

DFBG



## KUDOWSKA SZTAFETA GÓRSKA

**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

Kudowski Festiwal Biegowy  
Fundacja MARATONY GÓRSKIE  
2024-04-14  
Kudowa-Zdrój  
10 km

# KUDOWSKA DZIESIĄTKA 10 KM

B4SPORT

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: OPEN M

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Jakubowice 5.3km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>GOŁĘBIEWSKI Michał</b>	<b>5032</b>	DREAM-BIKE BIELAWA	M-40	1		<b>00:43:08.00</b>	<b>00:43:08.00</b>		4:18	13.9 (100%)
2	<b>LEWANDOWSKI Jakub</b>	<b>5070</b>		M-20	1	00:26:18	<b>00:45:27.70</b>	<b>00:45:27.70</b>	+00:02:19 (5.1%)	4:32	13.2 (95.0%)
3	<b>TOMASIAK Adam</b>	<b>5081</b>	KB HARCOWNIK	M-20	2	00:27:08	<b>00:46:02.25</b>	<b>00:46:02.25</b>	+00:02:54 (6.3%)	4:36	13 (93.5%)
4	<b>SMOLSKI Kamil</b>	<b>5043</b>		M-30	1	00:27:32	<b>00:46:38.15</b>	<b>00:46:38.15</b>	+00:03:30 (7.5%)	4:39	12.9 (92.8%)
5	<b>SZKOŁA Wojciech</b>	<b>5020</b>	NATURAL BORN RUNNERS	M-30	2	00:27:32	<b>00:47:30.45</b>	<b>00:47:30.45</b>	+00:04:22 (9.2%)	4:45	12.6 (90.6%)
6	<b>KAMIŃSKI Artur</b>	<b>5012</b>	PRZEDWOJEWSKI TEAM	M-40	2	00:27:59	<b>00:47:42.00</b>	<b>00:47:42.00</b>	+00:04:34 (9.6%)	4:46	12.6 (90.6%)
7	<b>GROMALA Krzysztof</b>	<b>5064</b>	SOBASTEAM	M-40	3	00:29:32	<b>00:49:38.50</b>	<b>00:49:38.50</b>	+00:06:30 (13.1%)	4:57	12.1 (87.1%)
8	<b>ALTEWĘGIER Jarosław</b>	<b>5015</b>	AW SZYBCIEJ TEAM	M-40	4	00:30:16	<b>00:51:12.95</b>	<b>00:51:12.95</b>	+00:08:04 (15.8%)	5:07	11.7 (84.2%)
9	<b>BAGIŃSKI Łukasz</b>	<b>5091</b>		M-40	5	00:30:25	<b>00:51:51.50</b>	<b>00:51:51.50</b>	+00:08:43 (16.8%)	5:11	11.6 (83.5%)
10	<b>KŁAKOWICZ Mariusz</b>	<b>5018</b>		M-40	6	00:31:16	<b>00:52:31.95</b>	<b>00:52:31.95</b>	+00:09:23 (17.9%)	5:15	11.4 (82.0%)
11	<b>PYTO Andrzej</b>	<b>5092</b>	SNAKE ACTIVE	M-40	7	00:31:03	<b>00:52:35.05</b>	<b>00:52:35.05</b>	+00:09:27 (18.0%)	5:15	11.4 (82.0%)
12	<b>DOBRAS Zdzisław</b>	<b>5100</b>	BURZA DZIKOWIEC	M-60	1	00:33:02	<b>00:55:14.25</b>	<b>00:55:14.25</b>	+00:12:06 (21.9%)	5:31	10.9 (78.4%)
13	<b>ZIOBROWSKI Mateusz</b>	<b>5074</b>		M-30	3	00:33:52	<b>00:57:26.20</b>	<b>00:57:26.20</b>	+00:14:18 (24.9%)	5:44	10.4 (74.8%)
