

# RZEŹNICZEK INTRO 2017

B4SPORT

**Wydarzenie:** Festiwal Biegu Rzeźnika  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2017-06-11  
**Miejsce:** Cisna  
**Dystans:** 28 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
1	<b>JAWORSKI Tomasz</b>	<b>1617</b>		M30	1	<b>02:53:34.70</b>	<b>02:53:46.25</b>		5:47	10.4 (100%)
2	<b>SNARSKI Bogdan</b>	<b>1871</b>	ALBATROSY	M30	2	<b>02:55:20.65</b>	<b>02:55:34.10</b>	+00:01:47 (1.0%)	5:50	10.3 (99.0%)
3	<b>KĄKOL Zbigniew</b>	<b>1885</b>	WETERTEAM	M30	3	<b>03:00:17.75</b>	<b>03:00:28.15</b>	+00:06:41 (3.7%)	6:00	10 (96.2%)
4	<b>DOLATA Łukasz</b>	<b>1551</b>	POWIATOWE CENTRUM SPORTU W BEŁCHATOWIE	M30	4	<b>03:04:54.00</b>	<b>03:05:05.55</b>	+00:11:19 (6.1%)	6:09	9.7 (93.3%)
5	<b>SZAŁ Tomasz</b>	<b>1704</b>	NIE ZA DALEKO	M30	5	<b>03:07:36.35</b>	<b>03:08:14.95</b>	+00:14:28 (7.7%)	6:15	9.6 (92.3%)
6	<b>GONIWIECHA Rafał</b>	<b>1876</b>	ENDURANCE TEAM	M30	6	<b>03:15:22.15</b>	<b>03:15:44.20</b>	+00:21:57 (11.2%)	6:30	9.2 (88.5%)
7	<b>KĄNDUŁA Grzegorz</b>	<b>1875</b>	NEST.POZNAN.PL	M30	7	<b>03:17:24.25</b>	<b>03:17:41.30</b>	+00:23:55 (12.1%)	6:34	9.1 (87.5%)
8	<b>WYRĘBEK Maciej</b>	<b>1837</b>		M30	8	<b>03:18:44.55</b>	<b>03:19:20.65</b>	+00:25:34 (12.8%)	6:37	9.1 (87.5%)
9	<b>DRZAZGA Tomasz</b>	<b>1884</b>		M30	9	<b>03:20:59.30</b>	<b>03:21:36.65</b>	+00:27:50 (13.8%)	6:41	9 (86.5%)
10	<b>MICHALSKI Marcin</b>	<b>1750</b>	FUNFLY	M30	10	<b>03:21:26.40</b>	<b>03:21:43.55</b>	+00:27:57 (13.9%)	6:42	8.9 (85.6%)
11	<b>WETHACZ Dariusz</b>	<b>1510</b>		M30	11	<b>03:24:27.90</b>	<b>03:24:44.15</b>	+00:30:57 (15.1%)	6:48	8.8 (84.6%)
12	<b>KROTLA Piotr</b>	<b>1804</b>		M30	12	<b>03:24:03.35</b>	<b>03:24:44.25</b>	+00:30:58 (15.1%)	6:48	8.8 (84.6%)
13	<b>BRYL Marcin</b>	<b>1552</b>		M30	13	<b>03:24:49.75</b>	<b>03:25:03.45</b>	+00:31:17 (15.3%)	6:49	8.8 (84.6%)
14	<b>MALCZEWSKI Piotr</b>	<b>1758</b>	MTB MOSIR DUKLA	M30	14	<b>03:25:47.40</b>	<b>03:26:18.05</b>	+00:32:31 (15.8%)	6:51	8.7 (83.7%)
15	<b>KURZYDŁO Krzysztof</b>	<b>1815</b>		M30	15	<b>03:26:07.35</b>	<b>03:26:29.00</b>	+00:32:42 (15.8%)	6:52	8.7 (83.7%)
16	<b>ŻOŁNACZ Maciej</b>	<b>1817</b>		M30	16	<b>03:26:03.35</b>	<b>03:26:30.55</b>	+00:32:44 (15.9%)	6:52	8.7 (83.7%)
17	<b>GOŚCIŃSKI Sławomir</b>	<b>1707</b>	IZERSKA GRUPA BIEGOWA	M30	17	<b>03:27:21.10</b>	<b>03:27:35.40</b>	+00:33:49 (16.3%)	6:54	8.7 (83.7%)
