



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

RUDAWY ZIMOWY FESTIWAL BIEGOWY
Fundacja Szczyt za Szczytem
2023-02-18
Karpniki
21 km

DWUDZIESTKA

B4SPORT

B4SPORT
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Husyckie Skały 3.5km	4.4km	Szwajcarka 4.5km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	KRASULAK Daniel	563	WKS ŚLĄSK WROCŁAW	M40	1	00:17:51	00:27:40	00:28:02	02:02:24.95	02:02:26.30		5:49	10.3 (100%)
2	SZCZEPANIAK Witold	447		M40	2	00:19:18	00:29:11	00:29:32	02:05:06.00	02:05:07.35	+00:02:41 (2.1%)	5:57	10.1 (98.1%)
3	RABENDA Marcin	601	OŁAWA ŻŁOTORYJA	M40	3	00:19:22	00:29:34	00:29:54	02:07:42.10	02:07:44.20	+00:05:17 (4.1%)	6:04	9.9 (96.1%)
4	SZCZOTKA Łukasz	557		M40	4	00:20:43	00:32:02	00:32:59	02:09:52.85	02:09:56.35	+00:07:30 (5.8%)	6:11	9.7 (94.2%)
5	NOWORYTA Radosław	489	ULTRA DIABŁY TEAM LUBRZA	M40	5	00:20:15	00:30:45	00:31:04	02:11:38.60	02:11:42.10	+00:09:15 (7.0%)	6:16	9.6 (93.2%)
6	PIETRUCHA Maciej	576		M40	6	00:20:41	00:32:35	00:32:58	02:17:56.35	02:18:00.00	+00:15:33 (11.3%)	6:34	9.1 (88.3%)
7	GRACZ Paweł	305	ULTRA DIABŁY TEAM LUBRZA	M40	7	00:20:31	00:31:12	00:31:33	02:18:57.35	02:19:01.15	+00:16:34 (11.9%)	6:37	9.1 (88.3%)
8	ŁUKAWSKI Tomasz	578	OPTYKOKULAR-ALCHIMOWICZBIKE	M40	8	00:21:40	00:32:59	00:33:23	02:24:47.50	02:24:52.10	+00:22:25 (15.5%)	6:53	8.7 (84.5%)
9	LANDVOGT Christoph	366	LC 80 BAD KREUZNACH	M40	9	00:21:55	00:33:09	00:33:30	02:25:39.80	02:25:46.05	+00:23:19 (16.0%)	6:56	8.7 (84.5%)
10	DUBAS Marek	468	WWW.SPRAWDZAMY-NIERUCHOMOSCI.PL	M40	10	00:22:38	00:34:22	00:34:43	02:28:39.65	02:28:51.25	+00:26:24 (17.7%)	7:04	8.5 (82.5%)
11	NIŻEWSKI Paweł	440	KRAKOWIAK ULTRA TEAM	M40	11	00:23:31	00:35:30	00:35:56	02:29:07.35	02:29:16.20	+00:26:49 (18.0%)	7:06	8.4 (81.6%)
12	MORAWSKI Filip	311	KRAKOWIAKULTRATEAM	M40	12	00:23:32	00:36:01	00:36:25	02:29:25.05	02:29:33.15	+00:27:06 (18.1%)	7:06	8.4 (81.6%)
13	KUBICKI Mariusz	479	DOBRA FORMA	M40	13	00:21:08	00:32:40	00:33:01	02:29:32.35	02:29:34.45	+00:27:08 (18.1%)	7:07	8.4 (81.6%)
14	BOWSZYS Arkadiusz	559	KAMAR	M40	14	00:22:02	00:33:56	00:34:24	02:29:34.90	02:29:43.45	+00:27:17 (18.2%)	7:07	8.4 (81.6%)
15	WOJCIECHOWSKI Dariusz	539	KRAKOWIAK ULTRA TEAM / GÓRAL Z MAZUR RUNNING TEAM	M40	15	00:22:50	00:34:58	00:35:21	02:29:36.85	02:29:45.25	+00:27:18 (18.2%)	7:07	8.4 (81.6%)
16	BIL Grzegorz	463	TATRALAND	M40	16	00:23:27	00:35:35	00:36:00	02:29:48.85	02:30:12.70	+00:27:46 (18.5%)	7:08	8.4 (81.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Husyckie Skały			Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
						3.5km	4.4km	Szwajcarka 4.5km					
17	MAJER Piotr	448	MITUTOYO AZS WRATISLAVIA WROCŁAW	M40	17	00:22:08	00:34:26	00:34:48	02:29:53.20	02:30:21.65	+00:27:55 (18.6%)	7:08	8.4 (81.6%)
18	NASKRĘT Piotr	325	KOWARY BIEGAJĄ	M40	18	00:23:13	00:35:28	00:35:50	02:30:36.30	02:30:43.85	+00:28:17 (18.8%)	7:10	8.4 (81.6%)
