (31.3%)	9:44	6.2 (68.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Przełęcz nad			Liszna 90km	Czas netto 94.39km	Czas brutto 94.39km	Różn	Tempo min/km	Tempo km/h
							Smerek 20km	Wetlina 45km	Roztokami 80km						
16	<b>SKRUCH Paweł</b>	<b>2072</b>	RUNPROGRESS.PL	M40	16		02:35:54	06:19:55	12:29:17	14:17:35	<b>15:20:51.00</b>	<b>15:21:01.00</b>	+04:49:47 (31.5%)	9:45	6.2 (68.9%)
17	<b>SZCZURKO Jarosław</b>	<b>2066</b>	42K PRO TEAM	M40	17		02:36:55	06:27:19	12:38:10	14:30:39	<b>15:29:13.05</b>	<b>15:29:19.90</b>	+04:58:06 (32.1%)	9:50	6.1 (67.8%)
18	<b>PABIS Marek</b>	<b>2068</b>		M40	18		02:27:57	06:19:19	12:39:35	14:32:45	<b>15:34:03.25</b>	<b>15:34:10.70</b>	+05:02:57 (32.4%)	9:53	6.1 (67.8%)
19	<b>TUREK Emil</b>	<b>2124</b>		M40	19		02:45:31	06:23:50	12:38:24	14:34:54	<b>15:34:04.00</b>	<b>15:34:22.80</b>	+05:03:09 (32.4%)	9:53	6.1 (67.8%)
20	<b>JAWORSKI Konrad</b>	<b>2033</b>		M40	20		02:15:04	05:55:15		14:31:41	<b>15:37:17.40</b>	<b>15:37:17.40</b>	+05:06:04 (32.7%)	9:55	6 (66.7%)
21	<b>RAMOTOWSKI Marcin</b>	<b>2098</b>		M40	21		02:36:01	06:20:08	12:37:44	14:32:55	<b>15:42:35.35</b>	<b>15:42:35.35</b>	+05:11:22 (33.0%)	9:59	6 (66.7%)
22	<b>LEWANDOWSKI Przemysław</b>	<b>2102</b>	DZIEŃ RĘCZNIKA	M40	22		02:41:47	06:28:33	12:57:27	14:38:28	<b>15:42:52.15</b>	<b>15:43:05.85</b>	+05:11:52 (33.1%)	9:59	6 (66.7%)
23	<b>KIELAR Maciej</b>	<b>2081</b>		M40	23		02:33:26	06:25:30	12:49:00	14:39:07	<b>15:42:54.80</b>	<b>15:43:10.55</b>	+05:11:57 (33.1%)	9:59	6 (66.7%)
24	<b>PAJDOSZ Rafał</b>	<b>2077</b>	KB BIAŁA BIEGA	M40	24		02:29:49	06:06:40	12:38:23	14:28:58	<b>15:45:07.50</b>	<b>15:45:11.40</b>	+05:13:58 (33.2%)	10:00	6 (66.7%)
25	<b>LEPIARZ Grzegorz</b>	<b>2092</b>		M40	25		02:45:38		12:57:10	14:59:42	<b>15:56:00.95</b>	<b>15:56:22.80</b>	+05:25:09 (34.0%)	10:07	5.9 (65.6%)
26	<b>SOPOTNICKI Wojciech</b>	<b>2084</b>		M40	26		02:49:17	06:50:56	13:11:58	14:57:22	<b>16:00:51.90</b>	<b>16:00:57.55</b>	+05:29:44 (34.3%)	10:10	5.9 (65.6%)
27	<b>LOSKA Piotr</b>	<b>2123</b>		M40	27		02:29:47	06:14:46	12:07:44	15:00:53	<b>16:03:31.15</b>	<b>16:03:37.80</b>	+05:32:24 (34.5%)	10:12	5.9 (65.6%)
28	<b>MICHAŁOWSKI Marcin</b>	<b>2106</b>		M40	28		02:47:03	07:00:11	13:17:29	15:04:14	<b>16:06:31.15</b>	<b>16:06:38.40</b>	+05:35:25 (34.7%)	10:14	5.9 (65.6%)
29	<b>JARMUŻEK Paweł</b>	<b>2125</b>		M40	29		02:24:30	06:17:19	13:01:47	15:20:29	<b>16:12:27.10</b>	<b>16:12:32.65</b>	+05:41:19 (35.1%)	10:18	5.8 (64.4%)
30	<b>KUROWSKI Maciej</b>	<b>2032</b>	NN RUNNIG TEAM/ŻÓRAWSKI TEAM	M40	30		02:22:18	05:44:12	11:37:04	15:04:40	<b>16:16:19.60</b>	<b>16:16:22.90</b>	+05:45:09 (35.4%)	10:20	5.8 (64.4%)
