



# XI RZEŹNICZEK, CZYLI MAŁY BIEG RZEŹNIKA

B4SPORT

**Wydarzenie:** VIII FESTIWAL BIEGU RZEŹNIKA  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2022-06-18  
**Miejsce:** Cisna  
**Dystans:** 28 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M60

| Msc | Zawodnik           | Numer | Klub                            | Kategoria | Mkat | Szlem | Roztoki<br>16.2km | Czas<br>netto<br>28km | Czas<br>brutto<br>28km | Różn              | Tempo<br>min/km | Tempo<br>km/h |
|-----|--------------------|-------|---------------------------------|-----------|------|-------|-------------------|-----------------------|------------------------|-------------------|-----------------|---------------|
| 1   | UJMA Stanisław     | 3211  |                                 | M60       | 1    |       | 01:52:19          | 03:36:03.25           | 03:36:06.30            |                   | 7:42            | 7.8 (100%)    |
| 2   | STODOLNY Krzysztof | 3367  |                                 | M60       | 2    |       | 02:04:07          | 03:43:39.00           | 03:44:16.70            | +00:08:10 (3.6%)  | 7:59            | 7.5 (96.2%)   |
| 3   | SZCZĘŚNY Maciej    | 3515  |                                 | M60       | 3    |       | 01:57:33          | 03:47:26.95           | 03:47:44.25            | +00:11:37 (5.1%)  | 8:07            | 7.4 (94.9%)   |
| 4   | ŚLIWIŃSKI Andrzej  | 3739  |                                 | M60       | 4    |       | 02:05:23          | 03:50:16.55           | 03:51:11.60            | +00:15:05 (6.5%)  | 8:13            | 7.3 (93.6%)   |
| 5   | SOCHA Jan          | 3341  |                                 | M60       | 5    |       | 01:59:04          | 03:54:05.00           | 03:54:11.10            | +00:18:04 (7.7%)  | 8:21            | 7.2 (92.3%)   |
| 6   | ZIEMNIAK Jarosław  | 3252  |                                 | M60       | 6    |       | 02:08:03          | 04:02:11.45           | 04:02:36.30            | +00:26:30 (10.9%) | 8:38            | 6.9 (88.5%)   |
| 7   | KOLCZYŃSKI Michał  | 3303  | TRUCHTACZ                       | M60       | 7    |       | 02:08:32          | 04:02:10.00           | 04:03:02.60            | +00:26:56 (11.1%) | 8:38            | 6.9 (88.5%)   |
| 8   | POKRYWKA Stefan    | 3883  | OTK RZEŹNIK                     | M60       | 8    |       | 02:12:18          | 04:08:20.30           | 04:09:02.95            | +00:32:56 (13.2%) | 8:52            | 6.8 (87.2%)   |
| 9   | KUBIAK Józef       | 3288  |                                 | M60       | 9    |       | 02:10:58          | 04:13:01.70           | 04:13:50.95            | +00:37:44 (14.9%) | 9:02            | 6.6 (84.6%)   |
| 10  | ŁOŚ Krzysztof      | 3136  |                                 | M60       | 10   |       | 02:15:57          | 04:14:56.70           | 04:15:07.55            | +00:39:01 (15.3%) | 9:06            | 6.6 (84.6%)   |
| 11  | GAWRON Paweł       | 3045  | KONIN RUN                       | M60       | 11   |       | 02:11:00          | 04:15:03.10           | 04:15:43.60            | +00:39:37 (15.5%) | 9:06            | 6.6 (84.6%)   |
| 12  | TOMCZAK Zbigniew   | 3275  |                                 | M60       | 12   |       | 02:15:53          | 04:31:12.60           | 04:33:02.90            | +00:56:56 (20.9%) | 9:41            | 6.2 (79.5%)   |
| 13  | KUŁAKOWSKI Piotr   | 3329  | CZŁAPACZE                       | M60       | 13   |       | 02:34:27          | 04:43:35.60           | 04:45:27.10            | +01:09:20 (24.3%) | 10:07           | 5.9 (75.6%)   |
| 14  | SONAKOWSKI Roman   | 3383  | SPRITEX TEAM RUN                | M60       | 14   |       | 02:24:37          | 04:58:10.80           | 05:00:13.55            | +01:24:07 (28.0%) | 10:38           | 5.6 (71.8%)   |
| 15  | WRÓBEL Piotr       | 3762  |                                 | M60       | 15   |       | 02:34:56          | 04:59:46.10           | 05:01:03.85            | +01:24:57 (28.2%) | 10:42           | 5.6 (71.8%)   |
| 16  | OBARSKI Norbert    | 3194  |                                 | M60       | 16   |       | 02:41:29          | 05:21:49.50           | 05:23:54.10            | +01:47:47 (33.3%) | 11:29           | 5.2 (66.7%)   |
| 17  | GRYGO Krzysztof    | 3804  | AKADEMIA SPORTU MEDYK           | M60       | 17   |       | 02:28:21          | 05:27:20.05           | 05:28:00.60            | +01:51:54 (34.1%) | 11:41           | 5.1 (65.4%)   |
| 18  | MYŚLIWIEC Andrzej  | 3656  |                                 | M60       | 18   |       | 03:11:24          | 06:20:11.85           | 06:21:22.20            | +02:45:15 (43.3%) | 13:34           | 4.4 (56.4%)   |
| 19  | SZKAMRUK Janusz    | 3342  | EXTREMALNI RZEŹNICY NA RELAKSIE | M60       | 19   |       | 03:12:16          | 06:35:39.55           | 06:37:05.50            | +03:00:59 (45.6%) | 14:07           | 4.2 (53.8%)   |
| 20  | ADAMCZYK Zbigniew  | 3257  | KM TRUCHCIK ŁUBIANKA            | M60       | 20   |       | 04:03:47          | 07:38:58.45           | 07:40:03.00            | +04:03:56 (53.0%) | 16:23           | 3.7 (47.4%)   |

Znaleziono 20 wynik(ów)