

Event: Kudowski Festiwal Biegowy 2022
Organiser: Fundacja MARATONY GÓRSKIE
Date: 2022-04-10
Place: Kudowa-Zdrój
Distance: 21 km

Classification: M-40

Place	Participant	Number	Club	Category	MCat	Błędne Skały Jakubowice		Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
						10km	16km					
1	GLAPIAK Damian	4344	ADRUNAFINE	M-40	1	00:54:46	01:23:06	01:41:25.40	01:41:26.50		4:49	12.4 (100%)
2	PIHIL Piotr	4345		M-40	2	01:02:39	01:34:01	01:53:36.40	01:53:38.20	+00:12:11 (10.7%)	5:24	11.1 (89.5%)
3	MAKOWSKI Maciej	4058	KORONA PABIANICE	M-40	3	01:07:34	01:39:59	02:01:33.40	02:01:33.40	+00:20:06 (16.5%)	5:47	10.4 (83.9%)
4	SADOWSKI Marek	4165		M-40	4	01:12:59	01:49:39	02:13:48.05	02:13:50.80	+00:32:24 (24.2%)	6:22	9.4 (75.8%)
5	WALKOWIAK Tomasz	4284		M-40	5	01:14:23	01:50:39	02:14:35.15	02:14:38.80	+00:33:12 (24.7%)	6:24	9.4 (75.8%)
6	ZAJĄCZKOWSKI Jakub	4061	MASTERCHEM RUN TEAM	M-40	6	01:12:51	01:50:11	02:15:35.80	02:15:38.90	+00:34:12 (25.2%)	6:27	9.3 (75.0%)
7	KRAJEWSKI Marcin	4234	ZRYW PARZYMIECHY	M-40	7	01:14:24	01:50:49	02:16:02.30	02:16:04.30	+00:34:37 (25.4%)	6:28	9.3 (75.0%)
8	BUDYNEK Tadeusz	4144	ALVO RACING TEAM	M-40	8	01:18:01	01:57:09	02:20:27.85	02:20:32.30	+00:39:05 (27.8%)	6:41	9 (72.6%)
9	GRZĄBA Szymon	4307		M-40	9	01:16:16	01:55:35	02:20:53.35	02:20:56.50	+00:39:30 (28.0%)	6:42	8.9 (71.8%)
10	WOKAN Marcin	4008		M-40	10	01:16:27	01:56:06	02:21:56.50	02:21:59.85	+00:40:33 (28.6%)	6:45	8.9 (71.8%)
11	GEZELA Robert	4007	EUFORIABIEGACZA TEAM	M-40	11	01:21:04	01:59:04	02:24:54.60	02:24:57.00	+00:43:30 (30.0%)	6:54	8.7 (70.2%)
12	PIETRASIK Dawid	4067		M-40	12	01:20:27	02:00:49	02:25:25.65	02:25:30.90	+00:44:04 (30.3%)	6:55	8.7 (70.2%)
13	BRUS Marcin	4093		M-40	13	01:21:23	02:02:14	02:28:27.05	02:28:29.15	+00:47:02 (31.7%)	7:04	8.5 (68.5%)
14	RYBSKI Witold	4338		M-40	14	01:23:21	02:05:57	02:32:38.90	02:32:47.50	+00:51:21 (33.6%)	7:16	8.3 (66.9%)
