SZEŚĆDZIESIĄTKA

Wydarzenie: RUDAWY ZIMOWY FESTIWAL BIEGOWY
Organizator: Fundacja Szczyt za Szczytem
Data: 2023-02-18
Miejsce: Karpniki
Dystans: 60.5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Husyckie Skały 3.5km	4.4km	Szwajcarka 4.5km	Przełęcz Kowarska 38km	Czas netto 60.5km	Czas brutto 60.5km	Różn	Tempo min/km	Tempo km/h
1	**FARGANUS Robert**	**724**	ZABIEGANI Z LEŚNEJ	M40	1	00:22:46		00:35:01	04:37:36	**07:14:46.15**	**07:14:52.15**		7:11	8.3 (100%)
2	**SADOWSKI Paweł**	**748**		M30	1	00:22:15		00:32:35	04:52:42	**07:34:26.95**	**07:34:32.60**	+00:19:40 (4.3%)	7:30	8 (96.4%)
3	**KOŁODZIEJ Roman**	**756**		M40	2	00:23:00	00:34:49	00:35:30	05:16:33	**07:59:45.10**	**07:59:48.15**	+00:44:56 (9.4%)	7:55	7.6 (91.6%)
4	**PACZUSKI Michal**	**762**		M40	3	00:27:03	00:42:17	00:42:49	05:22:04	**08:14:51.35**	**08:14:56.90**	+01:00:04 (12.1%)	8:10	7.3 (88.0%)
5	**ADAMCZYK Iweta**	**801**		K30	1	00:24:59	00:39:50	00:40:13		**08:20:30.40**	**08:20:33.45**	+01:05:41 (13.1%)	8:16	7.3 (88.0%)
6	**STEFANIAK Łukasz**	**720**		M40	4	00:25:42	00:39:43	00:40:09	05:25:55	**08:23:27.90**	**08:23:32.80**	+01:08:40 (13.6%)	8:19	7.2 (86.7%)
7	**BIAŁAS Filip**	**768**		M20	1	00:25:32	00:39:38	00:40:04	05:24:42	**08:26:01.70**	**08:26:10.05**	+01:11:17 (14.1%)	8:21	7.2 (86.7%)
8	**ADAMSKI Krzysztof**	**758**	JM	M30	2	00:25:11	00:39:13	00:39:39	05:16:01	**08:28:46.85**	**08:28:51.95**	+01:13:59 (14.5%)	8:24	7.1 (85.5%)
9	**ŁUKASIK Marcin**	**719**	BIEGNIJ OŁAWO	M40	5	00:26:14	00:39:39	00:40:05	05:21:32	**08:30:38.45**	**08:30:44.10**	+01:15:51 (14.9%)	8:26	7.1 (85.5%)
10	**BIAŁEK Marcin**	**711**	SWEETTRAVEL	M40	6	00:24:49	00:38:36	00:39:03	05:31:11	**08:39:43.00**	**08:39:45.75**	+01:24:53 (16.3%)	8:35	7 (84.3%)
11	**NOSKI Mariusz**	**718**		M40	7	00:28:17	00:43:42	00:46:00	05:38:28	**08:45:02.95**	**08:45:09.45**	+01:30:17 (17.2%)	8:40	6.9 (83.1%)
12	**ZDEBSKA Magdalena**	**712**		K30	2	00:25:31	00:39:36	00:39:58	05:49:38	**09:08:03.60**	**09:08:08.80**	+01:53:16 (20.7%)	9:03	6.6 (79.5%)
13	**PIOTROWSKI Michał**	**707**	#ŻEBERKATEAM	M40	8	00:25:29	00:39:36	00:40:02	05:41:46	**09:09:17.25**	**09:09:26.15**	+01:54:34 (20.9%)	9:04	6.6 (79.5%)
14	**MENDYKA Łukasz**	**752**		M30	3	00:27:53	00:43:12	00:43:36	06:04:15	**09:20:28.35**	**09:20:38.75**	+02:05:46 (22.4%)	9:15	6.5 (78.3%)
15	**DEINIUK Roman**	**715**		M30	4	00:28:10	00:45:17	00:46:34	06:05:32	**09:21:41.25**	**09:21:53.85**	+02:07:01 (22.6%)	9:17	6.5 (78.3%)

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16	**DWORNIKOWSKI Zbigniew**	**722**		M50	1	00:33:39	00:51:05	00:53:58	06:08:59	**09:24:24.55**	**09:24:32.50**	+02:09:40 (23.0%)	9:19	6.4 (77.1%)
