



**Wydarzenie:** RUDAWY ZIMOWY FESTIWAL BIEGOWY  
**Organizator:** Fundacja Szczyt za Szczytem  
**Data:** 2023-02-18  
**Miejsce:** Karpniki  
**Dystans:** 43.5 km

## CZTERDZIESTKA

B4SPORT

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INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: M30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Husyckie Skały 3.5km	4.4km	Szwajcarka 4.5km	Kolorowe Jeziorka 19.5km	Czas netto 43.5km	Czas brutto 43.5km	Różn	Tempo min/km	Tempo km/h
1	<b>KACZMARCZYK Łukasz</b>	<b>137</b>	ELITE RUNNERS	M30	1	00:20:18	00:30:22	00:30:47		<b>04:49:27.20</b>	<b>04:49:29.15</b>		6:39	9 (100%)
2	<b>NOWAK Marcin</b>	<b>145</b>		M30	2	00:23:26	00:35:36	00:36:01		<b>05:54:56.00</b>	<b>05:55:00.70</b>	+01:05:31 (18.5%)	8:09	7.4 (82.2%)
3	<b>JUNIK Łukasz</b>	<b>66</b>	MOCNA DRUŻYNA CEZARA	M30	3	00:24:46	00:37:46	00:38:17		<b>05:55:09.80</b>	<b>05:55:20.05</b>	+01:05:50 (18.5%)	8:09	7.3 (81.1%)
4	<b>WANDYCZ Marcin</b>	<b>82</b>		M30	4	00:22:50	00:35:42	00:36:07		<b>05:59:41.05</b>	<b>05:59:52.30</b>	+01:10:23 (19.6%)	8:16	7.3 (81.1%)
5	<b>DOMAGAŁA Krzysztof</b>	<b>114</b>	PSARUS 87' WRZEŚNIA	M30	5	00:24:02	00:36:03	00:36:25		<b>06:02:17.80</b>	<b>06:02:25.85</b>	+01:12:56 (20.1%)	8:19	7.2 (80.0%)
6	<b>PETRYKOWSKI Karol</b>	<b>40</b>	SEKCJA GÓRSKA HASAJTO! PŁASKOZIEMCY	M30	6	00:25:25	00:39:31	00:40:25		<b>06:07:30.55</b>	<b>06:07:32.70</b>	+01:18:03 (21.2%)	8:26	7.1 (78.9%)
7	<b>KOSZEWSKI Michał</b>	<b>74</b>		M30	7	00:23:59	00:35:41	00:36:06		<b>06:07:41.50</b>	<b>06:08:02.10</b>	+01:18:32 (21.3%)	8:27	7.1 (78.9%)
8	<b>MARCINIAK Jakub</b>	<b>3</b>	KOŹMIN BIEGA ULTRA RUNNERS	M30	8	00:23:26	00:37:26	00:37:51		<b>06:09:49.55</b>	<b>06:09:59.50</b>	+01:20:30 (21.8%)	8:30	7.1 (78.9%)
9	<b>DROBNIK Błażej</b>	<b>111</b>	OPALENICKI KLUB BIEGACZA	M30	9	00:27:10	00:41:37	00:42:19		<b>06:11:13.70</b>	<b>06:11:23.10</b>	+01:21:53 (22.1%)	8:32	7 (77.8%)
10	<b>KRAKOWIAK Rafał</b>	<b>146</b>	KRAKOWIAK ULTRA TEAM	M30	10	00:26:43	00:41:10	00:41:38		<b>06:13:58.75</b>	<b>06:14:03.90</b>	+01:24:34 (22.6%)	8:35	7 (77.8%)
11	<b>OLSZEWSKI Artur</b>	<b>88</b>		M30	11	00:24:35	00:38:14	00:38:38		<b>06:20:22.40</b>	<b>06:20:33.05</b>	+01:31:03 (23.9%)	8:44	6.9 (76.7%)
12	<b>CIEŚLA Bartosz</b>	<b>148</b>	MOCNOPRZYGODOWY.PL	M30	12	00:28:35	00:40:39	00:41:16		<b>06:42:16.90</b>	<b>06:42:31.05</b>	+01:53:01 (28.1%)	9:14	6.5 (72.2%)
13	<b>CZUPKIEWICZ Michał</b>	<b>8</b>	TRUCHT TEAM OPOLE	M30	13	00:25:43	00:39:24	00:39:46		<b>06:52:08.05</b>	<b>06:52:11.65</b>	+02:02:42 (29.8%)	9:28	6.3 (70.0%)
14	<b>STĘPNOWSKI Jakub</b>	<b>34</b>		M30	14	00:29:31	00:44:15	00:45:01		<b>06:57:42.10</b>	<b>06:58:09.25</b>	+02:08:40 (30.8%)	9:36	6.2 (68.9%)
15	<b>ROMANIUK Bartosz</b>	<b>23</b>		M30	15	00:28:19	00:42:55	00:43:25		<b>06:58:16.30</b>	<b>06:58:42.10</b>	+02:09:12 (30.9%)	9:36	6.2 (68.9%)

