



Wydarzenie: RUDAWY ZIMOWY FESTIWAL BIEGOWY
Organizator: Fundacja Szczyt za Szczytem
Data: 2024-02-10
Miejsce: Karpniki
Dystans: 43.5 km

CZTERDZIESTKA

B4SPORT

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szwajcarka 4.5km	Kolorowe Jeziora 19.5km	Czas netto 43.5km	Czas brutto 43.5km	Różn	Tempo min/km	Tempo km/h
1	JUREK Michał	103	MILMET / SALOMON / SUUNTO	M40	1	00:26:44	01:38:41	03:54:06.10	03:54:09.60		5:22	11.1 (100%)
2	OTREBA Maciej	164		M40	2	00:30:47	01:51:03	04:23:21.60	04:23:25.35	+00:29:15 (11.1%)	6:03	9.9 (89.2%)
3	KOGUT Stanisław	79	BIEGOWA ŚWIDNICA	M40	3	00:32:59	01:59:39	05:05:42.60	05:05:46.80	+01:11:37 (23.4%)	7:01	8.5 (76.6%)
4	HERCHEL Arkadiusz	44		M40	4	00:33:22	02:05:31	05:10:45.80	05:10:53.10	+01:16:43 (24.7%)	7:08	8.4 (75.7%)
5	KŁÓDKIEWICZ Rafał	78	IZABELIN NA START	M40	5	00:35:33	02:04:34	05:12:57.35	05:13:17.50	+01:19:07 (25.3%)	7:11	8.3 (74.8%)
6	PIWOWOŃSKI Paweł	124		M40	6	00:35:10	02:08:09	05:17:16.50	05:17:23.55	+01:23:13 (26.2%)	7:17	8.2 (73.9%)
7	MICHALAK Dawid	138	WOLSZTYŃSKI KLUB BIEGOWY	M40	7	00:33:12	02:04:41	05:19:08.05	05:19:20.85	+01:25:11 (26.7%)	7:20	8.2 (73.9%)
8	WERNO Bartłomiej	42		M40	8	00:34:43	02:03:34	05:22:01.10	05:22:05.20	+01:27:55 (27.3%)	7:24	8.1 (73.0%)
9	KŁOPOTEK Marcin	94	EXTREME FAMILY	M40	9	00:35:42	02:14:17	05:24:33.55	05:24:37.00	+01:30:27 (27.9%)	7:27	8 (72.1%)
10	ŁUKACKI Daniel	45		M40	10	00:36:37	02:13:19	05:25:56.15	05:26:02.60	+01:31:53 (28.2%)	7:29	8 (72.1%)
11	DROZDZIOK Marcin	129		M40	11	00:31:56	01:59:57	05:27:07.30	05:27:11.75	+01:33:02 (28.4%)	7:31	8 (72.1%)
12	KLEINSCHMIDT Łukasz	46	KRIS TRANS MAŁYSZKA	M40	12	00:35:14	02:06:34	05:28:31.85	05:28:37.20	+01:34:27 (28.7%)	7:33	7.9 (71.2%)
13	MALEWICZ Grzegorz	58	KOLKA TEAM LUBAŃ	M40	13	00:35:16	02:11:30	05:31:17.80	05:31:23.05	+01:37:13 (29.3%)	7:36	7.9 (71.2%)
14	ANTCZAK Adrian	117	IZERY BOGATYNIA	M40	14	00:37:07	02:14:12	05:41:36.90	05:41:40.10	+01:47:30 (31.5%)	7:51	7.6 (68.5%)
15	KRAWCZYK Michał	93	KG JELONKI	M40	15	00:37:22	02:16:06	05:42:57.75	05:43:01.70	+01:48:52 (31.7%)	7:53	7.6 (68.5%)

