



Wydarzenie: RUDAWY ZIMOWY FESTIWAL BIEGOWY
Organizator: Fundacja Szczyt za Szczytem
Data: 2023-02-18
Miejsce: Karpniki
Dystans: 10.5 km

DZIESIĄTKA

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Husyckie			Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
						Skały 3.5km	4.4km	Szwajcarka 4.5km					
1	BROJ Marcel	1057		M20	1	00:16:25	00:25:09	00:25:28	00:56:12.05	00:56:15.00		5:21	11.2 (100%)
2	PAZDAN Piotr	1045	AW-SZYBCIEJ-TEAM	M40	1	00:18:17	00:27:53	00:28:15	00:59:49.60	00:59:52.10	+00:03:37 (6.0%)	5:41	10.5 (93.8%)
3	SKUZA Krzysztof	1058		M40	2	00:18:36	00:29:44	00:30:04	01:03:11.60	01:03:13.90	+00:06:58 (11.0%)	6:01	10 (89.3%)
4	WYRODEK Jakub	1056		M30	1	00:20:14	00:30:31	00:30:53	01:03:49.00	01:03:51.20	+00:07:36 (11.9%)	6:04	9.9 (88.4%)
5	RINK Jan	1003		M40	3	00:20:23	00:31:01	00:31:22	01:04:58.80	01:05:02.05	+00:08:47 (13.5%)	6:11	9.7 (86.6%)
6	BIAŁOBLÓCKA Alicja	1054		K30	1	00:20:30	00:31:04	00:31:25	01:05:56.00	01:05:59.25	+00:09:44 (14.8%)	6:16	9.6 (85.7%)
7	CIEMIEGA Roman	982	KOWARY BIEGAJA	M40	4	00:20:14	00:31:12	00:31:32	01:08:18.95	01:08:21.55	+00:12:06 (17.7%)	6:30	9.2 (82.1%)
8	STYK Marek	959		M30	2	00:20:26	00:32:02	00:32:29	01:10:13.20	01:10:15.55	+00:14:00 (19.9%)	6:41	9 (80.4%)
9	KRUŻOŁEK Monika	1055		K30	2	00:21:54	00:33:19	00:33:44	01:10:20.45	01:10:23.90	+00:14:08 (20.1%)	6:41	9 (80.4%)
10	IWANOWSKI Przemysław	1048	TAEKWONDO CHOJNÓW	M40	5	00:21:29	00:33:03	00:33:27	01:10:57.00	01:11:01.15	+00:14:46 (20.8%)	6:45	8.9 (79.5%)
11	ZAGROBELNY Michał	954	KOWARY BIEGAJĄ	M30	3	00:21:05	00:32:31	00:32:54	01:11:03.40	01:11:06.65	+00:14:51 (20.9%)	6:46	8.9 (79.5%)
12	GAŁASZEWSKI Łukasz	1021		M30	4	00:21:54	00:33:36	00:33:59	01:11:24.00	01:11:28.05	+00:15:13 (21.3%)	6:48	8.8 (78.6%)
13	BOROWSKA Karolina	1010	KGHM ZG RUN	K30	3	00:22:11	00:33:53	00:34:19	01:11:28.20	01:11:31.10	+00:15:16 (21.3%)	6:48	8.8 (78.6%)
14	ADAMSKI Andrzej	977	SZYNSZYŁE GNIEZNO	M20	2	00:22:09	00:34:30	00:34:56	01:11:52.50	01:11:56.40	+00:15:41 (21.8%)	6:50	8.8 (78.6%)
15	ONISZCZUK Karol	953		M30	5	00:22:33	00:34:22	00:34:46	01:12:09.35	01:12:12.70	+00:15:57 (22.1%)	6:52	8.7 (77.7%)

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						Skały 3.5km	4.4km	Szwajcarka 4.5km					
16	KOSIDŁO Bartosz	1011	KOSA	M40	6	00:22:19	00:34:05	00:34:31	01:12:39.90	01:12:45.15	+00:16:30 (22.7%)	6:55	8.7 (77.7%)
17	ROZDZYNSKA Patrycja	1043	STAJNIAK TEAM	K20	1	00:22:25	00:35:13	00:35:36	01:14:43.90	01:14:48.75	+00:18:33 (24.8%)	7:06	8.4 (75.0%)
