

# RZEŹNIK NA RATY - DZIEŃ II

B4SPORT

**Organizator:** OTK Rzeźnik  
**Data:** 2015-06-02  
**Miejsce:** Ustrzyki Górne  
**Dystans:** 22 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	8km	Czas netto 22km	Czas brutto 22km	Różn	Tempo min/km	Tempo km/h
1	<b>DOMISZEWSKI Ignacy</b>	<b>67</b>	USTRZYKI DOLNE	M20	1	01:00:03	<b>02:39:45.10</b>	<b>02:39:45.10</b>		7:15	8.3 (100%)
2	<b>GARDENER Jacek</b>	<b>39</b>	JACEKBIEGA RUNNING TEAM	M40	1	01:06:32	<b>02:48:32.35</b>	<b>02:48:32.35</b>	+00:08:47 (5.2%)	7:39	7.8 (94.0%)
3	<b>JAKUBCZYK Paweł</b>	<b>30</b>	CKBABCIE	M30	1	01:06:59	<b>02:49:44.20</b>	<b>02:49:44.20</b>	+00:09:59 (5.9%)	7:42	7.8 (94.0%)
4	<b>PRĘDKI Mirosław</b>	<b>59</b>	JASŁO	M30	2	01:08:15	<b>02:51:38.85</b>	<b>02:51:38.85</b>	+00:11:53 (6.9%)	7:48	7.7 (92.8%)
5	<b>CIOŚMAK Andrzej</b>	<b>40</b>	PZU SPORT TEAM	M30	3	01:09:05	<b>02:57:22.30</b>	<b>02:57:22.30</b>	+00:17:37 (9.9%)	8:03	7.4 (89.2%)
6	<b>JAKUBCZYK Dariusz</b>	<b>31</b>	CKBABCIE	M30	4	01:16:57	<b>03:14:54.90</b>	<b>03:14:54.90</b>	+00:35:09 (18.0%)	8:51	6.8 (81.9%)
7	<b>STYCZEŃ Piotr</b>	<b>24</b>	CKBABCIE	M30	5	01:16:55	<b>03:14:55.00</b>	<b>03:14:55.00</b>	+00:35:09 (18.0%)	8:51	6.8 (81.9%)
8	<b>WĘGIELEWSKI Bartosz</b>	<b>52</b>		M30	6	01:17:43	<b>03:17:07.50</b>	<b>03:17:07.50</b>	+00:37:22 (19.0%)	8:57	6.7 (80.7%)
9	<b>BONDARA Sylwia</b>	<b>71</b>	JACEKBIEGA RUNNING TEAM	K20	1	01:19:17	<b>03:20:57.40</b>	<b>03:20:57.40</b>	+00:41:12 (20.5%)	9:08	6.6 (79.5%)
10	<b>JOSYPENKO Jędrzej</b>	<b>66</b>	JACEKBIEGA RUNNING TEAM	M20	2	01:17:11	<b>03:22:38.80</b>	<b>03:22:38.80</b>	+00:42:53 (21.2%)	9:12	6.5 (78.3%)
10	<b>JOSYPENKO Bożena</b>	<b>65</b>	JACEKBIEGA RUNNING TEAM	K30	1	01:17:14	<b>03:22:38.80</b>	<b>03:22:38.80</b>	+00:42:53 (21.2%)	9:12	6.5 (78.3%)
12	<b>TOMCZYK Ferdynand</b>	<b>48</b>	MODLITWA BIEGANIA GRYFINO	M50	1	01:19:42	<b>03:27:23.50</b>	<b>03:27:23.50</b>	+00:47:38 (23.0%)	9:25	6.4 (77.1%)
13	<b>WOSIK Marek</b>	<b>68</b>		M60	1	01:20:09	<b>03:27:25.50</b>	<b>03:27:25.50</b>	+00:47:40 (23.0%)	9:25	6.4 (77.1%)
14	<b>CYGANEK Grzegorz</b>	<b>47</b>	BYDGOSZCZ	M30	7	01:20:47	<b>03:27:45.80</b>	<b>03:27:45.80</b>	+00:48:00 (23.1%)	9:26	6.4 (77.1%)
15	<b>PRZYBYLSKI Witek</b>	<b>73</b>	OTK RZEŹNIK	M30	8	01:23:07	<b>03:28:26.50</b>	<b>03:28:26.50</b>	+00:48:41 (23.4%)	9:28	6.3 (75.9%)
16	<b>KRUPCZYŃSKI Michał</b>	<b>37</b>	KRUPOLS TEAM	M20	3	01:26:32	<b>03:28:49.65</b>	<b>03:28:49.65</b>	+00:49:04 (23.5%)	9:29	6.3 (75.9%)
