

Rzeźnik na Raty - generalna

Organizator: Fundacja Bieg Rzeźnika
 Data: 2016-05-25
 Miejsce: Cisna
 Dystans: 78 km



Rzeźnik na Raty - generalna, OPEN

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Dzień 1	Dzień 2	Dzień 3	Netto	min/km	km/h
1	KAMIŃSKI ARTUR	2109	GINA SĄDKOWICE	JAKOWICE		M30	1	M 1	02:45:24.50	02:25:25.65	01:44:27.00	06:55:17.15	5:27	11
2	POLAŃSKI TOMASZ	2091	B4SPORT	BYDGOSZCZ	POLSKA	M40	1	M 2	02:57:08.95	02:32:42.60	01:46:02.85	07:15:54.40	5:44	10.5
3	GAPSKI MATEUSZ	2125		GDAŃSK		M20	1	M 3	02:56:14.65	02:34:42.80	01:59:17.25	07:30:14.70	5:55	10.1
4	KUJAWSKI BARTEK	2059	GRUPETTO GORLICE	GORLICE		M20	2	M 4	03:07:42.05	02:41:24.80	01:54:53.70	07:44:00.55	6:06	9.8
5	PRĘDKI MIROSLAW	2131		PRZYSIEKI		M30	2	M 5	03:08:15.00	02:45:05.05	01:53:08.70	07:46:28.75	6:08	9.8
6	BAKALARZ EMIL	2068		WROCLAW		M20	3	M 6	03:05:18.90	02:52:53.55	01:50:02.55	07:48:15.00	6:09	9.7
7	KNOPEK ROBERT	2144		GLIWICE		M30	3	M 7	03:22:27.85	02:55:57.45	01:54:59.40	08:13:24.70	6:29	9.2
8	MORAWSKI FILIP	2027	FILIP MORAWSKI	POZNAŃ		M40	2	M 8	03:10:30.00	03:08:41.05	02:00:53.85	08:20:04.90	6:34	9.1
9	FIJAŁKOWSKI RADOSŁAW	2142	CROSSFIT GCW	WARSZAWA		M30	4	M 9	03:23:33.20	02:59:45.50	02:06:25.00	08:29:43.70	6:42	8.9
10	WARSKI PATRYK	2060		KATOWICE		M30	5	M 10	03:20:57.80	03:03:25.40	02:07:50.20	08:32:13.40	6:44	8.9
11	WAŁCZYK KRZYSZTOF	2083		ŁOWCE		M30	6	M 11	03:40:18.65	02:55:21.50	02:01:16.80	08:36:56.95	6:48	8.8
12	DUCKI PIOTR	2170	OTK RZEŹNIK	POLKOWICE	POLSKA	M30	7	M 12	03:28:20.90	03:01:49.70	02:09:40.35	08:39:50.95	6:50	8.8
13	FOGIEL-PAWŁOWSKA AGNIESZKA	2168	LOS BIEGANEROS	WROCLAW	POLSKA	K30	1	K 1	03:38:37.45	03:04:37.40	02:12:38.50	08:55:53.35	7:03	8.5
14	PAWLIŃSKI ADAM	2132	PRO-RUN WROCLAW	WROCLAW		M30	8	M 13	03:40:59.65	03:07:46.15	02:12:07.75	09:00:53.55	7:07	8.4
15	SALIK STANISLAW	2151		KRAKOW		M40	3	M 14	03:43:41.35	03:05:45.50	02:13:06.80	09:02:33.65	7:08	8.4
16	GOLBA ŁUKASZ	2063	ZABIEGANI MIELEC	MIELEC		M30	9	M 15	03:38:55.15	03:15:22.30	02:15:16.35	09:09:33.80	7:13	8.3
17	MAZIARZ DAMIAN	2047	BIEGAJĄCY ŚWIDNIK	ŚWIDNIK		M30	10	M 16	03:50:57.05	03:12:24.75	02:10:57.05	09:14:18.85	7:17	8.2
18	SUROWIEC GRZEGORZ	2120	BESTA SP. Z O.O.	RZESZÓW		M30	11	M 17	04:07:49.20	03:10:39.85	01:56:46.25	09:15:15.30	7:18	8.2
19	ROWIŃSKI MICHAŁ	2043	LUBAWA KOCHA BIEGAĆ	LUBAWA		M30	12	M 18	03:31:24.00	03:35:26.35	02:11:48.05	09:18:38.40	7:21	8.2