18	WOCH Agnieszka	1027		K50	1	00:23:31	00:36:46	00:37:20	01:15:51.65	01:15:55.60	+00:19:40 (25.9%)	7:13	8.3 (74.1%)
19	PŁÓCIENNIK Krzysztof	1035	DZIKIE PUTKI	M40	7	00:23:09	00:35:25	00:35:51	01:15:55.35	01:16:04.90	+00:19:49 (26.1%)	7:13	8.3 (74.1%)
20	PIĄTEK Dariusz	986		M30	6	00:22:29	00:35:02	00:35:27	01:16:54.40	01:17:00.25	+00:20:45 (27.0%)	7:19	8.2 (73.2%)
21	RABIEJ-OLSZEWSKA Hanna	1047	SOBAS TEAM	K30	4	00:23:25	00:36:37	00:37:07	01:17:19.20	01:17:22.50	+00:21:07 (27.3%)	7:21	8.1 (72.3%)
22	PIĄTEK Iwona	987	ŚWIDNICKA GRUPA BIEGOWA	K40	1	00:23:48	00:36:43	00:37:10	01:17:30.40	01:17:36.25	+00:21:21 (27.5%)	7:22	8.1 (72.3%)
23	SOBEL-ADAMSKA Dorota	997	STARA KOCIARA	K30	5	00:24:33	00:38:09	00:38:34	01:17:49.45	01:17:54.30	+00:21:39 (27.8%)	7:24	8.1 (72.3%)
24	ZIĘTEK Krzysztof	963		M40	8	00:22:36	00:34:38	00:34:57	01:18:51.75	01:18:57.90	+00:22:42 (28.8%)	7:30	8 (71.4%)
25	CHRUŚCIŃSKA Joanna	980	ADIENT RUNNING TEAM	K20	2	00:24:45	00:39:05	00:39:28	01:22:37.20	01:22:43.65	+00:26:28 (32.0%)	7:52	7.6 (67.9%)
26	NOWOSAD Piotrek	1041		M30	7	00:24:49	00:38:52	00:39:16	01:22:25.65	01:22:44.05	+00:26:29 (32.0%)	7:50	7.6 (67.9%)
27	TOMASIK Andrzej	989		M50	1	00:24:36	00:38:00	00:38:33	01:23:18.15	01:23:22.60	+00:27:07 (32.5%)	7:56	7.6 (67.9%)
28	BIELAWSKI Paweł	1052		M30	8	00:24:44	00:38:15	00:38:43	01:23:30.30	01:23:33.75	+00:27:18 (32.7%)	7:57	7.5 (67.0%)
29	SZCZĘSNY Paweł	1023		M30	9	00:25:01	00:40:08	00:40:37	01:24:29.45	01:24:32.90	+00:28:17 (33.5%)	8:02	7.5 (67.0%)
30	GRACZYK Marcin	1026		M50	2	00:24:36	00:38:06	00:38:56	01:24:11.40	01:24:38.25	+00:28:23 (33.5%)	8:01	7.5 (67.0%)
31	ADAMSKA Paulina	978	SZYNSZYLA GNIEZNO	K20	3	00:27:51	00:42:35	00:43:01	01:26:32.45	01:26:44.15	+00:30:29 (35.1%)	8:14	7.3 (65.2%)
32	TROSZCZYŃSKA Izabela	956		K30	6	00:28:11	00:42:25	00:42:58	01:27:46.50	01:28:00.95	+00:31:45 (36.1%)	8:21	7.2 (64.3%)
33	BULAK Mateusz	957		M30	10	00:28:10	00:42:25	00:42:58	01:27:49.35	01:28:03.30	+00:31:48 (36.1%)	8:21	7.2 (64.3%)
34	KOELNER Rafal	1015		M40	9	00:29:46	00:45:24	00:45:45	01:28:13.85	01:28:29.75	+00:32:14 (36.4%)	8:24	7.1 (63.4%)
35	ZIELONKA Agnieszka	1029		K40	2		00:40:52	00:41:19	01:28:52.60	01:29:07.20	+00:32:52 (36.9%)	8:27	7.1 (63.4%)
36	GOŁĘBIOWSKI Marcin	999		M40	10	00:27:19	00:44:04	00:44:41	01:30:57.05	01:31:10.25	+00:34:55 (38.3%)	8:39	6.9 (61.6%)
37	POSPIESZNY Robert	993		M40	11	00:29:21	00:43:48	00:44:16	01:33:27.80	01:33:32.75	+00:37:17 (39.9%)	8:54	6.7 (59.8%)
