



**Wydarzenie:** RUDAWY ZIMOWY FESTIWAL BIEGOWY  
**Organizator:** Fundacja Szczyt za Szczytem  
**Data:** 2025-02-08  
**Miejsce:** Karpniki  
**Dystans:** 10.5 km

## DZIESIĄTKA

B4SPORT

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INTELIGENTNE 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	ROGAŁA Patryk	973		M30	1	00:25:33	00:55:47.15	00:55:47.95		5:18	11.3 (100%)
2	MIROSZKA Krzysztof	1002		M20	1	00:26:03	00:57:14.50	00:57:15.25	+00:01:27 (2.5%)	5:27	11 (97.3%)
3	KOTLAREK Dawid	995	MIZUNO RUNNING TEAM	M40	1	00:29:09	01:02:25.30	01:02:27.15	+00:06:39 (10.7%)	5:56	10.1 (89.4%)
4	DUL Karolina	1018	SBG SALCO	K30	1	00:28:41	01:02:27.65	01:02:29.60	+00:06:41 (10.7%)	5:56	10.1 (89.4%)
5	ŁUKASZEWSKI Kamil	1006	KAMIL LEŚNIAK TEAM   GB WIELKOPOLSCY BIEGACZE	M30	2	00:29:42	01:04:58.75	01:04:59.95	+00:09:12 (14.2%)	6:11	9.7 (85.8%)
6	HLEB Hleb	991	BIEGACZE STU MOSTÓW	M20	2	00:30:12	01:05:45.65	01:05:50.55	+00:10:02 (15.3%)	6:15	9.6 (85.0%)
7	WŁODARCZYK Jarosław	998	KRUCZKOWSKITEAM	M50	1	00:30:13	01:06:28.50	01:06:29.85	+00:10:41 (16.1%)	6:19	9.5 (84.1%)
8	WALKOSZ Mateusz	972	SOBASTEAM	M30	3	00:28:55	01:06:28.95	01:06:30.00	+00:10:42 (16.1%)	6:19	9.5 (84.1%)
9	BIAŁOBŁOCKA Alicja	977		K40	1	00:32:04	01:08:36.25	01:08:37.95	+00:12:50 (18.7%)	6:32	9.2 (81.4%)
10	LUBAŃSKI Mateusz	1025	RUN MY WAY	M30	4	00:32:08	01:08:38.85	01:08:41.10	+00:12:53 (18.8%)	6:32	9.2 (81.4%)
11	KONIECZNY Michał	983	CYTO-LOGIC RUNNING TEAM	M40	2	00:31:37	01:09:00.90	01:09:06.65	+00:13:18 (19.3%)	6:34	9.1 (80.5%)
12	ONISZCZUK Karol	960		M30	5	00:32:09	01:09:19.90	01:09:22.30	+00:13:34 (19.6%)	6:36	9.1 (80.5%)
13	HEJZA Michał	964	SUCHY LAS I PRZYJACIELE	M30	6	00:32:33	01:10:40.70	01:10:42.05	+00:14:54 (21.1%)	6:43	8.9 (78.8%)
14	FERET Kamila	1031	KARKONOSZ TEAM	K30	2	00:32:40	01:10:58.60	01:11:00.55	+00:15:12 (21.4%)	6:45	8.9 (78.8%)
15	LEŚNICKI Marek	1023	STRZEGOMSKA DWUNASTKA	M50	2	00:32:45	01:11:56.75	01:11:59.05	+00:16:11 (22.5%)	6:51	8.8 (77.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szwajcarka 4.5km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 10.5km	brutto 10.5km			
16	STĘSIK Jakub	968		M30	7	00:34:56	01:15:24.40	01:15:29.55	+00:19:41 (26.1%)	7:10	8.4 (74.3%)
