



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: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szwajcarka 4.5km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	BRYDL Pavel	551	SALOMON CZ	M40	1	00:26:12	01:48:53.35	01:48:55.05		5:11	11.6 (100%)
2	PILARSKI Tomasz	542	MARCIN ŚWIERC TEAM	M40	2	00:28:37	01:58:28.55	01:58:30.65	+00:09:35 (8.1%)	5:38	10.6 (91.4%)
3	ZBOROWSKI Krzysztof	513		M40	3	00:31:47	02:07:49.20	02:07:51.45	+00:18:56 (14.8%)	6:05	9.9 (85.3%)
4	NOWORYTA Radosław	541	ULTRA DIABŁY TEAM LUBRZA	M40	4	00:31:18	02:08:07.95	02:08:11.00	+00:19:15 (15.0%)	6:06	9.8 (84.5%)
5	MIKA Andrzej	435		M40	5	00:32:48	02:14:57.55	02:15:01.25	+00:26:06 (19.3%)	6:25	9.3 (80.2%)
6	GRACZ Paweł	374	ULTRA DIABŁY TEAM LUBRZA	M40	6	00:31:51	02:16:22.60	02:16:24.85	+00:27:29 (20.2%)	6:29	9.2 (79.3%)
7	KRZESINSKI Dariusz	464	ORANGE POLSKA S.A.	M40	7	00:33:26	02:18:09.65	02:18:14.20	+00:29:19 (21.2%)	6:34	9.1 (78.4%)
8	CIEŚLIK Sławomir	423	ANTONTEAM	M40	8	00:35:46	02:23:26.35	02:23:33.05	+00:34:38 (24.1%)	6:49	8.8 (75.9%)
9	JODŁOWSKI Marek	321		M40	9	00:34:32	02:24:12.80	02:24:17.05	+00:35:22 (24.5%)	6:52	8.7 (75.0%)
10	MAJEWSKI Maciej	522		M40	10	00:35:15	02:25:20.45	02:25:26.70	+00:36:31 (25.1%)	6:55	8.7 (75.0%)
11	BOHAREWICZ Paweł	339	BOHAR PALETY TRANSPORT	M40	11	00:38:04	02:26:36.85	02:26:45.70	+00:37:50 (25.8%)	6:58	8.6 (74.1%)
12	DREWNIAK Mariusz	432		M40	12	00:38:03	02:30:15.60	02:30:27.55	+00:41:32 (27.6%)	7:09	8.4 (72.4%)
13	ORWAT Adam	411	WOLSZTYŃSKI KLUB BIEGOWY	M40	13	00:37:09	02:30:39.45	02:31:06.95	+00:42:11 (27.9%)	7:10	8.4 (72.4%)
14	VISENTIN  Eric 	516	NOA	M40	14	00:37:57	02:31:20.95	02:31:28.15	+00:42:33 (28.1%)	7:12	8.3 (71.6%)
15	NIKANENKA Siarhei	457	GREBENSTAR	M40	15		02:31:48.00	02:31:48.00	+00:42:52 (28.2%)	7:13	8.3 (71.6%)
16	ŁUCZAK Marcin	329	RUN4ENERGY	M40	16	00:37:08	02:32:08.65	02:32:19.70	+00:43:24 (28.5%)	7:14	8.3 (71.6%)
17	MARGOL Paweł	459		M40	17	00:38:16	02:33:48.80	02:33:52.95	+00:44:57 (29.2%)	7:19	8.2 (70.7%)
18	BOBORYCKI Rafał	523	MOCNA GRUPA CEZARA	M40	18	00:36:42	02:34:36.90	02:34:41.90	+00:45:46 (29.6%)	7:21	8.2 (70.7%)
19	STEC Adam	502		M40	19	00:38:14	02:35:36.35	02:35:41.50	+00:46:46 (30.0%)	7:24	8.1 (69.8%)
20	SZKÓDLIŃSKI Bartosz	310	NARAMOWICE BIEGAJĄ	M40	20	00:38:30	02:37:48.95	02:38:06.40	+00:49:11 (31.1%)	7:30	8 (69.0%)
21	GALEK Zbigniew	453	ŁAGÓW TEAM	M40	21	00:36:49	02:38:08.20	02:38:14.35	+00:49:19 (31.2%)	7:31	8 (69.0%)
22	NYKIEL Rafał	501		M40	22	00:39:20	02:41:32.45	02:41:39.15	+00:52:44 (32.6%)	7:41	7.8 (67.2%)
