



Wydarzenie: RUDAWY ZIMOWY FESTIWAL BIEGOWY
Organizator: Fundacja Szczyt za Szczytem
Data: 2024-02-10
Miejsce: Karpniki
Dystans: 10.5 km

DZIESIĄTKA

B4SPORT

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szwajcarka 4.5km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
1	KACZOR Jan	1061	SALOMON TEAM	M20	1	00:24:51	00:50:55.70	00:50:58.65		4:50	12.4 (100%)
2	DZIOBA Mateusz	994	10 BKPANC ŚWIĘTOSZÓW	M20	2	00:25:15	00:52:15.55	00:52:18.90	+00:01:20 (2.6%)	4:58	12.1 (97.6%)
3	MIŚ Zbigniew	1075		M30	1	00:25:11	00:54:06.45	00:54:11.25	+00:03:12 (5.9%)	5:09	11.6 (93.5%)
4	LULIS Dawid	1056	SOBOTA TO SOBOTA	M30	2	00:27:08	00:56:20.20	00:56:24.65	+00:05:26 (9.6%)	5:21	11.2 (90.3%)
5	MIROSZKA Krzysztof	1046		M20	3	00:25:51	00:56:51.20	00:56:56.35	+00:05:57 (10.5%)	5:24	11.1 (89.5%)
6	FIRLET Daniel	1071	IZERY BOGATYNIA	M40	1	00:28:36	00:58:53.05	00:58:57.40	+00:07:58 (13.5%)	5:36	10.7 (86.3%)
7	PAWLIK Filip	1012	TURBOCOLA	M30	3	00:28:38	00:58:59.10	00:59:03.50	+00:08:04 (13.7%)	5:37	10.7 (86.3%)
8	PISAREK Maciej	1057		M40	2	00:28:42	00:59:14.05	00:59:20.00	+00:08:21 (14.1%)	5:38	10.6 (85.5%)
9	WALKOSZ Mateusz	1050	#SOBASTEAM	M30	4	00:28:57	00:59:29.40	00:59:33.90	+00:08:35 (14.4%)	5:39	10.6 (85.5%)
10	FICNER Anna	1064		K30	1	00:29:19	00:59:40.80	00:59:46.90	+00:08:48 (14.7%)	5:40	10.6 (85.5%)
11	WIŚNIEWSKI Paweł	1042	ULTRAKOTLINA	M40	3	00:29:42	01:01:12.00	01:01:17.45	+00:10:18 (16.8%)	5:49	10.3 (83.1%)
12	CHOJNOWSKI Marcin	1052	GOPR KARKONOSZE	M30	5	00:29:20	01:01:27.55	01:01:33.65	+00:10:35 (17.2%)	5:51	10.3 (83.1%)
13	NOWAKOWSKA Anna	1051	ZAWISZA BYDGOSZCZ	K30	2	00:29:53	01:01:52.80	01:01:57.80	+00:10:59 (17.7%)	5:53	10.2 (82.3%)
14	ZIENTARA Krzysztof	1045		M30	6	00:29:54	01:03:02.70	01:03:07.75	+00:12:09 (19.2%)	6:00	10 (80.6%)
15	KUCHARSKI Robert	989	BIEGAM NA STABŁOWICACH	M40	4	00:31:21	01:03:43.15	01:03:48.75	+00:12:50 (20.1%)	6:04	9.9 (79.8%)
16	MARSZAŁEK Kazimierz	1007	ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO	M50	1	00:31:06	01:03:54.45	01:04:00.70	+00:13:02 (20.4%)	6:05	9.9 (79.8%)
17	RYSZAWY Mikołaj	959	AW - SZYBCIEJ - TEAM	M20	4	00:30:18	01:04:09.90	01:04:14.70	+00:13:16 (20.7%)	6:06	9.8 (79.0%)
18	RINK Jan	1009		M40	5	00:31:07	01:04:50.15	01:04:55.65	+00:13:57 (21.5%)	6:10	9.7 (78.2%)
19	CIEMIEGA Roman	1019	KOWARY BIEGAJĄ	M40	6	00:30:27	01:05:41.85	01:05:45.60	+00:14:46 (22.5%)	6:15	9.6 (77.4%)
20	FLOREK Katarzyna	1011	AW-SZYBCIEJ-TEAM	K30	3	00:32:54	01:07:02.85	01:07:08.15	+00:16:09 (24.1%)	6:23	9.4 (75.8%)
