



XIII RZEŹNICZEK, CZYLI MAŁY BIEG RZEŹNIKA

B4SPORT

Wydarzenie: X FESTIWAL BIEGU RZEŹNIKA
Organizator: Fundacja Bieg Rzeźnika
Data: 2024-06-01
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	STEPANIUK Adam	4372	BIEGAMY DZISIAJ?	M50	1	01:43:40	03:07:37.10	03:08:13.35		6:42	9 (100%)
2	GRZYBEK Antoni	4259		M50	2	01:43:11	03:12:30.85	03:12:42.95	+00:04:29 (2.3%)	6:52	8.7 (96.7%)
3	KWAŚNY Janusz	4142		M50	3	01:45:45	03:20:49.50	03:21:02.35	+00:12:49 (6.4%)	7:10	8.4 (93.3%)
4	FILIPEK Wojciech	4452	OPTIM TRAVEL	M50	4	01:47:33	03:20:00.05	03:21:08.75	+00:12:55 (6.4%)	7:08	8.4 (93.3%)
5	TAJAK Tomasz	4605		M50	5	01:48:55	03:23:38.20	03:24:30.85	+00:16:17 (8.0%)	7:16	8.3 (92.2%)
6	JEŻEWSKI Sławomir	4593	KŁANIAM SIĘ MECIE	M50	6	01:50:04	03:24:22.90	03:24:40.05	+00:16:26 (8.0%)	7:17	8.2 (91.1%)
7	KACPERSKI Olaf	4561		M50	7	01:51:42	03:24:35.80	03:25:14.25	+00:17:00 (8.3%)	7:18	8.2 (91.1%)
8	GAJ Andrzej	4092		M50	8	01:48:07	03:26:20.90	03:26:35.75	+00:18:22 (8.9%)	7:22	8.1 (90.0%)
9	LASEK Leszek	4701		M50	9	01:50:14	03:26:53.55	03:26:59.90	+00:18:46 (9.1%)	7:23	8.1 (90.0%)
10	KOPPLINGER Grzegorz	4282	ASSECO ACTIVE TEAM	M50	10	01:49:07	03:28:11.05	03:28:12.75	+00:19:59 (9.6%)	7:26	8.1 (90.0%)
11	SZYMKIEWICZ Robert	4426	MIEDZYRZECKIE GAZELE	M50	11	01:54:37	03:31:30.50	03:31:34.05	+00:23:20 (11.0%)	7:33	7.9 (87.8%)
12	GAJEWIAK Adam	4436	WENET RUNNERS TEAM	M50	12	01:56:08	03:32:22.75	03:32:33.30	+00:24:19 (11.4%)	7:35	7.9 (87.8%)
13	FILAR Tomasz	4560	KARL STORZ POLSKA	M50	13	01:53:20	03:32:15.95	03:33:15.15	+00:25:01 (11.7%)	7:34	7.9 (87.8%)
14	PUCHACZ Piotr	4634		M50	14	01:59:04	03:36:07.70	03:36:12.15	+00:27:58 (12.9%)	7:43	7.8 (86.7%)
15	WIEWIÓRKA Piotr	4108	SĄSIEDZI	M50	15	01:59:21	03:38:01.80	03:38:56.60	+00:30:43 (14.0%)	7:47	7.7 (85.6%)
16	RABCZEWSKI Andrzej	4418	MKS MECHANIK WŁODAWA	M50	16	02:00:38	03:42:10.80	03:42:35.50	+00:34:22 (15.4%)	7:56	7.6 (84.4%)
17	JESKE Marek	4124	RUN BYDGOSZCZ	M50	17	01:55:11	03:43:16.00	03:43:21.70	+00:35:08 (15.7%)	7:58	7.5 (83.3%)
18	KASZUBA Jacek	4319		M50	18	02:00:06	03:44:21.10	03:44:43.05	+00:36:29 (16.2%)	8:00	7.5 (83.3%)
19	SOLARSKI Robert	4303		M50	19	01:57:28	03:44:51.80	03:44:55.35	+00:36:42 (16.3%)	8:01	7.5 (83.3%)