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						3.5km	4.4km	Szwajcarka 4.5km						
16	<b>SUCHOLAS Mateusz</b>	<b>158</b>		M30	16	00:29:42	00:45:06	00:49:02		<b>07:06:23.95</b>	<b>07:06:41.35</b>	+02:17:12 (32.2%)	9:48	6.1 (67.8%)
17	<b>HAJNCE Lech</b>	<b>143</b>		M30	17	00:26:40	00:40:29	00:41:08		<b>07:07:30.90</b>	<b>07:07:38.25</b>	+02:18:09 (32.3%)	9:49	6.1 (67.8%)
18	<b>SYCHOWSKI Dawid</b>	<b>4</b>		M30	18	00:25:53	00:40:43	00:41:13		<b>07:24:14.30</b>	<b>07:24:18.70</b>	+02:34:49 (34.8%)	10:12	5.9 (65.6%)
19	<b>WANDYCZ Mariusz</b>	<b>81</b>	ANONIMOWY	M30	19	00:26:41	00:40:52	00:41:19		<b>07:25:01.25</b>	<b>07:25:28.70</b>	+02:35:59 (35.0%)	10:13	5.9 (65.6%)
20	<b>MROWCA Paweł</b>	<b>31</b>		M30	20	00:26:21	00:40:54	00:41:18		<b>07:25:13.75</b>	<b>07:25:28.85</b>	+02:35:59 (35.0%)	10:14	5.9 (65.6%)
21	<b>SZWARC Grzegorz</b>	<b>106</b>	ARVATO S.C. REP	M30	21	00:27:29	00:42:49	00:44:45		<b>07:26:21.20</b>	<b>07:26:41.20</b>	+02:37:12 (35.2%)	10:15	5.8 (64.4%)
22	<b>CIEŚLIK Damian</b>	<b>157</b>		M30	22	00:29:20	00:44:34	00:48:34		<b>07:42:06.65</b>	<b>07:42:23.30</b>	+02:52:54 (37.4%)	10:37	5.6 (62.2%)
23	<b>KOZUBSKI Maciej</b>	<b>105</b>	S.C. REP	M30	23	00:26:38	00:41:09	00:41:50		<b>07:42:13.15</b>	<b>07:42:30.75</b>	+02:53:01 (37.4%)	10:37	5.6 (62.2%)
24	<b>SOLARSKI Robert</b>	<b>29</b>	NORTH.PL	M30	24	00:29:16	00:46:05	00:46:48		<b>07:47:25.65</b>	<b>07:47:34.60</b>	+02:58:05 (38.1%)	10:44	5.6 (62.2%)
25	<b>GÓRNY Robert</b>	<b>69</b>	THE-SKY-IS-NO-LIMIT	M30	25	00:29:10	00:44:34	00:48:01		<b>07:47:22.95</b>	<b>07:47:41.50</b>	+02:58:12 (38.1%)	10:44	5.6 (62.2%)
26	<b>JANIK Mateusz</b>	<b>28</b>	ADIANT TEAM	M30	26	00:33:49	00:52:06	00:52:46		<b>07:58:49.00</b>	<b>07:59:12.75</b>	+03:09:43 (39.6%)	11:00	5.5 (61.1%)
27	<b>KACZMAREK Mirosław</b>	<b>63</b>	RUNNER'S POWER ŚREM	M30	27	00:35:00	00:53:38	00:54:17		<b>08:04:02.70</b>	<b>08:04:22.05</b>	+03:14:52 (40.2%)	11:07	5.4 (60.0%)
28	<b>SZAJEK Arkadiusz</b>	<b>107</b>	ARVATO S.C. REP	M30	28	00:28:52	00:43:58	00:44:30		<b>08:07:50.55</b>	<b>08:08:14.10</b>	+03:18:44 (40.7%)	11:12	5.4 (60.0%)
29	<b>TALIKADZE Dawid</b>	<b>108</b>	S.C.REP ARVATO ŻERNIKI	M30	29	00:31:37	00:50:22	00:52:13		<b>09:02:12.60</b>	<b>09:02:37.15</b>	+04:13:08 (46.7%)	12:27	4.8 (53.3%)
	<b>DZIUBAŁKA Adrian</b>	<b>41</b>	EASY RUNNERS	M30		00:25:56 DNF	00:39:20 DNF	00:39:47 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 30 wynik(ów)