14	<b>MANOUDIS Giorgos</b>	<b>5084</b>		M-50	1	00:35:39	<b>00:59:30.80</b>	<b>00:59:30.80</b>	+00:16:22 (27.5%)	5:57	10.1 (72.7%)
15	<b>ZYGOŃ Artur</b>	<b>5089</b>		M-30	4	00:34:39	<b>00:59:51.25</b>	<b>00:59:51.25</b>	+00:16:43 (27.9%)	5:59	10 (71.9%)
16	<b>ROMANOW Mateusz</b>	<b>5090</b>	MATT-RUN	M-40	8	00:36:10	<b>01:00:14.90</b>	<b>01:00:14.90</b>	+00:17:06 (28.4%)	6:01	10 (71.9%)
17	<b>ZJAWIONY Adam</b>	<b>5056</b>		M-20	3	00:36:50	<b>01:00:34.95</b>	<b>01:00:34.95</b>	+00:17:26 (28.8%)	6:03	9.9 (71.2%)
18	<b>ZAWADA Radosław</b>	<b>5075</b>	BIELAWSKA AKADEMIA BIEGANIA	M-40	9	00:38:08	<b>01:02:19.80</b>	<b>01:02:19.80</b>	+00:19:11 (30.8%)	6:13	9.6 (69.1%)
19	<b>TOMASIK Andrzej</b>	<b>5004</b>		M-50	2	00:37:41	<b>01:02:56.30</b>	<b>01:02:56.30</b>	+00:19:48 (31.5%)	6:17	9.5 (68.3%)
20	<b>BOREK Jacek</b>	<b>5073</b>		M-30	5	00:38:59	<b>01:03:10.45</b>	<b>01:03:10.45</b>	+00:20:02 (31.7%)	6:19	9.5 (68.3%)
21	<b>LEDNICKI Michał</b>	<b>5094</b>	ARVATO S.C. REP	M-40	10	00:38:26	<b>01:03:17.70</b>	<b>01:03:17.70</b>	+00:20:09 (31.9%)	6:19	9.5 (68.3%)
22	<b>JANISZEWSKI Wiktor</b>	<b>5005</b>		M-20	4	00:38:14	<b>01:03:26.40</b>	<b>01:03:26.40</b>	+00:20:18 (32.0%)	6:20	9.5 (68.3%)
23	<b>MOMOT Sławomir</b>	<b>5024</b>	SMAK RADOŚCI	M-40	11	00:37:01	<b>01:03:26.70</b>	<b>01:03:26.70</b>	+00:20:18 (32.0%)	6:20	9.5 (68.3%)
24	<b>KUBIAK Mariusz</b>	<b>5016</b>	LKS ISKRA JASZKOWA	M-40	12	00:38:01	<b>01:03:40.10</b>	<b>01:03:40.10</b>	+00:20:32 (32.3%)	6:22	9.4 (67.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Jakubowice 5.3km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
25	<b>PAULI Maciej</b>	<b>5049</b>		M-20	5	00:37:37	<b>01:03:43.40</b>	<b>01:03:43.40</b>	+00:20:35 (32.3%)	6:22	9.4 (67.6%)
26	<b>NESTEREWICZ Ryszard</b>	<b>5057</b>	LKS ISKRA JASZKOWA	M-60	2	00:37:28	<b>01:03:43.80</b>	<b>01:03:43.80</b>	+00:20:35 (32.3%)	6:22	9.4 (67.6%)
27	<b>WIDERA Remigiusz</b>	<b>5031</b>		M-40	13	00:38:13	<b>01:04:13.00</b>	<b>01:04:13.00</b>	+00:21:05 (32.8%)	6:25	9.3 (66.9%)
28	<b>SZULC Adam</b>	<b>5098</b>		M-40	14	00:39:55	<b>01:05:00.00</b>	<b>01:05:00.00</b>	+00:21:52 (33.6%)	6:30	9.2 (66.2%)
