

Wydarzenie:

Kudowski Festiwal Biegowy

Organizator:

Fundacja MARATONY GÓRSKIE

Data:

2023-04-02

Miejsce:

Kudowa-Zdrój

Dystans:

42 km

Klasyfikacja: M-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Zielona Droga 26km	Jakubowice 37km	Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
1	JUREK Michał	3189	MILMET MIEROSZÓW / SALOMON	M-40	1	01:02:23	02:33:21	03:27:06	03:47:50.60	03:47:50.60		5:25	11.1 (100%)
2	KOŁODZIEJ Roman	3172		M-40	2	01:07:29	02:53:00	04:00:13	04:22:20.50	04:22:20.50	+00:34:29 (13.2%)	6:14	9.6 (86.5%)
3	DAJEK Łukasz	3077		M-40	3	01:10:57	03:01:39	04:09:24	04:35:26.10	04:35:26.10	+00:47:35 (17.3%)	6:33	9.1 (82.0%)
4	WIŚNIEWSKI Paweł	3153	ULTRAKOTLINA TEAM	M-40	4	01:09:32	03:02:55	04:13:36	04:40:26.25	04:40:26.25	+00:52:35 (18.8%)	6:40	9 (81.1%)
5	FISZER Sebastian	3097	LESZ NO LIMITS RUNNERS	M-40	5	01:14:39	03:11:59	04:23:43	04:48:58.05	04:48:58.05	+01:01:07 (21.2%)	6:52	8.7 (78.4%)
6	MARKOWSKI Marcin	3105		M-40	6	01:18:14	03:17:51	04:29:38	04:55:31.10	04:55:31.10	+01:07:40 (22.9%)	7:02	8.5 (76.6%)
7	DARUL Damian	3032	KB MARATON TUREK	M-40	7	01:14:19	03:15:25	04:33:36	05:02:36.00	05:02:36.00	+01:14:45 (24.7%)	7:12	8.3 (74.8%)
8	ROGÓRZ Piotr	3188		M-40	8	01:21:57	03:27:12	04:47:05	05:16:50.55	05:16:50.55	+01:28:59 (28.1%)	7:32	8 (72.1%)
9	LANGE Szymon	3109	WSK- WOJOWNICY SASKIEJ KAWY	M-40	9	01:22:01	03:30:30	04:47:43	05:17:58.85	05:17:58.85	+01:30:08 (28.3%)	7:34	7.9 (71.2%)
10	LADRA Ryszard	3146	KKM KALORYFER	M-40	10	01:27:16	03:36:43	04:55:23	05:23:23.85	05:23:23.85	+01:35:33 (29.5%)	7:41	7.8 (70.3%)
11	JARMUŻEK Paweł	3190		M-40	11	01:20:15	03:25:08	04:55:18	05:24:06.05	05:24:06.05	+01:36:15 (29.7%)	7:43	7.8 (70.3%)
12	WOJCIECHOWSKI Dariusz	3173	KRAKOWIAK ULTRA TEAM / GÓRAL Z MAZUR RUNNING TEAM	M-40	12	01:25:04	03:35:54	04:57:34	05:24:15.00	05:24:15.00	+01:36:24 (29.7%)	7:43	7.8 (70.3%)
13	GRZESIK Paweł	3003	SOR WAŁBRZYCH	M-40	13	01:33:40	03:46:07	04:58:57	05:27:00.15	05:27:00.15	+01:39:09 (30.3%)	7:47	7.7 (69.4%)
14	JODŁOWSKI Marek	3063		M-40	14	01:29:54	03:44:38	05:01:21	05:29:11.15	05:29:11.15	+01:41:20 (30.8%)	7:50	7.7 (69.4%)
15	PIECZARA Błażej	3027	JAWORZ NORUNNERS	M-40	15	01:20:40	03:35:35	05:01:55	05:35:01.00	05:35:01.00	+01:47:10 (32.0%)	7:58	7.5 (67.6%)
16	PYREK Krzysztof	3023	1 RBLOG	M-40	16	01:22:06	03:38:33	05:06:53	05:37:15.00	05:37:15.00	+01:49:24 (32.4%)	8:01	7.5 (67.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne			Zielona	Jakubowice	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						Skały	10km	26km							
17	BOBORYCKI Rafał	3100	MOCNA GRUPA CEZARA	M-40	17	01:26:41	03:38:06	05:07:13			05:39:44.40	05:39:44.40	+01:51:53 (32.9%)	8:05	7.4 (66.7%)
18	GŁOGOWSKI Adam	3013	NOA	M-40	18	01:25:36	03:44:23	05:12:17			05:44:51.75	05:44:51.75	+01:57:01 (33.9%)	8:12	7.3 (65.8%)
