



RZEŹNICKI MARSZ Z WALKING LOVERS

B4SPORT

Wydarzenie: IX FESTIWAL BIEGU RZEŹNIKA
Organizator: Fundacja Bieg Rzeźnika
Data: 2023-06-08
Miejsce: Cisna
Dystans: 16 km

B4SPORT
INTELLIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 16km	Czas brutto 16km	Różn	Tempo min/km	Tempo km/h
1	JEDLIŃSKI Norbert	5114		M20	1	01:46:14.10	01:46:18.70		6:38	9 (100%)
2	WRÓBEL Bartłomiej	5105	CISNA GÓRĄ	M40	1	02:01:57.20	02:01:57.20	+00:15:38 (12.8%)	7:37	7.9 (87.8%)
3	ZAPALSKA-CZARNY Iwona	5015	SPRING HORYNIEC-ZDRÓJ	K50	1	02:02:34.95	02:02:38.45	+00:16:19 (13.3%)	7:39	7.8 (86.7%)
4	HOJCZAK Anna	5107	RKATHLETICS	K40	1	02:02:50.25	02:02:53.75	+00:16:35 (13.5%)	7:40	7.8 (86.7%)
5	WOJTKIEWICZ Jarosław	5124		M50	1	02:04:03.00	02:04:12.60	+00:17:53 (14.4%)	7:45	7.7 (85.6%)
6	BORDUN Michał	5057		M40	2	02:06:06.05	02:06:14.65	+00:19:55 (15.8%)	7:52	7.6 (84.4%)
7	ZYCH Witold	5052		M50	2	02:06:28.40	02:06:37.00	+00:20:18 (16.0%)	7:54	7.6 (84.4%)
8	GLEISNER Tomasz	5096	EKIPA Z TARNOWA	M40	3	02:06:35.60	02:06:38.60	+00:20:19 (16.1%)	7:54	7.6 (84.4%)
9	TARGOSZ Michał	5082	RUNPROGRESS.PL TEAM	M40	4	02:06:55.00	02:06:56.90	+00:20:38 (16.3%)	7:55	7.6 (84.4%)
10	SZCZUR Wiesław	5090		M50	3	02:06:57.80	02:07:00.25	+00:20:41 (16.3%)	7:56	7.6 (84.4%)
11	PELA Tomasz	5061		M20	2	02:07:19.40	02:07:24.95	+00:21:06 (16.6%)	7:57	7.5 (83.3%)
12	PELA Jan	5059		M20	3	02:07:21.65	02:07:26.10	+00:21:07 (16.6%)	7:57	7.5 (83.3%)
13	PELA Oliwia	5060		K20	1	02:07:23.90	02:07:30.10	+00:21:11 (16.6%)	7:57	7.5 (83.3%)
14	KULIK Adam	5074	NIEZRZESZONY	M60	1	02:08:34.45	02:08:42.10	+00:22:23 (17.4%)	8:02	7.5 (83.3%)
15	KOKOWSKA-SMOK Dagmara	5068	GRUPA JURA,PL	K40	2	02:17:22.75	02:17:27.20	+00:31:08 (22.7%)	8:35	7 (77.8%)
16	ŚWIĘCH Marlena	5020		K30	1	02:19:05.05	02:19:17.70	+00:32:59 (23.7%)	8:41	6.9 (76.7%)
17	KRÓL Iwona	5115		K40	3	02:19:17.95	02:19:23.20	+00:33:04 (23.7%)	8:42	6.9 (76.7%)
18	BORDUN Barbara	5056		K30	2	02:19:17.55	02:19:25.20	+00:33:06 (23.7%)	8:42	6.9 (76.7%)
19	URBAŃSKA Sylwia	5023	BIEGAM DLA SIEBIE	K40	4	02:19:17.90	02:19:31.20	+00:33:12 (23.8%)	8:42	6.9 (76.7%)
20	WAWRZCZAK Kinga	5117		K20	2	02:19:26.35	02:19:35.75	+00:33:17 (23.8%)	8:42	6.9 (76.7%)
21	GUDANIEC Agnieszka	5030		K40	5	02:19:54.55	02:20:05.10	+00:33:46 (24.1%)	8:44	6.9 (76.7%)