21	KRAKOWIAK Mikołaj	1059	KRAKOWIAK ULTRA TEAM	M30	7	00:32:40	01:09:48.95	01:09:55.85	+00:18:57 (27.1%)	6:38	9 (72.6%)
22	ZIĘTEK Krzysztof	962	NATURAL EPO SZKLARSKA PORĘBA	M40	7	00:34:31	01:09:46.50	01:09:58.35	+00:18:59 (27.1%)	6:38	9 (72.6%)
23	IWANOWSKI Przemysław	969	HANNA TEAM	M40	8	00:33:30	01:11:42.10	01:11:47.90	+00:20:49 (29.0%)	6:49	8.8 (71.0%)
24	KOSIDŁO Bartosz	1003	KOSA	M40	9	00:35:04	01:11:56.25	01:12:03.50	+00:21:04 (29.3%)	6:51	8.8 (71.0%)
25	DUBOWIECKI Witek	1040	CHATA BIEGACZA K34	M50	2	00:35:06	01:12:09.65	01:12:17.20	+00:21:18 (29.5%)	6:52	8.7 (70.2%)
26	LULIS Anna	1058	#SOBASTEAM	K40	1	00:35:13	01:12:28.45	01:12:33.45	+00:21:34 (29.7%)	6:54	8.7 (70.2%)
27	ZUGAJ Dawid	1032		M30	8	00:34:27	01:12:38.35	01:12:49.95	+00:21:51 (30.0%)	6:55	8.7 (70.2%)
28	SZUMIŃSKI Artur	1069		M50	3	00:34:37	01:13:03.50	01:13:11.25	+00:22:12 (30.3%)	6:57	8.6 (69.4%)
29	DEM CZUK Marek	1037		M40	10	00:36:10	01:14:20.25	01:14:20.25	+00:23:21 (31.4%)	7:04	8.5 (68.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szwajcarka 4.5km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 10.5km	brutto 10.5km			
30	ZALEWSKI Radosław	955	AW SZYBCIEJ TEAM	M30	9	00:36:10	01:14:55.85	01:15:01.95	+00:24:03 (32.1%)	7:08	8.4 (67.7%)
31	PIOTRÓW Łukasz	1074	BEZ SENSI	M30	10	00:35:38	01:16:02.15	01:16:14.60	+00:25:15 (33.1%)	7:14	8.3 (66.9%)
32	GRZĄBA Szymon	988		M50	4	00:36:45	01:16:25.55	01:16:31.00	+00:25:32 (33.4%)	7:16	8.2 (66.1%)
33	JANAS Michał	1005		M30	11	00:35:46	01:16:32.25	01:16:45.15	+00:25:46 (33.6%)	7:17	8.2 (66.1%)
34	KLIMEK Wojciech	976	ORTHOS TEAM/ PRZEDWOJEWSKI TEAM	M30	12	00:37:58	01:17:46.65	01:17:54.05	+00:26:55 (34.6%)	7:24	8.1 (65.3%)
35	HELMAN Dawid	1035		M30	13	00:37:07	01:18:04.05	01:18:16.15	+00:27:17 (34.9%)	7:26	8.1 (65.3%)
36	RABIEJ-OLSZEWSKA Hanna	1036	SOBASTEAM	K30	4	00:37:56	01:18:41.75	01:18:47.25	+00:27:48 (35.3%)	7:29	8 (64.5%)
37	FOGIEL-PAWŁOWSKA Agnieszka	974	PĘDZĄCY W MIEJSCU	K40	2	00:37:59	01:19:07.30	01:19:14.20	+00:28:15 (35.7%)	7:32	8 (64.5%)
38	HULALKA Anna	1013		K20	1	00:38:40	01:19:42.05	01:19:51.10	+00:28:52 (36.2%)	7:35	7.9 (63.7%)
39	FRIEDRICH Radosław	991		M30	14	00:36:16	01:21:54.60	01:22:01.85	+00:31:03 (37.9%)	7:48	7.7 (62.1%)
40	ERBEL Paulina	979		K30	5	00:40:19	01:22:05.85	01:22:24.15	+00:31:25 (38.1%)	7:49	7.7 (62.1%)
41	WYTYKOWSKA Joanna	1021	ŁKW	K40	3	00:39:30	01:22:22.05	01:22:34.55	+00:31:35 (38.3%)	7:50	7.6 (61.3%)
42	ZAGROBELNY Radosław	1076	MONKO CAFFEE	M60	1	00:39:03	01:22:37.95	01:22:46.05	+00:31:47 (38.4%)	7:52	7.6 (61.3%)