20	KRUSZEWSKA-SENK AGNIESZKA	2062	OBOZYBIEGOWE.PL	WARSZAWA		K30	2	K 2	03:44:02.00	03:22:49.75	02:18:00.85	09:24:52.60	7:25	8.1
21	CISKI PIOTR	2128		WARSZAWA		M40	4	M 19	03:43:13.65	03:21:50.45	02:20:44.95	09:25:49.05	7:26	8.1
22	POTĘGA IZABELA	2046	DELPHI RUNNING TEAM	RUDAWA		K30	3	K 3	03:42:10.95	03:27:48.25	02:17:43.55	09:27:42.75	7:28	8
23	PIETRASZEWSKI WITOLD	2126	NETBOX BIEGA	GOSTYŃ		M30	13	M 20	03:44:41.25	03:25:45.85	02:19:13.10	09:29:40.20	7:29	8
24	CZELNY TOMASZ	2031	SMASHING PĄPKINS	GLIWICE		M30	14	M 21	03:45:58.20	03:28:09.20	02:18:39.55	09:32:46.95	7:32	8
25	MOĆKO JACEK	2012		ZAGNAŃSK		M20	4	M 22	03:48:09.85	03:29:37.05	02:15:41.35	09:33:28.25	7:32	8
26	ZAWAL PRZEMYSŁAW	2020	REMBERTÓW TEAM	WARSZAWA		M30	15	M 23	03:46:37.95	03:27:38.75	02:22:40.35	09:36:57.05	7:35	7.9
27	WAHL DANIEL	2071	T.S. AKS CHORZÓW	CHORZÓW		M30	16	M 24	04:18:50.00	03:16:56.55	02:02:08.85	09:37:55.40	7:36	7.9
28	TERESZKIEWICZ JOANNA	2028	PKO BP	CHMIELNIK		K20	1	K 4	04:08:10.80	03:15:22.50	02:19:18.30	09:42:51.60	7:40	7.8
29	KWIECIEŃ SEBASTIAN	2048	ZAPIERDALACZE	WROCLAW		M30	17	M 25	04:14:08.25	03:15:41.55	02:13:56.45	09:43:46.25	7:40	7.8
30	JUSZCZAK ZBIGNIEW	2092	NIEZRZESZONY	OPATÓWEK		M50	1	M 26	03:54:06.10	03:29:05.95	02:20:35.40	09:43:47.45	7:40	7.8
31	BURANDT MAGDALENA	2019	123 TRI DRUŻYNA WILKA	OLSZTYN		K30	4	K 5	03:52:15.45	03:29:20.05	02:22:40.75	09:44:16.25	7:41	7.8
32	MISIEK MAREK	2014	POCZTOWA GRUPA BIEGOWA SPORTOWA PACZKA	GLUCHOŁAZY		M50	2	M 27	04:39:03.55	03:06:21.85	02:04:26.10	09:49:51.50	7:45	7.7
33	LUBAŃSKI ROBERT	2156		BUKOWICE		M50	3	M 28	04:36:33.35	03:06:18.25	02:13:25.75	09:56:17.35	7:50	7.6
34	ŻULEWSKI RADOSŁAW	2101		ŁÓDŹ		M20	5	M 29	03:55:41.10	03:26:52.35	02:35:49.15	09:58:22.60	7:52	7.6
35	BRYLONEK GRZEGORZ	2080	RADIO WROCLAW	WROCLAW		M40	5	M 30	04:39:03.60	03:12:43.10	02:07:41.50	09:59:28.20	7:53	7.6
36	BAR TOMASZ	2064		LUBLIN		M30	18	M 31	04:21:40.05	03:23:37.95	02:15:27.45	10:00:45.45	7:54	7.6
37	GIMZICKA EWA	2075	BANDA I WANDA	POZNAŃ		K30	5	K 6	03:54:26.20	03:40:57.40	02:26:13.25	10:01:36.85	7:54	7.6
38	ZIELIŃSKI MAREK	2129		PRZECZNO		M20	6	M 32	04:23:05.75	03:23:52.75	02:18:22.00	10:05:20.50	7:57	7.5
39	HYJEK ELŻBIETA	2040		MIELEC		K40	1	K 7	03:56:16.60	03:35:11.65	02:35:47.25	10:07:15.50	7:59	7.5