20	SOLAN Radosław	4388		M50	20	01:56:06	03:45:18.05	03:45:28.30	+00:37:14 (16.5%)	8:02	7.5 (83.3%)
21	KAMUDA Daniel	4529		M50	21	01:56:15	03:46:35.85	03:46:40.45	+00:38:27 (17.0%)	8:05	7.4 (82.2%)
22	MAKOWSKI Tomasz	4107		M50	22	02:00:12	03:46:04.25	03:47:00.60	+00:38:47 (17.1%)	8:04	7.4 (82.2%)
23	BAKUN Mariusz	4254	CHEŁM	M50	23	02:01:32	03:48:33.30	03:49:10.80	+00:40:57 (17.9%)	8:09	7.4 (82.2%)
24	PIETRZYCKI Sławomir	4127		M50	24	02:01:23	03:49:43.35	03:50:38.35	+00:42:25 (18.4%)	8:12	7.3 (81.1%)
25	ULICZNY Paweł	4235	REMBERTÓW TEAM	M50	25	02:02:01	03:51:36.60	03:51:58.95	+00:43:45 (18.9%)	8:16	7.3 (81.1%)
26	SŁOWIK Mariusz	4079	BORKOWICE TEAM	M50	26	02:06:44	03:53:33.85	03:54:10.55	+00:45:57 (19.6%)	8:20	7.2 (80.0%)
27	RONDUDA Janusz	4276		M50	27	02:09:13	03:58:08.60	03:59:31.35	+00:51:18 (21.4%)	8:30	7.1 (78.9%)
28	KUCHARCZYK Maciej	4521	GALICJA BIEGA	M50	28	02:09:56	04:02:43.60	04:03:26.80	+00:55:13 (22.7%)	8:40	6.9 (76.7%)
29	WÓJCICKI Robert	4299		M50	29	02:04:44	04:03:24.70	04:04:43.80	+00:56:30 (23.1%)	8:41	6.9 (76.7%)

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30	WOJCIECHOWSKI Paweł	4332	NAJLEPSI OLD	M50	30	02:06:23	04:05:50.50	04:05:59.65	+00:57:46 (23.5%)	8:46	6.8 (75.6%)
31	MACIEJEWSKI Artur	4268		M50	31	02:10:25	04:06:26.70	04:06:35.55	+00:58:22 (23.7%)	8:48	6.8 (75.6%)
32	JARZYŃSKI Janusz	4205	KONIN RUN	M50	32	02:15:50	04:06:03.55	04:07:09.30	+00:58:55 (23.8%)	8:47	6.8 (75.6%)
33	PRUSZKOWSKI Mariusz	4381	CROSSFITTER BOX CHEŁM - CHEŁM BIEGA	M50	33	02:08:46	04:06:52.75	04:07:31.45	+00:59:18 (24.0%)	8:49	6.8 (75.6%)
34	GALICKI Jakub	4284	AKADEMIA MISTRZÓW SPORTU	M50	34	02:11:23	04:07:22.25	04:07:44.60	+00:59:31 (24.0%)	8:50	6.8 (75.6%)
35	LEJMAN Adam	4562		M50	35	02:10:37	04:08:04.40	04:08:43.85	+01:00:30 (24.3%)	8:51	6.8 (75.6%)
36	MACIEJAK Robert	4328		M50	36	02:15:53	04:09:10.50	04:09:21.05	+01:01:07 (24.5%)	8:53	6.7 (74.4%)
37	MITURA Wojciech	4349	POZIMKI	M50	37	02:13:17	04:09:35.40	04:09:43.05	+01:01:29 (24.6%)	8:54	6.7 (74.4%)
38	CIESIELSKI Marcin	4451	WARSAW RUN CLUB	M50	38	01:55:43	04:12:44.00	04:12:47.30	+01:04:33 (25.5%)	9:01	6.6 (73.3%)
