



Wydarzenie: RUDAWY ZIMOWY FESTIWAL BIEGOWY
Organizator: Fundacja Szczyt za Szczytem
Data: 2022-02-19
Miejsce: Karpniki
Dystans: 43.5 km

CZTERDZIESTKA

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Kolorowe Jeziora 19.5km	Kara/ bonifkata	Czas netto 43.5km	Czas brutto 43.5km	Różn	Tempo min/km	Tempo km/h
1	BRÝDL Pavel	249	SPA SCALIANO - KUDOWA ZDROJ	M40	1	00:29:28	02:18:00	-00:10:00	04:37:57.15	04:37:58.00		6:37	9.1 (100%)
2	ADAMCZYK Maciej	158	SKS OBORNIKI	M40	2	00:30:04	02:22:14	-00:10:00	05:17:32.15	05:17:35.55	+00:39:37 (12.5%)	7:31	8 (87.9%)
3	ANTCZAK Adrian	134	IZERY BOGATYNIA	M40	3	00:37:48	02:26:47	-00:10:00	05:21:38.40	05:21:39.25	+00:43:41 (13.6%)	7:37	7.9 (86.8%)
4	MUCHACZOW Jacek	238	DRÄXLMAIER	M40	4	00:33:36	02:28:23	-00:10:00	05:21:49.70	05:21:54.20	+00:43:56 (13.6%)	7:37	7.9 (86.8%)
5	GARCZYK Rafał	131		M40	5	00:38:20	02:26:19	-00:10:00	05:24:09.25	05:24:12.20	+00:46:14 (14.3%)	7:40	7.8 (85.7%)
6	WEŁNIAK Przemysław	22	MOGILNO TEAM	M40	6	00:39:23	02:33:42	-00:10:00	05:35:59.05	05:36:10.70	+00:58:12 (17.3%)	7:57	7.5 (82.4%)
7	JANKOWSKI Marcin	91	FU FU FU TEAM	M40	7	00:40:16	02:30:11	-00:10:00	05:36:50.00	05:37:03.65	+00:59:05 (17.5%)	7:58	7.5 (82.4%)
8	STANKIEWICZ Paweł	2	AKTYWNI RAZEM	M40	8	00:36:48	02:32:18	-00:10:00	05:40:20.60	05:40:23.45	+01:02:25 (18.3%)	8:03	7.5 (82.4%)
9	NOWICKI Marcin	135	GO2TRI	M40	9	00:37:01	02:34:28	-00:10:00	05:45:07.30	05:45:12.10	+01:07:14 (19.5%)	8:09	7.3 (80.2%)
10	NOSKI Mariusz	105		M40	10	00:37:53	02:37:31	-00:10:00	05:50:27.65	05:50:49.45	+01:12:51 (20.8%)	8:17	7.2 (79.1%)
11	PURA Robert	171		M40	11	00:36:16	02:35:45	-00:10:00	05:55:28.85	05:55:35.80	+01:17:37 (21.8%)	8:24	7.1 (78.0%)
12	LITWIN Michał	145	LITEWIN	M40	12	00:34:51	02:40:20	-00:10:00	05:59:10.05	05:59:16.40	+01:21:18 (22.6%)	8:29	7.1 (78.0%)
13	FOLCIK Ziemowit	103	NIGHT RUNNERS WROCŁAW	M40	13	00:36:21	02:38:08	-00:10:00	05:59:54.65	05:59:59.55	+01:22:01 (22.8%)	8:30	7.1 (78.0%)
14	PRĄDZYŃSKI Marcin	57	AKADEMIAMISTRZOWSPORTU	M40	14	00:38:12	02:37:49	-00:10:00	06:05:31.55	06:05:37.40	+01:27:39 (24.0%)	8:37	7 (76.9%)
15	NAPIERAŁA Tomasz	54		M40	15	00:39:30	02:37:44	-00:10:00	06:06:45.80	06:06:53.05	+01:28:55 (24.2%)	8:39	6.9 (75.8%)