19	OBUCHOWICZ Artur	406		M40	19	00:21:41	00:32:47	00:33:07	02:32:41.55	02:32:49.35	+00:30:23 (19.9%)	7:16	8.3 (80.6%)
20	JODŁOWSKI Marek	445	BIEGAMY BO CHCEMY	M40	20	00:24:30	00:37:06	00:37:38	02:33:24.60	02:33:35.45	+00:31:09 (20.3%)	7:18	8.2 (79.6%)
21	PIWOWOŃSKI Paweł	567		M40	21	00:23:28	00:35:34	00:35:56	02:33:37.25	02:33:50.70	+00:31:24 (20.4%)	7:18	8.2 (79.6%)
22	KOPCZYŃSKI Łukasz	322	K-TEAM	M40	22	00:25:47	00:38:42	00:39:05	02:33:35.55	02:33:58.95	+00:31:32 (20.5%)	7:18	8.2 (79.6%)
23	KATARZYŃSKI Marek	537		M40	23	00:23:23	00:35:29	00:35:55	02:34:06.05	02:34:32.20	+00:32:05 (20.8%)	7:20	8.2 (79.6%)
24	RATYMIRSKI Wojtek	449		M40	24	00:23:16	00:35:22	00:35:45	02:34:42.40	02:34:52.20	+00:32:25 (20.9%)	7:22	8.1 (78.6%)
25	JĘDRASIAK Adrian	590	ALL OR NOTHING ZIELONA GÓRA	M40	25	00:22:32	00:34:56	00:35:21	02:35:00.75	02:35:11.90	+00:32:45 (21.1%)	7:22	8.1 (78.6%)
26	NOWICKI Marcin	581		M40	26	00:23:26	00:35:51	00:36:17	02:35:44.75	02:35:49.90	+00:33:23 (21.4%)	7:24	8.1 (78.6%)
27	CHWALIŃSKI Michał	380		M40	27	00:23:14	00:35:21	00:35:44	02:36:43.65	02:36:52.05	+00:34:25 (21.9%)	7:27	8 (77.7%)
28	PURCZYŃSKI Grzegorz	465		M40	28	00:22:48	00:35:48	00:36:24	02:37:20.30	02:37:31.75	+00:35:05 (22.3%)	7:29	8 (77.7%)
29	NOWIK Kamil	321	SECO RUN	M40	29	00:23:34	00:36:30	00:36:55	02:39:01.20	02:39:05.95	+00:36:39 (23.0%)	7:34	7.9 (76.7%)
30	RĘKOSIEWICZ Jakub	415		M40	30	00:24:15	00:37:07	00:37:33	02:39:15.00	02:39:20.75	+00:36:54 (23.2%)	7:35	7.9 (76.7%)
31	WYPYCH Bartosz	398		M40	31	00:25:54	00:38:48	00:39:12	02:40:01.70	02:40:21.75	+00:37:55 (23.6%)	7:37	7.9 (76.7%)
32	ŚWIERK Przemysław	312	ULTRA DIABŁY TEAM	M40	32	00:25:03	00:38:39	00:39:05	02:42:38.90	02:42:58.15	+00:40:31 (24.9%)	7:44	7.7 (74.8%)
33	GALEK Zbigniew	304	ADIENT RUNNING TEAM	M40	33	00:24:24	00:36:53	00:37:15	02:42:52.85	02:42:59.25	+00:40:32 (24.9%)	7:45	7.7 (74.8%)
34	SZKÓDLIŃSKI Bartosz	318	NARAMOWICE BIEGAJĄ	M40	34		00:37:16	00:37:41	02:43:03.40	02:43:10.40	+00:40:44 (25.0%)	7:45	7.7 (74.8%)
35	WOJCIECHOWSKI Marek	473		M40	35	00:25:38	00:39:30	00:39:56	02:44:18.70	02:44:29.95	+00:42:03 (25.6%)	7:49	7.7 (74.8%)
36	STROJEK Grzegorz	508		M40	36	00:23:13	00:35:42	00:36:06	02:44:28.45	02:44:33.45	+00:42:07 (25.6%)	7:49	7.7 (74.8%)
37	PAWŁUSIÓW Andrzej	416		M40	37	00:26:12	00:39:32	00:40:05	02:47:51.80	02:47:51.80	+00:45:25 (27.1%)	7:59	7.5 (72.8%)
38	MICHALAK Wojciech	491		M40	38	00:27:32	00:41:14	00:41:39	02:49:08.80	02:49:32.65	+00:47:06 (27.8%)	8:03	7.4 (71.8%)
39	TYRALSKI Dominik	500	POLSAT BIEGA	M40	39	00:26:53	00:40:46	00:41:10	02:49:28.65	02:49:53.55	+00:47:27 (27.9%)	8:04	7.4 (71.8%)
40	LISIAKIEWICZ Bartosz	616		M40	40	00:27:52	00:41:55	00:43:06	02:49:39.60	02:50:00.30	+00:47:34 (28.0%)	8:04	7.4 (71.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Husyckie Skały			Szwajcarka 4.5km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
						3.5km	4.4km	4.5km						
