



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

VIII FESTIWAL BIEGU RZEŹNIKA
Fundacja Bieg Rzeźnika
2022-06-18
Cisna
11 km

V DYCHA NA JELENI SKOK

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
1	GRZĄDZIEL Dominik	4217	ATTIQ TEAM	M30	1	00:53:48.45	00:53:49.70		4:53	12.3 (100%)
2	LUŻNIAK Damian	4462	SCI GÓRSCY ENTUZJAŚCI	M30	2	00:57:15.50	00:57:17.10	+00:03:27 (6.0%)	5:12	11.5 (93.5%)
3	CABAJ Łukasz	4362	HARPAGAN TARNOBRZEG	M30	3	00:57:37.85	00:57:38.80	+00:03:49 (6.6%)	5:14	11.5 (93.5%)
4	JAKUBIK Marcin	4189	MKS HALICZ PSG KROŚCIENKO	M30	4	00:58:26.95	00:58:28.00	+00:04:38 (7.9%)	5:18	11.3 (91.9%)
5	MULARCZYK Paweł	4256	GRUPA JURA'PL	M30	5	00:58:26.75	00:58:28.30	+00:04:38 (7.9%)	5:18	11.3 (91.9%)
6	MLAŚ Ireneusz	4165	IPA PRZEMYSŁ	M30	6	01:05:37.50	01:05:39.35	+00:11:49 (18.0%)	5:57	10.1 (82.1%)
7	CHAJEC Michał	4102		M30	7	01:05:40.35	01:05:42.70	+00:11:53 (18.1%)	5:58	10.1 (82.1%)
8	BIGAS Jakub	4346		M30	8	01:06:12.15	01:06:19.50	+00:12:29 (18.8%)	6:01	10 (81.3%)
9	MIGDAL Michał	4466	MARKOWI BIEGACZE	M30	9	01:07:47.50	01:07:50.70	+00:14:01 (20.7%)	6:09	9.7 (78.9%)
10	SKOWROŃSKI Błażej	4115	DZIK KOMANDO	M30	10	01:08:20.55	01:08:26.05	+00:14:36 (21.3%)	6:12	9.7 (78.9%)
11	KROPIWNICKI Marcin	4203		M30	11	01:08:55.65	01:09:02.70	+00:15:13 (22.0%)	6:15	9.6 (78.0%)
12	ZAWADZKI Marcin	4164	SZCZWANY TRZMIEL TEAM	M30	12	01:09:58.90	01:10:00.45	+00:16:10 (23.1%)	6:21	9.4 (76.4%)
13	WETHACZ Mateusz	4290		M30	13	01:11:26.35	01:11:28.20	+00:17:38 (24.7%)	6:29	9.2 (74.8%)
14	WOŁK Mariusz	4460	#ZALINIAMETYTEAM	M30	14	01:11:56.30	01:11:59.05	+00:18:09 (25.2%)	6:32	9.2 (74.8%)
15	ŚLĄSKI Bartosz	4361	PRZEDWOJEWSKI TEAM	M30	15	01:16:05.10	01:16:11.25	+00:22:21 (29.3%)	6:55	8.7 (70.7%)
16	DWORAK Bartłomiej	4357		M30	16	01:17:44.85	01:17:48.30	+00:23:58 (30.8%)	7:04	8.5 (69.1%)
17	DĄBKOWSKI Damian	4269	HARDER CIECHANÓW	M30	17	01:18:22.90	01:18:33.65	+00:24:43 (31.5%)	7:07	8.4 (68.3%)
18	KRYNICKI Jakub	4184	GALICJA CISNA	M30	18	01:18:44.60	01:18:46.75	+00:24:57 (31.7%)	7:09	8.4 (68.3%)
19	SWEENEY Keith	4273		M30	19	01:21:56.25	01:22:05.65	+00:28:15 (34.4%)	7:26	8.1 (65.9%)
20	GRZEGORY Marek	4440	DECATHLON RUMIA	M30	20	01:24:02.05	01:24:07.15	+00:30:17 (36.0%)	7:38	7.9 (64.2%)
