



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: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
1	TARGOSZ Michał	5276	RUNPROGRESS.PL	M40	1	01:06:38.20	01:06:38.20		5:33	10.8 (100%)
2	JARZĘBOWICZ Paweł	5351	ZADYSZKA OŚWIĘCIM	M40	2	01:08:54.00	01:08:54.00	+00:02:15 (3.3%)	5:44	10.4 (96.3%)
3	STACHURSKI Paweł	5316		M40	3	01:09:43.00	01:09:43.00	+00:03:04 (4.4%)	5:48	10.3 (95.4%)
4	ZAWADZKI Marcin	5037	SZCZWANY TRZMIEL TEAM	M40	4	01:10:10.10	01:10:10.10	+00:03:31 (5.0%)	5:50	10.3 (95.4%)
5	JACHIMOWSKI Jarosław	5005	SANOK BIEGA	M40	5	01:10:23.30	01:10:23.30	+00:03:45 (5.3%)	5:51	10.2 (94.4%)
6	BANASIK Krzysztof	5076		M40	6	01:15:31.35	01:15:31.35	+00:08:53 (11.8%)	6:17	9.5 (88.0%)
7	JAREMA Maciej	5379	LOKOMOTIV MAJDAN	M40	7	01:15:48.60	01:15:48.60	+00:09:10 (12.1%)	6:19	9.5 (88.0%)
8	ŚWIDZIŃSKI Tomasz	5378	LOKOMOTIV MAJDAN	M40	8	01:20:20.45	01:20:20.45	+00:13:42 (17.1%)	6:41	9 (83.3%)
9	SZANIAWSKI Marcin	5001		M40	9	01:24:51.05	01:24:51.05	+00:18:12 (21.5%)	7:04	8.5 (78.7%)
10	KOZIARSKI Piotr	5145		M40	10	01:26:27.45	01:26:27.45	+00:19:49 (22.9%)	7:12	8.3 (76.9%)
11	HAJDUK Witold	5132		M40	11	01:26:45.65	01:26:45.65	+00:20:07 (23.2%)	7:13	8.3 (76.9%)
12	PIELASZKIEWICZ Tomasz	5190		M40	12	01:27:43.15	01:27:43.15	+00:21:04 (24.0%)	7:18	8.2 (75.9%)
13	BANASIEWICZ Witold	5004	SANOK BIEGA	M40	13	01:27:55.05	01:27:55.05	+00:21:16 (24.2%)	7:19	8.2 (75.9%)
14	LESZCZYŃSKI Michał	5202		M40	14	01:29:59.85	01:29:59.85	+00:23:21 (26.0%)	7:29	8 (74.1%)
15	JANKOWSKI Michał	5225		M40	15	01:32:01.85	01:32:01.85	+00:25:23 (27.6%)	7:40	7.8 (72.2%)
16	GUZ Łukasz	5173		M40	16	01:32:06.10	01:32:06.10	+00:25:27 (27.6%)	7:40	7.8 (72.2%)
17	NIEMCZUK Robert	5291		M40	17	01:32:11.55	01:32:11.55	+00:25:33 (27.7%)	7:40	7.8 (72.2%)
18	IZDEBSKI Tomek	1212	SPORT GENERATION	M40	18	01:32:49.95	01:32:49.95	+00:26:11 (28.2%)	7:44	7.8 (72.2%)
19	WYDMAŃSKI Paweł	5224	KOBYLICA	M40	19	01:33:38.25	01:33:38.25	+00:27:00 (28.8%)	7:48	7.7 (71.3%)
20	KIECA Krzysztof	5206		M40	20	01:33:45.80	01:33:45.80	+00:27:07 (28.9%)	7:48	7.7 (71.3%)
21	KOBIELSKI Marcin	5327		M40	21	01:34:21.70	01:34:21.70	+00:27:43 (29.4%)	7:51	7.6 (70.4%)
22	MARZĘCKI Michał	5373		M40	22	01:34:25.65	01:34:25.65	+00:27:47 (29.4%)	7:52	7.6 (70.4%)
23	MAZUR Grzegorz	5311		M40	23	01:35:10.15	01:35:10.15	+00:28:31 (30.0%)	7:55	7.6 (70.4%)
24	PARZNIIEWSKI Maciej	5104	TOWARZYSTWO TOWARZYSTWO AKS POLONIA WARSZAWA	M40	24	01:35:18.65	01:35:18.65	+00:28:40 (30.1%)	7:56	7.6 (70.4%)
25	ROŹKIEWICZ Leszek	5122		M40	25	01:36:29.15	01:36:29.15	+00:29:50 (30.9%)	8:02	7.5 (69.4%)
26	WRÓBEL Bartłomiej	5329	CISNA GÓRĄ	M40	26	01:37:17.75	01:37:17.75	+00:30:39 (31.5%)	8:06	7.4 (68.5%)
27	KOWALSKI Tomasz	5153		M40	27	01:38:21.60	01:38:21.60	+00:31:43 (32.3%)	8:11	7.3 (67.6%)
28	JELONEK Rafał	5031	CEDRUS TEAM	M40	28	01:39:15.45	01:39:15.45	+00:32:37 (32.9%)	8:16	7.3 (67.6%)
29	BOBYK Paweł	5238		M40	29	01:39:54.25	01:39:54.25	+00:33:16 (33.3%)	8:19	7.2 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
30	UJMA Paweł	5358		M40	30	01:40:48.35	01:40:48.35	+00:34:10 (33.9%)	8:24	7.1 (65.7%)
31	KAPUŚNIAK Jarosław	5180		M40	31	01:42:33.20	01:42:33.20	+00:35:55 (35.0%)	8:32	7 (64.8%)
