



Wydarzenie: RUDAWY ZIMOWY FESTIWAL BIEGOWY
Organizator: Fundacja Szczyt za Szczytem
Data: 2022-02-19
Miejsce: Karpniki
Dystans: 10.5 km

DZIESIĄTKA

B4SPORT

B4SPORT
INTELENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
1	WITEK Andrzej	950	140MINUT.PL / DYNAFIT	M30	1	00:23:56	00:49:28.40	00:49:30.40		4:42	12.7 (100%)
2	LULIS Dawid	1064	ALTRA TEAM RED	M30	2	00:27:48	00:57:47.00	00:57:48.65	+00:08:18 (14.4%)	5:30	10.9 (85.8%)
3	PAZDAN Piotr	996	140MINUT.PL	M40	1	00:28:14	00:58:31.95	00:58:33.90	+00:09:03 (15.5%)	5:34	10.8 (85.0%)
4	GÓRAK Przemysław	1083	KB SOBÓTKA	M40	2	00:28:13	00:59:18.85	00:59:20.50	+00:09:50 (16.6%)	5:38	10.6 (83.5%)
5	KOTLAREK Dawid	961	VEGE RUNNERS / #SOBASTEAM	M40	3	00:28:48	00:59:29.15	00:59:31.90	+00:10:01 (16.8%)	5:39	10.6 (83.5%)
6	FRANCZAK Mariusz	1086	DTR BIEGA / MARIO TEAM	M40	4	00:28:49	00:59:40.20	00:59:42.45	+00:10:12 (17.1%)	5:40	10.6 (83.5%)
7	PAWLIK Paweł	1002		M30	3	00:29:56	01:01:37.60	01:01:39.90	+00:12:09 (19.7%)	5:52	10.2 (80.3%)
8	BIELA Konrad	978	GOPR KARKONOSZE	M30	4	00:30:00	01:01:45.95	01:01:48.25	+00:12:17 (19.9%)	5:52	10.2 (80.3%)
9	STĘPIEŃ Paweł	957		M30	5	00:30:12	01:02:58.30	01:03:00.90	+00:13:30 (21.4%)	5:59	10 (78.7%)
10	CIEMIEGA Roman	1044	KOWARY BIEGAJĄ	M40	5	00:30:00	01:03:09.30	01:03:11.90	+00:13:41 (21.7%)	6:00	10 (78.7%)
11	BIAŁOBLÓCKA Alicja	971		K30	1	00:30:48	01:03:22.15	01:03:25.00	+00:13:54 (21.9%)	6:02	9.9 (78.0%)
12	RINK Jan	1022		M40	6	00:31:30	01:05:39.90	01:05:43.20	+00:16:12 (24.7%)	6:15	9.6 (75.6%)
13	WOLSKA Kasia	1057	OLEJ RUNNING TEAM	K30	2	00:32:27	01:06:14.15	01:06:17.20	+00:16:46 (25.3%)	6:18	9.5 (74.8%)
14	PROKOP Mateusz	1051		M30	6	00:32:04	01:06:49.40	01:06:59.00	+00:17:28 (26.1%)	6:21	9.4 (74.0%)
15	STELMACH Szymon	1074	DRÄXLMAIER	M30	7	00:31:41	01:06:58.70	01:07:02.55	+00:17:32 (26.2%)	6:22	9.4 (74.0%)
16	SZARAPANOWSKI Marcin	967	ULTRA DIABŁY TEAM LUBRZA	M40	7	00:32:39	01:07:25.35	01:07:27.90	+00:17:57 (26.6%)	6:25	9.3 (73.2%)
17	OLECHNOWICZ Robert	1004		M50	1	00:32:42	01:07:51.55	01:07:53.20	+00:18:22 (27.1%)	6:27	9.3 (73.2%)
18	WOJDANOWSKI Jan	1078	KB HARCOWNIK	M60	1	00:34:18	01:09:54.00	01:09:54.00	+00:20:23 (29.2%)	6:39	9 (70.9%)
