

# RZEŹNIK NA RATY - GENERALNA

B4SPORT

**Wydarzenie:** Festiwal Biegu Rzeźnika  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2017-06-14  
**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 56km	Czas brutto 56km	Różn	Tempo min/km	Tempo km/h
1	<b>PIECH Kacper</b>	<b>2134</b>	ETAPOWATRIADA.PL/ASICS FRONTRUNNER POLSKA	M20	1	02:43:54.95	02:12:03.15	01:48:26.45	<b>06:44:18.00</b>	<b>06:44:24.55</b>		5:19	11.3 (100%)
2	<b>POLAŃSKI Tomasz</b>	<b>2005</b>	B4SPORT	M40	1	02:50:46.85	02:20:09.30	01:48:41.95	<b>06:59:30.70</b>	<b>06:59:38.10</b>	+00:15:13 (3.6%)	5:31	10.9 (96.5%)
3	<b>PAŁKA Tomasz</b>	<b>2023</b>	LUZYX	M30	1	03:08:23.95	02:24:37.75	01:55:31.85	<b>07:27:59.55</b>	<b>07:28:33.55</b>	+00:44:09 (9.8%)	5:53	10.2 (90.3%)
4	<b>MOĆKO Jacek</b>	<b>2026</b>		M20	2	03:15:12.80	02:25:35.35	01:57:33.45	<b>07:38:13.50</b>	<b>07:38:21.60</b>	+00:53:57 (11.8%)	6:01	10 (88.5%)
5	<b>PAWĘZKA Mirosław</b>	<b>2039</b>	BANDA GRUDNIA / ORANGE POLSKA	M30	2	03:15:05.75	02:28:54.25	01:55:51.90	<b>07:39:43.00</b>	<b>07:39:51.90</b>	+00:55:27 (12.1%)	6:02	9.9 (87.6%)
6	<b>LUBAŃSKI Robert</b>	<b>2073</b>		M50	1	03:27:50.00	02:34:15.25	02:06:14.70	<b>08:08:09.60</b>	<b>08:08:19.95</b>	+01:23:55 (17.2%)	6:25	9.3 (82.3%)
7	<b>SKALSKI Radosław</b>	<b>2155</b>	KB AKTYWNI KONIN	M40	2	03:22:10.60	02:41:15.45	02:06:59.35	<b>08:10:14.40</b>	<b>08:10:25.40</b>	+01:26:00 (17.5%)	6:27	9.3 (82.3%)
8	<b>PYRKOSZ Damian</b>	<b>2029</b>		M40	3	03:33:12.90	02:40:37.00	02:09:09.85	<b>08:22:49.45</b>	<b>08:22:59.75</b>	+01:38:35 (19.6%)	6:36	9.1 (80.5%)
9	<b>PAPUGA Dariusz</b>	<b>2037</b>	ZADYSZKA OŚWIĘCIM	M50	2	03:34:02.10	02:43:32.50	02:07:08.00	<b>08:24:33.05</b>	<b>08:24:42.60</b>	+01:40:18 (19.9%)	6:38	9 (79.6%)
10	<b>GURGUL Sebastian</b>	<b>2019</b>	AROMAT NÓG	M30	3	03:36:26.40	02:44:15.60	02:07:22.50	<b>08:27:53.55</b>	<b>08:28:04.50</b>	+01:43:39 (20.4%)	6:40	9 (79.6%)
11	<b>BUCZYŃSKI Adam</b>	<b>2097</b>	NOKIA KRAKÓW	M40	4	03:41:37.30	02:47:00.40	02:08:48.10	<b>08:37:12.05</b>	<b>08:37:25.80</b>	+01:53:01 (21.8%)	6:48	8.8 (77.9%)
12	<b>MAJER Damian</b>	<b>2088</b>	ROZBIEGANA KRUSZWICA	M40	5	03:41:42.25	02:44:15.60	02:15:32.35	<b>08:41:21.00</b>	<b>08:41:30.20</b>	+01:57:05 (22.5%)	6:51	8.7 (77.0%)
13	<b>SALSKI Rafał</b>	<b>2076</b>	1968	M40	6	03:42:31.20	02:52:47.50	02:14:57.95	<b>08:50:06.80</b>	<b>08:50:16.65</b>	+02:05:52 (23.7%)	6:58	8.6 (76.1%)
14	<b>RYCHTER Karol</b>	<b>2131</b>	RYCHTEROWIE	M40	7	03:50:54.70	02:42:44.50	02:18:34.90	<b>08:52:02.10</b>	<b>08:52:14.10</b>	+02:07:49 (24.0%)	7:00	8.6 (76.1%)
