



XII RZEŹNICZEK, CZYLI MAŁY BIEG RZEŹNIKA

B4SPORT

Wydarzenie: IX FESTIWAL BIEGU RZEŹNIKA
Organizator: Fundacja Bieg Rzeźnika
Data: 2023-06-10
Miejsce: Cisna
Dystans: 28 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: M50

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
1	WAŚKO Paweł	3106	CENTRUM MASAŻU	M50	1	01:23:31	02:38:34.05	02:38:35.60		5:39	10.6 (100%)
2	KORAB Robert Trebi	3568	RZESZOWSKIE GAZELE I GEPARDY	M50	2	01:42:40	03:12:51.05	03:12:52.75	+00:34:17 (17.8%)	6:53	8.7 (82.1%)
3	GRZYBEK Antoni	3493		M50	3	01:42:30	03:13:42.50	03:13:53.30	+00:35:17 (18.2%)	6:55	8.7 (82.1%)
4	FIJAŁKOWSKI Marek	3470		M50	4	01:42:32	03:22:34.05	03:22:46.35	+00:44:10 (21.8%)	7:14	8.3 (78.3%)
5	CHABKO Jacek	3215	WROCLAW MARATHON TEAM	M50	5	01:42:53	03:28:11.95	03:28:24.40	+00:49:48 (23.9%)	7:26	8.1 (76.4%)
6	KOWALCZYK Tomasz	3487	TRICLUB	M50	6	01:51:52	03:30:36.50	03:30:57.30	+00:52:21 (24.8%)	7:31	8 (75.5%)
7	KWAŚNY Janusz	3191		M50	7	01:51:27	03:34:06.90	03:34:25.00	+00:55:49 (26.0%)	7:38	7.8 (73.6%)
8	JESKE Marek	3424	RUN BYDGOSZCZ	M50	8	01:56:45	03:44:55.15	03:45:16.10	+01:06:40 (29.6%)	8:01	7.5 (70.8%)
9	GAJ Andrzej	3565		M50	9	02:00:31	03:45:43.25	03:46:42.50	+01:08:06 (30.0%)	8:03	7.4 (69.8%)
10	RAKOWSKI Przemysław	3351		M50	10	01:59:15	03:48:04.40	03:48:08.30	+01:09:32 (30.5%)	8:08	7.4 (69.8%)
11	STAROBRAT Arkadiusz	3670	ALETEMPO	M50	11	01:59:34	03:48:29.30	03:48:39.90	+01:10:04 (30.6%)	8:09	7.4 (69.8%)
12	WYGONOWSKI Jacek	3390	DZIKUR CREW	M50	12	01:55:36	03:52:04.70	03:52:57.80	+01:14:22 (31.9%)	8:17	7.2 (67.9%)
13	GAWRYSZEWSKI Michał	3308		M50	13	02:04:52	03:53:05.70	03:53:30.30	+01:14:54 (32.1%)	8:19	7.2 (67.9%)
14	WITCZAK Romuald	3737		M50	14	02:05:34	03:52:31.35	03:54:15.05	+01:15:39 (32.3%)	8:18	7.2 (67.9%)
15	JASTRZĄB Piotr	17		M50	15	02:02:43	03:57:39.95	03:57:44.25	+01:19:08 (33.3%)	8:29	7.1 (67.0%)
16	BAŁUKA Jarosław	3486		M50	16	02:15:57	03:57:14.25	03:57:46.70	+01:19:11 (33.3%)	8:28	7.1 (67.0%)
17	BAŃKA Mariusz	3465		M50	17	02:03:42	04:01:27.45	04:01:51.75	+01:23:16 (34.4%)	8:37	7 (66.0%)
18	LISIECKI Jacek	3746	CAMEL	M50	18	02:09:43	04:09:23.15	04:09:57.90	+01:31:22 (36.6%)	8:54	6.7 (63.2%)
19	GUCWA Jarosław	3582		M50	19	02:17:47	04:21:21.40	04:21:51.70	+01:43:16 (39.4%)	9:20	6.4 (60.4%)
20	WISZNIEWSKI Roman	3433		M50	20	02:14:09	04:26:13.40	04:26:31.15	+01:47:55 (40.5%)	9:30	6.3 (59.4%)
21	GOŁKOWSKI Zbigniew	3669	EAZYMUT.PL	M50	21	02:07:52	04:27:08.10	04:27:08.10	+01:48:32 (40.6%)	9:32	6.3 (59.4%)
22	JUSZCZAK Marcin	13		M50	22	02:22:30	04:27:30.80	04:28:00.70	+01:49:25 (40.8%)	9:33	6.3 (59.4%)
23	JĘDRZEJAK Piotr	9		M50	23	02:12:39	04:31:34.45	04:31:49.20	+01:53:13 (41.7%)	9:41	6.2 (58.5%)
24	RONDUDA Janusz	3249		M50	24		04:33:56.75	04:33:56.75	+01:55:21 (42.1%)	9:47	6.1 (57.5%)
25	PŁACHTA Tadeusz	3316		M50	25	02:06:55	04:39:16.15	04:39:30.35	+02:00:54 (43.3%)	9:58	6 (56.6%)
26	KACZKOWSKI Jarogniew	3548	PRUSZKOWSKIE OGOŃKI	M50	26	02:29:09	04:39:17.20	04:41:08.10	+02:02:32 (43.6%)	9:58	6 (56.6%)
27	BRZOZOWSKI Mariusz	3019	ROZTRUCHTANI GOMUNICE	M50	27	02:25:24	04:42:33.90	04:42:46.00	+02:04:10 (43.9%)	10:05	5.9 (55.7%)