23	BIALIC Grzegorz	553		M40	23	00:40:01	02:41:57.05	02:42:07.55	+00:53:12 (32.8%)	7:42	7.8 (67.2%)
24	ŚLIWKA Radosław	338		M40	24	00:40:21	02:42:34.00	02:42:36.10	+00:53:41 (33.0%)	7:44	7.8 (67.2%)
25	LEWICKI Tomasz	537	CAŁA OLEŚNICA BIEGA	M40	25	00:40:03	02:42:38.55	02:43:00.55	+00:54:05 (33.2%)	7:44	7.7 (66.4%)
26	PIETRZAKOWSKI Robert	509		M40	26	00:39:19	02:43:04.10	02:43:24.05	+00:54:29 (33.3%)	7:45	7.7 (66.4%)
27	NIŻEWSKI Paweł	462	KRAKOWIAK ULTRA TEAM	M40	27	00:40:26	02:44:45.95	02:44:52.05	+00:55:57 (33.9%)	7:50	7.6 (65.5%)
28	MICHALCZYK Michał	350		M40	28	00:37:58	02:48:04.90	02:48:14.65	+00:59:19 (35.3%)	8:00	7.5 (64.7%)
29	KAŁUSKI Łukasz	532	KKW CYKLOFAN	M40	29	00:45:10	02:47:54.00	02:48:25.85	+00:59:30 (35.3%)	7:59	7.5 (64.7%)

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30	PEPŁOŃSKI Łukasz	492		M40	30	00:41:34	02:48:06.45	02:48:31.50	+00:59:36 (35.4%)	8:00	7.5 (64.7%)
31	BROJ Michał	529	KKW CYKLOFAN	M40	31		02:49:04.65	02:49:04.65	+01:00:09 (35.6%)	8:03	7.5 (64.7%)
32	SYCHOWSKI Dawid	304		M40	32	00:41:17	02:50:34.55	02:50:45.55	+01:01:50 (36.2%)	8:07	7.4 (63.8%)
33	STASIAK Łukasz	518		M40	33	00:42:16	02:50:58.35	02:51:06.65	+01:02:11 (36.3%)	8:08	7.4 (63.8%)
34	FRYBEL Damian	517		M40	34	00:42:06	02:51:09.40	02:51:24.50	+01:02:29 (36.5%)	8:09	7.4 (63.8%)
35	SŁOWIK Grzegorz	489	ZEFKA RUNNERS	M40	35	00:38:11	02:51:59.75	02:52:06.15	+01:03:11 (36.7%)	8:11	7.3 (62.9%)
36	LASKOWSKI Dariusz	549		M40	36	00:38:59	02:53:51.40	02:54:16.45	+01:05:21 (37.5%)	8:16	7.2 (62.1%)
37	DORNIAC Radek	554		M40	37	00:45:17	02:54:02.80	02:54:18.25	+01:05:23 (37.5%)	8:17	7.2 (62.1%)
38	WAJDA Maciej	445	SPELEOCLUB WROCŁAW	M40	38	00:40:16	02:56:01.35	02:56:17.05	+01:07:22 (38.2%)	8:22	7.2 (62.1%)
39	PŁÓCIENNIK Krzysztof	469	UKS AZYMUT PABIANICE	M40	39	00:39:12	02:55:55.50	02:56:23.30	+01:07:28 (38.3%)	8:22	7.2 (62.1%)
40	BARTOSIEWICZ Adam	463		M40	40	00:44:57	02:56:15.55	02:56:36.30	+01:07:41 (38.3%)	8:23	7.1 (61.2%)
41	RĄPAŁA Roman	527		M40	41	00:39:23	02:57:57.05	02:58:04.10	+01:09:09 (38.8%)	8:28	7.1 (61.2%)
42	KOTŁOWSKI Wojciech	478		M40	42	00:41:24	02:59:01.85	02:59:15.65	+01:10:20 (39.2%)	8:31	7 (60.3%)
43	SZELAĞIEWICZ Arek	468	CI OD RUDEGO KOTA	M40	43	00:43:25	02:59:39.80	03:00:01.00	+01:11:05 (39.5%)	8:33	7 (60.3%)
44	OPAŁA Maciej	528		M40	44	00:43:30	03:02:51.20	03:03:00.55	+01:14:05 (40.5%)	8:42	6.9 (59.5%)
45	JANCZAREK Łukasz	371	PTORUNNERS	M40	45	00:44:39	03:03:01.80	03:03:27.85	+01:14:32 (40.6%)	8:42	6.9 (59.5%)
46	DECHNIK Łukasz	508	I W GÓRĘ I W DÓŁ	M40	46	00:44:51	03:03:57.75	03:04:06.60	+01:15:11 (40.8%)	8:45	6.8 (58.6%)
