



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: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
1	WRÓBEL Przemysław	4211		M40	1	00:57:28.65	00:57:29.60		5:13	11.5 (100%)
2	SKAWIŃSKI Tomasz	4201	GOPR BIESZCZADY	M40	2	01:00:29.80	01:00:31.20	+00:03:01 (5.0%)	5:29	10.9 (94.8%)
3	JAGIĄTKOWSKI Jacek	4319		M40	3	01:05:37.50	01:05:39.40	+00:08:09 (12.4%)	5:57	10.1 (87.8%)
4	CAPINSKI Paweł	4231	CROSSFIT RZESZÓW	M40	4	01:09:20.00	01:09:22.35	+00:11:52 (17.1%)	6:18	9.5 (82.6%)
5	STACH Tomasz	4352		M40	5	01:10:38.45	01:10:41.50	+00:13:11 (18.7%)	6:25	9.3 (80.9%)
6	ŚWIDZIŃSKI Tomasz	4370	LOKOMOTIV MAJDAN	M40	6	01:10:58.05	01:11:00.65	+00:13:31 (19.0%)	6:27	9.3 (80.9%)
7	KORŻYK Marek	4344		M40	7	01:12:57.75	01:13:03.10	+00:15:33 (21.3%)	6:37	9 (78.3%)
8	SKÓRA Tomasz	4434	GRUPA BIEGACZY SKÓRZEC BIEGA	M40	8	01:13:53.40	01:13:56.45	+00:16:26 (22.2%)	6:43	8.9 (77.4%)
9	ZAJĄC Tomasz	4271		M40	9	01:15:04.55	01:15:08.65	+00:17:39 (23.5%)	6:49	8.8 (76.5%)
10	PAJĄK Andrzej	4335	STAY INSANE / BIEGAM Z ABS	M40	10	01:16:10.60	01:16:17.05	+00:18:47 (24.6%)	6:55	8.7 (75.7%)
11	STACH Jacek	4342		M40	11	01:18:41.10	01:18:47.10	+00:21:17 (27.0%)	7:09	8.4 (73.0%)
12	PRUS Tomasz	4299		M40	12	01:22:09.35	01:22:23.35	+00:24:53 (30.2%)	7:28	8 (69.6%)
13	BŁOK Tomasz	4296		M40	13	01:25:28.35	01:25:37.25	+00:28:07 (32.9%)	7:46	7.7 (67.0%)
14	GALAS Grzegorz	4080	SCI GÓRSCY ENTUZJAŚCI	M40	14	01:26:11.35	01:26:14.85	+00:28:45 (33.3%)	7:50	7.7 (67.0%)
15	KLARECKI Adrian	4063	ASTMA TEAM	M40	15	01:27:11.45	01:27:16.95	+00:29:47 (34.1%)	7:55	7.6 (66.1%)
16	GOLEC Janusz	4333		M40	16	01:28:00.95	01:28:14.50	+00:30:44 (34.8%)	8:00	7.5 (65.2%)
17	JANKOWSKI Michał	4459	KOBYLICA	M40	17	01:28:18.55	01:28:26.80	+00:30:57 (35.0%)	8:01	7.5 (65.2%)
18	PAJĄCZKOWSKI Tomasz	4465		M40	18	01:29:01.35	01:29:14.90	+00:31:45 (35.6%)	8:05	7.4 (64.3%)
19	RATKOWSKI Sławomir	4474		M40	19	01:29:12.00	01:29:24.55	+00:31:54 (35.7%)	8:06	7.4 (64.3%)
20	DACYK Sylwester	4243	SAINT-GOBAIN SQUAD	M40	20	01:30:09.20	01:30:21.75	+00:32:52 (36.4%)	8:11	7.3 (63.5%)
21	BOBYK Paweł	4455		M40	21	01:36:01.25	01:36:05.25	+00:38:35 (40.2%)	8:43	6.9 (60.0%)
22	SKLEPOWICZ Jacek	4042		M40	22	01:36:22.15	01:36:32.65	+00:39:03 (40.4%)	8:45	6.8 (59.1%)
23	WYBRANIEC Wojciech	4464	SUSKA GRUPA BIEGOWA	M40	23	01:36:31.75	01:36:47.70	+00:39:18 (40.6%)	8:46	6.8 (59.1%)
24	WILK Marcin	4002		M40	24	01:37:41.00	01:37:50.40	+00:40:20 (41.2%)	8:52	6.8 (59.1%)
25	FIEDORCZUK Łukasz	4383	HDD WINNICZKI	M40	25	01:37:57.95	01:38:06.60	+00:40:37 (41.4%)	8:54	6.7 (58.3%)
26	SIARA Wojciech	4359		M40	26	01:37:45.20	01:38:10.80	+00:40:41 (41.4%)	8:53	6.8 (59.1%)
27	PASZKO Wojciech	4308		M40	27	01:38:05.65	01:38:14.75	+00:40:45 (41.5%)	8:55	6.7 (58.3%)
28	GRUSZECKI Kamil	4445		M40	28	01:39:29.25	01:39:38.55	+00:42:08 (42.3%)	9:02	6.6 (57.4%)
29	KANIEWSKI Michał	4245		M40	29	01:41:48.15	01:42:14.55	+00:44:44 (43.8%)	9:15	6.5 (56.5%)

