



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

DZIESIĄTKA

B4SPORT

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INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: M40

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	FIRLET Daniel	1071	IZERY BOGATYNIA	M40	1	00:28:36	00:58:53.05	00:58:57.40		5:36	10.7 (100%)
2	PISAREK Maciej	1057		M40	2	00:28:42	00:59:14.05	00:59:20.00	+00:00:22 (0.6%)	5:38	10.6 (99.1%)
3	WIŚNIEWSKI Paweł	1042	ULTRAKOTLINA	M40	3	00:29:42	01:01:12.00	01:01:17.45	+00:02:20 (3.8%)	5:49	10.3 (96.3%)
4	KUCHARSKI Robert	989	BIEGAM NA STABŁOWICACH	M40	4	00:31:21	01:03:43.15	01:03:48.75	+00:04:51 (7.6%)	6:04	9.9 (92.5%)
5	RINK Jan	1009		M40	5	00:31:07	01:04:50.15	01:04:55.65	+00:05:58 (9.2%)	6:10	9.7 (90.7%)
6	CIEMIEGA Roman	1019	KOWARY BIEGAJĄ	M40	6	00:30:27	01:05:41.85	01:05:45.60	+00:06:48 (10.3%)	6:15	9.6 (89.7%)
7	ZIĘTEK Krzysztof	962	NATURAL EPO SZKLARSKA PORĘBA	M40	7	00:34:31	01:09:46.50	01:09:58.35	+00:11:00 (15.7%)	6:38	9 (84.1%)
8	IWANOWSKI Przemysław	969	HANNA TEAM	M40	8	00:33:30	01:11:42.10	01:11:47.90	+00:12:50 (17.9%)	6:49	8.8 (82.2%)
9	KOSIDŁO Bartosz	1003	KOSA	M40	9	00:35:04	01:11:56.25	01:12:03.50	+00:13:06 (18.2%)	6:51	8.8 (82.2%)
10	DEM CZUK Marek	1037		M40	10	00:36:10	01:14:20.25	01:14:20.25	+00:15:22 (20.7%)	7:04	8.5 (79.4%)
11	GRYS Marek	1070	GST TEAM & SCORPION	M40	11	00:38:56	01:23:18.60	01:23:27.25	+00:24:29 (29.4%)	7:56	7.6 (71.0%)
12	KOELNER Rafal	985		M40	12	00:42:52	01:26:18.60	01:26:33.75	+00:27:36 (31.9%)	8:13	7.3 (68.2%)
13	POSPIESZNY Robert	953		M40	13	00:40:25	01:27:25.15	01:27:32.95	+00:28:35 (32.7%)	8:19	7.2 (67.3%)
14	PĘKAŁA Dawid	1015	DZIKI Z AFRYKI	M40	14	00:43:41	01:29:40.70	01:30:04.15	+00:31:06 (34.5%)	8:32	7 (65.4%)
15	WOJCIECHOWSKI Leszek	1068		M40	15	00:43:22	01:35:40.15	01:36:03.00	+00:37:05 (38.6%)	9:06	6.6 (61.7%)
16	OGONOWSKI Michał	975	AKADEMIA SPORTU MEDYK	M40	16	00:55:38	01:50:07.15	01:50:22.90	+00:51:25 (46.6%)	10:29	5.7 (53.3%)
17	KOTAS Roman	1023	KOTASTROFA	M40	17	00:59:00	02:01:22.30	02:01:45.95	+01:02:48 (51.6%)	11:33	5.2 (48.6%)
18	LISIAK Mikołaj	1016		M40	18	01:02:37	02:12:48.70	02:13:14.05	+01:14:16 (55.7%)	12:38	4.7 (43.9%)

Znaleziono 18 wynik(ów)