19	KAZIMIEROWICZ Jacek	3058		M-40	19	01:27:14	03:46:19	05:16:19			05:47:40.20	05:47:40.20	+01:59:49 (34.5%)	8:16	7.2 (64.9%)
20	WRÓBEL Marcin	3135		M-40	20	01:28:55	03:51:48	05:19:44			05:49:56.35	05:49:56.35	+02:02:05 (34.9%)	8:19	7.2 (64.9%)
21	CHILIMONIUK Mariusz	3024		M-40	21	01:34:43	03:55:27	05:21:36			05:51:40.85	05:51:40.85	+02:03:50 (35.2%)	8:22	7.2 (64.9%)
22	JASEK Maciej	3130		M-40	22	01:31:07	03:51:47	05:21:46			05:54:03.00	05:54:03.00	+02:06:12 (35.6%)	8:25	7.1 (64.0%)
23	DYRAGA Marcin	3030	SAINT-GOBAIN SQUAD	M-40	23	01:27:21	03:52:32	05:22:58			05:54:29.65	05:54:29.65	+02:06:39 (35.7%)	8:26	7.1 (64.0%)
24	MASŁOWSKI Robert	3098	ANTON TEAM	M-40	24	01:27:13	03:52:36	05:22:24			05:55:43.55	05:55:43.55	+02:07:52 (35.9%)	8:28	7.1 (64.0%)
25	PONIATOWSKI Seweryn	3125		M-40	25	01:31:09	03:55:07	05:22:25			05:55:43.85	05:55:43.85	+02:07:53 (36.0%)	8:28	7.1 (64.0%)
26	IWANIEC Dariusz	3071	BIEGOLAS KOSZALIN	M-40	26	01:29:55	03:53:26	05:22:24			05:57:07.40	05:57:07.40	+02:09:16 (36.2%)	8:30	7.1 (64.0%)
27	KŁOSSAK Wojciech	3175	NOA	M-40	27	01:33:42	03:55:26	05:30:55			06:02:56.45	06:02:56.45	+02:15:05 (37.2%)	8:38	6.9 (62.2%)
28	CHRZANOWSKI Paweł	3184		M-40	28	01:28:09	03:55:25	05:31:45			06:03:59.20	06:03:59.20	+02:16:08 (37.4%)	8:39	6.9 (62.2%)
29	SAWCZYN Tomasz	3154	DBS	M-40	29	01:30:08	04:01:53	05:36:46			06:09:27.10	06:09:27.10	+02:21:36 (38.3%)	8:47	6.8 (61.3%)
30	JADACH Grzegorz	3112	NOA	M-40	30	01:24:47	04:10:46	05:37:04			06:10:38.00	06:10:38.00	+02:22:47 (38.5%)	8:49	6.8 (61.3%)
31	NOWACKI Michał	3132		M-40	31	01:30:35	03:59:32	05:39:57			06:11:31.20	06:11:31.20	+02:23:40 (38.7%)	8:50	6.8 (61.3%)
32	KOCISZEWSKI Łukasz	3111		M-40	32	01:40:41	04:13:00	05:40:45			06:11:51.45	06:11:51.45	+02:24:00 (38.7%)	8:51	6.8 (61.3%)
33	FIREK Rafał	3035		M-40	33	01:27:49	03:55:24	05:34:05			06:12:01.85	06:12:01.85	+02:24:11 (38.8%)	8:51	6.8 (61.3%)
34	KARMOWSKI Jakub	3151	MOCNA GRUPA CEZARA	M-40	34	01:32:06	04:12:25	05:40:21			06:12:03.25	06:12:03.25	+02:24:12 (38.8%)	8:51	6.8 (61.3%)
35	CHWIEJ Marcin	3134	BIEGACZE ŚWINOUJŚCIE	M-40	35	01:31:14	04:07:44	05:41:25			06:12:18.75	06:12:18.75	+02:24:28 (38.8%)	8:51	6.8 (61.3%)
36	MARCELA Marcin	3028	FAT MAMA'S SPORT CLUB	M-40	36	01:34:42	04:06:09	05:39:53			06:13:59.90	06:13:59.90	+02:26:09 (39.1%)	8:54	6.7 (60.4%)
37	SOJKOWSKI Piotr	3118	4FUN TRIATHLON/NAJMOWICZ TRIATHLON	M-40	37	01:39:34	04:10:52	05:44:15			06:19:01.20	06:19:01.20	+02:31:10 (39.9%)	9:01	6.6 (59.5%)
38	CHLUDZIŃSKI Patryk	3186	ARVATO S.C. REP	M-40	38	01:38:26	04:09:21	05:46:47			06:20:18.85	06:20:18.85	+02:32:28 (40.1%)	9:03	6.6 (59.5%)
39	RADZIWANOWSKI Leszek	3084		M-40	39	01:38:04	04:09:14	05:46:45			06:20:36.00	06:20:36.00	+02:32:45 (40.1%)	9:03	6.6 (59.5%)
40	TYCZYŃSKI Sławomir	3039	FILGROSOIL	M-40	40	01:33:32	04:09:29	05:47:03			06:21:35.30	06:21:35.30	+02:33:44 (40.3%)	9:05	6.6 (59.5%)