15	<b>SAMEREK Dariusz</b>	<b>2136</b>		M30	4	04:06:21.35	02:48:31.70	02:16:38.90	<b>09:11:18.00</b>	<b>09:11:31.95</b>	+02:27:07 (26.7%)	7:15	8.3 (73.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dzień 1	Dzień 2	Dzień 3	Czas netto 56km	Czas brutto 56km	Różn	Tempo min/km	Tempo km/h
16	<b>CZELNY Tomasz</b>	<b>2016</b>	SMASHING PĄPKINS	M30	5	03:53:48.45	02:59:59.10	02:21:05.40	<b>09:14:32.10</b>	<b>09:14:52.95</b>	+02:30:28 (27.1%)	7:17	8.2 (72.6%)
17	<b>SYDORUK Aleksander</b>	<b>2046</b>	12TRI.PL SS DRUŻYNA WILKA	M40	8	03:46:45.05	02:59:09.00	02:29:03.75	<b>09:14:47.15</b>	<b>09:14:57.80</b>	+02:30:33 (27.1%)	7:17	8.2 (72.6%)
18	<b>SEICHTER Adam</b>	<b>2110</b>	PRORUNNING PROMOTION	M40	9	03:52:58.55	03:04:25.35	02:20:48.70	<b>09:17:56.40</b>	<b>09:18:12.60</b>	+02:33:48 (27.6%)	7:20	8.2 (72.6%)
19	<b>KOZIŃSKI Marek</b>	<b>2111</b>	RUN BYDGOSZCZ	M30	6	03:41:25.05	03:12:54.35	02:30:50.25	<b>09:24:57.40</b>	<b>09:25:09.65</b>	+02:40:45 (28.4%)	7:26	8.1 (71.7%)
20	<b>JASKULSKI Karol</b>	<b>2119</b>	MARMEL	M30	7	04:06:21.60	03:03:27.75	02:26:13.45	<b>09:35:47.10</b>	<b>09:36:02.80</b>	+02:51:38 (29.8%)	7:34	7.9 (69.9%)
21	<b>STODOLNY Krzysztof</b>	<b>2074</b>		M50	3	04:02:53.75	03:01:42.25	02:31:51.80	<b>09:36:13.05</b>	<b>09:36:27.80</b>	+02:52:03 (29.8%)	7:34	7.9 (69.9%)
22	<b>STASICA Arkadiusz</b>	<b>2099</b>	NIEZRZESZONY	M50	4	04:09:01.30	03:05:19.85	02:30:43.20	<b>09:44:37.30</b>	<b>09:45:04.35</b>	+03:00:39 (30.9%)	7:41	7.8 (69.0%)
23	<b>MAJOR Zby</b>	<b>2015</b>	NIGHT RUNNERS	M40	10	04:09:32.65	03:08:29.35	02:28:54.10	<b>09:46:35.50</b>	<b>09:46:56.10</b>	+03:02:31 (31.1%)	7:43	7.8 (69.0%)
24	<b>DZIEDZINA Tomasz</b>	<b>2021</b>	NIGHT RUNNERS	M30	8	04:09:32.70	03:08:29.45	02:28:54.15	<b>09:46:38.40</b>	<b>09:46:56.30</b>	+03:02:31 (31.1%)	7:43	7.8 (69.0%)
25	<b>NOWAK Jarosław</b>	<b>2032</b>	SPC TORUŃ	M40	11	04:10:17.15	03:08:12.15	02:36:07.10	<b>09:54:12.20</b>	<b>09:54:36.40</b>	+03:10:11 (32.0%)	7:49	7.7 (68.1%)
26	<b>CEGIEŁKO Paweł</b>	<b>2121</b>		M40	12	04:34:45.30	02:57:26.60	02:23:22.65	<b>09:55:08.05</b>	<b>09:55:34.55</b>	+03:11:10 (32.1%)	7:49	7.7 (68.1%)
27	<b>SZOŁTYSEK Wojciech</b>	<b>2047</b>	OCHAJORUN&FRIENDS	M40	13	04:07:29.90	03:12:23.45	02:36:39.40	<b>09:56:08.45</b>	<b>09:56:32.75</b>	+03:12:08 (32.2%)	7:50	7.6 (67.3%)
28	<b>SZPAIDEL Paweł</b>	<b>2014</b>		M30	9	04:18:02.80	03:18:58.85	02:32:05.45	<b>10:08:44.95</b>	<b>10:09:07.10</b>	+03:24:42 (33.6%)	8:00	7.5 (66.4%)
