

Wydarzenie: Kudowski Festiwal Biegowy 2022
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2022-04-10
Miejsce: Kudowa-Zdrój
Dystans: 21 km

Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	LAGNER Sebastian	4262	KB SOBÓTKA/ PRZEDWOJEWSKI_TEAM	M-30	1	00:56:18	01:24:31	01:44:08.35	01:44:09.25		4:57	12.1 (100%)
2	SZKOŁA Wojciech	4306	NATURAL BORN RUNNERS	M-30	2	01:02:36	01:34:06	01:54:12.55	01:54:14.45	+00:10:05 (8.8%)	5:26	11 (90.9%)
3	ROSKOSZ Bartosz	4329	KB HARCOWNIK JELCZ-LASKOWICE	M-30	3	01:02:57	01:36:24	01:57:34.25	01:57:35.35	+00:13:26 (11.4%)	5:35	10.7 (88.4%)
4	ŁĘŻNIAK Aleksander	4257	MONK SANDALS TEAM	M-30	4	01:04:27	01:37:08	01:58:47.25	01:58:49.45	+00:14:40 (12.3%)	5:39	10.6 (87.6%)
5	STANKIEWICZ Tomasz	4236	PLANYBIEGOWE.PL	M-30	5	01:07:02	01:39:40	02:00:40.00	02:00:42.75	+00:16:33 (13.7%)	5:44	10.4 (86.0%)
6	SENKOWSKI Jakub	4334		M-30	6	01:07:07	01:39:56	02:00:54.95	02:00:56.75	+00:16:47 (13.9%)	5:45	10.4 (86.0%)
7	WOLSKI Marcin	4287		M-30	7	01:09:05	01:44:09	02:06:24.80	02:06:26.60	+00:22:17 (17.6%)	6:01	10 (82.6%)
8	MISZTAL Kamil	4320		M-30	8	01:12:49	01:47:13	02:08:45.60	02:08:48.75	+00:24:39 (19.1%)	6:07	9.8 (81.0%)
9	KUCIAK Bartosz	4049		M-30	9	01:17:32	01:57:18	02:20:49.05	02:20:56.75	+00:36:47 (26.1%)	6:42	8.9 (73.6%)
10	OKOŁOTOWICZ Michał	4020	NOA	M-30	10	01:21:02	01:57:39	02:20:29.65	02:23:30.75	+00:39:21 (27.4%)	6:41	9 (74.4%)
11	CHAMALA Krzysztof	4086	WEEGREE	M-30	11	01:18:05	02:01:34	02:25:15.70	02:25:15.70	+00:41:06 (28.3%)	6:55	8.7 (71.9%)
12	SZAFRAŃSKI Dominik	4335	OBORNICKI KLUB LEKKOATLETYCZNY	M-30	12		02:01:47	02:25:50.00	02:25:50.00	+00:41:40 (28.6%)	6:56	8.6 (71.1%)
13	ZIELIŃSKI Dominik	4332		M-30	13	01:26:50	02:06:23	02:31:06.40	02:31:24.50	+00:47:15 (31.2%)	7:11	8.3 (68.6%)
14	ŁUSIAK Łukasz	4298		M-30	14	01:26:29	02:06:55	02:32:39.05	02:32:54.90	+00:48:45 (31.9%)	7:16	8.3 (68.6%)
15	SZCZEPANSKI Bartosz	4309	REBELS SOFTWARE	M-30	15	01:23:50	02:05:59	02:32:54.25	02:33:01.35	+00:48:52 (31.9%)	7:16	8.2 (67.8%)
16	OSTROWSKI Konrad	4196	TRENING I GÓRY	M-30	16		02:08:44	02:35:28.30	02:35:28.30	+00:51:19 (33.0%)	7:24	8.1 (66.9%)
17	JAKUS Michał	4314	OTM.B	M-30	17	01:25:28	02:07:57	02:36:07.00	02:36:15.70	+00:52:06 (33.3%)	7:26	8.1 (66.9%)

