

RZEŹNIK NA RATY - GENERALNA

B4SPORT

Organizator: Fundacja Bieg Rzeźnika
Data: 2016-05-25
Miejsce: Cisna
Dystans: 78 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dzień 1	Dzień 2	Dzień 3	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
1	KAMIŃSKI Artur	2109	GMINA SADKOWICE	M30	1	02:45:24.50	02:25:25.65	01:44:27.00	06:55:17.15	06:55:21.15		5:27	11 (100%)
2	PRĘDKI Mirosław	2131		M30	2	03:08:15.00	02:45:05.05	01:53:08.70	07:46:28.75	07:46:34.65	+00:51:11 (11.0%)	6:08	9.8 (89.1%)
3	KNOPEK Robert	2144		M30	3	03:22:27.85	02:55:57.45	01:54:59.40	08:13:24.70	08:13:31.90	+01:18:07 (15.8%)	6:29	9.2 (83.6%)
4	FIJAŁKOWSKI Radosław	2142	CROSSFIT GCW	M30	4	03:23:33.20	02:59:45.50	02:06:25.00	08:29:43.70	08:30:45.35	+01:34:26 (18.5%)	6:42	8.9 (80.9%)
5	WARSKI Patryk	2060		M30	5	03:20:57.80	03:03:25.40	02:07:50.20	08:32:13.40	08:32:20.15	+01:36:56 (18.9%)	6:44	8.9 (80.9%)
6	WAŁCZYK Krzysztof	2083		M30	6	03:40:18.65	02:55:21.50	02:01:16.80	08:36:56.95	08:38:04.05	+01:41:39 (19.7%)	6:48	8.8 (80.0%)
7	DUCKI Piotr	2170	OTK RZEŹNIK	M30	7	03:28:20.90	03:01:49.70	02:09:40.35	08:39:50.95	08:40:54.20	+01:44:33 (20.1%)	6:50	8.8 (80.0%)
8	PAWLIŃSKI Adam	2132	PRO-RUN WROCŁAW	M30	8	03:40:59.65	03:07:46.15	02:12:07.75	09:00:53.55	09:02:02.90	+02:05:36 (23.2%)	7:07	8.4 (76.4%)
9	GOLBA Łukasz	2063	ZABIEGANI MIELEC	M30	9	03:38:55.15	03:15:22.30	02:15:16.35	09:09:33.80	09:10:41.10	+02:14:16 (24.4%)	7:13	8.3 (75.5%)
10	MAZIARZ Damian	2047	BIEGAJĄCY ŚWIDNIK	M30	10	03:50:57.05	03:12:24.75	02:10:57.05	09:14:18.85	09:16:14.60	+02:19:01 (25.1%)	7:17	8.2 (74.5%)
11	SUROWIEC Grzegorz	2120	BESTA SP. Z O.O.	M30	11	04:07:49.20	03:10:39.85	01:56:46.25	09:15:15.30	09:18:07.50	+02:19:58 (25.2%)	7:18	8.2 (74.5%)
12	ROWIŃSKI Michał	2043	LUBAWA KOCHA BIEGAĆ	M30	12	03:31:24.00	03:35:26.35	02:11:48.05	09:18:38.40	09:19:44.65	+02:23:21 (25.7%)	7:21	8.2 (74.5%)
13	PIETRASZEWSKI Witold	2126	NETBOX BIEGA	M30	13	03:44:41.25	03:25:45.85	02:19:13.10	09:29:40.20	09:31:41.70	+02:34:23 (27.1%)	7:29	8 (72.7%)
14	CZELNY Tomasz	2031	SMASHING PAPKINS	M30	14	03:45:58.20	03:28:09.20	02:18:39.55	09:32:46.95	09:32:57.65	+02:37:29 (27.5%)	7:32	8 (72.7%)
15	ZAWAL Przemysław	2020	REMBERTÓW TEAM	M30	15	03:46:37.95	03:27:38.75	02:22:40.35	09:36:57.05	09:38:54.60	+02:41:39 (28.0%)	7:35	7.9 (71.8%)
16	WAHL Daniel	2071	T.S. AKS CHORZÓW	M30	16	04:18:50.00	03:16:56.55	02:02:08.85	09:37:55.40	09:41:46.60	+02:42:38 (28.1%)	7:36	7.9 (71.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dzień 1	Dzień 2	Dzień 3	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