21	TABAKA Piotr	4276		M30	21	01:25:42.70	01:25:55.40	+00:32:05 (37.4%)	7:47	7.7 (62.6%)
22	LATUSEK Daniel	4286		M30	22	01:26:10.40	01:26:37.65	+00:32:47 (37.9%)	7:50	7.7 (62.6%)
23	PSZONAK Damian	4289		M30	23	01:26:26.15	01:26:41.00	+00:32:51 (37.9%)	7:51	7.6 (61.8%)
24	MAREK Paweł	4181		M30	24	01:27:01.35	01:27:13.00	+00:33:23 (38.3%)	7:54	7.6 (61.8%)
25	TROJNAR Daniel	4258		M30	25	01:27:36.75	01:27:50.85	+00:34:01 (38.7%)	7:57	7.5 (61.0%)
26	KALBARCZYK Wojciech	4447	ADIDAS RANERS WARSAW	M30	26	01:27:47.00	01:27:57.60	+00:34:07 (38.8%)	7:58	7.5 (61.0%)
27	ZIÓŁEK Błażej	4197		M30	27	01:29:12.00	01:29:19.25	+00:35:29 (39.7%)	8:06	7.4 (60.2%)
28	WALASZEK Kamil	4212		M30	28	01:29:07.60	01:29:34.85	+00:35:45 (39.9%)	8:06	7.4 (60.2%)
29	BARAŃSKI Przemysław	4277		M30	29	01:30:36.95	01:30:52.90	+00:37:03 (40.8%)	8:14	7.3 (59.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
30	PECHCIN Jakub	4236		M30	30	01:31:37.75	01:31:56.95	+00:38:07 (41.5%)	8:19	7.2 (58.5%)
31	OWSKI Filip	4341	DKMS TEAM	M30	31	01:32:10.40	01:32:16.25	+00:38:26 (41.7%)	8:22	7.2 (58.5%)
32	CIEPIELEWSKI Mateusz	4216		M30	32	01:32:45.40	01:33:13.25	+00:39:23 (42.3%)	8:25	7.1 (57.7%)
33	HŁADUŃSKI Jacek	4138		M30	33	01:36:56.95	01:37:05.60	+00:43:15 (44.6%)	8:48	6.8 (55.3%)
34	DUSZA Łukasz	4153		M30	34	01:36:43.80	01:37:08.90	+00:43:19 (44.6%)	8:47	6.8 (55.3%)
35	DACKO Oskar	4292	DANZEL TEAM	M30	35	01:36:51.85	01:37:18.55	+00:43:28 (44.7%)	8:48	6.8 (55.3%)
36	MARZEC Konrad	4158	ROZBIEGANE MICHAŁOWICE	M30	36	01:38:21.90	01:38:33.55	+00:44:43 (45.4%)	8:56	6.7 (54.5%)
37	STROMECKI Marcin	4148	BIĄŁOŁĘCKA FABRYKA MOCY	M30	37	01:38:01.85	01:38:39.85	+00:44:50 (45.4%)	8:54	6.7 (54.5%)
38	DREZNER Miłosz	4016		M30	38	01:38:29.00	01:38:41.15	+00:44:51 (45.5%)	8:57	6.7 (54.5%)
39	SIKORA Grzegorz	4415		M30	39	01:39:13.15	01:39:45.10	+00:45:55 (46.0%)	9:01	6.7 (54.5%)
40	KARSKI Tomasz	4411		M30	40	01:39:59.20	01:40:11.15	+00:46:21 (46.3%)	9:05	6.6 (53.7%)
41	STASZCZYK Michał	4265	PASZCZAKI	M30	41	01:40:25.60	01:41:05.70	+00:47:16 (46.8%)	9:07	6.6 (53.7%)
42	RORAT Artur	4139	CHEŁM BIEGA	M30	42	01:41:45.20	01:41:53.25	+00:48:03 (47.2%)	9:15	6.5 (52.8%)