18	<b>GROMADA Piotr</b>	<b>1659</b>	TSA SANDOMIERZ	M30	18	<b>03:28:11.70</b>	<b>03:28:42.85</b>	+00:34:56 (16.7%)	6:56	8.6 (82.7%)
19	<b>WOJNAROWCZ Tomasz</b>	<b>1872</b>	OBOZYBIEGOWE.PL/SPARTANIEDZIECIĄ	M30	19	<b>03:30:19.20</b>	<b>03:30:36.10</b>	+00:36:49 (17.5%)	7:00	8.6 (82.7%)
20	<b>POSADOWSKI Cyprian</b>	<b>1741</b>		M30	20	<b>03:31:22.50</b>	<b>03:31:49.45</b>	+00:38:03 (18.0%)	7:02	8.5 (81.7%)
21	<b>OCHAŁEK Piotr</b>	<b>1580</b>		M30	21	<b>03:31:45.20</b>	<b>03:32:03.90</b>	+00:38:17 (18.1%)	7:03	8.5 (81.7%)
22	<b>FRISZ Jakub</b>	<b>1547</b>		M30	22	<b>03:32:07.45</b>	<b>03:32:37.35</b>	+00:38:51 (18.3%)	7:04	8.5 (81.7%)
23	<b>KASPEREK Piotr</b>	<b>1756</b>		M30	23	<b>03:33:51.60</b>	<b>03:34:09.90</b>	+00:40:23 (18.9%)	7:07	8.4 (80.8%)
24	<b>SOWIŃSKI Marcin</b>	<b>1678</b>		M30	24	<b>03:35:01.20</b>	<b>03:35:49.20</b>	+00:42:02 (19.5%)	7:10	8.4 (80.8%)
25	<b>MIKUŚKIEWICZ Piotr</b>	<b>1854</b>	RUN TEAM CHMIELNIK	M30	25	<b>03:37:52.15</b>	<b>03:38:28.65</b>	+00:44:42 (20.5%)	7:15	8.3 (79.8%)
26	<b>MIERZWIŃSKI Adam</b>	<b>1775</b>		M30	26	<b>03:37:58.95</b>	<b>03:38:29.60</b>	+00:44:43 (20.5%)	7:15	8.3 (79.8%)
27	<b>KOTUŁA Rafał</b>	<b>1640</b>		M30	27	<b>03:39:47.65</b>	<b>03:40:00.20</b>	+00:46:13 (21.0%)	7:19	8.2 (78.8%)
28	<b>GÓRSKI Adam</b>	<b>1818</b>		M30	28	<b>03:43:08.55</b>	<b>03:43:35.75</b>	+00:49:49 (22.3%)	7:26	8.1 (77.9%)
29	<b>NOWICKI Piotr</b>	<b>1863</b>	HARDKOROWA TURYSTYKA JOGGINGOWA	M30	29	<b>03:43:32.95</b>	<b>03:44:20.60</b>	+00:50:34 (22.5%)	7:27	8.1 (77.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
30	PACIA Sebastian	1780		M30	30	03:45:02.55	03:45:28.30	+00:51:42 (22.9%)	7:30	8 (76.9%)
31	KUŹMICZ Wojciech	1795		M30	31	03:45:02.30	03:45:28.50	+00:51:42 (22.9%)	7:30	8 (76.9%)
32	HAERTEL Benedikt	1759		M30	32	03:45:10.50	03:45:43.95	+00:51:57 (23.0%)	7:30	8 (76.9%)
33	KRUKAR Jakub	1660		M30	33	03:45:10.05	03:45:44.10	+00:51:57 (23.0%)	7:30	8 (76.9%)
34	WALASZCZYK Piotr	1642	ENDURANCE TEAM	M30	34	03:46:44.10	03:47:06.65	+00:53:20 (23.5%)	7:33	7.9 (76.0%)
35	ŚLEZIAK Tomek	1856		M30	35	03:47:30.25	03:47:49.50	+00:54:03 (23.7%)	7:35	7.9 (76.0%)
36	MAZUR Bartosz	1645		M30	36	03:48:18.65	03:48:34.30	+00:54:48 (24.0%)	7:36	7.9 (76.0%)
37	SZMIDT Karol	1683	SZMIDT I SYN	M30	37	03:50:28.85	03:50:58.60	+00:57:12 (24.8%)	7:40	7.8 (75.0%)
