



BIEG RZEŹNIKA

THE NORTH FACE MAKALU RUN

B4SPORT

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INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie: Festiwal Górski
Organizator: Fundacja Bieg Rzeźnika
Data: 2022-09-11
Miejsce: Łądek Zdrój
Dystans: 8.481 km

Klasyfikacja: M-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 8.586km	Różn	Tempo min/km	Tempo km/h
1	MISIAK Bartosz	22	DYNAFIT TEAM	M30-39	1	00:34:17.10		3:59	15 (100%)
2	NOWACKI Mateusz	7	PRZEDWOJEWSKI TEAM	M30-39	2	00:35:48.80	+00:01:31 (4.3%)	4:10	14.4 (96.0%)
3	KITA Michał	21	PĘDZĄCY W MIEJSCU	M40-49	1	00:36:20.90	+00:02:03 (5.7%)	4:13	14.2 (94.7%)
4	JACHYMCZYK Norbert	20	KB MCKIS JAWORZNO	M40-49	2	00:37:09.65	+00:02:52 (7.7%)	4:19	13.9 (92.7%)
5	KOWALIK Andrzej	25	ADRUNALINE.PL/ BIEG OPOLSKI	M40-49	3	00:38:47.55	+00:04:30 (11.6%)	4:31	13.3 (88.7%)
6	SZOTOWICZ Sebastian	30	SKL STARGARD	M40-49	4	00:39:17.00	+00:04:59 (12.7%)	4:34	13.1 (87.3%)
7	PIŁAT Michał	11		M40-49	5	00:39:24.60	+00:05:07 (13.0%)	4:35	13.1 (87.3%)
8	CZARNY Jarosław	37		M30-39	3	00:40:22.85	+00:06:05 (15.1%)	4:42	12.8 (85.3%)
9	CIECIUCH Maciej	47	RNB TEAM POLANICA ZDRÓJ	M40-49	6	00:40:55.85	+00:06:38 (16.2%)	4:45	12.6 (84.0%)
10	WOŁOSZYN Konrad	48	BRACIAKTRANS	M40-49	7	00:42:35.45	+00:08:18 (19.5%)	4:57	12.1 (80.7%)
11	JĄKALSKI Ryszard	42	BIEGAM ŻEBY ŻREĆ WIĘCEJ CIASTKÓW	M30-39	4	00:43:07.90	+00:08:50 (20.5%)	5:01	11.9 (79.3%)
12	PYCHA Piotr	46	BRYGADA RR	M30-39	5	00:43:13.95	+00:08:56 (20.7%)	5:02	11.9 (79.3%)
13	GARGÓL Jan	34	ACCENTURE RUNNERS CLUB	M40-49	8	00:44:07.85	+00:09:50 (22.3%)	5:08	11.7 (78.0%)
14	CHRZANOWSKI Paweł	14		M40-49	9	00:44:26.95	+00:10:09 (22.9%)	5:10	11.6 (77.3%)
15	DERENCZ Michał	10	AKTYWNA NOWA RUDA	M40-49	10	00:45:29.60	+00:11:12 (24.6%)	5:17	11.3 (75.3%)
16	KOMORNICKI Michał	31		M40-49	11	00:46:15.55	+00:11:58 (25.9%)	5:23	11.1 (74.0%)
17	WOJCIECHOWSKI Miłosz	12	WOJCIECHOWSCY TEAM	M40-49	12	00:46:29.70	+00:12:12 (26.3%)	5:24	11.1 (74.0%)
18	KUTA Łukasz	2		M40-49	13	00:47:34.50	+00:13:17 (27.9%)	5:32	10.8 (72.0%)
19	HENEL Marcin	8		M30-39	6	00:49:19.20	+00:15:02 (30.5%)	5:44	10.4 (69.3%)
20	KOTYSZ Waldemar	17		M50-59	1	00:49:30.25	+00:15:13 (30.7%)	5:45	10.4 (69.3%)
21	ABULEWICZ Wojciech	18	TRENING STUDIO 17	M50-59	2	00:49:33.75	+00:15:16 (30.8%)	5:46	10.4 (69.3%)
22	BARTNIK Patryk	28	HUTA SYLWETKI	M18-29	1	00:55:58.20	+00:21:41 (38.7%)	6:31	9.2 (61.3%)
23	CHRZANOWSKI Paweł	19		M18-29	2	00:57:59.45	+00:23:42 (40.9%)	6:45	8.9 (59.3%)
24	BRZEZIŃSKI Andrzej	27	LANRUNS	M60+	1	00:58:07.80	+00:23:50 (41.0%)	6:46	8.9 (59.3%)
25	MAZUREK Piotr	1		M30-39	7	00:59:34.50	+00:25:17 (42.5%)	6:56	8.6 (57.3%)
26	RODRIGO PEREIRA Oswald	6	OS HIGH PRODUCTION	M30-39	8	00:59:35.10	+00:25:18 (42.5%)	6:56	8.6 (57.3%)
27	JAKÓBCZAK Damian	40		M18-29	3	01:03:24.20	+00:29:07 (45.9%)	7:23	8.1 (54.0%)
28	SEKIERZYŃSKI Radosław	23	DRUŻYNA SZPIKU	M50-59	3	01:04:17.60	+00:30:00 (46.7%)	7:29	8 (53.3%)
29	KLAR Marek	44	BEZ	M50-59	4	01:04:39.10	+00:30:22 (47.0%)	7:31	8 (53.3%)

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30	JASICKI Julian	51	ŁĄDEK PTTK	M60+	2	01:05:30.30	+00:31:13 (47.7%)	7:37	7.9 (52.7%)
31	ZARZEKA Maciej	39		M30-39	9	01:10:50.05	+00:36:32 (51.6%)	8:14	7.3 (48.7%)

Znaleziono 31 wynik(ów)