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						Skały 10km	Jakubowice 16km					
18	RUDNICKI Krzysztof	4337		M-30	18	01:26:35	02:09:38	02:36:44.10	02:36:51.20	+00:52:41 (33.6%)	7:27	8 (66.1%)
19	PAWZUN Bartosz	4116	ZRYW PARZYMIECHY	M-30	19	01:23:54	02:09:09	02:38:03.95	02:38:05.25	+00:53:56 (34.1%)	7:31	8 (66.1%)
20	ORZĘŁEK Przemysław	4239	ZRYW PARZYMIECHY	M-30	20	01:24:56	02:09:42	02:38:04.65	02:38:05.45	+00:53:56 (34.1%)	7:31	8 (66.1%)
21	POLIWO CZAK Patryk	4132	WILKI GÓR	M-30	21	01:23:59	02:09:02	02:38:29.70	02:38:38.75	+00:54:29 (34.3%)	7:32	8 (66.1%)
22	HARETSKI Aleksander	4210		M-30	22	01:25:54	02:10:52	02:41:35.90	02:41:35.90	+00:57:26 (35.5%)	7:41	7.8 (64.5%)
23	ISHCHUK Aliaksandr	4211		M-30	23	01:25:53	02:10:50	02:41:36.05	02:41:36.05	+00:57:26 (35.5%)	7:41	7.8 (64.5%)
24	TOMELA Maciej	4130	TEAM GOSZKA	M-30	24	01:30:05	02:15:36	02:44:10.15	02:44:10.15	+01:00:00 (36.6%)	7:49	7.7 (63.6%)
25	BRYGAŁA Tomasz	4322	ADIDAS RUNNERS	M-30	25	01:31:05	02:21:33	02:49:17.35	02:49:42.45	+01:05:33 (38.6%)	8:03	7.4 (61.2%)
26	KRAWIEC Dominik	4050		M-30	26	01:35:24	02:21:34	02:50:04.05	02:50:12.60	+01:06:03 (38.8%)	8:05	7.4 (61.2%)
27	SKRZYPCZYK Tomasz	4183		M-30	27	01:35:20	02:20:21	02:50:07.15	02:50:27.40	+01:06:18 (38.9%)	8:06	7.4 (61.2%)
28	DOBEK Mateusz	4062	JAWOR RIVER GYM	M-30	28	01:35:19	02:24:16	02:55:24.25	02:55:41.80	+01:11:32 (40.7%)	8:21	7.2 (59.5%)
29	PTAK Patryk	4232	CHORZOWSKIE STOWARZYSZENIE BIEGACZY DŁUGODYSTANSOWYCH "W RUCHU"	M-30	29	01:36:45	02:25:51	02:55:54.70	02:56:04.45	+01:11:55 (40.8%)	8:22	7.2 (59.5%)
30	FILIPEK Tomasz	4079		M-30	30	01:35:30	02:24:33	02:56:41.15	02:56:45.25	+01:12:36 (41.1%)	8:24	7.1 (58.7%)
31	BUGAJ Alan	4249		M-30	31	01:39:27	02:27:34	02:58:13.35	02:58:26.30	+01:14:17 (41.6%)	8:29	7.1 (58.7%)
32	SACZUK Dawid	4213		M-30	32	01:35:32	02:26:05	02:58:47.50	02:58:53.60	+01:14:44 (41.8%)	8:30	7 (57.9%)
33	BŁAŻEJCZAK Tomasz	4253	#BIEGAJLESZNO	M-30	33	01:35:20	02:29:53	02:59:36.95	02:59:40.00	+01:15:30 (42.0%)	8:33	7 (57.9%)
34	KOŁEK Adrian	4283	DRINK TEAM	M-30	34	01:40:13	02:30:55	03:01:35.35	03:01:35.35	+01:17:26 (42.6%)	8:38	6.9 (57.0%)
35	GAJDA Michał	4178		M-30	35	01:44:57	02:33:00	03:02:20.15	03:02:34.10	+01:18:24 (43.0%)	8:40	6.9 (57.0%)
36	KACZMAREK Mateusz	4326		M-30	36	01:44:58	02:33:06	03:02:42.90	03:03:03.75	+01:18:54 (43.1%)	8:42	6.9 (57.0%)
37	CZELUŚNIAK Filip	4266		M-30	37	01:43:34	02:33:46	03:04:09.00	03:04:19.35	+01:20:10 (43.5%)	8:46	6.8 (56.2%)
38	JANOWICZ Wojtek	4164		M-30	38	01:38:25	02:31:45	03:04:33.30	03:04:33.30	+01:20:24 (43.6%)	8:47	6.8 (56.2%)
39	ZIELEZINSKI Łukasz	4263	HURAGAN LIGOTA	M-30	39	01:42:27	02:34:10	03:06:20.40	03:06:30.35	+01:22:21 (44.2%)	8:52	6.8 (56.2%)
40	WÓJCICKI Tomasz	4331	ITMBW KRAKÓW	M-30	40	01:40:05	02:35:16	03:07:25.75	03:07:30.70	+01:23:21 (44.5%)	8:55	6.7 (55.4%)
41	LAUBACH Radosław	4197	RAAN	M-30	41	01:47:08	02:42:23	03:07:45.10	03:07:45.10	+01:23:35 (44.5%)	8:56	6.7 (55.4%)
42	BUSZEWSKI Zbyszek	4217		M-30	42	01:42:31	02:35:16	03:08:33.25	03:08:42.10	+01:24:32 (44.8%)	8:58	6.7 (55.4%)

