

**Wydarzenie:** Kudowski Festiwal Biegowy  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2023-04-02  
**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	<b>STAJNIAK Bartłomiej</b>	<b>4222</b>	STAJNIAK TEAM / AZS PO	M-30	1	01:01:14	01:33:22	<b>01:52:29.25</b>	<b>01:52:29.25</b>		5:21	11.2 (100%)
2	<b>ŻUCHOWSKI Daniel</b>	<b>4248</b>	HOKA RUNNERS POLAND	M-30	2	01:01:19	01:33:21	<b>01:52:30.60</b>	<b>01:52:30.60</b>	+00:00:01 (0.0%)	5:21	11.2 (100%)
3	<b>TRZEPAK Łukasz</b>	<b>4200</b>		M-30	3	01:04:21	01:37:41	<b>01:57:19.55</b>	<b>01:57:19.55</b>	+00:04:50 (4.1%)	5:35	10.7 (95.5%)
4	<b>PIĄTEK Mateusz</b>	<b>4073</b>	RMT TEAM PRO	M-30	4	01:08:43	01:42:24	<b>02:04:12.35</b>	<b>02:04:12.35</b>	+00:11:43 (9.4%)	5:54	10.1 (90.2%)
5	<b>MŁYNARSKI Mateusz</b>	<b>4122</b>	TRITOGO	M-30	5	01:09:20	01:45:30	<b>02:08:27.70</b>	<b>02:08:27.70</b>	+00:15:58 (12.4%)	6:07	9.8 (87.5%)
6	<b>SOŁTYSIK Kamil</b>	<b>4263</b>		M-30	6	01:09:26	01:45:11	<b>02:10:11.30</b>	<b>02:10:11.30</b>	+00:17:42 (13.6%)	6:11	9.7 (86.6%)
7	<b>ZAWOJAK Aleksander</b>	<b>4053</b>	RONAL POLSKA RUN	M-30	7	01:13:07	01:49:32	<b>02:12:49.90</b>	<b>02:12:49.90</b>	+00:20:20 (15.3%)	6:19	9.5 (84.8%)
8	<b>STANKIEWICZ Tomasz</b>	<b>4236</b>	PLANYBIEGOWE.PL	M-30	8	01:10:31	01:48:03	<b>02:14:43.55</b>	<b>02:14:43.55</b>	+00:22:14 (16.5%)	6:24	9.4 (83.9%)
9	<b>RYBARCZYK Kamil</b>	<b>4255</b>	MARMUROWE DZIKI	M-30	9	01:13:41	01:50:47	<b>02:15:14.10</b>	<b>02:15:14.10</b>	+00:22:44 (16.8%)	6:26	9.3 (83.0%)
10	<b>DUSZYŃSKI Tomasz</b>	<b>4109</b>	BIEGANIE NA ŚNIADANIE ŚMIGIEL	M-30	10	01:14:42	01:54:00	<b>02:18:46.35</b>	<b>02:18:46.35</b>	+00:26:17 (18.9%)	6:36	9.1 (81.3%)
11	<b>PACEK Tomasz</b>	<b>4206</b>	FIZJOBIEGACZE SZCZECIN	M-30	11	01:13:43	01:53:21	<b>02:19:11.05</b>	<b>02:19:11.05</b>	+00:26:41 (19.2%)	6:37	9.1 (81.3%)
12	<b>MIKA Andrzej</b>	<b>4025</b>		M-30	12	01:17:07	01:55:33	<b>02:21:23.30</b>	<b>02:21:23.30</b>	+00:28:54 (20.4%)	6:43	8.9 (79.5%)
13	<b>MAZUREK Łukasz</b>	<b>4120</b>	DOMINIK GRZĄDZIEL TEAM	M-30	13	01:18:52	01:58:34	<b>02:25:27.60</b>	<b>02:25:27.60</b>	+00:32:58 (22.7%)	6:55	8.7 (77.7%)
14	<b>KONECKI Damian</b>	<b>4207</b>		M-30	14	01:18:56	02:00:29	<b>02:29:01.25</b>	<b>02:29:01.25</b>	+00:36:32 (24.5%)	7:05	8.5 (75.9%)
15	<b>PAWLEWICZ Paweł</b>	<b>4151</b>		M-30	15	01:23:44	02:02:17	<b>02:29:05.05</b>	<b>02:29:05.05</b>	+00:36:35 (24.5%)	7:05	8.5 (75.9%)
16	<b>PILETSKI Maksim</b>	<b>4244</b>	BIEGACZE STU MOSTÓW	M-30	16	01:23:02	02:05:16	<b>02:31:55.85</b>	<b>02:31:55.85</b>	+00:39:26 (26.0%)	7:14	8.3 (74.1%)
