



Organizator: Fundacja Bieg Rzeźnika
Data: 2016-09-24
Miejsce: Łądek Zdrój
Dystans: 8.611 km

K2 RUN

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 8.611km	Czas brutto 8.611km	Różn	Tempo min/km	Tempo km/h
1	JOCHYMEK Piotr	154	WYSZEDŁZDOMU.PL	M18-35	1	00:35:21.00	00:35:21.00		4:06	14,6 (100%)
2	WRÓBEL Łukasz	196	KGB GRZMOT KOMORNIKI	M36-49	1	00:35:39.00	00:35:39.00	+00:00:18 (0.8%)	4:08	14,5 (100%)
3	SZPINEK Marcin	109	TUTU TEAM	M36-49	2	00:38:07.00	00:38:07.00	+00:02:46 (7.3%)	4:25	13,6 (92.9%)
4	NOWAK Wojciech	208		M18-35	2	00:38:28.00	00:38:28.00	+00:03:07 (8.1%)	4:28	13,4 (92.9%)
5	KOBRYŃ Dominik	210	BYLEDOBIEC ANIN	M36-49	3	00:38:41.00	00:38:41.00	+00:03:20 (8.6%)	4:29	13,4 (92.9%)
6	PĘKALA Krzysztof	183		M36-49	4	00:38:53.00	00:38:53.00	+00:03:32 (9.1%)	4:30	13,3 (92.9%)
7	WĄCHAŁA Łukasz	175		M18-35	3	00:39:06.00	00:39:06.00	+00:03:45 (9.6%)	4:32	13,2 (92.9%)
8	KITA Michał	116	PĘDZĄCY W MIEJSCU	M36-49	5	00:39:14.00	00:39:14.00	+00:03:53 (9.9%)	4:33	13,2 (92.9%)
9	MICHNOL Kamil	158	7 KONTYNENTÓW	M36-49	6	00:39:22.00	00:39:22.00	+00:04:01 (10.2%)	4:34	13,1 (92.9%)
10	DOMOWICZ Wojciech	156	CYKLOSPORT BOLESŁAWIEC	M18-35	4	00:39:28.00	00:39:28.00	+00:04:07 (10.4%)	4:35	13,1 (92.9%)
11	KOWALIK Andrzej	209	BIEG OPOLSKI	M36-49	7	00:40:06.00	00:40:06.00	+00:04:45 (11.8%)	4:39	12,9 (85.7%)
12	BONDARA Sylwia	219	JACEKBIEGA RUNNING TEAM	K18-35	1	00:40:27.00	00:40:27.00	+00:05:06 (12.6%)	4:41	12,8 (85.7%)
13	WOWER Bartłomiej	134	CSC ADVENTURE ACADEMY	M18-35	5	00:40:36.00	00:40:36.00	+00:05:15 (12.9%)	4:42	12,7 (85.7%)
14	SZCZEPANIAK Kamil	153	KARPACZ SPORT	M18-35	6	00:40:57.00	00:40:57.00	+00:05:36 (13.7%)	4:45	12,6 (85.7%)
15	GOLAK Agnieszka	120	RUNNER'S POWER	K36-49	1	00:40:58.00	00:40:58.00	+00:05:37 (13.7%)	4:45	12,6 (85.7%)
16	CIECIUCH Maciej	197	OLAWS ZŁOTORYJA	M36-49	8	00:41:06.00	00:41:06.00	+00:05:45 (14.0%)	4:46	12,6 (85.7%)
17	ZIELIŃSKI Paweł	122		M18-35	7	00:41:07.00	00:41:07.00	+00:05:46 (14.0%)	4:46	12,6 (85.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 8.611km	brutto 8.611km			
18	DZIUK Łukasz	105		M18-35	8	00:41:10.00	00:41:10.00	+00:05:49 (14.1%)	4:46	12,5 (85.7%)
