



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: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	WASZEK Sławomir	541	WASZKÓWKA® - POLISH HANDCRAFTED SPIRIT	M40	1	00:29:27	01:57:48.90	01:57:48.90		5:36	10.7 (100%)
2	KORPALSKI Tomasz	672		M40	2	00:29:17	01:57:49.30	01:57:50.40	+00:00:01 (0.0%)	5:36	10.7 (100%)
3	DEMBSKI Paweł	363	RATE MY TRAIL PRO	M40	3	00:29:10	02:01:07.10	02:01:07.90	+00:03:19 (2.7%)	5:46	10.4 (97.2%)
4	KOZAK Robert	553		M40	4	00:29:52	02:01:27.90	02:01:28.55	+00:03:39 (3.0%)	5:47	10.4 (97.2%)
5	STYPEREK Jakub	561	VEGE RUNNERS	M40	5	00:31:20	02:04:23.40	02:04:25.10	+00:06:36 (5.3%)	5:55	10.1 (94.4%)
6	NOWORYTA Radosław	319	ULTRA DIABŁY TEAM LUBRZA	M40	6	00:30:04	02:04:42.85	02:04:44.40	+00:06:55 (5.6%)	5:56	10.1 (94.4%)
7	SZRAMOWIAT Marek	483	BRITA	M40	7	00:32:29	02:10:11.70	02:10:13.70	+00:12:24 (9.5%)	6:11	9.7 (90.7%)
8	BOROWIAK Adam	681	_ZCHARTOWANI_	M40	8	00:33:58	02:13:25.80	02:13:32.55	+00:15:43 (11.8%)	6:21	9.4 (87.9%)
9	SCHRODER Patryk	538	WSK	M40	9	00:35:30	02:18:44.60	02:18:51.80	+00:21:02 (15.2%)	6:36	9.1 (85.0%)
10	MANSFELD Jarosław	599	AGROMEN.PL	M40	10	00:35:07	02:19:14.90	02:19:25.20	+00:21:36 (15.5%)	6:37	9 (84.1%)
11	MORAWSKI Filip	518	KRAKOWIAK ULTRA TEAM	M40	11	00:36:24	02:19:33.90	02:19:39.25	+00:21:50 (15.6%)	6:38	9 (84.1%)
12	NOWIK Kamil	382	ULTRA DIABŁY TEAM LUBRZA	M40	12	00:35:07	02:21:44.20	02:21:44.20	+00:23:55 (16.9%)	6:44	8.9 (83.2%)
13	SZARAPANOWSKI Damian	333	ULTRA DIABŁY TEAM LUBRZA	M40	13	00:35:38	02:21:40.90	02:21:44.40	+00:23:55 (16.9%)	6:44	8.9 (83.2%)
14	FEDER Marcin	665		M40	14	00:34:15	02:21:52.55	02:21:55.70	+00:24:06 (17.0%)	6:45	8.9 (83.2%)
15	NAGLAK Łukasz	346	KOŹMIN BIEGA ULTRA RUNNERS	M40	15	00:36:01	02:22:44.10	02:22:47.50	+00:24:58 (17.5%)	6:47	8.8 (82.2%)
16	LANGE Szymon	490	SZYMONIX	M40	16	00:35:43	02:23:01.15	02:23:07.60	+00:25:18 (17.7%)	6:48	8.8 (82.2%)
17	KĄŁUŻNY Wojciech	667	BIEGOWA ŚWIDNICA	M40	17	00:35:32	02:23:12.40	02:23:16.00	+00:25:27 (17.8%)	6:49	8.8 (82.2%)
18	ŁUKACKI Daniel	513		M40	18	00:36:24	02:24:10.45	02:24:18.50	+00:26:29 (18.4%)	6:51	8.7 (81.3%)
19	NIŻEWSKI Paweł	637	KRAKOWIAK ULTRA TEAM	M40	19	00:37:54	02:25:53.70	02:25:59.30	+00:28:10 (19.3%)	6:56	8.6 (80.4%)