17	<b>SADOWSKI Rafał</b>	<b>63</b>	BEŁCHATÓW	M20	4	01:26:26	<b>03:35:57.95</b>	<b>03:35:57.95</b>	+00:56:12 (26.0%)	9:48	6.1 (73.5%)
18	<b>ŚWIERCZYŃSKI Marcin</b>	<b>28</b>	WARSZAWA	M30	9	01:19:04	<b>03:35:59.10</b>	<b>03:35:59.10</b>	+00:56:14 (26.0%)	9:49	6.1 (73.5%)
19	<b>FAFARA Marek</b>	<b>17</b>	KS KOZIOŁEK	M30	10	01:26:56	<b>03:37:02.75</b>	<b>03:37:02.75</b>	+00:57:17 (26.4%)	9:51	6.1 (73.5%)
20	<b>BARCEWICZ Marta</b>	<b>54</b>	12TRI.PL DRUŻYNA WILKA OLSZTYN	K20	2	01:27:45	<b>03:45:39.05</b>	<b>03:45:39.05</b>	+01:05:53 (29.2%)	10:15	5.8 (69.9%)
21	<b>STAN Marcin</b>	<b>38</b>	WHITE RABBIT RUNNING TEAM	M40	2	01:25:42	<b>03:45:41.80</b>	<b>03:45:41.80</b>	+01:05:56 (29.2%)	10:15	5.8 (69.9%)
22	<b>STAWIARSKI Jakub</b>	<b>55</b>	LONGPLAY GORZÓW WLKP	M20	5	01:29:20	<b>03:46:01.50</b>	<b>03:46:01.50</b>	+01:06:16 (29.3%)	10:16	5.8 (69.9%)
23	<b>ZIELIŃSKI Zbigniew</b>	<b>26</b>	WARSZAWA	M40	3	01:32:53	<b>03:47:13.10</b>	<b>03:47:13.10</b>	+01:07:28 (29.7%)	10:19	5.8 (69.9%)
24	<b>PRÓBAN Robert</b>	<b>64</b>	GLIWICE	M30	11	01:30:11	<b>03:48:42.00</b>	<b>03:48:42.00</b>	+01:08:56 (30.1%)	10:23	5.8 (69.9%)
25	<b>KONSTANTY Katarzyna</b>	<b>10</b>	KRAKÓW	K30	2	01:30:09	<b>03:48:42.20</b>	<b>03:48:42.20</b>	+01:08:57 (30.1%)	10:23	5.8 (69.9%)
26	<b>KWIATEK Tomasz</b>	<b>25</b>	JACEKBIEGA RUNNING TEAM	M30	12	01:29:43	<b>03:53:39.70</b>	<b>03:53:39.70</b>	+01:13:54 (31.6%)	10:37	5.6 (67.5%)
27	<b>ŁYSAKIEWICZ Paweł</b>	<b>13</b>	NSK PERON	M20	6	01:32:28	<b>04:03:18.05</b>	<b>04:03:18.05</b>	+01:23:32 (34.3%)	11:03	5.4 (65.1%)
28	<b>GREWIŃSKI Tomasz</b>	<b>43</b>	RUN KAYAX RUN	M40	4	01:35:06	<b>04:08:55.90</b>	<b>04:08:55.90</b>	+01:29:10 (35.8%)	11:18	5.3 (63.9%)
29	<b>KRUPCZYŃSKI Szymon</b>	<b>36</b>	KRUPOLS TEAM	M20	7	01:35:12	<b>04:09:40.45</b>	<b>04:09:40.45</b>	+01:29:55 (36.0%)	11:20	5.3 (63.9%)
29	<b>KRUPCZYŃSKI Mariusz</b>	<b>27</b>	KRUPOLS TEAM	M50	2	01:35:30	<b>04:09:40.45</b>	<b>04:09:40.45</b>	+01:29:55 (36.0%)	11:20	5.3 (63.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	8km	Czas netto 22km	Czas brutto 22km	Różn	Tempo min/km	Tempo km/h
31	<b>GURDEK Weronika</b>	<b>19</b>	KRAKÓW	K20	3	01:35:29	<b>04:11:25.90</b>	<b>04:11:25.90</b>	+01:31:40 (36.5%)	11:25	5.3 (63.9%)
32	<b>GAURA Łukasz</b>	<b>11</b>	BYDGOSZCZ	M30	13	01:38:29	<b>04:12:10.65</b>	<b>04:12:10.65</b>	+01:32:25 (36.7%)	11:27	5.2 (62.7%)
33	<b>GŁOWACKI Michał</b>	<b>50</b>	ŁĘCZYCA	M20	8	01:39:33	<b>04:14:48.25</b>	<b>04:14:48.25</b>	+01:35:03 (37.3%)	11:34	5.2 (62.7%)
