

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

Klasyfikacja: M-40

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

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

Znaleziono 51 wynik(ów)