

RZEŹNIK NA RATY - GENERALNA

B4SPORT

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

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Mężczyźni

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	POLAŃSKI Tomasz	2091	B4SPORT	M40	1	02:57:08.95	02:32:42.60	01:46:02.85	07:15:54.40	07:15:59.75	+00:20:37 (4.7%)	5:44	10.5 (95.5%)
3	GAPSKI Mateusz	2125		M20	1	02:56:14.65	02:34:42.80	01:59:17.25	07:30:14.70	07:30:18.00	+00:34:57 (7.8%)	5:55	10.1 (91.8%)
4	KUJAWSKI Bartek	2059	GRUPETTO GORLICE	M20	2	03:07:42.05	02:41:24.80	01:54:53.70	07:44:00.55	07:44:06.70	+00:48:43 (10.5%)	6:06	9.8 (89.1%)
5	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%)
6	BAKALARZ Emil	2068		M20	3	03:05:18.90	02:52:53.55	01:50:02.55	07:48:15.00	07:48:19.55	+00:52:57 (11.3%)	6:09	9.7 (88.2%)
7	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%)
8	MORAWSKI Filip	2027	FILIP MORAWSKI	M40	2	03:10:30.00	03:08:41.05	02:00:53.85	08:20:04.90	08:20:11.20	+01:24:47 (17.0%)	6:34	9.1 (82.7%)
8	MORAWSKI Filip	2027	FILIP MORAWSKI	M40	3	03:10:30.00	03:08:41.05	02:00:53.85	08:20:04.90	08:20:11.20	+01:24:47 (17.0%)	6:34	9.1 (82.7%)
10	FIJALKOWSKI 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%)
11	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%)
12	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%)
13	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%)
14	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%)
15	SALIK Stanisław	2151		M40	4	03:43:41.35	03:05:45.50	02:13:06.80	09:02:33.65	09:03:42.90	+02:07:16 (23.5%)	7:08	8.4 (76.4%)
16	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%)

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	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%)
18	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%)
19	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%)
20	CISKI Piotr	2128		M40	5	03:43:13.65	03:21:50.45	02:20:44.95	09:25:49.05	09:26:58.05	+02:30:31 (26.6%)	7:26	8.1 (73.6%)
21	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%)
22	CZELNY Tomasz	2031	SMASHING PĄPKINS	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%)
23	MOĆKO Jacek	2012		M20	4	03:48:09.85	03:29:37.05	02:15:41.35	09:33:28.25	09:35:24.75	+02:38:11 (27.6%)	7:32	8 (72.7%)
24	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%)
25	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%)
26	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%)
27	JUSZCZAK Zbigniew	2092	NIEZRZESZONY	M50	1	03:54:06.10	03:29:05.95	02:20:35.40	09:43:47.45	09:45:46.80	+02:48:30 (28.9%)	7:40	7.8 (70.9%)
28	MISIEK Marek	2014	POCZTOWA GRUPA BIEGOWA SPORTOWA PACZKA	M50	2	04:39:03.55	03:06:21.85	02:04:26.10	09:49:51.50	09:54:40.25	+02:54:34 (29.6%)	7:45	7.7 (70.0%)
29	LUBAŃSKI Robert	2156		M50	3	04:36:33.35	03:06:18.25	02:13:25.75	09:56:17.35	10:01:11.55	+03:01:00 (30.4%)	7:50	7.6 (69.1%)
30	ŻULEWSKI Radosław	2101		M20	5	03:55:41.10	03:26:52.35	02:35:49.15	09:58:22.60	10:00:31.75	+03:03:05 (30.6%)	7:52	7.6 (69.1%)
31	BRYLONEK Grzegorz	2080	RADIO WROCŁAW	M40	6	04:39:03.60	03:12:43.10	02:07:41.50	09:59:28.20	10:04:19.80	+03:04:11 (30.7%)	7:53	7.6 (69.1%)
32	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%)
33	ZIELIŃSKI Marek	2129		M20	6	04:23:05.75	03:23:52.75	02:18:22.00	10:05:20.50	10:09:20.15	+03:10:03 (31.4%)	7:57	7.5 (68.2%)
34	BRYŁA Krzysztof	2079	DRUŻYNA SZPIKU BIEGNIJMY.PL KOSZALIN	M40	7	03:56:21.70	03:43:57.20	02:28:44.75	10:09:03.65	10:10:59.35	+03:13:46 (31.8%)	8:00	7.5 (68.2%)
35	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%)
36	SKALSKI Radosław	2074	KB AKTYWNI KONIN	M40	8	04:48:51.25	03:13:24.85	02:10:02.20	10:12:18.30	10:19:56.45	+03:17:01 (32.2%)	8:03	7.4 (67.3%)
37	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%)
38	ADAMCZYK Janusz	2073		M40	9	04:17:48.90	03:39:27.90	02:23:33.20	10:20:50.00	10:24:45.35	+03:25:32 (33.1%)	8:10	7.3 (66.4%)
39	FRACKIEWICZ Karol	2105		M40	10	04:08:00.25	03:41:02.70	02:35:53.20	10:24:56.15	10:27:52.65	+03:29:39 (33.5%)	8:13	7.3 (66.4%)