29	<b>ZABŁOCKI Bartłomiej</b>	<b>5054</b>	KKS MUFLEKSJA OPOLE	M-20	6	00:38:03	<b>01:05:08.55</b>	<b>01:05:08.55</b>	+00:22:00 (33.8%)	6:30	9.2 (66.2%)
30	<b>NOWAK Patryk</b>	<b>5077</b>		M-30	6	00:38:59	<b>01:05:46.10</b>	<b>01:05:46.10</b>	+00:22:38 (34.4%)	6:34	9.1 (65.5%)
31	<b>ZOELLNER Marek</b>	<b>5009</b>	KB SOBÓTKA	M-40	15	00:39:54	<b>01:06:26.60</b>	<b>01:06:26.60</b>	+00:23:18 (35.1%)	6:38	9 (64.7%)
32	<b>ROMAŃCZYK Daniel</b>	<b>5021</b>	COLGATE RUNNING TEAM	M-40	16	00:40:24	<b>01:07:11.35</b>	<b>01:07:11.35</b>	+00:24:03 (35.8%)	6:43	8.9 (64.0%)
33	<b>POLITOWSKI Maciej</b>	<b>5006</b>		M-40	17	00:40:23	<b>01:07:23.55</b>	<b>01:07:23.55</b>	+00:24:15 (36.0%)	6:44	8.9 (64.0%)
34	<b>NIEMIRO Paweł</b>	<b>5022</b>	JAGODOWO-KALINOWY TEAM	M-40	18	00:41:26	<b>01:08:36.25</b>	<b>01:08:36.25</b>	+00:25:28 (37.1%)	6:51	8.7 (62.6%)
35	<b>GOŹDZICKI Witold</b>	<b>5060</b>		M-40	19	00:40:02	<b>01:08:54.55</b>	<b>01:08:54.55</b>	+00:25:46 (37.4%)	6:53	8.7 (62.6%)
36	<b>LIS Adrian</b>	<b>5045</b>		M-20	7	00:41:16	<b>01:09:42.55</b>	<b>01:09:42.55</b>	+00:26:34 (38.1%)	6:58	8.6 (61.9%)
37	<b>GADOWSKI Paweł</b>	<b>5085</b>		M-30	7	00:42:15	<b>01:10:01.65</b>	<b>01:10:01.65</b>	+00:26:53 (38.4%)	7:00	8.6 (61.9%)
38	<b>KUTARBA Dawid</b>	<b>5082</b>	BRAK	M-40	20	00:43:01	<b>01:10:24.15</b>	<b>01:10:24.15</b>	+00:27:16 (38.7%)	7:02	8.5 (61.2%)
39	<b>STASZEWSKI Dariusz</b>	<b>5101</b>		M-30	8	00:44:38	<b>01:11:57.35</b>	<b>01:11:57.35</b>	+00:28:49 (40.1%)	7:11	8.3 (59.7%)
40	<b>KRUCZKOWSKI Mateusz</b>	<b>5003</b>	AUTOLIV RUN TEAM	M-30	9	00:43:30	<b>01:12:23.85</b>	<b>01:12:23.85</b>	+00:29:15 (40.4%)	7:14	8.3 (59.7%)
41	<b>PILCH Piotr</b>	<b>5052</b>		M-40	21	00:43:04	<b>01:13:17.55</b>	<b>01:13:17.55</b>	+00:30:09 (41.1%)	7:19	8.2 (59.0%)
42	<b>BIERNACKI Bartosz</b>	<b>5037</b>	TUCHOLA TEAM	M-30	10	00:45:26	<b>01:14:06.05</b>	<b>01:14:06.05</b>	+00:30:58 (41.8%)	7:24	8.1 (58.3%)
43	<b>PILARSKI Ryszard</b>	<b>5067</b>	IZERY BOGATYNIA	M-60	3	00:43:31	<b>01:14:20.90</b>	<b>01:14:20.90</b>	+00:31:12 (42.0%)	7:26	8.1 (58.3%)
44	<b>KOPACKI Tomasz</b>	<b>5065</b>		M-30	11	00:44:36	<b>01:15:08.55</b>	<b>01:15:08.55</b>	+00:32:00 (42.6%)	7:30	8 (57.6%)
