

# 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: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
1	<b>MIKOŁAJCZYK Krzysztof</b>	<b>1562</b>		M40	1	<b>03:11:59.85</b>	<b>03:12:14.60</b>		6:24	9.4 (100%)
2	<b>KRZYSZŁOWSKI Rafał</b>	<b>1799</b>		M40	2	<b>03:13:11.00</b>	<b>03:13:28.85</b>	+00:01:14 (0.6%)	6:26	9.3 (98.9%)
3	<b>WĄS Grzegorz</b>	<b>1812</b>		M40	3	<b>03:21:34.15</b>	<b>03:22:00.70</b>	+00:09:46 (4.8%)	6:43	8.9 (94.7%)
4	<b>JARMOLIŃSKI Piotr</b>	<b>1813</b>	WIECZORNE BIEGANIE W SZCZECINIE	M40	4	<b>03:24:19.10</b>	<b>03:24:41.35</b>	+00:12:26 (6.1%)	6:48	8.8 (93.6%)
5	<b>WIERNEK Tomek</b>	<b>1878</b>	ENDURANCE TEAM	M40	5	<b>03:26:07.75</b>	<b>03:26:29.70</b>	+00:14:15 (6.9%)	6:52	8.7 (92.6%)
6	<b>KUCHARSKI Waldemar</b>	<b>1793</b>		M40	6	<b>03:36:58.90</b>	<b>03:37:41.35</b>	+00:25:26 (11.7%)	7:13	8.3 (88.3%)
7	<b>MAJCHROWSKI Jacek</b>	<b>1674</b>	BBL TARNOBRZEG	M40	7	<b>03:38:11.50</b>	<b>03:38:27.75</b>	+00:26:13 (12.0%)	7:16	8.2 (87.2%)
8	<b>SZABLA Marcin</b>	<b>1602</b>	SAINT GOBAIN SQUAD	M40	8	<b>03:40:45.70</b>	<b>03:40:55.30</b>	+00:28:40 (13.0%)	7:21	8.2 (87.2%)
9	<b>PITAS Andrzej</b>	<b>1883</b>	ZAPIERDALACZE	M40	9	<b>03:45:02.75</b>	<b>03:45:52.60</b>	+00:33:38 (14.9%)	7:30	8 (85.1%)
10	<b>GIBAŁA Marcin</b>	<b>1695</b>		M40	10	<b>03:50:30.40</b>	<b>03:50:57.85</b>	+00:38:43 (16.8%)	7:41	7.8 (83.0%)
11	<b>KASPRZYKOWSKI Zbigniew</b>	<b>1829</b>	ORNIS SIEDLCE	M40	11	<b>03:51:14.90</b>	<b>03:51:40.60</b>	+00:39:26 (17.0%)	7:42	7.8 (83.0%)
12	<b>KRUKAR Adam</b>	<b>1646</b>		M40	12	<b>03:53:17.70</b>	<b>03:53:48.20</b>	+00:41:33 (17.8%)	7:46	7.7 (81.9%)
13	<b>KĘDREK Emil</b>	<b>1810</b>	HABYS	M40	13	<b>03:55:01.20</b>	<b>03:55:22.90</b>	+00:43:08 (18.3%)	7:50	7.7 (81.9%)
14	<b>POMORSKI Marcin</b>	<b>1555</b>		M40	14	<b>03:58:27.30</b>	<b>03:58:42.10</b>	+00:46:27 (19.5%)	7:56	7.5 (79.8%)
15	<b>APANOWICZ Piotr</b>	<b>1736</b>		M40	15	<b>03:58:18.45</b>	<b>03:58:53.45</b>	+00:46:38 (19.5%)	7:56	7.6 (80.9%)
16	<b>ANTOSZ Bogdan</b>	<b>1834</b>		M40	16	<b>04:04:48.00</b>	<b>04:05:11.95</b>	+00:52:57 (21.6%)	8:09	7.4 (78.7%)
17	<b>CEGIEŁKO Paweł</b>	<b>1542</b>		M40	17	<b>04:05:26.05</b>	<b>04:06:15.00</b>	+00:54:00 (21.9%)	8:10	7.3 (77.7%)
18	<b>RYZIŃSKI Ryszard</b>	<b>1621</b>		M40	18	<b>04:08:19.90</b>	<b>04:09:02.70</b>	+00:56:48 (22.8%)	8:16	7.2 (76.6%)
19	<b>ZIELASKOWSKI Michał</b>	<b>1628</b>		M40	19	<b>04:08:18.85</b>	<b>04:09:04.35</b>	+00:56:49 (22.8%)	8:16	7.2 (76.6%)
