



**BIEG RZEŹNIKA**

# SALOMON KANCZENDZONGA RUN

B4SPORT

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

**Wydarzenie:** Festiwal Górski 2019  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2019-09-22  
**Miejsce:** Łądek Zdrój  
**Dystans:** 8.586 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 8.586km	Czas brutto 8.586km	Różn	Tempo min/km	Tempo km/h
1	MISIAK Bartosz	38	ALPIN SPORT HOKA ONE ONE	M18-35	1	00:34:13.65	00:34:16.25		3:59	15.1 (100%)
2	KITA Michał	21	PĘDZĄCY W MIEJSCU	M36-49	1	00:35:55.40	00:35:58.00	+00:01:41 (4.7%)	4:10	14.3 (94.7%)
3	SANIEWSKI Dariusz	52	UKL ÓSEMKA POLICE	M36-49	2	00:36:21.40	00:36:25.05	+00:02:08 (5.9%)	4:14	14.2 (94.0%)
4	JACHYMCZYK Norbert	17	KB MCKIS JAWORZNO	M36-49	3	00:38:10.25	00:38:13.90	+00:03:57 (10.4%)	4:26	13.5 (89.4%)
5	FERENC Janusz	9	UKS LUDWIKOWICE	M50+	1	00:39:48.80	00:39:51.90	+00:05:35 (14.0%)	4:37	12.9 (85.4%)
6	TOMASIAK Natalia	62	SALOMON SUUNTO TEAM	K18-35	1	00:40:02.55	00:40:05.15	+00:05:48 (14.5%)	4:39	12.9 (85.4%)
7	GARDENER Jacek	11		M50+	2	00:40:07.70	00:40:10.95	+00:05:54 (14.7%)	4:40	12.8 (84.8%)
8	KOWALIK Andrzej	26	BIEG OPOLSKI	M36-49	4	00:40:30.90	00:40:33.35	+00:06:17 (15.5%)	4:43	12.7 (84.1%)
9	URBAŃSKI Przemysław	64		M18-35	2	00:40:43.20	00:40:46.45	+00:06:30 (15.9%)	4:44	12.7 (84.1%)
10	WIERNY Krzysztof	90		M36-49	5	00:41:49.45	00:41:55.20	+00:07:38 (18.2%)	4:52	12.3 (81.5%)
11	DERENCZ Michał	5		M36-49	6	00:42:07.60	00:42:13.00	+00:07:56 (18.8%)	4:54	12.2 (80.8%)
12	NOWACKI Mateusz	77		M18-35	3	00:42:16.00	00:42:21.55	+00:08:05 (19.1%)	4:55	12.2 (80.8%)
13	ARDELLI Ewa	81	BIELAWSKA AKADEMIA BIEGANIA	K36-49	1	00:42:26.05	00:42:28.65	+00:08:12 (19.3%)	4:56	12.1 (80.1%)
14	PIŁAT Michał	44		M36-49	7	00:42:24.50	00:42:45.50	+00:08:29 (19.8%)	4:56	12.2 (80.8%)
15	GROCHOWSKI Wojciech	13	KLUB WYSOKOGÓRSKI WARSZAWA	M36-49	8	00:43:30.05	00:43:34.35	+00:09:18 (21.3%)	5:03	11.8 (78.1%)
16	KRUCZEK Mirosław	27	KW OPOLE	M50+	3	00:44:53.90	00:45:00.55	+00:10:44 (23.9%)	5:13	11.5 (76.2%)
17	PRASZELIK Łukasz	46		M36-49	9	00:45:29.10	00:45:34.10	+00:11:17 (24.8%)	5:17	11.3 (74.8%)
18	CHRZANOWSKI Jan	2	UKS DWÓJKA MORENA / SMARUJ NA TRENING TEAM	M-Open	1	00:45:34.20	00:45:38.00	+00:11:21 (24.9%)	5:18	11.3 (74.8%)
19	SZPINEK Marcin	58	TUTU TEAM	M36-49	10	00:45:40.70	00:45:44.10	+00:11:27 (25.1%)	5:19	11.3 (74.8%)
20	RUSZKOWSKI Daniel	51	IKSS UE WROCŁAW	M18-35	4	00:46:01.60	00:46:05.80	+00:11:49 (25.7%)	5:21	11.2 (74.2%)
21	MISIAK Artur	39	TEAM BAZYL	M50+	4	00:46:02.00	00:46:05.95	+00:11:49 (25.7%)	5:21	11.2 (74.2%)
22	MARCOL Mateusz	35	OTK RZEŹNIK	M18-35	5	00:46:27.00	00:46:30.25	+00:12:14 (26.3%)	5:24	11.1 (73.5%)
23	KOSICKI Antoni	80		M-Open	2	00:46:32.70	00:46:37.60	+00:12:21 (26.5%)	5:25	11.1 (73.5%)
24	PACHURA Kinga	84		K36-49	2	00:46:53.30	00:46:56.35	+00:12:40 (27.0%)	5:27	11 (72.8%)
25	SZACH Andrzej	56	22KBPG	M36-49	11	00:47:26.85	00:47:31.75	+00:13:15 (27.9%)	5:31	10.9 (72.2%)
26	RUBIN Mariusz	50		M18-35	6	00:47:45.00	00:47:58.30	+00:13:42 (28.6%)	5:33	10.8 (71.5%)
27	GAZDA Michał	12	CONSTRAVIA	M18-35	7	00:47:58.15	00:48:04.00	+00:13:47 (28.7%)	5:35	10.7 (70.9%)
28	FOGIEL-PAWŁOWSKA Agnieszka	10		K36-49	3	00:49:00.05	00:49:04.35	+00:14:48 (30.2%)	5:42	10.5 (69.5%)
29	NOWAKOWSKI Leszek	74		M36-49	12	00:49:14.00	00:49:19.35	+00:15:03 (30.5%)	5:43	10.5 (69.5%)