47	FILIPIAK Sebastian	456	EKIPA LIPA	M40	47	00:43:42	03:03:42.45	03:04:11.55	+01:15:16 (40.9%)	8:44	6.9 (59.5%)
48	ŻUREK Mateusz	496		M40	48	00:44:08	03:05:42.60	03:05:50.90	+01:16:55 (41.4%)	8:50	6.8 (58.6%)
49	KRYSIEWICZ Marcin	429		M40	49	00:45:18	03:08:33.45	03:08:48.00	+01:19:52 (42.3%)	8:58	6.7 (57.8%)
50	SKROBEK Marcin	507		M40	50	00:48:22	03:07:14.95	03:09:27.00	+01:20:31 (42.5%)	8:54	6.7 (57.8%)
51	NOWAK Łukasz	360	BLOOD BROTHERS	M40	51	00:43:23	03:11:29.00	03:11:39.05	+01:22:44 (43.2%)	9:07	6.6 (56.9%)
52	GRUCHOT Waldemar	367		M40	52	00:45:11	03:12:03.10	03:12:30.95	+01:23:35 (43.4%)	9:08	6.6 (56.9%)
53	SOCHA Marcin	303		M40	53	00:46:12	03:12:41.20	03:12:52.50	+01:23:57 (43.5%)	9:10	6.5 (56.0%)
54	GADZIŃSKI Robert	373		M40	54	00:45:12	03:12:44.90	03:13:12.40	+01:24:17 (43.6%)	9:10	6.5 (56.0%)
55	KOZIAROWSKI Michał	364		M40	55	00:45:07	03:14:01.75	03:14:22.65	+01:25:27 (44.0%)	9:14	6.5 (56.0%)
56	MATKOWSKI Wiktor	546	RENA WYKROTY	M40	56	00:47:50	03:15:31.65	03:16:00.45	+01:27:05 (44.4%)	9:18	6.4 (55.2%)
57	PIÓRKO Piotr	361		M40	57	00:46:31	03:16:02.30	03:16:19.15	+01:27:24 (44.5%)	9:20	6.4 (55.2%)
58	ZASOWSKI Rafal	346		M40	58	00:47:58	03:19:17.15	03:19:26.60	+01:30:31 (45.4%)	9:29	6.3 (54.3%)
59	WIKLIŃSKI Jarosław	440	CZYSTA AMATORKA	M40	59	00:48:59	03:23:57.60	03:24:16.20	+01:35:21 (46.7%)	9:42	6.2 (53.4%)
60	CHORAŹIAK Marcin	352		M40	60	00:48:19	03:26:26.75	03:26:43.10	+01:37:48 (47.3%)	9:49	6.1 (52.6%)
61	KAPELSKI Michał	353	PATORUNNERS	M40	61	00:48:56	03:31:49.25	03:32:14.90	+01:43:19 (48.7%)	10:05	5.9 (50.9%)
62	KASPERKIEWICZ Filip	391		M40	62	00:49:54	03:31:47.95	03:32:23.15	+01:43:28 (48.7%)	10:05	5.9 (50.9%)
63	LIS Wojciech	314	WIERZBICKI RUNNING PROJECT	M40	63	00:53:09	03:36:40.60	03:37:10.05	+01:48:15 (49.8%)	10:19	5.8 (50.0%)
64	ŁUPKOWSKI Paweł	403	KĘSY TEAM	M40	64	00:53:36	03:39:19.90	03:39:32.45	+01:50:37 (50.4%)	10:26	5.7 (49.1%)
65	SOSIŃSKI Tomasz	433		M40	65	00:49:02	03:39:17.70	03:39:38.15	+01:50:43 (50.4%)	10:26	5.7 (49.1%)
66	ZAJĄC Krzysztof	355	BEZULTRADZIKI/ZAJĄCEHASAJĄCE/WKURW_TEAM	M40	66	00:56:09	03:52:57.05	03:53:31.30	+02:04:36 (53.4%)	11:05	5.4 (46.6%)
67	SZPILA Robert	312		M40	67	00:59:30	03:57:49.60	03:58:15.45	+02:09:20 (54.3%)	11:19	5.3 (45.7%)
68	KĄŁŁAUR Krzysztof	447		M40	68	00:58:55	04:07:15.35	04:07:45.65	+02:18:50 (56.0%)	11:46	5.1 (44.0%)
69	KOWOLL Bronisław	474		M40	69	01:02:41	04:13:04.35	04:13:37.80	+02:24:42 (57.1%)	12:03	5 (43.1%)
70	FRANICA Krystian	422		M40	70	01:02:34	04:13:02.40	04:13:40.05	+02:24:45 (57.1%)	12:02	5 (43.1%)
	SZRAMOWIAT Marek	428	BRITA	M40		00:33:30 DNF	DNF	DNF	-	-	(0.0%)