38	ZIELIŃSKI Dariusz	1680	FUZJO-SPORT ŁĘCZNA	M30	38	03:50:43.00	03:51:09.35	+00:57:23 (24.8%)	7:41	7.8 (75.0%)
39	DYLEWSKI Paweł	1668	FIZJO-SPORT	M30	39	03:50:42.00	03:51:09.45	+00:57:23 (24.8%)	7:41	7.8 (75.0%)
40	KOŁODZIEJCZYK Maciej	1667		M30	40	03:50:42.80	03:51:09.65	+00:57:23 (24.8%)	7:41	7.8 (75.0%)
41	PATRO Jacek	1789	BIŁGORAJ BIEGA	M30	41	03:53:28.30	03:53:46.60	+01:00:00 (25.7%)	7:46	7.7 (74.0%)
42	NOWAKOWSKI Leszek	1803		M30	42	03:53:07.15	03:53:46.70	+01:00:00 (25.7%)	7:46	7.7 (74.0%)
43	MILEWSKI Łukasz	1656		M30	43	03:53:22.70	03:53:51.15	+01:00:04 (25.7%)	7:46	7.7 (74.0%)
44	ŚLUSARCZYK Maciej	1559		M30	44	03:53:57.15	03:54:12.55	+01:00:26 (25.8%)	7:47	7.7 (74.0%)
45	ZIELONKA Maksymilian	1859	Z BUTA WJEŹDZAM	M30	45	03:55:10.50	03:55:36.30	+01:01:50 (26.2%)	7:50	7.7 (74.0%)
46	WIERZBA Piotr	1643	DEADLIFT	M30	46	03:56:01.50	03:56:31.00	+01:02:44 (26.5%)	7:52	7.6 (73.1%)
47	PILECKI Paweł	1729	ACCENTURE - ACCELERATE	M30	47	03:58:44.10	03:59:32.55	+01:05:46 (27.5%)	7:57	7.5 (72.1%)
48	KARASEK Grzegorz	1600		M30	48	04:00:04.70	04:00:19.05	+01:06:32 (27.7%)	8:00	7.5 (72.1%)
49	SKRZYPEK Krzysztof	1676	KLICZ BANDA	M30	49	04:01:41.95	04:01:56.25	+01:08:10 (28.2%)	8:03	7.4 (71.2%)
50	ŁYSZCZARZ Błażej	1755		M30	50	04:01:34.45	04:02:01.60	+01:08:15 (28.2%)	8:03	7.5 (72.1%)
51	GRABOWSKI Sebastian	1633	ENDORŚWINKI	M30	51	04:02:14.65	04:02:51.60	+01:09:05 (28.4%)	8:04	7.4 (71.2%)
52	WILCZYŃSKI Witold	1651	KLUB MATIEGO JEŻOWE	M30	52	04:02:59.20	04:03:32.75	+01:09:46 (28.6%)	8:05	7.4 (71.2%)
53	HEJNAR Jerzy	1802		M30	53	04:07:12.55	04:07:38.90	+01:13:52 (29.8%)	8:14	7.3 (70.2%)
54	PASIAK Przemysław	1693		M30	54	04:08:55.15	04:09:21.20	+01:15:34 (30.3%)	8:17	7.2 (69.2%)
55	CZARNIK Stanisław	1503	MIECHOWICKA GRUPA BIEGOWA	M30	55	04:09:11.05	04:09:55.70	+01:16:09 (30.5%)	8:18	7.2 (69.2%)
56	BARSZCZ Marek	1630	BARANOWRUN	M30	56	04:09:30.75	04:10:04.15	+01:16:17 (30.5%)	8:19	7.2 (69.2%)
57	WARZYŃSKI Beniamin	1575		M30	57	04:13:01.35	04:13:30.20	+01:19:43 (31.5%)	8:26	7.1 (68.3%)
58	KAWA Paweł	1649	WWW.WTEMAGENCJA.PL	M30	58	04:12:58.90	04:13:38.90	+01:19:52 (31.5%)	8:25	7.1 (68.3%)
59	SZWAŁEK Krzysztof	1839		M30	59	04:13:15.75	04:13:57.90	+01:20:11 (31.6%)	8:26	7.1 (68.3%)
60	KRYSIŃSKI Witold	1524		M30	60	04:14:49.55	04:15:29.35	+01:21:43 (32.0%)	8:29	7.1 (68.3%)