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						netto 8.586km	brutto 8.586km			
30	HENEL Marcin	16		M36-49	13	00:49:12.55	00:49:19.40	+00:15:03 (30.5%)	5:43	10.5 (69.5%)
31	DZIUK Łukasz	8		M18-35	8	00:49:20.95	00:49:29.25	+00:15:13 (30.7%)	5:44	10.4 (68.9%)
32	SMUSZ Grzegorz	83		M36-49	14	00:49:27.85	00:49:36.55	+00:15:20 (30.9%)	5:45	10.4 (68.9%)
33	JAZY Szymon	18		M18-35	9	00:50:00.70	00:50:07.90	+00:15:51 (31.6%)	5:49	10.3 (68.2%)
34	MAŃKOWSKI Maciej	31		M36-49	15	00:50:23.35	00:50:27.75	+00:16:11 (32.1%)	5:51	10.2 (67.5%)
35	ABULEWICZ Wojciech	71	TRENING STUDIO 17	M50+	5	00:50:51.35	00:50:56.50	+00:16:40 (32.7%)	5:55	10.1 (66.9%)
36	KALITA Aleksandra	72		K36-49	4	00:51:03.20	00:51:08.25	+00:16:52 (33.0%)	5:56	10.1 (66.9%)
37	ZAKRZEWSKI Marcin	66		M36-49	16	00:51:21.35	00:51:25.50	+00:17:09 (33.4%)	5:58	10 (66.2%)
38	MARCINKOWSKI Piotr	34	OSW TRI TEAM	M36-49	17	00:51:23.55	00:51:28.60	+00:17:12 (33.4%)	5:58	10 (66.2%)
39	SKACZKOWSKA Barbara	54		K36-49	5	00:51:57.45	00:52:00.85	+00:17:44 (34.1%)	6:02	9.9 (65.6%)
40	MAĆZKA Krystyna	68	OTK RZEŹNIK	K50+	1	00:52:18.75	00:52:22.25	+00:18:06 (34.6%)	6:05	9.9 (65.6%)
41	ŻUBRZAK Jacek	67		M36-49	18	00:52:48.10	00:53:00.05	+00:18:43 (35.3%)	6:08	9.8 (64.9%)
42	KIRKIEWICZ Ireneusz	20	KOLEGA MAĆKA OŁAWA	M36-49	19	00:53:18.20	00:53:29.35	+00:19:13 (35.9%)	6:12	9.7 (64.2%)
43	ŚWIERK Krystyna	60		K50+	2	00:54:37.65	00:54:40.30	+00:20:24 (37.3%)	6:21	9.4 (62.3%)
44	ŚWIERK Stanisław	61		M50+	6	00:54:45.60	00:54:51.85	+00:20:35 (37.5%)	6:22	9.4 (62.3%)
45	KOPACKA Eliza	23		K18-35	2	00:54:50.90	00:54:54.60	+00:20:38 (37.6%)	6:23	9.4 (62.3%)
46	KOPACKI Grzegorz	24		M18-35	10	00:54:50.85	00:54:54.95	+00:20:38 (37.6%)	6:23	9.4 (62.3%)
47	MOZUS Zofia	79		K36-49	6	00:55:08.20	00:55:19.35	+00:21:03 (38.1%)	6:25	9.3 (61.6%)
48	GOLOVCHENKO Dmitry	78		M36-49	20	00:55:09.10	00:55:19.65	+00:21:03 (38.1%)	6:25	9.3 (61.6%)
49	OKUPNIAK Martyna	40		K18-35	3	00:55:32.30	00:55:40.45	+00:21:24 (38.4%)	6:27	9.3 (61.6%)
50	JANKOWSKA Magdalena	88		K-Open	1	00:56:08.85	00:56:16.40	+00:22:00 (39.1%)	6:32	9.2 (60.9%)
51	MICHAŁOWSKI Maciej	37		M50+	7	00:56:10.10	00:56:21.55	+00:22:05 (39.2%)	6:32	9.2 (60.9%)
52	SIEKIERZYŃSKI Radosław	76		M36-49	21	00:56:50.85	00:56:55.30	+00:22:39 (39.8%)	6:37	9.1 (60.3%)