19	ŚLIWIŃSKI Paweł	1082		M30	8	00:32:57	01:10:10.05	01:10:13.55	+00:20:43 (29.5%)	6:40	9 (70.9%)
20	RATYMIRSKI Wojtek	1079		M40	8	00:34:21	01:12:29.40	01:12:36.35	+00:23:05 (31.8%)	6:54	8.7 (68.5%)
21	BIELAWSKI Jakub	1077	DRÄXLMAIER	M30	9	00:35:04	01:12:46.60	01:12:48.75	+00:23:18 (32.0%)	6:55	8.7 (68.5%)
22	ZDEBSKA Magdalena	1011		K30	3	00:34:37	01:12:50.75	01:12:53.95	+00:23:23 (32.1%)	6:56	8.6 (67.7%)
23	KAWECKA Małgorzata	1075	DRÄXLMAIER	K40	1	00:36:01	01:12:58.85	01:13:01.60	+00:23:31 (32.2%)	6:56	8.6 (67.7%)
24	KUTSKO Oksana	1089		K20	1	00:35:44	01:14:46.45	01:14:51.85	+00:25:21 (33.9%)	7:07	8.4 (66.1%)
25	KRAKOWSKI Michał	1072		M30	10	00:35:08	01:16:27.55	01:16:30.25	+00:26:59 (35.3%)	7:16	8.2 (64.6%)
26	KRYSTYNA Grzybowska	1019	PROGRESJA	K40	2	00:35:46	01:16:57.85	01:17:03.45	+00:27:33 (35.8%)	7:19	8.2 (64.6%)
27	ADAMSKI Andrzej	976	SZYNSZYLA GNIEZNO	M20	1	00:37:27	01:17:22.60	01:17:24.85	+00:27:54 (36.0%)	7:22	8.1 (63.8%)
28	SZWARC Grzegorz	1063	S.C. REP	M30	11	00:38:17	01:17:08.55	01:17:29.45	+00:27:59 (36.1%)	7:20	8.2 (64.6%)
29	PĘCZAR Aneta	979	MAD RUNNERS	K20	2	00:37:31	01:17:38.20	01:17:41.80	+00:28:11 (36.3%)	7:23	8.1 (63.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 10.5km	brutto 10.5km			
30	ZDZIARSKI Damian	1033		M20	2	00:37:03	01:17:32.25	01:17:42.50	+00:28:12 (36.3%)	7:23	8.1 (63.8%)
31	KUSAJ Tomasz	1028		M20	3	00:38:31	01:18:18.90	01:18:23.00	+00:28:52 (36.8%)	7:27	8 (63.0%)
32	KULICKI Kacper	1080	MONK SANDALS	M20	4	00:39:28	01:18:27.10	01:18:39.80	+00:29:09 (37.1%)	7:28	8 (63.0%)
33	SITEK Piotr	1024		M40	9	00:39:05	01:19:44.60	01:19:49.60	+00:30:19 (38.0%)	7:35	7.9 (62.2%)
34	KOCHMAN Katarzyna	964	#SOBASTEAM	K30	4	00:38:16	01:19:54.80	01:20:00.00	+00:30:29 (38.1%)	7:36	7.9 (62.2%)
35	ZBOROWSKI Marcin	1013		M30	12	00:39:03	01:22:18.05	01:22:22.35	+00:32:51 (39.9%)	7:50	7.7 (60.6%)
36	ZIENTARA Krzysztof	1032		M30	13	00:38:38	01:22:23.40	01:22:34.00	+00:33:03 (40.0%)	7:50	7.6 (59.8%)
37	ZIOMBKA Kuba	970	ADRIAN DANILEWICZ GROUP	M40	10	00:40:40	01:23:52.00	01:23:57.15	+00:34:26 (41.0%)	7:59	7.5 (59.1%)
38	ZAPOTOCZNY Mariusz	1046		M40	11	00:41:43	01:24:01.30	01:24:13.50	+00:34:43 (41.2%)	8:00	7.5 (59.1%)
39	WASILEWSKA Małgorzata	992		K20	3	00:43:53	01:24:22.40	01:24:30.45	+00:35:00 (41.4%)	8:02	7.5 (59.1%)