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						Szwajcarka 4.5km	Jeziora 19.5km					
16	SWAŁDEK Konrad	153	TRAIL RUN KRAKÓW	M40	16	00:39:17	02:19:45	05:46:58.65	05:47:24.35	+01:53:14 (32.6%)	7:58	7.5 (67.6%)
17	MIGACZ Jacek	152	TRAIL RUN KRAKÓW	M40	17	00:39:33	02:19:49	05:46:59.40	05:47:24.90	+01:53:15 (32.6%)	7:58	7.5 (67.6%)
18	NOWAK Michał	112	BANICI ULTRA	M40	18	00:37:40	02:18:03	05:49:19.60	05:49:34.35	+01:55:24 (33.0%)	8:01	7.5 (67.6%)
19	ZAJĄC Sebastian	92	BIEGOWA ŚWIDNICA	M40	19	00:39:22	02:16:13	05:51:12.70	05:51:16.75	+01:57:07 (33.3%)	8:04	7.4 (66.7%)
20	MALINA Michał	54	HUTNIK RUN	M40	20	00:43:59	02:26:57	05:52:34.60	05:52:47.40	+01:58:37 (33.6%)	8:06	7.4 (66.7%)
21	BOWSZYS Arkadiusz	143	KAMAR	M40	21	00:35:24	02:12:56	05:53:47.70	05:53:54.75	+01:59:45 (33.8%)	8:07	7.4 (66.7%)
22	LITWIN Michał	105		M40	22	00:35:40	02:13:02	05:54:33.65	05:54:41.45	+02:00:31 (34.0%)	8:09	7.4 (66.7%)
23	DYSARZ Przemysław	16		M40	23	00:41:34	02:25:02	05:55:11.75	05:55:25.75	+02:01:16 (34.1%)	8:09	7.3 (65.8%)
24	GONTKO Łukasz	82		M40	24	00:44:14	02:32:04	05:56:28.85	05:56:40.40	+02:02:30 (34.3%)	8:11	7.3 (65.8%)
25	JĘDRASIAK Adrian	134	ALL OR NOTHING ZIELONA GÓRA	M40	25	00:36:05	02:13:34	05:57:06.75	05:57:38.25	+02:03:28 (34.5%)	8:12	7.3 (65.8%)
26	CZYŻYKOWSKI Łukasz	148		M40	26	00:47:25	02:39:23	06:05:28.95	06:05:45.40	+02:11:35 (36.0%)	8:24	7.1 (64.0%)
27	GAŁKA Jacek	110	ULTRA DZIADY/ PURA VIDA TEAM / VEGE RUNNERS	M40	27	00:42:30	02:28:58	06:09:29.05	06:09:55.50	+02:15:45 (36.7%)	8:29	7.1 (64.0%)
28	GARCZYK Rafał	65		M40	28	00:41:02	02:31:05	06:11:42.95	06:11:52.90	+02:17:43 (37.0%)	8:32	7 (63.1%)
29	NASKRĘT Piotr	31	KOWARY BIEGAJĄ	M40	29	00:39:08	02:20:31	06:17:13.00	06:17:22.25	+02:23:12 (37.9%)	8:40	6.9 (62.2%)
30	WYPYCH Bartosz	24		M40	30	00:40:27	02:22:35	06:17:29.30	06:17:57.50	+02:23:47 (38.0%)	8:40	6.9 (62.2%)
31	KULUS Przemysław	83	WOLSZTYŃSKI KLUB BIEGOWY	M40	31	00:43:25	02:24:46	06:17:25.60	06:17:57.85	+02:23:48 (38.0%)	8:40	6.9 (62.2%)
32	HAJNCE Lech	146	ULTRA DZIADY	M40	32	00:41:18	02:29:00	06:18:08.65	06:18:34.05	+02:24:24 (38.1%)	8:41	6.9 (62.2%)
33	GROBELNY Rafał	73		M40	33	00:44:46	02:35:45	06:18:42.00	06:18:56.95	+02:24:47 (38.2%)	8:42	6.9 (62.2%)
34	MURAWSKI Michał	136		M40	34	00:44:29	02:35:41	06:20:13.55	06:20:25.85	+02:26:16 (38.4%)	8:44	6.9 (62.2%)
35	PŁAZA Radosław	18	BARUNOWCE	M40	35	00:44:28	02:35:39	06:20:14.15	06:20:26.10	+02:26:16 (38.4%)	8:44	6.9 (62.2%)
36	LISOWSKI Grzegorz	101		M40	36	00:39:47	02:28:00	06:20:31.30	06:20:40.15	+02:26:30 (38.5%)	8:44	6.9 (62.2%)
37	MIKOŁAJCZYK Tomasz	157	EXPLORADOR TEAM / INTALIO	M40	37	00:40:53	02:27:15	06:23:15.30	06:23:22.15	+02:29:12 (38.9%)	8:48	6.8 (61.3%)
38	BOROWSKI Adam	86		M40	38	00:39:17	02:26:33	06:23:51.15	06:24:04.40	+02:29:54 (39.0%)	8:49	6.8 (61.3%)

