



# VI DYCHA NA JELENI SKOK

B4SPORT

**Wydarzenie:** IX FESTIWAL BIEGU RZEŹNIKA  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2023-06-10  
**Miejsce:** Cisna  
**Dystans:** 12 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: M30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
1	TARASEK Wojciech	4227	#ANDRZEJDŁUGOSZTEAM	M30	1	00:57:12.55	00:57:15.35		4:46	12.6 (100%)
2	CABAJ Łukasz	4226	HARPAGAN TARNOBRZEG	M30	2	01:02:46.35	01:02:49.45	+00:05:34 (8.9%)	5:13	11.5 (91.3%)
3	JAKUBIK Marcin	4092	MKS HALICZ PSG KROŚCIENKO	M30	3	01:04:13.60	01:04:17.00	+00:07:01 (10.9%)	5:21	11.2 (88.9%)
4	CHWEDCZUK Robert	4279	ŻÓRAWSKI TEAM	M30	4	01:04:14.30	01:04:18.60	+00:07:03 (11.0%)	5:21	11.2 (88.9%)
5	KROPIWNICKI Marcin	4068		M30	5	01:10:08.65	01:10:12.20	+00:12:56 (18.4%)	5:50	10.3 (81.7%)
6	JACHIMOWSKI Jarosław	4223	SANOK BIEGA	M30	6	01:10:52.15	01:10:55.80	+00:13:40 (19.3%)	5:54	10.2 (81.0%)
7	KMIECIK Paweł	4177	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ JAROSŁAW	M30	7	01:14:00.90	01:14:05.50	+00:16:50 (22.7%)	6:10	9.7 (77.0%)
8	LATUSEK Daniel	4354		M30	8	01:16:05.50	01:16:09.80	+00:18:54 (24.8%)	6:20	9.5 (75.4%)
9	WETHACZ Mateusz	4278		M30	9	01:16:53.95	01:16:57.20	+00:19:41 (25.6%)	6:24	9.4 (74.6%)
10	WŁODARCZAK Jan	4203		M30	10	01:17:00.30	01:17:04.35	+00:19:49 (25.7%)	6:25	9.4 (74.6%)
11	JĘDRZEJCZYK Adam	4186		M30	11	01:19:03.15	01:19:07.75	+00:21:52 (27.6%)	6:35	9.1 (72.2%)
12	KRYNICKI Jakub	4342	ULTRABIES	M30	12	01:24:35.80	01:24:39.80	+00:27:24 (32.4%)	7:02	8.5 (67.5%)
13	GELIOS Maciej	4045		M30	13	01:25:52.95	01:26:19.90	+00:29:04 (33.7%)	7:09	8.4 (66.7%)
14	KOZIARSKI Piotr	4236		M30	14	01:26:17.85	01:26:41.00	+00:29:25 (33.9%)	7:11	8.3 (65.9%)
15	NAWROT Bartłomiej	4241	KAMIENIOŁOM	M30	15	01:28:32.00	01:28:54.70	+00:31:39 (35.6%)	7:22	8.1 (64.3%)
16	DOMIN Michał	4206		M30	16	01:29:34.55	01:29:47.30	+00:32:31 (36.2%)	7:27	8 (63.5%)
17	PŁAWECKI Dariusz	4179		M30	17	01:30:35.00	01:30:41.85	+00:33:26 (36.9%)	7:32	7.9 (62.7%)
18	KUNYSZ Paweł	4104	HEXOCEAN	M30	18	01:31:07.10	01:31:12.90	+00:33:57 (37.2%)	7:35	7.9 (62.7%)
19	GOŚCIŃSKI Andrzej	4185	DUDYCZ RUN	M30	19	01:31:50.95	01:31:55.05	+00:34:39 (37.7%)	7:39	7.8 (61.9%)
20	WRZESIŃSKI Andrzej	4114		M30	20	01:32:07.75	01:32:16.40	+00:35:01 (37.9%)	7:40	7.8 (61.9%)
21	MICHALSKI Rafał	4116	G4 SIEDLCE	M30	21	01:32:14.45	01:32:23.85	+00:35:08 (38.0%)	7:41	7.8 (61.9%)