22	MALCHER Damian	5043	GRUPA JURA'PL	M30	1	02:20:04.55	02:20:11.90	+00:33:53 (24.2%)	8:45	6.9 (76.7%)
23	MASŁOWSKA Agnieszka	5104	BIEGANIE SZYDERCÓW	K40	6	02:20:03.20	02:20:13.95	+00:33:55 (24.2%)	8:45	6.9 (76.7%)
24	MASŁOWSKI Dariusz	5103	BIEGANIE SZYDERCÓW	M50	4	02:20:04.65	02:20:14.90	+00:33:56 (24.2%)	8:45	6.9 (76.7%)
25	MALCHER Barbara	5037	GRUPA JURA'PL ZAWIERCIE	K40	7	02:20:11.60	02:20:16.60	+00:33:57 (24.2%)	8:45	6.8 (75.6%)
26	KUTA Anna	5087		K40	8	02:20:30.40	02:20:40.40	+00:34:21 (24.4%)	8:46	6.8 (75.6%)
27	FABISIAK Ewa	5029	ZARAŻENI BÓLEM	K50	2	02:20:29.50	02:20:40.65	+00:34:21 (24.4%)	8:46	6.8 (75.6%)
28	FLUKSIK Monika	5018		K50	3	02:20:32.00	02:20:41.30	+00:34:22 (24.4%)	8:47	6.8 (75.6%)
29	ŁOSIŃSKA Gabriela	5011		K50	4	02:20:30.20	02:20:44.50	+00:34:25 (24.5%)	8:46	6.8 (75.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 16km	brutto 16km			
30	MARCINIAK Marek	5081	NADLEŚNICTWO LEGNICA	M40	5	02:20:38.70	02:20:48.50	+00:34:29 (24.5%)	8:47	6.8 (75.6%)
31	SZYMKIEWICZ Ewa	5099		K50	5	02:20:48.15	02:20:53.25	+00:34:34 (24.5%)	8:48	6.8 (75.6%)
32	PLISKOWSKA Anna	5123		K40	9	02:20:56.00	02:21:00.10	+00:34:41 (24.6%)	8:48	6.8 (75.6%)
33	GRZESIK Renata	5108		K30	3	02:21:25.75	02:21:39.85	+00:35:21 (25.0%)	8:50	6.8 (75.6%)
34	HORNOWSKA Agnieszka	5110		K30	4	02:21:36.80	02:21:45.20	+00:35:26 (25.0%)	8:51	6.8 (75.6%)
35	STOŃ Renata	5095		K50	6	02:21:44.70	02:21:59.70	+00:35:41 (25.1%)	8:51	6.8 (75.6%)
36	BOGUSZ Monika	5079		K30	5	02:21:50.10	02:22:03.65	+00:35:44 (25.2%)	8:51	6.8 (75.6%)
37	MAKSELON Jan	5116		M30	2	02:21:59.80	02:22:08.75	+00:35:50 (25.2%)	8:52	6.8 (75.6%)
38	SKABA-SZKLARSKA Monika	5067		K40	10	02:22:08.70	02:22:13.00	+00:35:54 (25.2%)	8:53	6.8 (75.6%)
39	RADYK Anna	5080	JUMPING STARS TEAM PRZEMYSŁ	K20	3	02:22:29.35	02:22:31.55	+00:36:12 (25.4%)	8:54	6.7 (74.4%)
40	WIELOSIK Anna	5041		K40	11	02:22:20.25	02:22:32.40	+00:36:13 (25.4%)	8:53	6.7 (74.4%)
41	WIELOSIK Pawel	5040		M40	6	02:22:26.95	02:22:38.05	+00:36:19 (25.5%)	8:54	6.7 (74.4%)
42	BIŃKOWSKI Jarosław	5046	TAJNIAKI 8:30	M40	7	02:22:41.55	02:22:58.40	+00:36:39 (25.6%)	8:55	6.7 (74.4%)
43	WOJTKOWIAK Dorota	5002		K50	7	02:22:57.65	02:23:02.65	+00:36:43 (25.7%)	8:56	6.7 (74.4%)
44	ANTCZAK Monika	5008		K40	12	02:22:43.55	02:23:04.20	+00:36:45 (25.7%)	8:55	6.7 (74.4%)