40	BANACH Tomasz	959		M60	2	00:39:49	01:24:19.05	01:24:34.60	+00:35:04 (41.5%)	8:01	7.5 (59.1%)
41	UPTAS Ewa	1015	FITNESS I SQASCH	K40	3	00:44:59	01:26:07.90	01:26:15.95	+00:36:45 (42.6%)	8:12	7.3 (57.5%)
42	PAWLIKOWSKA Anna	1029		K40	4	00:43:54	01:27:22.15	01:27:30.25	+00:37:59 (43.4%)	8:19	7.2 (56.7%)
43	MYTKOWSKA Joanna	1087		K40	5	00:42:41	01:27:38.95	01:27:50.70	+00:38:20 (43.6%)	8:20	7.2 (56.7%)
44	KLIMEK Wojciech	990	ORTHOS TEAM	M30	14	00:44:11	01:27:54.70	01:28:00.60	+00:38:30 (43.7%)	8:22	7.2 (56.7%)
45	FURMANOWSKI Paweł	1081		M20	5	00:43:09	01:28:25.45	01:28:32.00	+00:39:01 (44.1%)	8:25	7.1 (55.9%)
46	SKOWRON Marek	1073	DRÄXLMAIER	M40	12	00:42:20	01:28:43.20	01:28:53.15	+00:39:22 (44.3%)	8:26	7.1 (55.9%)
47	SOWIŃSKI Konrad	956		M30	15	00:44:48	01:29:08.15	01:29:23.55	+00:39:53 (44.6%)	8:29	7.1 (55.9%)
48	TAMULONEK Grzegorz	954	FARTY PUSZCZY	M40	13	00:44:56	01:29:23.50	01:29:33.75	+00:40:03 (44.7%)	8:30	7 (55.1%)
49	BANACH Aleksandra	955		K20	4	00:44:48	01:29:19.70	01:29:34.50	+00:40:04 (44.7%)	8:30	7.1 (55.9%)
50	BONIEC Aleksander	1021	NADLEŚNICTWO LIPINKI	M60	3	00:43:00	01:30:08.50	01:30:11.50	+00:40:41 (45.1%)	8:35	7 (55.1%)
51	MACHNICKA Wiktoria	975	MOCZ, ŻÓŁĆ, SOKI ŻOŁĄDKA	K20	5	00:45:09	01:30:06.90	01:30:21.05	+00:40:50 (45.2%)	8:34	7 (55.1%)
52	WIRKIJOWSKA Aneta	987	NOA	K40	6	00:44:51	01:30:45.00	01:30:45.00	+00:41:14 (45.4%)	8:38	6.9 (54.3%)
53	KORCZYŃSKA-ZDĄBŁARZ Marta	1050		K30	5	00:45:42	01:31:58.25	01:32:02.35	+00:42:31 (46.2%)	8:45	6.9 (54.3%)
54	KALINOWSKA Kamila	1058	RUN BYDGOSZCZ	K50	1	00:44:52	01:32:27.50	01:32:37.20	+00:43:06 (46.5%)	8:48	6.8 (53.5%)
55	BEMBENEK Karol	1043		M30	16	00:45:20	01:32:42.15	01:32:58.90	+00:43:28 (46.8%)	8:49	6.8 (53.5%)
56	RENCZMIŃ Izabela	982		K40	7	00:45:28	01:33:53.05	01:34:00.50	+00:44:30 (47.3%)	8:56	6.7 (52.8%)
57	MODZELEWSKA Agnieszka	1012		K40	8	00:46:58	01:34:05.55	01:34:13.90	+00:44:43 (47.5%)	8:57	6.7 (52.8%)
58	SOJKA Przemek	1000		M40	14	00:46:59	01:36:01.75	01:36:05.90	+00:46:35 (48.5%)	9:08	6.6 (52.0%)
59	LEDNICKA Lidia	1061		K40	9	00:48:38	01:36:17.20	01:36:35.80	+00:47:05 (48.7%)	9:10	6.5 (51.2%)
60	LEDNICKI Michał	1060	ARVATO S.C. REP	M40	15	00:48:37	01:36:17.95	01:36:35.85	+00:47:05 (48.7%)	9:10	6.5 (51.2%)