31	<b>MACIASZCZYK Karol</b>	<b>2075</b>		M40	31		02:40:58	06:30:46	13:01:21	15:07:37	<b>16:16:41.70</b>	<b>16:16:51.80</b>	+05:45:38 (35.4%)	10:20	5.8 (64.4%)
32	<b>KOŁODZIEJSKI Robert</b>	<b>2015</b>		M40	32		02:41:14	06:27:32	12:51:57	15:07:46	<b>16:17:22.55</b>	<b>16:17:22.55</b>	+05:46:09 (35.4%)	10:21	5.8 (64.4%)
33	<b>DUDEK Adam</b>	<b>2001</b>		M40	33		02:30:11	06:20:38	13:00:01	15:10:01	<b>16:21:07.65</b>	<b>16:21:11.85</b>	+05:49:58 (35.7%)	10:23	5.8 (64.4%)
34	<b>SADKOWSKI Paweł</b>	<b>2003</b>	ZABIEGANY SKARYSZEW	M40	34			06:21:42	13:13:09	15:15:00	<b>16:31:37.75</b>	<b>16:31:39.45</b>	+06:00:26 (36.3%)	10:30	5.7 (63.3%)
35	<b>SZKLARSKI Jacek</b>	<b>2091</b>		M40	35		02:43:13	06:42:45	13:39:06	15:37:50	<b>16:44:32.15</b>	<b>16:44:47.95</b>	+06:13:34 (37.2%)	10:38	5.6 (62.2%)
36	<b>BOKSZA Piotr</b>	<b>2065</b>	TIME4RUNNING	M40	36		02:43:29	06:45:44	13:51:39	15:47:38	<b>16:47:18.05</b>	<b>16:47:28.90</b>	+06:16:15 (37.3%)	10:40	5.6 (62.2%)
37	<b>KOLTERNIAK Maciej</b>	<b>2022</b>	QUEENS PARK HARRIERS	M40	37		02:22:28	06:28:12	13:26:26	15:45:27	<b>16:48:49.35</b>	<b>16:48:54.20</b>	+06:17:40 (37.4%)	10:41	5.6 (62.2%)
38	<b>KOZIK Tomasz</b>	<b>2090</b>	SPRINTEX TEAM	M40	38		02:20:20	05:51:15	14:18:23	16:13:17	<b>17:13:43.95</b>	<b>17:13:48.80</b>	+06:42:35 (38.9%)	10:57	5.5 (61.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Przełęcz nad			Liszna 90km	Czas netto 94.39km	Czas brutto 94.39km	Różn	Tempo min/km	Tempo km/h
							Smerek 20km	Wetlina 45km	Roztokami 80km						
39	<b>ROMAN Jan</b>	<b>2137</b>	MELO RUNNERS CLUB	M40	39		02:30:33	06:28:49	13:39:21	16:20:42	<b>17:33:22.70</b>	<b>17:33:25.70</b>	+07:02:12 (40.1%)	11:09	5.4 (60.0%)
40	<b>ZIENCINA Marcin</b>	<b>2119</b>		M40	40		02:42:44	06:50:33	14:24:17	16:44:11	<b>17:58:05.70</b>	<b>17:58:10.75</b>	+07:26:57 (41.5%)	11:25	5.3 (58.9%)
41	<b>NOWAK Piotr</b>	<b>2036</b>	TEAM DALI-DALI	M40	41		02:43:44	07:00:14	14:57:55	17:00:55	<b>18:07:14.00</b>	<b>18:07:22.10</b>	+07:36:08 (41.9%)	11:31	5.2 (57.8%)
42	<b>SCHWITALLA Adrian</b>	<b>2141</b>	PURA VIDA TEAM	M40	42		02:41:46	07:03:08	14:45:31	17:00:01	<b>18:12:07.45</b>	<b>18:12:19.90</b>	+07:41:06 (42.2%)	11:34	5.2 (57.8%)
43	<b>GAWLIK Marcin</b>	<b>2111</b>	PURA VIDA TEAM	M40	43		02:41:43	07:03:10	14:45:48	17:01:00	<b>18:12:07.35</b>	<b>18:12:20.40</b>	+07:41:07 (42.2%)	11:34	5.2 (57.8%)
44	<b>MARSZAŁEK Sławomir</b>	<b>2076</b>	MARSZALEK-OSTEOPATIA.PL	M40	44		02:40:10	07:00:12	14:41:04	16:59:40	<b>18:19:18.90</b>	<b>18:19:32.80</b>	+07:48:19 (42.6%)	11:38	5.2 (57.8%)
45	<b>SZUBA Mariusz</b>	<b>2074</b>	NO EXCUSES TEAM	M40	45		03:03:04	07:15:15	14:47:30	17:04:17	<b>18:19:35.80</b>	<b>18:19:54.30</b>	+07:48:41 (42.6%)	11:38	5.2 (57.8%)