17	**SZEWCZENKO Agnieszka**	**740**	KLUB BIEGACZA BOLESŁAWIEC	K40	1	00:26:20	00:41:27	00:41:54	06:00:32	**09:25:20.80**	**09:25:25.40**	+02:10:33 (23.1%)	9:20	6.4 (77.1%)
18	**SMOROWIŃSKI Sebastian**	**773**		M30	5	00:26:55	00:42:07	00:42:46	05:58:14	**09:29:40.15**	**09:29:52.45**	+02:15:00 (23.7%)	9:24	6.4 (77.1%)
19	**STEFANIAK Marcin**	**760**		M40	9	00:31:12	00:47:43	00:48:15	06:10:34	**09:30:34.85**	**09:30:49.85**	+02:15:57 (23.8%)	9:25	6.4 (77.1%)
20	**BEREŻAŃSKI Bartłomiej**	**757**		M40	10	00:31:13	00:47:44	00:48:18	06:10:01	**09:30:37.05**	**09:30:51.90**	+02:15:59 (23.8%)	9:25	6.4 (77.1%)
21	**JAKUBOWSKI Łukasz**	**767**		M40	11	00:31:12	00:47:54	00:48:33	06:05:28	**09:33:13.40**	**09:33:17.20**	+02:18:25 (24.1%)	9:28	6.3 (75.9%)
22	**JURDZIAK Jakub**	**749**		M40	12	00:25:36	00:39:33	00:40:00	06:02:41	**09:37:05.55**	**09:37:15.20**	+02:22:23 (24.7%)	9:32	6.3 (75.9%)
23	**GAWROŃSKI Hubert**	**738**	HUGO	M40	13	00:31:15	00:47:47	00:48:20	06:05:22	**09:37:28.30**	**09:37:44.25**	+02:22:52 (24.7%)	9:32	6.3 (75.9%)
24	**MORGIEWICZ Piotr**	**753**	RUNGRYF GRYFICE	M50	2	00:28:36	00:45:14	00:45:54	06:05:31	**09:43:45.65**	**09:44:00.35**	+02:29:08 (25.5%)	9:38	6.2 (74.7%)
25	**ABRAMOWICZ Agata**	**717**		K20	1	00:29:42	00:47:26	00:48:25	06:17:26	**09:49:50.00**	**09:49:57.35**	+02:35:05 (26.3%)	9:44	6.2 (74.7%)
26	**MILEWICZ Daniel**	**713**		M30	6	00:30:24	00:47:47	00:48:50	06:21:46	**09:50:22.70**	**09:51:01.55**	+02:36:09 (26.4%)	9:45	6.1 (73.5%)
27	**DAWIDZIAK Arkadiusz**	**728**	GARMIN WROCŁAW	M30	7	00:26:35	00:43:16	00:43:45	06:11:29	**09:55:08.35**	**09:55:14.45**	+02:40:22 (26.9%)	9:50	6.1 (73.5%)
28	**JARUS Andrzej**	**708**	POLISH_WINGS	M50	3	00:28:39	00:45:05	00:45:56	06:12:48	**09:56:20.25**	**09:56:28.95**	+02:41:36 (27.1%)	9:51	6.1 (73.5%)
29	**GAŁKA Grzegorz**	**721**		M50	4	00:29:27	00:45:32	00:47:36	06:16:59	**09:59:36.65**	**09:59:40.70**	+02:44:48 (27.5%)	9:54	6.1 (73.5%)
30	**STODOLNY Krzysztof**	**743**		M60	1	00:30:56	00:49:08	00:51:02	06:35:39	**10:11:31.10**	**10:11:38.50**	+02:56:46 (28.9%)	10:06	5.9 (71.1%)
31	**PRZYBYŁ Piotr**	**725**	EASY RUNNERS	M50	5	00:27:13	00:41:28	00:42:35	06:21:13	**10:15:34.30**	**10:15:46.85**	+03:00:54 (29.4%)	10:10	5.9 (71.1%)
32	**KRZYWDZIŃSKI Bartłomiej**	**706**		M40	14	00:30:32	00:47:59	00:48:58	06:35:11	**10:15:14.70**	**10:15:54.55**	+03:01:02 (29.4%)	10:10	5.9 (71.1%)
33	**DEC Mirosław**	**714**	TRUCHT TEAM	M40	15	00:31:33	00:49:55	00:50:54		**10:16:49.25**	**10:16:59.35**	+03:02:07 (29.5%)	10:11	5.9 (71.1%)