15	DOBERSZTYN Błażej	4328	FIZJOBIEGACZE	M-40	15	01:21:26	02:02:47	02:32:50.85	02:32:50.85	+00:51:24 (33.6%)	7:16	8.2 (66.1%)
16	BŁĄŻEJewski Łukasz	4310		M-40	16	01:23:55	02:05:48	02:32:57.70	02:33:02.45	+00:51:35 (33.7%)	7:17	8.2 (66.1%)
17	SZERMENT Eryk	4170	MAZURTEAM	M-40	17	01:26:39	02:09:01	02:35:02.20	02:35:09.50	+00:53:43 (34.6%)	7:22	8.1 (65.3%)
18	BACHURSKI Tomasz	4088	140MINUT.PL	M-40	18	01:25:09	02:07:55	02:35:28.50	02:35:28.50	+00:54:02 (34.8%)	7:24	8.1 (65.3%)
19	RÓŻYCKI Jarosław	4319	OBORNICKI KLUB LEKKOATLETYCZNY	M-40	19	01:23:20	02:08:16	02:35:46.65	02:35:51.10	+00:54:24 (34.9%)	7:25	8.1 (65.3%)
20	WRÓBEL Marcin	4245		M-40	20	01:26:49	02:09:32	02:35:43.90	02:35:56.30	+00:54:29 (34.9%)	7:24	8.1 (65.3%)
21	KRYSTEK Marcin	4240	ZRYW PARZYMIECHY	M-40	21	01:25:05	02:09:40	02:38:04.50	02:38:05.30	+00:56:38 (35.8%)	7:31	8 (64.5%)
22	CHODKIEWICZ Tomasz	4127	GARDENFLORA MTB TEAM	M-40	22	01:24:01	02:09:09	02:38:06.95	02:38:08.45	+00:56:41 (35.9%)	7:31	8 (64.5%)
23	GLUCHY Marek	4286	OBORNICKI KLUB LEKKOATLETYCZNY	M-40	23	01:26:39	02:12:01	02:40:54.35	02:40:58.15	+00:59:31 (37.0%)	7:39	7.8 (62.9%)
24	KRZESIMOWSKI Damian	4186		M-40	24	01:35:23	02:19:36	02:47:36.20	02:47:44.75	+01:06:18 (39.5%)	7:58	7.5 (60.5%)
25	SZAFER Sylwester	4235	ZRYW PARZYMIECHY	M-40	25	01:29:37	02:18:35	02:48:33.25	02:48:34.90	+01:07:08 (39.8%)	8:01	7.5 (60.5%)
26	BARANIAK Robert	4267	JIM TEAM MTB GOSTYŃ	M-40	26	01:26:52	02:16:02	02:48:31.95	02:48:38.35	+01:07:11 (39.8%)	8:01	7.5 (60.5%)
27	KOZŁOWSKI Szymon	4299		M-40	27	01:29:55	02:17:58	02:49:50.30	02:49:52.60	+01:08:26 (40.3%)	8:05	7.4 (59.7%)
28	BERDYCHOWSKI Jakub	4187	MEPROZET KOŚCIAN TEAM	M-40	28	01:26:55	02:16:36	02:50:17.75	02:50:26.05	+01:08:59 (40.5%)	8:06	7.4 (59.7%)
29	BUDYNEK Dariusz	4153		M-40	29	01:35:21	02:26:05	02:54:56.35	02:55:01.70	+01:13:35 (42.0%)	8:19	7.2 (58.1%)

