

## RZEŹNIK 500

Organizator: Fundacja Bieg Rzeźnika

Data: 2024-02-12

Miejsce: Polska

Dystans: 500 km

Klasyfikacja wg pokonanego dystansu, czasów brutto.

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE



**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

### RZEŹNIK 500, OPEN

| M-ce | Nazwisko i imię      | Nr  | Klub                    | M-scowość       | Kraj | Kat.          | M. kat | K/M  | Dystans  | Netto       | Brutto     | min/km | km/h |
|------|----------------------|-----|-------------------------|-----------------|------|---------------|--------|------|----------|-------------|------------|--------|------|
| 1    | NOWICKI ZBIGNIEW     | 122 |                         | JANUSZEWO 20    | POL  | M - WETERAN 2 | 1      | M 1  | 500,0 KM | 089:06:44.0 | 0000407:26 | 10:41  | 5.6  |
| 2    | ZAWADZKA DOROTA      | 151 | SZCZWANY TRZMIEL TEAM   | LUBENIA         | POL  | K - MASTERS   | 1      | K 1  | 500,0 KM | 095:44:25.0 | 0000442:14 | 11:29  | 5.2  |
| 3    | ZAWADZKI MARCIN      | 138 | SZCZWANY TRZMIEL TEAM   | LUBENIA         | POL  | M - MASTERS   | 1      | M 2  | 500,0 KM | 045:56:52.0 | 0000504:46 | 5:30   | 10.9 |
| 4    | WIĘCZKOWSKI WOJCIECH | 166 |                         | WARSZAWA        | POL  | M - WETERAN 1 | 1      | M 3  | 500,0 KM | 081:22:17.0 | 0000504:59 | 9:45   | 6.1  |
| 5    | BUGAJEWSKA ANNA      | 109 |                         | PŁOŃSK          | POL  | K - WETERAN 2 | 1      | K 2  | 500,0 KM | 095:52:09.0 | 0000512:23 | 11:30  | 5.2  |
| 6    | SZAL ŁUKASZ          | 169 | KAŃCZUCKA GRUPA BIEGOWA | TARNAWKA        | POL  | M - SENIOR 1  | 1      | M 4  | 500,0 KM | 037:54:02.0 | 0000529:04 | 4:32   | 13.2 |
| 7    | BOBYK PAWEŁ          | 171 |                         | SANOK           | POL  | M - MASTERS   | 2      | M 5  | 500,0 KM | 064:55:29.0 | 0000553:10 | 7:47   | 7.7  |
| 8    | GŁOWACKI ANDRZEJ     | 63  | MŁODY VS STARY          | LEGIONOWO       | POL  | M - WETERAN 1 | 2      | M 6  | 500,0 KM | 070:44:41.0 | 0000558:20 | 8:29   | 7.1  |
| 9    | WRONA ŁUKASZ         | 153 |                         | ŚWIDNICA        | POL  | M - MASTERS   | 3      | M 7  | 500,0 KM | 069:33:14.0 | 0000602:30 | 8:20   | 7.2  |
| 10   | KRUZEL RAFAŁ         | 161 | BIEGOWE MISIE           | LEGNICA         | POL  | M - WETERAN 1 | 3      | M 8  | 500,0 KM | 090:03:13.0 | 0000622:35 | 10:48  | 5.6  |
| 11   | KOSTKA ROBERT        | 18  |                         | SANOK           | POL  | M - WETERAN 1 | 4      | M 9  | 500,0 KM | 098:45:00.0 | 0000672:40 | 11:51  | 5.1  |
| 12   | SIKOŃCZYK MIŁOSZ     | 103 | ALPIN SPORT TEAM        | KRAKÓW          | POL  | M - SENIOR 2  | 1      | M 10 | 500,0 KM | 050:30:07.0 | 0000672:44 | 6:03   | 9.9  |
| 13   | KRUZEL RAFAŁ         | 172 |                         | LEGNICA         | POL  | M - WETERAN 1 | 5      | M 11 | 500,0 KM | 093:27:51.0 | 0000719:43 | 11:12  | 5.3  |
| 14   | GURBOWICZ JAROSŁAW   | 11  | BIEGAJĄCY TCZEW         | TCZEW           | POL  | M - WETERAN 1 | 6      | M 12 | 500,0 KM | 076:22:38.0 | 0000765:40 | 9:09   | 6.5  |
| 15   | ZACHARIASZ AGNIESZKA | 90  | BIEGOWA KUŹNIA          | GRÓDKÓW         | POL  | K - MASTERS   | 2      | K 3  | 500,0 KM | 053:32:09.0 | 0000793:14 | 6:25   | 9.3  |
| 16   | WOŁOŻYŃ MAŁGORZATA   | 96  | MARGO TAEM              | BIELSKO - BIAŁA | POL  | K - MASTERS   | 3      | K 4  | 500,0 KM | 061:33:17.0 | 0000793:17 | 7:23   | 8.1  |
| 17   | RYSIEWICZ ANTONI     | 4   | TONI59                  | GRYBÓW          | POL  | M - WETERAN 2 | 2      | M 13 | 500,0 KM | 092:39:49.0 | 0000793:59 | 11:07  | 5.4  |
| 18   | KISIELEWSKI KONRAD   | 162 | KROK PO KROKU           | KIELCE          | POL  | M - MASTERS   | 4      | M 14 | 500,0 KM | 063:54:08.0 | 0000818:02 | 7:40   | 7.8  |
| 19   | ŁYDA PIOTR           | 112 |                         | RZESZÓW         | POL  | M - SENIOR 2  | 2      | M 15 | 500,0 KM | 066:25:42.0 | 0000865:30 | 7:58   | 7.5  |
| 20   | SZCZOTKA PAWEŁ       | 108 |                         | WARSZAWA        | POL  | M - WETERAN 1 | 7      | M 16 | 500,0 KM | 054:28:15.0 | 0000865:30 | 6:32   | 9.2  |
| 21   | MAZURKIEWICZ KACPER  | 167 |                         | HUSÓW           | POL  | M - SENIOR 1  | 2      | M 17 | 500,0 KM | 051:10:31.0 | 0000865:48 | 6:08   | 9.8  |
| 22   | MARCELA MARCIN       | 12  | FAT MAMA'S SPORT CLUB   | TARNOWSKIE GÓRY | POL  | M - MASTERS   | 5      | M 18 | 500,0 KM | 067:09:18.0 | 0000912:59 | 8:03   | 7.4  |
| 23   | KRUZEL RAFAŁ         | 52  | BIEGOWE MISIE           | LEGNICA         | POL  | M - WETERAN 1 | 8      | M 19 | 500,0 KM | 073:39:22.0 | 0000915:33 | 8:50   | 6.8  |

