



VII DYCHA NA JELENI SKOK

B4SPORT

Wydarzenie: X FESTIWAL BIEGU RZEŹNIKA
Organizator: Fundacja Bieg Rzeźnika
Data: 2024-06-01
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	TROJNAR Paweł	5309		M30	1	01:01:14.25	01:01:14.25		5:06	11.8 (100%)
2	WOŚ Michał	5349	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA/TRENER SKLEP TEAM	M30	2	01:05:19.35	01:05:19.35	+00:04:05 (6.3%)	5:26	11 (93.2%)
3	PARMEE Alexander	5157	ŻÓRAWSKI TEAM	M30	3	01:07:36.00	01:07:36.00	+00:06:21 (9.4%)	5:38	10.7 (90.7%)
4	RESZKA Marek	5334	RUNA RADICAL PRO	M30	4	01:07:39.15	01:07:39.15	+00:06:24 (9.5%)	5:38	10.6 (89.8%)
5	PEŁDIAK Mateusz	5348	KB ATHLETIC ZRĘCIN	M30	5	01:08:53.00	01:08:53.00	+00:07:38 (11.1%)	5:44	10.5 (89.0%)
6	MLAŚ Ireneusz	5330	IPA PRZEMYŚL	M30	6	01:09:44.65	01:09:44.65	+00:08:30 (12.2%)	5:48	10.3 (87.3%)
7	JUSZCZAK Piotr	5296	NIEZRZESZONY	M30	7	01:09:51.85	01:09:51.85	+00:08:37 (12.3%)	5:49	10.3 (87.3%)
8	OCHYRA Konrad	5277	SOLINA TEAM	M30	8	01:12:56.50	01:12:56.50	+00:11:42 (16.0%)	6:04	9.9 (83.9%)
9	LEŚ Michał	5356	SANOK BIEGA	M30	9	01:13:05.95	01:13:05.95	+00:11:51 (16.2%)	6:05	9.9 (83.9%)
10	KOĆWIN Jakub	5042	LDB	M30	10	01:15:23.75	01:15:23.75	+00:14:09 (18.8%)	6:16	9.6 (81.4%)
11	WIĘCKOWSKI Waldemar	5071		M30	11	01:15:27.95	01:15:27.95	+00:14:13 (18.9%)	6:17	9.5 (80.5%)
12	KROPIWNICKI Marcin	5148		M30	12	01:15:40.15	01:15:40.15	+00:14:25 (19.1%)	6:18	9.5 (80.5%)
13	SIKORSKI Błażej	5212		M30	13	01:22:47.50	01:22:47.50	+00:21:33 (26.0%)	6:53	8.7 (73.7%)
14	KALETA Piotr	5199		M30	14	01:23:11.55	01:23:11.55	+00:21:57 (26.4%)	6:55	8.7 (73.7%)
15	WAJDZIK Adam	5141		M30	15	01:23:55.35	01:23:55.35	+00:22:41 (27.0%)	6:59	8.6 (72.9%)
16	NAWROT Bartłomiej	5286		M30	16	01:25:46.50	01:25:46.50	+00:24:32 (28.6%)	7:08	8.4 (71.2%)
17	GRACZYK Damian	5109		M30	17	01:26:17.20	01:26:17.20	+00:25:02 (29.0%)	7:11	8.3 (70.3%)
18	WALENDA Mateusz	5305	KS KANAŁEK	M30	18	01:26:18.40	01:26:18.40	+00:25:04 (29.0%)	7:11	8.3 (70.3%)
19	KACZMAREK Maciej	5346	WLKP MOUNTAINS ULTRA	M30	19	01:27:10.05	01:27:10.05	+00:25:55 (29.7%)	7:15	8.3 (70.3%)
20	WIKĄ Bartosz	5127		M30	20	01:27:46.80	01:27:46.80	+00:26:32 (30.2%)	7:18	8.2 (69.5%)
21	CABAJ Krzysztof	5041	LDB	M30	21	01:27:48.60	01:27:48.60	+00:26:34 (30.3%)	7:19	8.2 (69.5%)
22	SKIERCZYŃSKI Łukasz	5315	AMS	M30	22	01:28:29.20	01:28:29.20	+00:27:14 (30.8%)	7:22	8.1 (68.6%)
23	DUSZA Łukasz	5146		M30	23	01:30:46.30	01:30:46.30	+00:29:32 (32.5%)	7:33	7.9 (66.9%)
24	BOGUSZ Konrad	5363		M30	24	01:31:54.15	01:31:54.15	+00:30:39 (33.4%)	7:39	7.8 (66.1%)
25	KUBACZYK Artur	5281		M30	25	01:31:57.60	01:31:57.60	+00:30:43 (33.4%)	7:39	7.8 (66.1%)
26	WOJTAL Przemysław	5033		M30	26	01:32:13.30	01:32:13.30	+00:30:59 (33.6%)	7:41	7.8 (66.1%)
27	KOZIOŁ Paweł	5160		M30	27	01:32:22.55	01:32:22.55	+00:31:08 (33.7%)	7:41	7.8 (66.1%)
28	TOMALA Grzegorz	5134	SANOK BIEGA	M30	28	01:32:42.40	01:32:42.40	+00:31:28 (33.9%)	7:43	7.8 (66.1%)