29	<b>PODLASZEWSKI Jacek</b>	<b>2077</b>	VENI,CUCURRI,VICI	M40	14	04:23:00.80	03:08:11.90	02:39:12.15	<b>10:10:02.00</b>	<b>10:10:24.85</b>	+03:26:00 (33.7%)	8:01	7.5 (66.4%)
30	<b>DOMINIAK Michał</b>	<b>2138</b>	KB OŻARÓW MAZOWIECKI BIEGA	M30	10	04:42:56.30	03:11:14.55	02:23:11.95	<b>10:17:00.45</b>	<b>10:17:22.80</b>	+03:32:58 (34.5%)	8:07	7.4 (65.5%)
31	<b>ODYA Marcin</b>	<b>2080</b>	EASY RUNNER	M40	15	04:25:02.60	03:16:33.30	02:42:29.60	<b>10:23:49.85</b>	<b>10:24:05.50</b>	+03:39:40 (35.2%)	8:12	7.3 (64.6%)
32	<b>ZAJAC Andrzej</b>	<b>2130</b>	NOKIA KRAKÓW	M40	16	04:28:45.00	03:20:23.00	02:37:30.70	<b>10:25:46.10</b>	<b>10:26:38.70</b>	+03:42:14 (35.5%)	8:14	7.3 (64.6%)
33	<b>SLENDAK Jacek</b>	<b>2041</b>	HUSARIA RACE TEAM	M20	3	04:42:56.50	03:18:08.20	02:26:28.00	<b>10:27:08.25</b>	<b>10:27:32.70</b>	+03:43:08 (35.6%)	8:15	7.3 (64.6%)
34	<b>RYCHTER Marcin</b>	<b>2115</b>	RYCHTEROWIE	M40	17	04:11:46.40	03:25:20.50	02:53:58.75	<b>10:30:43.60</b>	<b>10:31:05.65</b>	+03:46:41 (35.9%)	8:17	7.2 (63.7%)
35	<b>ZAMOJSKI Bogumił</b>	<b>2057</b>		M40	18	04:28:56.70	03:23:50.35	02:45:57.95	<b>10:38:17.80</b>	<b>10:38:45.00</b>	+03:54:20 (36.7%)	8:23	7.1 (62.8%)
36	<b>GULAN Norbert</b>	<b>2129</b>	MOYA MATCHA	M30	11	04:18:49.05	03:38:40.40	02:50:10.90	<b>10:46:57.20</b>	<b>10:47:40.35</b>	+04:03:15 (37.6%)	8:30	7 (61.9%)
37	<b>LEHMANN Lukasz</b>	<b>2133</b>		M30	12	04:42:56.15	03:29:40.95	02:39:22.75	<b>10:51:43.65</b>	<b>10:51:59.85</b>	+04:07:35 (38.0%)	8:34	7 (61.9%)
38	<b>SIEDLACZEK Zbigniew</b>	<b>2024</b>	SKLEP BIEGACZA LUBLIN TEAM	M60	1	04:29:45.25	03:35:46.85	03:01:36.60	<b>11:06:47.05</b>	<b>11:07:08.70</b>	+04:22:44 (39.4%)	8:46	6.8 (60.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dzień 1	Dzień 2	Dzień 3	Czas netto 56km	Czas brutto 56km	Różn	Tempo min/km	Tempo km/h
39	<b>USZYŃSKI Grzegorz</b>	<b>2141</b>	OTK RZEŹNIK	M40	19	04:46:48.60	03:35:55.15	02:46:44.05	<b>11:08:36.85</b>	<b>11:09:27.80</b>	+04:25:03 (39.6%)	8:47	6.8 (60.2%)
40	<b>BALICKI Marcin</b>	<b>2083</b>		M30	13	05:00:33.10	03:38:28.35	02:39:42.50	<b>11:18:11.65</b>	<b>11:18:43.95</b>	+04:34:19 (40.4%)	8:55	6.7 (59.3%)
41	<b>ZIELIŃSKI Łukasz</b>	<b>2103</b>		M40	20	04:59:10.55	03:37:59.40	02:48:19.10	<b>11:24:58.65</b>	<b>11:25:29.05</b>	+04:41:04 (41.0%)	9:00	6.7 (59.3%)
42	<b>PRYCINSKI Krzysztof</b>	<b>2113</b>	CAFE SZKOLNA 16	M40	21	04:46:48.85	03:45:26.50	02:55:34.55	<b>11:27:29.05</b>	<b>11:27:49.90</b>	+04:43:25 (41.2%)	9:02	6.6 (58.4%)