17	KOZIOŁ Dawid	999		M30	8	00:35:00	01:15:45.70	01:15:50.25	+00:20:02 (26.4%)	7:12	8.3 (73.5%)
18	JANAS Michał	980		M30	9	00:33:38	01:16:02.65	01:16:05.95	+00:20:18 (26.7%)	7:14	8.3 (73.5%)
19	WIĘCKOWSKA Patrycja	989		K30	3	00:34:54	01:16:36.65	01:16:40.05	+00:20:52 (27.2%)	7:17	8.2 (72.6%)
20	NIŻEWSKI Paweł	1026	KRAKOWIAKULTRATEAM	M40	3	00:35:57	01:18:11.40	01:18:14.90	+00:22:26 (28.7%)	7:26	8.1 (71.7%)
21	LUTY LEGUTKO Anna	1029		K40	2	00:36:22	01:19:55.30	01:19:59.30	+00:24:11 (30.2%)	7:36	7.9 (69.9%)
22	GRZĄBA Szymon	953		M50	3	00:36:52	01:20:39.30	01:20:41.85	+00:24:53 (30.9%)	7:40	7.8 (69.0%)
23	BOĆKO Ewa	1019	DTR BIEGA / MARIO TEAM	K40	3	00:38:47	01:23:31.20	01:23:36.20	+00:27:48 (33.3%)	7:57	7.5 (66.4%)
24	DZIEKANOWSKA Maria	1020		K30	4	00:40:21	01:24:44.15	01:24:46.85	+00:28:58 (34.2%)	8:04	7.4 (65.5%)
25	ZAJĄC Aleksander	978		M40	4	00:40:20	01:25:48.35	01:25:59.90	+00:30:11 (35.1%)	8:10	7.3 (64.6%)
26	MISIURA Łukasz	981		M30	10	00:39:30	01:26:15.30	01:26:27.20	+00:30:39 (35.5%)	8:12	7.3 (64.6%)
27	MISZTA Krzysztof	958		M40	5	00:40:16	01:26:30.40	01:26:38.55	+00:30:50 (35.6%)	8:14	7.3 (64.6%)
28	ZAPART-CZASŁAWSKA Ewa	965		K40	4	00:39:22	01:26:47.55	01:26:52.70	+00:31:04 (35.8%)	8:15	7.3 (64.6%)
29	POSPIESZNY Robert	951	RBB STAL	M50	4	00:39:15	01:28:53.85	01:29:02.55	+00:33:14 (37.3%)	8:27	7.1 (62.8%)
30	SKOWRON Marek	986	DRAEXLMAIER	M40	6	00:40:50	01:29:05.45	01:29:11.70	+00:33:23 (37.4%)	8:29	7.1 (62.8%)
31	KAZUBOWSKA Aleksandra	969	VEGERUNERKA	K40	5	00:43:28	01:29:31.50	01:29:35.20	+00:33:47 (37.7%)	8:31	7 (61.9%)
32	SHAMRALIUK Roman	966	ORTHOS TEAM	M30	11	00:41:33	01:30:05.10	01:30:10.25	+00:34:22 (38.1%)	8:34	7 (61.9%)
33	KOELNER Rafal	1003		M40	7	00:40:27	01:30:28.30	01:30:38.80	+00:34:50 (38.4%)	8:36	7 (61.9%)
34	SROCZYŃSKI Bartek	963		M30	12	00:43:16	01:32:41.90	01:32:49.50	+00:37:01 (39.9%)	8:49	6.8 (60.2%)
35	GUNDLACH-FOBER Rachel	952		K30	5	00:40:39	01:32:43.20	01:32:52.55	+00:37:04 (39.9%)	8:49	6.8 (60.2%)
36	BRYŁKOWSKI Paweł	1022		M40	8	00:43:44	01:33:47.10	01:33:58.10	+00:38:10 (40.6%)	8:55	6.7 (59.3%)
37	DĄBRZALSKI Michał	1027		M40	9	00:41:44	01:34:09.80	01:34:16.85	+00:38:28 (40.8%)	8:58	6.7 (59.3%)
38	PAWŁOWSKA Justyna	1024		K30	6	00:44:23	01:34:33.85	01:34:43.45	+00:38:55 (41.1%)	9:00	6.7 (59.3%)