**RZEŹNIK 500, OPEN c.d.**

| M-ce | Nazwisko i imię        | Nr  | Klub                              | M-scowość        | Kraj | Kat.          | M. kat | K/M  | Dystans  | Netto       | Brutto     | min/km | km/h |
|------|------------------------|-----|-----------------------------------|------------------|------|---------------|--------|------|----------|-------------|------------|--------|------|
| 24   | BANASIK MONIKA         | 3   |                                   | PRUCHNIK         | POL  | K - MASTERS   | 4      | K 5  | 500,0 KM | 073:37:05.0 | 0000936:48 | 8:50   | 6.8  |
| 25   | PEŁCZYŃSKI TOMASZ      | 46  | BESKIDA TEAM                      | TORUŃ            | POL  | M - WETERAN 1 | 9      | M 20 | 500,0 KM | 098:32:02.0 | 0000984:09 | 11:49  | 5.1  |
| 26   | JADRYCH ZBIGNIEW       | 139 | NO NAMES                          | STARGARD         | POL  | M - MASTERS   | 6      | M 21 | 500,0 KM | 067:55:32.0 | 0000984:30 | 8:09   | 7.4  |
| 27   | MAŁACHOWSKA IZABELA    | 155 | RUNNERS TEAM QUIBL                | WARSZAWA         | POL  | K - MASTERS   | 5      | K 6  | 500,0 KM | 077:17:08.0 | 0000984:34 | 9:16   | 6.5  |
| 28   | JANKIEWICZ MAREK       | 64  | MŁODY VS STARY                    | WIELISZEW        | POL  | M - MASTERS   | 7      | M 22 | 500,0 KM | 051:44:06.0 | 0000985:03 | 6:12   | 9.7  |
| 29   | BARANEK MAREK          | 113 | WEBER ACTIVE TEAM                 | BYTOM            | POL  | M - WETERAN 1 | 10     | M 23 | 500,0 KM | 071:57:26.0 | 0000998:48 | 8:38   | 6.9  |
| 30   | USZYŃSKI GRZEGORZ      | 141 | WEBER ACTIVE TEAM                 | GLIWICE          | POL  | M - WETERAN 1 | 11     | M 24 | 500,0 KM | 174:45:03.0 | 0001009:13 | 20:58  | 2.9  |
| 31   | CIEŚLAK KRZYSZTOF      | 47  | ULTRAFAZA                         | ZIELONA GÓRA     | POL  | M - MASTERS   | 8      | M 25 | 500,0 KM | 067:28:02.0 | 0001067:25 | 8:05   | 7.4  |
| 32   | KACPERSKI OLAF         | 30  |                                   | USTRZYKI DOLNE   | POL  | M - WETERAN 1 | 12     | M 26 | 500,0 KM | 050:57:41.0 | 0001083:08 | 6:06   | 9.8  |
| 33   | KĄNDUŁA KLAUDIA        | 165 |                                   | POZNAŃ           | POL  | K - MASTERS   | 6      | K 7  | 500,0 KM | 072:07:00.0 | 0001108:08 | 8:39   | 6.9  |
| 34   | PACHUT KRZYSZTOF       | 134 |                                   | SŁOPNICE         | POL  | M - MASTERS   | 9      | M 27 | 500,0 KM | 059:13:20.0 | 0001129:55 | 7:06   | 8.4  |
| 35   | RATOWSKI MAREK         | 135 | PODGÓRZ TORUŃ                     | TORUŃ            | POL  | M - WETERAN 1 | 13     | M 28 | 500,0 KM | 075:14:38.0 | 0001153:15 | 9:01   | 6.6  |
| 36   | OSIŃSKA AGATA          | 163 |                                   | MYŚLENICE        | POL  | K - WETERAN 1 | 1      | K 8  | 500,0 KM | 084:14:16.0 | 0001153:49 | 10:06  | 5.9  |