43	<b>ŁYSAKIEWICZ Paweł</b>	<b>1886</b>	JACEKBIEGA RUNNING TEAM	M30	14	04:36:41.20	03:59:29.55	02:56:07.45	<b>11:31:59.30</b>	<b>11:32:18.20</b>	+04:47:53 (41.6%)	9:06	6.6 (58.4%)
44	<b>WOJCIUK Tomasz</b>	<b>2109</b>		M30	15	04:57:34.55	03:36:34.05	03:02:39.00	<b>11:36:17.15</b>	<b>11:36:47.60</b>	+04:52:23 (42.0%)	9:09	6.5 (57.5%)
45	<b>SREBRNY Mirosław</b>	<b>2075</b>		M40	22	04:57:20.35	03:43:06.20	02:58:37.00	<b>11:38:25.70</b>	<b>11:39:03.55</b>	+04:54:39 (42.1%)	9:11	6.5 (57.5%)
46	<b>PLASZCZYK Tomasz</b>	<b>2125</b>	SZTAFETA NADZIEI	M40	23	04:57:20.60	03:43:06.05	02:58:39.20	<b>11:38:23.20</b>	<b>11:39:05.85</b>	+04:54:41 (42.2%)	9:11	6.5 (57.5%)
47	<b>SAWICKI Bartosz</b>	<b>2093</b>	JACEKBIEGA RUNNING TEAM	M30	16	04:46:59.00	03:59:27.25	02:57:13.70	<b>11:43:19.95</b>	<b>11:43:39.95</b>	+04:59:15 (42.5%)	9:15	6.5 (57.5%)
48	<b>MILCZAREK Jacek</b>	<b>2067</b>	PEŁZACZ NIZINNY	M30	17	05:12:04.90	03:53:06.80	02:42:05.05	<b>11:46:44.75</b>	<b>11:47:16.75</b>	+05:02:52 (42.8%)	9:17	6.5 (57.5%)
49	<b>LASKOWSKI Marcin</b>	<b>2068</b>	PEŁZACZ NIZINNY	M40	24	05:12:06.25	03:53:08.20	02:46:13.65	<b>11:50:52.90</b>	<b>11:51:28.10</b>	+05:07:03 (43.2%)	9:21	6.4 (56.6%)
50	<b>JUSZCZAK Zbigniew</b>	<b>2101</b>	NIEZRZESZONY	M50	5	05:01:44.30	03:56:10.75	03:08:08.90	<b>12:05:11.60</b>	<b>12:06:03.95</b>	+05:21:39 (44.3%)	9:32	6.3 (55.8%)
51	<b>PRZYBYŁO Janusz</b>	<b>2090</b>		M60	2	05:12:03.80	03:55:24.70	03:09:19.10	<b>12:16:00.95</b>	<b>12:16:47.60</b>	+05:32:23 (45.1%)	9:41	6.2 (54.9%)
52	<b>SUŁEK Cezary</b>	<b>2033</b>		M40	25	05:29:32.20	04:03:32.80	02:55:42.50	<b>12:28:21.80</b>	<b>12:28:47.50</b>	+05:44:22 (46.0%)	9:50	6.1 (54.0%)
53	<b>COFALSKI Jakub</b>	<b>2081</b>		M30	18	05:39:20.15	03:53:46.80	02:58:28.45	<b>12:31:01.90</b>	<b>12:31:35.40</b>	+05:47:10 (46.2%)	9:52	6.1 (54.0%)
54	<b>RACZKOWSKI Jacek</b>	<b>2079</b>		M50	6	05:16:09.60	04:04:55.50	03:14:53.45	<b>12:35:24.75</b>	<b>12:35:58.55</b>	+05:51:34 (46.5%)	9:56	6 (53.1%)
55	<b>SZCZEPKOWSKI Paweł</b>	<b>2056</b>	ARTEQUIPMENT	M60	3	05:02:14.40	04:08:53.10	03:32:40.70	<b>12:43:20.00</b>	<b>12:43:48.20</b>	+05:59:23 (47.1%)	10:02	6 (53.1%)
56	<b>TRZCIŃSKI Sebastian</b>	<b>2066</b>	PEŁZACZ NIZINNY	M30	19	06:13:28.10	03:49:36.30	02:46:12.30	<b>12:48:43.25</b>	<b>12:49:16.70</b>	+06:04:52 (47.4%)	10:06	5.9 (52.2%)
57	<b>ZAWROTNIAK Mariusz</b>	<b>2105</b>		M30	20	05:19:04.55	04:18:53.30	03:14:51.60	<b>12:52:13.05</b>	<b>12:52:49.45</b>	+06:08:24 (47.7%)	10:09	5.9 (52.2%)
