



Wydarzenie: RUDAWY ZIMOWY FESTIWAL BIEGOWY
Organizator: Fundacja Szczyt za Szczytem
Data: 2022-02-19
Miejsce: Karpniki
Dystans: 21 km

DWUDZIESTKA

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Kara/ bonifikata	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	GORZELAŃCZYK Jakub	426	MKS SIECHNICE	M30	1	00:25:08	00:06:00	01:40:38.50	01:40:39.35		4:30	13.3 (100%)
2	LAGNER Sebastian	602	PRZEDWOJEWSKI_TEAM / KBSOBÓTKA	M30	2	00:25:10		01:40:47.10	01:40:47.30	+00:00:07 (0.1%)	4:47	12.5 (94.0%)
3	CZERNIAK Paweł	243		M30	3	00:25:29		01:46:18.30	01:46:19.15	+00:05:39 (5.3%)	5:03	11.9 (89.5%)
4	BONIEC Radosław	472		M30	4	00:26:07		01:47:09.75	01:47:09.75	+00:06:30 (6.1%)	5:06	11.8 (88.7%)
5	SIERADZKI Krzysztof	529	PRZEDWOJEWSKI TEAM	M30	5	00:28:19		01:54:58.75	01:54:59.70	+00:14:20 (12.5%)	5:28	11 (82.7%)
6	KŁOSOWSKI Daniel	568	BBŻ WAŁBRZYCH	M30	6	00:28:01		01:55:19.65	01:55:19.65	+00:14:40 (12.7%)	5:29	10.9 (82.0%)
7	NIEPALA Jacek	308		M30	7	00:29:49		01:55:56.00	01:55:56.00	+00:15:16 (13.2%)	5:31	10.9 (82.0%)
8	ŚRODA Michał	467		M30	8	00:30:43		01:57:29.95	01:57:32.40	+00:16:53 (14.4%)	5:35	10.7 (80.5%)
9	WETHACZ Dariusz	552	ON RUNING POLSKA/#GANG ULTRABIES	M30	9	00:29:22		02:00:32.90	02:00:33.85	+00:19:54 (16.5%)	5:44	10.5 (78.9%)
10	TROJANOWSKI Artur	398	CARBON SILESIA SPORT	M30	10	00:29:28		02:02:26.00	02:02:30.15	+00:21:50 (17.8%)	5:49	10.3 (77.4%)
11	BIENIAS Łukasz	392	BIELAWSKA AKADEMIA BIEGANIA	M30	11	00:31:36		02:06:21.40	02:06:26.20	+00:25:46 (20.4%)	6:01	10 (75.2%)
12	ŻMIJEWSKI Tomasz	511		M30	12	00:33:06		02:08:40.15	02:08:41.70	+00:28:02 (21.8%)	6:07	9.8 (73.7%)
13	RĄCZKOWSKI Daniel	514	KB ZDYSZAAANI CHOCIANÓW	M30	13	00:32:35		02:09:07.55	02:09:08.80	+00:28:29 (22.1%)	6:08	9.8 (73.7%)
14	RUBIKOWSKI Jacek	613		M30	14	00:33:08		02:10:17.90	02:10:18.10	+00:29:38 (22.8%)	6:12	9.7 (72.9%)
15	ADAMIAK Jakub	557		M30	15	00:35:31		02:11:20.75	02:11:27.95	+00:30:48 (23.4%)	6:15	9.6 (72.2%)
16	GAŁOSZ Łukasz	329		M30	16	00:31:09		02:12:01.35	02:12:05.85	+00:31:26 (23.8%)	6:17	9.5 (71.4%)
17	DOMIŃSKI Henryk	380		M30	17	00:32:29		02:14:19.55	02:14:28.50	+00:33:49 (25.1%)	6:23	9.4 (70.7%)
18	ŚNIERZYŃSKI Robert	505		M30	18	00:33:21		02:15:59.10	02:16:01.35	+00:35:22 (26.0%)	6:28	9.3 (69.9%)
19	SKOWRON Łukasz	559		M30	19	00:35:09		02:18:15.30	02:18:33.15	+00:37:53 (27.4%)	6:35	9.1 (68.4%)