39	KOS Paweł	4696	EAZYMUT.PL	M50	39	02:16:11	04:17:04.35	04:17:33.95	+01:09:20 (26.9%)	9:10	6.5 (72.2%)
40	ŁUCIÓW Leszek	4141	NOA	M50	40	02:18:26	04:18:24.95	04:19:00.05	+01:10:46 (27.3%)	9:13	6.5 (72.2%)
41	CIUK Piotr	7002	YULO RUN TEAM SIEDLCE/ FUJITSU POLAND	M50	41	02:29:06	04:18:17.05	04:19:25.85	+01:11:12 (27.4%)	9:13	6.5 (72.2%)
42	SKOWRONEK Dariusz	4492		M50	42	02:21:33	04:22:11.70	04:22:45.40	+01:14:32 (28.4%)	9:21	6.4 (71.1%)
43	GÓRSKI Marcin	4312	ISCG TEAM	M50	43	02:15:44	04:23:53.95	04:24:17.55	+01:16:04 (28.8%)	9:25	6.4 (71.1%)
44	GUCWA Jarosław	4569		M50	44	02:24:35	04:29:54.90	04:31:13.05	+01:22:59 (30.6%)	9:38	6.2 (68.9%)
45	ZLOT Grzegorz	4031		M50	45	02:23:12	04:30:30.05	04:31:25.55	+01:23:12 (30.7%)	9:39	6.2 (68.9%)
46	TUREK Paweł	4231		M50	46	02:27:11	04:31:55.10	04:33:49.75	+01:25:36 (31.3%)	9:42	6.2 (68.9%)
47	BRODZIAK Arkadiusz	4555		M50	47	02:24:50	04:33:13.30	04:34:20.45	+01:26:07 (31.4%)	9:45	6.1 (67.8%)
48	LEWANDOWSKI Bogusław	4288		M50	48	02:21:58	04:33:56.45	04:34:33.10	+01:26:19 (31.4%)	9:47	6.1 (67.8%)
49	TRZASKA Tomasz	4682	BIUROWE.COM.PL	M50	49	02:25:51	04:38:40.60	04:40:33.65	+01:32:20 (32.9%)	9:57	6 (66.7%)
50	KULAK Paweł	4586		M50	50	02:26:07	04:41:00.60	04:41:23.85	+01:33:10 (33.1%)	10:02	6 (66.7%)
51	JANKOWIAK Przemysław	7029		M50	51	02:33:52	04:43:30.15	04:43:38.00	+01:35:24 (33.6%)	10:07	5.9 (65.6%)
52	SIEDLECKI Stanisław	4626	CEDRUS TEAM	M50	52	02:43:15	04:49:54.35	04:50:36.45	+01:42:23 (35.2%)	10:21	5.8 (64.4%)
53	KUCZBORSKI Jarosław	4097	HARPAGAN SOSNOWIEC	M50	53	02:31:47	04:51:32.30	04:52:53.60	+01:44:40 (35.7%)	10:24	5.8 (64.4%)
54	STRZELECKI Piotr	4102		M50	54	02:24:39	04:52:52.70	04:53:46.75	+01:45:33 (35.9%)	10:27	5.7 (63.3%)
55	WOŁOSZYN Ryszard	4420	MARGO TEAM	M50	55	02:43:11	04:56:44.05	04:58:06.00	+01:49:52 (36.9%)	10:35	5.7 (63.3%)
56	KRUZEL Rafał	7039		M50	56	02:42:02	05:05:14.35	05:05:20.85	+01:57:07 (38.4%)	10:54	5.5 (61.1%)
57	KRAUZE Tomasz	4461	STOWARZYSZENIE WROCŁAWSKIE MORSY	M50	57	02:43:03	05:04:44.60	05:06:17.85	+01:58:04 (38.5%)	10:53	5.5 (61.1%)
58	PIWOWARSKI Robert	4139	CEDRUS TEAM	M50	58	02:40:30	05:16:03.25	05:16:45.65	+02:08:32 (40.6%)	11:17	5.3 (58.9%)