20	<b>WOJCIECHOWSKI Krzysztof</b>	<b>1718</b>		M40	20	<b>04:08:45.85</b>	<b>04:09:05.50</b>	+00:56:50 (22.8%)	8:17	7.2 (76.6%)
21	<b>CORA Krzychu</b>	<b>1866</b>	ENDURANCE TEAM	M40	21	<b>04:08:51.70</b>	<b>04:09:13.45</b>	+00:56:58 (22.9%)	8:17	7.2 (76.6%)
22	<b>KRYGIER Rafał</b>	<b>1625</b>	NZOZ PRZYCHODNIA SPECJALISTYCZNA GEMINI	M40	22	<b>04:13:35.60</b>	<b>04:14:04.90</b>	+01:01:50 (24.3%)	8:27	7.1 (75.5%)
23	<b>KSIAZEK Leszek</b>	<b>1835</b>	MELIORANT	M40	23	<b>04:15:59.70</b>	<b>04:16:36.70</b>	+01:04:22 (25.1%)	8:31	7 (74.5%)
24	<b>PISARCZYK Jakub</b>	<b>1865</b>		M40	24	<b>04:18:20.30</b>	<b>04:18:51.60</b>	+01:06:37 (25.7%)	8:36	7 (74.5%)
25	<b>BRĄGOSZEWSKI Paweł</b>	<b>1682</b>		M40	25	<b>04:18:14.10</b>	<b>04:18:52.65</b>	+01:06:38 (25.7%)	8:36	7 (74.5%)
26	<b>GRZYB Sławek</b>	<b>1842</b>	EKSPEDYCJA MRÓWKA	M40	26	<b>04:20:34.20</b>	<b>04:20:56.75</b>	+01:08:42 (26.3%)	8:41	6.9 (73.4%)
27	<b>ROŚŁON Tomasz</b>	<b>1679</b>	NEW BALANCE ESKA TEAM	M40	27	<b>04:23:09.40</b>	<b>04:23:47.00</b>	+01:11:32 (27.1%)	8:46	6.8 (72.3%)
28	<b>KAWALEC Bartłomiej</b>	<b>1549</b>	WWW.WEDKI.PL	M40	28	<b>04:23:21.50</b>	<b>04:23:53.90</b>	+01:11:39 (27.2%)	8:46	6.8 (72.3%)
29	<b>WRÓBEL Bartłomiej</b>	<b>1500</b>	CISNA	M40	29	<b>04:25:15.75</b>	<b>04:25:31.95</b>	+01:13:17 (27.6%)	8:50	6.8 (72.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
30	<b>ŻUKOWSKI Grzegorz</b>	<b>1641</b>	ENDURANCE TEAM	M40	30	<b>04:25:21.60</b>	<b>04:25:42.45</b>	+01:13:27 (27.6%)	8:50	6.8 (72.3%)
31	<b>SZYMAŃSKI Piotr</b>	<b>1862</b>		M40	31	<b>04:27:03.35</b>	<b>04:27:30.80</b>	+01:15:16 (28.1%)	8:54	6.7 (71.3%)
32	<b>SZYMAŃSKI Artur</b>	<b>1579</b>		M40	32	<b>04:27:05.35</b>	<b>04:27:32.00</b>	+01:15:17 (28.1%)	8:54	6.7 (71.3%)
33	<b>BLAUT Marcin</b>	<b>1855</b>	NIGHT RUNNERS	M40	33	<b>04:28:42.15</b>	<b>04:29:13.60</b>	+01:16:59 (28.6%)	8:57	6.7 (71.3%)
34	<b>NAWROT Waldek</b>	<b>1713</b>		M40	34	<b>04:33:45.45</b>	<b>04:34:18.90</b>	+01:22:04 (29.9%)	9:07	6.6 (70.2%)
35	<b>CZYKAŁSKI Grzegorz</b>	<b>1846</b>		M40	35	<b>04:37:30.90</b>	<b>04:37:55.00</b>	+01:25:40 (30.8%)	9:15	6.5 (69.1%)
36	<b>BILSKI Marek</b>	<b>1754</b>		M40	36	<b>04:38:03.05</b>	<b>04:38:53.45</b>	+01:26:38 (31.1%)	9:16	6.5 (69.1%)
37	<b>MOCZYDŁOWSKI Łukasz</b>	<b>1792</b>	NSZ	M40	37	<b>04:40:34.10</b>	<b>04:40:59.10</b>	+01:28:44 (31.6%)	9:21	6.4 (68.1%)
38	<b>WIERZBICKI Paweł</b>	<b>1634</b>	TSA SANDOMIERZ	M40	38	<b>04:42:57.95</b>	<b>04:43:29.70</b>	+01:31:15 (32.2%)	9:25	6.4 (68.1%)
39	<b>ZEMŁA Piotr</b>	<b>1800</b>		M40	39	<b>04:43:54.40</b>	<b>04:44:41.15</b>	+01:32:26 (32.5%)	9:27	6.3 (67.0%)
