



Event: RUDAWY ZIMOWY FESTIWAL BIEGOWY
Organiser: Fundacja Szczęt za Szczytem
Date: 2022-02-19
Place: Karpniki
Distance: 10.5 km

DZIESIĄTKA

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: OPEN Mężczyźni

Place	Participant	Number	Club	Category	MCat	5km	Net time 10.5km	Czas brutto 10.5km	Gap	Pace min/km	Pace 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	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%)
12	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%)
13	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%)
14	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%)
15	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%)
16	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%)
17	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%)
18	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%)
19	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%)
20	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%)
21	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%)
22	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%)
23	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%)
24	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%)
25	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%)
26	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%)
27	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%)
28	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%)
29	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%)

Place	Participant	Number	Club	Category	MCat	5km	Net time 10.5km	Czas brutto 10.5km	Gap	Pace min/km	Pace km/h
30	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%)
31	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%)
32	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%)
33	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%)
34	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%)
35	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%)
36	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%)
37	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%)
38	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%)
39	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%)
40	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%)
41	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%)
42	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%)
43	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%)
44	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%)
45	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%)
46	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%)
47	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%)
48	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%)
49	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%)
50	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%)
51	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%)
52	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%)
53	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%)
54	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%)
55	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%)
56	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%)
57	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%)
58	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%)
Przekroczony limit czasu: 03:00:00											
59	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%)

Total 59 results.