

DFBG



**KUDOWSKA  
SZTAFETA  
GÓRSKA**

**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

Kudowski Festiwal Biegowy  
Fundacja MARATONY GÓRSKIE  
2024-04-14  
Kudowa-Zdrój  
21 km

## PÓŁMARATON BŁĘDNYCH SKAŁ

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

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>PASIK Tomasz</b>	<b>4196</b>	WOLSZTYŃSKI KLUB BIEGOWY/EDENRUN	M-40	1	00:54:41	01:21:17	<b>01:39:20.30</b>	<b>01:39:20.30</b>		4:43	12.7 (100%)
2	<b>KARGÓL Rafał</b>	<b>4003</b>	LOGTECH TEAM RADZIONKÓW / F4	M-40	2	01:04:22	01:36:59	<b>01:58:31.25</b>	<b>01:58:31.25</b>	+00:19:10 (16.2%)	5:38	10.6 (83.5%)
3	<b>RINK Jan</b>	<b>4167</b>		M-40	3	01:05:59	01:38:35	<b>01:59:44.65</b>	<b>01:59:44.65</b>	+00:20:24 (17.0%)	5:42	10.5 (82.7%)
4	<b>NOWORYTA Radosław</b>	<b>4186</b>	ULTRA DIABŁY TEAM LUBRZA	M-40	4	01:08:21	01:41:14	<b>02:02:09.85</b>	<b>02:02:09.85</b>	+00:22:49 (18.7%)	5:49	10.3 (81.1%)
5	<b>SZUKALSKI Krzysztof</b>	<b>4203</b>		M-40	5	01:08:28	01:41:48	<b>02:04:57.25</b>	<b>02:04:57.25</b>	+00:25:36 (20.5%)	5:57	10.1 (79.5%)
6	<b>WOŹNY Paweł</b>	<b>4200</b>	RUNPROGRESS.PL TEAM	M-40	6	01:08:22	01:43:21	<b>02:04:59.00</b>	<b>02:04:59.00</b>	+00:25:38 (20.5%)	5:57	10.1 (79.5%)
7	<b>ROMANIUK Krzysztof</b>	<b>4231</b>		M-40	7	01:06:42	01:43:01	<b>02:05:03.00</b>	<b>02:05:03.00</b>	+00:25:42 (20.6%)	5:57	10.1 (79.5%)
8	<b>GRACZ Paweł</b>	<b>4063</b>	ULTRA DIABŁY TEAM LUBRZA	M-40	8	01:07:30	01:41:34	<b>02:05:12.65</b>	<b>02:05:12.65</b>	+00:25:52 (20.7%)	5:57	10.1 (79.5%)
9	<b>CHAMALA Krzysztof</b>	<b>4137</b>	WEEGREE	M-40	9	01:07:48	01:44:15	<b>02:05:52.50</b>	<b>02:05:52.50</b>	+00:26:32 (21.1%)	5:59	10 (78.7%)
10	<b>PIWOWARCZYK Grzegorz</b>	<b>4226</b>	VICTORIA GŁUCHOŁAZY	M-40	10			<b>02:08:03.25</b>	<b>02:08:03.25</b>	+00:28:42 (22.4%)	6:05	9.8 (77.2%)
11	<b>KOWALIK Andrzej</b>	<b>4261</b>	KLUB BIEGOWY ODRA OPOLE	M-40	11	01:10:54	01:45:14	<b>02:08:20.60</b>	<b>02:08:20.60</b>	+00:29:00 (22.6%)	6:06	9.8 (77.2%)
12	<b>BERG Aleksander</b>	<b>4107</b>		M-40	12	01:10:52	01:46:35	<b>02:09:23.75</b>	<b>02:09:23.75</b>	+00:30:03 (23.2%)	6:09	9.7 (76.4%)