20	BALCERZAK Tomasz	438		M40	20	00:39:39	02:25:56.40	02:26:05.50	+00:28:16 (19.4%)	6:56	8.6 (80.4%)
21	MĘŻYKOWSKI Michał	615		M40	21	00:34:39	02:26:59.35	02:27:07.70	+00:29:18 (19.9%)	6:59	8.6 (80.4%)
22	ŚWIERK Seweryn	242		M40	22	00:35:48	02:27:38.50	02:27:45.30	+00:29:56 (20.3%)	7:01	8.5 (79.4%)
23	PŁAZA Radosław	495	ULTRASEKUNDS	M40	23	00:35:41	02:28:54.05	02:29:00.70	+00:31:11 (20.9%)	7:05	8.5 (79.4%)
24	NASKRĘT Piotr	462	KOWARY BIEGAJĄ	M40	24	00:36:21	02:29:13.85	02:29:18.35	+00:31:29 (21.1%)	7:06	8.4 (78.5%)
25	UPTAS Tomasz	389	CROSS STRACENICÓW TEAM	M40	25	00:37:22	02:31:01.80	02:31:14.40	+00:33:25 (22.1%)	7:11	8.3 (77.6%)
26	FABISIAK Grzegorz	504	RONIN CZERWIEŃSK	M40	26	00:38:22	02:32:52.05	02:32:55.05	+00:35:06 (23.0%)	7:16	8.2 (76.6%)
27	KACZOR Marcin	658	ADJ	M40	27	00:39:10	02:33:25.30	02:33:36.05	+00:35:47 (23.3%)	7:18	8.2 (76.6%)
28	JARZEMBOWSKI Tomasz	327		M40	28	00:45:05	02:33:06.45	02:33:44.55	+00:35:55 (23.4%)	7:17	8.2 (76.6%)
29	ANKIEWICZ Stefan	585		M40	29	00:38:12	02:34:20.35	02:34:32.75	+00:36:43 (23.8%)	7:20	8.2 (76.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
30	MARIANOWSKI Krzysztof	663	KWIDZYN BIEGA	M40	30	00:41:03	02:34:48.85	02:34:58.15	+00:37:09 (24.0%)	7:22	8.1 (75.7%)
31	WRÓBLEWSKI Radosław	506	VELUX	M40	31	00:40:58	02:35:04.35	02:35:10.50	+00:37:21 (24.1%)	7:23	8.1 (75.7%)
32	DYSARZ Przemysław	660		M40	32	00:43:05	02:35:26.10	02:35:47.40	+00:37:58 (24.4%)	7:24	8.1 (75.7%)
33	PIASKOWSKI Artur	332		M40	33	00:38:59	02:37:38.15	02:37:52.55	+00:40:03 (25.4%)	7:30	8 (74.8%)
34	NOWAKOWSKI Damian	674		M40	34	00:41:02	02:39:22.10	02:39:33.45	+00:41:44 (26.2%)	7:35	7.9 (73.8%)
35	KICIŃSKI Grzegorz	675		M40	35	00:40:00	02:39:08.40	02:39:38.20	+00:41:49 (26.2%)	7:34	7.9 (73.8%)
36	JUREK Przemysław	614	KS STASZEWSKY	M40	36	00:40:29	02:40:02.30	02:40:11.20	+00:42:22 (26.5%)	7:37	7.9 (73.8%)
37	SZKÓDLIŃSKI Bartosz	442	ODDYCHAJSWOBODNIE.PL	M40	37	00:41:41	02:40:19.55	02:40:46.65	+00:42:57 (26.7%)	7:38	7.9 (73.8%)
38	CIEKAŃSKI Michał	690		M40	38	00:41:15	02:41:19.15	02:41:29.35	+00:43:40 (27.0%)	7:40	7.8 (72.9%)
39	WIECHETEK Artur	696	STG WARSZAWA	M40	39	00:42:35	02:41:01.15	02:41:40.95	+00:43:52 (27.1%)	7:40	7.8 (72.9%)
