



MISTRZOSTWA SKYRUNNING POLSKA – RZEŹNIK SKY

B4SPORT

Event: VII FESTIWAL BIEGU RZEŹNIKA
Organiser: Fundacja Bieg Rzeźnika
Date: 2021-05-28
Place: Cisna
Distance: 47.6 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Classification: M-Open

Place	Participant	Number	Club	Category	MCat	Orlik 1 23km	Orlik 2 23.2km	Net time 47.6km	Gap	Pace min/km	Pace km/h
1	FARON Robert	2409	SALCO GARMIN TEAM	M40	1	02:16:35	02:16:58	04:55:34.25		6:12	9.7 (100%)
2	ZIAJKA Karol	2400	JAGA KORA TEAM/PGR	M20	1	02:17:47	02:19:26	05:20:08.85	+00:24:34 (7.7%)	6:43	8.9 (91.8%)
3	BADOWSKI Aleksander	2332	TEAM MOUNTAIN FUEL	M30	1	02:22:43	02:23:11	05:48:06.05	+00:52:31 (15.1%)	7:18	8.2 (84.5%)
4	JÓNCZYK Rafał	2558	JACEKBIEGA RUNNING TEAM	M40	2	02:40:02	02:43:13	06:28:42.00	+01:33:07 (24.0%)	8:09	7.3 (75.3%)
5	NOWAK Miroslaw	2586	NIE MA	M40	3	02:42:23	02:44:00	06:28:43.45	+01:33:09 (24.0%)	8:09	7.3 (75.3%)
6	POTERA Maciej	2470		M30	2	03:23:45	03:24:34	07:19:45.95	+02:24:11 (32.8%)	9:14	6.5 (67.0%)
7	GAWLEWICZ Tomasz	2579	GAWĘŁKI TEAM	M40	4	02:54:25	02:58:23	07:22:37.00	+02:27:02 (33.2%)	9:17	6.5 (67.0%)
8	KRÓL Maciej	2356	WIRAN TEAM	M40	5	03:00:26	03:02:47	07:25:34.00	+02:29:59 (33.7%)	9:21	6.4 (66.0%)
9	PILECKI Robert	2375	RUNEDA	M40	6	03:04:45	03:17:26	07:33:10.15	+02:37:35 (34.8%)	9:31	6.3 (64.9%)
10	LASEK Leszek	2360	KALLIPSO RUNERS TEAM	M50	1	03:01:43	03:08:22	07:34:20.25	+02:38:46 (34.9%)	9:32	6.3 (64.9%)
11	SIWIELA Mateusz	2384	RUNEDA	M30	3	03:04:45	03:17:31	07:36:03.45	+02:40:29 (35.2%)	9:34	6.3 (64.9%)
12	CUPRIAK Daniel	2555		M40	7	03:14:52	03:27:05	07:40:41.10	+02:45:06 (35.8%)	9:40	6.2 (63.9%)
13	CICHOŃ Maciej	2337	42.195 WEJHEROWO	M40	8	03:11:29	03:16:36	07:42:41.25	+02:47:07 (36.1%)	9:43	6.2 (63.9%)
14	KLARECKI Adrian	2349	ULTRA WAY TEAM / ASTMA TEAM	M40	9	03:11:36	03:19:19	07:42:43.05	+02:47:08 (36.1%)	9:43	6.2 (63.9%)
15	GRZYB Dorian	2345	7 DYWIZJON LOTNICZY	M30	4	03:27:03	03:40:33	07:47:02.50	+02:51:28 (36.7%)	9:48	6.1 (62.9%)
16	HELIOS Bartosz	2346		M30	5	03:27:05	03:40:32	08:01:18.80	+03:05:44 (38.6%)	10:06	5.9 (60.8%)
17	GIBAŁA Marcin	2343	BIEGAM DLA ALI I HANI	M40	10	03:25:00	03:37:52	08:02:27.20	+03:06:52 (38.7%)	10:08	5.9 (60.8%)
18	MARCINIAK Tomasz	2368		M40	11	03:21:32	03:27:16	08:11:54.75	+03:16:20 (39.9%)	10:20	5.8 (59.8%)
19	KWIATKOWSKI Kajetan	2317	SUT - STRASZYN ULTRA TEAM	M30	6	03:36:15	03:50:36	08:12:55.85	+03:17:21 (40.0%)	10:21	5.8 (59.8%)
20	ZYGADLEWICZ Grzegorz	2559	JACEKBIEGA RUNNING CLUB	M30	7	03:24:54	03:36:01	08:13:29.05	+03:17:54 (40.1%)	10:22	5.8 (59.8%)
21	PORĘBA Eugeniusz	2469	MIECHÓW	M50	2	03:27:11	03:35:44	08:14:25.35	+03:18:51 (40.2%)	10:23	5.8 (59.8%)
22	KONOPKA Mariusz	2352		M30	8	03:26:42	03:40:10	08:19:38.20	+03:24:03 (40.8%)	10:29	5.7 (58.8%)
23	KOCOŃ Mariusz	2554	KLINIKA ZDROWIA I URODY CZ.WOŚKO	M50	3	03:26:12	03:43:29	08:19:57.90	+03:24:23 (40.9%)	10:30	5.7 (58.8%)
24	SADKOWSKI Paweł	2383		M40	12	03:24:21	03:30:01	08:21:36.80	+03:26:02 (41.1%)	10:32	5.7 (58.8%)
25	SOWIŃSKI Kamil	2386		M30	9	03:19:48	03:27:41	08:23:28.50	+03:27:54 (41.3%)	10:34	5.7 (58.8%)
26	LITWIN Marek	2364	RUNEDA	M50	4	03:26:50	03:40:28	08:33:23.50	+03:37:49 (42.4%)	10:47	5.6 (57.7%)
27	JANDZIŚ Wiesław	2582	AKTYWNY DYNÓW	M40	13	03:46:05	04:00:43	08:42:41.90	+03:47:07 (43.5%)	10:58	5.5 (56.7%)
28	KACZYŃSKI Artur	2348		M40	14	03:29:07	03:38:19	08:46:03.70	+03:50:29 (43.8%)	11:03	5.4 (55.7%)
29	NOWOSAD Artur	2528		M40	15	03:41:11	03:44:53	08:48:56.00	+03:53:21 (44.1%)	11:06	5.4 (55.7%)