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39	PETER Andrzej	959		M50	5	00:46:42	<b>01:36:54.70</b>	<b>01:37:01.05</b>	+00:41:13 (42.5%)	9:13	6.5 (57.5%)
40	WOJCIECHOWICZ Sebastian	975	GUNIU AMG RACING TEAM	M30	13	00:46:25	<b>01:38:31.55</b>	<b>01:38:35.95</b>	+00:42:48 (43.4%)	9:22	6.4 (56.6%)
41	PETIT Aurélien	987		M30	14	00:46:11	<b>01:38:45.25</b>	<b>01:38:50.70</b>	+00:43:02 (43.5%)	9:24	6.4 (56.6%)
42	GNATOWICZ-CZARNOŁĘSKA Beata	1010	ZAKOCHAJ SIĘ W BIEGANIU	K50	1	00:44:41	<b>01:38:58.75</b>	<b>01:39:03.35</b>	+00:43:15 (43.7%)	9:25	6.4 (56.6%)
43	WALCZAK Jagoda	1012		K30	7	00:46:10	<b>01:39:30.00</b>	<b>01:39:38.40</b>	+00:43:50 (44.0%)	9:28	6.3 (55.8%)
44	KARPOWICZ Karolina	994		K20	1	00:46:25	<b>01:39:41.15</b>	<b>01:39:46.90</b>	+00:43:58 (44.1%)	9:29	6.3 (55.8%)
45	JANIK Katarzyna	1009		K30	8	00:46:32	<b>01:40:44.20</b>	<b>01:40:53.25</b>	+00:45:05 (44.7%)	9:35	6.3 (55.8%)
46	WLOCZEK Paweł	1005		M40	10	00:41:48	<b>01:41:52.00</b>	<b>01:42:01.00</b>	+00:46:13 (45.3%)	9:42	6.2 (54.9%)
47	MOŁDACH Anna	956		K30	9	00:47:05	<b>01:42:26.90</b>	<b>01:42:41.10</b>	+00:46:53 (45.7%)	9:45	6.2 (54.9%)
48	KUCHMECKA Katarzyna	967		K40	6	00:48:08	<b>01:43:20.05</b>	<b>01:43:27.25</b>	+00:47:39 (46.1%)	9:50	6.1 (54.0%)
49	WYSZOMIRSKA Magdalena	955	-----	K40	7	00:48:11	<b>01:44:09.15</b>	<b>01:44:17.30</b>	+00:48:29 (46.5%)	9:55	6 (53.1%)
50	ORŁOWSKA Justyna	1021		K40	8	00:48:20	<b>01:45:11.95</b>	<b>01:45:18.20</b>	+00:49:30 (47.0%)	10:01	6 (53.1%)
51	STARCZEWSKI Krzysztof	982	ULTRA DIABŁY TEAM LUBRZA	M50	6	00:48:17	<b>01:45:24.35</b>	<b>01:45:34.40</b>	+00:49:46 (47.1%)	10:02	6 (53.1%)
52	GRZĄBA Magdalena	950		K20	2	00:49:24	<b>01:46:25.95</b>	<b>01:46:28.55</b>	+00:50:40 (47.6%)	10:08	5.9 (52.2%)
53	CICHOCKA-MUNDALE Marianna	984	#OWOCBIEGATEAM	K50	2	00:51:21	<b>01:47:25.20</b>	<b>01:47:31.90</b>	+00:51:43 (48.1%)	10:13	5.9 (52.2%)
54	SOCHA-SROCZYŃSKA Kasia	954		K30	10	00:51:15	<b>01:47:58.30</b>	<b>01:48:06.15</b>	+00:52:18 (48.4%)	10:16	5.8 (51.3%)
55	GRZĄBA Joanna	962		K50	3	00:51:18	<b>01:49:12.40</b>	<b>01:49:20.95</b>	+00:53:33 (49.0%)	10:24	5.8 (51.3%)
56	WALCZAK Maciej	990		M50	7	00:50:33	<b>01:50:12.10</b>	<b>01:50:19.30</b>	+00:54:31 (49.4%)	10:29	5.7 (50.4%)
57	STARCZEWSKA Izabela	988		K50	4	00:51:55	<b>01:52:45.10</b>	<b>01:52:53.85</b>	+00:57:05 (50.6%)	10:44	5.6 (49.6%)
58	MATERAK Mirosław	961		M60	1	00:51:39	<b>01:53:00.65</b>	<b>01:53:05.05</b>	+00:57:17 (50.7%)	10:45	5.6 (49.6%)
59	BIOŁY Małgorzata	1015		K50	5	00:54:47	<b>01:57:49.05</b>	<b>01:58:03.65</b>	+01:02:15 (52.7%)	11:13	5.3 (46.9%)
60	RUTKOWSKA Katarzyna	1011		K40	9	00:54:48	<b>01:57:49.95</b>	<b>01:58:03.95</b>	+01:02:16 (52.7%)	11:13	5.3 (46.9%)
61	KOWALCZYK Andrzej	976	GUNIU AMG RACING TEAM	M40	11	00:56:12	<b>01:58:03.00</b>	<b>01:58:08.20</b>	+01:02:20 (52.8%)	11:14	5.3 (46.9%)