61	SOKOLSKA Marta	1020		K20	6	00:47:56	01:36:28.70	01:36:39.65	+00:47:09 (48.8%)	9:11	6.5 (51.2%)
62	STĘPIEŃ Patrycja	1042		K30	6	00:49:51	01:37:28.75	01:37:45.70	+00:48:15 (49.4%)	9:16	6.5 (51.2%)
63	GRYGLAK Adrianna	966		K20	7	00:49:12	01:37:38.20	01:37:52.15	+00:48:21 (49.4%)	9:17	6.5 (51.2%)
64	KASZEWSKA Agnieszka	1076	DRÄXLMAIER	K40	10	00:49:25	01:38:06.35	01:38:09.90	+00:48:39 (49.6%)	9:20	6.4 (50.4%)
65	MARTAN Iwona	1045		K40	11	00:50:33	01:38:26.55	01:38:38.10	+00:49:07 (49.8%)	9:22	6.4 (50.4%)
66	SKOWRONEK Tomasz	951		M30	17	00:50:43	01:38:24.90	01:38:38.50	+00:49:08 (49.8%)	9:22	6.4 (50.4%)
67	SZPERNALOWSKI Grzegorz	989		M30	18	00:49:07	01:39:20.35	01:39:29.20	+00:49:58 (50.2%)	9:27	6.3 (49.6%)
68	GAJEWSKA Weronika	1001	RYSIE	K40	12	00:49:01	01:39:31.25	01:39:44.85	+00:50:14 (50.4%)	9:28	6.3 (49.6%)
69	CIEKAŃSKA Joanna	1053		K40	13	00:50:22	01:39:37.45	01:39:48.35	+00:50:17 (50.4%)	9:29	6.3 (49.6%)
70	ANTONIAK Teresa	1056	BOLESŁAWIEC	K40	14	00:50:31	01:40:17.75	01:40:25.95	+00:50:55 (50.7%)	9:33	6.3 (49.6%)
71	KUCHCINSKA Diana	1052		K40	15	00:50:21	01:41:06.75	01:41:17.35	+00:51:46 (51.1%)	9:37	6.2 (48.8%)
72	BANACH-SKOWRONEK Joanna	952		K30	7	00:50:22	01:42:15.85	01:42:28.70	+00:52:58 (51.7%)	9:44	6.2 (48.8%)
73	KUSZ Joanna	1016	CROSS STRACENICÓW TEAM	K30	8	00:53:29	01:44:32.45	01:44:39.90	+00:55:09 (52.7%)	9:57	6 (47.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 10.5km	brutto 10.5km			
74	OLEJNICZAK Urszula	1048	CROSS STRACEŃCÓW TEAM	K20	8	00:53:29	01:44:32.35	01:44:40.40	+00:55:10 (52.7%)	9:57	6 (47.2%)
75	TAMBORSKI Tomasz	1054	HTF	M40	16	00:55:31	01:44:51.05	01:45:13.50	+00:55:43 (53.0%)	9:59	6 (47.2%)
76	GRZĄBA Szymon	1005		M40	17	00:53:27	01:45:08.10	01:45:14.65	+00:55:44 (53.0%)	10:00	6 (47.2%)
77	SZOTA Weronika	983		K30	9	00:53:26	01:45:13.35	01:45:25.55	+00:55:55 (53.0%)	10:01	6 (47.2%)
78	ZDUNEK Małgorzata	993		K40	16	00:52:18	01:45:59.45	01:46:02.60	+00:56:32 (53.3%)	10:05	5.9 (46.5%)
79	MENZEL Zofia	953	ULTRA DIABŁY TEAM LUBRZA	K60	1	00:53:45	01:46:20.75	01:46:26.50	+00:56:56 (53.5%)	10:07	5.9 (46.5%)
80	BORKOWSKI Krzysztof	1007		M40	18	00:52:15	01:46:27.30	01:46:31.20	+00:57:00 (53.5%)	10:08	5.9 (46.5%)