19	TOMASZEWICZ Sylwester	204	TEAM NABIEGOWKACH.PL	M36-49	9	00:41:31.00	00:41:31.00	+00:06:10 (14.9%)	4:49	12,4 (85.7%)
20	NIEZGODKA Tomasz	135	FAKTORING EKSPERT	M36-49	10	00:43:34.00	00:43:34.00	+00:08:13 (18.9%)	5:03	11,9 (78.6%)
21	ZUGAJ Robert	159	WWW.CIAGLEBIEC.PL	M36-49	11	00:43:43.00	00:43:43.00	+00:08:22 (19.1%)	5:04	11,8 (78.6%)
22	NIEKRAŚ Lidia	215		K36-49	2	00:43:50.00	00:43:50.00	+00:08:29 (19.4%)	5:05	11,8 (78.6%)
23	DERENCZ Michał	115	TESAR BIEGA	M36-49	12	00:44:08.00	00:44:08.00	+00:08:47 (19.9%)	5:07	11,7 (78.6%)
24	ŁABUZ Małgorzata	184		K18-35	2	00:44:31.00	00:44:31.00	+00:09:10 (20.6%)	5:10	11,6 (78.6%)
24	CZARNY Jarosław	185		M18-35	9	00:44:31.00	00:44:31.00	+00:09:10 (20.6%)	5:10	11,6 (78.6%)
26	PAWLAK Bartosz	143	ZĄŁOGA GÓRALSKA	M18-35	10	00:44:52.00	00:44:52.00	+00:09:31 (21.2%)	5:12	11,5 (78.6%)
27	JANKOWSKI Łukasz	187	TRICLUB	M18-35	11	00:44:53.00	00:44:53.00	+00:09:32 (21.2%)	5:12	11,5 (78.6%)
28	KAWA Konrad	186		M18-35	12	00:44:57.00	00:44:57.00	+00:09:36 (21.4%)	5:13	11,5 (78.6%)
29	FOGIEL-PAWŁOWSKA Agnieszka	117	LOS BIEGANEROS	K36-49	3	00:45:01.00	00:45:01.00	+00:09:40 (21.5%)	5:13	11,5 (78.6%)
30	CZARNIECKI Daniel	217		M18-35	13	00:45:10.00	00:45:10.00	+00:09:49 (21.7%)	5:14	11,4 (78.6%)
31	MALIK Agnieszka	198	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	K36-49	4	00:45:17.00	00:45:17.00	+00:09:56 (21.9%)	5:15	11,4 (78.6%)
32	PIŁAT Michał	148	SPELEOKLUB BOBRY ŻAGAŃ	M36-49	13	00:45:38.00	00:45:38.00	+00:10:17 (22.5%)	5:18	11,3 (78.6%)
33	WALKOWIAK Dominik	149		M18-35	14	00:45:42.00	00:45:42.00	+00:10:21 (22.6%)	5:18	11,3 (78.6%)
34	KABAT Małgorzata	171	KW KRAKÓW	K18-35	3	00:45:50.00	00:45:50.00	+00:10:29 (22.9%)	5:19	11,3 (78.6%)
35	TRETIAK Mateusz	129		M18-35	15	00:46:00.00	00:46:00.00	+00:10:39 (23.2%)	5:20	11,2 (78.6%)
36	HAMRYSZCZAK Dawid	130		M18-35	16	00:46:06.00	00:46:06.00	+00:10:45 (23.3%)	5:21	11,2 (78.6%)
37	GLĄDALSKI Bartosz	138		M18-35	17	00:46:15.00	00:46:15.00	+00:10:54 (23.6%)	5:22	11,2 (78.6%)
38	PAWLIŃSKI Adam	195	PRO-RUN WROCŁAW	M36-49	14	00:46:17.00	00:46:17.00	+00:10:56 (23.6%)	5:22	11,2 (78.6%)
39	JERKA Marek	168		M36-49	15	00:46:18.00	00:46:18.00	+00:10:57 (23.7%)	5:22	11,2 (78.6%)
40	PELPLIŃSKI Piotr	114	INTEL RUNNERS	M18-35	18	00:46:21.00	00:46:21.00	+00:11:00 (23.7%)	5:22	11,1 (78.6%)
