



## BIEG RZEŹNIKA

Klasyfikacja: M - MASTERS

# RZEŹNIK 500

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2024-02-12  
**Miejsce:** Polska  
**Dystans:** 500 km

| Msc | Zawodnik               | Numer | Klub  | Kategoria   | Mkat | Dystans  | Różn | Tempo min/km | Tempo km/h   |
|-----|------------------------|-------|---|-------------|------|----------|------|--------------|--------------|
| 1   | ZAWADZKI Marcin        | 138   | SZCZWANY TRZMIEL TEAM                           | M - MASTERS | 1    | 500,0 KM | 0    | 5:30         | 10.9 (100%)  |
| 2   | BOBYK Paweł            | 171   |   | M - MASTERS | 2    | 500,0 KM | 0    | 7:47         | 7.7 (70.6%)  |
| 3   | WRONA Łukasz           | 153   |   | M - MASTERS | 3    | 500,0 KM | 0    | 8:20         | 7.2 (66.1%)  |
| 4   | KISIELEWSKI Konrad     | 162   | KROK PO KROKU                                   | M - MASTERS | 4    | 500,0 KM | 0    | 7:40         | 7.8 (71.6%)  |
| 5   | MARCELA Marcin         | 12    | FAT MAMA'S SPORT CLUB                           | M - MASTERS | 5    | 500,0 KM | 0    | 8:03         | 7.4 (67.9%)  |
| 6   | JADRYCH Zbigniew       | 139   | NO NAMES  | M - MASTERS | 6    | 500,0 KM | 0    | 8:09         | 7.4 (67.9%)  |
| 7   | JANKIEWICZ Marek       | 64    | MŁODY VS STARY                                  | M - MASTERS | 7    | 500,0 KM | 0    | 6:12         | 9.7 (89.0%)  |
| 8   | CIEŚLAK Krzysztof      | 47    | ULTRAFAZA                                       | M - MASTERS | 8    | 500,0 KM | 0    | 8:05         | 7.4 (67.9%)  |
| 9   | PACHUT Krzysztof       | 134   |   | M - MASTERS | 9    | 500,0 KM | 0    | 7:06         | 8.4 (77.1%)  |
| 10  | POTERA Maciej          | 154   | ONE   | M - MASTERS | 10   | 500,0 KM | 0    | 10:00        | 6 (55.0%)    |
| 11  | DYBOWSKI Piotr         | 142   | ION1 TEAM                                       | M - MASTERS | 11   | 500,0 KM | 0    | 5:28         | 10.9 (100%)  |
| 12  | BANASIK Krzysztof      | 5     |   | M - MASTERS | 12   | 500,0 KM | 0    | 8:48         | 6.8 (62.4%)  |
| 13  | JEZIOR Bartosz         | 164   |   | M - MASTERS | 13   | 500,0 KM | 0    | 8:13         | 7.3 (67.0%)  |
| 14  | GRUSZCZYŃSKI Krzysztof | 54    | AKTYWNI PANS JAROSŁAW/KRESOWIANIE               | M - MASTERS | 14   | 500,0 KM | 0    | 8:01         | 7.5 (68.8%)  |
| 15  | DONIEC Sebastian       | 58    | I RUN FURTHER THAN YOU DRIVE!                   | M - MASTERS | 15   | 500,0 KM | 0    | 7:26         | 8.1 (74.3%)  |
| 16  | BOKSZA Piotr           | 149   | TIME4RUNNING                                    | M - MASTERS | 16   | 500,0 KM | 0    | 5:43         | 10.5 (96.3%) |
| 17  | JACHIMOWSKI Jarosław   | 148   | SANOK BIEGA                                     | M - MASTERS | 17   | 500,0 KM | 0    | 6:58         | 8.6 (78.9%)  |
| 18  | BOSAK Przemysław       | 33    | MAGOREX   | M - MASTERS | 18   | 500,0 KM | 0    | 8:04         | 7.4 (67.9%)  |
| 19  | TOMASZEK Grzegorz      | 24    | NOWA HUTA TEAM                                  | M - MASTERS | 19   | 500,0 KM | 0    | 6:57         | 8.6 (78.9%)  |
| 20  | JĘCZKOWSKI Dariusz     | 157   |   | M - MASTERS | 20   | 500,0 KM | 0    | 6:06         | 9.8 (89.9%)  |
| 21  | CIEŻAK Kamil           | 77    | KIEDYS - TERAZ ROZNE DYSCYPLINY W MIEDZY CZASIE | M - MASTERS | 21   | 500,0 KM | 0    | 7:15         | 8.3 (76.1%)  |
| 22  | NOWAKOWSKI Marcin      | 106   |   | M - MASTERS | 22   | 500,0 KM | 0    | 6:48         | 8.8 (80.7%)  |
| 23  | STĘCHŁY Jarosław       | 83    |   | M - MASTERS | 23   | 500,0 KM | 0    | 5:33         | 10.8 (99.1%) |
| 24  | NIŻNIK Marcin          | 117   | NOWY STYL RUNNING TEAM                          | M - MASTERS | 24   | 500,0 KM | 0    | 7:03         | 8.5 (78.0%)  |
| 25  | KOWALCZYK Piotr        | 78    | FOR-REST-RUN                                    | M - MASTERS | 25   | 500,0 KM | 0    | 6:39         | 9 (82.6%)    |
| 26  | KRÓL Maciej            | 61    | ULTRA WAY WIRAN TEAM                            | M - MASTERS | 26   | 500,0 KM | 0    | 7:18         | 8.2 (75.2%)  |
| 27  | MARKOWSKI Szymon       | 98    | BIEGAJĄCY TCZEW                                 | M - MASTERS | 27   | 500,0 KM | 0    | 9:27         | 6.3 (57.8%)  |
| 28  | TERLECKI Władysław     | 71    | MŁODY VS STARY                                  | M - MASTERS | 28   | 500,0 KM | 0    | 14:10        | 4.2 (38.5%)  |
| 29  | KROL Henryk            | 82    | ULTRA WAY WIRANTEAM                             | M - MASTERS | 29   | 500,0 KM | 0    | 12:33        | 4.8 (44.0%)  |

