



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

RUDAWY ZIMOWY FESTIWAL BIEGOWY
Fundacja Szczyt za Szczytem
2023-02-18
Karpniki
10.5 km

DZIESIĄTKA

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN Mężczyźni

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Husyckie Skały 3.5km	4.4km	Szwajcarka 4.5km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
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	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%)
7	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%)
8	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%)
9	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%)
10	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%)
11	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%)
12	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%)
13	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%)
14	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%)
15	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%)

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						Skały 3.5km							
16	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%)
17	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%)
18	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%)
19	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%)
20	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%)
21	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%)
22	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%)
23	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%)
24	GOŁĘBIEWSKI 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%)
25	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%)
26	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%)
27	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%)
28	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%)
29	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%)
30	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%)
31	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%)
32	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%)
33	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%)
34	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%)
35	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%)
36	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%)
37	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%)
38	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%)

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39	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%)
40	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%)
41	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%)
42	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%)
43	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%)
44	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%)
45	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%)
46	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%)
47	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%)
48	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%)
49	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 50 wynik(ów)