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41	WAŃKOWICZ Adrian	3087		M-40	41	01:34:24	04:12:41	05:50:08	06:23:56.35	06:23:56.35	+02:36:05 (40.7%)	9:08	6.6 (59.5%)
42	STASIAK Łukasz	3054		M-40	42	01:37:44	04:12:23	05:49:34	06:26:08.35	06:26:08.35	+02:38:17 (41.0%)	9:11	6.5 (58.6%)
43	KONSTANCIUK Dariusz	3180	JAZDAAAAA	M-40	43	01:29:37	04:11:47	05:50:06	06:27:01.10	06:27:01.10	+02:39:10 (41.1%)	9:12	6.5 (58.6%)
44	LEDNICKI Michał	3187	ARVATO S.C. REP	M-40	44	01:41:42	04:18:56	05:56:04	06:31:22.85	06:31:22.85	+02:43:32 (41.8%)	9:19	6.4 (57.7%)
45	LEŚNIAK Grzegorz	3119		M-40	45	01:30:06	04:07:33	05:55:41	06:35:52.25	06:35:52.25	+02:48:01 (42.4%)	9:25	6.4 (57.7%)
46	JASKÓLSKI Krzysztof	3053	TRIBOY TEAM	M-40	46	01:38:07	04:29:31	06:04:01	06:36:55.90	06:36:55.90	+02:49:05 (42.6%)	9:27	6.3 (56.8%)
47	PIOTROWSKI Kamil	3015		M-40	47	01:24:12	04:21:26	06:05:36	06:37:19.65	06:37:19.65	+02:49:29 (42.7%)	9:27	6.3 (56.8%)
48	KUŁAKOWSKI Dawid	3076	BIEGOLAS KOSZALIN	M-40	48	01:37:25	04:20:04	06:03:53	06:37:50.30	06:37:50.30	+02:49:59 (42.7%)	9:28	6.3 (56.8%)
49	OSTASZEWSKI Ireneusz	3056		M-40	49	01:32:07	04:20:09	06:10:51	06:46:08.85	06:46:08.85	+02:58:18 (43.9%)	9:40	6.2 (55.9%)
50	ZYCHOWICZ Zbigniew	3083	MOCNA GRUPA CEZARA	M-40	50	01:38:44	04:26:13	06:14:35	06:51:32.25	06:51:32.25	+03:03:41 (44.6%)	9:47	6.1 (55.0%)
51	SYNOWIEC Grzegorz	3007		M-40	51	01:39:32	04:23:39	06:13:40	06:53:57.65	06:53:57.65	+03:06:07 (45.0%)	9:51	6.1 (55.0%)
52	MICERSKI Tomasz	3094	BIEGOLAS KOSZALIN	M-40	52	01:37:56	04:25:57	06:18:32	06:57:54.70	06:57:54.70	+03:10:04 (45.5%)	9:57	6 (54.1%)
53	PAWIŃSKI Artur	3019	ADIDAS RUNNERS WARSAW	M-40	53	01:46:50	04:34:55	06:25:25	07:04:43.95	07:04:43.95	+03:16:53 (46.4%)	10:06	5.9 (53.2%)
54	KOPER Dariusz	3176		M-40	54	01:37:43	04:46:44	06:30:41	07:05:51.30	07:05:51.30	+03:18:00 (46.5%)	10:08	5.9 (53.2%)
55	JEKIEL Grzegorz	3178		M-40	55	01:41:46	04:34:24	06:26:36	07:07:21.55	07:07:21.55	+03:19:30 (46.7%)	10:10	5.9 (53.2%)
56	BRZOZOWSKI Marcin	3079		M-40	56	01:43:32	04:37:23	06:31:18	07:09:44.75	07:09:44.75	+03:21:54 (47.0%)	10:13	5.9 (53.2%)
57	WYSOCKI Rafał	3113	KKM KALORYFER	M-40	57	01:47:21	04:44:36	06:33:14	07:10:46.35	07:10:46.35	+03:22:55 (47.1%)	10:15	5.9 (53.2%)
58	KRYCZKA Wojciech	3192	KUDOWIANKA RUN	M-40	58	01:37:47	04:25:56	06:30:56	07:12:13.85	07:12:13.85	+03:24:23 (47.3%)	10:17	5.8 (52.3%)
59	GUCKI Mikołaj	3010		M-40	59	01:46:58	04:46:47	06:37:28	07:22:01.95	07:22:01.95	+03:34:11 (48.5%)	10:31	5.7 (51.4%)
60	JASICKI Krzysztof	3101	RUNHOGS TYCHY	M-40	60	01:52:00	04:56:22	06:41:33	07:23:41.35	07:23:41.35	+03:35:50 (48.6%)	10:33	5.7 (51.4%)
61	SPYRA Adam	3104	ŻARY RUNNERS TEAM	M-40	61	01:45:39	04:41:12	06:38:58	07:23:55.05	07:23:55.05	+03:36:04 (48.7%)	10:34	5.7 (51.4%)
62	POTOCZNIK Tomasz	3075	BIEGOLAS KOSZALIN	M-40	62	01:48:13	05:00:24		07:46:22.80	07:46:22.80	+03:58:32 (51.1%)	11:06	5.4 (48.6%)
63	KUKIEŁA Tomasz	3069	BIEGOLAS KOSZALIN	M-40	63	01:47:23	05:00:27		07:46:22.85	07:46:22.85	+03:58:32 (51.1%)	11:06	5.4 (48.6%)