43	GRYS Marek	1070	GST TEAM & SCORPION	M40	11	00:38:56	01:23:18.60	01:23:27.25	+00:32:28 (38.9%)	7:56	7.6 (61.3%)
44	JANIAK Magdalena	1000		K20	2	00:38:57	01:23:29.65	01:23:36.45	+00:32:37 (39.0%)	7:57	7.5 (60.5%)
45	TOMASIK Andrzej	965		M50	5	00:41:28	01:25:31.35	01:25:37.25	+00:34:38 (40.5%)	8:08	7.4 (59.7%)
46	KOELNER Rafal	985		M40	12	00:42:52	01:26:18.60	01:26:33.75	+00:35:35 (41.1%)	8:13	7.3 (58.9%)
47	POSPIESZNY Robert	953		M40	13	00:40:25	01:27:25.15	01:27:32.95	+00:36:34 (41.8%)	8:19	7.2 (58.1%)
48	RAKIEJ Magdalena	1034	ALOHA TEAM	K30	6	00:41:41	01:28:21.75	01:28:28.35	+00:37:29 (42.4%)	8:24	7.1 (57.3%)
49	PETER Andrzej	1020		M50	6	00:44:31	01:28:34.90	01:28:56.70	+00:37:58 (42.7%)	8:26	7.1 (57.3%)
50	SZAL Małgorzata	956	TENIS CENTRUM AS	K30	7	00:42:09	01:28:46.60	01:29:03.40	+00:38:04 (42.8%)	8:27	7.1 (57.3%)
51	SZAMRALUK Roman	977	ORTHOS TEAM	M30	15	00:43:57	01:29:04.40	01:29:12.45	+00:38:13 (42.9%)	8:28	7.1 (57.3%)
52	PAWLIKOWSKA Anna	1031		K50	1	00:44:11	01:29:18.20	01:29:27.05	+00:38:28 (43.0%)	8:30	7.1 (57.3%)
53	STARCZEWSKA Izabela	968	ULTRA DIABŁY TEAM LUBRZA	K50	2	00:43:44	01:29:26.55	01:29:43.15	+00:38:44 (43.2%)	8:31	7 (56.5%)
54	PĘKAŁA Dawid	1015	DZIKI Z AFRYKI	M40	14	00:43:41	01:29:40.70	01:30:04.15	+00:39:05 (43.4%)	8:32	7 (56.5%)
55	ZAPART-CZASŁAWSKA Ewa	1004	AGAT ZŁOTORYJA	K40	4	00:44:31	01:29:45.15	01:30:05.85	+00:39:07 (43.4%)	8:32	7 (56.5%)
56	PETER Szymon	1027		M20	5	00:44:01	01:29:51.05	01:30:12.55	+00:39:13 (43.5%)	8:33	7 (56.5%)
57	GRABARA Dorota	1002	ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO	K30	8	00:44:35	01:31:49.95	01:32:04.55	+00:41:05 (44.6%)	8:44	6.9 (55.6%)
58	JURKOWLANIEC Rafał	1055		M50	7	00:46:55	01:33:40.25	01:34:03.00	+00:43:04 (45.8%)	8:55	6.7 (54.0%)
59	STARCZEWSKI Krzysztof	967	ULTRA DIABŁY TEAM LUBRZA	M50	8	00:46:28	01:35:06.40	01:35:24.60	+00:44:25 (46.6%)	9:03	6.6 (53.2%)
60	BANACH Olga	1010		K20	3	00:48:10	01:35:28.40	01:35:40.70	+00:44:42 (46.7%)	9:05	6.6 (53.2%)
61	DACZKOWSKA Agata	1053		K30	9	00:46:06	01:35:47.65	01:35:54.30	+00:44:55 (46.8%)	9:07	6.6 (53.2%)
62	WOJCIECHOWSKI Leszek	1068		M40	15	00:43:22	01:35:40.15	01:36:03.00	+00:45:04 (46.9%)	9:06	6.6 (53.2%)
63	DANAJ Paulina	1054		K30	10	00:46:02	01:36:20.00	01:36:26.40	+00:45:27 (47.1%)	9:10	6.5 (52.4%)
64	WOJCIEROWSKA Weronika	995	RYSIE	K40	5	00:47:28	01:36:40.30	01:36:54.15	+00:45:55 (47.4%)	9:12	6.5 (52.4%)
65	MAZIARZ Jowita	998		K40	6	00:48:08	01:36:52.95	01:37:11.60	+00:46:12 (47.6%)	9:13	6.5 (52.4%)