45	WALCZYK Iwona	5036		K50	8	02:24:05.05	02:24:15.25	+00:37:56 (26.3%)	9:00	6.7 (74.4%)
46	GRZESZCZAK Małgorzata	5106	BIEGAMYRAZAM.PL	K40	13	02:23:54.35	02:24:15.90	+00:37:57 (26.3%)	8:59	6.7 (74.4%)
47	KORZENIOWSKA Justyna	5121		K40	14	02:24:19.70	02:24:23.10	+00:38:04 (26.4%)	9:01	6.7 (74.4%)
48	KORZENIOWSKI Robert	5120	RK ATHLETICS	M50	5	02:24:20.40	02:24:23.50	+00:38:04 (26.4%)	9:01	6.7 (74.4%)
49	ANTCZAK Aleksander	5072	KONIN RUN	M40	8	02:24:48.90	02:24:52.90	+00:38:34 (26.6%)	9:03	6.6 (73.3%)
50	GAWRON Paweł	5071	KONIN RUN	M60	2	02:25:28.55	02:25:28.55	+00:39:09 (26.9%)	9:05	6.6 (73.3%)
51	KUCZBORSKA Marta	5035	HARPAGAN SOSNOWIEC	K40	15	02:25:32.95	02:25:37.85	+00:39:19 (27.0%)	9:05	6.6 (73.3%)
52	BRAUN Aneta	5013	WKB MARATOŃCZYK WŁOCŁAWEK	K40	16	02:25:34.20	02:25:46.20	+00:39:27 (27.1%)	9:05	6.6 (73.3%)
53	ZAWIŚLAK Anna	5032		K40	17	02:25:43.65	02:25:50.55	+00:39:31 (27.1%)	9:06	6.6 (73.3%)
54	SŁOMIAK Marian	5094		M50	6	02:25:37.95	02:25:54.65	+00:39:35 (27.1%)	9:06	6.6 (73.3%)
55	GROSS Agata	5028	FABRYKA DZIKA	K30	6	02:25:36.25	02:25:55.05	+00:39:36 (27.1%)	9:06	6.6 (73.3%)
56	ULIŃSKI Adam	5118	KONIN RUN	M40	9	02:25:47.35	02:25:55.20	+00:39:36 (27.1%)	9:06	6.6 (73.3%)
57	TUROWSKI Łukasz	5042	BIEGAM DLA SIEBIE	M30	3	02:25:43.40	02:25:56.60	+00:39:37 (27.2%)	9:06	6.6 (73.3%)
58	BUJNOWSKA Sylwia	5098		K50	9	02:25:59.90	02:26:07.30	+00:39:48 (27.2%)	9:07	6.6 (73.3%)
59	WAWRZCZAK Anna	5006		K30	7	02:26:28.65	02:26:40.00	+00:40:21 (27.5%)	9:09	6.6 (73.3%)
60	OLSZEWSKI Michał	5024	BIEGAM DLA SIEBIE	M40	10	02:28:02.05	02:28:15.05	+00:41:56 (28.3%)	9:15	6.5 (72.2%)
61	CYGLER Jerzy	5091		M50	7	02:27:50.20	02:28:16.30	+00:41:57 (28.3%)	9:14	6.5 (72.2%)
62	CYGLER Alicja	5092		K50	10	02:27:48.85	02:28:16.70	+00:41:58 (28.3%)	9:14	6.5 (72.2%)
63	MISZCZUK Ewelina	5014		K40	18	02:27:59.40	02:28:20.95	+00:42:02 (28.3%)	9:14	6.5 (72.2%)
64	KARKUT Iwona	5086	NORDIC TEAM DZIAŁDOWO	K50	11	02:28:22.75	02:28:35.75	+00:42:17 (28.5%)	9:16	6.5 (72.2%)
65	KLARECKA Joanna	5007	ASTMA TEAM	K40	19	02:29:37.00	02:29:39.75	+00:43:21 (29.0%)	9:21	6.4 (71.1%)
66	WRÓBEL Bernadeta	5111	CISNA GÓRĄ	K20	4	02:31:10.75	02:31:15.20	+00:44:56 (29.7%)	9:26	6.4 (71.1%)
67	WRÓBEL Barbara	5112	CISNA GÓRĄ	K20	5	02:31:11.60	02:31:16.35	+00:44:57 (29.7%)	9:26	6.3 (70.0%)
