

**Wydarzenie:** Kudowski Festiwal Biegowy - Sztafeta Górską 2021  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2021-05-09  
**Miejsce:** Kudowa-Zdrój  
**Dystans:** 42 km

Klasyfikacja: M-30

| Msc | Zawodnik               | Numer | Klub                             | Kategoria | Mkat | Błędne Skały<br>10km | Zielona Droga<br>26km | Jakubowice<br>37km | Czas<br>netto<br>42km | Różn      | Tempo<br>min/km | Tempo<br>km/h |
|-----|------------------------|-------|----------------------------------|-----------|------|----------------------|-----------------------|--------------------|-----------------------|-----------|-----------------|---------------|
| 1   | STYPEREK Jakub         | 2131  | VEGE RUNNERS                     | M-30      | 1    | 01:08:38             | 02:56:59              | 04:01:46           | <b>04:26:36.25</b>    |           | 6:20            | 9.5           |
| 2   | KACZMARCZYK Łukasz     | 2055  |                                  | M-30      | 2    | 01:07:00             | 02:52:41              | 04:04:01           | <b>04:29:39.90</b>    | +00:03:03 | 6:25            | 9.3           |
| 3   | RĄCZKOWSKI Daniel      | 2021  | KB ZDYSZAAANI CHOCIANÓW          | M-30      | 3    | 01:09:50             | 03:00:51              | 04:08:26           | <b>04:34:30.00</b>    | +00:07:53 | 6:32            | 9.2           |
| 4   | BERG Aleksander        | 2039  |                                  | M-30      | 4    | 01:11:25             | 03:02:29              | 04:12:45           | <b>04:38:09.40</b>    | +00:11:33 | 6:37            | 9.1           |
| 5   | KWIATKOWSKI Przemysław | 2148  |                                  | M-30      | 5    | 01:12:42             |                       | 04:22:00           | <b>04:48:36.75</b>    | +00:22:00 | 6:52            | 8.7           |
| 6   | SAJEWICZ Dominik       | 2103  | ZGÓRMYSYNY                       | M-30      | 6    | 01:18:25             | 03:19:11              | 04:36:28           | <b>05:05:13.55</b>    | +00:38:37 | 7:16            | 8.3           |
| 7   | BOCZEK Leszek          | 2129  | ZAŁOGA GÓRSKA                    | M-30      | 7    | 01:23:36             | 03:26:20              | 04:44:58           | <b>05:10:11.10</b>    | +00:43:34 | 7:23            | 8.1           |
| 8   | WEINERT Artur          | 2036  | RUNNER'S POWER                   | M-30      | 8    | 01:20:42             | 03:27:14              | 04:48:20           | <b>05:15:38.25</b>    | +00:49:02 | 7:30            | 8             |
| 9   | PASZKIEWICZ Grzegorz   | 2153  | RAGS                             | M-30      | 9    | 01:19:07             | 03:28:22              | 04:49:26           | <b>05:19:47.55</b>    | +00:53:11 | 7:36            | 7.9           |
| 10  | DZITKOWSKI Witold      | 2132  |                                  | M-30      | 10   | 01:19:37             | 03:30:07              | 04:58:37           | <b>05:30:15.70</b>    | +01:03:39 | 7:51            | 7.6           |
| 11  | STACHNIO Tomek         | 2009  | WF OCR TEAM KNO                  | M-30      | 11   | 01:22:45             | 03:40:56              | 05:17:15           | <b>05:44:42.45</b>    | +01:18:06 | 8:12            | 7.3           |
| 12  | KRYSIK Tomasz          | 2054  | AMATORSKIE BIEGANIE W SZCZECINIE | M-30      | 12   | 01:23:30             | 03:40:29              | 05:18:56           | <b>05:46:54.40</b>    | +01:20:18 | 8:15            | 7.3           |
| 13  | BATOR Michał           | 2136  |                                  | M-30      | 13   | 01:28:35             | 03:43:02              | 05:13:36           | <b>05:46:58.20</b>    | +01:20:21 | 8:15            | 7.3           |
| 14  | ŻYTKOWIAK Maciej       | 2060  | CZARNY BIAŁY WIEWIÓRKA           | M-30      | 14   | 01:21:31             | 03:44:01              | 05:18:28           | <b>05:52:23.10</b>    | +01:25:46 | 8:23            | 7.2           |
| 15  | PŁAT Tomasz            | 2061  | CZARNY BIAŁY WIEWIÓRKA           | M-30      | 15   | 01:21:34             | 03:43:55              | 05:18:29           | <b>05:52:29.65</b>    | +01:25:53 | 8:23            | 7.1           |