61	FASZCZEWSKI Adam	1694		M30	61	04:15:55.45	04:16:16.70	+01:22:30 (32.2%)	8:31	7 (67.3%)
62	MATYJA Paweł	1785	GSK RUNNERS TEAM	M30	62	04:16:07.65	04:16:43.05	+01:22:56 (32.3%)	8:32	7 (67.3%)
63	KNOLL Leszek	1529		M30	63	04:16:38.05	04:17:16.35	+01:23:30 (32.5%)	8:33	7 (67.3%)
64	SZTERN Łukasz	1535	JACEGBIEGA / 2H2S	M30	64	04:17:00.70	04:17:31.50	+01:23:45 (32.5%)	8:34	7 (67.3%)
65	KŁOŚ Artur	1761	PKO BANK POLSKI	M30	65	04:17:00.40	04:17:35.00	+01:23:48 (32.5%)	8:34	7 (67.3%)
66	STUDZIŃSKI Jakub	1612		M30	66	04:18:06.65	04:18:30.15	+01:24:43 (32.8%)	8:36	7 (67.3%)
67	WALENTOWSKI Maciej	1517	2H2S	M30	67	04:18:21.60	04:18:52.50	+01:25:06 (32.9%)	8:36	7 (67.3%)
68	MALCZEWSKI Konrad	1764	MTB MOSIR DUKLA	M30	68	04:23:02.25	04:23:34.70	+01:29:48 (34.1%)	8:46	6.8 (65.4%)
69	WIERCZIŃSKI Łukasz	1786	GSK RUNNERS TEAM	M30	69	04:23:10.75	04:23:46.80	+01:30:00 (34.1%)	8:46	6.8 (65.4%)
70	BIAŁEK Mariusz	1639	ENDURANCE TEAM	M30	70	04:23:39.10	04:24:00.15	+01:30:13 (34.2%)	8:47	6.8 (65.4%)
71	KRUK Krzysztof	1636	CROSSFIT ZABRZE	M30	71	04:26:07.45	04:26:28.05	+01:32:41 (34.8%)	8:52	6.8 (65.4%)
72	GIEC Piotr	1740		M30	72	04:26:44.15	04:27:23.60	+01:33:37 (35.0%)	8:53	6.7 (64.4%)
73	FLIS Piotr	1744	DANIEL'S TEAM	M30	73	04:27:35.15	04:28:05.55	+01:34:19 (35.2%)	8:55	6.7 (64.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
74	<b>GAJDECKI Tomek</b>	<b>1531</b>	ACCENTURE	M30	74	<b>04:28:28.95</b>	<b>04:29:15.35</b>	+01:35:29 (35.5%)	8:56	6.7 (64.4%)
75	<b>KOLCZYŃSKI Jarosław</b>	<b>1823</b>	EMOTIVO.COM.PL	M30	75	<b>04:28:30.30</b>	<b>04:29:16.60</b>	+01:35:30 (35.5%)	8:57	6.7 (64.4%)
76	<b>WOJCIECHOWSKI Konrad</b>	<b>1702</b>		M30	76	<b>04:29:33.35</b>	<b>04:29:56.10</b>	+01:36:09 (35.6%)	8:59	6.7 (64.4%)
77	<b>ĆWIEK Paweł</b>	<b>1593</b>		M30	77	<b>04:29:42.95</b>	<b>04:30:09.05</b>	+01:36:22 (35.7%)	8:59	6.7 (64.4%)
78	<b>KRZYŻAK Łukasz</b>	<b>1701</b>		M30	78	<b>04:30:18.20</b>	<b>04:30:41.45</b>	+01:36:55 (35.8%)	9:00	6.7 (64.4%)
79	<b>CZAJKOWSKI Łukasz</b>	<b>1838</b>		M30	79	<b>04:29:59.75</b>	<b>04:30:42.80</b>	+01:36:56 (35.8%)	8:59	6.7 (64.4%)
80	<b>SPYCHALSKI Radosław</b>	<b>1563</b>		M30	80	<b>04:31:09.25</b>	<b>04:31:47.55</b>	+01:38:01 (36.1%)	9:02	6.6 (63.5%)
81	<b>ROSÓŁ Rafał</b>	<b>1665</b>	EXTREME HDK BYTOM	M30	81	<b>04:32:10.20</b>	<b>04:32:24.50</b>	+01:38:38 (36.2%)	9:04	6.6 (63.5%)