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30	OPALIŃSKI Paweł	4229		M40	30	01:43:54.80	01:44:22.10	+00:46:52 (44.9%)	9:26	6.4 (55.7%)
31	DUDEK Marcin	4363	LEŚNA BIEGUNKA	M40	31	01:45:02.90	01:45:21.35	+00:47:51 (45.4%)	9:32	6.3 (54.8%)
32	KOZIEŁ Krzysztof	4125	EXC MOBILE	M40	32	01:45:31.05	01:45:48.50	+00:48:18 (45.7%)	9:35	6.3 (54.8%)
33	SIEJA Piotr	4247		M40	33	01:46:38.30	01:46:59.75	+00:49:30 (46.3%)	9:41	6.2 (53.9%)
34	SZULĘCKI Andrzej	4109	EXC MOBILE	M40	34	01:47:51.85	01:48:08.20	+00:50:38 (46.8%)	9:48	6.1 (53.0%)
35	CEBRAT Tomasz	4378	BROOKLYN GHETTO BOXING TEAM	M40	35	01:48:41.20	01:48:46.40	+00:51:16 (47.1%)	9:52	6.1 (53.0%)
36	RECZEK Sebastian	4396	KS ZIELONO CZARNI	M40	36	01:49:28.95	01:49:42.85	+00:52:13 (47.6%)	9:57	6 (52.2%)
37	BUŁKA Piotr	4406		M40	37	01:49:35.90	01:49:54.00	+00:52:24 (47.7%)	9:57	6 (52.2%)
38	KAMIŃSKI Tomasz	4233		M40	38	01:50:13.50	01:50:40.45	+00:53:10 (48.1%)	10:01	6 (52.2%)
39	KRZYŻANOWSKI Tomasz	4185	BOBO TEAM	M40	39	01:50:35.20	01:50:45.45	+00:53:15 (48.1%)	10:03	6 (52.2%)
40	ANGOWSKI Marcin	4167		M40	40	01:50:29.90	01:50:54.50	+00:53:24 (48.2%)	10:02	6 (52.2%)
41	WRÓBEL Bartłomiej	4438	CISNA GÓRĄ	M40	41	01:50:58.70	01:51:01.05	+00:53:31 (48.2%)	10:05	5.9 (51.3%)
42	HINC Stanisław	4309		M40	42	01:51:46.45	01:52:14.60	+00:54:45 (48.8%)	10:09	5.9 (51.3%)
43	KUMOREK Krzysztof	4472		M40	43	01:53:49.95	01:54:15.85	+00:56:46 (49.7%)	10:20	5.8 (50.4%)
44	GAJDECKI Tomek	4279	ACCENTURE	M40	44	01:57:03.30	01:57:20.35	+00:59:50 (51.0%)	10:38	5.6 (48.7%)
45	KORAB Grzegorz	4334		M40	45	01:56:39.15	01:57:26.90	+00:59:57 (51.0%)	10:36	5.7 (49.6%)
46	ZAJĄC Mateusz	4039		M40	46	01:57:06.40	01:57:52.50	+01:00:22 (51.2%)	10:38	5.6 (48.7%)
47	RZEPA Andrzej	4394	JÓZEFIŃSKA TEAM	M40	47	01:57:22.55	01:57:57.20	+01:00:27 (51.3%)	10:40	5.6 (48.7%)
48	MAJDYŚ Wojciech	4240		M40	48	01:57:37.10	01:58:05.55	+01:00:35 (51.3%)	10:41	5.6 (48.7%)
49	POBUDKIEWICZ Seweryn	4085	CAMEL BYDGOSZCZ	M40	49	02:00:08.85	02:00:15.00	+01:02:45 (52.2%)	10:55	5.5 (47.8%)
50	KASTELIK Dariusz	4030	SPRINTEX TEAM	M40	50	02:03:33.30	02:03:47.90	+01:06:18 (53.6%)	11:13	5.3 (46.1%)
51	KRÓL Maciej	4091	WIRAN TEAM	M40	51	02:05:14.45	02:05:41.25	+01:08:11 (54.3%)	11:23	5.3 (46.1%)
52	CIENKOSZ Krzysztof	4473		M40	52	02:06:32.10	02:06:59.65	+01:09:30 (54.7%)	11:30	5.2 (45.2%)
53	OLSZEWSKI Michał	4131		M40	53	02:23:42.55	02:24:15.95	+01:26:46 (60.1%)	13:03	4.6 (40.0%)
54	KACZMAREK Jarosław	4392	TRITON KONIN	M40	54	02:32:24.25	02:32:52.90	+01:35:23 (62.4%)	13:51	4.3 (37.4%)
55	STRZECHOWSKI Dariusz	4393	RAJSPOORT ACTIVE	M40	55	02:33:35.40	02:34:17.40	+01:36:47 (62.7%)	13:57	4.3 (37.4%)

Znaleziono 55 wynik(ów)