Place	Participant	Number	Club	Category	MCat	Błędne Skały Jakubowice		Net	Czas	Gap	Pace	Pace
						10km	16km	time	brutto			
								21km	21km		min/km	km/h
30	BOŻEK Grzegorz	4179	KB ZDYSZAAANI CHOCIANÓW	M-40	30	01:39:29	02:26:56	02:55:41.80	02:55:49.60	+01:14:23 (42.3%)	8:21	7.2 (58.1%)
31	BASIŃSKI Bartosz	4274		M-40	31	01:35:21	02:27:10	02:59:14.45	02:59:17.20	+01:17:50 (43.4%)	8:32	7 (56.5%)
32	KOPKA Paweł	4190		M-40	32	01:39:25	02:29:43	03:02:24.65	03:02:42.70	+01:21:16 (44.5%)	8:41	6.9 (55.6%)
33	ZIOMBKA Kuba	4085		M-40	33	01:39:33	02:30:46	03:03:12.20	03:03:17.75	+01:21:51 (44.7%)	8:43	6.9 (55.6%)
34	JASIŃSKI Adam	4291		M-40	34	01:44:54	02:34:56	03:04:19.05	03:04:41.05	+01:23:14 (45.1%)	8:46	6.8 (54.8%)
35	UPTAS Tomasz	4242	CROSS STRACEŃCÓW TEAM	M-40	35	01:43:42	02:38:31	03:07:01.00	03:07:09.55	+01:25:43 (45.8%)	8:54	6.7 (54.0%)
36	OSSOWSKI Adam	4272		M-40	36	01:46:14	02:33:54	03:07:01.10	03:07:24.15	+01:25:57 (45.9%)	8:54	6.7 (54.0%)
37	KOZAK Bartosz	4119	KOZAKI	M-40	37	01:44:47	02:39:00	03:07:41.10	03:08:02.70	+01:26:36 (46.1%)	8:56	6.7 (54.0%)
38	CYBUSLKI Dariusz	4204	KB INTREX POZNAŃ	M-40	38	01:45:08	02:37:38	03:09:01.90	03:09:08.60	+01:27:42 (46.4%)	9:00	6.7 (54.0%)
39	RACZKOWSKI Rafał	4096		M-40	39	01:48:08	02:39:14	03:12:52.85	03:13:14.00	+01:31:47 (47.5%)	9:11	6.5 (52.4%)
40	BARTKIEWICZ Lech	4059		M-40	40	01:46:02	02:42:29	03:14:04.85	03:14:19.50	+01:32:53 (47.8%)	9:14	6.5 (52.4%)
41	CHUDZIŃSKI Łukasz	4254	JIM TEAM MTB GOSTYŃ	M-40	41	01:45:45	02:41:42	03:17:02.25	03:17:10.85	+01:35:44 (48.6%)	9:22	6.4 (51.6%)
42	BRZOZOWSKI Marcin	4292		M-40	42	01:47:47	02:45:58	03:21:45.05	03:22:02.05	+01:40:35 (49.8%)	9:36	6.2 (50.0%)
43	LESIK Łukasz	4278		M-40	43		02:45:34	03:22:23.70	03:22:23.70	+01:40:57 (49.9%)	9:38	6.2 (50.0%)
44	NAMYSŁ Maciej	4081	KOŻMIN BIEGA ULTRA RUNNERS	M-40	44	01:45:43	02:44:53	03:26:36.45	03:26:41.35	+01:45:14 (50.9%)	9:50	6.1 (49.2%)
45	RAJTAR Robert	4327		M-40	45	01:59:36	02:57:06	03:31:02.65	03:31:26.35	+01:49:59 (52.0%)	10:02	6 (48.4%)
46	BĘBAS Paweł	4208		M-40	46	01:59:57	02:59:43	03:32:48.75	03:32:48.75	+01:51:22 (52.3%)	10:08	5.9 (47.6%)
47	GOZDYRA Dariusz	4011	RAZ SZCZECIN	M-40	47	01:46:33	02:49:25	03:33:21.10	03:33:31.25	+01:52:04 (52.5%)	10:09	5.9 (47.6%)
48	GEJDA Przemysław	4259		M-40	48	01:54:27	02:57:05	03:34:03.25	03:34:26.90	+01:53:00 (52.7%)	10:11	5.9 (47.6%)
49	CICHY Roman	4188	MUAY RUNNING TEAM	M-40	49	02:05:17	03:10:23	03:45:24.70	03:45:41.00	+02:04:14 (55.1%)	10:44	5.6 (45.2%)
50	KMIECIŃSKI Paweł	4009	KUDOWIANKA RUN	M-40	50	02:04:59	03:12:31	03:51:15.80	03:51:33.85	+02:10:07 (56.2%)	11:00	5.4 (43.5%)
51	KONIECZNY Piotr	4087	NKB CHYŻY NOWY TOMYŚL	M-40	51	02:19:10	03:42:24	04:25:31.20	04:25:50.60	+02:44:24 (61.8%)	12:38	4.7 (37.9%)

Total 51 results.