| Msc | Zawodnik                  | Numer      | Klub                       | Kategoria   | Mkat | Dystans         | Różn     | Tempo min/km | Tempo km/h    |
|-----|---------------------------|------------|----------------------------|-------------|------|-----------------|----------|--------------|---------------|
| 30  | <b>MAŁECKI Tomasz</b>     | <b>72</b>  |                            | M - MASTERS | 30   | <b>500,0 KM</b> | 0        | 7:16         | 8.3 (76.1%)   |
| 31  | <b>RYŻYŃSKI Tomasz</b>    | <b>81</b>  |                            | M - MASTERS | 31   | <b>500,0 KM</b> | 0        | 6:31         | 9.2 (84.4%)   |
| 32  | <b>KOKOT Roman</b>        | <b>45</b>  | AKTYWNY DYNÓW              | M - MASTERS | 32   | <b>500,0 KM</b> | 0        | 7:24         | 8.1 (74.3%)   |
| 33  | <b>WYSOCKI Bartosz</b>    | <b>31</b>  | KS JANUSZE                 | M - MASTERS | 33   | <b>500,0 KM</b> | 0        | 10:06        | 5.9 (54.1%)   |
| 34  | <b>KLARECKI Adrian</b>    | <b>70</b>  | WIRAN / ASTMA TEAM         | M - MASTERS | 34   | <b>500,0 KM</b> | 0        | 5:27         | 11 (101%)     |
| 35  | <b>PYZIK Tomasz</b>       | <b>26</b>  | DRUŻYNA MOJACUKRZYCA.PL    | M - MASTERS | 35   | <b>500,0 KM</b> | 0        | 7:01         | 8.5 (78.0%)   |
| 36  | <b>POPKO Mariusz</b>      | <b>127</b> |                            | M - MASTERS | 36   | <b>500,0 KM</b> | 0        | 9:10         | 6.5 (59.6%)   |
| 37  | <b>SIEMIENIUK Andrzej</b> | <b>39</b>  | RATUJMY CO SIĘ DA ♥♥♥      | M - MASTERS | 37   | <b>500,0 KM</b> | 0        | 6:32         | 9.2 (84.4%)   |
| 38  | <b>BOKSZA Robert</b>      | <b>91</b>  |                            | M - MASTERS | 38   | <b>500,0 KM</b> | 0        | 7:20         | 8.2 (75.2%)   |
| 39  | <b>ŁAGOŻNY Łukasz</b>     | <b>120</b> | TOYOTA JASŁO               | M - MASTERS | 39   | <b>500,0 KM</b> | 0        | 8:10         | 7.3 (67.0%)   |
| 40  | <b>POTERA Maciej</b>      | <b>8</b>   |                            | M - MASTERS | 40   | <b>500,0 KM</b> | 0        | 13:32        | 4.4 (40.4%)   |
| 41  | <b>ŁYJAK Krzysztof</b>    | <b>49</b>  |                            | M - MASTERS | 41   | <b>500,0 KM</b> | 0        | 9:41         | 6.2 (56.9%)   |
| 42  | <b>ŻÓŁKIEWICZ Marcin</b>  | <b>85</b>  | PUĘTNASTKA                 | M - MASTERS | 42   | <b>500,0 KM</b> | 0        | 6:48         | 8.8 (80.7%)   |
| 43  | <b>MOSZ Tomasz</b>        | <b>2</b>   | W POGONI ZA DUCHEM         | M - MASTERS | 43   | <b>500,0 KM</b> | 0        | 6:43         | 8.9 (81.7%)   |
| 44  | <b>LEWTAK Marcin</b>      | <b>86</b>  | 9-TKA RUNNING TEAM / EKIPA | M - MASTERS | 44   | <b>500,0 KM</b> | 0        | 5:19         | 11.3 (103.7%) |
| 45  | <b>SALA Paweł</b>         | <b>60</b>  | MIZUNO -TURBACZ TEAM       | M - MASTERS | 45   | <b>408,1 KM</b> | -91.886  | 7:34         | 7.9 (72.5%)   |
| 46  | <b>KORBA Krzysztof</b>    | <b>79</b>  |                            | M - MASTERS | 46   | <b>294,6 KM</b> | -205.42  | 9:14         | 6.5 (59.6%)   |
| 47  | <b>BIENIECKI Mirosław</b> | <b>36</b>  | OTK RZEŹNIK                | M - MASTERS | 47   | <b>216,4 KM</b> | -283.6   | 12:29        | 4.8 (44.0%)   |
| 48  | <b>ZAWISZ Mariusz</b>     | <b>140</b> | RADLINIOKI W BIEGU         | M - MASTERS | 48   | <b>151,9 KM</b> | -348.141 | 6:54         | 8.7 (79.8%)   |

Znaleziono 48 wynik(ów)