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						Szwajcarka 4.5km	Jeziorka 19.5km					
39	PIETROŃ Jerzy	113	ULTRA DZIADY	M40	39	00:42:29	02:28:59	06:25:26.00	06:25:52.55	+02:31:42 (39.3%)	8:51	6.8 (61.3%)
40	KOŁODZIEJ Roman	140	MARCIN ŚWIERC TEAM	M40	40	00:32:34	02:06:39	06:26:12.65	06:26:16.00	+02:32:06 (39.4%)	8:52	6.8 (61.3%)
41	AMBROZIAK Rafał	119	ULTRA KUTNO	M40	41	00:44:23	02:36:20	06:42:03.35	06:42:17.20	+02:48:07 (41.8%)	9:14	6.5 (58.6%)
42	SOBOLEWSKI Dariusz	160	BOREL MARATHON TEAM	M40	42	00:43:58	02:34:22	06:44:15.75	06:44:35.10	+02:50:25 (42.1%)	9:17	6.5 (58.6%)
43	SMOLARA Krzysztof	77	HASTE TEAM	M40	43	00:46:35	02:35:16	06:43:58.20	06:44:36.35	+02:50:26 (42.1%)	9:17	6.5 (58.6%)
44	WĄCHNICKI Marcin	67	HYBRYDA NA GAZ	M40	44	00:44:37	02:31:25	06:44:45.45	06:45:09.60	+02:51:00 (42.2%)	9:18	6.4 (57.7%)
45	DEJA Dariusz	36	AGRO AS TEAM	M40	45	00:43:55	02:40:50	06:49:11.60	06:49:20.25	+02:55:10 (42.8%)	9:24	6.4 (57.7%)
46	BARCIK Przemek	63		M40	46	00:44:31	02:34:42	06:54:27.30	06:54:38.15	+03:00:28 (43.5%)	9:31	6.3 (56.8%)
47	SAMPIR Mariusz	33		M40	47	00:51:31	02:51:25	07:00:30.85	07:01:05.15	+03:06:55 (44.4%)	9:40	6.2 (55.9%)
48	NOWAK Sebastian	125		M40	48	00:46:47	02:40:12	07:08:02.20	07:08:25.85	+03:14:16 (45.3%)	9:50	6.1 (55.0%)
49	TAJCHERT Marcin	51	WOLSZTYŃSKI KLUB BIEGOWY	M40	49	00:48:11	02:51:26	07:08:00.55	07:08:28.15	+03:14:18 (45.3%)	9:50	6.1 (55.0%)
50	JANCAK Piotr	126		M40	50	00:46:42	02:40:13	07:12:31.75	07:12:55.55	+03:18:45 (45.9%)	9:56	6 (54.1%)
51	SREJ Balazs	159	KSW GROMADZKA	M40	51	00:46:06	02:50:21	07:12:54.65	07:13:17.55	+03:19:07 (46.0%)	9:57	6 (54.1%)
52	MROWCA Paweł	59	KOLKA TEAM LUBAŃ	M40	52	00:45:09	02:39:19	07:14:34.20	07:14:45.60	+03:20:36 (46.1%)	9:59	6 (54.1%)
53	GŁOWIŃSKI Cezary	90	TIM	M40	53	00:47:04	02:36:49	07:18:55.05	07:19:18.65	+03:25:09 (46.7%)	10:05	5.9 (53.2%)
54	LEŚNIAK Grzegorz	142	DIRTY SPARROWS	M40	54	00:39:54	02:46:27	07:23:06.00	07:23:09.75	+03:29:00 (47.2%)	10:11	5.9 (53.2%)
55	BARANOWSKI Adam	107		M40	55	00:44:15	02:42:45	07:24:42.00	07:24:59.70	+03:30:50 (47.4%)	10:13	5.9 (53.2%)
56	GRZELAK Łukasz	32	KANCELARIAIA RADCY PRAWNEGO ŁUKASZ GRZELAK	M40	56	00:51:33	02:51:49	07:25:43.55	07:26:18.05	+03:32:08 (47.5%)	10:14	5.9 (53.2%)
57	SKORUPA Tomasz	41	WYZWANIA SPACEROWE & BIEGOWE	M40	57	00:50:42	02:56:23	07:26:52.90	07:27:11.05	+03:33:01 (47.6%)	10:16	5.8 (52.3%)
58	BRAC Paweł	40	WYZWANIA SPACEROWE & BIEGOWE	M40	58	00:50:46	02:56:36	07:26:55.90	07:27:11.25	+03:33:01 (47.6%)	10:16	5.8 (52.3%)
59	ZABRZEWSKI Patryk	89	KLUB BIEGACZA FARTLEK	M40	59	00:44:27	02:50:10	07:28:05.65	07:28:13.85	+03:34:04 (47.8%)	10:18	5.8 (52.3%)
60	SZCZUREK Mariusz	62	AGROAS TEAM	M40	60	00:43:44	02:47:24	07:33:38.90	07:33:48.00	+03:39:38 (48.4%)	10:25	5.8 (52.3%)
61	CWOJDZIŃSKI Piotr	106	NIGHT RUNNERS/NOPROBLAMATEAM/NBR	M40	61	00:46:50	03:00:36	07:38:47.80	07:39:24.10	+03:45:14 (49.0%)	10:32	5.7 (51.4%)