13	<b>KŁODNICKI Krzysztof</b>	<b>4182</b>		M-40	13	01:11:04	01:46:57	<b>02:10:17.45</b>	<b>02:10:17.45</b>	+00:30:57 (23.8%)	6:12	9.7 (76.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
14	<b>ŚWIERK Przemek</b>	<b>4179</b>	ULTRA DIABŁY TEAM LUBRZA	M-40	14	01:09:13	01:46:41	<b>02:10:25.85</b>	<b>02:10:25.85</b>	+00:31:05 (23.8%)	6:12	9.7 (76.4%)
15	<b>ADAMSKI Krzysztof</b>	<b>4227</b>	HRW	M-40	15	01:13:03	01:51:01	<b>02:17:12.10</b>	<b>02:17:12.10</b>	+00:37:51 (27.6%)	6:32	9.2 (72.4%)
16	<b>GŁOGOWSKI Adam</b>	<b>4005</b>	NOA	M-40	16	01:16:16	01:54:28	<b>02:18:59.45</b>	<b>02:18:59.45</b>	+00:39:39 (28.5%)	6:37	9.1 (71.7%)
17	<b>LANGE Szymon</b>	<b>4204</b>	WSK- WOJOWNICY SASKIEJ KAWY	M-40	17	01:14:19	01:54:05	<b>02:19:15.60</b>	<b>02:19:15.60</b>	+00:39:55 (28.7%)	6:37	9 (70.9%)
18	<b>RATYMIRSKI Wojtek</b>	<b>4238</b>	TRAIL IS OUR WAY	M-40	18	01:16:46	01:55:18	<b>02:20:35.80</b>	<b>02:20:35.80</b>	+00:41:15 (29.3%)	6:41	9 (70.9%)
19	<b>NATAMAH Tapac</b>	<b>4068</b>	K-2	M-40	19	01:12:58	01:54:47	<b>02:22:34.35</b>	<b>02:22:34.35</b>	+00:43:14 (30.3%)	6:47	8.8 (69.3%)
20	<b>JASICKI Krzysztof</b>	<b>4255</b>	RUNHOGS TYCHY	M-40	20	01:22:11	02:00:26	<b>02:24:14.80</b>	<b>02:24:14.80</b>	+00:44:54 (31.1%)	6:52	8.7 (68.5%)
21	<b>GEZELA Robert</b>	<b>4218</b>	EUFORIA BIEGACZA TEAM	M-40	21	01:20:09	01:58:20	<b>02:24:28.75</b>	<b>02:24:28.75</b>	+00:45:08 (31.2%)	6:52	8.7 (68.5%)
22	<b>CZAPLA Łukasz</b>	<b>4015</b>		M-40	22	01:19:28	01:58:21	<b>02:24:43.90</b>	<b>02:24:43.90</b>	+00:45:23 (31.4%)	6:53	8.7 (68.5%)
23	<b>MORÁVEK David</b>	<b>4065</b>		M-40	23	01:18:21	01:59:25	<b>02:25:17.05</b>	<b>02:25:17.05</b>	+00:45:56 (31.6%)	6:55	8.7 (68.5%)
24	<b>ZIENIEWICZ Wojciech</b>	<b>4104</b>		M-40	24	01:18:04	01:59:22	<b>02:25:20.70</b>	<b>02:25:20.70</b>	+00:46:00 (31.7%)	6:55	8.7 (68.5%)
25	<b>OLEJNIK Marcin</b>	<b>4247</b>		M-40	25	01:20:16	01:59:45	<b>02:25:48.25</b>	<b>02:25:48.25</b>	+00:46:27 (31.9%)	6:56	8.6 (67.7%)
26	<b>PIJANOWSKI Paweł</b>	<b>4233</b>		M-40	26	01:19:32	01:59:41	<b>02:26:10.15</b>	<b>02:26:10.15</b>	+00:46:49 (32.0%)	6:57	8.6 (67.7%)
27	<b>PŁONKA Leszek</b>	<b>4168</b>	LADERMON TEAM	M-40	27	01:21:29	02:01:58	<b>02:27:09.65</b>	<b>02:27:09.65</b>	+00:47:49 (32.5%)	7:00	8.6 (67.7%)