41	CHUDY Ariel	361	RUN TEAM RYDZYNA	M40	41	00:26:16	00:40:19	00:40:46		02:52:21.15	02:52:33.95	+00:50:07 (29.0%)	8:12	7.3 (70.9%)
42	NOWAKOWSKI Rafał	546	#BIEGIEMWLAS	M40	42	00:28:32	00:43:05	00:44:01		02:55:09.60	02:55:15.60	+00:52:49 (30.1%)	8:20	7.2 (69.9%)
43	KUTA Łukasz	515	ADDICTED TO MOUNTAINS OLSZYNA	M40	43	00:27:58	00:42:39	00:43:06		02:55:28.10	02:55:55.45	+00:53:29 (30.4%)	8:21	7.2 (69.9%)
44	STASIAK Łukasz	547		M40	44	00:26:28	00:40:56	00:41:45		02:56:01.10	02:56:07.10	+00:53:40 (30.5%)	8:22	7.2 (69.9%)
45	UPTAS Tomasz	327	CROSS STRACÉNCÓW TEAM	M40	45	00:28:15	00:43:34	00:43:57		02:55:59.15	02:56:11.55	+00:53:45 (30.5%)	8:22	7.2 (69.9%)
46	ŚLIWKA Radosław	402		M40	46	00:28:28	00:43:34	00:44:02		02:59:37.35	02:59:42.15	+00:57:15 (31.9%)	8:33	7 (68.0%)
47	KĄNDUŁA Grzegorz	317		M40	47	00:26:32	00:41:19	00:41:48		03:00:15.30	03:00:25.05	+00:57:58 (32.1%)	8:35	7 (68.0%)
48	MACYSZYN Łukasz	363		M40	48	00:25:02	00:38:28	00:38:58		03:00:42.00	03:00:53.85	+00:58:27 (32.3%)	8:36	7 (68.0%)
49	LEŚNIAK Grzegorz	464		M40	49	00:26:11	00:40:26	00:41:55		03:01:00.10	03:01:26.85	+00:59:00 (32.5%)	8:37	7 (68.0%)
50	GARBACZ Jan	510		M40	50	00:27:27	00:42:16	00:43:04		03:02:34.95	03:02:50.35	+01:00:24 (33.0%)	8:41	6.9 (67.0%)
51	ŁACNY Łukasz	612	FORZA CHYNÓW	M40	51	00:27:21	00:41:23	00:42:15		03:03:37.85	03:04:01.05	+01:01:34 (33.5%)	8:44	6.9 (67.0%)
52	KRYŃSKI Grzegorz	506		M40	52	00:27:38	00:42:42	00:43:11		03:06:51.65	03:07:02.00	+01:04:35 (34.5%)	8:53	6.7 (65.0%)
53	ZIOMBKA Kuba	405	WAWRZYNTTEAM	M40	53	00:27:04	00:41:20	00:41:48		03:07:57.45	03:08:13.20	+01:05:46 (34.9%)	8:57	6.7 (65.0%)
54	KRAWCZYK Mateusz	618		M40	54	00:27:12	00:42:44	00:43:23		03:10:02.45	03:10:06.60	+01:07:40 (35.6%)	9:02	6.6 (64.1%)
55	CUKROWSKI Andrzej	349	OLAWS ZŁOTORYJA	M40	55	00:27:15	00:42:40	00:43:07		03:10:08.60	03:10:19.45	+01:07:53 (35.7%)	9:03	6.6 (64.1%)
56	MATKOWSKI Wiktor	418	RENA WYKROTY	M40	56					03:11:45.00	03:11:45.00	+01:09:18 (36.1%)	9:07	6.6 (64.1%)
57	PASTERNAK Marcin	589		M40	57	00:29:45	00:45:40	00:46:07		03:14:14.35	03:14:55.55	+01:12:29 (37.2%)	9:14	6.5 (63.1%)
58	SAMPIR Mariusz	381	WWW.ARNEON.COM	M40	58	00:28:58	00:44:14	00:47:50		03:14:40.60	03:14:59.30	+01:12:33 (37.2%)	9:16	6.5 (63.1%)
59	PISKORSKI Łukasz	458		M40	59	00:29:20	00:44:49	00:46:25		03:16:41.40	03:16:58.05	+01:14:31 (37.8%)	9:21	6.4 (62.1%)
60	SERAFIN Michał	497	HWBC	M40	60	00:30:19	00:46:34	00:47:23		03:16:55.25	03:17:11.80	+01:14:45 (37.9%)	9:22	6.4 (62.1%)
61	GRZELAK Łukasz	383	WWW.GRZELAK-KANCELARIA.PL	M40	61	00:29:13	00:45:12	00:47:54		03:18:10.45	03:18:29.75	+01:16:03 (38.3%)	9:26	6.4 (62.1%)
62	KOSTYK Grzegorz	410		M40	62	00:30:39	00:47:47	00:48:35		03:19:53.85	03:20:18.05	+01:17:51 (38.9%)	9:31	6.3 (61.2%)
63	MIŚTA Grzegorz	481	DTR BIEGA / MARIO TEAM	M40	63	00:29:31	00:45:53	00:46:26		03:22:32.95	03:23:08.25	+01:20:41 (39.7%)	9:38	6.2 (60.2%)