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62	OSICA Łukasz	127		M40	62	00:45:03	02:50:04	07:40:06.10	07:40:28.85	+03:46:19 (49.1%)	10:34	5.7 (51.4%)
63	STANISŁAWEK Tomasz	72	GITT DRUŻYNA	M40	63	00:42:26	02:49:18	07:40:38.95	07:41:02.45	+03:46:52 (49.2%)	10:35	5.7 (51.4%)
64	KŁAPEĆ Adam	5		M40	64	00:46:04	02:52:55	07:47:02.10	07:47:32.45	+03:53:22 (49.9%)	10:44	5.6 (50.5%)
65	WOLNIEWICZ Marcin	74	ADIDAS RUNNERS POZNAŃ	M40	65	00:48:44	02:56:32	07:52:21.45	07:52:39.30	+03:58:29 (50.5%)	10:51	5.5 (49.5%)
66	KOLCZYŃSKI Jarosław	115	1ON1 RUNNING TEAM	M40	66	00:50:37	03:09:07	07:52:51.90	07:53:11.10	+03:59:01 (50.5%)	10:52	5.5 (49.5%)
67	BORKOWSKI Krzysztof	19	BBL LASY BOGDANIEC	M40	67	00:49:59	03:10:10	08:17:40.10	08:17:56.70	+04:23:47 (53.0%)	11:26	5.2 (46.8%)
68	KOSTYK Grzegorz	53		M40	68	00:53:27	03:08:38	08:27:22.40	08:27:34.70	+04:33:25 (53.9%)	11:39	5.1 (45.9%)
69	GOŁĘBIOWSKI Marcin	10	KOWARY BIEGAJĄ	M40	69	00:53:18	03:12:23	08:28:43.20	08:29:11.15	+04:35:01 (54.0%)	11:41	5.1 (45.9%)
70	RYSZCZYK Adam	2		M40	70	00:49:11	03:05:58	08:30:42.05	08:31:01.75	+04:36:52 (54.2%)	11:44	5.1 (45.9%)
71	MISIAK Artur	68		M40	71	01:00:04	03:28:03	09:14:12.60	09:14:20.25	+05:20:10 (57.8%)	12:44	4.7 (42.3%)

Znaleziono 71 wynik(ów)