40	KLIŃSKI Wojciech	367	TRAFICA	M40	40	00:39:38	02:41:40.65	02:41:50.45	+00:44:01 (27.2%)	7:41	7.8 (72.9%)
41	STEFAŃSKI Tomasz	586		M40	41	00:42:49	02:41:36.75	02:42:04.15	+00:44:15 (27.3%)	7:41	7.8 (72.9%)
42	SZKUDŁO Oskar	396	BEZ BALASTU ACTIVE TEAM	M40	42	00:40:51	02:43:01.35	02:43:03.70	+00:45:14 (27.7%)	7:45	7.7 (72.0%)
43	KOLAWA Piotr	471	TRENUJZNAAMI.PL	M40	43	00:44:52	02:44:40.00	02:44:40.00	+00:46:51 (28.5%)	7:50	7.7 (72.0%)
44	SKOCZEK Sebastian	640		M40	44	00:39:41	02:44:42.90	02:44:56.70	+00:47:07 (28.6%)	7:50	7.7 (72.0%)
45	TOMASZEWSKI Dawid	429	WLKP MOUNTAINS ULTRA	M40	45	00:44:25	02:44:56.05	02:45:42.15	+00:47:53 (28.9%)	7:51	7.6 (71.0%)
46	SOBCZAK Mikołaj	328		M40	46	00:46:27	02:47:03.45	02:47:40.60	+00:49:51 (29.7%)	7:57	7.5 (70.1%)
47	KONKOLEWSKI Maciej	425	BROWAR FORTUNA	M40	47	00:44:20	02:48:16.85	02:48:27.70	+00:50:38 (30.1%)	8:00	7.5 (70.1%)
48	GRUSZCZYŃSKI Przemysław	316		M40	48	00:46:28	02:48:51.10	02:49:28.45	+00:51:39 (30.5%)	8:02	7.5 (70.1%)
49	NYKIEL Rafał	401	ULTRA DIABŁY TEAM LUBRZA	M40	49	00:42:11	02:50:44.70	02:50:54.70	+00:53:05 (31.1%)	8:07	7.4 (69.2%)
50	PEŻYŃSKI Piotr	491	CHUCK ATTACK	M40	50	00:43:17	02:52:20.05	02:52:37.80	+00:54:48 (31.8%)	8:12	7.3 (68.2%)
51	KRYSIEWICZ Marcin	569		M40	51	00:44:37	02:52:20.45	02:52:43.80	+00:54:54 (31.8%)	8:12	7.3 (68.2%)
52	FUŁAWKA Tomasz	352	NOCNE WILKI JAWOR	M40	52	00:45:11	02:54:26.15	02:54:46.80	+00:56:57 (32.6%)	8:18	7.2 (67.3%)
53	WIECZOREK Piotr	647	CZYSTA AMATORKA	M40	53	00:42:59	02:57:19.25	02:57:30.60	+00:59:41 (33.6%)	8:26	7.1 (66.4%)
54	SAMEK Aleksander	360		M40	54	00:44:32	02:57:29.25	02:57:47.15	+00:59:58 (33.7%)	8:27	7.1 (66.4%)
55	JACKOWIAK Szymon	610	RUNNER'S POWER	M40	55	00:46:27	02:58:06.95	02:58:12.00	+01:00:23 (33.9%)	8:28	7.1 (66.4%)
56	IGNASZEWSKI Krzysztof	612	RUNNER'S POWER	M40	56	00:46:27	02:58:09.25	02:58:13.55	+01:00:24 (33.9%)	8:29	7.1 (66.4%)
57	JANKOWSKI Marek	441	TEAM LIPTON	M40	57	00:44:10	02:58:23.65	02:58:44.00	+01:00:55 (34.1%)	8:29	7.1 (66.4%)
58	DUDEK Krzysztof	402	STRZEGOMSKA DWUNASTKA	M40	58	00:45:41	02:59:06.40	02:59:29.05	+01:01:40 (34.4%)	8:31	7 (65.4%)
59	GAŁKOWSKI Paweł	469		M40	59	00:41:59	02:59:10.55	02:59:30.15	+01:01:41 (34.4%)	8:31	7 (65.4%)
60	RUDNIK Jarosław	368		M40	60	00:45:26	02:59:17.25	02:59:36.25	+01:01:47 (34.4%)	8:32	7 (65.4%)