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16	KOPCZYŃSKI Łukasz	40	K-TEAM	M40	16	00:38:47	02:42:18	-00:10:00	06:08:35.80	06:08:41.10	+01:30:43 (24.6%)	8:42	6.9 (75.8%)
17	MRÓZ Marcin	104	STR POZNAŃ / DZIKIE BOBRY	M40	17	00:39:22	02:36:27	-00:10:00	06:11:09.15	06:11:17.95	+01:33:19 (25.1%)	8:45	6.8 (74.7%)
18	MICHAŁOWSKI Marcin	198		M40	18	00:37:52	02:41:50	-00:10:00	06:12:17.20	06:12:21.20	+01:34:23 (25.3%)	8:47	6.8 (74.7%)
19	ROZDOLSKI Paweł	175		M40	19	00:38:11	02:42:50	-00:10:00	06:13:39.45	06:13:53.10	+01:35:55 (25.7%)	8:49	6.8 (74.7%)
20	KUREK Tomasz	79	OPALENICKI KLUB BIEGACZA	M40	20	00:44:04	02:52:31	-00:10:00	06:15:21.90	06:15:30.15	+01:37:32 (26.0%)	8:51	6.8 (74.7%)
21	WANDEL Piotr	139	HAPPY RUNNERS	M40	21	00:33:21	03:19:49	-00:20:00	06:22:08.10	06:22:12.30	+01:44:14 (27.3%)	9:14	6.5 (71.4%)
22	PIERZCHALSKI Dawid	122		M40	22	00:37:18	02:50:17	-00:10:00	06:22:40.50	06:22:43.75	+01:44:45 (27.4%)	9:01	6.6 (72.5%)
23	MINDYKOWSKI Zbigniew	120		M40	23	00:37:19	02:50:27	-00:10:00	06:22:41.05	06:22:44.05	+01:44:46 (27.4%)	9:01	6.6 (72.5%)
24	KARPOWICZ Rafal	186		M40	24	00:34:56	02:45:27	-00:10:00	06:22:51.95	06:22:55.70	+01:44:57 (27.4%)	9:01	6.6 (72.5%)
25	ŻABIEREK Tomasz	235		M40	25	00:43:23	02:50:16	-00:10:00	06:23:32.90	06:23:41.05	+01:45:43 (27.6%)	9:02	6.6 (72.5%)
26	NECKAR Michał	162	HWBC	M40	26	00:38:13	02:41:54	-00:10:00	06:25:53.90	06:26:09.50	+01:48:11 (28.0%)	9:06	6.6 (72.5%)
27	BURZEC Tomasz	223	HFB	M40	27	00:37:32	02:40:46	-00:10:00	06:27:49.20	06:28:04.00	+01:50:06 (28.4%)	9:08	6.6 (72.5%)
28	KULLING Hubert	160		M40	28	00:37:39	02:40:51	-00:10:00	06:28:35.50	06:28:50.50	+01:50:52 (28.5%)	9:09	6.5 (71.4%)
29	BALTRUSAITIS Zydrunas	90	NA, PAGAUKI	M40	29	00:39:57	02:43:19	-00:10:00	06:28:59.25	06:29:06.20	+01:51:08 (28.6%)	9:10	6.5 (71.4%)
30	GAWRONSKI Hubert	71	HUGO	M40	30	00:44:20	02:52:56	-00:10:00	06:37:24.25	06:37:37.30	+01:59:39 (30.1%)	9:21	6.4 (70.3%)
31	BANASIAK Marcin	112	FUJITSU RUNNING TEAM	M40	31	00:41:33	02:39:06	-00:10:00	06:39:16.55	06:39:28.25	+02:01:30 (30.4%)	9:24	6.4 (70.3%)
32	PATYK Sławomir	137		M40	32	00:41:20	02:53:43	-00:10:00	06:39:25.75	06:39:33.00	+02:01:35 (30.4%)	9:24	6.4 (70.3%)
33	WOJCIESZYŃSKI Tomasz	237		M40	33	00:43:13	03:00:59	-00:10:00	06:39:21.65	06:39:37.45	+02:01:39 (30.4%)	9:24	6.4 (70.3%)
34	POLAK Jacek	87	BIEGUSIEM.PL	M40	34	00:42:23	02:59:40	-00:10:00	06:39:32.45	06:39:43.45	+02:01:45 (30.5%)	9:24	6.4 (70.3%)
35	JAKŚ Grzegorz	159	ALPIMADE TEAM	M40	35	00:36:16	02:49:06	-00:10:00	06:40:25.85	06:40:31.70	+02:02:33 (30.6%)	9:26	6.4 (70.3%)
36	JANKOWSKI Rafał	221		M40	36	00:38:30	02:48:17	-00:10:00	06:41:55.55	06:42:01.70	+02:04:03 (30.9%)	9:28	6.3 (69.2%)
37	KANDULSKI Jakub	156	OPALENICKI KLUB BIEGACZA	M40	37	00:41:27	02:56:33	-00:10:00	06:43:29.50	06:43:39.30	+02:05:41 (31.1%)	9:30	6.3 (69.2%)
38	NOWAK Krzysztof	214		M40	38	00:39:45	02:52:48	-00:10:00	06:45:47.95	06:45:53.95	+02:07:55 (31.5%)	9:33	6.3 (69.2%)