28	PIETRZAK Maciej	3091		M50	28	02:21:36	04:42:37.70	04:43:55.00	+02:05:19 (44.1%)	10:05	5.9 (55.7%)
29	ZLOT Grzegorz	3542		M50	29	02:23:47	04:44:21.95	04:45:39.05	+02:07:03 (44.5%)	10:09	5.9 (55.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
30	KLUZ Robert	3002		M50	30	02:32:07	04:44:40.15	04:45:53.35	+02:07:17 (44.5%)	10:10	5.9 (55.7%)
31	RZECZKOWSKI Maciej	3147	WKG	M50	31	02:27:30	04:50:24.90	04:50:53.65	+02:12:18 (45.5%)	10:22	5.8 (54.7%)
32	JASICZAK Andrzej	3432		M50	32	02:35:41	04:56:10.15	04:57:00.30	+02:18:24 (46.6%)	10:34	5.7 (53.8%)
33	WYSPIAŃSKI Grzegorz	3421	KLUB G4 W SIEDLCACH	M50	33	02:33:44	04:57:33.95	04:58:08.50	+02:19:32 (46.8%)	10:37	5.6 (52.8%)
34	BOHN Mariusz	3440	PIEKARY ŚLĄSKIE	M50	34	02:28:25	05:00:12.75	05:00:20.55	+02:21:44 (47.2%)	10:43	5.6 (52.8%)
35	ANTKOWIAK Mirosław	3154	BBL KROSNO ODRZAŃSKIE	M50	35	02:30:53	05:00:22.20	05:00:37.40	+02:22:01 (47.2%)	10:43	5.6 (52.8%)
36	MODZELEWSKI Artur	3318	EAGLETEAM	M50	36	02:27:14	05:04:15.05	05:04:24.25	+02:25:48 (47.9%)	10:51	5.5 (51.9%)
37	LEWANDOWSKI Bogusław	3622		M50	37	02:34:26	05:07:23.00	05:07:48.40	+02:29:12 (48.5%)	10:58	5.5 (51.9%)
38	SZCZEPAŃSKI Rafał	3032	SAMEKONIE	M50	38	02:31:00	05:10:11.40	05:10:39.15	+02:32:03 (48.9%)	11:04	5.4 (50.9%)
39	BIENIAS Rafał	3566		M50	39	02:38:25	05:12:14.55	05:13:30.75	+02:34:55 (49.4%)	11:09	5.4 (50.9%)
40	CZELIŃSKI Leszek	3256		M50	40	02:25:04	05:24:07.05	05:24:41.45	+02:46:05 (51.2%)	11:34	5.2 (49.1%)
41	DYR Jerzy	3450		M50	41	02:33:59	05:28:16.05	05:28:25.15	+02:49:49 (51.7%)	11:43	5.1 (48.1%)
42	BAK Andrzej	3736	SPC	M50	42	02:51:22	05:31:06.40	05:32:35.70	+02:54:00 (52.3%)	11:49	5.1 (48.1%)
43	BRZENCZEK Michał	3797		M50	43	02:57:18	05:32:13.60	05:33:38.75	+02:55:03 (52.5%)	11:51	5.1 (48.1%)
44	SZOPA Marek	3367	ULTRA WAY TEAM / RUNEDA	M50	44		05:35:22.15	05:35:29.50	+02:56:53 (52.7%)	11:58	5 (47.2%)
45	JARUS Andrzej	7	POLISH_WINGS	M50	45	02:50:24	05:35:21.60	05:35:31.10	+02:56:55 (52.7%)	11:58	5 (47.2%)
46	JUSZKO Krzysztof	3653		M50	46	02:51:44	05:36:02.80	05:37:17.15	+02:58:41 (53.0%)	12:00	5 (47.2%)
47	KAWECKI Dariusz	3684	ETISOFT RUNNING TEAM	M50	47	02:50:12	05:38:32.70	05:38:43.10	+03:00:07 (53.2%)	12:05	5 (47.2%)
48	KADECKI Marek	3539		M50	48	02:52:30	05:38:07.05	05:39:32.90	+03:00:57 (53.3%)	12:04	5 (47.2%)
49	SREBRO Michał	3502	DZIKI Z CYTADELI	M50	49	02:48:30	05:53:00.70	05:54:42.25	+03:16:06 (55.3%)	12:36	4.8 (45.3%)
50	KUBACKI Andrzej	3244	LASY PAŃSTWOWE	M50	50	02:38:42	05:58:16.40	05:58:56.20	+03:20:20 (55.8%)	12:47	4.7 (44.3%)
51	DASZCZYŃSKI Adam	3570	ADASKO TEAM	M50	51	02:55:58	05:59:55.80	06:01:07.80	+03:22:32 (56.1%)	12:51	4.7 (44.3%)
52	SOWA Grzegorz	3208	#KUBAPIECHTEAM	M50	52	02:57:00	06:17:55.30	06:18:46.70	+03:40:11 (58.1%)	13:29	4.4 (41.5%)
53	WIELGOSZ Mariusz	3026		M50	53	03:00:01	06:55:18.70	06:56:17.15	+04:17:41 (61.9%)	14:49	4 (37.7%)
54	BARTOSIEWICZ Piotr	3617		M50	54	03:06:17	06:55:19.10	06:56:17.65	+04:17:42 (61.9%)	14:49	4 (37.7%)
55	ZUGAJ Cezary	3015	WHITE BEARS TEAM BIAŁYSTOK	M50	55	03:57:53	07:51:40.10	07:53:33.70	+05:14:58 (66.5%)	16:50	3.6 (34.0%)

Znaleziono 55 wynik(ów)