20	GRACZ Paweł	338	ULTRA DIABŁY TEAM LUBRZA	M30	20	00:33:43		02:19:28.45	02:19:31.30	+00:38:51 (27.9%)	6:38	9 (67.7%)
21	IWASZCZYSZYN Tomasz	657	RMT TEAM & PRZYJACIELE	M30	21	00:35:55		02:19:56.60	02:20:00.30	+00:39:20 (28.1%)	6:39	9 (67.7%)
22	POSADOWSKI Szymon	654		M30	22	00:35:47		02:21:30.55	02:21:34.55	+00:40:55 (28.9%)	6:44	8.9 (66.9%)
23	GAWCZYŃSKI Jakub	598		M30	23	00:35:26		02:23:37.60	02:23:42.55	+00:43:03 (30.0%)	6:50	8.8 (66.2%)
24	SUCHY Roland	391	POGOŃ BYDŁO	M30	24	00:37:28		02:23:25.60	02:23:44.90	+00:43:05 (30.0%)	6:49	8.8 (66.2%)
25	KOŹBIELSKI Szymon	587		M30	25	00:35:27		02:25:17.60	02:25:26.80	+00:44:47 (30.8%)	6:55	8.7 (65.4%)
26	GAŁASZEWSKI Kamil	470	87072213150	M30	26	00:35:37		02:27:07.50	02:27:14.60	+00:46:35 (31.6%)	7:00	8.6 (64.7%)
27	WALIGÓRA Mateusz	342		M30	27	00:35:32		02:27:52.25	02:28:02.70	+00:47:23 (32.0%)	7:02	8.5 (63.9%)
28	ZAGROBELNY Michał	621	KOWARY BIEGAJA	M30	28	00:36:22		02:29:14.25	02:29:18.55	+00:48:39 (32.6%)	7:06	8.4 (63.2%)
29	KMIECIK Marcin	698	2REP	M30	29	00:36:27		02:31:11.95	02:31:19.45	+00:50:40 (33.5%)	7:11	8.3 (62.4%)

							Czas netto	Czas brutto		Tempo	Tempo	
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Kara/ bonifikata	21km	21km	Różn	min/km	km/h
30	WEGNER Adrian	439		M30	30	00:42:46		02:31:55.65	02:32:17.25	+00:51:37 (33.9%)	7:14	8.3 (62.4%)
31	KOZAKIEWICZ Tomek	488	CAŁE ŻYCIE NA REDUKCJI	M30	31	00:37:52		02:32:45.70	02:32:51.35	+00:52:12 (34.1%)	7:16	8.2 (61.7%)
32	BRODA Dominik	458		M30	32	00:36:16		02:32:59.20	02:33:02.65	+00:52:23 (34.2%)	7:17	8.2 (61.7%)
33	CIEPŁY Kamil	692	GARMIN WROCŁAW	M30	33	00:39:08		02:32:45.80	02:33:10.30	+00:52:30 (34.3%)	7:16	8.2 (61.7%)
34	HARDEL Marek	649	JELENIA GÓRA	M30	34	00:38:00		02:34:27.90	02:34:30.75	+00:53:51 (34.9%)	7:21	8.2 (61.7%)
35	ROZDOLSKI Jarosław	594	ARTEL	M30	35	00:39:09		02:34:49.30	02:35:06.50	+00:54:27 (35.1%)	7:22	8.1 (60.9%)
36	KWIATKOWSKI Przemysław	478		M30	36	00:37:20		02:35:10.20	02:35:16.70	+00:54:37 (35.2%)	7:23	8.1 (60.9%)
37	BIELAWSKI Paweł	608		M30	37	00:37:01		02:36:05.00	02:36:07.80	+00:55:28 (35.5%)	7:25	8.1 (60.9%)
38	KOZIOŁ Krzysztof	666		M30	38	00:39:55		02:38:21.25	02:39:08.70	+00:58:29 (36.8%)	7:32	8 (60.2%)
39	OLEJNIK Egidiusz	618		M30	39	00:40:36		02:39:51.65	02:40:04.80	+00:59:25 (37.1%)	7:36	7.9 (59.4%)