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39	STELMACH Krzysztof	97		M40	39	00:45:14	02:59:23	-00:10:00	06:46:40.20	06:47:00.30	+02:09:02 (31.7%)	9:34	6.3 (69.2%)
40	WIERZBA Jacek	174		M40	40	00:39:40	02:50:56	-00:10:00	06:46:58.35	06:47:18.80	+02:09:20 (31.8%)	9:35	6.3 (69.2%)
41	ZIEMKIEWICZ Jarek	65	2 KROKI DO METY	M40	41	00:43:41	02:53:24	-00:10:00	06:47:34.60	06:47:49.60	+02:09:51 (31.8%)	9:35	6.3 (69.2%)
42	GRACZYK Marcin	49		M40	42	00:44:08	02:56:35	-00:10:00	06:48:58.35	06:49:12.60	+02:11:14 (32.1%)	9:37	6.2 (68.1%)
43	BARTKOWIAK Rafał	1		M40	43	00:43:02	03:02:25	-00:10:00	06:57:50.50	06:58:08.80	+02:20:10 (33.5%)	9:50	6.1 (67.0%)
44	STĘŻYCKI Mariusz	30	ŻARY RUNNERS TEAM	M40	44	00:43:32	02:59:15	-00:10:00	06:58:16.05	06:58:36.55	+02:20:38 (33.6%)	9:50	6.1 (67.0%)
45	KISIEL Krzysztof	118	CYKLO KWIDZYN	M40	45	00:46:21	03:02:17	-00:10:00	07:00:04.95	07:00:16.25	+02:22:18 (33.9%)	9:53	6.1 (67.0%)
46	IWACHÓW Sławomir	117	KKM MXTECH KWIDZYN	M40	46	00:46:22	03:06:04	-00:10:00	07:01:35.60	07:01:46.30	+02:23:48 (34.1%)	9:55	6 (65.9%)
47	GAŁKA Jacek	66	VEGE RUNNERS	M40	47	00:47:34	03:04:34	-00:10:00	07:06:01.05	07:06:19.75	+02:28:21 (34.8%)	10:01	6 (65.9%)
48	CWOJDZIŃSKI Piotr	121	NO PROBLAMA TEAM/NIGHT RUNNERS	M40	48	00:45:38	03:06:42	-00:10:00	07:08:30.60	07:08:47.40	+02:30:49 (35.2%)	10:04	6 (65.9%)
49	SLY Sylwester	185	BIEGAMYRAZEM.PL	M40	49	00:47:40	03:01:50	-00:10:00	07:09:30.70	07:09:47.10	+02:31:49 (35.3%)	10:06	5.9 (64.8%)
50	MARCINIAK Maciej	58	JESTEM OD ROMKA	M40	50	00:43:59	03:02:13	-00:10:00	07:11:04.55	07:11:13.60	+02:33:15 (35.5%)	10:08	5.9 (64.8%)
51	LISOWSKI Dariusz	23	POBIEROWO BIEGA	M40	51	00:50:05	02:53:36		07:11:12.90	07:11:29.50	+02:33:31 (35.6%)	9:54	6.1 (67.0%)
52	SROKA Marcin	129	ST RUNNERS	M40	52	00:43:46	03:00:36	-00:10:00	07:11:31.50	07:11:34.55	+02:33:36 (35.6%)	10:08	5.9 (64.8%)
53	SURDAKCI Piotr	9		M40	53	00:48:52	03:02:39	-00:10:00	07:11:44.65	07:12:05.65	+02:34:07 (35.7%)	10:09	5.9 (64.8%)
54	BELKIEWICZ Rafał	3	KABATY ULTRA	M40	54	00:43:38	03:06:51	-00:10:00	07:16:07.30	07:16:13.00	+02:38:15 (36.3%)	10:15	5.9 (64.8%)
55	SZYRNER Szymon	102	KS KROTOSZ KROTOSZYN	M40	55	00:43:56	03:06:45	-00:10:00	07:20:10.20	07:20:15.05	+02:42:17 (36.9%)	10:20	5.8 (63.7%)
56	NOWAK Sebastian	225		M40	56	00:49:34	02:54:34		07:20:53.60	07:21:14.90	+02:43:16 (37.0%)	10:08	5.9 (64.8%)
57	JANCZAK Piotr	226		M40	57	00:49:35	02:54:33		07:21:08.15	07:21:29.60	+02:43:31 (37.0%)	10:08	5.9 (64.8%)
58	ANDRZEJCZAK Paweł	83		M40	58	00:43:53	03:06:58	-00:10:00	07:24:32.00	07:24:32.00	+02:46:34 (37.5%)	10:26	5.7 (62.6%)
59	WIKLIŃSKI Jarosław	47	CZYSTA AMATORKA	M40	59	00:47:05	03:02:30	-00:10:00	07:28:01.30	07:28:22.00	+02:50:24 (38.0%)	10:31	5.7 (62.6%)
60	PARUCKI Michał	250		M40	60	00:40:58	03:02:13	-00:10:00	07:28:48.20	07:28:51.30	+02:50:53 (38.1%)	10:32	5.7 (62.6%)
61	STELMACH Piotr	108	VEGE RUNNERS	M40	61	00:48:19	03:02:23	-00:10:00	07:30:19.30	07:30:21.70	+02:52:23 (38.3%)	10:34	5.7 (62.6%)

