



Wydarzenie: RUDAWY ZIMOWY FESTIWAL BIEGOWY
Organizator: Fundacja Szczyt za Szczytem
Data: 2024-02-10
Miejsce: Karpniki
Dystans: 21 km

DWUDZIESTKA

B4SPORT

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: M30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szwajcarka 4.5km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	BONIEC Radosław	448	AW SZYBCIEJ TEAM/NADLEŚNICTWO LIPINKI	M30	1	00:26:10	01:44:21.85	01:44:23.65		4:58	12.1 (100%)
2	PAWLIK Paweł	375	TERVEL MOUTAIN RUNNER	M30	2	00:26:27	01:49:41.35	01:49:43.20	+00:05:19 (4.9%)	5:13	11.5 (95.0%)
3	WANIOWSKI Jan Jakub	413	AW-SZYBCIEJ-TEAM	M30	3	00:28:20	01:55:48.70	01:55:52.00	+00:11:28 (9.9%)	5:30	10.9 (90.1%)
4	PŁONOWSKI Maciej	366	PSZCZÓŁKOWSKI TEAM	M30	4	00:31:45	02:09:04.70	02:09:08.65	+00:24:45 (19.2%)	6:08	9.8 (81.0%)
5	SZUKAŁA Piotr	437		M30	5	00:32:41	02:11:47.60	02:11:54.00	+00:27:30 (20.9%)	6:16	9.6 (79.3%)
6	MIODUCHOWSKI Arkadiusz	449		M30	6	00:31:54	02:13:20.15	02:13:27.50	+00:29:03 (21.8%)	6:20	9.5 (78.5%)
7	GRZELAK Adrian	534	ŁOWCY KAMIENIC	M30	7	00:34:47	02:14:44.65	02:14:56.55	+00:30:32 (22.6%)	6:24	9.4 (77.7%)
8	STASZELIS Krzysztof	545	POCOLOCO ADVENTURE	M30	8	00:32:41	02:16:54.60	02:16:58.35	+00:32:34 (23.8%)	6:31	9.2 (76.0%)
9	RACHAŃSKI Michał	543	ROCK BALANCING ICE	M30	9	00:33:27	02:19:09.25	02:19:12.90	+00:34:49 (25.0%)	6:37	9.1 (75.2%)
10	GAJDEMSKI Rafał	473		M30	10	00:36:31	02:23:06.50	02:23:25.70	+00:39:02 (27.2%)	6:48	8.8 (72.7%)
11	JURCZAK Szymon	427		M30	11	00:35:01	02:25:06.50	02:25:13.35	+00:40:49 (28.1%)	6:54	8.7 (71.9%)
12	POLAK Bartosz	452		M30	12	00:38:04	02:27:55.00	02:28:06.45	+00:43:42 (29.5%)	7:02	8.5 (70.2%)
13	TOMASZEWSKI Michal	336		M30	13	00:37:17	02:28:28.30	02:28:34.75	+00:44:11 (29.7%)	7:04	8.5 (70.2%)
14	WOLSKI Krzysztof	305		M30	14		01:52:49.05	02:29:52.05	+00:45:28 (30.3%)	5:22	11.2 (92.6%)
15	KOWALSKI Piotr	483		M30	15	00:36:23	02:30:06.90	02:30:24.65	+00:46:01 (30.6%)	7:08	8.4 (69.4%)
16	OLEJNIK Egidiusz	505		M30	16	00:36:21	02:33:24.65	02:33:28.60	+00:49:04 (32.0%)	7:18	8.2 (67.8%)
17	JASIAK Karol	487	ZEFKA RUNNERS	M30	17	00:37:00	02:35:24.90	02:35:30.80	+00:51:07 (32.9%)	7:24	8.1 (66.9%)
18	PIOTROWICZ Michał	349	ORTHOS TEAM	M30	18	00:36:55	02:35:56.75	02:36:01.60	+00:51:37 (33.1%)	7:25	8.1 (66.9%)
19	WAŁCZYK Mateusz	378		M30	19	00:39:14	02:39:15.25	02:39:19.60	+00:54:55 (34.5%)	7:35	7.9 (65.3%)
20	SZYMAŃSKI Paweł	552		M30	20	00:37:00	02:39:50.75	02:39:58.25	+00:55:34 (34.7%)	7:36	7.9 (65.3%)
21	BUJKO Marcin	514	TRIMP TEAM	M30	21	00:39:06	02:40:42.85	02:41:07.60	+00:56:43 (35.2%)	7:39	7.8 (64.5%)
22	KACZMAREK Łukasz	405	KUŹNIA TALENTÓW KAMIENIEC	M30	22	00:38:55	02:41:40.50	02:41:48.45	+00:57:24 (35.5%)	7:41	7.8 (64.5%)
23	FEDUNIK Karol	441	IDŹ OŁAWO	M30	23		02:39:26.10	02:42:47.90	+00:58:24 (35.9%)	7:35	7.9 (65.3%)
24	UMIASTOWSKI Mateusz	461		M30	24	00:38:14	02:43:41.45	02:43:59.85	+00:59:36 (36.3%)	7:47	7.7 (63.6%)
25	DIERING Tomasz	335	ROWERY MAŁGOŚKA	M30	25	00:39:25	02:46:15.55	02:46:23.45	+01:01:59 (37.3%)	7:55	7.6 (62.8%)
26	LENART Jakub	379		M30	26	00:40:09	02:46:57.05	02:47:15.55	+01:02:51 (37.6%)	7:57	7.5 (62.0%)
27	ŁATKA Mateusz	475		M30	27	00:39:35	02:48:21.60	02:48:32.10	+01:04:08 (38.1%)	8:01	7.5 (62.0%)
28	RUDZKI Martin	519		M30	28	00:38:19	02:48:55.70	02:49:13.85	+01:04:50 (38.3%)	8:02	7.5 (62.0%)
29	WYRZUCKI Andrzej	365	EKYPA DOMASZCZYN PRZYLESIE	M30	29	00:38:23	02:49:52.20	02:50:13.90	+01:05:50 (38.7%)	8:05	7.4 (61.2%)