82	<b>KAWALEC Kamil</b>	<b>1550</b>	7 PIWEK GÓRNIK LUBLIN	M30	82	<b>04:36:46.95</b>	<b>04:37:19.30</b>	+01:43:33 (37.3%)	9:13	6.5 (62.5%)
83	<b>TERZONI Christian</b>	<b>1620</b>		M30	83	<b>04:37:02.90</b>	<b>04:37:32.50</b>	+01:43:46 (37.4%)	9:14	6.5 (62.5%)
84	<b>WARZYBOK Marcin</b>	<b>1589</b>		M30	84	<b>04:40:40.60</b>	<b>04:41:09.60</b>	+01:47:23 (38.2%)	9:21	6.4 (61.5%)
85	<b>CZYŻEWSKI Przemysław</b>	<b>1791</b>	NSZ	M30	85	<b>04:41:01.15</b>	<b>04:41:28.75</b>	+01:47:42 (38.3%)	9:22	6.4 (61.5%)
86	<b>OPALIŃSKI Bartłomiej</b>	<b>1724</b>		M30	86	<b>04:43:16.40</b>	<b>04:43:48.75</b>	+01:50:02 (38.8%)	9:26	6.4 (61.5%)
87	<b>BAUTECKI Piotr</b>	<b>1505</b>		M30	87	<b>04:44:11.15</b>	<b>04:44:35.85</b>	+01:50:49 (38.9%)	9:28	6.3 (60.6%)
88	<b>UJMA Paweł</b>	<b>1773</b>		M30	88	<b>04:44:34.60</b>	<b>04:44:59.75</b>	+01:51:13 (39.0%)	9:29	6.3 (60.6%)
89	<b>DRONKA Dominik</b>	<b>1590</b>		M30	89	<b>04:44:32.25</b>	<b>04:45:00.95</b>	+01:51:14 (39.0%)	9:29	6.3 (60.6%)
90	<b>MAJER Andrzej</b>	<b>1798</b>		M30	90	<b>04:46:34.00</b>	<b>04:46:51.50</b>	+01:53:05 (39.4%)	9:33	6.3 (60.6%)
91	<b>DĘBOWSKI Błażej</b>	<b>1632</b>	1986	M30	91	<b>04:48:21.35</b>	<b>04:49:01.35</b>	+01:55:15 (39.9%)	9:36	6.2 (59.6%)
92	<b>HOJSZYK Maciej</b>	<b>1629</b>		M30	92	<b>04:51:38.95</b>	<b>04:52:18.65</b>	+01:58:32 (40.6%)	9:43	6.2 (59.6%)
93	<b>WOLSKI Kamil</b>	<b>1540</b>	BIEGAM NA TARCHOMINIE	M30	93	<b>04:55:15.10</b>	<b>04:56:00.75</b>	+02:02:14 (41.3%)	9:50	6.1 (58.7%)
94	<b>NOWIK Tomasz</b>	<b>1852</b>		M30	94	<b>05:03:17.55</b>	<b>05:03:40.10</b>	+02:09:53 (42.8%)	10:06	5.9 (56.7%)
95	<b>MAŁYSA Łukasz</b>	<b>1543</b>		M30	95	<b>05:03:15.40</b>	<b>05:03:47.45</b>	+02:10:01 (42.8%)	10:06	5.9 (56.7%)
96	<b>DREWNIK Robert</b>	<b>1881</b>		M30	96	<b>05:12:53.60</b>	<b>05:13:42.35</b>	+02:19:56 (44.6%)	10:25	5.8 (55.8%)
97	<b>ŚWIECZKOWSKI Wiesław</b>	<b>1504</b>	WIESIU BIEGA	M30	97	<b>05:23:10.00</b>	<b>05:23:45.00</b>	+02:29:58 (46.3%)	10:46	5.6 (53.8%)
98	<b>FURMAN Michał</b>	<b>1512</b>	OCHAJO RUN & FRIENDS	M30	98	<b>05:26:39.00</b>	<b>05:27:14.55</b>	+02:33:28 (46.9%)	10:53	5.5 (52.9%)
99	<b>GONCZERZEWICZ Marek</b>	<b>1583</b>	STARE BABICE BIEGAJĄ	M30	99	<b>05:52:48.20</b>	<b>05:53:16.90</b>	+02:59:30 (50.8%)	11:45	5.1 (49.0%)

Znaleziono 99 wynik(ów)