61	CHRZĄSZCZ Damian	349		M40	61	00:45:29	02:59:42.05	02:59:59.10	+01:02:10 (34.5%)	8:33	7 (65.4%)
62	CHRZĄSZCZ Mariusz	353		M40	62	00:45:36	02:59:47.20	03:00:03.45	+01:02:14 (34.6%)	8:33	7 (65.4%)
63	DECHNIK Łukasz	512		M40	63	00:46:54	03:01:00.50	03:01:09.30	+01:03:20 (35.0%)	8:37	7 (65.4%)
64	BOŻEK Grzegorz	577	KB ZDYSZAAANI CHOCIANÓW	M40	64	00:47:18	03:02:32.25	03:02:51.55	+01:05:02 (35.6%)	8:41	6.9 (64.5%)
65	DRAJER Sebastian	487		M40	65	00:44:24	03:05:05.40	03:05:20.85	+01:07:31 (36.4%)	8:48	6.8 (63.6%)
66	DUMIŃSKI Tomasz	544	PLOTERTOM RUNNER STRZEGOM	M40	66	00:44:44	03:08:35.50	03:08:35.50	+01:10:46 (37.5%)	8:58	6.7 (62.6%)
67	ANDRZEJEWICZ Paweł	593		M40	67	00:48:46	03:09:01.40	03:09:12.80	+01:11:23 (37.7%)	9:00	6.7 (62.6%)
68	ROZWADOWSKI Robert	624	DRUŻYNA SZPIKU	M40	68	00:47:49	03:11:08.35	03:11:20.00	+01:13:31 (38.4%)	9:06	6.6 (61.7%)
69	PACIULON Krzysztof	575	ONE MAN RUNNING	M40	69	00:46:17	03:12:01.65	03:12:36.85	+01:14:47 (38.8%)	9:08	6.6 (61.7%)
70	KRAWIEC Marcin	452		M40	70	00:51:45	03:14:26.75	03:14:58.60	+01:17:09 (39.6%)	9:15	6.5 (60.7%)
71	MECH Grzegorz	339		M40	71	00:49:58	03:15:56.05	03:16:35.20	+01:18:46 (40.1%)	9:19	6.4 (59.8%)
72	POTERSKI Mateusz	536		M40	72	00:51:11	03:19:12.75	03:19:18.45	+01:21:29 (40.9%)	9:29	6.3 (58.9%)
73	ZDYB Grzegorz	330	44 WOJSKOWY ODDZIAŁ GOSPODARCZY	M40	73	00:51:23	03:19:44.95	03:20:29.30	+01:22:40 (41.2%)	9:30	6.3 (58.9%)

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74	MORAWSKI Marcin	320	RANGER SURVIVAL CLUB	M40	74	00:50:11	03:20:11.05	03:20:39.95	+01:22:51 (41.3%)	9:31	6.3 (58.9%)
75	WIŚNIEWSKI Tomasz	465		M40	75	00:50:36	03:21:04.70	03:21:17.85	+01:23:28 (41.5%)	9:34	6.3 (58.9%)
76	MISIAK Artur	564		M40	76	00:52:18	03:20:46.95	03:21:18.50	+01:23:29 (41.5%)	9:33	6.3 (58.9%)
77	SŁOWIKOWSKI Tomasz	531		M40	77	00:49:06	03:21:32.20	03:21:47.05	+01:23:58 (41.6%)	9:35	6.3 (58.9%)
78	NOLBRZYK Adrian	406		M40	78	00:47:32	03:22:10.70	03:22:37.50	+01:24:48 (41.9%)	9:37	6.2 (57.9%)
79	KRAKOWCZYK Tomasz	630		M40	79	00:50:24	03:25:00.75	03:25:07.55	+01:27:18 (42.6%)	9:45	6.1 (57.0%)
80	PAWLAK Sławomir	671	#PAWLAKTEAM	M40	80	00:50:41	03:25:27.30	03:26:08.70	+01:28:19 (42.8%)	9:47	6.1 (57.0%)