17	KWIECIEŃ Sebastian	2048	ZAPIERDALACZE	M30	17	04:14:08.25	03:15:41.55	02:13:56.45	09:43:46.25	11:59:26.80	+02:48:29 (28.9%)	7:40	7.8 (70.9%)
18	BAR Tomasz	2064		M30	18	04:21:40.05	03:23:37.95	02:15:27.45	10:00:45.45	10:04:36.35	+03:05:28 (30.9%)	7:54	7.6 (69.1%)
19	CHWAŁA Artur	2165		M30	19	04:03:32.80	03:39:34.30	02:28:18.25	10:11:25.35	10:14:22.50	+03:16:08 (32.1%)	8:02	7.5 (68.2%)
20	FLAK Łukasz	2049	ZAPIERDALACZE	M30	20	04:44:19.30	03:13:42.85	02:19:53.20	10:17:55.35	12:33:34.60	+03:22:38 (32.8%)	8:07	7.4 (67.3%)
21	ZYGADLEWICZ Grzegorz	2112		M30	21	04:10:04.55	03:57:02.15	02:32:35.05	10:39:41.75	10:42:36.10	+03:44:24 (35.1%)	8:25	7.1 (64.5%)
22	SIKORA Paweł	2149	KRABOLUDZIE	M30	22	04:21:59.00	03:52:48.55	02:30:34.25	10:45:21.80	10:49:25.85	+03:50:04 (35.7%)	8:29	7.1 (64.5%)
23	OTAWSKI Maciej	2050	ARCADIS RUNNING TEAM	M30	23	04:18:14.50	03:59:53.85	02:46:05.30	11:04:13.65	11:08:16.05	+04:08:56 (37.5%)	8:44	6.9 (62.7%)
24	MARCINEK Łukasz	2016	NIE TERAZ, POTEM	M30	24	04:29:59.50	03:55:57.15	02:43:37.65	11:09:34.30	11:14:33.10	+04:14:17 (38.0%)	8:48	6.8 (61.8%)
25	CEGLARZ Jacek	2153		M30	25	04:27:41.90	04:03:28.80	02:47:29.40	11:18:40.10	11:23:47.40	+04:23:22 (38.8%)	8:55	6.7 (60.9%)
26	KOBYLAŃSKI Piotr	2158		M30	26	05:11:46.75	03:47:11.15	02:20:22.85	11:19:20.75	11:25:07.85	+04:24:03 (38.9%)	8:56	6.7 (60.9%)
27	KREBS Marcin	2107	RUN&SMILE PABIANICE	M30	27	04:30:49.95	04:07:05.65	02:43:40.10	11:21:35.70	11:26:35.40	+04:26:18 (39.1%)	8:58	6.7 (60.9%)
28	BIJOŚ Mirosław	2070		M30	28	04:17:21.95	04:25:18.40	02:51:24.35	11:34:04.70	11:38:02.70	+04:38:47 (40.2%)	9:07	6.6 (60.0%)
29	STODULSKI Tomasz	2015		M30	29	04:46:11.45	04:14:04.35	02:38:39.75	11:38:55.55	11:47:37.30	+04:43:38 (40.6%)	9:11	6.5 (59.1%)
30	MAŃKOWSKI Krzysztof	2033	12TRI.PL MAKERUNEASIER	M30	30	05:13:45.15	04:05:22.55	02:59:00.05	12:18:07.75	12:24:50.60	+05:22:50 (43.7%)	9:42	6.2 (56.4%)
31	SZEWCUK Sylwester	2127		M30	31	05:13:26.75	04:46:49.10	03:16:51.35	13:17:07.20	13:23:53.10	+06:21:50 (47.9%)	10:29	5.7 (51.8%)
32	GÓRA Daniel	2108		M30	32	05:44:35.15	05:29:18.05	03:46:10.90	15:00:04.10	15:08:54.40	+08:04:46 (53.9%)	11:50	5.1 (46.4%)
33	PERKOWSKI Tomasz	2162		M30	33	05:57:30.60	05:29:07.85	03:45:45.30	15:12:23.75	15:21:17.45	+08:17:06 (54.5%)	12:00	5 (45.5%)
	CISZCZONIK Sebastian	2159	SPORTIVA.PL	M30		02:46:35.15 DNF	02:38:11.90 DNF	00:00:00.00 DNF	DNF	DNF		-	- (0.0%)

Znaleziono 34 wynik(ów)