46	<b>KOLECKI Jakub</b>	<b>2038</b>	KOLETZKYSAM	M40	46		03:07:04	07:16:48	14:51:18	17:12:34	<b>18:26:11.10</b>	<b>18:26:26.85</b>	+07:55:13 (43.0%)	11:43	5.1 (56.7%)
47	<b>WNUK Krystian</b>	<b>2118</b>		M40	47		03:05:23	07:16:51	14:56:21	17:16:20	<b>18:26:12.60</b>	<b>18:26:26.90</b>	+07:55:13 (43.0%)	11:43	5.1 (56.7%)
48	<b>CETNAR Grzegorz</b>	<b>2027</b>	HURAGAN LIGOTA	M40	48		02:59:35	07:28:58	15:09:16	17:26:26	<b>18:27:52.90</b>	<b>18:28:04.65</b>	+07:56:51 (43.0%)	11:44	5.1 (56.7%)
49	<b>GRZONDZIEL Mirosław</b>	<b>2026</b>	HURAGAN LIGOTA	M40	49		02:59:36	07:29:01	15:09:23	17:26:33	<b>18:31:46.75</b>	<b>18:31:58.95</b>	+08:00:45 (43.2%)	11:46	5.1 (56.7%)
50	<b>KULPA Tomasz</b>	<b>2043</b>		M40	50		02:53:34	07:15:03	14:54:36	17:31:20	<b>18:37:31.05</b>	<b>18:37:50.45</b>	+08:06:37 (43.5%)	11:50	5.1 (56.7%)
51	<b>KLOS Wojciech</b>	<b>2062</b>		M40	51		03:07:28	07:39:49	15:04:30	17:31:20	<b>18:38:14.75</b>	<b>18:38:32.40</b>	+08:07:19 (43.6%)	11:50	5.1 (56.7%)
52	<b>RADOMSKI Grzegorz</b>	<b>2024</b>		M40	52		02:42:26	07:01:48	15:06:49	17:24:39	<b>18:40:52.85</b>	<b>18:41:00.95</b>	+08:09:47 (43.7%)	11:52	5.1 (56.7%)
53	<b>KOCHAJ Wojciech</b>	<b>15</b>		M40	53		03:10:05	07:50:42	15:23:12	17:28:05	<b>18:41:49.30</b>	<b>18:41:59.05</b>	+08:10:45 (43.7%)	11:53	5 (55.6%)
54	<b>OLENDER Marcin</b>	<b>2017</b>		M40	54		02:58:58	07:27:25			<b>18:52:25.65</b>	<b>18:52:43.25</b>	+08:21:30 (44.3%)	11:59	5 (55.6%)
55	<b>GRZELAK Michał</b>	<b>2099</b>	MICHAŁY	M40	55		02:46:02	07:00:09	15:18:46	17:56:20	<b>19:11:06.35</b>	<b>19:11:12.20</b>	+08:39:58 (45.2%)	12:11	4.9 (54.4%)
56	<b>LEWANDOWSKI Rafał</b>	<b>2115</b>	SPC	M40	56		02:43:58	07:26:44	15:26:20	17:58:29	<b>19:34:29.05</b>	<b>19:34:38.65</b>	+09:03:25 (46.3%)	12:26	4.8 (53.3%)
57	<b>ALBIŃSKI Tomasz</b>	<b>2050</b>	RUNNING FROGS	M40	57		03:01:47	07:28:43	15:30:22	18:02:11	<b>19:35:03.85</b>	<b>19:35:24.30</b>	+09:04:11 (46.3%)	12:26	4.8 (53.3%)
58	<b>BIAŁEK Rafał</b>	<b>2105</b>		M40	58		03:00:27	07:40:24	15:40:23	18:11:55	<b>19:44:47.75</b>	<b>19:45:09.20</b>	+09:13:55 (46.7%)	12:33	4.8 (53.3%)
59	<b>PIĘNKOSZ Wojciech</b>	<b>2011</b>	PGE ENERGETIC RUNNING/PODIUM	M40	59		02:38:35		15:31:36	18:17:42	<b>19:56:52.45</b>	<b>19:56:56.35</b>	+09:25:43 (47.3%)	12:40	4.7 (52.2%)
60	<b>PAŚNIK Dariusz</b>	<b>2053</b>		M40	60		03:03:19	07:28:13	15:30:25	18:19:11	<b>20:03:30.85</b>	<b>20:03:44.05</b>	+09:32:30 (47.6%)	12:45	4.7 (52.2%)
61	<b>HERMAN Paweł</b>	<b>21</b>	MLUKS TRZEBIATÓW	M40	61		03:26:36	08:12:23	15:54:19	18:36:53	<b>20:11:41.15</b>	<b>20:11:57.20</b>	+09:40:43 (47.9%)	12:50	4.7 (52.2%)

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

Znaleziono 77 wynik(ów)