41	ZĄŁUSKI Dariusz	147		M50+	1	00:46:39.00	00:46:39.00	+00:11:18 (24.2%)	5:25	11,1 (78.6%)

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						netto 8.611km	brutto 8.611km			
41	PACHURA Kinga	150	MAGAZYN GÓRY	K36-49	5	00:46:39.00	00:46:39.00	+00:11:18 (24.2%)	5:25	11,1 (78.6%)
43	LIZURA Sławomir	112	FABRYKA TRIATHLONU	M18-35	19	00:46:57.00	00:46:57.00	+00:11:36 (24.7%)	5:27	11 (78.6%)
44	MIECH Szymon	118		M18-35	20	00:47:14.00	00:47:14.00	+00:11:53 (25.2%)	5:29	10,9 (71.4%)
45	TUROSZ Iwona	176		K18-35	4	00:47:25.00	00:47:25.00	+00:12:04 (25.4%)	5:30	10,9 (71.4%)
46	PODSADNY Marcin	170	GT RAT	M18-35	21	00:47:35.00	00:47:35.00	+00:12:14 (25.7%)	5:31	10,9 (71.4%)
47	URBAŃSKI Michał	214	FLUNKYBALL TEAM ŁĄDEK-ZDRÓJ	M18-35	22	00:47:36.00	00:47:36.00	+00:12:15 (25.7%)	5:31	10,9 (77.9%)
48	JACEWICZ Karol	144	WATAHA	M36-49	16	00:47:37.00	00:47:37.00	+00:12:16 (25.8%)	5:31	10,8 (71.4%)
49	KOCHMAŃSKI Jakub	201		M36-49	17	00:47:53.00	00:47:53.00	+00:12:32 (26.2%)	5:33	10,8 (71.4%)
50	ŁUCZKOWSKA Maja	174	RYSIE	K36-49	6	00:47:59.00	00:47:59.00	+00:12:38 (26.3%)	5:34	10,8 (71.4%)
51	URBANIĄK Marcin	213	SHINKYOKUSHINKAI CZARNY BÓR	M36-49	18	00:48:02.00	00:48:02.00	+00:12:41 (26.4%)	5:34	10,8 (71.4%)
52	SAJKOWSKA Gabriela	145		K36-49	7	00:48:04.00	00:48:04.00	+00:12:43 (26.5%)	5:34	10,7 (71.4%)
53	SZELEREWICZ-GŁADYSZ Paulina	127	NIEPOŁOMICE BIEGAJĄ	K36-49	8	00:48:15.00	00:48:15.00	+00:12:54 (26.7%)	5:36	10,7 (71.4%)
54	GRUSZKOWSKI Piotr	222	GÓRY MAGAZYN	M36-49	19	00:48:19.00	00:48:19.00	+00:12:58 (26.8%)	5:36	10,7 (71.4%)
55	MADERA Marek	157		M36-49	20	00:48:20.00	00:48:20.00	+00:12:59 (26.9%)	5:36	10,7 (71.4%)
56	OBSZARNY Paweł	131		M18-35	23	00:48:22.00	00:48:22.00	+00:13:01 (26.9%)	5:37	10,7 (71.4%)
57	ZWOLIŃSKI Łukasz	110	OTK RZEŹNIK	M18-35	24	00:48:33.00	00:48:33.00	+00:13:12 (27.2%)	5:38	10,6 (71.4%)
58	KOPACKI Grzegorz	146		M18-35	25	00:48:55.00	00:48:55.00	+00:13:34 (27.7%)	5:40	10,6 (71.4%)
59	PĘKALA Małgorzata	182		K18-35	5	00:49:05.00	00:49:05.00	+00:13:44 (28.0%)	5:42	10,5 (71.4%)
59	PŁASKOCIŃSKI Robert	164	PRO-RUN WROCŁAW	M36-49	21	00:49:05.00	00:49:05.00	+00:13:44 (28.0%)	5:42	10,5 (71.4%)