32	RADOMSKI Kamil	5040	LDB	M40	32	01:42:37.50	01:42:37.50	+00:35:59 (35.1%)	8:33	7 (64.8%)
33	ZDROJEWSKI Dominik	5057	ZADZIOR	M40	33	01:42:46.95	01:42:46.95	+00:36:08 (35.2%)	8:33	7 (64.8%)
34	BUGAJNY Damian	5335	SUPERMARATON KALISZ/COLLINS AEROSPACE KALISZ	M40	34	01:43:00.15	01:43:00.15	+00:36:21 (35.3%)	8:35	7 (64.8%)
35	FIEDORCZUK Łukasz	5314	BIMBER RUNNING TEAM	M40	35	01:43:10.50	01:43:10.50	+00:36:32 (35.4%)	8:35	7 (64.8%)
36	GORZKOWSKI Marcin	5259		M40	36	01:43:22.50	01:43:22.50	+00:36:44 (35.5%)	8:36	7 (64.8%)
37	KRUCZYK Marcin	5339	OPERACJA BIESZCZADY	M40	37	01:44:37.05	01:44:37.05	+00:37:58 (36.3%)	8:43	6.9 (63.9%)
38	DUCZYNSKI Daniel	5170		M40	38	01:46:03.05	01:46:03.05	+00:39:24 (37.2%)	8:50	6.8 (63.0%)
39	PASIONEK Bartłomiej	5333		M40	39	01:46:04.20	01:46:04.20	+00:39:26 (37.2%)	8:50	6.8 (63.0%)
40	ADAMCZEWSKI Wiktor	5299		M40	40	01:46:41.20	01:46:41.20	+00:40:03 (37.5%)	8:53	6.7 (62.0%)
41	ŻÓŁKIEWICZ Marcin	5085	PIĘTNASTKA	M40	41	01:47:02.95	01:47:02.95	+00:40:24 (37.8%)	8:55	6.7 (62.0%)
42	ORGANIŚCIAK Krzysztof	5280		M40	42	01:47:06.35	01:47:06.35	+00:40:28 (37.8%)	8:55	6.7 (62.0%)
43	KIKUT Marcin	5149		M40	43	01:48:37.10	01:48:37.10	+00:41:58 (38.7%)	9:03	6.6 (61.1%)
44	KURASZ Tomasz	5112		M40	44	01:49:25.40	01:49:25.40	+00:42:47 (39.1%)	9:07	6.6 (61.1%)
45	SAMSONOWICZ Krzysztof	5032	CEDRUS TEAM	M40	45	01:49:54.90	01:49:54.90	+00:43:16 (39.4%)	9:09	6.6 (61.1%)
46	LITWA Łukasz	5254	FOREVER TEAM	M40	46	01:50:35.25	01:50:35.25	+00:43:57 (39.7%)	9:12	6.5 (60.2%)
47	KUCHAREK Piotr	5272		M40	47	01:54:40.75	01:54:40.75	+00:48:02 (41.9%)	9:33	6.3 (58.3%)
48	KOŁODZIEJCZYK Adam	5027		M40	48	01:54:46.20	01:54:46.20	+00:48:08 (41.9%)	9:33	6.3 (58.3%)
49	ORLIŃSKI Grzegorz	5370		M40	49	01:54:48.75	01:54:48.75	+00:48:10 (42.0%)	9:34	6.3 (58.3%)
50	CHARUŻY Sebastian	5207		M40	50	01:57:56.05	01:57:56.05	+00:51:17 (43.5%)	9:49	6.1 (56.5%)
51	JADZIEWICZ Jakub	5265		M40	51	01:58:42.80	01:58:42.80	+00:52:04 (43.9%)	9:53	6.1 (56.5%)
52	ROGOWICZ Marcin	5068	EXC TEAM	M40	52	02:03:44.85	02:03:44.85	+00:57:06 (46.2%)	10:18	5.8 (53.7%)
53	JABŁOŃSKI Paweł	5168		M40	53	02:04:41.05	02:04:41.05	+00:58:02 (46.6%)	10:23	5.8 (53.7%)
54	MOCZYDŁOWSKI Marcin	5360		M40	54	02:06:09.80	02:06:09.80	+00:59:31 (47.2%)	10:30	5.7 (52.8%)
55	KUŚMIERCZYK Tomasz	5113		M40	55	02:09:44.65	02:09:44.65	+01:03:06 (48.6%)	10:48	5.5 (50.9%)
56	ZGORZELSKI Przemysław	5017		M40	56	02:15:11.05	02:15:11.05	+01:08:32 (50.7%)	11:15	5.3 (49.1%)
57	WOSIK Kamil	5091	EXC TEAM	M40	57	02:20:54.10	02:20:54.10	+01:14:15 (52.7%)	11:44	5.1 (47.2%)
58	GADOMSKI Radosław	5020	ŻÓRAWSKI TEAM	M40	58	02:21:46.65	02:21:46.65	+01:15:08 (53.0%)	11:48	5.1 (47.2%)
59	BORUTA Marcin	5341		M40	59	02:25:56.00	02:25:56.00	+01:19:17 (54.3%)	12:09	4.9 (45.4%)
60	ŚWIERZEWSKI Marcin	5284		M40	60	02:26:51.95	02:26:51.95	+01:20:13 (54.6%)	12:14	4.9 (45.4%)
61	OLSZEWSKI Michał	5174		M40	61	02:35:37.20	02:35:37.20	+01:28:59 (57.2%)	12:58	4.6 (42.6%)
DNC	TWORZYDŁO Paweł	5058		M40		01:37:02.00	01:37:02.00		0:00	7.4 (68.5%)
	BUKOWSKI Tomasz	5210		M40		DNF	DNF		-	- (0.0%)

Znaleziono 63 wynik(ów)