38	BARTOSZAK Dorota	979	SZYNSZYLA GNIEZNO	K50	2	00:29:13	00:45:16	00:45:43	01:33:39.05	01:33:50.90	+00:37:35 (40.1%)	8:55	6.7 (59.8%)

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						Skały 3.5km	4.4km	Szwajcarka 4.5km					
39	NAJDEK Michał	1030		M30	11	00:28:09	00:45:14	00:45:43	01:34:10.90	01:34:10.90	+00:37:55 (40.3%)	8:58	6.7 (59.8%)
40	DACZKOWSKA Agata	1031		K30	7	00:28:28	00:45:38	00:46:03	01:34:30.85	01:34:37.80	+00:38:22 (40.6%)	9:00	6.7 (59.8%)
41	SKRAJDA Piotr	1059		M30	12	00:29:12	00:45:23	00:45:49	01:34:21.35	01:34:41.60	+00:38:26 (40.6%)	8:59	6.7 (59.8%)
42	LEKI Adriana	1022		K30	8	00:28:12	00:44:15	00:44:44	01:34:41.70	01:34:49.90	+00:38:34 (40.7%)	9:01	6.7 (59.8%)
43	WOCH Natalia	1028		K20	4	00:29:37	00:46:00	00:46:31	01:34:52.30	01:35:01.45	+00:38:46 (40.8%)	9:02	6.6 (58.9%)
44	JEKA Piotr	1009	JEKA TEAM	M50	3	00:29:00	00:45:15	00:45:46	01:34:59.65	01:35:07.75	+00:38:52 (40.9%)	9:02	6.6 (58.9%)
45	PAWLIKOWSKA Anna	966		K40	3	00:28:55	00:46:50	00:47:20	01:35:51.75	01:36:00.60	+00:39:45 (41.4%)	9:07	6.6 (58.9%)
46	HEJMOWSKI Sylwester	1016		M40	12	00:28:52	00:45:24	00:45:51	01:36:12.85	01:36:26.30	+00:40:11 (41.7%)	9:09	6.5 (58.0%)
47	GWOŹDZIK-BŁASZCZYK Karolina	1004		K40	4	00:29:38	00:46:03	00:46:33	01:36:29.00	01:36:33.95	+00:40:18 (41.7%)	9:11	6.5 (58.0%)
48	GADZINA Sławomir	1005	MASTERSERVICE	M40	13	00:29:04	00:43:24	00:43:50	01:37:10.90	01:37:29.25	+00:41:14 (42.3%)	9:15	6.5 (58.0%)
49	SUMISŁAWSKI Sebastian	1050		M40	14	00:31:08	00:47:47	00:49:16	01:38:45.05	01:38:59.20	+00:42:44 (43.2%)	9:24	6.4 (57.1%)
50	ZABIEREK Roland	1051		M50	4	00:31:06	00:47:47	00:49:20	01:38:45.35	01:38:59.30	+00:42:44 (43.2%)	9:24	6.4 (57.1%)
51	KOZACZUK Grzegorz	1014		M40	15	00:29:26	00:45:56	00:46:34	01:38:54.90	01:39:05.35	+00:42:50 (43.2%)	9:25	6.4 (57.1%)
52	BERNACKA Kinga	973		K30	9	00:30:02	00:45:48	00:47:03	01:40:04.20	01:40:16.45	+00:44:01 (43.9%)	9:31	6.3 (56.3%)
53	SAKRAJDA Jerzy	1018		M60	1	00:31:29	00:48:09	00:48:37	01:41:33.30	01:41:55.20	+00:45:40 (44.8%)	9:40	6.2 (55.4%)
54	PAWLAK Gabriel	1007		M40	16	00:30:56	00:48:43	00:50:08	01:42:58.15	01:43:08.55	+00:46:53 (45.5%)	9:48	6.1 (54.5%)
55	KRÓLAK Katarzyna	1042	SLOW JOGGING WAŁBRZYCH	K30	10	00:31:55	00:49:06	00:49:46	01:43:05.15	01:43:11.80	+00:46:56 (45.5%)	9:49	6.1 (54.5%)
56	KWIASOWSKA Martyna	1012	BE AGGRESSIVE	K30	11	00:32:04	00:50:26	00:51:02	01:43:59.25	01:44:19.75	+00:48:04 (46.1%)	9:54	6.1 (54.5%)
57	GASIOR Paweł	1039	ROZBIEGANY SUSZ	M30	13	00:32:45	00:51:10	00:52:04	01:45:18.75	01:45:25.95	+00:49:10 (46.6%)	10:01	6 (53.6%)