34	**PILIPCZUK Paweł**	**735**	POLISH OFFICIAL DRINKING TEAM	M40	16	00:28:36	00:45:11	00:46:03	06:35:32	**10:32:04.70**	**10:32:12.25**	+03:17:20 (31.2%)	10:26	5.7 (68.7%)
35	**M-SKI Bartosz**	**726**	SPWSZ W SZCZECINIE	M40	17	00:30:00	00:46:47	00:48:29	06:33:15	**10:33:00.65**	**10:33:05.60**	+03:18:13 (31.3%)	10:27	5.7 (68.7%)
36	**PISARCZYK Grzegorz**	**765**		M30	8	00:27:52	00:43:38	00:45:37	06:35:21	**10:33:51.15**	**10:34:00.65**	+03:19:08 (31.4%)	10:28	5.7 (68.7%)
37	**SEMENIUK Konrad**	**747**	RZEPIŃSCY BIEGACZE	M30	9	00:33:27	00:50:51	00:54:31	06:51:18	**10:34:35.05**	**10:34:51.45**	+03:19:59 (31.5%)	10:29	5.7 (68.7%)
38	**POŁOMSKI Daniel**	**754**		M40	18	00:29:36	00:45:54	00:46:49	06:42:54	**10:39:51.15**	**10:39:59.50**	+03:25:07 (32.1%)	10:34	5.7 (68.7%)

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39	**TENDAJ Marek**	**751**		M40	19	00:26:05	00:40:18	00:41:48	06:25:41	**10:40:11.70**	**10:40:19.45**	+03:25:27 (32.1%)	10:34	5.7 (68.7%)
40	**LIS Paweł**	**716**		M40	20	00:27:25	00:42:54	00:43:28	06:39:13	**10:41:39.70**	**10:41:50.15**	+03:26:58 (32.2%)	10:36	5.7 (68.7%)
41	**KROCZYŃSKI Sławomir**	**772**	BIEGOLAS KOSZALIN-KOŁOBRZEG	M60	2	00:30:47	00:48:12	00:50:11	06:52:26	**10:43:08.70**	**10:43:13.30**	+03:28:21 (32.4%)	10:37	5.6 (67.5%)
42	**DZIĘGIELEWSKA Dominika**	**704**		K30	3	00:31:01	00:49:34	00:50:11	06:52:46	**10:43:08.85**	**10:43:13.60**	+03:28:21 (32.4%)	10:37	5.6 (67.5%)
43	**KUCHMECKI Maciej**	**703**		M40	21	00:31:14	00:49:12	00:50:51	06:59:20	**10:51:37.80**	**10:51:44.95**	+03:36:52 (33.3%)	10:46	5.6 (67.5%)
44	**KAZUBOWSKA Małgorzata**	**710**		K40	2	00:39:26	01:01:54	01:04:23		**10:57:46.55**	**10:57:52.85**	+03:43:00 (33.9%)	10:52	5.5 (66.3%)
45	**STRONIKOWSKI Kamil**	**771**	DRUŻYNA STASIA	M40	22	00:35:09	00:55:21	00:56:21	07:09:07	**11:12:04.55**	**11:12:16.05**	+03:57:23 (35.3%)	11:06	5.4 (65.1%)
46	**KINCEL Krzysztof**	**807**		M50	6	00:31:24	00:49:07	00:49:51	07:35:50	**11:18:52.20**	**11:19:02.30**	+04:04:10 (36.0%)	11:13	5.3 (63.9%)
47	**BOBER Dorota**	**766**		K40	3	00:30:00	00:48:39	00:49:50	07:14:56	**11:21:29.60**	**11:21:43.55**	+04:06:51 (36.2%)	11:15	5.3 (63.9%)
48	**BRONCZAK Tomasz**	**727**	LUBIEPODGORKE	M40	23	00:29:56	00:48:44	00:49:36	07:14:42	**11:21:32.60**	**11:21:46.25**	+04:06:54 (36.2%)	11:15	5.3 (63.9%)
49	**ZAKRZEWSKI Krzysztof**	**763**	3:33 TEAM	M50	7	00:34:23	00:55:42	01:00:18	07:19:02	**11:23:29.85**	**11:23:40.95**	+04:08:48 (36.4%)	11:17	5.3 (63.9%)