| 37   | POTERA MACIEJ          | 154 | ONE                               | ŁAŃCUT           | POL  | M - MASTERS   | 10     | M 29 | 500,0 KM | 083:24:13.0 | 0001155:17 | 10:00  | 6    |
| 38   | MURAWSKI PRZEMYSŁAW    | 160 |                                   | WARSZAWA         | POL  | M - WETERAN 1 | 14     | M 30 | 500,0 KM | 084:14:23.0 | 0001164:19 | 10:06  | 5.9  |
| 39   | KROK KRZYSZTOF         | 114 |                                   | MUSZYNA          | POL  | M - WETERAN 2 | 3      | M 31 | 500,0 KM | 110:27:02.0 | 0001174:28 | 13:15  | 4.5  |
| 40   | DYBOWSKI PIOTR         | 142 | 1ON1 TEAM                         | ŁÓDŹ             | POL  | M - MASTERS   | 11     | M 32 | 500,0 KM | 045:40:17.0 | 0001176:35 | 5:28   | 10.9 |
| 41   | BANASIK KRZYSZTOF      | 5   |                                   | PRUCHNIK         | POL  | M - MASTERS   | 12     | M 33 | 500,0 KM | 073:23:39.0 | 0001177:09 | 8:48   | 6.8  |
| 42   | JEZIOR BARTOSZ         | 164 |                                   | GLIWICE          | POL  | M - MASTERS   | 13     | M 34 | 500,0 KM | 068:29:45.0 | 0001177:46 | 8:13   | 7.3  |
| 43   | ZĄBCZYŃSKI DOMINIK     | 35  | DRUŻYNA PANA                      | JASTRZĘBIE-ZDRÓJ | POL  | M - WETERAN 1 | 15     | M 35 | 500,0 KM | 081:30:35.0 | 0001201:28 | 9:46   | 6.1  |
| 44   | GRUSZCZYŃSKI KRZYSZTOF | 54  | AKTYWNI PANS JAROSŁAW/KRESOWIANIE | DACHNÓW          | POL  | M - MASTERS   | 14     | M 36 | 500,0 KM | 066:53:37.0 | 0001225:26 | 8:01   | 7.5  |
| 45   | JAN TUŁAZA             | 34  | KLUB BIEGACZA T2/4                | TORUŃ            | POL  | M - WETERAN 1 | 16     | M 37 | 500,0 KM | 054:54:34.0 | 0001272:40 | 6:35   | 9.1  |
| 46   | KORCZAK KAMIL          | 1   | ORANGE POLSKA                     | CEDZYNA          | POL  | M - SENIOR 2  | 3      | M 38 | 500,0 KM | 073:11:33.0 | 0001297:22 | 8:46   | 6.8  |
| 47   | DONIEC SEBASTIAN       | 58  | I RUN FURTHER THAN YOU DRIVE!     | JASŁO            | POL  | M - MASTERS   | 15     | M 39 | 500,0 KM | 062:01:01.0 | 0001302:25 | 7:26   | 8.1  |
| 48   | BASTER KRZYSZTOF       | 116 | MATNER RUNNIG TEAM                | WROCŁAW          | POL  | M - WETERAN 1 | 17     | M 40 | 500,0 KM | 058:46:29.0 | 0001314:15 | 7:03   | 8.5  |
| 49   | MANDZIUK MAREK         | 156 | TKKF KRZNA BIAŁA PODLASKA         | BIAŁA PODLASKA   | POL  | M - WETERAN 1 | 18     | M 41 | 500,0 KM | 080:41:15.0 | 0001327:30 | 9:40   | 6.2  |
| 50   | BOKSZA PIOTR           | 149 | TIME4RUNNING                      | TRESTA           | POL  | M - MASTERS   | 16     | M 42 | 500,0 KM | 047:40:06.0 | 0001333:28 | 5:43   | 10.5 |
| 51   | BOGUSZEWSKA AGATA      | 94  |                                   | OTWOCK           | POL  | K - SENIOR 2  | 1      | K 9  | 500,0 KM | 051:48:07.0 | 0001345:43 | 6:12   | 9.7  |
| 52   | KŁOS DARIUSZ           | 115 |                                   | TORUŃ            | POL  | M - WETERAN 2 | 4      | M 43 | 500,0 KM | 111:44:00.0 | 0001355:45 | 13:24  | 4.5  |