28	<b>KOCOŁ Tomasz</b>	<b>4072</b>		M-40	28	01:21:41	02:01:55	<b>02:27:11.80</b>	<b>02:27:11.80</b>	+00:47:51 (32.5%)	7:00	8.6 (67.7%)
29	<b>KRZESIMOWSKI Damian</b>	<b>4047</b>	ENERGENT POLSKA	M-40	29	01:22:18	02:01:42	<b>02:27:54.90</b>	<b>02:27:54.90</b>	+00:48:34 (32.8%)	7:02	8.5 (66.9%)
30	<b>RATAJCZAK Hubert</b>	<b>4075</b>	FUNDACJA BIEGANIE NA ŚNIADANIE	M-40	30	01:21:39	02:01:51	<b>02:28:19.65</b>	<b>02:28:19.65</b>	+00:48:59 (33.0%)	7:03	8.5 (66.9%)
31	<b>RĘKOSIEWICZ Jakub</b>	<b>4234</b>		M-40	31	01:19:24	02:01:27	<b>02:28:45.75</b>	<b>02:28:45.75</b>	+00:49:25 (33.2%)	7:05	8.5 (66.9%)
32	<b>MAJKA Jarek</b>	<b>4121</b>	FAMILIAMAJKA	M-40	32	01:20:23	02:01:25	<b>02:29:20.55</b>	<b>02:29:20.55</b>	+00:50:00 (33.5%)	7:06	8.4 (66.1%)
33	<b>FEICHTINGER Marek</b>	<b>4141</b>		M-40	33	01:19:57	02:02:36	<b>02:29:26.15</b>	<b>02:29:26.15</b>	+00:50:05 (33.5%)	7:06	8.4 (66.1%)
34	<b>BARTECKI Tomasz</b>	<b>4074</b>		M-40	34	01:23:26	02:02:24	<b>02:29:40.10</b>	<b>02:29:40.10</b>	+00:50:19 (33.6%)	7:07	8.4 (66.1%)
35	<b>BIERNACKI Radek</b>	<b>4073</b>		M-40	35	01:20:08	02:03:12	<b>02:30:30.85</b>	<b>02:30:30.85</b>	+00:51:10 (34.0%)	7:10	8.4 (66.1%)
36	<b>NOWAK Dawid</b>	<b>4135</b>	#BIEGAJLESZNO	M-40	36	01:21:16	02:03:21	<b>02:30:45.20</b>	<b>02:30:45.20</b>	+00:51:24 (34.1%)	7:10	8.4 (66.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
37	<b>SAJNÓG Leszek</b>	<b>4093</b>	#BIEGAJLESZNO	M-40	37	01:21:12	02:03:25	<b>02:30:45.90</b>	<b>02:30:45.90</b>	+00:51:25 (34.1%)	7:10	8.4 (66.1%)
38	<b>MAZUR Patryk</b>	<b>4154</b>	AKADEMIA RUCHU	M-40	38	01:22:45	02:02:23	<b>02:31:52.75</b>	<b>02:31:52.75</b>	+00:52:32 (34.6%)	7:13	8.3 (65.4%)
39	<b>KADŁUBOWSKI Piotr</b>	<b>4260</b>	KOTWICA BRZEG/RUN100LOVE	M-40	39	01:23:42	02:03:20	<b>02:32:22.10</b>	<b>02:32:22.10</b>	+00:53:01 (34.8%)	7:15	8.3 (65.4%)
40	<b>SZYMKOWIAK Dominik</b>	<b>4101</b>		M-40	40	01:21:17	02:02:34	<b>02:35:28.80</b>	<b>02:35:28.80</b>	+00:56:08 (36.1%)	7:24	8.1 (63.8%)
41	<b>KĘDZIORA Jacek</b>	<b>4082</b>	BIEGANIE NA ŚNIADANIE	M-40	41	01:23:00	02:07:54	<b>02:38:31.35</b>	<b>02:38:31.35</b>	+00:59:11 (37.3%)	7:32	7.9 (62.2%)