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64	ZASOWSKI Rafał	409		M40	64	00:28:54	00:46:38	00:48:42	03:24:03.85	03:24:09.00	+01:21:42 (40.0%)	9:43	6.2 (60.2%)
65	MARCINKIEWICZ Marek	520		M40	65	00:31:10	00:47:56	00:48:23	03:25:09.40	03:25:45.75	+01:23:19 (40.5%)	9:46	6.1 (59.2%)
66	LIS Wojciech	356	WIERZBICKI RUNNING PROJECT	M40	66	00:29:30	00:45:09	00:46:35	03:26:27.95	03:26:43.70	+01:24:17 (40.8%)	9:49	6.1 (59.2%)
67	ŁUPKOWSKI Paweł	543	VEGE RUNNERS	M40	67	00:31:21	00:48:15	00:49:22	03:28:18.90	03:28:41.65	+01:26:15 (41.3%)	9:55	6 (58.3%)
68	LIPIŃSKI Jacek	324		M40	68	00:32:06	00:48:52	00:50:02	03:30:02.20	03:30:35.20	+01:28:08 (41.9%)	10:00	6 (58.3%)
69	BORKOWSKI Krzysztof	329		M40	69	00:29:53	00:46:29	00:46:59	03:36:41.55	03:36:56.80	+01:34:30 (43.6%)	10:19	5.8 (56.3%)
70	KUCHARSKI Adam	494		M40	70	00:33:14	00:51:35	00:54:53	03:37:52.75	03:38:30.40	+01:36:04 (44.0%)	10:22	5.8 (56.3%)
71	AWIŻEŃ Łukasz	577		M40	71	00:33:22	00:51:42	00:54:27	03:50:37.70	03:51:19.70	+01:48:53 (47.1%)	10:58	5.5 (53.4%)
72	KOJDER Grzegorz	574		M40	72	00:32:26	00:50:32	00:53:13	03:57:46.60	03:57:47.60	+01:55:21 (48.5%)	11:19	5.3 (51.5%)
73	LEŚNIAK Grzegorz	585	LUŻNE PIĄTKI	M40	73	00:30:33	00:48:05	00:49:27	04:05:13.80	04:05:39.15	+02:03:12 (50.2%)	11:40	5.1 (49.5%)
74	PĘKAŁA Dawid	457	DZIKI Z AFRYKI	M40	74	00:37:13	00:57:05	01:01:18	04:07:45.25	04:08:00.55	+02:05:34 (50.6%)	11:47	5.1 (49.5%)
75	CHAJDYS Maciej	593	SKOSZEWY RUNNERS	M40	75	00:34:28	00:54:24	00:55:26	04:09:46.60	04:10:10.05	+02:07:43 (51.1%)	11:53	5 (48.5%)
76	DRELINKIEWICZ Michał	522	MISIE BIEGAJĄ	M40	76	00:38:41	00:58:15	00:59:08	04:17:07.50	04:17:27.55	+02:15:01 (52.4%)	12:14	4.9 (47.6%)
77	WIŚNIEWSKI Adam	596	GR3MIASTO	M40	77	00:42:02	01:03:42	01:08:16	05:18:37.65	05:18:43.60	+03:16:17 (61.6%)	15:10	4 (38.8%)
78	NOWAK Maciej	582	SPEED FEET 16	M40	78	00:47:46	01:15:19	01:18:03	05:19:04.60	05:19:37.65	+03:17:11 (61.7%)	15:11	3.9 (37.9%)

Znaleziono 78 wynik(ów)