17	<b>CICHOŃ Adrian</b>	<b>4166</b>		M-30	17	01:18:58	02:01:21	<b>02:32:10.05</b>	<b>02:32:10.05</b>	+00:39:40 (26.1%)	7:14	8.3 (74.1%)
18	<b>PIELATOWSKI Adam</b>	<b>4149</b>		M-30	18	01:25:06	02:07:03	<b>02:32:30.10</b>	<b>02:32:30.10</b>	+00:40:00 (26.2%)	7:15	8.3 (74.1%)
19	<b>RASZKE Łukasz</b>	<b>4189</b>	REAL TEAM	M-30	19	01:24:48	02:08:22	<b>02:32:48.25</b>	<b>02:32:48.25</b>	+00:40:19 (26.4%)	7:16	8.2 (73.2%)
20	<b>WILAMOWSKI Bartłomiej</b>	<b>4074</b>	RYKOWISKO TEAM	M-30	20	01:24:09	02:07:16	<b>02:34:45.05</b>	<b>02:34:45.05</b>	+00:42:15 (27.3%)	7:22	8.1 (72.3%)
21	<b>NOWAK Łukasz</b>	<b>4103</b>		M-30	21	01:25:46	02:08:24	<b>02:38:50.20</b>	<b>02:38:50.20</b>	+00:46:20 (29.2%)	7:33	7.9 (70.5%)
22	<b>SZCZEPANSKI Bartosz</b>	<b>4023</b>	REBELS RUNNING TEAM	M-30	22	01:26:50	02:11:07	<b>02:39:30.80</b>	<b>02:39:30.80</b>	+00:47:01 (29.5%)	7:35	7.9 (70.5%)
23	<b>BURKICIAK Dominik</b>	<b>4157</b>		M-30	23	01:29:10	02:11:40	<b>02:41:19.05</b>	<b>02:41:19.05</b>	+00:48:49 (30.3%)	7:40	7.8 (69.6%)
24	<b>ZEMLEDUCH Tomasz</b>	<b>4022</b>	ZEMLEDUCHY	M-30	24	01:26:58	02:12:04	<b>02:42:04.95</b>	<b>02:42:04.95</b>	+00:49:35 (30.6%)	7:43	7.8 (69.6%)
25	<b>AKUTKO Dawid</b>	<b>4130</b>		M-30	25	01:28:47	02:12:26	<b>02:42:19.25</b>	<b>02:42:19.25</b>	+00:49:50 (30.7%)	7:43	7.8 (69.6%)
26	<b>JAKUBIAK Jakub</b>	<b>4141</b>	SPORTOWE RZEZIMIESZKI	M-30	26	01:23:41	02:09:20	<b>02:42:30.40</b>	<b>02:42:30.40</b>	+00:50:01 (30.8%)	7:44	7.8 (69.6%)
27	<b>ZAJĄC Aleksander</b>	<b>4212</b>		M-30	27	01:27:14	02:12:50	<b>02:42:51.90</b>	<b>02:42:51.90</b>	+00:50:22 (30.9%)	7:45	7.7 (68.8%)
28	<b>NIEDŹWIECKI Marcin</b>	<b>4118</b>		M-30	28	01:28:20	02:12:47	<b>02:44:00.15</b>	<b>02:44:00.15</b>	+00:51:30 (31.4%)	7:48	7.7 (68.8%)
29	<b>OLEJNIK Egidiusz</b>	<b>4208</b>		M-30	29	01:34:37	02:17:23	<b>02:45:37.35</b>	<b>02:45:37.35</b>	+00:53:08 (32.1%)	7:53	7.6 (67.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
30	<b>BUGAJ Alan</b>	<b>4048</b>		M-30	30	01:30:36	02:17:21	<b>02:47:27.40</b>	<b>02:47:27.40</b>	+00:54:58 (32.8%)	7:58	7.5 (67.0%)
31	<b>ŁUKOWIAK Krzysztof</b>	<b>4177</b>	FLY OR DIE	M-30	31	01:34:55	02:20:44	<b>02:49:18.35</b>	<b>02:49:18.35</b>	+00:56:49 (33.6%)	8:03	7.4 (66.1%)
32	<b>BIELAWSKI Paweł</b>	<b>4266</b>		M-30	32	01:32:54	02:18:46	<b>02:50:00.45</b>	<b>02:50:00.45</b>	+00:57:31 (33.8%)	8:05	7.4 (66.1%)