**RZEŹNIK 500, OPEN c.d.**

| M-ce | Nazwisko i imię      | Nr  | Klub  | M-scowość               | Kraj | Kat.          | M. kat | K/M  | Dystans  | Netto       | Brutto     | min/km | km/h |
|------|----------------------|-----|---|-------------------------|------|---------------|--------|------|----------|-------------|------------|--------|------|
| 53   | JACHIMOWSKI JAROSŁAW | 148 | SANOK BIEGA                                     | SANOK                   | POL  | M - MASTERS   | 17     | M 44 | 500,0 KM | 058:04:40.0 | 0001368:26 | 6:58   | 8.6  |
| 54   | MITER DAMIAN         | 43  | RUNNERSI  | KLUCZEWSKO              | POL  | M - SENIOR 2  | 4      | M 45 | 500,0 KM | 050:38:13.0 | 0001368:55 | 6:04   | 9.9  |
| 55   | BOSAK PRZEMYSŁAW     | 33  | MAGOREX   | ŻARY                    | POL  | M - MASTERS   | 18     | M 46 | 500,0 KM | 067:20:44.0 | 0001369:03 | 8:04   | 7.4  |
| 56   | TERLECKA JOANNA      | 68  | MŁODY VS STARY                                  | LEGIONOWO               | POL  | K - MASTERS   | 7      | K 10 | 500,0 KM | 128:12:01.0 | 0001375:25 | 15:23  | 3.9  |
| 57   | TOMASZEK GRZEGORZ    | 24  | NOWA HUTA TEAM                                  | KĘDZIERZYN-KOŹLE9       | POL  | M - MASTERS   | 19     | M 47 | 500,0 KM | 058:00:08.0 | 0001392:39 | 6:57   | 8.6  |
| 58   | JĘCZKOWSKI DARIUSZ   | 157 |   | RYMANÓW                 | POL  | M - MASTERS   | 20     | M 48 | 500,0 KM | 050:53:46.0 | 0001392:43 | 6:06   | 9.8  |
| 59   | CIEŻAK KAMIL         | 77  | KIEDYS - TERAZ RÓŻNE DYSCYPLINY W MIEDZY CZASIE | MSZANA DOLNA            | POL  | M - MASTERS   | 21     | M 49 | 500,0 KM | 060:28:25.0 | 0001392:49 | 7:15   | 8.3  |
| 60   | NOWAKOWSKI MARCIN    | 106 |   | TCZEW                   | POL  | M - MASTERS   | 22     | M 50 | 500,0 KM | 056:40:31.0 | 0001393:32 | 6:48   | 8.8  |
| 61   | LEŻAK KAMILA         | 129 | WEBER ACTIVE TEAM                               | GLIWICE                 | POL  | K - SENIOR 2  | 2      | K 11 | 500,0 KM | 052:29:39.0 | 0001393:39 | 6:17   | 9.5  |
| 62   | PAWLUS MAREK         | 159 | PEPPA RUNNING TEAM                              | WROCŁAW                 | POL  | M - SENIOR 2  | 5      | M 51 | 500,0 KM | 095:40:43.0 | 0001416:40 | 11:28  | 5.2  |
| 63   | SABAT AGNIESZKA      | 37  |   | LISZNA                  | POL  | K - MASTERS   | 8      | K 12 | 500,0 KM | 085:52:22.0 | 0001417:04 | 10:18  | 5.8  |
| 64   | STĘCHŁY JAROSŁAW     | 83  |   | WODZISŁAW ŚLĄSKI        | POL  | M - MASTERS   | 23     | M 52 | 500,0 KM | 046:21:08.0 | 0001417:14 | 5:33   | 10.8 |
| 65   | MICHAŁOWSKI PIOTR    | 158 |   | WARSZAWA                | POL  | M - SENIOR 2  | 6      | M 53 | 500,0 KM | 055:48:17.0 | 0001417:48 | 6:41   | 9    |
| 66   | NIŻNIK MARCIN        | 117 | NOWY STYL RUNNING TEAM                          | MIEJSCE PIASTOWE        | POL  | M - MASTERS   | 24     | M 54 | 500,0 KM | 058:53:11.0 | 0001417:52 | 7:03   | 8.5  |