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43	WOJCIECHOWSKI Mariusz	4203	KB INTREX POZNAŃ	M-30	43	01:45:07	02:37:40	03:10:36.60	03:10:43.40	+01:26:34 (45.4%)	9:04	6.6 (54.5%)
44	NOWAK Arkadiusz	4148		M-30	44	01:44:46	02:39:19	03:11:29.25	03:11:29.25	+01:27:20 (45.6%)	9:07	6.6 (54.5%)
45	ORŁOWSKI Robert	4056	BIEGNĘ NA PÓŁNOC	M-30	45	01:44:58	02:38:49	03:12:29.90	03:12:40.90	+01:28:31 (45.9%)	9:09	6.5 (53.7%)
46	PRZEWOŹNY Robert	4265	JIM TEAM MTB GOSTYŃ	M-30	46	01:45:38	02:41:43	03:17:02.90	03:17:10.85	+01:33:01 (47.2%)	9:22	6.4 (52.9%)
47	STASIAK Łukasz	4013	WATAHA - ŁĄCZY NAS BIEGANIE	M-30	47	01:52:14	02:47:55	03:22:17.45	03:22:40.70	+01:38:31 (48.6%)	9:37	6.2 (51.2%)
48	DZIWAK Dariusz	4012	TIMOTHY	M-30	48	01:51:29	02:49:17	03:22:50.35	03:23:11.15	+01:39:01 (48.7%)	9:39	6.2 (51.2%)
49	SOBOTA Paweł	4095		M-30	49	01:45:03	02:47:36	03:23:26.75	03:23:26.75	+01:39:17 (48.8%)	9:41	6.2 (51.2%)
50	BORKOWSKI Marcel	4101		M-30	50	01:49:35	02:50:16	03:29:17.40	03:29:40.00	+01:45:30 (50.3%)	9:57	6 (49.6%)
51	ZYGOŃ Artur	4158		M-30	51	01:50:49	02:58:36	03:33:18.20	03:33:23.80	+01:49:14 (51.2%)	10:09	5.9 (48.8%)
52	ADAMCZYK Piotr	4323		M-30	52	02:02:52	03:10:55	03:52:56.00	03:53:17.70	+02:09:08 (55.4%)	11:05	5.4 (44.6%)
53	PAWLAK Mateusz	4015	BIEGNIJ OŁAWO	M-30	53	02:06:18	03:16:28	03:55:25.25	03:56:44.15	+02:12:34 (56.0%)	11:12	5.4 (44.6%)

Znaleziono 53 wynik(ów)