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62	<b>KAMIŃSKI Wiesław</b>	<b>1014</b>		M50	8	00:58:02	<b>02:00:07.60</b>	<b>02:00:15.10</b>	+01:04:27 (53.6%)	11:26	5.2 (46.0%)
63	<b>IGLEWSKA Karolina</b>	<b>1004</b>		K20	3	00:58:00	<b>02:01:36.70</b>	<b>02:01:40.50</b>	+01:05:52 (54.1%)	11:34	5.2 (46.0%)
64	<b>NOWAK Katarzyna</b>	<b>1013</b>		K40	10	00:56:15	<b>02:02:23.10</b>	<b>02:02:33.30</b>	+01:06:45 (54.5%)	11:39	5.1 (45.1%)
65	<b>BENTKOWSKI Lesław</b>	<b>979</b>	DIRTY SPARROWS	M60	2	01:14:27	<b>02:02:53.30</b>	<b>02:02:55.75</b>	+01:07:07 (54.6%)	11:42	5.1 (45.1%)
66	<b>JU... Katarzyna</b>	<b>1047</b>		K40	11	00:54:19	<b>02:02:52.15</b>	<b>02:03:00.50</b>	+01:07:12 (54.6%)	11:42	5.1 (45.1%)
67	<b>SZELAĞIEWICZ Małgorzata</b>	<b>974</b>	CI OD RUDEGO KOTA	K50	6	00:58:10	<b>02:06:29.95</b>	<b>02:06:39.00</b>	+01:10:51 (55.9%)	12:02	5 (44.2%)
68	<b>PODSIEDLIK Wioletta</b>	<b>970</b>		K40	12	00:56:29	<b>02:12:09.15</b>	<b>02:12:21.50</b>	+01:16:33 (57.8%)	12:35	4.8 (42.5%)
69	<b>POZNIAK Maria</b>	<b>993</b>		K20	4	01:00:39	<b>02:13:17.00</b>	<b>02:13:26.50</b>	+01:17:38 (58.2%)	12:41	4.7 (41.6%)
70	<b>ZACZYŃSKA-POZNIAK Jarka</b>	<b>992</b>	OD JEZIORA DO JEZIORA	K50	7	01:00:38	<b>02:13:18.80</b>	<b>02:13:28.20</b>	+01:17:40 (58.2%)	12:41	4.7 (41.6%)
71	<b>MENZEL Zofia</b>	<b>985</b>		K60	1	00:58:36	<b>02:15:04.80</b>	<b>02:15:12.25</b>	+01:19:24 (58.7%)	12:51	4.7 (41.6%)
72	<b>ZAŁUCKA Rita</b>	<b>1008</b>		K50	8	01:05:20	<b>02:24:41.60</b>	<b>02:24:54.65</b>	+01:29:06 (61.5%)	13:46	4.4 (38.9%)
73	<b>BRYWCZYŃSKA Małgorzata</b>	<b>996</b>		K30	11	01:16:52	<b>02:45:39.45</b>	<b>02:45:43.75</b>	+01:49:55 (66.3%)	15:46	3.8 (33.6%)
74	<b>OZIMEK Adela</b>	<b>957</b>		K50	9	01:19:32	<b>02:48:17.00</b>	<b>02:48:20.50</b>	+01:52:32 (66.9%)	16:01	3.7 (32.7%)

Znaleziono 74 wynik(ów)