50	**MARKULAK Marcin**	**729**		M40	24	00:34:11	00:54:24	00:56:06	07:25:57	**11:26:20.65**	**11:26:31.80**	+04:11:39 (36.7%)	11:20	5.3 (63.9%)
51	**SOBIŁO Marek**	**734**	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	M40	25	00:34:13	00:54:26	00:56:04	07:26:06	**11:26:20.20**	**11:26:32.15**	+04:11:40 (36.7%)	11:20	5.3 (63.9%)
52	**ZIEMNIAK Marcin**	**741**		M30	10	00:31:53	00:49:58	00:51:14	07:11:26	**11:30:43.00**	**11:30:54.60**	+04:16:02 (37.1%)	11:25	5.3 (63.9%)
53	**ŚWIERZYŃSKI Witold**	**761**		M50	8	00:31:21	00:49:20	00:50:56	07:12:23	**11:40:21.25**	**11:40:30.20**	+04:25:38 (37.9%)	11:34	5.2 (62.7%)
54	**WRZESIŃSKI Łukasz**	**759**	POWER&PAKER	M40	26	00:31:04	00:48:08	00:48:46	07:08:51	**11:43:03.45**	**11:43:19.25**	+04:28:27 (38.2%)	11:37	5.2 (62.7%)
55	**SĄDEL Krzysztof**	**770**		M50	9	00:37:42	00:58:27	01:00:10	08:08:21	**12:46:35.95**	**12:46:55.85**	+05:32:03 (43.3%)	12:40	4.7 (56.6%)
56	**JĘDROWSKI Ryszard**	**736**	ULTRA RZEPIN	M40	27	00:33:29	00:50:50	00:54:30	08:19:50	**13:04:24.85**	**13:04:41.55**	+05:49:49 (44.6%)	12:57	4.6 (55.4%)
57	**DWORNIKOWSKA Beata**	**723**		K40	4	00:39:28	01:04:48	01:07:02	08:37:35	**13:26:04.40**	**13:26:11.75**	+06:11:19 (46.1%)	13:19	4.5 (54.2%)
58	**PRUSIEWICZ Beata**	**701**		K50	1	00:38:37	01:00:15	01:01:45	08:30:01	**13:32:56.00**	**13:33:09.55**	+06:18:17 (46.5%)	13:26	4.5 (54.2%)
59	**FELIKSIAK Michał**	**731**		M40	28	00:34:13	00:56:55	00:57:32	08:11:16	**13:36:09.20**	**13:36:27.05**	+06:21:34 (46.7%)	13:29	4.4 (53.0%)
60	**SOBKA Zbigniew**	**730**	TLD WORLD TEAM	M40	29	00:33:17	00:56:19	00:57:32	08:10:14	**13:36:10.50**	**13:36:27.30**	+06:21:35 (46.7%)	13:29	4.4 (53.0%)
61	**MASZEWSKA-WACH Mariola**	**755**		K40	5	00:43:18	01:08:38	01:11:26	09:02:26	**13:56:57.45**	**13:57:11.05**	+06:42:18 (48.1%)	13:50	4.3 (51.8%)

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62	**JARASZEK Sanjaya**	**774**	JASNA STRONA MOCY	M60	3	00:31:35	00:49:58	00:51:29	07:29:03	**14:27:14.60**	**14:27:21.00**	+07:12:28 (49.9%)	14:20	4.2 (50.6%)
63	**GIENIECZKO Marcin**	**769**	NO LIMITS SVALBARD EXTREME 2023	M40	30	00:39:26	01:04:47	01:07:29	09:10:00	**14:27:23.30**	**14:27:27.00**	+07:12:34 (49.9%)	14:20	4.2 (50.6%)
	ZAKRZEWSKI Paweł	**764**		M40		00:26:20 DNF	00:41:19 DNF	00:41:55 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	SOWIŃSKI Kamil	**737**	PRZEDWOJEWSKI TEAM	M30		00:26:50 DNF	00:41:25 DNF	00:41:57 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	PRAŻANOWSKI Sergiusz	**739**		M30		00:26:58 DNF	00:42:09 DNF	00:42:46 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)

Znaleziono 66 wynik(ów)