33	<b>JANKOWSKI Krzysztof</b>	<b>4232</b>		M-30	33	01:32:51	02:19:35	<b>02:50:20.55</b>	<b>02:50:20.55</b>	+00:57:51 (34.0%)	8:06	7.4 (66.1%)
34	<b>HARETSKI Aleksander</b>	<b>4251</b>	AKADEMIA	M-30	34	01:28:39	02:18:41	<b>02:50:27.30</b>	<b>02:50:27.30</b>	+00:57:58 (34.0%)	8:07	7.4 (66.1%)
35	<b>ISHCHUK Aliaksandr</b>	<b>4252</b>	AKADEMIA	M-30	35	01:28:40	02:18:29	<b>02:50:27.50</b>	<b>02:50:27.50</b>	+00:57:58 (34.0%)	8:07	7.4 (66.1%)
36	<b>MARCHEWICZ Marek</b>	<b>4138</b>		M-30	36	01:30:34	02:19:59	<b>02:50:30.25</b>	<b>02:50:30.25</b>	+00:58:01 (34.0%)	8:07	7.4 (66.1%)
37	<b>BRYLA Ireneusz</b>	<b>4001</b>	NIE MA LIPY!!(DOMECKO)	M-30	37	01:34:57	02:20:46	<b>02:50:54.20</b>	<b>02:50:54.20</b>	+00:58:24 (34.2%)	8:08	7.4 (66.1%)
38	<b>TROC Krzysztof</b>	<b>4220</b>		M-30	38	01:32:03	02:20:45	<b>02:52:16.25</b>	<b>02:52:16.25</b>	+00:59:47 (34.7%)	8:12	7.3 (65.2%)
39	<b>SZCZEPANIAK Grzegorz</b>	<b>4256</b>	JAWOR RIVER GYM	M-30	39	01:32:59	02:21:24	<b>02:52:27.80</b>	<b>02:52:27.80</b>	+00:59:58 (34.8%)	8:12	7.3 (65.2%)
40	<b>WIERZBICKI Kamil</b>	<b>4227</b>	AKADEMIA WOJSK ŁĄDOWYCH	M-30	40	01:32:06	02:20:45	<b>02:52:30.05</b>	<b>02:52:30.05</b>	+01:00:00 (34.8%)	8:12	7.3 (65.2%)
41	<b>STRONCIWILK Piotr</b>	<b>4140</b>	PIE RUN	M-30	41	01:32:39	02:20:56	<b>02:54:06.85</b>	<b>02:54:06.85</b>	+01:01:37 (35.4%)	8:17	7.2 (64.3%)
42	<b>NOWAK Dawid</b>	<b>4066</b>	#BIEGAJLESZNO	M-30	42	01:33:56	02:23:09	<b>02:54:43.40</b>	<b>02:54:43.40</b>	+01:02:14 (35.6%)	8:19	7.2 (64.3%)
43	<b>DOBROWOLSKI Bartosz</b>	<b>4090</b>		M-30	43	01:32:35	02:24:40	<b>02:55:48.50</b>	<b>02:55:48.50</b>	+01:03:19 (36.0%)	8:22	7.2 (64.3%)
44	<b>JANOWICZ Wojtek</b>	<b>4223</b>		M-30	44	01:35:46	02:26:04	<b>02:58:35.55</b>	<b>02:58:35.55</b>	+01:06:06 (37.0%)	8:30	7.1 (63.4%)
45	<b>SOBAŃSKI Patryk</b>	<b>4119</b>	BIEGAM BO CHCE	M-30	45	01:35:23	02:26:36	<b>02:59:56.10</b>	<b>02:59:56.10</b>	+01:07:26 (37.5%)	8:34	7 (62.5%)
46	<b>SKRABA Grzegorz</b>	<b>4085</b>	DZIAŁKOWICZE	M-30	46	01:35:54	02:29:04	<b>03:03:40.00</b>	<b>03:03:40.00</b>	+01:11:10 (38.8%)	8:44	6.9 (61.6%)
47	<b>KONDRAT Karol</b>	<b>4127</b>		M-30	47	01:39:47	02:33:20	<b>03:03:51.55</b>	<b>03:03:51.55</b>	+01:11:22 (38.8%)	8:45	6.9 (61.6%)
48	<b>PIÓRKOWSKI Paweł</b>	<b>4049</b>		M-30	48	01:38:27	02:33:02	<b>03:06:13.65</b>	<b>03:06:13.65</b>	+01:13:44 (39.6%)	8:52	6.8 (60.7%)
49	<b>CHMIELEWSKI Mariusz</b>	<b>4146</b>	RUN STAJNIAK TEAM	M-30	49	01:40:03	02:33:25	<b>03:10:23.15</b>	<b>03:10:23.15</b>	+01:17:53 (40.9%)	9:03	6.6 (58.9%)