Place	Participant	Number	Club	Category	MCat	Orlik 1 23km	Orlik 2 23.2km	Net	Gap	Pace min/km	Pace km/h
								time 47.6km			
30	ŚRODA Krzysztof	2391		M50	5	03:38:29	03:43:01	08:49:06.00	+03:53:31 (44.1%)	11:06	5.4 (55.7%)
31	KOKOT Roman	2578	AKTYWNY DYNÓW	M40	16	03:54:18	04:00:43	08:49:53.35	+03:54:19 (44.2%)	11:07	5.4 (55.7%)
32	PISAREK Karol	2376	JB WARSAW	M30	10	03:34:08	03:40:21	09:02:53.30	+04:07:19 (45.6%)	11:24	5.3 (54.6%)
33	PRZYBYŁA Krzysztof	2379	ADIDAS RUNNERS WARSAW	M30	11	03:42:26	03:45:32	09:09:10.30	+04:13:36 (46.2%)	11:32	5.2 (53.6%)
34	DOMIŃCZYK Rafał	2587		M40	17	04:03:21	04:21:00	09:29:35.40	+04:34:01 (48.1%)	11:57	5 (51.5%)
35	GUZIK Daniel	2573		M40	18	04:03:25	04:23:53	09:29:35.75	+04:34:01 (48.1%)	11:57	5 (51.5%)
36	KRYCH Rafał	2357		M40	19	03:54:39	04:05:31	09:34:04.35	+04:38:30 (48.5%)	12:03	5 (51.5%)
37	KOCHAN Rafał	2556	TC KOCHAN	M40	20	03:54:27	04:00:17	09:38:56.50	+04:43:22 (48.9%)	12:09	4.9 (50.5%)
38	DOLATA Andrzej	2338	KTB KUNY	M40	21	03:44:02	04:21:29	09:43:04.40	+04:47:30 (49.3%)	12:14	4.9 (50.5%)
39	WOJCIECHOWSKI Tomasz	2397	VIKING TRAINING CENTER TYCHY	M40	22	03:44:30	03:55:14	09:48:52.10	+04:53:17 (49.8%)	12:22	4.8 (49.5%)
40	ZAKRZEWICZ Marcin	2399	KTB KUNY	M40	23	03:49:01	04:21:30	09:49:13.95	+04:53:39 (49.8%)	12:22	4.8 (49.5%)
41	LEWARDOWSKI Konrad	2362	KTB KUNY	M50	6	03:44:01	04:21:03	09:49:15.05	+04:53:40 (49.8%)	12:22	4.8 (49.5%)
42	KOŚCIELNIAK Szymon	2354	CZERWONACKIE KIJANKI	M40	24	04:04:11	04:22:58	10:07:48.05	+05:12:13 (51.4%)	12:46	4.7 (48.5%)
43	SZABLA Marcin	2574	SAINT GOBAIN SQUAD	M40	25	04:03:20	04:22:41	10:11:37.85	+05:16:03 (51.7%)	12:50	4.7 (48.5%)
44	ŁUKASIAK Sylwester	2365		M40	26	04:02:15	04:07:56	10:17:26.40	+05:21:52 (52.1%)	12:58	4.6 (47.4%)