40	KURZYNIEC Łukasz	331		M30	40	00:40:11		02:40:40.25	02:40:42.85	+01:00:03 (37.4%)	7:39	7.8 (58.6%)
41	PISARCZYK Grzegorz	455		M30	41	00:42:47		02:41:02.90	02:41:24.20	+01:00:44 (37.6%)	7:40	7.8 (58.6%)
42	KACPRZAK Michał	493	MICHAŁ KACPRZAK	M30	42	00:38:41		02:42:03.60	02:42:19.60	+01:01:40 (38.0%)	7:43	7.8 (58.6%)
43	REJMAN Grzegorz	482	SLALOMONAMBASSADORPOLAND	M30	43	00:40:33		02:43:16.95	02:43:19.15	+01:02:39 (38.4%)	7:46	7.7 (57.9%)
44	KIDAWA Piotr	679		M30	44	00:42:33		02:43:55.75	02:44:08.00	+01:03:28 (38.7%)	7:48	7.7 (57.9%)
45	ALGIERSKI Paweł	437		M30	45	00:39:49		02:44:46.05	02:44:53.70	+01:04:14 (39.0%)	7:50	7.6 (57.1%)
46	OSICA Łukasz	431		M30	46	00:44:06		02:46:40.15	02:46:54.85	+01:06:15 (39.7%)	7:56	7.6 (57.1%)
47	OLEJNICZAK Marcin	427	ZAPINDALAMY W GÓRY	M30	47	00:41:46		02:46:55.90	02:47:14.30	+01:06:34 (39.8%)	7:56	7.5 (56.4%)
48	WIERTEL Łukasz	509		M30	48	00:45:11		02:46:48.20	02:47:33.90	+01:06:54 (39.9%)	7:56	7.6 (57.1%)
49	BUGAJ Alan	653		M30	49	00:44:46		02:47:18.45	02:47:37.95	+01:06:58 (40.0%)	7:58	7.5 (56.4%)
50	WRÓBLEWSKI Wojciech	350		M30	50	00:39:37		02:50:05.90	02:50:11.30	+01:09:31 (40.9%)	8:05	7.4 (55.6%)
51	OLIŃSKI Paweł	351		M30	51	00:44:30		02:50:14.40	02:50:28.80	+01:09:49 (41.0%)	8:06	7.4 (55.6%)
52	DASZYŃSKI Wojciech	622	MUSLISTUDIO	M30	52	00:42:16		02:53:03.75	02:53:03.75	+01:12:24 (41.8%)	8:14	7.3 (54.9%)
53	DYŃSKI Jacek	607		M30	53	00:45:08		02:52:53.55	02:53:13.30	+01:12:33 (41.9%)	8:13	7.3 (54.9%)
54	DZIETCZYK Kamil	473	AKTYWNE CHOSZCZNO	M30	54	00:44:22		02:53:14.95	02:53:17.95	+01:12:38 (41.9%)	8:14	7.3 (54.9%)
55	FRYDRYCH Mateusz	418		M30	55	00:39:05		02:54:10.70	02:54:10.70	+01:13:31 (42.2%)	8:17	7.2 (54.1%)
56	NAJDEK Michał	445		M30	56	00:44:57		02:54:22.45	02:54:29.80	+01:13:50 (42.3%)	8:18	7.2 (54.1%)
57	ŚRODA Maciej	461	MACIEJ ŚRODA MSD	M30	57	00:43:23		02:54:21.35	02:54:40.10	+01:14:00 (42.4%)	8:18	7.2 (54.1%)
58	KACZMAREK Mateusz	605		M30	58	00:44:51		02:56:57.40	02:57:09.40	+01:16:30 (43.2%)	8:25	7.1 (53.4%)
59	SUCHY Aron	412	POGOŃ BYDŁO	M30	59	00:42:40		02:56:55.75	02:57:15.65	+01:16:36 (43.2%)	8:25	7.1 (53.4%)
60	SZCZĘSNY Paweł	436		M30	60	00:41:54		02:59:05.15	02:59:13.45	+01:18:34 (43.8%)	8:31	7 (52.6%)
61	WALA Patryk	555	ZAŁOGA GÓRSKA / BIEG OPOLSKI	M30	61	00:45:46		03:00:04.90	03:00:18.45	+01:19:39 (44.2%)	8:34	7 (52.6%)