61	TOKARZ Karolina	121		K18-35	6	00:49:24.00	00:49:24.00	+00:14:03 (28.4%)	5:44	10,5 (71.4%)
62	DEMKOWSKI Marcin	161		M18-35	26	00:49:38.00	00:49:38.00	+00:14:17 (28.8%)	5:45	10,4 (71.4%)
63	DURSKI Adam	206		M18-35	27	00:49:42.00	00:49:42.00	+00:14:21 (28.9%)	5:46	10,4 (71.4%)
64	KORYCIŃSKA Marta	202		K18-35	7	00:50:03.00	00:50:03.00	+00:14:42 (29.4%)	5:48	10,3 (71.4%)
65	SZMYT Łukasz	181		M36-49	22	00:50:05.00	00:50:05.00	+00:14:44 (29.4%)	5:49	10,3 (71.4%)
66	ŚLIWKA Wioletta	137	NINIWATEAM	K36-49	9	00:50:11.00	00:50:11.00	+00:14:50 (29.6%)	5:49	10,3 (71.4%)

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						netto 8.611km	brutto 8.611km			
67	PRASZELIK Łukasz	123		M36-49	23	00:50:23.00	00:50:23.00	+00:15:02 (29.8%)	5:51	10,3 (71.4%)
68	WOJRACH Marcin	216	WILDCAT TEAM	M18-35	28	00:50:58.00	00:50:58.00	+00:15:37 (30.6%)	5:55	10,1 (71.4%)
69	ŻELICHOWSKI Krzysztof	190		M36-49	24	00:50:59.00	00:50:59.00	+00:15:38 (30.7%)	5:55	10,1 (71.4%)
70	BIELECKI Adam	218	ABTEAM	M18-35	29	00:51:01.00	00:51:01.00	+00:15:40 (30.7%)	5:55	10,1 (71.4%)
71	MARCINKOWSKI Piotr	173	OSW TRI TEAM	M36-49	25	00:51:02.00	00:51:02.00	+00:15:41 (30.7%)	5:55	10,1 (71.4%)
72	DURSKI Maciej	211		M18-35	30	00:51:18.00	00:51:18.00	+00:15:57 (31.1%)	5:57	10,1 (71.4%)
73	RUSZKOWSKI Daniel	119	INFORMACJA KULTURALNO-SPORTOWA STUDENTÓW UNIWERSYTETU EKONOMICZNEGO WE WROCŁAWIU	M18-35	31	00:51:32.00	00:51:32.00	+00:16:11 (31.4%)	5:59	10 (71.4%)
74	BALA Dariusz	169	ZAWISZA LEGNICA/WOLNY TYBET	M36-49	26	00:51:36.00	00:51:36.00	+00:16:15 (31.5%)	5:59	10 (71.4%)
75	PISTL Jacek	139		M18-35	32	00:51:46.00	00:51:46.00	+00:16:25 (31.7%)	6:00	10 (71.4%)
76	KLEPACZ Piotr	107	BEZ	M36-49	27	00:51:52.00	00:51:52.00	+00:16:31 (31.8%)	6:01	10 (71.4%)
77	KUPCZAK Karol	160		M18-35	33	00:52:06.00	00:52:06.00	+00:16:45 (32.1%)	6:03	9,9 (64.3%)
78	KRZYSZTOFIAK Aleksandra	179	KARPACZ SPORT	K18-35	8	00:52:13.00	00:52:13.00	+00:16:52 (32.3%)	6:03	9,9 (64.3%)
79	NATKAŃSKI Jerzy	221	SUMMER 2016 K2 EXPEDITION TEAM	M50+	2	00:52:19.00	00:52:19.00	+00:16:58 (32.4%)	6:04	9,9 (64.3%)
80	STAŃCZAK Maciej	223	KW OPACZ	M18-35	34	00:52:34.00	00:52:34.00	+00:17:13 (32.8%)	6:06	9,8 (64.3%)