40	BRYŁA KRZYSZTOF	2079	DRUŻYNA SZPIKU BIEGNIJMY.PL KOSZALIN	KOSZALIN		M40	6	M 33	03:56:21.70	03:43:57.20	02:28:44.75	10:09:03.65	8:00	7.5
41	KOKOSZKA MAGDALENA	2039	ZABIEGANI MIELEC	MIELEC		K30	6	K 8	03:56:44.25	03:37:15.35	02:36:13.80	10:10:13.40	8:01	7.5
42	CHWAŁA ARTUR	2165		WARSZAWA		M30	19	M 34	04:03:32.80	03:39:34.30	02:28:18.25	10:11:25.35	8:02	7.5
43	SKAŁSKI RADOSŁAW	2074	KB AKTYWNI KONIN	KONIN		M40	7	M 35	04:48:51.25	03:13:24.85	02:10:02.20	10:12:18.30	8:03	7.4
44	FLAK ŁUKASZ	2049	ZAPIERDALACZE	ROGÓZNIK		M30	20	M 36	04:44:19.30	03:13:42.85	02:19:53.20	10:17:55.35	8:07	7.4
45	ADAMCZYK JANUSZ	2073		GRÓDEK NAD DUNAJCEM		M40	8	M 37	04:17:48.90	03:39:27.90	02:23:33.20	10:20:50.00	8:10	7.3
46	FRAĆKIEWICZ KAROL	2105		ZĄBKI		M40	9	M 38	04:08:00.25	03:41:02.70	02:35:53.20	10:24:56.15	8:13	7.3
47	BRAUN KRZYSZTOF	2115	SMARTOYS.PL	WARSZAWA		M40	10	M 39	04:20:33.90	03:28:57.80	02:35:39.80	10:25:11.50	8:13	7.3

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M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Dzień 1	Dzień 2	Dzień 3	Netto	min/km	km/h
48	ĆWIKLINSKI MACIEJ	2065		POZNAŃ		M40	11	M 40	04:24:39.20	03:39:19.85	02:21:37.85	10:25:36.90	8:13	7.3
49	WIADERNA NINA	2021		WARSZAWA		K30	7	K 9	04:05:05.95	03:49:55.10	02:32:57.95	10:27:59.00	8:15	7.3
50	KACZMAREK KAROLINA	2022		WARSZAWA		K30	8	K 10	04:05:05.95	03:49:55.90	02:32:57.50	10:27:59.35	8:15	7.3
51	CHABKO JACEK	2066	2. WOG WROCŁAW	WYSOKA		M40	12	M 41	04:01:45.65	04:06:53.95	02:27:48.65	10:36:28.25	8:22	7.2
52	ZYGADLEWICZ GRZEGORZ	2112		WARSZAWA		M30	21	M 42	04:10:04.55	03:57:02.15	02:32:35.05	10:39:41.75	8:25	7.1
53	SZUSZKIEWICZ MARZENA	2111		WARSZAWA		K40	2	K 11	04:09:10.65	03:58:40.20	02:37:11.55	10:45:02.40	8:29	7.1
54	SIKORA PAWEŁ	2149	KRABOLUDZIE	WARSZAWA		M30	22	M 43	04:21:59.00	03:52:48.55	02:30:34.25	10:45:21.80	8:29	7.1
55	SZUBART KRZYSZTOF	2157		RACIBÓRZ		M40	13	M 44	05:11:47.30	03:25:38.50	02:11:39.55	10:49:05.35	8:32	7
56	SALAK PIOTR	2122		WARSZAWA		M40	14	M 45	04:14:47.65	04:05:55.30	02:35:57.00	10:56:39.95	8:38	6.9
57	DARŁAK LUCASZ	2134	SMASHING PĄPKINS	RZESZÓW		M20	7	M 46	04:13:18.35	04:13:12.50	02:30:58.90	10:57:29.75	8:39	6.9
58	MRUGAŁA WOJCIECH	2133	KILOWATY RUNNERS	WARSZAWA		M20	8	M 47	04:13:55.25	03:58:37.55	02:46:08.20	10:58:41.00	8:40	6.9
59	STAWIARSKI ARTUR	2152		WARSZAWA		M40	15	M 48	04:28:54.95	03:56:56.15	02:33:40.05	10:59:31.15	8:40	6.9