68	KUCHAREK Piotr	5009		M40	11	02:31:11.85	02:31:32.35	+00:45:13 (29.8%)	9:26	6.3 (70.0%)
69	MAKOWSKA Joanna	5100		K40	20	02:32:42.15	02:32:47.70	+00:46:29 (30.4%)	9:32	6.3 (70.0%)
70	KUREK Magda	5070		K40	21	02:32:46.65	02:32:52.60	+00:46:33 (30.5%)	9:32	6.3 (70.0%)
71	NOWAK Maciej	5097	SPEED FEET 16	M40	12	02:35:24.80	02:35:44.70	+00:49:26 (31.7%)	9:42	6.2 (68.9%)
72	MERKLINGHAUS-KOBER Monika	5066	SPEED FEET '16	K40	22	02:35:32.10	02:35:52.40	+00:49:33 (31.8%)	9:43	6.2 (68.9%)
73	DERKOWSKI Edward	5102		M50	8	02:35:49.30	02:36:01.90	+00:49:43 (31.9%)	9:44	6.2 (68.9%)

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74	DERKOWSKA Jadwiga	5101		K60	1	02:35:50.40	02:36:02.10	+00:49:43 (31.9%)	9:44	6.2 (68.9%)
75	ŁĘGOWSKA Irena	5064		K60	2	02:38:24.80	02:38:28.25	+00:52:09 (32.9%)	9:54	6.1 (67.8%)
76	BOROWSKA Teresa	5049		K50	12	02:38:25.30	02:38:28.40	+00:52:09 (32.9%)	9:54	6.1 (67.8%)
77	ROSIK Natalia	5065	LUMBERJACKS KOSZALIN	K30	8	02:38:33.75	02:38:41.45	+00:52:22 (33.0%)	9:54	6.1 (67.8%)
78	ROGALA Hanna	5051		K40	23	02:38:35.20	02:38:41.65	+00:52:22 (33.0%)	9:54	6.1 (67.8%)
79	DZIECIELSKA Agnieszka	5034		K40	24	02:38:42.55	02:39:02.15	+00:52:43 (33.2%)	9:55	6 (66.7%)
80	PELA Leon	5058		M20	4	02:39:04.35	02:39:10.55	+00:52:51 (33.2%)	9:56	6 (66.7%)
81	PELA Olga	5021		K30	9	02:39:03.25	02:39:10.70	+00:52:52 (33.2%)	9:56	6 (66.7%)
82	BUZANOWSKA Lena	5062		K20	6	02:42:15.60	02:42:21.60	+00:56:02 (34.5%)	10:08	5.9 (65.6%)
82	BDZIKOT Elżbieta	5055		K50	13	02:42:11.00	02:42:21.60	+00:56:02 (34.5%)	10:08	5.9 (65.6%)
84	PIETRUSZKA Edyta	5122		K40	25	02:42:14.25	02:42:27.10	+00:56:08 (34.6%)	10:08	5.9 (65.6%)
85	MONKIEWICZ-OBZUT Agata	5001		K30	10	02:42:25.80	02:42:40.80	+00:56:22 (34.6%)	10:09	5.9 (65.6%)
86	MONKIEWICZ Zofia	5003		K60	3	02:42:26.75	02:42:42.40	+00:56:23 (34.7%)	10:09	5.9 (65.6%)
87	MADEJ Olga	5012		K40	26	02:43:31.00	02:43:41.00	+00:57:22 (35.1%)	10:13	5.9 (65.6%)
88	OSIŃSKA Agata	5089		K50	14	02:43:25.30	02:43:42.80	+00:57:24 (35.1%)	10:12	5.9 (65.6%)
89	RYCERZ Magdalena	5048		K50	15	02:44:02.80	02:44:11.30	+00:57:52 (35.3%)	10:15	5.9 (65.6%)
90	JAKUBOWICZ Monika	5005	SHM	K40	27	02:47:47.55	02:48:05.05	+01:01:46 (36.8%)	10:29	5.7 (63.3%)
91	OLEJARNIK Monika	5004	SHM	K40	28	02:47:48.15	02:48:05.45	+01:01:46 (36.8%)	10:29	5.7 (63.3%)