66	BORSKI Daniel	987		M50	9	00:46:58	01:39:25.30	01:39:32.20	+00:48:33 (48.8%)	9:28	6.3 (50.8%)
67	FIERKOWICZ Teresa	1008	ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO	K50	3	00:49:25	01:40:33.10	01:40:48.90	+00:49:50 (49.4%)	9:34	6.3 (50.8%)
68	ORŁOWSKA Justyna	1033		K40	7	00:48:17	01:41:33.40	01:41:41.80	+00:50:43 (49.9%)	9:40	6.2 (50.0%)
69	MARCZAK Ola	1014	KB HARCOWNIK JELCZ-LASKOWICE	K30	11	00:50:40	01:43:06.65	01:43:17.25	+00:52:18 (50.6%)	9:49	6.1 (49.2%)
70	DREWNIAK Karolina	1067		K40	8	00:49:21	01:43:28.25	01:43:49.95	+00:52:51 (50.9%)	9:51	6.1 (49.2%)
71	GAJ Agnieszka	1030		K30	12	00:51:23	01:45:30.75	01:45:38.50	+00:54:39 (51.7%)	10:02	6 (48.4%)
72	PILARSKI Ryszard	1060	IZERY BOGATYNIA	M60	2	00:50:42	01:46:09.45	01:46:20.75	+00:55:22 (52.1%)	10:06	5.9 (47.6%)
73	KOŃ Aleksandra	996		K40	9	00:51:47	01:46:25.55	01:46:47.80	+00:55:49 (52.3%)	10:08	5.9 (47.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szwajcarka		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						4.5km	10.5km	10.5km				
74	MURAWSKA Joanna	952		K30	13	00:55:25	01:47:06.95	01:47:26.30	+00:56:27 (52.6%)	10:12	5.9 (47.6%)	
75	BONIEC Aleksander	1049	NADLEŚNICTWO LIPINKI	M60	3	00:51:03	01:47:16.90	01:47:28.45	+00:56:29 (52.6%)	10:12	5.9 (47.6%)	
76	ŚLIWKA Anna	958		K30	14	00:53:27	01:47:28.70	01:47:42.85	+00:56:44 (52.7%)	10:14	5.9 (47.6%)	
77	BERNACKA Kinga	973		K30	15	00:51:07	01:48:30.70	01:48:39.75	+00:57:41 (53.1%)	10:20	5.8 (46.8%)	
78	OGONOWSKI Michał	975	AKADEMIA SPORTU MEDYK	M40	16	00:55:38	01:50:07.15	01:50:22.90	+00:59:24 (53.8%)	10:29	5.7 (46.0%)	
79	GRZĄBA Magdalena	966		K20	4	00:56:30	01:50:39.15	01:50:48.85	+00:59:50 (54.0%)	10:32	5.7 (46.0%)	
80	RÓŻYCKA Joanna	999		K40	10	00:55:58	01:51:29.40	01:51:48.95	+01:00:50 (54.4%)	10:37	5.7 (46.0%)	
81	GRZEGORSKA Karolina	1039		K30	16	00:55:30	01:51:43.30	01:51:56.55	+01:00:57 (54.5%)	10:38	5.6 (45.2%)	
82	KUPKA Martyna	1073		K30	17	00:55:32	01:53:20.40	01:53:34.25	+01:02:35 (55.1%)	10:47	5.6 (45.2%)	
83	OLEJNIK Anna	1072		K30	18	00:55:32	01:53:21.85	01:53:34.85	+01:02:36 (55.1%)	10:47	5.6 (45.2%)	
84	ORLIK Małgorzata	997		K40	11	00:56:00	01:53:59.75	01:54:18.90	+01:03:20 (55.4%)	10:51	5.5 (44.4%)	
85	GRZĄBA Joanna	970		K50	4	00:56:52	01:56:52.00	01:57:02.60	+01:06:03 (56.4%)	11:07	5.4 (43.5%)	
86	SZOTT Magdalena	1029	ORTHOS TEAM	K30	19	00:59:14	01:58:11.00	01:58:35.00	+01:07:36 (57.0%)	11:15	5.3 (42.7%)	
87	SZELAĞIEWICZ Małgorzata	1026	CI OD RUDEGO KOTA	K40	12	00:59:24	01:58:40.65	01:58:52.05	+01:07:53 (57.1%)	11:18	5.3 (42.7%)	