58	KRASIŃSKI Gracjan	968	ADIENT TEAM	M40	17	00:28:42	00:46:24	00:48:45	01:45:26.90	01:45:33.20	+00:49:18 (46.7%)	10:02	6 (53.6%)
59	SZYNKAREK Tomasz	998		M40	18	00:30:52	00:48:15	00:49:37	01:45:29.35	01:45:41.20	+00:49:26 (46.8%)	10:02	6 (53.6%)
60	OLEŚ Ewa	1020		K30	12	00:32:30	00:50:48	00:51:19	01:46:06.25	01:46:25.75	+00:50:10 (47.1%)	10:06	5.9 (52.7%)
61	ANIOŁEK Michał	1013	FLY OR DIE	M30	14	00:33:58	00:53:39	00:54:48	01:47:58.30	01:48:14.05	+00:51:59 (48.0%)	10:16	5.8 (51.8%)

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						Skały 3.5km	4.4km	Szwajcarka 4.5km					
62	ŁUKOWIAK Krzysztof	1000	FLY OR DIE	M30	15	00:33:55	00:53:35	00:54:45	01:47:57.50	01:48:14.20	+00:51:59 (48.0%)	10:16	5.8 (51.8%)
63	KLISOWSKA Weronika	1001	FLY OR DIE	K30	13	00:33:57	00:53:36	00:54:47	01:47:58.10	01:48:14.35	+00:51:59 (48.0%)	10:16	5.8 (51.8%)
64	SŁOMKA Magda	988		K40	5	00:34:06	00:53:16	00:54:32	01:49:26.20	01:49:39.30	+00:53:24 (48.7%)	10:25	5.8 (51.8%)
65	LESAK- JAŚKOWSKA Sylwia	1060		K50	3	00:33:29	00:52:24	00:53:01	01:51:10.15	01:51:16.15	+00:55:01 (49.4%)	10:35	5.7 (50.9%)
66	LIS Anna	964		K40	6	00:34:39	00:53:19	00:54:56	01:51:23.40	01:51:27.25	+00:55:12 (49.5%)	10:36	5.7 (50.9%)
67	ŚLIWKA Anna	981		K30	14	00:35:22	00:55:23	00:56:23	01:54:31.80	01:54:39.65	+00:58:24 (50.9%)	10:54	5.5 (49.1%)
68	SLUSARCZYK Tomasz	995		M40	19	00:33:09	00:51:41	00:52:47	01:55:00.70	01:55:18.05	+00:59:03 (51.2%)	10:57	5.5 (49.1%)
69	PRZYBYSZ Piotr	991		M40	20	00:37:18	00:56:22	00:57:05	01:55:17.40	01:55:34.85	+00:59:19 (51.3%)	10:58	5.5 (49.1%)
70	GRACZYK Magdalena	1025		K50	4	00:36:43	00:56:18	00:57:25	01:56:53.15	01:57:21.20	+01:01:06 (52.1%)	11:07	5.4 (48.2%)
71	GAJ Bartosz	1034	ORTHOS TEAM	M30	16	00:34:51	00:55:56	00:57:23	01:57:29.35	01:57:35.45	+01:01:20 (52.2%)	11:11	5.4 (48.2%)
72	KMIECIK Małgorzata	972		K40	7	00:36:07	00:56:17	00:57:43	01:58:22.50	01:58:34.90	+01:02:19 (52.6%)	11:16	5.3 (47.3%)
73	SOBCZAK Maciej	969	RAZEM TRENUJEMY SPORT	M40	21	00:35:50	00:55:36	00:56:31	01:59:18.10	01:59:27.05	+01:03:12 (52.9%)	11:21	5.3 (47.3%)
74	BRELA Ewa	970	BRAK	K30	15	00:36:28	00:56:00	00:57:23	01:59:38.55	01:59:51.30	+01:03:36 (53.1%)	11:23	5.3 (47.3%)
75	KACZMAREK Mariusz	1006		M60	2	00:35:42	00:56:15	00:57:25	01:59:34.45	01:59:57.90	+01:03:42 (53.1%)	11:23	5.3 (47.3%)
76	BASTA Joanna	950	BASTA TEAM	K50	5	00:35:06	00:55:53	00:57:23	02:00:00.55	02:00:03.30	+01:03:48 (53.1%)	11:25	5.3 (47.3%)