22	STAWIARZ Paweł	4190	AW SZYBCIEJ TEAM	M30	22	01:32:53.75	01:33:00.00	+00:35:44 (38.4%)	7:44	7.8 (61.9%)
23	FALKOWSKI Łukasz	4075		M30	23	01:32:59.15	01:33:05.70	+00:35:50 (38.5%)	7:44	7.7 (61.1%)
24	SZEWCZYK Kristyl Krzysztof	4303		M30	24	01:33:17.80	01:33:23.00	+00:36:07 (38.7%)	7:46	7.7 (61.1%)
25	PAPROCKI Michał	4201		M30	25	01:33:16.85	01:33:27.40	+00:36:12 (38.7%)	7:46	7.7 (61.1%)
26	KOPCIUCH Maciej	4059	PODIUM RZESZÓW	M30	26	01:33:42.60	01:33:54.35	+00:36:39 (39.0%)	7:48	7.7 (61.1%)
27	KRUSZEWSKI Filip	4317		M30	27	01:35:31.40	01:35:57.40	+00:38:42 (40.3%)	7:57	7.5 (59.5%)
28	DUSZA Łukasz	4013		M30	28	01:35:48.10	01:35:59.25	+00:38:43 (40.4%)	7:59	7.5 (59.5%)
29	SĄŁEK Tomasz	4189		M30	29	01:36:22.65	01:36:32.20	+00:39:16 (40.7%)	8:01	7.5 (59.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
30	<b>KOTULSKI Kamil</b>	<b>4268</b>		M30	30	<b>01:36:40.75</b>	<b>01:36:56.20</b>	+00:39:40 (40.9%)	8:03	7.4 (58.7%)
31	<b>LUDWICZAK Hubert</b>	<b>4202</b>		M30	31	<b>01:36:48.00</b>	<b>01:36:57.55</b>	+00:39:42 (40.9%)	8:04	7.4 (58.7%)
32	<b>PROTSIV Jarosław</b>	<b>4004</b>		M30	32	<b>01:36:56.85</b>	<b>01:37:07.95</b>	+00:39:52 (41.1%)	8:04	7.4 (58.7%)
33	<b>CHMIELEWSKI Mateusz</b>	<b>4294</b>	HARDBOX	M30	33	<b>01:37:21.35</b>	<b>01:37:43.40</b>	+00:40:28 (41.4%)	8:06	7.4 (58.7%)
34	<b>KRAWCZYK Michał</b>	<b>4216</b>		M30	34	<b>01:39:18.65</b>	<b>01:39:40.50</b>	+00:42:25 (42.6%)	8:16	7.3 (57.9%)
35	<b>WANDYCZ Mariusz</b>	<b>4345</b>	KOLKA TEAM LUBAŃ	M30	35	<b>01:41:06.35</b>	<b>01:41:25.95</b>	+00:44:10 (43.6%)	8:25	7.1 (56.3%)
36	<b>FUDALI Jacek</b>	<b>4272</b>		M30	36	<b>01:42:35.35</b>	<b>01:42:45.45</b>	+00:45:30 (44.3%)	8:32	7 (55.6%)
37	<b>STASZCZYK Michał</b>	<b>4255</b>	BKB CZARNA PERŁA	M30	37	<b>01:42:34.85</b>	<b>01:42:50.60</b>	+00:45:35 (44.3%)	8:32	7 (55.6%)
38	<b>SOSNOWSKI Rafał</b>	<b>4302</b>	ZAJĄC	M30	38	<b>01:42:52.20</b>	<b>01:43:12.80</b>	+00:45:57 (44.5%)	8:34	7 (55.6%)
39	<b>PAWLIK Bartek</b>	<b>4102</b>		M30	39	<b>01:45:23.05</b>	<b>01:45:33.60</b>	+00:48:18 (45.8%)	8:46	6.8 (54.0%)
40	<b>JANIAK Leszek</b>	<b>4016</b>	KUTNO BIEGA	M30	40	<b>01:45:35.65</b>	<b>01:45:44.10</b>	+00:48:28 (45.8%)	8:47	6.8 (54.0%)
41	<b>MARZEC Konrad</b>	<b>4309</b>	ROZBIEGANE MICHAŁOWICE	M30	41	<b>01:46:17.00</b>	<b>01:46:24.20</b>	+00:49:08 (46.2%)	8:51	6.8 (54.0%)