58	<b>PERKOWSKI Tomasz</b>	<b>2122</b>	EUROCASH	M30	21	05:19:04.70	04:18:53.55	03:14:51.70	<b>12:52:07.35</b>	<b>12:52:49.95</b>	+06:08:25 (47.7%)	10:09	5.9 (52.2%)
59	<b>BAK Andrzej</b>	<b>2137</b>	SPC	M40	26	05:39:23.10	04:24:52.95	02:58:28.15	<b>13:02:03.40</b>	<b>13:02:44.20</b>	+06:18:19 (48.3%)	10:17	5.8 (51.3%)
60	<b>JAWORSKI Bartłomiej</b>	<b>2034</b>	SPC	M20	4	05:17:55.90	04:08:23.25	03:43:14.80	<b>13:08:57.35</b>	<b>13:09:33.95</b>	+06:25:09 (48.8%)	10:22	5.8 (51.3%)
61	<b>PIĄTEK Filip</b>	<b>2118</b>	SZATANY	M30	22	04:57:07.50	04:20:27.20	03:56:02.65	<b>13:13:17.20</b>	<b>13:13:37.35</b>	+06:29:12 (49.0%)	10:26	5.7 (50.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dzień 1	Dzień 2	Dzień 3	Czas netto 56km	Czas brutto 56km	Różn	Tempo min/km	Tempo km/h
62	<b>BAKA Mateusz</b>	<b>2022</b>	GTS TRADYCJA	M20	5	05:33:55.45	04:24:52.05	03:26:21.95	<b>13:24:17.80</b>	<b>13:25:09.45</b>	+06:40:44 (49.8%)	10:34	5.7 (50.4%)
63	<b>BAKA Marcin</b>	<b>2017</b>	GTS TRADYCJA	M50	7	05:33:55.65	04:24:58.05	03:26:22.00	<b>13:24:24.35</b>	<b>13:25:15.70</b>	+06:40:51 (49.8%)	10:35	5.7 (50.4%)
64	<b>ŁADNIAK Jerzy</b>	<b>2098</b>	NIEZRZESZONY	M50	8	05:39:14.00	04:18:58.05	03:28:20.90	<b>13:25:54.50</b>	<b>13:26:32.95</b>	+06:42:08 (49.9%)	10:36	5.7 (50.4%)
65	<b>OBARSKI Norbert</b>	<b>2096</b>		M50	9	05:50:45.85	04:15:31.20	03:41:02.30	<b>13:46:36.75</b>	<b>13:47:19.35</b>	+07:02:54 (51.1%)	10:52	5.5 (48.7%)
66	<b>ŁUCZAK Adrian</b>	<b>2132</b>	THE CAKE IS A LIE	M20	6	05:52:02.05	04:27:15.60	03:28:52.65	<b>13:47:38.95</b>	<b>13:48:10.30</b>	+07:03:45 (51.2%)	10:53	5.5 (48.7%)
67	<b>PODKÓWKA Zbigniew</b>	<b>2108</b>		M50	10	05:43:03.60	04:38:35.75	03:40:58.95	<b>14:02:11.80</b>	<b>14:02:38.30</b>	+07:18:13 (52.0%)	11:04	5.4 (47.8%)
68	<b>STRZELECKI Artur</b>	<b>2139</b>		M50	11	05:34:53.65	04:46:22.25	03:45:33.70	<b>14:06:17.20</b>	<b>14:06:49.60</b>	+07:22:25 (52.2%)	11:08	5.4 (47.8%)
69	<b>DUBAS Mateusz</b>	<b>2089</b>	SPORTID	M20	7	05:51:38.10	04:47:15.80	04:15:40.50	<b>14:54:08.80</b>	<b>14:54:34.40</b>	+08:10:09 (54.8%)	11:45	5.1 (45.1%)
70	<b>NOWOWIEJSKI Grzegorz</b>	<b>2085</b>		M40	27	05:51:39.15	04:47:15.80	04:15:40.70	<b>14:54:08.60</b>	<b>14:54:35.65</b>	+08:10:11 (54.8%)	11:45	5.1 (45.1%)
	<b>ROWIŃSKI Tomasz</b>	<b>2124</b>	GOLIAT LEONCIN	M40		04:29:02.50 DNF	00:00:00.00 DNF	00:00:00.00 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 71 wynik(ów)