| 67   | GONCIARZ ANDRZEJ     | 25  |   | LGOTA                   | POL  | M - WETERAN 2 | 5      | M 55 | 500,0 KM | 059:32:09.0 | 0001418:47 | 7:08   | 8.4  |
| 68   | KOWALCZYK PIOTR      | 78  | FOR-REST-RUN                                    | KOSZALIN                | POL  | M - MASTERS   | 25     | M 56 | 500,0 KM | 055:26:04.0 | 0001440:48 | 6:39   | 9    |
| 69   | WOJEWÓDZKA AGNIESZKA | 152 |   | WASILKÓW                | POL  | K - MASTERS   | 9      | K 13 | 500,0 KM | 059:08:47.0 | 0001440:56 | 7:05   | 8.5  |
| 70   | KOŁACZ PIOTR         | 110 |   | CZOSNÓW                 | POL  | M - WETERAN 1 | 19     | M 57 | 500,0 KM | 052:10:34.0 | 0001441:12 | 6:15   | 9.6  |
| 71   | PIĘTA MARLENA        | 147 | OSTROBIEC                                       | OSTROWIEC ŚWIĘTOKRZYSKI | POL  | K - MASTERS   | 10     | K 14 | 500,0 KM | 054:12:03.0 | 0001441:16 | 6:30   | 9.2  |
| 72   | PYRKOSZ DAMIAN       | 17  | ENGLISH VITAE                                   | RZESZÓW                 | POL  | M - WETERAN 1 | 20     | M 58 | 500,0 KM | 053:29:14.0 | 0001444:44 | 6:25   | 9.3  |
| 73   | KRÓL MACIEJ          | 61  | ULTRA WAY WIRAN TEAM                            | REDA                    | POL  | M - MASTERS   | 26     | M 59 | 500,0 KM | 060:51:09.0 | 0001451:03 | 7:18   | 8.2  |
| 74   | MARKOWSKA ALEKSANDRA | 97  | BIEGAJĄCY TCZEW                                 | TCZEW                   | POL  | K - MASTERS   | 11     | K 15 | 500,0 KM | 085:22:39.0 | 0001488:21 | 10:14  | 5.9  |
| 75   | MARKOWSKI SZYMON     | 98  | BIEGAJĄCY TCZEW                                 | TCZEW                   | POL  | M - MASTERS   | 27     | M 60 | 500,0 KM | 078:47:36.0 | 0001488:43 | 9:27   | 6.3  |
| 76   | TERLECKI WŁADYSŁAW   | 71  | MŁODY VS STARY                                  | LEGIONOWO               | POL  | M - MASTERS   | 28     | M 61 | 500,0 KM | 118:04:02.0 | 0001511:15 | 14:10  | 4.2  |
| 77   | KROL HENRYK          | 82  | ULTRA WAY WIRANTEAM                             | WHEATFIELD              | USA  | M - MASTERS   | 29     | M 62 | 500,0 KM | 104:36:03.0 | 0001512:33 | 12:33  | 4.8  |
| 78   | MAKOSA KONRAD        | 7   |   | WARSZAWA                | POL  | M - WETERAN 1 | 21     | M 63 | 500,0 KM | 085:24:51.0 | 0001512:46 | 10:14  | 5.9  |
| 79   | JANKOWSKI ADAM       | 69  | ULTRAWAY.PL RUNNING TEAM                        | ZALASEWO                | POL  | M - SENIOR 2  | 7      | M 64 | 500,0 KM | 068:11:13.0 | 0001513:01 | 8:10   | 7.3  |
| 80   | MAŁECKI TOMASZ       | 72  |   | BYTOM                   | POL  | M - MASTERS   | 30     | M 65 | 500,0 KM | 060:34:01.0 | 0001513:14 | 7:16   | 8.3  |
| 81   | MAŁECKA ANIA         | 73  |   | BYTOM                   | POL  | K - MASTERS   | 12     | K 16 | 500,0 KM | 074:12:53.0 | 0001513:31 | 8:54   | 6.7  |