81	RAJTAR Robert	440	BRYGADA RR	M40	81	00:57:09	03:25:34.55	03:26:11.90	+01:28:23 (42.9%)	9:47	6.1 (57.0%)
82	SIWIASZCZYK Tomasz	567		M40	82	00:53:40	03:26:43.70	03:27:26.00	+01:29:37 (43.2%)	9:50	6.1 (57.0%)
83	KRYSIAK Łukasz	532	PIĄTKOWO NA BIEGOWO	M40	83	00:50:09	03:30:22.60	03:30:56.40	+01:33:07 (44.1%)	10:01	6 (56.1%)
84	ŚLUSARCZYK Tomasz	580	BIEGUSY CZAPLE	M40	84	00:51:55	03:32:25.75	03:32:40.75	+01:34:51 (44.6%)	10:06	5.9 (55.1%)
85	KOPYRA Tomasz	365	#BIEGAMWOLNOALEDOKŁADNIE	M40	85	00:56:56	03:32:48.60	03:33:34.80	+01:35:45 (44.8%)	10:08	5.9 (55.1%)
86	BORODYN Andrzej	303	FARTY PUSZCZY	M40	86	00:52:09	03:34:53.10	03:35:26.55	+01:37:37 (45.3%)	10:13	5.9 (55.1%)
87	CHWALISZ Paweł	700		M40	87	00:53:13	03:37:51.15	03:38:15.95	+01:40:27 (46.0%)	10:22	5.8 (54.2%)
88	FRAŃCZAK Ireneusz	565	KRZYWE RYJE	M40	88	00:54:42	03:41:51.10	03:42:00.90	+01:44:12 (46.9%)	10:33	5.7 (53.3%)
89	GRZESIAK Rafał	563	EMERYT	M40	89	00:54:42	03:42:21.70	03:42:30.60	+01:44:41 (47.1%)	10:35	5.7 (53.3%)
90	SCHRAPPA Sebastian	549	IZBICKO W BIEGU	M40	90	01:00:05	03:43:21.70	03:44:02.40	+01:46:13 (47.4%)	10:38	5.6 (52.3%)
91	SZYMCZAK Łukasz	313	FARTY PUSZCZY	M40	91	00:56:24	03:53:06.90	03:53:39.95	+01:55:51 (49.6%)	11:06	5.4 (50.5%)
92	DOBROCHOWSKI Marek	405	STRZEGOMSKA DWUNASTKA	M40	92	00:58:39	03:53:56.80	03:54:21.05	+01:56:32 (49.7%)	11:08	5.4 (50.5%)
93	SZERSZEŃ Janusz	448	PIASECZNO RUNNING	M40	93	01:01:13	03:54:32.10	03:55:09.80	+01:57:20 (49.9%)	11:10	5.4 (50.5%)
94	WAKOR Paweł	537		M40	94	00:44:01	03:55:25.30	03:55:52.85	+01:58:03 (50.1%)	11:12	5.4 (50.5%)
95	ROSA Alex	510		M40	95	00:48:44	03:55:26.65	03:55:54.30	+01:58:05 (50.1%)	11:12	5.4 (50.5%)
96	TAŃSKI Mateusz	533		M40	96	00:55:18	03:55:42.15	03:56:11.00	+01:58:22 (50.1%)	11:13	5.3 (49.5%)
97	FRAŃKOWIAK Jacek	498		M40	97	00:59:04	04:03:26.25	04:03:34.25	+02:05:45 (51.6%)	11:35	5.2 (48.6%)
98	GMEREK Paweł	522		M40	98	01:02:41	04:05:15.05	04:05:49.30	+02:08:00 (52.1%)	11:40	5.1 (47.7%)
99	KUBICKI Mariusz	377	DOBRA FORMA, KOZŁOWICKI CROSS	M40	99	01:02:53	04:10:37.95	04:11:01.00	+02:13:12 (53.1%)	11:56	5 (46.7%)
100	WILK Karol	516		M40	100	01:01:03	04:17:47.25	04:18:02.55	+02:20:13 (54.3%)	12:16	4.9 (45.8%)

Znaleziono 100 wynik(ów)