81	DRELINKIEWICZ Michał	968	BIEGUSY CZAPLE	M40	19	00:54:06	01:46:32.10	01:46:49.80	+00:57:19 (53.7%)	10:08	5.9 (46.5%)
82	SOBKÓW Katarzyna	1039		K30	10	00:54:04	01:46:33.20	01:46:49.85	+00:57:19 (53.7%)	10:08	5.9 (46.5%)
83	ZAZULA Marlena	1055		K60	2	00:54:25	01:47:03.05	01:47:11.55	+00:57:41 (53.8%)	10:11	5.9 (46.5%)
84	POL Bartosz	1036	WANIEWSKI COACHING	M40	20	00:53:00	01:47:34.40	01:47:40.30	+00:58:09 (54.0%)	10:14	5.9 (46.5%)
85	SZCZURASZEK Izabela	1035		K30	11	00:53:00	01:47:34.40	01:47:40.45	+00:58:10 (54.0%)	10:14	5.9 (46.5%)
86	MRÓWKA Mariusz	1003		M30	19	00:52:19	01:49:17.80	01:49:24.05	+00:59:53 (54.7%)	10:24	5.8 (45.7%)
87	SYNDER-TAMBORSKA Katarzyna	1009	HTF LUDWIK SIKORSKI	K40	17	00:53:19	01:49:12.60	01:49:32.30	+01:00:01 (54.8%)	10:24	5.8 (45.7%)
88	GRZĄBA Joanna	1006		K40	18	00:53:22	01:50:32.65	01:50:39.35	+01:01:08 (55.3%)	10:31	5.7 (44.9%)
89	ADAMCZAK Sylwia	1067		K40	19	00:55:21	01:50:31.65	01:50:47.85	+01:01:17 (55.3%)	10:31	5.7 (44.9%)
90	WIESZCZEK Dominik	1010		M40	21	00:55:33	01:51:13.60	01:51:34.95	+01:02:04 (55.6%)	10:35	5.7 (44.9%)
91	ADAMCZAK Maciej	1066		M40	22	00:55:21	01:52:51.85	01:53:08.65	+01:03:38 (56.2%)	10:44	5.6 (44.1%)
92	BURY Roman	1034		M50	2	00:58:44	01:53:44.60	01:54:04.50	+01:04:34 (56.6%)	10:49	5.5 (43.3%)
93	BALCERZAK Agnieszka	981		K40	20	00:55:11	01:54:30.25	01:54:41.15	+01:05:10 (56.8%)	10:54	5.5 (43.3%)
94	KRZECZKOWSKI Roman	963	BIEGOWA ŚWIDNICA	M50	3	01:03:46	01:58:28.40	01:58:28.40	+01:08:58 (58.2%)	11:16	5.3 (41.7%)
95	BASTA Grzegorz	1008		M40	23	00:55:18	01:59:10.10	01:59:15.10	+01:09:44 (58.5%)	11:20	5.3 (41.7%)
96	SOBIERAJSKA Paulina	1017		K40	21	01:01:27	02:00:56.95	02:01:04.10	+01:11:33 (59.1%)	11:31	5.2 (40.9%)
97	KWIOTEK Grzegorz	1068		M30	20	01:00:37	02:01:13.20	02:01:31.75	+01:12:01 (59.3%)	11:32	5.2 (40.9%)
98	KRZYWICKI Krzysztof	1065		M50	4	01:00:36	02:01:13.30	02:01:31.95	+01:12:01 (59.3%)	11:32	5.2 (40.9%)
99	BŁACHUT Natalia	1026		K30	12	01:01:25	02:02:17.35	02:02:37.40	+01:13:07 (59.6%)	11:38	5.2 (40.9%)
100	MACIEJEWSKI Maciej	1027		M40	24	00:59:30	02:02:17.50	02:02:37.90	+01:13:07 (59.6%)	11:38	5.2 (40.9%)
101	SOBOCIŃSKI Karol	778	PIĘKNI I BESTIE	M30	21	01:03:35	02:03:38.20	02:03:51.80	+01:14:21 (60.0%)	11:46	5.1 (40.2%)