29	WROŃSKI Jakub	5061		M30	29	01:33:23.30	01:33:23.30	+00:32:09 (34.4%)	7:46	7.7 (65.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
30	PŁAWECKI Dariusz	5253		M30	30	01:35:47.95	01:35:47.95	+00:34:33 (36.1%)	7:58	7.5 (63.6%)
31	WIECZOREK Mateusz	5357		M30	31	01:39:52.60	01:39:52.60	+00:38:38 (38.7%)	8:19	7.2 (61.0%)
32	JAKIELASZEK Maciej	5200		M30	32	01:40:25.85	01:40:25.85	+00:39:11 (39.0%)	8:22	7.2 (61.0%)
33	FLIŚ Łukasz	5150	AKTYWNA PSZCZYNA	M30	33	01:40:46.85	01:40:46.85	+00:39:32 (39.2%)	8:23	7.1 (60.2%)
34	MROCZEK Dawid	5376		M30	34	01:40:59.20	01:40:59.20	+00:39:44 (39.4%)	8:24	7.1 (60.2%)
35	WIERZBICKI Piotr	5169		M30	35	01:41:14.35	01:41:14.35	+00:40:00 (39.5%)	8:26	7.1 (60.2%)
36	KARCZMARCZYK Albert	5098		M30	36	01:41:25.25	01:41:25.25	+00:40:11 (39.6%)	8:27	7.1 (60.2%)
37	KSIĄŻEK Damian	5189	SANOK BIEGA	M30	37	01:41:38.50	01:41:38.50	+00:40:24 (39.8%)	8:28	7.1 (60.2%)
38	WOJDYŁA Patryk	5054		M30	38	01:42:00.35	01:42:00.35	+00:40:46 (40.0%)	8:30	7.1 (60.2%)
39	MICHALSKI Rafał	5151	G4	M30	39	01:42:21.95	01:42:21.95	+00:41:07 (40.2%)	8:31	7 (59.3%)
40	FUDALI Jacek	5328		M30	40	01:43:33.30	01:43:33.30	+00:42:19 (40.9%)	8:37	7 (59.3%)
41	MAZUR Adam	5107		M30	41	01:43:37.75	01:43:37.75	+00:42:23 (40.9%)	8:38	6.9 (58.5%)
42	KOZIOŁ Michał	5158		M30	42	01:44:12.55	01:44:12.55	+00:42:58 (41.2%)	8:41	6.9 (58.5%)
43	MIRKIEWICZ Marcin	5275		M30	43	01:44:17.75	01:44:17.75	+00:43:03 (41.3%)	8:41	6.9 (58.5%)
44	GABRYJOŃCZYK Bartosz	5019		M30	44	01:44:40.70	01:44:40.70	+00:43:26 (41.5%)	8:43	6.9 (58.5%)
45	KOCHALSKI Dawid	5039	LDB	M30	45	01:45:31.25	01:45:31.25	+00:44:17 (42.0%)	8:47	6.8 (57.6%)
46	GROCHOWSKI Łukasz	5021	LUKSUS	M30	46	01:48:35.40	01:48:35.40	+00:47:21 (43.6%)	9:02	6.6 (55.9%)
47	MISIAK Paweł	5192	RUN TEAM TYGRYSY ORZYSZ	M30	47	01:48:39.45	01:48:39.45	+00:47:25 (43.6%)	9:03	6.6 (55.9%)
48	BUKOWSKI Grzegorz	5209		M30	48	01:49:02.35	01:49:02.35	+00:47:48 (43.8%)	9:05	6.6 (55.9%)
49	MIKSZA Michał	5354	EXC MOBILE	M30	49	01:50:37.85	01:50:37.85	+00:49:23 (44.6%)	9:13	6.5 (55.1%)
50	DZIAGACZ Maciej	5233		M30	50	01:51:49.85	01:51:49.85	+00:50:35 (45.2%)	9:19	6.4 (54.2%)
51	POWIERŻA Adrian	5051		M30	51	01:54:22.35	01:54:22.35	+00:53:08 (46.5%)	9:31	6.3 (53.4%)
52	WOŹNICZKA Michał	5239		M30	52	01:57:16.60	01:57:16.60	+00:56:02 (47.8%)	9:46	6.1 (51.7%)
53	LENARCZYK Michał	5325	TEAM BOGUMIŁA	M30	53	02:06:53.50	02:06:53.50	+01:05:39 (51.7%)	10:34	5.7 (48.3%)
54	WOŁK Piotr	5034	CEDRUS TEAM	M30	54	02:14:07.35	02:14:07.35	+01:12:53 (54.3%)	11:10	5.4 (45.8%)
55	DOBRZENIECKI Rafał	5015	IRON TEAM	M30	55	02:14:36.85	02:14:36.85	+01:13:22 (54.5%)	11:13	5.3 (44.9%)
56	KUŚ Mariusz	5067	EXC TEAM	M30	56	02:20:54.10	02:20:54.10	+01:19:39 (56.5%)	11:44	5.1 (43.2%)
DNC	KAROLKIEWICZ Daniel	7044	ENTRE.PL TEAM	M30		01:07:03.00	01:07:04.00		0:00	10.7 (90.7%)

Znaleziono 57 wynik(ów)