42	<b>BIEL Sebastian</b>	<b>4324</b>	BIEGANIE SZYDERCÓW	M30	42	<b>01:48:15.75</b>	<b>01:48:47.15</b>	+00:51:31 (47.4%)	9:01	6.7 (53.2%)
43	<b>ADAMUS Dawid</b>	<b>4240</b>		M30	43	<b>01:48:58.25</b>	<b>01:49:14.30</b>	+00:51:58 (47.6%)	9:04	6.6 (52.4%)
44	<b>SPORNIAK Krzysztof</b>	<b>4319</b>		M30	44	<b>01:49:01.60</b>	<b>01:49:21.60</b>	+00:52:06 (47.6%)	9:05	6.6 (52.4%)
45	<b>RYBKA Jan</b>	<b>4122</b>	RYBENS HUTTE	M30	45	<b>01:52:24.60</b>	<b>01:52:45.85</b>	+00:55:30 (49.2%)	9:22	6.4 (50.8%)
46	<b>JAKIELASZEK Maciej</b>	<b>4096</b>	CHCIAŁEM 28KM, ALE ZŁ DYZIU KAZAŁ 12	M30	46	<b>01:52:48.85</b>	<b>01:52:59.55</b>	+00:55:44 (49.3%)	9:24	6.4 (50.8%)
47	<b>JABŁOŃSKI Paweł</b>	<b>4176</b>		M30	47	<b>01:53:19.05</b>	<b>01:53:52.00</b>	+00:56:36 (49.7%)	9:26	6.4 (50.8%)
48	<b>RĘPALSKI Krzysztof</b>	<b>4149</b>		M30	48	<b>01:54:12.75</b>	<b>01:54:45.60</b>	+00:57:30 (50.1%)	9:31	6.3 (50.0%)
49	<b>ZAKRZACKI Damian</b>	<b>4321</b>		M30	49	<b>01:54:32.30</b>	<b>01:55:03.35</b>	+00:57:48 (50.2%)	9:32	6.3 (50.0%)
50	<b>ŁUKASIAK Tomasz</b>	<b>4023</b>		M30	50	<b>01:56:21.20</b>	<b>01:56:37.50</b>	+00:59:22 (50.9%)	9:41	6.2 (49.2%)
51	<b>TUROWSKI Łukasz</b>	<b>4131</b>	BIEGAM DLA SIEBIE	M30	51	<b>01:57:51.45</b>	<b>01:58:13.60</b>	+01:00:58 (51.6%)	9:49	6.1 (48.4%)
52	<b>MISIAK Paweł</b>	<b>4119</b>		M30	52	<b>01:58:04.00</b>	<b>01:58:27.90</b>	+01:01:12 (51.7%)	9:50	6.1 (48.4%)
53	<b>KAŁKA Marcin</b>	<b>4318</b>		M30	53	<b>02:00:11.10</b>	<b>02:00:38.15</b>	+01:03:22 (52.5%)	10:00	6 (47.6%)
54	<b>HOŁYŚ Marcin</b>	<b>4299</b>		M30	54	<b>02:00:38.55</b>	<b>02:01:08.85</b>	+01:03:53 (52.7%)	10:03	6 (47.6%)
55	<b>BIELUŃ Adrian</b>	<b>4265</b>	PURA VIDA TEAM	M30	55	<b>02:00:57.90</b>	<b>02:01:14.85</b>	+01:03:59 (52.8%)	10:04	6 (47.6%)
56	<b>MAKSELON Jan</b>	<b>4070</b>		M30	56	<b>02:02:51.70</b>	<b>02:03:21.40</b>	+01:06:06 (53.6%)	10:14	5.9 (46.8%)
57	<b>KUŚ Mariusz</b>	<b>4282</b>	EXC MOBILE TEAM	M30	57	<b>02:11:11.35</b>	<b>02:11:23.90</b>	+01:14:08 (56.4%)	10:55	5.5 (43.7%)
58	<b>PAWLAK Robert</b>	<b>4285</b>	EXC MOBILE TEAM	M30	58	<b>02:21:19.70</b>	<b>02:21:33.90</b>	+01:24:18 (59.6%)	11:46	5.1 (40.5%)
59	<b>BRODECKI Adam</b>	<b>4292</b>		M30	59	<b>02:39:08.35</b>	<b>02:39:45.20</b>	+01:42:29 (64.2%)	13:15	4.5 (35.7%)
	<b>WŁOSIK Michał</b>	<b>4071</b>		M30		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)

Znaleziono 60 wynik(ów)