102	PLUSKOTA Ewa	1071		K30	13	01:03:37	02:03:38.65	02:03:51.90	+01:14:21 (60.0%)	11:46	5.1 (40.2%)
103	JARMUŁO Agnieszka	1014		K40	22	01:01:28	02:06:09.65	02:06:17.45	+01:16:47 (60.8%)	12:00	5 (39.4%)
104	KACZMAREK Anna	1018		K30	14	01:02:43	02:07:07.25	02:07:14.55	+01:17:44 (61.1%)	12:06	5 (39.4%)
105	POKORNY Joanna	999		K50	2	01:00:19	02:08:11.55	02:08:16.25	+01:18:45 (61.4%)	12:12	4.9 (38.6%)
106	STEFANIAK Jan	1040		M60	4	01:02:46	02:09:36.00	02:09:47.50	+01:20:17 (61.9%)	12:20	4.9 (38.6%)
107	DZIERGAS-KARCZMIT Paulina	994		K30	15	01:07:08	02:10:45.05	02:10:54.35	+01:21:23 (62.2%)	12:27	4.8 (37.8%)
108	PODSIEDLIK Viola	1037		K40	23	01:04:57	02:13:05.85	02:13:19.25	+01:23:48 (62.9%)	12:40	4.7 (37.0%)
109	PARTYKA Agnieszka	1090	KB HARCOWNIK	K40	24	01:06:39	02:13:55.60	02:14:07.40	+01:24:37 (63.1%)	12:45	4.7 (37.0%)
110	KOZIEŁ Natalia	1049	TOUR DE RUN	K40	25	01:12:53	02:17:53.60	02:18:06.75	+01:28:36 (64.2%)	13:07	4.6 (36.2%)
111	LAKWA Karina	1062	ORTHOS TEAM	K40	26	01:13:26	02:28:11.80	02:28:35.90	+01:39:05 (66.7%)	14:06	4.3 (33.9%)
112	GÓRSKA-KRZESŁOWSKA Sylwia	1059	ORTHOS TEAM	K40	27	01:13:27	02:28:18.30	02:28:42.05	+01:39:11 (66.7%)	14:07	4.2 (33.1%)
113	PODSIEDLIK Alicja	1038		K20	9	01:16:15	02:29:36.80	02:29:50.70	+01:40:20 (67.0%)	14:14	4.2 (33.1%)
114	BIELASZEWSKA Arleta	958	POBIEROWO BIEGA	K50	3	01:25:17	02:34:47.90	02:35:03.80	+01:45:33 (68.1%)	14:44	4.1 (32.3%)
115	BARYŁA Dorota	972		K50	4	01:17:34	02:36:01.90	02:36:18.55	+01:46:48 (68.3%)	14:51	4 (31.5%)
116	SZYDŁOWSKA-JAROSZ Agnieszka	965	POBIEROWO BIEGA	K50	5	01:25:47	02:39:24.90	02:39:40.40	+01:50:10 (69.0%)	15:10	4 (31.5%)
117	TAŃSKA Katarzyna	997		K30	16	01:35:02	02:56:41.60	02:56:51.80	+02:07:21 (72.0%)	16:49	3.6 (28.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
118	MIKSA Emilia	998		K30	17	01:35:05	02:57:26.45	02:57:36.65	+02:08:06 (72.1%)	16:53	3.6 (28.3%)
Przekroczony limit czasu: 03:00:00											
119	JUDKIEWICZ Halina	986		K50	6	01:31:34	03:05:12.20	03:05:28.55	+02:15:58 (73.3%)	17:38	3.4 (26.8%)
120	BARYŁA Piotr	973		M50	5	01:42:12	03:22:53.65	03:23:07.95	+02:33:37 (75.6%)	19:19	3.1 (24.4%)
	BOROŃ-KOSIK Magda	969		K40		DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 121 wynik(ów)