62	GRELAK Adam	573	WOLSZTYN BIEGA	M30	62	00:50:05		02:59:55.60	03:00:21.40	+01:19:42 (44.2%)	8:34	7 (52.6%)
63	WALIGÓRSKI Łukasz	578		M30	63	00:50:04		02:59:56.35	03:00:22.10	+01:19:42 (44.2%)	8:34	7 (52.6%)
64	PLIS Jordan	337		M30	64	00:43:31		03:02:46.10	03:03:00.50	+01:22:21 (45.0%)	8:42	6.9 (51.9%)
65	KĄDZIOŁKA Łukasz	480		M30	65	00:51:39		03:03:12.00	03:03:38.55	+01:22:59 (45.2%)	8:43	6.9 (51.9%)
66	SOBAŃSKI Bartosz	423		M30	66	00:51:50		03:03:06.10	03:03:44.85	+01:23:05 (45.2%)	8:43	6.9 (51.9%)
67	KĘPSKI Grzegorz	676		M30	67	00:47:28		03:10:37.30	03:10:59.35	+01:30:20 (47.3%)	9:04	6.6 (49.6%)
68	BEDNAREK Remigiusz	619		M30	68	00:48:15		03:13:41.65	03:14:15.95	+01:33:36 (48.2%)	9:13	6.5 (48.9%)
69	PISTL Jacek	571		M30	69	00:47:16		03:16:33.20	03:16:55.90	+01:36:16 (48.9%)	9:21	6.4 (48.1%)
70	ROGOWSKI Tomasz	684	UMLAUT	M30	70	00:50:36		03:16:56.05	03:17:05.95	+01:36:26 (48.9%)	9:22	6.4 (48.1%)
71	MIELCARZ Tomasz	397	BIEGOWE DZIKI OCR	M30	71	00:44:42		03:18:01.75	03:18:06.80	+01:37:27 (49.2%)	9:25	6.4 (48.1%)
72	GOLUBIŃSKI Przemysław	355	VERGE	M30	72	00:52:43		03:17:53.80	03:18:41.05	+01:38:01 (49.3%)	9:25	6.4 (48.1%)
73	FANAJŁO Wojtek	508		M30	73	00:52:34		03:20:53.25	03:21:06.25	+01:40:26 (49.9%)	9:33	6.3 (47.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Kara/ bonifikata	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
74	DAWIDZIAK Paweł	371		M30	74	00:51:11		03:21:35.40	03:21:40.50	+01:41:01 (50.1%)	9:35	6.3 (47.4%)
75	BORKOWSKI Marcel	451		M30	75	00:53:42		03:25:28.70	03:26:08.60	+01:45:29 (51.2%)	9:47	6.1 (45.9%)
76	OLEŚ Daniel	688		M30	76	00:54:45		03:31:50.65	03:32:34.25	+01:51:54 (52.6%)	10:05	5.9 (44.4%)
77	RĄCZKOWIAK Mateusz	408	USZŁO POWIETRZE Z DĘTKI	M30	77	00:51:24		03:34:11.50	03:34:23.65	+01:53:44 (53.1%)	10:11	5.9 (44.4%)
78	JÓZWIAK Mikołaj	699	STG WARSZAWA	M30	78	00:54:30		03:36:03.80	03:36:03.80	+01:55:24 (53.4%)	10:17	5.8 (43.6%)
79	GRUDNIEWSKI Jakub	668		M30	79	01:02:28		03:38:02.10	03:38:51.40	+01:58:12 (54.0%)	10:22	5.8 (43.6%)
80	GRELA Paweł	659		M30	80	00:59:42		03:48:56.35	03:49:41.40	+02:09:02 (56.2%)	10:54	5.5 (41.4%)
81	MATYSIAK Jakub	620	STG WARSZAWA	M30	81	00:58:25		03:52:35.85	03:53:11.35	+02:12:32 (56.8%)	11:04	5.4 (40.6%)
	NOWAK Dominik	661	CZERWONY SMOK WĄGROWIEC	M30		DNF		DNF	DNF		-	- (0.0%)

Znaleziono 82 wynik(ów)