| 16  | MATYJA Rafał           | 2070  | LESZNOLIMITS RUNNERS             | M-30      | 16   | 01:30:29             | 03:53:19              | 05:23:49           | <b>05:53:09.20</b>    | +01:26:32 | 8:24            | 7.1           |
| 17  | PRAŻANOWSKI Sergiusz   | 2076  |                                  | M-30      | 17   | 01:27:21             | 03:46:41              | 05:21:21           | <b>05:53:41.60</b>    | +01:27:05 | 8:25            | 7.1           |
| 18  | PUDELKO Roman          | 2115  |                                  | M-30      | 18   | 01:32:04             | 03:59:56              | 05:29:14           | <b>05:58:10.25</b>    | +01:31:34 | 8:31            | 7             |
| 19  | CIEŚLA Krzysztof       | 2062  | WF OCR TEAM KOSTRZYN NAD ODRA    | M-30      | 19   | 01:30:50             | 03:52:17              | 05:28:50           | <b>06:05:26.25</b>    | +01:38:50 | 8:42            | 6.9           |
| 20  | JĘDRASZEK Damian       | 2077  |                                  | M-30      | 20   | 01:31:18             | 04:06:13              | 05:39:53           | <b>06:11:16.35</b>    | +01:44:40 | 8:50            | 6.8           |
| 21  | KUBAŚ Dawid            | 2118  | NADLEŚNICTWO ZDROJE              | M-30      | 21   | 01:32:49             | 04:04:03              | 05:41:58           | <b>06:16:10.65</b>    | +01:49:34 | 8:57            | 6.7           |
| 22  | RZYHA Hubert           | 2106  | RUNNER'S POWER                   | M-30      | 22   | 01:33:56             | 04:05:17              | 05:43:45           | <b>06:19:51.40</b>    | +01:53:15 | 9:02            | 6.6           |
| 23  | FLASIŃSKI Michał       | 2146  |                                  | M-30      | 23   | 01:36:51             | 03:58:21              | 05:48:42           | <b>06:22:38.15</b>    | +01:56:01 | 9:06            | 6.6           |
| 24  | LATANOWICZ Bernard     | 2154  | LATECH BERNARD LATANOWICZ        | M-30      | 24   | 01:34:44             | 04:18:08              | 06:00:21           | <b>06:36:32.15</b>    | +02:09:55 | 9:26            | 6.4           |
| 25  | RUDNICKI Krzysztof     | 2140  |                                  | M-30      | 25   | 01:36:24             | 04:16:44              | 05:58:29           | <b>06:36:43.35</b>    | +02:10:07 | 9:26            | 6.4           |
| 26  | SZPECHT Piotr          | 2117  |                                  | M-30      | 26   | 01:40:14             | 04:38:51              | 06:25:56           | <b>06:57:31.45</b>    | +02:30:55 | 9:56            | 6             |
| 27  | STEFAŃSKI Grzegorz     | 2004  | WIERZBICKI RUNNING PROJECT       | M-30      | 27   | 01:36:54             | 04:24:36              | 06:23:52           | <b>07:00:21.30</b>    | +02:33:45 | 10:00           | 6             |
| 28  | KĘPSKI Grzegorz        | 2127  |                                  | M-30      | 28   | 01:41:11             | 04:28:09              | 06:32:12           | <b>07:19:37.65</b>    | +02:53:01 | 10:28           | 5.7           |
| 29  | WIŚNIEWSKI Sławomir    | 2047  | KS LENIWEC                       | M-30      | 29   | 01:39:03             | 04:48:46              | 06:52:25           | <b>07:33:31.45</b>    | +03:06:55 | 10:47           | 5.6           |

| Msc | Zawodnik                  | Numer       | Klub               | Kategoria | Mkat | Błędne Skały<br>10km | Zielona Droga<br>26km | Jakubowice<br>37km | Czas<br>netto<br>42km | Różn      | Tempo<br>min/km | Tempo<br>km/h |
|-----|---------------------------|-------------|--------------------|-----------|------|----------------------|-----------------------|--------------------|-----------------------|-----------|-----------------|---------------|
| 30  | <b>FRĄCKOWIAK Dominik</b> | <b>2016</b> |                    | M-30      | 30   | 01:37:39             | 04:56:05              | 06:51:37           | <b>07:36:09.05</b>    | +03:09:32 | 10:51           | 5.5           |
| 31  | <b>DRĄG Bartłomiej</b>    | <b>2124</b> | MARATOŃCZYK DĘBICA | M-30      | 31   | 01:55:48             | 05:14:22              | 07:02:20           | <b>07:40:52.75</b>    | +03:14:16 | 10:58           | 5.5           |

Znaleziono 31 wynik(ów)