59	SZCZEPOCKI Andrzej	4673	NIEPOŁOMICE BIEGAJĄ	M50	59	02:50:05	05:18:07.20	05:18:44.25	+02:10:30 (40.9%)	11:21	5.3 (58.9%)
60	LESZCZYŃSKI Rafal	4298		M50	60	02:54:40	05:19:48.50	05:20:33.20	+02:12:19 (41.3%)	11:25	5.3 (58.9%)
61	SZÓSTAK Marcin	4514		M50	61	02:54:52	05:29:13.20	05:29:39.25	+02:21:25 (42.9%)	11:45	5.1 (56.7%)
62	JUSZCZAK Zbigniew	7016	PKB KMP KALISZ	M50	62	02:49:46	05:29:07.15	05:29:57.70	+02:21:44 (43.0%)	11:45	5.1 (56.7%)
63	STOYKOV Pavlin	4651		M50	63	02:42:19	05:31:16.35	05:32:52.90	+02:24:39 (43.5%)	11:49	5.1 (56.7%)
64	SOWA Grzegorz	4087	#KUBAPIECHTEAM	M50	64	02:55:38	05:32:51.30	05:34:26.75	+02:26:13 (43.7%)	11:53	5 (55.6%)
65	ORZECZOWSKI Mariusz	4599	BIEGACZE KLECZEW, TRITON KONIN	M50	65	02:50:05	05:34:55.00	05:36:37.90	+02:28:24 (44.1%)	11:57	5 (55.6%)
66	WĄTRÓBSKI Grzegorz	4366	COKE RUNNERS CLUB	M50	66	02:53:40	05:36:37.45	05:38:10.95	+02:29:57 (44.3%)	12:01	5 (55.6%)
67	RZECZKOWSKI Maciej	4162	WKG	M50	67	02:51:37	05:41:59.80	05:42:26.95	+02:34:13 (45.0%)	12:12	4.9 (54.4%)
68	KUZIA Bogusław	4143	SILESIA MARATHON CLUB	M50	68	02:47:41	06:01:16.80	06:01:34.30	+02:53:20 (47.9%)	12:54	4.7 (52.2%)
69	ZIĘBA Zbigniew	4460	META NADARZYN	M50	69	02:51:34	06:02:14.65	06:03:21.80	+02:55:08 (48.2%)	12:56	4.6 (51.1%)
70	KACZMAREK Arkadiusz	4499		M50	70	02:47:40	06:10:14.70	06:10:34.20	+03:02:20 (49.2%)	13:13	4.5 (50.0%)
71	CHABROWSKI Paweł	4611	SĄSIEDZI TARAUMARA	M50	71	02:58:53	06:12:52.55	06:13:05.10	+03:04:51 (49.5%)	13:19	4.5 (50.0%)
72	CHABROWSKI Bartłomiej	4619	SĄSIEDZI TARAUMARA	M50	72	02:58:51	06:12:50.05	06:13:05.65	+03:04:52 (49.6%)	13:18	4.5 (50.0%)
73	SZĘSZOŁ Mariusz	4409	SĄSIEDZI TARAUMARA	M50	73	02:58:48	06:12:49.40	06:13:06.15	+03:04:52 (49.6%)	13:18	4.5 (50.0%)

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74	CICHOCKI Mariusz	4572	SUUNTO RUN TEAM	M50	74	02:56:57	06:20:33.05	06:22:19.65	+03:14:06 (50.8%)	13:35	4.4 (48.9%)
75	MAKOSA Konrad	4490		M50	75	03:15:45	06:34:26.10	06:35:57.75	+03:27:44 (52.5%)	14:05	4.3 (47.8%)
76	SREBRO Michał	4595		M50	76	03:25:44	07:31:23.60	07:31:33.25	+04:23:19 (58.3%)	16:07	3.7 (41.1%)
	REY Andrzej	4184	REYRUNNINGTEAM	M50		DNF	DNF	DNF		-	- (0.0%)

Znaleziono 77 wynik(ów)