42	<b>POCZĄTEK Łukasz</b>	<b>4022</b>	AUTOLIV RUN TEAM	M-40	42	01:26:48	02:08:57	<b>02:38:34.95</b>	<b>02:38:34.95</b>	+00:59:14 (37.4%)	7:33	7.9 (62.2%)
43	<b>GANDYRA Rafał</b>	<b>4067</b>		M-40	43	01:25:15	02:09:47	<b>02:40:12.45</b>	<b>02:40:12.45</b>	+01:00:52 (38.0%)	7:37	7.9 (62.2%)
44	<b>TOMASZEWSKI Mariusz</b>	<b>4053</b>	CZŁOWIEK NIE JEST TAKI...	M-40	44	01:24:57	02:11:25	<b>02:41:53.80</b>	<b>02:41:53.80</b>	+01:02:33 (38.6%)	7:42	7.8 (61.4%)
45	<b>HAIDA Marcin</b>	<b>4010</b>		M-40	45	01:24:12	02:11:26	<b>02:42:42.75</b>	<b>02:42:42.75</b>	+01:03:22 (38.9%)	7:44	7.7 (60.6%)
46	<b>TRĘBACZ Łukasz</b>	<b>4009</b>		M-40	46	01:28:39	02:14:31	<b>02:44:30.35</b>	<b>02:44:30.35</b>	+01:05:10 (39.6%)	7:50	7.7 (60.6%)
47	<b>PIASKOWSKI Marcin</b>	<b>4242</b>		M-40	47	01:27:32	02:13:48	<b>02:44:30.65</b>	<b>02:44:30.65</b>	+01:05:10 (39.6%)	7:50	7.7 (60.6%)
48	<b>RUP Krzysztof</b>	<b>4161</b>	BLUES BROTHERS	M-40	48	01:30:45	02:17:54	<b>02:46:45.10</b>	<b>02:46:45.10</b>	+01:07:24 (40.4%)	7:56	7.6 (59.8%)
49	<b>ZIÓŁKOWSKI Jarosław</b>	<b>4148</b>		M-40	49	01:31:25	02:17:23	<b>02:46:53.90</b>	<b>02:46:53.90</b>	+01:07:33 (40.5%)	7:56	7.6 (59.8%)
50	<b>BELICA Daniel</b>	<b>4024</b>		M-40	50	01:31:36	02:17:29	<b>02:47:15.95</b>	<b>02:47:15.95</b>	+01:07:55 (40.6%)	7:57	7.5 (59.1%)
51	<b>BAJER Karol</b>	<b>4064</b>		M-40	51	01:30:50	02:18:13	<b>02:49:32.30</b>	<b>02:49:32.30</b>	+01:10:12 (41.4%)	8:04	7.4 (58.3%)
52	<b>MIEDZIŃSKI Michał</b>	<b>4113</b>	JKS SALAMANDRA	M-40	52	01:30:59	02:19:12	<b>02:49:45.30</b>	<b>02:49:45.30</b>	+01:10:25 (41.5%)	8:05	7.4 (58.3%)
53	<b>POŁCZYŃSKI Maciej</b>	<b>4083</b>	STALOWA ŁYDA	M-40	53	01:35:53	02:23:50	<b>02:50:35.15</b>	<b>02:50:35.15</b>	+01:11:14 (41.8%)	8:07	7.4 (58.3%)
54	<b>FRANICA Tomasz</b>	<b>4207</b>		M-40	54	01:35:20	02:22:26	<b>02:52:13.55</b>	<b>02:52:13.55</b>	+01:12:53 (42.3%)	8:12	7.3 (57.5%)
55	<b>SZOPKA Bartosz</b>	<b>4080</b>		M-40	55	01:30:06	02:19:30	<b>02:52:43.80</b>	<b>02:52:43.80</b>	+01:13:23 (42.5%)	8:13	7.3 (57.5%)
56	<b>MARCISZ Karol</b>	<b>4157</b>	KROTOSZYŃSKA GRUPA BIEGOWA	M-40	56	01:32:13	02:21:31	<b>02:52:48.25</b>	<b>02:52:48.25</b>	+01:13:27 (42.5%)	8:13	7.3 (57.5%)