53	MARCINIAK Marek	33	NADLEŚNICTWO LEGNICA	M36-49	22	00:57:45.95	00:57:52.50	+00:23:36 (40.8%)	6:43	8.9 (58.9%)
54	MARCINIAK Anna	32		K36-49	7	00:58:14.95	00:58:20.90	+00:24:04 (41.3%)	6:46	8.8 (58.3%)
55	STACHOWICZ Marcin	86		M18-35	11	00:58:16.50	00:58:22.75	+00:24:06 (41.3%)	6:46	8.8 (58.3%)
56	PADOWICZ Anna	41		K36-49	8	00:58:51.80	00:59:00.65	+00:24:44 (41.9%)	6:51	8.8 (58.3%)
57	LECZYKIEWICZ Mikołaj	29	5F TEAM	M36-49	23	00:58:57.95	00:59:04.50	+00:24:48 (42.0%)	6:51	8.7 (57.6%)
58	CZUKIEWSKI Łukasz	4		M36-49	24	00:59:07.70	00:59:14.45	+00:24:58 (42.1%)	6:53	8.7 (57.6%)
59	KALUŻNY Justyna	19		K18-35	4	00:59:18.40	00:59:23.10	+00:25:06 (42.3%)	6:54	8.7 (57.6%)
60	GALA Zuzanna	87		K-Open	2	00:59:36.30	00:59:44.15	+00:25:27 (42.6%)	6:56	8.6 (57.0%)
61	PRASZELIK Sylwia	47		K36-49	9	00:59:49.15	00:59:56.40	+00:25:40 (42.8%)	6:57	8.6 (57.0%)
62	KOŃKA Mariusz	22		M36-49	25	01:00:41.00	01:00:48.05	+00:26:31 (43.6%)	7:03	8.5 (56.3%)
63	ADAMIAK Marta	85	KOPALNIA ŻŁOTA	K36-49	10	01:00:49.80	01:00:56.25	+00:26:40 (43.8%)	7:04	8.5 (56.3%)
64	PAWLIK Katarzyna	42	5F TEAM	K18-35	5	01:01:19.40	01:01:24.80	+00:27:08 (44.2%)	7:08	8.4 (55.6%)
65	WESOŁOWSKA Klaudia	65		K18-35	6	01:01:25.30	01:01:31.25	+00:27:15 (44.3%)	7:09	8.4 (55.6%)
66	GRZELEWSKA Izabela	15	BMC ŁÓDŹ	K36-49	11	01:02:10.90	01:02:21.15	+00:28:04 (45.0%)	7:14	8.3 (55.0%)
67	SZAŁAPSKI Marcin	57	BMC 60	M36-49	26	01:05:40.40	01:05:49.85	+00:31:33 (47.9%)	7:38	7.8 (51.7%)
68	DOBRZAŃSKA Anna	6	JACHT KLUB WROCŁAW	K36-49	12	01:05:43.60	01:05:55.85	+00:31:39 (48.0%)	7:39	7.8 (51.7%)
69	CHALCIŃSKA Izabela	1		K36-49	13	01:06:17.65	01:06:24.00	+00:32:07 (48.4%)	7:43	7.8 (51.7%)
70	KROMER Elżbieta	75		K36-49	14	01:07:44.20	01:07:52.05	+00:33:35 (49.5%)	7:53	7.6 (50.3%)
71	SZRETER Dorota	59	JACHTKLUB WROCŁAW	K50+	3	01:09:25.35	01:09:39.70	+00:35:23 (50.8%)	8:04	7.4 (49.0%)
72	RAJCAKOWSKA Anna	48		K50+	4	01:10:54.85	01:11:06.00	+00:36:49 (51.8%)	8:15	7.3 (48.3%)
73	MIKOŁAJCZYK Agata	82		K36-49	15	01:22:07.20	01:22:17.25	+00:48:01 (58.4%)	9:33	6.3 (41.7%)

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74	<b>KUCZAKOWSKA Joanna</b>	<b>70</b>	BIEGOWE MISIE	K36-49	16	<b>01:28:23.60</b>	<b>01:28:33.00</b>	+00:54:16 (61.3%)	10:17	5.8 (38.4%)
74	<b>KRUZEL Rafał</b>	<b>69</b>	BIEGOWE MISIE	M36-49	27	<b>01:28:23.55</b>	<b>01:28:33.00</b>	+00:54:16 (61.3%)	10:17	5.8 (38.4%)

Znaleziono 75 wynik(ów)