**RZEŹNIK 500, OPEN c.d.**

| M-ce | Nazwisko i imię       | Nr  | Klub                      | M-scowość            | Kraj | Kat.          | M. kat | K/M  | Dystans  | Netto       | Brutto     | min/km | km/h |
|------|-----------------------|-----|---------------------------|----------------------|------|---------------|--------|------|----------|-------------|------------|--------|------|
| 82   | RYŻYŃSKI TOMASZ       | 81  |                           | CHEŁM                | POL  | M - MASTERS   | 31     | M 66 | 500,0 KM | 054:25:35.0 | 0001537:21 | 6:31   | 9.2  |
| 83   | NOWICKA HANNA         | 123 |                           | JANUSZEWO 20         | POL  | K - WETERAN 2 | 2      | K 17 | 500,0 KM | 138:54:05.0 | 0001544:12 | 16:40  | 3.6  |
| 84   | MACHOLL ADAM          | 100 | BIEGAJĄCY TCZEW           | ROKITKI              | POL  | M - WETERAN 1 | 22     | M 67 | 500,0 KM | 065:04:40.0 | 0001584:44 | 7:48   | 7.7  |
| 85   | PYRZAK PAWEŁ          | 92  | BIEGANIE PO 40            | WARSZAWA             | POL  | M - SENIOR 2  | 8      | M 68 | 500,0 KM | 035:12:24.0 | 0001584:57 | 4:13   | 14.2 |
| 86   | KOKOT ROMAN           | 45  | AKTYWNY DYNÓW             | DYNÓW                | POL  | M - MASTERS   | 32     | M 69 | 500,0 KM | 061:42:14.0 | 0001608:46 | 7:24   | 8.1  |
| 87   | PAŁASZYŃSKA BEATA     | 144 | MUDFOXES                  | NOWY DWÓR MAZOWIECKI | POL  | K - MASTERS   | 13     | K 18 | 500,0 KM | 098:30:07.0 | 0001624:49 | 11:49  | 5.1  |
| 88   | GAWLEWICZ TOMASZ      | 150 | GAWELKI TEAM / SANOKBIEGA | SANOK                | POL  | M - WETERAN 1 | 23     | M 70 | 500,0 KM | 055:01:48.0 | 0001627:57 | 6:36   | 9.1  |
| 89   | WYSOCKI BARTOSZ       | 31  | KS JANUSZE                | LEŻAJSK              | POL  | M - MASTERS   | 33     | M 71 | 500,0 KM | 084:10:18.0 | 0001657:11 | 10:06  | 5.9  |
| 90   | WYSOCKA IWONA         | 32  |                           | LEŻAJSK              | POL  | K - MASTERS   | 14     | K 19 | 500,0 KM | 107:00:05.0 | 0001681:43 | 12:50  | 4.7  |
| 91   | KLARECKI ADRIAN       | 70  | WIRAN / ASTMA TEAM        | REDA                 | POL  | M - MASTERS   | 34     | M 72 | 500,0 KM | 045:30:27.0 | 0001705:20 | 5:27   | 11   |
| 92   | PYZIK TOMASZ          | 26  | DRUŻYNA MOJACUKRZYCA.PL   | GLIWICE              | POL  | M - MASTERS   | 35     | M 73 | 500,0 KM | 058:33:53.0 | 0001710:56 | 7:01   | 8.5  |
| 93   | RORAT LENA            | 28  | CHEŁM BIEGA               | CHEŁM                | POL  | K - MASTERS   | 15     | K 20 | 500,0 KM | 071:30:25.0 | 0001757:39 | 8:34   | 7    |
| 94   | POPKO MARIUSZ         | 127 |                           | WOŁOMIN              | POL  | M - MASTERS   | 36     | M 74 | 500,0 KM | 076:25:40.0 | 0001792:55 | 9:10   | 6.5  |
| 95   | TARŁOWSKA SABINA      | 51  |                           | MYSŁOWICE            | POL  | K - MASTERS   | 16     | K 21 | 500,0 KM | 078:42:10.0 | 0001800:42 | 9:26   | 6.4  |
| 96   | KLARECKA JOANNA       | 124 | ASTMA TEAM                | REDA                 | POL  | K - MASTERS   | 17     | K 22 | 500,0 KM | 085:25:12.0 | 0001801:58 | 10:15  | 5.9  |
| 97   | GUT LEOPOLD           | 133 | LUBIĘ_KOTKI               | POZEZDRZE            | POL  | M - SENIOR 2  | 9      | M 75 | 500,0 KM | 072:07:57.0 | 0001824:29 | 8:39   | 6.9  |
| 98   | MIGAS ADAM            | 131 |                           | MAKÓW PODHALAŃSKI    | POL  | M - SENIOR 2  | 10     | M 76 | 500,0 KM | 046:44:17.0 | 0001824:40 | 5:36   | 10.7 |
| 99   | ŻAK PAWEŁ             | 88  | KLUB BIEGACZA DYDNIA      | HUMNISKA             | POL  | M - SENIOR 2  | 11     | M 77 | 500,0 KM | 050:49:16.0 | 0001825:06 | 6:05   | 9.8  |
| 100  | RAKOWIECKI ZBIGNIEW   | 50  | POLIPACK TEAM GWE         | GDAŃSK               | POL  | M - WETERAN 2 | 6      | M 78 | 500,0 KM | 081:03:22.0 | 0001826:19 | 9:43   | 6.2  |
| 101  | KOZAK KINGA           | 95  |                           | PUŁAWY               | POL  | K - MASTERS   | 18     | K 23 | 500,0 KM | 043:56:35.0 | 0001849:27 | 5:16   | 11.4 |
| 102  | GÓROWSKA IWONA        | 132 | MONTIKO.PL / DYNAFIT      | SANOK                | POL  | K - SENIOR 2  | 3      | K 24 | 500,0 KM | 050:29:42.0 | 0001873:16 | 6:03   | 9.9  |
| 103  | SIEMIENIUK ANDRZEJ    | 39  | RATUJMY CO SIĘ DA         | BIALYSTOK            | POL  | M - MASTERS   | 37     | M 79 | 500,0 KM | 054:32:05.0 | 0001878:20 | 6:32   | 9.2  |
|      |                       |     | ♥                         |                      |      |               |        |      |          |             |            |        |      |
|      |                       |     | ♥                         |                      |      |               |        |      |          |             |            |        |      |
|      |                       |     | ♥                         |                      |      |               |        |      |          |             |            |        |      |
| 104  | GOŁĘBIOWSKI JĘDRZEJ   | 102 |                           | WROCŁAW              | POL  | M - SENIOR 1  | 3      | M 80 | 500,0 KM | 071:33:28.0 | 0001896:31 | 8:35   | 7    |
| 105  | RUSIN GRZEGORZ        | 23  |                           | RZESZÓW              | POL  | M - SENIOR 2  | 12     | M 81 | 500,0 KM | 185:33:04.0 | 0001968:40 | 22:15  | 2.7  |
| 106  | ZAWIERUCHA ALEKSANDER | 76  | MARO TEAM JASTRZĘBIE-ŻORY | ŻORY                 | POL  | M - WETERAN 1 | 24     | M 82 | 500,0 KM | 158:39:04.0 | 0001976:23 | 19:02  | 3.2  |
| 107  | BOKSZA ROBERT         | 91  |                           | TOMASZÓW MAZOWIECKI  | POL  | M - MASTERS   | 38     | M 83 | 500,0 KM | 061:11:13.0 | 0001992:59 | 7:20   | 8.2  |