45	<b>LANGIEWICZ Jacek</b>	<b>5028</b>	MKJ POLICE	M-60	4	00:43:10	<b>01:16:24.65</b>	<b>01:16:24.65</b>	+00:33:16 (43.6%)	7:38	7.9 (56.8%)
46	<b>PIECZARA Wojtek</b>	<b>5055</b>	KKS MUFLEKSJA OPOLE	M-20	8	00:47:57	<b>01:16:35.20</b>	<b>01:16:35.20</b>	+00:33:27 (43.7%)	7:39	7.8 (56.1%)
47	<b>RUNKE Mateusz</b>	<b>5062</b>		M-20	9	00:45:06	<b>01:17:33.30</b>	<b>01:17:33.30</b>	+00:34:25 (44.4%)	7:45	7.7 (55.4%)
48	<b>ROMANOWICZ Łukasz</b>	<b>5061</b>		M-30	12	00:45:06	<b>01:17:34.20</b>	<b>01:17:34.20</b>	+00:34:26 (44.4%)	7:45	7.7 (55.4%)
49	<b>SOBCZAK-SZMAL Piotr</b>	<b>5072</b>		M-40	22	00:47:01	<b>01:17:54.20</b>	<b>01:17:54.20</b>	+00:34:46 (44.6%)	7:47	7.7 (55.4%)
50	<b>PAKIET Waldemar</b>	<b>5088</b>	ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO	M-50	3	00:46:06	<b>01:18:52.05</b>	<b>01:18:52.05</b>	+00:35:44 (45.3%)	7:53	7.6 (54.7%)
51	<b>MIZGALSKI Wojciech</b>	<b>5035</b>		M-50	4	00:46:18	<b>01:19:58.65</b>	<b>01:19:58.65</b>	+00:36:50 (46.1%)	7:59	7.5 (54.0%)
52	<b>KRUZEL Rafał</b>	<b>5050</b>	BIEGOWE MISIE	M-50	5	00:49:02	<b>01:22:56.75</b>	<b>01:22:56.75</b>	+00:39:48 (48.0%)	8:17	7.2 (51.8%)
53	<b>PROKOPOWICZ Krzysztof</b>	<b>5080</b>	KLUB BIEGACZA HARCOWNIK	M-30	13	00:47:57	<b>01:23:38.30</b>	<b>01:23:38.30</b>	+00:40:30 (48.4%)	8:21	7.2 (51.8%)
54	<b>MAJEWSKI Maciej</b>	<b>5086</b>		M-40	23	00:32:10	<b>01:26:10.90</b>	<b>01:26:10.90</b>	+00:43:02 (50.0%)	8:37	7 (50.4%)
55	<b>SPUSTEK Grzegorz</b>	<b>5076</b>	BIELAWSKA AKADEMIA BIEGANIA	M-40	24	00:49:59	<b>01:27:11.35</b>	<b>01:27:11.35</b>	+00:44:03 (50.5%)	8:43	6.9 (49.6%)
56	<b>SOBCZAK Aleksander</b>	<b>5071</b>	BIELAWSKA AKADEMIA BIEGANIA	M-40	25	00:49:57	<b>01:27:11.55</b>	<b>01:27:11.55</b>	+00:44:03 (50.5%)	8:43	6.9 (49.6%)
57	<b>JAKUBOWSKI Mikołaj</b>	<b>5040</b>	KARYKATURY ZACZAROWANY OŁÓWEK	M-30	14	00:54:24	<b>01:33:31.10</b>	<b>01:33:31.10</b>	+00:50:23 (53.9%)	9:21	6.4 (46.0%)
58	<b>DOBROWOLSKI Robert</b>	<b>5010</b>	SPORTOWI EMERYCI JELENIA GORA	M-60	5	00:59:08	<b>01:45:02.55</b>	<b>01:45:02.55</b>	+01:01:54 (58.9%)	10:30	5.7 (41.0%)
59	<b>MILLER Paweł</b>	<b>5000</b>	BIEGAM BO LUBIĘ LASY BOGDANIEC	M-30	15	01:02:37	<b>01:50:23.80</b>	<b>01:50:23.80</b>	+01:07:15 (60.9%)	11:02	5.4 (38.8%)

Znaleziono 59 wynik(ów)