40	<b>KALANDYK Robert</b>	<b>1732</b>	WŁÓCZYBIEGI	M40	40	<b>04:44:37.85</b>	<b>04:45:05.90</b>	+01:32:51 (32.6%)	9:29	6.3 (67.0%)
41	<b>RYCHLIK Tomasz</b>	<b>1731</b>		M40	41	<b>04:44:44.65</b>	<b>04:45:28.45</b>	+01:33:13 (32.7%)	9:29	6.3 (67.0%)
42	<b>SIECZKOWSKI Artur</b>	<b>1533</b>	NATURAL BORN RUNNERS	M40	42	<b>04:46:17.00</b>	<b>04:46:51.50</b>	+01:34:36 (33.0%)	9:32	6.3 (67.0%)
43	<b>BRYSIAK Ziemowit</b>	<b>1567</b>		M40	43	<b>04:48:06.65</b>	<b>04:48:38.20</b>	+01:36:23 (33.4%)	9:36	6.2 (66.0%)
44	<b>MIEDZINSKI Piotr</b>	<b>1657</b>	MSD RUNNING CLUB	M40	44	<b>04:48:45.35</b>	<b>04:49:11.90</b>	+01:36:57 (33.5%)	9:37	6.2 (66.0%)
45	<b>BRZEZIŃSKI Mateusz</b>	<b>1509</b>		M40	45	<b>04:49:47.85</b>	<b>04:50:29.45</b>	+01:38:14 (33.8%)	9:39	6.2 (66.0%)
46	<b>GAWRON Bartłomiej</b>	<b>1586</b>	CALLTECH BARTŁOMIEJ GAWRON	M40	46	<b>04:54:00.15</b>	<b>04:54:22.10</b>	+01:42:07 (34.7%)	9:48	6.1 (64.9%)
47	<b>DZIOPA Paweł</b>	<b>1527</b>	WKURW_TEAM	M40	47	<b>04:58:03.50</b>	<b>04:58:45.05</b>	+01:46:30 (35.7%)	9:56	6 (63.8%)
48	<b>KOWALCZYK Mariusz</b>	<b>1566</b>		M40	48	<b>05:06:33.80</b>	<b>05:07:17.95</b>	+01:55:03 (37.4%)	10:13	5.9 (62.8%)
49	<b>MACIEJEWSKI Karol</b>	<b>1779</b>	BIEGIEM RADOM!	M40	49	<b>05:12:05.15</b>	<b>05:12:22.70</b>	+02:00:08 (38.5%)	10:24	5.8 (61.7%)
50	<b>KRZYWICKI Tomasz</b>	<b>1715</b>	SCADOR.COM	M40	50	<b>05:14:05.40</b>	<b>05:14:43.05</b>	+02:02:28 (38.9%)	10:28	5.7 (60.6%)
51	<b>STELMASZCZYK Konrad</b>	<b>1827</b>		M40	51	<b>05:21:22.35</b>	<b>05:21:41.25</b>	+02:09:26 (40.2%)	10:42	5.6 (59.6%)
51	<b>RAFALSKI Marcin</b>	<b>1825</b>		M40	52	<b>05:21:22.15</b>	<b>05:21:41.25</b>	+02:09:26 (40.2%)	10:42	5.6 (59.6%)
53	<b>RZECZKOWSKI Maciej</b>	<b>1711</b>		M40	53	<b>05:21:28.20</b>	<b>05:22:15.55</b>	+02:10:00 (40.3%)	10:42	5.6 (59.6%)
54	<b>KUŚMIERSKI Krzysztof</b>	<b>1721</b>	WKG IM WALEREGO GOETLA	M40	54	<b>05:21:27.90</b>	<b>05:22:15.85</b>	+02:10:01 (40.3%)	10:42	5.6 (59.6%)
55	<b>MITURA Marek</b>	<b>1790</b>		M40	55	<b>05:22:35.05</b>	<b>05:22:56.50</b>	+02:10:41 (40.5%)	10:45	5.6 (59.6%)
56	<b>BARYZA Robert</b>	<b>1560</b>		M40	56	<b>05:22:39.40</b>	<b>05:23:17.70</b>	+02:11:03 (40.5%)	10:45	5.6 (59.6%)
57	<b>BISKUPSKI Błażej</b>	<b>1848</b>	ŁÓDŹ RUNNING TEAM	M40	57	<b>05:26:31.05</b>	<b>05:27:06.05</b>	+02:14:51 (41.2%)	10:53	5.5 (58.5%)
	<b>MIRECKI Jan</b>	<b>1841</b>		M40		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)

Znaleziono 58 wynik(ów)