57	<b>PAWIŃSKI Artur</b>	<b>4187</b>		M-40	57	01:35:01	02:23:36	<b>02:54:14.20</b>	<b>02:54:14.20</b>	+01:14:53 (43.0%)	8:17	7.2 (56.7%)
58	<b>FERENC Stanisław</b>	<b>4152</b>	ZRYW	M-40	58	01:32:54	02:20:22	<b>02:54:37.85</b>	<b>02:54:37.85</b>	+01:15:17 (43.1%)	8:18	7.2 (56.7%)
59	<b>PIETRYGAŁA Robert</b>	<b>4059</b>	-	M-40	59	01:36:14	02:27:06	<b>02:59:56.05</b>	<b>02:59:56.05</b>	+01:20:35 (44.8%)	8:34	7 (55.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
60	<b>KOBIERSKI Michał</b>	<b>4194</b>	#BIEGAJLESZNO	M-40	60	01:35:10	02:27:20	<b>03:00:37.50</b>	<b>03:00:37.50</b>	+01:21:17 (45.0%)	8:36	7 (55.1%)
61	<b>SAMOLAK Łukasz</b>	<b>4096</b>	POMYŁKA TEAM	M-40	61	01:38:17	02:28:26	<b>03:01:34.90</b>	<b>03:01:34.90</b>	+01:22:14 (45.3%)	8:38	6.9 (54.3%)
62	<b>BAK Piotr</b>	<b>4146</b>		M-40	62	01:38:06	02:30:59	<b>03:04:00.95</b>	<b>03:04:00.95</b>	+01:24:40 (46.0%)	8:45	6.8 (53.5%)
63	<b>TOWPIK Piotr</b>	<b>4049</b>		M-40	63	01:36:01	02:29:38	<b>03:04:48.70</b>	<b>03:04:48.70</b>	+01:25:28 (46.2%)	8:48	6.8 (53.5%)
64	<b>SŁAWIŃSKI Damian</b>	<b>4079</b>		M-40	64	01:40:50	02:39:41	<b>03:20:11.40</b>	<b>03:20:11.40</b>	+01:40:51 (50.4%)	9:31	6.3 (49.6%)
65	<b>JURGA Karol</b>	<b>4103</b>		M-40	65	01:44:50	02:44:33	<b>03:29:58.00</b>	<b>03:29:58.00</b>	+01:50:37 (52.7%)	9:59	6 (47.2%)
66	<b>MATUSIAK Mariusz</b>	<b>4123</b>		M-40	66	01:50:55	02:55:45	<b>03:39:09.85</b>	<b>03:39:09.85</b>	+01:59:49 (54.7%)	10:26	5.7 (44.9%)
67	<b>TAMBORSKI Tomasz</b>	<b>4245</b>	HTF	M-40	67	01:48:18	03:10:57	<b>03:49:48.80</b>	<b>03:49:48.80</b>	+02:10:28 (56.8%)	10:56	5.5 (43.3%)
68	<b>WIESZCZEK Dominik</b>	<b>4246</b>		M-40	68	01:48:19	03:10:56	<b>03:49:49.05</b>	<b>03:49:49.05</b>	+02:10:28 (56.8%)	10:56	5.5 (43.3%)
69	<b>GRYLEWICZ Tomasz</b>	<b>4087</b>		M-40	69	02:04:33	03:18:43	<b>04:08:36.40</b>	<b>04:08:36.40</b>	+02:29:16 (60.0%)	11:50	5.1 (40.2%)
70	<b>KOŁTOWSKI Michał</b>	<b>4066</b>		M-40	70	02:04:15	03:19:16	<b>04:10:53.35</b>	<b>04:10:53.35</b>	+02:31:33 (60.4%)	11:56	5 (39.4%)
	<b>MACIEJEWSKI Adam</b>	<b>4058</b>		M-40		01:23:23	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 71 wynik(ów)