77	JANKOWSKA Roksana	971	KAT CROSS	K40	8	00:36:05	00:56:34	00:57:42	01:59:56.65	02:00:08.95	+01:03:53 (53.2%)	11:25	5.3 (47.3%)
78	ŁUKASZEWSKA Sylwia	1046		K40	9	00:38:51	01:00:38	01:01:14	02:06:08.10	02:06:25.75	+01:10:10 (55.5%)	12:00	5 (44.6%)
79	KEREBKO Yuliia	994		K30	16	00:50:05	01:09:08	01:10:46	02:06:18.20	02:06:37.75	+01:10:22 (55.6%)	12:01	5 (44.6%)
80	TRĘBACZ Marianna	990		K30	17	00:39:59	01:03:53	01:06:00	02:07:02.00	02:07:15.20	+01:11:00 (55.8%)	12:05	5 (44.6%)
81	FRANKOWSKA Weronika	958		K30	18		01:04:52	01:06:19	02:08:03.80	02:08:24.75	+01:12:09 (56.2%)	12:11	4.9 (43.8%)
82	STEFANIAK Jan	1061		M60	3	00:38:21	00:59:13	01:00:59	02:08:41.75	02:09:01.50	+01:12:46 (56.4%)	12:15	4.9 (43.8%)
83	SKOWROŃSKI Bartosz	1032		M30	17	00:42:03	01:04:41	01:05:50	02:12:08.05	02:12:27.60	+01:16:12 (57.5%)	12:35	4.8 (42.9%)
84	RYCHLIK Tomasz	1033	FITNESS PIEKARY LEGNICA	M30	18	00:42:04	01:04:41	01:05:49	02:12:09.00	02:12:28.20	+01:16:13 (57.5%)	12:35	4.8 (42.9%)

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						3.5km	4.4km						
85	BARYŁA Dorota	1002		K50	6	00:42:17	01:06:19	01:08:13	02:18:25.95	02:18:52.55	+01:22:37 (59.5%)	13:10	4.6 (41.1%)
86	SZYDŁOWSKA-JAROSZ Agnieszka	976	POBIEROWO BIEGA	K50	7	00:43:55	01:05:09	01:07:02	02:18:28.30	02:18:53.15	+01:22:38 (59.5%)	13:11	4.5 (40.2%)
87	ZBOROWSKA Joanna	951	ADIENT RUNNING TEAM	K20	5	00:43:24	01:08:47	01:10:05	02:20:13.20	02:20:29.90	+01:24:14 (60.0%)	13:21	4.5 (40.2%)
88	BIELASZEWSKA Arleta	960	POBIEROWO BIEGA	K50	8	00:45:43	01:11:21	01:12:38	02:22:03.40	02:22:10.95	+01:25:55 (60.4%)	13:31	4.4 (39.3%)
89	LISON Aleksandra	1053		K30	19	00:44:45	01:10:55	01:14:12	02:24:28.30	02:24:33.70	+01:28:18 (61.1%)	13:45	4.4 (39.3%)
90	JUDKIEWICZ Halina	974		K50	9	00:53:04	01:22:49	01:23:56	02:37:37.55	02:38:03.40	+01:41:48 (64.4%)	15:00	4 (35.7%)
91	PRZYBYŁ Jolanta	975	EASY RUNNERS	K40	10	00:54:04	01:24:07	01:25:05	02:38:30.15	02:38:46.05	+01:42:31 (64.6%)	15:05	4 (35.7%)
92	GRABIŃSKA Wiktoria	1049	FUNDACJA „DZIĘKI TOBIE”	K20	6	00:53:09	01:23:01	01:23:54	02:39:30.25	02:39:48.65	+01:43:33 (64.8%)	15:11	3.9 (34.8%)
92	GRABIŃSKA Angelika	996		K40	11	00:53:07	01:22:32	01:23:54	02:39:30.05	02:39:48.65	+01:43:33 (64.8%)	15:11	3.9 (34.8%)
94	SZCZEPANIAK Sławomir	1017	KS LENIWIEC	M50	5	00:54:06	01:24:17	01:25:23	02:46:19.05	02:46:35.60	+01:50:20 (66.2%)	15:50	3.8 (33.9%)
	PŁÓCIENNIK Konrad	1036	DZIKIE PUTKI	M20		00:26:22 DNF	00:40:44 DNF	00:41:12 DNF	DNF	DNF		-	- (0.0%)

Znaleziono 95 wynik(ów)