

Wydarzenie: Kudowski Festiwal Biegowy 2022
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2022-04-10
Miejsce: Kudowa-Zdrój
Dystans: 10 km

Klasyfikacja: M-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Jakubowice 5.3km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KOTLAREK Dawid	5054	SOBAS TEAM / VEGE RUNNERS	M-40	1	00:29:06	00:49:57.55	00:49:59.15		4:59	12 (100%)
2	BEDNARZ Krzysiek	5026	PRZEDWOJEWSKITEAM	M-40	2	00:29:30	00:50:03.70	00:50:04.85	+00:00:05 (0.2%)	5:00	12 (100%)
3	JAKUBCZYK Dariusz	5178	WOŹNIAKRUNNING TEAM	M-40	3	00:29:42	00:50:15.60	00:50:16.60	+00:00:17 (0.6%)	5:01	11.9 (99.2%)
4	MASTYGA Andrzej	5093	ANDREA TEAM	M-40	4	00:30:46	00:52:21.95	00:52:23.45	+00:02:24 (4.6%)	5:14	11.5 (95.8%)
5	PRYSTASZ Krzysztof	5117	ROSKOSZNYTEAM	M-40	5	00:31:01	00:53:03.20	00:53:04.90	+00:03:05 (5.8%)	5:18	11.3 (94.2%)
6	CYBULSKI Mariusz	5111	SAINT-GOBAIN SQUAD, ADRUNALINETEAM, BIEGAJ Z MAŃKIEM	M-40	6	00:31:27	00:53:08.20	00:53:09.65	+00:03:10 (6.0%)	5:18	11.3 (94.2%)
7	PRZYBYSZEWSKI Łukasz	5173		M-40	7	00:32:05	00:53:09.40	00:53:11.95	+00:03:12 (6.0%)	5:18	11.3 (94.2%)
8	KRAWCZYSZYN Pawel	5103		M-40	8	00:33:06	00:55:27.25	00:55:33.90	+00:05:34 (10.0%)	5:32	10.8 (90.0%)
9	ZIĘTARSKI Robert	5187	RNB TEAM POLANICA ZDRÓJ	M-40	9	00:32:52	00:55:36.70	00:55:40.15	+00:05:41 (10.2%)	5:33	10.8 (90.0%)
10	KURZAWIAK Grzegorz	5125	KUDOWIANAK RUN	M-40	10	00:33:17	00:56:05.30	00:56:08.15	+00:06:09 (11.0%)	5:36	10.7 (89.2%)
11	KAMIŃSKI Artur	5092		M-40	11		00:56:43.00	00:56:43.00	+00:06:43 (11.9%)	5:40	10.6 (88.3%)
12	DULĘBA Łukasz	5158	DZIUBEK	M-40	12	00:37:54	01:03:25.70	01:03:30.70	+00:13:31 (21.3%)	6:20	9.5 (79.2%)
13	WRÓBLEWSKI Jarosław	5190	RAZ SZCZECIN	M-40	13	00:41:24	01:08:29.30	01:08:37.50	+00:18:38 (27.2%)	6:50	8.8 (73.3%)
14	GULAJSKI Rafał	5185	OSIEM	M-40	14	00:41:17	01:08:35.50	01:08:40.50	+00:18:41 (27.2%)	6:51	8.7 (72.5%)
15	ZAPOTOCZNY Mariusz	5147		M-40	15	00:42:06	01:08:52.30	01:09:01.90	+00:19:02 (27.6%)	6:53	8.7 (72.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Jakubowice 5.3km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	PIETRZAK Maciej	5096		M-40	16	00:42:06	01:10:09.45	01:10:20.65	+00:20:21 (28.9%)	7:00	8.6 (71.7%)
17	TOKARSKI Joachim	5145	KUDOWIANKA RUN	M-40	17	00:39:18	01:11:06.50	01:11:11.70	+00:21:12 (29.8%)	7:06	8.4 (70.0%)
18	KORDOWSKI Wojciech	5157		M-40	18	00:42:05	01:12:23.05	01:12:23.05	+00:22:23 (30.9%)	7:14	8.3 (69.2%)
19	SZYMAŃSKI Grzegorz	5104	RNB TEAM POLANICA ZDRÓJ	M-40	19	00:42:22	01:12:38.60	01:12:42.45	+00:22:43 (31.3%)	7:15	8.3 (69.2%)
20	SURDAKCI Piotr	5119		M-40	20	00:42:36	01:12:39.35	01:12:48.75	+00:22:49 (31.3%)	7:15	8.3 (69.2%)
21	SIKORA Marek	5029	BBL GŁOGÓW	M-40	21	00:43:31	01:12:58.00	01:13:02.70	+00:23:03 (31.6%)	7:17	8.2 (68.3%)
22	MAZIAREK Michał	5072		M-40	22	00:44:03	01:15:21.80	01:15:27.85	+00:25:28 (33.8%)	7:32	8 (66.7%)
23	CZARNECKI Rafał	5163		M-40	23	00:45:35	01:15:35.35	01:15:50.20	+00:25:51 (34.1%)	7:33	7.9 (65.8%)
24	NARKUN Tomasz	5149	WIG20TUDEMUN	M-40	24	00:44:48	01:16:47.75	01:16:53.65	+00:26:54 (35.0%)	7:40	7.8 (65.0%)
25	CHORAŻYCZEWSKI Michał	5050	OBORNICKI KLUB LEKKOATLETYCZNY	M-40	25	00:44:02	01:17:26.35	01:17:30.00	+00:27:30 (35.5%)	7:44	7.7 (64.2%)
26	JASTRZĄBEK Marek	5124	OBORNICKI KLUB LEKKOATLETYCZNY	M-40	26	00:44:02	01:17:26.70	01:17:30.05	+00:27:30 (35.5%)	7:44	7.7 (64.2%)
27	BOKSZA Robert	5070		M-40	27	00:49:32	01:24:13.00	01:24:13.00	+00:34:13 (40.6%)	8:25	7.1 (59.2%)
28	ADAMIAK Piotr	5141	BIEGAM Z IDEA KUCHNI	M-40	28	00:49:46	01:27:39.35	01:27:48.20	+00:37:49 (43.1%)	8:45	6.8 (56.7%)
29	ANTKOWIAK Joachim	5088	#BIEGAJLESZNO	M-40	29	00:54:31	01:30:54.30	01:30:59.00	+00:40:59 (45.1%)	9:05	6.6 (55.0%)
30	KLINOWSKI Mirosław	5106		M-40	30	00:54:35	01:35:15.60	01:35:28.10	+00:45:28 (47.6%)	9:31	6.3 (52.5%)
31	FRĄCKOWIAK Jacek	5182	WSK	M-40	31	00:56:21	01:37:37.05	01:37:48.90	+00:47:49 (48.9%)	9:45	6.1 (50.8%)

Znaleziono 31 wynik(ów)