43	JANIAK Leszek	4157	KUTNO BIEGA	M30	43	01:42:15.15	01:42:34.75	+00:48:45 (47.5%)	9:17	6.5 (52.8%)
44	KWOLEK Wojciech	4283		M30	44	01:43:11.60	01:43:27.85	+00:49:38 (48.0%)	9:22	6.4 (52.0%)
45	BIELAK Paweł	4110	EXC MOBILE	M30	45	01:43:34.85	01:43:49.65	+00:49:59 (48.2%)	9:24	6.4 (52.0%)
46	BORKOWSKI Arkadiusz	4096		M30	46	01:43:58.05	01:44:14.80	+00:50:25 (48.4%)	9:27	6.3 (51.2%)
47	SZULCZEWSKI Wojciech	4195	BIEGACZ NOWOSOLNA	M30	47	01:43:59.50	01:44:23.20	+00:50:33 (48.4%)	9:27	6.3 (51.2%)
48	OGOZEJA Cezary	4381		M30	48	01:44:37.50	01:44:58.70	+00:51:09 (48.7%)	9:30	6.3 (51.2%)
49	LARWA Paweł	4318		M30	49	01:45:49.10	01:46:38.35	+00:52:48 (49.5%)	9:37	6.2 (50.4%)
50	WOLSKI Marcin	4135		M30	50	01:47:39.40	01:48:28.55	+00:54:38 (50.4%)	9:47	6.1 (49.6%)
51	JASEWICZ Wojciech	4267		M30	51	01:48:57.35	01:49:13.90	+00:55:24 (50.7%)	9:54	6.1 (49.6%)
52	DUL Marcin	4010		M30	52	01:53:19.70	01:53:25.35	+00:59:35 (52.5%)	10:18	5.8 (47.2%)
53	LIPIŃSKI Łukasz	4222	AKADEMIA SPORTU MEDYK	M30	53	01:53:48.00	01:54:10.65	+01:00:20 (52.9%)	10:20	5.8 (47.2%)
54	PASIEKA Krzysztof	4305		M30	54	01:54:57.15	01:55:02.15	+01:01:12 (53.2%)	10:27	5.7 (46.3%)
55	JABŁOŃSKI Paweł	4081		M30	55	01:54:23.85	01:55:06.40	+01:01:16 (53.2%)	10:23	5.8 (47.2%)
56	KUŚ Mariusz	4123	EXC MOBILE	M30	56	01:59:37.70	01:59:56.10	+01:06:06 (55.1%)	10:52	5.5 (44.7%)
57	WOSIK Kamil	4120	EXC MOBILE	M30	57	01:59:38.35	01:59:56.40	+01:06:06 (55.1%)	10:52	5.5 (44.7%)
58	KACZOR Paweł	4103		M30	58	01:59:28.40	02:00:15.50	+01:06:25 (55.2%)	10:51	5.5 (44.7%)
59	NOWAK Karol	4105		M30	59	02:01:15.60	02:01:26.15	+01:07:36 (55.7%)	11:01	5.4 (43.9%)
60	ŚWIĘCH Konrad	4213		M30	60	02:05:57.10	02:06:30.50	+01:12:40 (57.5%)	11:27	5.2 (42.3%)
61	WALASEK Przemysław	4205		M30	61	02:06:23.70	02:07:00.50	+01:13:10 (57.6%)	11:29	5.2 (42.3%)
62	DOBROWOLSKI Jacek	4422		M30	62	02:18:00.55	02:18:31.85	+01:24:42 (61.1%)	12:32	4.8 (39.0%)
63	NOWICZ Konrad	4382	TRITON KONIN	M30	63	02:32:20.35	02:32:52.20	+01:39:02 (64.8%)	13:50	4.3 (35.0%)
64	GRUBE Bartosz	4410	SUT - STRASZYN ULTRA TEAM	M30	64	02:37:22.40	02:37:52.50	+01:44:02 (65.9%)	14:18	4.2 (34.1%)
65	RADYK Jakub	4432	PRZEMYSKI KLUB BIEGACZA	M30	65	02:39:45.85	02:40:23.30	+01:46:33 (66.4%)	14:31	4.1 (33.3%)

Znaleziono 65 wynik(ów)