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62	KRÓLICKI Zbigniew	201		M40	62	00:48:26	03:11:05	-00:10:00	07:35:51.70	07:36:10.10	+02:58:12 (39.1%)	10:42	5.6 (61.5%)
63	HALINIAK Marek	133	NKB CHYŻY NOWY TOMYŚL	M40	63	00:46:08	03:08:58	-00:10:00	07:40:47.90	07:40:57.30	+03:02:59 (39.7%)	10:49	5.5 (60.4%)
63	DOKOWICZ Jarek	132	TEAM BEROTU	M40	63	00:47:33	03:08:59	-00:10:00	07:40:47.80	07:40:57.30	+03:02:59 (39.7%)	10:49	5.5 (60.4%)
65	GÓRALSKI Piotr	67		M40	65	00:43:04	03:08:21	-00:10:00	07:41:26.95	07:41:33.40	+03:03:35 (39.8%)	10:50	5.5 (60.4%)
66	ŻEŚLAWSKI Łukasz	113		M40	66	00:50:50	03:03:40		07:44:01.00	07:44:22.15	+03:06:24 (40.1%)	10:40	5.6 (61.5%)
67	KOŁODZIEJ Mariusz	50	FUNTRI	M40	67	00:45:07	03:10:16	-00:10:00	07:44:20.75	07:44:35.15	+03:06:37 (40.2%)	10:54	5.5 (60.4%)
68	SZYMCZAK Paweł	178		M40	68	00:47:42	03:16:51	-00:10:00	08:05:48.45	08:06:05.60	+03:28:07 (42.8%)	11:23	5.3 (58.2%)
69	CIĘŻKOWSKI Michał	197		M40	69	00:49:54	03:03:41		08:14:08.65	08:14:17.50	+03:36:19 (43.8%)	11:21	5.3 (58.2%)
70	SERAFIN Michał	163	HWBC	M40	70	00:47:23	03:09:02	-00:10:00	08:35:26.00	08:35:42.55	+03:57:44 (46.1%)	12:04	5 (54.9%)
71	URBANIAK Piotr	190		M40	71	00:49:13	02:57:44		08:37:06.95	08:37:31.30	+03:59:33 (46.3%)	11:53	5 (54.9%)
72	PEKAŁA Dawid	115	DZIKI Z AFRYKI	M40	72	00:54:53	03:23:11		08:41:00.95	08:41:30.80	+04:03:32 (46.7%)	11:58	5 (54.9%)
73	SZELAĞ Piotr	195	TURBO JEZE TEAM	M40	73	00:49:26	03:12:37		08:57:00.25	08:57:23.10	+04:19:25 (48.3%)	12:20	4.9 (53.8%)
74	KWASIK Marek	228		M40	74	00:58:00	03:34:31		09:01:53.70	09:02:04.45	+04:24:06 (48.7%)	12:27	4.8 (52.7%)
75	SPYCHAŁA Jakub	37		M40	75	00:53:04	03:21:22		09:06:11.15	09:06:33.05	+04:28:35 (49.1%)	12:33	4.8 (52.7%)
	MARCZAK Tomasz	48	CZYSTA AMATORKA	M40		00:39:39 DNF	02:44:05 DNF		DNF	DNF		-	- (0.0%)
	MAŃCZAK Filip	14	AKTYWNI RAZEM	M40		00:33:20 DNF	DNF	-00:10:00	DNF	DNF		-	- (0.0%)

Znaleziono 77 wynik(ów)