92	JÓZWIAK - WĘCLEWSKA Mariola	5073		K40	29	02:48:27.85	02:48:39.95	+01:02:21 (37.0%)	10:31	5.7 (63.3%)
93	ŁOSIŃSKA Izabela	5010		K30	11	02:49:13.25	02:49:27.55	+01:03:08 (37.3%)	10:34	5.7 (63.3%)
94	KADECKA Agnieszka	5075		K40	30	02:49:39.10	02:49:55.05	+01:03:36 (37.4%)	10:36	5.7 (63.3%)
95	HERTEL Karina	5119		K40	31	02:51:36.30	02:51:55.40	+01:05:36 (38.2%)	10:43	5.6 (62.2%)
96	HOFFMANN-ROSA Anita	5022	NW KIEKRZ POLAND	K40	32	02:51:36.75	02:51:55.80	+01:05:37 (38.2%)	10:43	5.6 (62.2%)
97	BDZIKOT Anna	5050		K40	33	02:52:21.85	02:52:30.50	+01:06:11 (38.4%)	10:46	5.6 (62.2%)
98	MOLAK Jolanta	5047		K60	4	02:52:22.70	02:52:30.80	+01:06:12 (38.4%)	10:46	5.6 (62.2%)
99	BARTMAN Paweł	5038		M60	3	02:52:17.75	02:52:35.55	+01:06:16 (38.4%)	10:46	5.6 (62.2%)
100	DUDEK Robert	5054		M60	4	02:52:50.60	02:52:57.85	+01:06:39 (38.5%)	10:48	5.6 (62.2%)
101	SKLEPOWICZ Stanisław	5109		M20	5	02:52:51.20	02:53:07.15	+01:06:48 (38.6%)	10:48	5.6 (62.2%)
102	DITTMAYER-SKLEPOWICZ Izabela	5084		K50	16	02:52:52.35	02:53:07.35	+01:06:48 (38.6%)	10:48	5.6 (62.2%)
103	KRUCZYK Magdalena	5093		K40	34	02:53:29.20	02:53:47.35	+01:07:28 (38.8%)	10:50	5.5 (61.1%)
104	LOOSE Justyna	5019		K30	12	02:53:54.75	02:54:08.60	+01:07:49 (39.0%)	10:52	5.5 (61.1%)
105	GARDOCKA-KACZMARCZYK Milena	5085		K40	35	02:54:25.10	02:54:40.90	+01:08:22 (39.1%)	10:54	5.5 (61.1%)
106	BARTUŚ Tomasz	5027		M50	9	02:54:25.55	02:54:41.25	+01:08:22 (39.1%)	10:54	5.5 (61.1%)
107	BLANK Grzegorz	5113		M50	10	03:13:31.15	03:13:50.45	+01:27:31 (45.2%)	12:05	5 (55.6%)
108	SZAFRAŃSKA-BLANK Katarzyna	5069		K50	17	03:13:32.80	03:13:50.75	+01:27:32 (45.2%)	12:05	5 (55.6%)
109	DUDEK Barbara	5053		K60	5	03:15:44.05	03:15:51.70	+01:29:33 (45.7%)	12:14	4.9 (54.4%)
110	BOROWSKI Jeremi	5063		M20	6	03:15:39.70	03:15:51.80	+01:29:33 (45.7%)	12:13	4.9 (54.4%)
111	JEŻEWSKA Ewelina	5078		K30	13	03:37:22.60	03:37:26.00	+01:51:07 (51.1%)	13:35	4.4 (48.9%)
112	JEŻEWSKI Michał	5077		M30	4	03:37:24.70	03:37:28.20	+01:51:09 (51.1%)	13:35	4.4 (48.9%)
113	LARA Krzysztof	5045	GRUPA JURA PL	M40	13	03:54:37.85	03:55:00.25	+02:08:41 (54.8%)	14:39	4.1 (45.6%)
114	SMOK Dawid	5044	GRUPA JURA'PL ZAWIERCIE	M50	11	03:54:55.90	03:55:01.20	+02:08:42 (54.8%)	14:40	4.1 (45.6%)
115	DOMAGAŁA Agnieszka	5039	GRUPA JURA'PL	K40	36	03:54:43.30	03:55:01.80	+02:08:43 (54.8%)	14:40	4.1 (45.6%)