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40	BRAUN Krzysztof	2115	SMARTOYS.PL	M40	11	04:20:33.90	03:28:57.80	02:35:39.80	10:25:11.50	10:29:15.35	+03:29:54 (33.6%)	8:13	7.3 (66.4%)
41	ĆWIKLINSKI Maciej	2065		M40	12	04:24:39.20	03:39:19.85	02:21:37.85	10:25:36.90	10:29:34.80	+03:30:19 (33.6%)	8:13	7.3 (66.4%)
42	CHABKO Jacek	2066	2. WOG WROCŁAW	M40	13	04:01:45.65	04:06:53.95	02:27:48.65	10:36:28.25	10:39:27.65	+03:41:11 (34.8%)	8:22	7.2 (65.5%)
43	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%)
44	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%)
45	SZUBART Krzysztof	2157		M40	14	05:11:47.30	03:25:38.50	02:11:39.55	10:49:05.35	10:54:51.75	+03:53:48 (36.0%)	8:32	7 (63.6%)
46	SALAK Piotr	2122		M40	15	04:14:47.65	04:05:55.30	02:35:57.00	10:56:39.95	10:59:34.85	+04:01:22 (36.8%)	8:38	6.9 (62.7%)
47	DARŁAK Lucasz	2134	SMASHING PĄPKINS	M20	7	04:13:18.35	04:13:12.50	02:30:58.90	10:57:29.75	11:00:24.65	+04:02:12 (36.8%)	8:39	6.9 (62.7%)
48	MRUGAŁA Wojciech	2133	KILOWATY RUNNERS	M20	8	04:13:55.25	03:58:37.55	02:46:08.20	10:58:41.00	11:01:39.20	+04:03:23 (37.0%)	8:40	6.9 (62.7%)
49	STAWIARSKI Artur	2152		M40	16	04:28:54.95	03:56:56.15	02:33:40.05	10:59:31.15	11:04:30.60	+04:04:14 (37.0%)	8:40	6.9 (62.7%)
50	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%)
51	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%)
52	KRUPCZYŃSKI Mariusz	2084	KRUPOLS TEAM	M50	4	04:21:46.75	04:04:08.10	02:46:29.40	11:12:24.25	11:16:29.10	+04:17:07 (38.2%)	8:50	6.8 (61.8%)
53	SOŁTYS Krzysztof	2017		M40	17	04:25:45.15	03:57:52.80	02:52:05.95	11:15:43.90	11:20:40.55	+04:20:26 (38.5%)	8:53	6.7 (60.9%)
54	KMIEĆ Robert	2011		M40	18	04:24:28.65	03:54:26.60	02:59:28.15	11:18:23.40	11:22:26.95	+04:23:06 (38.8%)	8:55	6.7 (60.9%)
55	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%)
56	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%)
57	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%)
58	KARPIŃSKI Robert	2096	SPARTANIE DZIECIOM	M40	19	04:56:21.85	04:06:38.55	02:21:52.60	11:24:53.00	11:30:42.65	+04:29:35 (39.4%)	9:00	6.7 (60.9%)
59	GAŁUSZEK Michał	2045	EPO RACING ADVENTURE TEAM	M20	9	04:32:43.90	04:05:18.55	02:51:49.25	11:29:51.70	11:34:50.80	+04:34:34 (39.8%)	9:04	6.6 (60.0%)
60	POGORZELSKI Jacek	2032		M40	20	04:33:39.25	04:14:58.30	02:45:20.40	11:33:57.95	11:38:55.45	+04:38:40 (40.2%)	9:07	6.6 (60.0%)
61	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%)
62	PIETRZYKOWSKI Artur	2024		M40	21	04:46:11.15	04:14:00.20	02:38:38.95	11:38:50.30	11:47:35.30	+04:43:33 (40.6%)	9:11	6.5 (59.1%)