**RZEŹNIK 500, OPEN c.d.**

| M-ce | Nazwisko i imię      | Nr  | Klub                       | M-scowość           | Kraj | Kat.          | M. kat | K/M   | Dystans  | Netto       | Brutto     | min/km | km/h |
|------|----------------------|-----|----------------------------|---------------------|------|---------------|--------|-------|----------|-------------|------------|--------|------|
| 108  | GLAZER ANNA          | 118 |                            | JASIEINICA ROSIELNA | POL  | K - SENIOR 2  | 4      | K 25  | 500,0 KM | 104:18:00.0 | 0002017:35 | 12:30  | 4.8  |
| 109  | MROWIEC MICHAŁ       | 119 |                            | BOBROWIEC           | POL  | M - WETERAN 1 | 25     | M 84  | 500,0 KM | 051:41:33.0 | 0002041:44 | 6:12   | 9.7  |
| 110  | ŁAGOŻNY ŁUKASZ       | 120 | TOYOTA JAŚŁO               | SANOK               | POL  | M - MASTERS   | 39     | M 85  | 500,0 KM | 068:05:55.0 | 0002078:47 | 8:10   | 7.3  |
| 111  | POTERA KRYSZYNA      | 21  |                            | ŁAŃCUT              | POL  | K - SENIOR 2  | 5      | K 26  | 500,0 KM | 105:41:05.0 | 0002089:55 | 12:40  | 4.7  |
| 112  | RYSIEWICZ PAWEŁ      | 62  | UVE RUN TEAM POLSKA        | GRYBÓW              | POL  | M - SENIOR 2  | 13     | M 86  | 500,0 KM | 047:55:09.0 | 0002118:52 | 5:45   | 10.4 |
| 113  | NOWAK PAWEŁ          | 93  |                            | KONSTANTYNÓW ŁÓDZKI | POL  | M - SENIOR 2  | 14     | M 87  | 500,0 KM | 063:47:16.0 | 0002136:17 | 7:39   | 7.8  |
| 114  | KWIATKOWSKA ELIZA    | 14  |                            | STRYKÓW             | POL  | K - SENIOR 2  | 6      | K 27  | 500,0 KM | 053:57:55.0 | 0002137:00 | 6:28   | 9.3  |
| 115  | BAKIERA KAMIL        | 20  |                            | TURKA               | POL  | M - SENIOR 2  | 15     | M 88  | 500,0 KM | 053:33:04.0 | 0002137:37 | 6:25   | 9.3  |
| 116  | OLECH BOGUSŁAW       | 55  | NIEZRZESZONY               | PRZECŁAW            | POL  | M - WETERAN 2 | 7      | M 89  | 500,0 KM | 341:01:03.0 | 0002139:08 | 40:55  | 1.5  |
| 117  | ŻAK ANNA             | 87  | KLUB BIEGACZA DYDNIA       | HUMNISKA            | POL  | K - SENIOR 2  | 7      | K 28  | 500,0 KM | 064:47:05.0 | 0002161:23 | 7:46   | 7.7  |
| 118  | PERCZYŃSKI PIOTR     | 89  |                            | KRZYWACZKA          | POL  | M - SENIOR 2  | 16     | M 90  | 500,0 KM | 065:25:48.0 | 0002178:02 | 7:51   | 7.6  |
| 119  | OLESIŃSKA JOANNA     | 19  | DRUŻYNA JEDYNKI            | GÓRKI ŚLĄSKIE       | POL  | K - WETERAN 1 | 2      | K 29  | 500,0 KM | 058:52:31.0 | 0002184:56 | 7:03   | 8.5  |
| 120  | POTERA MACIEJ        | 8   |                            | ŁAŃCUT              | POL  | M - MASTERS   | 40     | M 91  | 500,0 KM | 112:54:05.0 | 0002209:13 | 13:32  | 4.4  |
| 121  | ŁYJAK KRZYSZTOF      | 49  |                            | WARSZAWA            | POL  | M - MASTERS   | 41     | M 92  | 500,0 KM | 080:44:12.0 | 0002232:46 | 9:41   | 6.2  |
| 122  | ŻÓŁKIEWICZ MARCIN    | 85  | PUĘTNASTKA                 | JASIEINICA ROSIELNA | POL  | M - MASTERS   | 42     | M 93  | 500,0 KM | 056:43:40.0 | 0002257:17 | 6:48   | 8.8  |
| 123  | BURZYŃSKA EMILIA     | 6   | BIEGAJĄCE KREJZOLE         | BOGUCIN             | POL  | K - SENIOR 2  | 8      | K 30  | 500,0 KM | 074:06:43.0 | 0002257:19 | 8:53   | 6.7  |
| 124  | MOSZ TOMASZ          | 2   | W POGONI ZA DUCHEM         | DĄBROWA GÓRNICZA    | POL  | M - MASTERS   | 43     | M 94  | 500,0 KM | 056:02:07.0 | 0002281:19 | 6:43   | 8.9  |
| 125  | LEWTAK MARCIN        | 86  | 9-TKA RUNNING TEAM / EKIPA | PUŁAWY              | POL  | M - MASTERS   | 44     | M 95  | 500,0 KM | 044:22:24.0 | 0002281:25 | 5:19   | 11.3 |
| 126  | KOŚCIELNIAK DAGMARA  | 40  | AKTYWNI RAZEM              | CZERWONAK           | POL  | K - MASTERS   | 19     | K 31  | 500,0 KM | 077:13:04.0 | 0002305:18 | 9:15   | 6.5  |
| 127  | BIENIEK PIOTR        | 57  | FRANCUSKI BAGNET           | PIASECZNO           | POL  | M - SENIOR 2  | 17     | M 96  | 500,0 KM | 048:20:11.0 | 0002328:34 | 5:48   | 10.3 |
| 128  | GRUCHALSKI KRZYSZTOF | 67  |                            | LUBLINIEC           | POL  | M - WETERAN 1 | 26     | M 97  | 500,0 KM | 101:09:01.0 | 0002352:39 | 12:08  | 4.9  |
| 129  | ANDREJCZUK WIATEK    | 75  |                            | KLEOSIN             | POL  | M - WETERAN 2 | 8      | M 98  | 500,0 KM | 092:51:32.0 | 0002377:34 | 11:08  | 5.4  |
| 130  | KOWALCZYK MICHAŁ     | 10  |                            | CZELADŹ             | POL  | M - SENIOR 2  | 18     | M 99  | 500,0 KM | 070:08:31.0 | 0002424:32 | 8:25   | 7.1  |
| 131  | WIĘCEK DAMIAN        | 59  | PAPPYN RUNNING TEAM        | STOBIERNA           | POL  | M - SENIOR 1  | 4      | M 100 | 500,0 KM | 041:41:11.0 | 0002424:46 | 5:00   | 12   |
| 132  | OSZCZĘDA KRZYSZTOF   | 13  |                            | ŻORY                | POL  | M - WETERAN 1 | 27     | M 101 | 500,0 KM | 082:55:20.0 | 0002425:33 | 9:57   | 6    |
| 133  | WIĘCEK MAREK         | 44  | PAPPYN RUNNING TEAM        | RANIŻÓW             | POL  | M - SENIOR 1  | 5      | M 102 | 500,0 KM | 041:59:38.0 | 0002426:52 | 5:02   | 11.9 |
| 134  | KOCYŁA MARZENA       | 27  |                            | RUDNIK              | POL  | K - MASTERS   | 20     | K 32  | 500,0 KM | 123:38:00.0 | 0002451:12 | 14:50  | 4    |
| 135  | KASZUBA KATARZYNA    | 9   |                            | CZELADŹ             | POL  | K - SENIOR 2  | 9      | K 33  | 500,0 KM | 096:03:10.0 | 0002476:15 | 11:31  | 5.2  |
| 136  | PNIEWSKI RAFAŁ       | 15  | 1 ON 1 TEAM                | ŁÓDŹ                | POL  | M - WETERAN 1 | 28     | M 103 | 455,5 KM | 072:45:36.0 | 0002467:38 | 9:35   | 6.3  |