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64	SIKORSKI Ludwik	3110	HTF LUDWIK SIKORSKI	M-40	64	01:58:26	05:13:27		07:48:56.45	07:48:56.45	+04:01:05 (51.4%)	11:09	5.4 (48.6%)
65	KŁONOWSKI Marek	3065		M-40	65	01:53:14	05:13:55		07:50:11.90	07:50:11.90	+04:02:21 (51.5%)	11:11	5.4 (48.6%)
66	CHROMIK Krzysztof	3078		M-40	66	01:48:54	05:13:39		07:57:53.45	07:57:53.45	+04:10:02 (52.3%)	11:22	5.3 (47.7%)
67	STANIK Mariusz	3066	KLUB BIEGACZA WARTA	M-40	67	01:45:35	04:58:45		07:57:57.20	07:57:57.20	+04:10:06 (52.3%)	11:22	5.3 (47.7%)
68	GWORYS Krzysztof	3026	ZRYW PARZYMIECHY	M-40	68	02:01:02	05:16:54		07:58:00.25	07:58:00.25	+04:10:09 (52.3%)	11:22	5.3 (47.7%)
69	LEŚNIAK Grzegorz	3183	LUŻNE PIĄTKI	M-40	69	01:59:44	05:24:05		08:16:14.50	08:16:14.50	+04:28:23 (54.1%)	11:48	5.1 (45.9%)
70	MILLER Tomasz	3166	KGHM	M-40	70	01:53:39	05:13:08		08:16:16.90	08:16:16.90	+04:28:26 (54.1%)	11:48	5.1 (45.9%)

Znaleziono 70 wynik(ów)