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63	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%)
64	PITAS Andrzej	2037	ZAPIERDALACZE	M40	22	05:34:58.95	04:15:02.85	02:20:27.85	12:10:29.65	14:26:15.00	+05:15:12 (43.2%)	9:36	6.2 (56.4%)
65	ŁUKASIEWICZ Marcin	2148	BOZONY HIGGSA	M20	10	04:19:02.15	04:34:05.45	03:17:32.25	12:10:39.85	12:14:50.60	+05:15:22 (43.2%)	9:36	6.2 (56.4%)
66	GOWIN Wiktor	2147	BOZONY HIGGSA	M20	11	04:19:02.10	04:34:05.90	03:17:32.00	12:10:40.00	12:14:50.00	+05:15:22 (43.2%)	9:36	6.2 (56.4%)
67	KRUPCZYŃSKI Szymon	2086	KRUPOLS TEAM	M20	12	04:33:20.45	04:39:36.85	02:58:12.40	12:11:09.70	12:16:06.80	+05:15:52 (43.2%)	9:37	6.2 (56.4%)
68	HORBACZEWSKI Marek	2155		M50	5	04:49:03.05	04:27:42.05	02:57:14.00	12:13:59.10	12:21:42.20	+05:18:41 (43.4%)	9:39	6.2 (56.4%)
69	ŁĄTKOWSKI Maciej	2119	KB MANIAC ULTRA	M40	23	04:40:35.95	04:24:15.00	03:09:30.35	12:14:21.30	12:20:10.35	+05:19:04 (43.4%)	9:39	6.2 (56.4%)
70	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%)
71	KRUZEL Rafal	2018	BIEGOWE MISIE	M40	24	05:07:31.60	04:18:05.10	02:53:25.75	12:19:02.45	12:24:00.55	+05:23:45 (43.8%)	9:43	6.2 (56.4%)
72	KOCIOŁEK Andrzej	2055	KANCELARIA BIEGOWA STASZEWSKY	M40	25	04:40:55.55	04:43:01.85	03:07:55.50	12:31:52.90	12:39:31.40	+05:36:35 (44.8%)	9:53	6.1 (55.5%)
73	KORNIŁOW Piotr	2167		M40	26	05:01:06.80	04:31:16.70	03:07:13.50	12:39:37.00	12:45:26.95	+05:44:19 (45.3%)	9:59	6 (54.5%)
74	ZIELONKA Adam	2121	AMICUS AR	M50	6	04:55:27.15	04:40:12.35	03:06:02.35	12:41:41.85	12:47:25.75	+05:46:24 (45.5%)	10:01	6 (54.5%)
75	POKRYWKA Stefan	2169	NA BUCIE	M50	7	05:04:38.95	04:42:37.45	03:06:59.75	12:54:16.15	13:00:08.65	+05:58:59 (46.4%)	10:11	5.9 (53.6%)
76	PROCHWICZ Tomasz	2099		M20	13	05:13:20.20	04:36:23.20	03:12:10.15	13:01:53.55	13:08:40.85	+06:06:36 (46.9%)	10:17	5.8 (52.7%)
77	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%)
78	SIWIŃSKI Jerzy	2023	12TRI.PL DRUŻYNA WILKA	M50	8	05:44:21.15	04:49:44.55	02:49:22.70	13:23:28.40	13:31:10.50	+06:28:11 (48.3%)	10:34	5.7 (51.8%)
79	WÓJCIK Michał	2135		M40	27	05:13:44.20	04:49:49.85	03:41:07.85	13:44:41.90	13:51:31.90	+06:49:24 (49.6%)	10:51	5.5 (50.0%)
80	JABŁOŃSKI Kazimierz	2093		M60	1	05:20:12.65	05:11:25.95	03:21:34.45	13:53:13.05	14:02:11.70	+06:57:55 (50.2%)	10:57	5.5 (50.0%)
81	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%)
82	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%)
83	PODKÓWKA Zbigniew	2077		M50	9	05:42:40.20	05:15:23.60	04:14:21.00	15:12:24.80	15:20:11.85	+08:17:07 (54.5%)	12:00	5 (45.5%)
84	STRZELECKI Artur	2078		M50	10	05:44:43.15	06:07:05.40	03:52:25.55	15:44:14.10	15:53:03.15	+08:48:56 (56.0%)	12:25	4.8 (43.6%)
85	PACANOWSKI Robert	2035	WEŁNICA BIEGA	M40	28	06:13:16.85	06:36:04.50	04:02:13.00	16:51:34.35	17:00:24.30	+09:56:17 (58.9%)	13:18	4.5 (40.9%)

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
	PITAS Piotr	2038	ZAPIERDALACZE	M20	00:00:00.00 DNF	04:15:15.65 DNF	00:00:00.00 DNF	DNF	DNF		-	- (0.0%)
	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 87 wynik(ów)