**RZEŹNIK 500, OPEN c.d.**

| M-ce | Nazwisko i imię             | Nr  | Klub                     | M-scowość            | Kraj | Kat.          | M. kat | K/M   | Dystans  | Netto       | Brutto     | min/km | km/h |
|------|-----------------------------|-----|--------------------------|----------------------|------|---------------|--------|-------|----------|-------------|------------|--------|------|
| 137  | SALA PAWEŁ                  | 60  | MIZUNO -TURBACZ TEAM     | TENCZYN              | POL  | M - MASTERS   | 45     | M 104 | 408,1 KM | 051:28:45.0 | 0001705:51 | 7:34   | 7.9  |
| 138  | KIEGLER BOGUMIŁ             | 168 | 1ON1 TEAM                | DOBROŃ               | POL  | M - SENIOR 2  | 19     | M 105 | 400,6 KM | 058:06:05.0 | 0001215:26 | 8:42   | 6.9  |
| 139  | DUSZA ŁUKASZ                | 121 |                          | PRZEMYŚL             | POL  | M - SENIOR 2  | 20     | M 106 | 399,7 KM | 043:06:42.0 | 0002089:14 | 6:28   | 9.3  |
| 140  | MATOGA URSZULA              | 48  |                          | SIEPRAW              | POL  | K - MASTERS   | 21     | K 34  | 378,6 KM | 078:17:42.0 | 0002424:38 | 12:24  | 4.8  |
| 141  | GAJDA-ADAMSKA KAROLINA      | 143 |                          | ŁÓDŹ                 | POL  | K - SENIOR 2  | 10     | K 35  | 345,9 KM | 059:31:30.0 | 0001513:06 | 10:19  | 5.8  |
| 142  | BORKOWSKI LESZEK            | 170 | NOWI SIEDLCE - NW WSCHÓD | GRABIANÓW            | POL  | M - WETERAN 1 | 29     | M 107 | 306,7 KM | 052:48:26.0 | 0000865:08 | 10:19  | 5.8  |
| 143  | KORBA KRZYSZTOF             | 79  |                          | TURZA ŚLĄSKA         | POL  | M - MASTERS   | 46     | M 108 | 294,6 KM | 045:20:05.0 | 0002208:41 | 9:14   | 6.5  |
| 144  | DOMAŃCZYK KAROLINA          | 99  |                          | KALISZ               | POL  | K - SENIOR 1  | 1      | K 36  | 257,1 KM | 049:54:05.0 | 0001733:24 | 11:38  | 5.2  |
| 145  | WILMAŃSKI DARIUSZ           | 80  |                          | WŁOCŁAWEK            | POL  | M - WETERAN 1 | 30     | M 109 | 245,6 KM | 041:45:50.0 | 0001680:14 | 10:12  | 5.9  |
| 146  | BIENIECKI MIROSŁAW          | 36  | OTK RZEŹNIK              | GLIWICE              | GBR  | M - MASTERS   | 47     | M 110 | 216,4 KM | 045:02:58.0 | 0000768:55 | 12:29  | 4.8  |
| 147  | JAGODA ADAM                 | 56  | FUCHS OIL TEAM           | SIEMIANOWICE ŚLĄSKIE | POL  | M - WETERAN 1 | 31     | M 111 | 215,7 KM | 034:32:06.0 | 0001876:57 | 9:36   | 6.2  |
| 148  | GUDOWSKI ROBERT             | 146 |                          | JELENIA GÓRA         | POL  | M - WETERAN 1 | 32     | M 112 | 207,5 KM | 038:01:16.0 | 0000936:54 | 10:59  | 5.5  |
| 149  | FLIŚ ŁUKASZ                 | 84  | AKTYWNA PSZCZYNA         | PSZCZYNA             | POL  | M - SENIOR 2  | 21     | M 113 | 166,5 KM | 023:02:22.0 | 0002280:08 | 8:18   | 7.2  |
| 150  | JEZIOREK JOZI               | 128 |                          | ŁAPCZYCA             | POL  | M - WETERAN 1 | 33     | M 114 | 152,7 KM | 031:35:32.0 | 0001369:10 | 12:24  | 4.8  |
| 151  | ZAWISZ MARIUSZ              | 140 | RADLINIOKI W BIEGU       | GASZOWICE            | POL  | M - MASTERS   | 48     | M 115 | 151,9 KM | 017:28:51.0 | 0001153:00 | 6:54   | 8.7  |
| 152  | PERZANOWSKI JAKUB           | 101 |                          | WARSZAWA             | POL  | M - SENIOR 2  | 22     | M 116 | 114,7 KM | 011:11:24.0 | 0000863:18 | 5:51   | 10.2 |
| 153  | PSZONAK TOMASZ              | 145 | PIEROGI ATAKKE           | KATOWICE             | POL  | M - SENIOR 1  | 6      | M 117 | 106,4 KM | 010:50:26.0 | 0001128:35 | 6:06   | 9.8  |
| 154  | SZOPA LESZEK                | 74  |                          | PODOLSZE             | POL  | M - WETERAN 2 | 9      | M 118 | 84,7 KM  | 023:12:23.0 | 0001679:06 | 16:26  | 3.6  |
| 155  | CHEĆ MATEUSZ                | 130 |                          | 07457788             | POL  | M - SENIOR 1  | 7      | M 119 | 77,0 KM  | 006:37:39.0 | 0000504:49 | 5:09   | 11.6 |
| 156  | NIEMYJSKI MACIEJ            | 66  |                          | GNIEWOMIROWICE       | POL  | M - SENIOR 1  | 8      | M 120 | 38,3 KM  | 007:01:52.0 | 0001368:33 | 11:00  | 5.4  |
| 157  | KARBOWSKA KAROLINA          | 29  |                          | MAŁY GŁĘBOCZEK 28    | POL  | K - SENIOR 2  | 11     | K 37  | 28,9 KM  | 003:04:30.0 | 0000312:38 | 6:22   | 9.4  |
| 158  | KRUZEL-NIEMYJSKA MAŁGORZATA | 65  | BIEGOWE MISIE            | GNIEWOMIROWICE       | POL  | K - SENIOR 1  | 2      | K 38  | 23,2 KM  | 005:00:48.0 | 0000840:31 | 12:57  | 4.6  |
| 159  | GOLEBIEWSKA MAŁGORZATA      | 22  |                          | KŁODA                | POL  | K - MASTERS   | 22     | K 39  | 14,0 KM  | 022:15:12.0 | 0000092:14 | 95:30  | 0.6  |