45	BATOREK Bogdan	2333	RAWA TIM ZAWSZE SLIM	M40	27	04:00:35	04:03:16	10:18:20.50	+05:22:46 (52.2%)	12:59	4.6 (47.4%)
46	BIEŃKOWSKI Jarosław	2313	BIEGAJ Z DYMKIEM	M40	28	04:03:53	04:28:27	10:26:15.65	+05:30:41 (52.8%)	13:09	4.6 (47.4%)
47	SROCZYŃSKI Marcin	2388	OSTRESROKI	M40	29	04:14:52	04:28:12	10:26:27.15	+05:30:52 (52.8%)	13:09	4.6 (47.4%)
48	PĘKALA Jarek	2373		M50	7	04:00:20	04:07:27	10:28:39.15	+05:33:04 (53.0%)	13:12	4.5 (46.4%)
49	KUCZYŃSKI Mariusz	2359		M40	30	04:22:23	04:29:49	10:42:05.50	+05:46:31 (54.0%)	13:29	4.4 (45.4%)
50	WARCHOŁ Stanisław	2392		M50	8	03:46:38	03:53:14	10:57:39.85	+06:02:05 (55.1%)	13:48	4.3 (44.3%)
51	ZIELINSKI Adam	2536	EVERRUN / DROGA DO ULTRA	M40	31	04:25:57	04:46:02	11:07:56.10	+06:12:21 (55.7%)	14:01	4.3 (44.3%)
52	FOLTA Jan	2341	GRUPA BIEGOWA ZARSZYN	M50	9	04:04:46	04:11:20	11:10:41.65	+06:15:07 (55.9%)	14:05	4.3 (44.3%)
53	WÓJTOWICZ Paweł	2398	-	M50	10	04:35:20	04:55:04	11:48:44.95	+06:53:10 (58.3%)	14:53	4 (41.2%)
54	RADYK Jakub	2380	PRZEMYSKI KLUB BIEGACZA	M30	12	05:46:09	05:58:35	12:25:42.75	+07:30:08 (60.4%)	15:39	3.8 (39.2%)
55	POPŁAWSKI Krystian	2377	GLADIATORS BY RMF 4RT	M30	13	04:56:53	05:27:29	12:28:38.25	+07:33:04 (60.5%)	15:43	3.8 (39.2%)
56	WIELGOSZ Mariusz	2394	BRAK	M50	11	05:28:07	05:47:09	12:44:35.15	+07:49:00 (61.3%)	16:03	3.7 (38.1%)
57	MAJKA Dariusz	2366		M40	32	05:28:07	05:47:06	12:44:35.60	+07:49:01 (61.3%)	16:03	3.7 (38.1%)
	JURCZAK Roman	2347		M60		03:24:24	DNF	03:26:04	DNF	-	- (0.0%)
	SKOBEL Robert	2522	SZAKAL BIEGA LUCKY TEAM BRODATY SQRWIEL	M40		04:30:47	DNF	04:43:56	DNF	-	- (0.0%)
	KONIK Marcin	2351		M40		03:17:31	DNF	DNF	DNF	-	- (0.0%)
	ŻMIJEWSKI Dariusz	2585		M50		DNF	DNF	DNF	DNF	-	- (0.0%)

Total 61 results.