50	<b>PATYK Michał</b>	<b>4035</b>		M-30	50	01:44:05	02:40:19	<b>03:13:54.20</b>	<b>03:13:54.20</b>	+01:21:24 (42.0%)	9:14	6.5 (58.0%)
51	<b>RYCHLEWICZ Tomasz</b>	<b>4196</b>		M-30	51	01:40:04	02:39:40	<b>03:17:43.70</b>	<b>03:17:43.70</b>	+01:25:14 (43.1%)	9:24	6.4 (57.1%)
52	<b>FERENC Stanisław</b>	<b>4169</b>		M-30	52	01:47:30	02:43:11	<b>03:18:23.75</b>	<b>03:18:23.75</b>	+01:25:54 (43.3%)	9:26	6.4 (57.1%)
53	<b>KUCZEWSKI Marek</b>	<b>4078</b>		M-30	53	01:48:40	02:45:16	<b>03:19:29.15</b>	<b>03:19:29.15</b>	+01:26:59 (43.6%)	9:29	6.3 (56.3%)
54	<b>PODSIADŁY Maciej</b>	<b>4015</b>	KS STASZEWSY	M-30	54	01:47:40	02:47:19	<b>03:23:09.65</b>	<b>03:23:09.65</b>	+01:30:40 (44.6%)	9:40	6.2 (55.4%)
55	<b>SIEMIĄTKOWSKI Krzysztof</b>	<b>4190</b>	#BIEGAMWOLNOALEDOKŁADNIE	M-30	55	01:48:42	02:47:53	<b>03:27:47.25</b>	<b>03:27:47.25</b>	+01:35:18 (45.9%)	9:53	6.1 (54.5%)
56	<b>KACZYŃSKI Dariusz</b>	<b>4249</b>	EAZYMUT.PL	M-30	56	01:53:54	02:54:04	<b>03:30:10.40</b>	<b>03:30:10.40</b>	+01:37:41 (46.5%)	10:00	6 (53.6%)
57	<b>BORKOWSKI Marcel</b>	<b>4124</b>		M-30	57	01:51:31	02:52:09	<b>03:31:23.75</b>	<b>03:31:23.75</b>	+01:38:54 (46.8%)	10:03	6 (53.6%)
58	<b>MŁOTKOWSKI Michał</b>	<b>4082</b>		M-30	58	01:51:46	02:58:21	<b>03:34:49.85</b>	<b>03:34:49.85</b>	+01:42:20 (47.6%)	10:13	5.9 (52.7%)
59	<b>ZAMOŚNY Paweł</b>	<b>4013</b>	WILKI MIĘDZYLESIE	M-30	59	01:51:12	03:05:43	<b>03:50:49.55</b>	<b>03:50:49.55</b>	+01:58:20 (51.3%)	10:59	5.5 (49.1%)
60	<b>JANAS Kacper</b>	<b>4036</b>	PUSZCZYK BUKOWY	M-30	60	02:04:44	03:11:10	<b>03:51:46.10</b>	<b>03:51:46.10</b>	+01:59:16 (51.5%)	11:02	5.4 (48.2%)
61	<b>PERKOWSKI Piotr</b>	<b>4064</b>		M-30	61	02:01:38	03:09:20	<b>03:51:55.90</b>	<b>03:51:55.90</b>	+01:59:26 (51.5%)	11:02	5.4 (48.2%)
62	<b>RYCHLIK Tomasz</b>	<b>4191</b>	FITNESS PIEKARY LEGNICA	M-30	62	02:07:40	03:19:02	<b>04:02:25.65</b>	<b>04:02:25.65</b>	+02:09:56 (53.6%)	11:32	5.2 (46.4%)
63	<b>SKOWROŃSKI Bartosz</b>	<b>4170</b>		M-30	63	02:07:44	03:19:01	<b>04:02:25.75</b>	<b>04:02:25.75</b>	+02:09:56 (53.6%)	11:32	5.2 (46.4%)
64	<b>STRAMEK Łukasz</b>	<b>4182</b>	HUSKY W PASKI	M-30	64	02:11:27	03:24:57	<b>04:12:35.95</b>	<b>04:12:35.95</b>	+02:20:06 (55.5%)	12:01	5 (44.6%)
65	<b>IHNATOWICZ Łukasz</b>	<b>4202</b>		M-30	65	02:10:09	03:25:59	<b>04:16:58.75</b>	<b>04:16:58.75</b>	+02:24:29 (56.2%)	12:14	4.9 (43.8%)
	<b>JARZĄBEK Michał</b>	<b>4154</b>		M-30		DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)

Znaleziono 66 wynik(ów)