81	JEZIERSKI Daniel	203		M18-35	35	00:52:37.00	00:52:37.00	+00:17:16 (32.8%)	6:06	9,8 (64.3%)
82	SŁOŃSKI Piotr	193		M36-49	28	00:52:45.00	00:52:45.00	+00:17:24 (33.0%)	6:07	9,8 (64.3%)
83	WITKOWSKA Ania	128	ORKA [TO TAKA PANDA]	K36-49	10	00:53:12.00	00:53:12.00	+00:17:51 (33.6%)	6:10	9,7 (64.3%)
84	KOZŁOWSKI Artur	125		M36-49	29	00:53:13.00	00:53:13.00	+00:17:52 (33.6%)	6:10	9,7 (64.3%)
85	BALA Agnieszka	167	ZAWISZA LEGNICA/WOLNY TYBET	K36-49	11	00:53:42.00	00:53:42.00	+00:18:21 (34.2%)	6:14	9,6 (64.3%)
86	WESOŁOWSKA-KRUPA Paulina	199		K18-35	9	00:53:45.00	00:53:45.00	+00:18:24 (34.2%)	6:14	9,6 (64.3%)
87	KRUZEL Rafał	155	BIEGOWE MISIE	M36-49	30	00:53:55.00	00:53:55.00	+00:18:34 (34.4%)	6:15	9,6 (64.3%)
88	MAJCHRZAK Jarosław	192	ALTAX TEAM	M36-49	31	00:54:01.00	00:54:01.00	+00:18:40 (34.6%)	6:16	9,6 (64.3%)
89	SIEKIERZYŃSKI Radosław	194		M36-49	32	00:54:18.00	00:54:18.00	+00:18:57 (34.9%)	6:18	9,5 (64.3%)
90	RAKOCZY Ireneusz	152		M50+	3	00:54:46.00	00:54:46.00	+00:19:25 (35.5%)	6:21	9,4 (64.3%)
91	REJTERADA Aleksandra	191	VEGE RUNNERS	K18-35	10	00:54:53.00	00:54:53.00	+00:19:32 (35.6%)	6:22	9,4 (64.3%)

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						netto 8.611km	brutto 8.611km			
92	SADOWY Andrzej	126	SUDECKI KLUB WYSOKOGORSKI	M50+	4	00:55:52.00	00:55:52.00	+00:20:31 (36.7%)	6:29	9,2 (64.3%)
93	SZPOJANKOWSKA-ESSEL Anna	188		K36-49	12	00:56:05.00	00:56:05.00	+00:20:44 (37.0%)	6:30	9,2 (64.3%)
94	WALCZAK Barbara	101		K18-35	11	00:56:24.00	00:56:24.00	+00:21:03 (37.3%)	6:33	9,2 (64.3%)
95	CZUKIEWSKI Łukasz	136		M36-49	33	00:57:07.00	00:57:07.00	+00:21:46 (38.1%)	6:38	9 (64.3%)
96	KRZOS Dariusz	151		M50+	5	00:57:26.00	00:57:26.00	+00:22:05 (38.5%)	6:40	9 (64.3%)
97	STELMACH Tomasz	207		M36-49	34	00:58:11.00	00:58:11.00	+00:22:50 (39.2%)	6:45	8,9 (57.1%)
98	KRÓL-SZREMSKA Halina	200		K18-35	12	00:58:16.00	00:58:16.00	+00:22:55 (39.3%)	6:46	8,9 (57.1%)
99	KONOPKA Anna	111	KASZUBSKA PONIEWIERKA	K18-35	13	00:59:14.00	00:59:14.00	+00:23:53 (40.3%)	6:52	8,7 (57.1%)
100	BALICZ Agnieszka	162		K18-35	14	00:59:19.00	00:59:19.00	+00:23:58 (40.4%)	6:53	8,7 (57.1%)
101	BRZUCHNAŁSKA Beata	142	TEAM TOYA DESIGN	K50+	1	00:59:31.00	00:59:31.00	+00:24:10 (40.6%)	6:54	8,7 (57.1%)