60	PÓLTORAK KATARZYNA	2081		WARSZAWA		K30	9	K 12	04:14:05.85	03:57:31.65	02:48:45.80	11:00:23.30	8:41	6.9
61	SERAFIN PAULINA	2140		RZESZÓW		K20	2	K 13	04:15:54.50	04:16:40.25	02:31:13.25	11:03:48.00	8:44	6.9
62	OTAWSKI MACIEJ	2050	ARCADIS RUNNING TEAM	KIELCE		M30	23	M 49	04:18:14.50	03:59:53.85	02:46:05.30	11:04:13.65	8:44	6.9
63	KREFT DOROTA	2164	KLUB WYSOKOGÓRSKI TRÓJMIASTO	GDYNIA		K30	10	K 14	04:30:10.50	03:55:10.85	02:41:14.15	11:06:35.50	8:46	6.8
64	MARCINEK ŁUKASZ	2016	NIE TERAZ, POTEM	SIEMIANOWICE SL.		M30	24	M 50	04:29:59.50	03:55:57.15	02:43:37.65	11:09:34.30	8:48	6.8
65	KRUPCZYŃSKI MARIUSZ	2084	KRUPOLS TEAM	RASZYN		M50	4	M 51	04:21:46.75	04:04:08.10	02:46:29.40	11:12:24.25	8:50	6.8
66	SÓLTYS KRZYSZTOF	2017		GDAŃSK		M40	16	M 52	04:25:45.15	03:57:52.80	02:52:05.95	11:15:43.90	8:53	6.7
67	KMIEĆ ROBERT	2011		TORUŃ		M40	17	M 53	04:24:28.65	03:54:26.60	02:59:28.15	11:18:23.40	8:55	6.7
68	CEGLARZ JACEK	2153		KIELNAROWA		M30	25	M 54	04:27:41.90	04:03:28.80	02:47:29.40	11:18:40.10	8:55	6.7
69	KOBYLAŃSKI PIOTR	2158		RACIBÓRZ		M30	26	M 55	05:11:46.75	03:47:11.15	02:20:22.85	11:19:20.75	8:56	6.7
70	KREBS MARCIN	2107	RUN&SMILE PABIANICE	PABIANICE		M30	27	M 56	04:30:49.95	04:07:05.65	02:43:40.10	11:21:35.70	8:58	6.7
71	KARPIŃSKI ROBERT	2096	SPARTANIE DZIECIOM	MARKI		M40	18	M 57	04:56:21.85	04:06:38.55	02:21:52.60	11:24:53.00	9:00	6.7
72	GALUSZEK MICHAŁ	2045	EPO RACING ADVENTURE TEAM	POZNAŃ		M20	9	M 58	04:32:43.90	04:05:18.55	02:51:49.25	11:29:51.70	9:04	6.6
73	POGORZELSKI JACEK	2032		WARSZAWA		M40	19	M 59	04:33:39.25	04:14:58.30	02:45:20.40	11:33:57.95	9:07	6.6
74	BIJOŚ MIROSLAW	2070		GŁOGÓW MAŁOPOLSKI		M30	28	M 60	04:17:21.95	04:25:18.40	02:51:24.35	11:34:04.70	9:07	6.6
75	BRAUN MARIA	2116	SMARTOYS.PL	WARSZAWA		K30	11	K 15	04:45:26.55	04:04:37.10	02:48:35.40	11:38:39.05	9:11	6.5
76	PIETRZYKOWSKI ARTUR	2024		RADOM		M40	20	M 61	04:46:11.15	04:14:00.20	02:38:38.95	11:38:50.30	9:11	6.5
77	STODULSKI TOMASZ	2015		PRUSZKÓW		M30	29	M 62	04:46:11.45	04:14:04.35	02:38:39.75	11:38:55.55	9:11	6.5
78	BRUSZEWSKA- GŁOMBIOWSKA MONIKA	2052		GDYNIA		K40	3	K 16	04:33:43.30	04:13:23.60	02:54:24.80	11:41:31.70	9:13	6.5
79	ATRASZKIEWICZ MAGDA	2118	F3TEAM	GDAŃSK		K40	4	K 17	04:44:57.35	04:10:03.70	02:46:35.20	11:41:36.25	9:13	6.5
80	KOPERA ANNA	2124	KAMZIK TEAM	TRZEMIEŚNIA		K40	5	K 18	04:43:24.75	04:17:11.15	02:58:41.80	11:59:17.70	9:27	6.3