34	<b>LENARCZYK Marcin</b>	<b>42</b>		M30	14	01:45:21	<b>04:19:22.20</b>	<b>04:19:22.20</b>	+01:39:37 (38.4%)	11:47	5.1 (61.4%)
35	<b>BUĆKO Artur</b>	<b>21</b>	JELEŃ GÓRA	M50	3	01:43:29	<b>04:19:59.10</b>	<b>04:19:59.10</b>	+01:40:14 (38.6%)	11:49	5.1 (61.4%)
36	<b>STENCEL Piotr</b>	<b>61</b>	WODZISŁAW ŚLĄSKI	M40	5	01:43:56	<b>04:22:33.00</b>	<b>04:22:33.00</b>	+01:42:47 (39.2%)	11:56	5 (60.2%)
37	<b>GURAK-STENCEL Izabela</b>	<b>62</b>	WODZISŁAW ŚLĄSKI	K40	1	01:43:55	<b>04:22:33.30</b>	<b>04:22:33.30</b>	+01:42:48 (39.2%)	11:56	5 (60.2%)
38	<b>ZOCHNIAK Marek</b>	<b>46</b>	PIASTÓW	M50	4	01:41:16	<b>04:27:29.40</b>	<b>04:27:29.40</b>	+01:47:44 (40.3%)	12:09	4.9 (59.0%)
39	<b>KRYSIAK Robert</b>	<b>53</b>		M40	6	01:41:19	<b>04:27:29.65</b>	<b>04:27:29.65</b>	+01:47:44 (40.3%)	12:09	4.9 (59.0%)
40	<b>DMOWSKI Paweł</b>	<b>51</b>	ŁĘCZYCA	M20	9	01:44:58	<b>04:28:49.15</b>	<b>04:28:49.15</b>	+01:49:04 (40.6%)	12:13	4.9 (59.0%)
41	<b>SŁOWIŃSKI Karol</b>	<b>72</b>		M30	15	01:43:06	<b>04:30:37.85</b>	<b>04:30:37.85</b>	+01:50:52 (41.0%)	12:18	4.9 (59.0%)
42	<b>KOWALCZYK Mariusz</b>	<b>18</b>	RADOM	M30	16	01:40:57	<b>04:30:38.65</b>	<b>04:30:38.65</b>	+01:50:53 (41.0%)	12:18	4.9 (59.0%)
43	<b>ZARZYCKA Monika</b>	<b>12</b>	KB JOGGER NOWY DWÓR MAZOWIECKI	K20	4	01:43:07	<b>04:34:02.45</b>	<b>04:34:02.45</b>	+01:54:17 (41.7%)	12:27	4.8 (57.8%)
44	<b>GRONIECKI Mikołaj</b>	<b>33</b>	WARSZAWA	M30	17	01:47:23	<b>04:42:11.25</b>	<b>04:42:11.25</b>	+02:02:26 (43.4%)	12:49	4.7 (56.6%)
45	<b>ANDRZEJEWSKI Maciej</b>	<b>34</b>	WARSZAWA	M30	18	01:49:14	<b>04:42:11.55</b>	<b>04:42:11.55</b>	+02:02:26 (43.4%)	12:49	4.7 (56.6%)
46	<b>BRZEZOWSKA Beata</b>	<b>69</b>	ALBATROSY	K40	2	02:02:21	<b>04:53:35.10</b>	<b>04:53:35.10</b>	+02:13:50 (45.6%)	13:20	4.5 (54.2%)
47	<b>ANTOSZ Monika</b>	<b>20</b>	NORAFSPORT	K40	3	01:56:46	<b>04:57:52.10</b>	<b>04:57:52.10</b>	+02:18:07 (46.4%)	13:32	4.4 (53.0%)
48	<b>KONIK Jarosław</b>	<b>56</b>	BBL KRAKÓW-NORAFSPORT	M40	7	01:56:47	<b>04:57:52.25</b>	<b>04:57:52.25</b>	+02:18:07 (46.4%)	13:32	4.4 (53.0%)
49	<b>JABŁOŃSKI Kazimierz</b>	<b>57</b>	PRĄDY	M60	2	01:58:41	<b>05:05:31.50</b>	<b>05:05:31.50</b>	+02:25:46 (47.7%)	13:53	4.3 (51.8%)
50	<b>JEŻAK Joanna</b>	<b>58</b>	NOWA HUTA TEAM	K20	5	01:58:43	<b>05:38:45.00</b>	<b>05:38:45.00</b>	+02:58:59 (52.8%)	15:23	3.9 (47.0%)
51	<b>FIJALKOWSKI Radosław</b>	<b>49</b>	GCW CROSSFIT WARSZAWA	M30	19				+00:00:21	5:50	10.3 (124.1%)

Znaleziono 51 wynik(ów)