102	SAYED Akbar	220	SUMMER 2016 K2 EXPEDITION TEAM	M18-35	36	00:59:54.00	00:59:54.00	+00:24:33 (41.0%)	6:57	8,6 (57.1%)
103	SIERAKOWSKI Maciej	140		M18-35	37	01:00:58.00	01:00:58.00	+00:25:37 (42.0%)	7:04	8,5 (57.1%)
104	SZYMANIAK Emil	108	KW LUBLIN	M18-35	38	01:01:02.00	01:01:02.00	+00:25:41 (42.1%)	7:05	8,5 (57.1%)
105	MIKOŁAJCZYK Agata	113		K36-49	13	01:01:25.00	01:01:25.00	+00:26:04 (42.4%)	7:07	8,4 (57.1%)
106	MACIEJEWSKA Małgorzata	177		K18-35	15	01:01:43.00	01:01:43.00	+00:26:22 (42.7%)	7:10	8,4 (57.1%)
107	KAWA-JERKA Agata	166	GNAJĄCA TEMIDA	K36-49	14	01:02:09.00	01:02:09.00	+00:26:48 (43.1%)	7:13	8,3 (57.1%)
108	CHALCIŃSKA Izabela	172		K36-49	15	01:02:10.00	01:02:10.00	+00:26:49 (43.1%)	7:13	8,3 (57.1%)
109	PUSTELNIK Piotr	180	AKG ŁÓDŹ	M50+	6	01:02:43.00	01:02:43.00	+00:27:22 (43.6%)	7:17	8,2 (57.1%)
110	PRASZELIK Sylwia	124		K36-49	16	01:02:59.00	01:02:59.00	+00:27:38 (43.9%)	7:18	8,2 (57.1%)
111	SZCZYPEK Łukasz	212		M18-35	39	01:03:35.00	01:03:35.00	+00:28:14 (44.4%)	7:23	8,1 (57.1%)
112	CIESIELSKI Tomasz	132		M18-35	40	01:03:37.00	01:03:37.00	+00:28:16 (44.4%)	7:23	8,1 (57.1%)
113	BUCHROITHNER Anna	104		K50+	2	01:03:53.00	01:03:53.00	+00:28:32 (44.7%)	7:25	8,1 (57.1%)
114	RÓŻECKA Agnieszka	103		K18-35	16	01:04:27.00	01:04:27.00	+00:29:06 (45.2%)	7:29	8 (57.1%)
115	AUGUSTYNIAK Daria	102		K18-35	17	01:05:03.00	01:05:03.00	+00:29:42 (45.7%)	7:33	7,9 (50.0%)
116	SZAŁAPSKI Marcin	178		M36-49	35	01:05:13.00	01:05:13.00	+00:29:52 (45.8%)	7:34	7,9 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 8.611km	brutto 8.611km			
117	ADAMCZYK Krzysztof	141		M18-35	41	01:06:19.00	01:06:19.00	+00:30:58 (46.7%)	7:42	7,8 (50.0%)
118	ZIELIŃSKA Jadwiga	165		K18-35	18	01:07:45.00	01:07:45.00	+00:32:24 (47.8%)	7:52	7,6 (50.0%)
119	BALICZ Aleksandra	163		K18-35	19	01:10:09.00	01:10:09.00	+00:34:48 (49.6%)	8:08	7,4 (50.0%)
120	STEFANIAK Jacek	106	KB LUPUS OLEŚNICA	M36-49	36	01:10:57.00	01:10:57.00	+00:35:36 (50.2%)	8:14	7,3 (50.0%)
121	AUGUSTYNIAK Maciej	133	KLAMOTY CHORZEMPOWO	M50+	7	01:11:23.00	01:11:23.00	+00:36:02 (50.5%)	8:17	7,2 (50.0%)
122	MADERA Bogdan	189	RUNWALKRUN	M50+	8	01:20:26.00	01:20:26.00	+00:45:05 (56.1%)	9:20	6,4 (42.9%)

Znaleziono 122 wynik(ów)