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30	MATYJASZCZUK Mateusz	436		M30	30	00:43:07	02:53:34.90	02:53:45.10	+01:09:21 (39.9%)	8:15	7.3 (60.3%)
31	NIEWIADOMSKI Marek	389	CROSS KRAPKOWICE	M30	31	00:41:27	02:53:28.60	02:53:50.95	+01:09:27 (40.0%)	8:15	7.3 (60.3%)
32	OBST Mateusz	387		M30	32	00:39:01	02:54:58.40	02:55:07.35	+01:10:43 (40.4%)	8:19	7.2 (59.5%)
33	BIESZCZAD Maciej	490		M30	33	00:40:18	02:55:06.75	02:55:23.55	+01:10:59 (40.5%)	8:20	7.2 (59.5%)
34	MILEWSKI Lukasz	504		M30	34	00:44:13	02:57:17.90	02:57:38.65	+01:13:15 (41.2%)	8:26	7.1 (58.7%)
35	BALCER Radosław	368		M30	35	00:39:21	02:59:02.75	02:59:18.00	+01:14:54 (41.8%)	8:31	7 (57.9%)
36	HATAŁA Tomasz	477	BARCA	M30	36	00:43:07	02:59:58.40	03:00:19.65	+01:15:56 (42.1%)	8:34	7 (57.9%)
37	MANKIEWICZ Mariusz	511		M30	37	00:45:52	03:02:00.65	03:02:17.45	+01:17:53 (42.7%)	8:40	6.9 (57.0%)
38	GRZELIŃSKI Michał	467		M30	38	00:47:29	03:04:49.30	03:05:20.75	+01:20:57 (43.7%)	8:48	6.8 (56.2%)
39	KOPACKI Tomasz	390	TOMASZ KOPACKI 8992548543	M30	39	00:47:59	03:08:17.60	03:08:46.60	+01:24:22 (44.7%)	8:57	6.7 (55.4%)
40	WIĘCEK Michał	359		M30	40	00:43:19	03:11:28.80	03:11:38.85	+01:27:15 (45.5%)	9:07	6.6 (54.5%)
41	WOLIŃSKI Błażej	525	RATEL TEAM	M30	41	00:48:13	03:14:23.50	03:14:47.00	+01:30:23 (46.4%)	9:15	6.5 (53.7%)
42	MILEWICZ Marcin	318		M30	42	00:50:23	03:15:46.25	03:16:26.35	+01:32:02 (46.9%)	9:19	6.4 (52.9%)
43	NOWOSAD Piotrek	547		M30	43	00:49:02	03:16:18.05	03:16:34.95	+01:32:11 (46.9%)	9:20	6.4 (52.9%)
44	ŁUKASZEWSKI Szymon	472		M30	44	00:46:57	03:18:20.15	03:18:28.65	+01:34:05 (47.4%)	9:26	6.4 (52.9%)
45	SKOWRONEK Tomasz	444	OJ NIEFAJNIE	M30	45	00:47:37	03:21:33.90	03:21:57.30	+01:37:33 (48.3%)	9:35	6.3 (52.1%)
46	SANKOWSKI Bartosz	380		M30	46	00:44:33	03:22:52.80	03:23:13.85	+01:38:50 (48.6%)	9:39	6.2 (51.2%)
47	MILEWSKI Konrad	555		M30	47	00:44:45	03:25:59.60	03:26:19.50	+01:41:55 (49.4%)	9:48	6.1 (50.4%)
48	GATNARCZYK Mateusz	351		M30	48	00:55:13	03:31:06.30	03:31:42.35	+01:47:18 (50.7%)	10:03	6 (49.6%)
49	ANTOŃCZYK Tomasz	550		M30	49	00:55:09	03:31:51.70	03:32:28.05	+01:48:04 (50.9%)	10:05	5.9 (48.8%)
50	LEWICKI Marcin	369	BIEGACYCIWA	M30	50	00:51:37	03:33:21.25	03:33:51.50	+01:49:27 (51.2%)	10:09	5.9 (48.8%)
51	KUCHARSKI Adam	421		M30	51	00:55:20	03:40:38.60	03:40:52.75	+01:56:29 (52.7%)	10:30	5.7 (47.1%)
52	ZIĘBA Tomasz	442		M30	52	01:09:43	05:16:59.35	05:17:15.70	+03:32:52 (67.1%)	15:05	4 (33.1%)

Znaleziono 52 wynik(ów)