



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

RUDAWY ZIMOWY FESTIWAL BIEGOWY
Fundacja Szczyt za Szczytem
2023-02-18
Karpniki
10.5 km

DZIESIĄTKA

B4SPORT

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INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Husyckie Skały 3.5km	4.4km	Szwajcarka 4.5km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
1	WYRODEK Jakub	1056		M30	1	00:20:14	00:30:31	00:30:53	01:03:49.00	01:03:51.20		6:04	9.9 (100%)
2	STYK Marek	959		M30	2	00:20:26	00:32:02	00:32:29	01:10:13.20	01:10:15.55	+00:06:24 (9.1%)	6:41	9 (90.9%)
3	ZAGROBELNY Michal	954	KOWARY BIEGAJĄ	M30	3	00:21:05	00:32:31	00:32:54	01:11:03.40	01:11:06.65	+00:07:15 (10.2%)	6:46	8.9 (89.9%)
4	GAŁASZEWSKI Łukasz	1021		M30	4	00:21:54	00:33:36	00:33:59	01:11:24.00	01:11:28.05	+00:07:36 (10.7%)	6:48	8.8 (88.9%)
5	ONISZCZUK Karol	953		M30	5	00:22:33	00:34:22	00:34:46	01:12:09.35	01:12:12.70	+00:08:21 (11.6%)	6:52	8.7 (87.9%)
6	PIĄTEK Dariusz	986		M30	6	00:22:29	00:35:02	00:35:27	01:16:54.40	01:17:00.25	+00:13:09 (17.1%)	7:19	8.2 (82.8%)
7	NOWOSAD Piotrek	1041		M30	7	00:24:49	00:38:52	00:39:16	01:22:25.65	01:22:44.05	+00:18:52 (22.8%)	7:50	7.6 (76.8%)
8	BIELAWSKI Paweł	1052		M30	8	00:24:44	00:38:15	00:38:43	01:23:30.30	01:23:33.75	+00:19:42 (23.6%)	7:57	7.5 (75.8%)
9	SZCZĘSNY Paweł	1023		M30	9	00:25:01	00:40:08	00:40:37	01:24:29.45	01:24:32.90	+00:20:41 (24.5%)	8:02	7.5 (75.8%)
10	BULAK Mateusz	957		M30	10	00:28:10	00:42:25	00:42:58	01:27:49.35	01:28:03.30	+00:24:12 (27.5%)	8:21	7.2 (72.7%)
11	NAJDEK Michał	1030		M30	11	00:28:09	00:45:14	00:45:43	01:34:10.90	01:34:10.90	+00:30:19 (32.2%)	8:58	6.7 (67.7%)
12	SKRAJDA Piotr	1059		M30	12	00:29:12	00:45:23	00:45:49	01:34:21.35	01:34:41.60	+00:30:50 (32.6%)	8:59	6.7 (67.7%)
13	GASIOR Paweł	1039	ROZBIEGANY SUSZ	M30	13	00:32:45	00:51:10	00:52:04	01:45:18.75	01:45:25.95	+00:41:34 (39.4%)	10:01	6 (60.6%)
14	ANIOŁEK Michał	1013	FLY OR DIE	M30	14	00:33:58	00:53:39	00:54:48	01:47:58.30	01:48:14.05	+00:44:22 (41.0%)	10:16	5.8 (58.6%)
15	ŁUKOWIAK Krzysztof	1000	FLY OR DIE	M30	15	00:33:55	00:53:35	00:54:45	01:47:57.50	01:48:14.20	+00:44:23 (41.0%)	10:16	5.8 (58.6%)
16	GAJ Bartosz	1034	ORTHOS TEAM	M30	16	00:34:51	00:55:56	00:57:23	01:57:29.35	01:57:35.45	+00:53:44 (45.7%)	11:11	5.4 (54.5%)
17	SKOWROŃSKI Bartosz	1032		M30	17	00:42:03	01:04:41	01:05:50	02:12:08.05	02:12:27.60	+01:08:36 (51.8%)	12:35	4.8 (48.5%)
18	RYCHLIK Tomasz	1033	FITNESS PIEKARY LEGNICA	M30	18	00:42:04	01:04:41	01:05:49	02:12:09.00	02:12:28.20	+01:08:37 (51.8%)	12:35	4.8 (48.5%)

Znaleziono 18 wynik(ów)