81	DZIAŁO AGNIESZKA	2041		MIELEC		K30	12	K 19	04:24:28.25	04:46:46.80	02:48:06.75	11:59:21.80	9:27	6.3
82	HAUTON MONIKA	2013	NIE TERAZ, POTEM	SOSNOWIEC		K30	13	K 20	04:50:00.90	04:21:08.65	02:56:46.00	12:07:55.55	9:34	6.3
83	PITAS ANDRZEJ	2037	ZAPIERDALACZE	ROGOŹNIK		M40	21	M 63	05:34:58.95	04:15:02.85	02:20:27.85	12:10:29.65	9:36	6.2
84	ŁUKASIEWICZ MARCIN	2148	BOZONY HIGGSA	PRUSZKÓW		M20	10	M 64	04:19:02.15	04:34:05.45	03:17:32.25	12:10:39.85	9:36	6.2
85	GOWIN WIKTOR	2147	BOZONY HIGGSA	PĘCICE MAŁE		M20	11	M 65	04:19:02.10	04:34:05.90	03:17:32.00	12:10:40.00	9:36	6.2
86	KRUPCZYŃSKI SZYMON	2086	KRUPOLS TEAM	RASZYN		M20	12	M 66	04:33:20.45	04:39:36.85	02:58:12.40	12:11:09.70	9:37	6.2
87	HORBACZEWSKI MAREK	2155		CHELM		M50	5	M 67	04:49:03.05	04:27:42.05	02:57:14.00	12:13:59.10	9:39	6.2
88	ŁĄTKOWSKI MACIEJ	2119	KB MANIAC ULTRA	POZNAŃ		M40	22	M 68	04:40:35.95	04:24:15.00	03:09:30.35	12:14:21.30	9:39	6.2
89	CZAJKA JOANNA	2072		ŻNIN		K30	14	K 21	04:40:35.65	04:25:00.40	03:09:30.90	12:15:06.95	9:40	6.2
90	MAŃKOWSKI KRZYSZTOF	2033	12TRI.PL MAKERUNEASIER	OLSZTYN		M30	30	M 69	05:13:45.15	04:05:22.55	02:59:00.05	12:18:07.75	9:42	6.2
91	KRUZEL RAFAL	2018	BIEGOWE MISIE	LEGNICA		M40	23	M 70	05:07:31.60	04:18:05.10	02:53:25.75	12:19:02.45	9:43	6.2
92	KOCIOLEK ANDRZEJ	2055	KANCELARIA BIEGOWA STASZEWSKY	OSOWIEC- TRZĘSINA		M40	24	M 71	04:40:55.55	04:43:01.85	03:07:55.50	12:31:52.90	9:53	6.1
93	LEGENDZIEWICZ IGA	2069		MILICZ		K30	15	K 22	05:00:37.50	04:39:44.70	02:56:48.00	12:37:10.20	9:57	6
94	KORNIŁOW PIOTR	2167		WARSZAWA		M40	25	M 72	05:01:06.80	04:31:16.70	03:07:13.50	12:39:37.00	9:59	6
95	SZCZEPANIAK JADWIGA	2067	EVERRUN	ALEKSANDRÓW ŁÓDZKI		K50	1	K 23	05:16:45.35	04:18:58.15	03:04:23.20	12:40:06.70	10:00	6
96	ZIELONKA ADAM	2121	AMICUS AR	GDYNIA		M50	6	M 73	04:55:27.15	04:40:12.35	03:06:02.35	12:41:41.85	10:01	6
97	CZYZEWSKA MARIOLA	2026	12TRI.PL DRUZYNA WILKA	OLSZTYN		K30	16	K 24	05:09:36.15	04:37:11.30	03:04:55.90	12:51:43.35	10:09	5.9
98	POKRYWKA STEFAN	2169	NA BUCIE	CISNA	POLSKA	M50	7	M 74	05:04:38.95	04:42:37.45	03:06:59.75	12:54:16.15	10:11	5.9
99	PROCHWICZ TOMASZ	2099		RADOMSKO		M20	13	M 75	05:13:20.20	04:36:23.20	03:12:10.15	13:01:53.55	10:17	5.8
100	ŚWIDERSKA JOANNA	2143		WARSZAWA		K20	3	K 25	05:21:38.15	04:40:33.05	03:07:57.70	13:10:08.90	10:23	5.8