88	KOTAS Roman	1023	KOTASTROFA	M40	17	00:59:00	02:01:22.30	02:01:45.95	+01:10:47 (58.1%)	11:33	5.2 (41.9%)	
89	BRELA Ewa	983		K30	20	01:02:03	02:04:59.45	02:05:09.35	+01:14:10 (59.3%)	11:54	5 (40.3%)	
90	BIAŁAS Elwira	954		K40	13	01:02:50	02:04:56.50	02:05:17.15	+01:14:18 (59.3%)	11:53	5 (40.3%)	
91	OBRYCKA Agnieszka	1063		K40	14	01:03:55	02:05:22.45	02:05:32.10	+01:14:33 (59.4%)	11:56	5 (40.3%)	
92	MATUSIAK Adriana	1017		K50	5	01:01:57	02:05:42.45	02:06:01.55	+01:15:02 (59.5%)	11:58	5 (40.3%)	
93	MATUSIAK Mariusz	1018		M50	10	01:01:57	02:05:42.25	02:06:02.10	+01:15:03 (59.6%)	11:58	5 (40.3%)	
94	LUKASIK Katarzyna	971	KZS	K40	15	01:01:03	02:06:21.95	02:06:39.75	+01:15:41 (59.8%)	12:02	5 (40.3%)	
95	GAWEŁCZYK Kacper	990		M30	16	01:02:26	02:06:24.65	02:06:44.90	+01:15:46 (59.8%)	12:02	5 (40.3%)	
96	SZEWCZYK Anna	993		K40	16	01:03:55	02:07:05.40	02:07:16.80	+01:16:18 (59.9%)	12:06	5 (40.3%)	
97	TRĘBACZ Marianna	1038		K40	17	01:06:11	02:08:37.15	02:08:47.15	+01:17:48 (60.4%)	12:14	4.9 (39.5%)	
98	FRANKOWSKA Weronika	1001		K30	21	01:06:02	02:08:42.65	02:08:59.85	+01:18:01 (60.5%)	12:15	4.9 (39.5%)	
99	STEFANIAK Jan	1043		M60	4	01:01:55	02:09:08.75	02:09:20.90	+01:18:22 (60.6%)	12:17	4.9 (39.5%)	
100	FRANKOWSKA Julia	1028		K20	5	01:06:17	02:09:14.35	02:09:30.70	+01:18:32 (60.6%)	12:18	4.9 (39.5%)	
101	KROPIELNICKA Katarzyna	964		K30	22	01:04:31	02:09:54.50	02:10:19.35	+01:19:20 (60.9%)	12:22	4.8 (38.7%)	
102	LISIAK Mikołaj	1016		M40	18	01:02:37	02:12:48.70	02:13:14.05	+01:22:15 (61.7%)	12:38	4.7 (37.9%)	
103	SIEGIĘNCZUK Piotr	1047	HELIKON-TEX	M30	17	01:05:47	02:15:09.40	02:15:29.15	+01:24:30 (62.4%)	12:52	4.7 (37.9%)	
104	PARTYKA Agnieszka	1025	KB HARCOWNIK JELCZ-LASKOWICE	K40	18	01:04:57	02:17:19.35	02:17:32.95	+01:26:34 (62.9%)	13:04	4.6 (37.1%)	
105	BEDNARCZYK Aleksander	982		M50	11	01:09:48	02:29:31.15	02:29:48.50	+01:38:49 (66.0%)	14:14	4.2 (33.9%)	
106	MILLER Paweł	957	BIEGAM BO LUBIĘ LASY BOGDANIEC	M30	18	01:14:57	02:35:26.65	02:35:37.75	+01:44:39 (67.2%)	14:48	4.1 (33.1%)	
107	BENTKOWSKI Lesław	1024		M60	5	01:21:08	02:38:13.05	02:38:28.85	+01:47:30 (67.8%)	15:04	4 (32.3%)	
	LESIK Piotr	986	UJ	M20		00:26:49 DNF	DNF	DNF	-	-	(0.0%)	
	CIEŚLIK-KOT Aleksandra	992		K40		02:03:46 DNF	DNF	DNF	-	-	(0.0%)	
	POZNIAK Maria	981		K20		DNF	DNF	DNF	-	-	(0.0%)	
	WINNICKA Edyta	1044	ADIDAS RUNNERS WARSAW / SŁODKIE PĄCZKI	K30		DNF	DNF	DNF	-	-	(0.0%)	
	ZACZYŃSKA-POZNIAK Jarka	980	OD JEZIORA DO JEZIORA	K50		DNF	DNF	DNF	-	-	(0.0%)	

Znaleziono 112 wynik(ów)