

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

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: M-50

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>FRYSIAK Artur</b>	<b>4223</b>	WIELUŃ ULTRA	M-50	1	01:20:27	02:03:47	<b>02:28:54.10</b>	<b>02:28:57.75</b>		7:05	8.5 (100%)
2	<b>GAWRYSIAK Marek</b>	<b>4141</b>	BIEGOSTACJA	M-50	2	01:19:50	02:02:11	<b>02:31:02.00</b>	<b>02:31:02.00</b>	+00:02:04 (1.4%)	7:11	8.3 (97.6%)
3	<b>DĄBROWSKI Michał</b>	<b>4250</b>	CINCLUS	M-50	3	01:25:21	02:07:19	<b>02:32:31.30</b>	<b>02:32:49.20</b>	+00:03:51 (2.5%)	7:15	8.3 (97.6%)
4	<b>ŁOBOS Mariusz</b>	<b>4121</b>		M-50	4	01:29:34	02:19:15	<b>02:49:58.45</b>	<b>02:50:04.90</b>	+00:21:07 (12.4%)	8:05	7.4 (87.1%)
5	<b>SMIERZCHAŁA Adam</b>	<b>4218</b>	MOSINA	M-50	5	01:39:34	02:26:57	<b>02:54:26.65</b>	<b>02:54:33.75</b>	+00:25:36 (14.7%)	8:18	7.2 (84.7%)
6	<b>TULIK Przemysław</b>	<b>4247</b>		M-50	6	01:35:20	02:25:34	<b>02:55:08.45</b>	<b>02:55:17.00</b>	+00:26:19 (15.0%)	8:20	7.2 (84.7%)
7	<b>PLOK Krzysztof</b>	<b>4201</b>		M-50	7	01:35:25	02:26:32	<b>02:57:22.15</b>	<b>02:57:27.70</b>	+00:28:29 (16.1%)	8:26	7.1 (83.5%)
8	<b>BRUNKE Tomasz</b>	<b>4339</b>	RUN BYDGOSZCZ	M-50	8	01:41:34	02:30:25	<b>02:59:15.20</b>	<b>02:59:26.70</b>	+00:30:28 (17.0%)	8:32	7 (82.4%)
9	<b>STEPOWICZ Marek</b>	<b>4159</b>	VEGE RUNNERS	M-50	9	01:35:29	02:28:10	<b>03:00:14.85</b>	<b>03:00:20.95</b>	+00:31:23 (17.4%)	8:34	7 (82.4%)
10	<b>JESKE Marek</b>	<b>4010</b>	RUN BYDGOSZCZ	M-50	10	01:41:24	02:32:45	<b>03:05:57.25</b>	<b>03:06:07.90</b>	+00:37:10 (20.0%)	8:51	6.8 (80.0%)
11	<b>SUCHENIA Daniel</b>	<b>4163</b>		M-50	11	01:47:25	02:39:11	<b>03:10:09.45</b>	<b>03:10:25.95</b>	+00:41:28 (21.8%)	9:03	6.6 (77.6%)
12	<b>NEUMANN Jacek</b>	<b>4154</b>	CENTRUM ŁĄKOWA 1	M-50	12	01:47:51	02:41:53	<b>03:16:30.30</b>	<b>03:16:47.30</b>	+00:47:49 (24.3%)	9:21	6.4 (75.3%)
13	<b>STAMM Tomasz</b>	<b>4134</b>		M-50	13	01:48:05	02:48:50	<b>03:25:01.80</b>	<b>03:25:16.15</b>	+00:56:18 (27.4%)	9:45	6.1 (71.8%)
14	<b>LUPA Mirosław</b>	<b>4175</b>		M-50	14	01:54:31	02:50:00	<b>03:27:29.20</b>	<b>03:27:35.80</b>	+00:58:38 (28.2%)	9:52	6.1 (71.8%)
15	<b>DUSZYŃSKI Jacek</b>	<b>4270</b>		M-50	15	01:47:16	02:51:13	<b>03:30:33.80</b>	<b>03:30:41.25</b>	+01:01:43 (29.3%)	10:01	6 (70.6%)
16	<b>PACYNA Marek</b>	<b>4220</b>		M-50	16	01:52:56	02:54:04	<b>03:32:24.75</b>	<b>03:32:36.55</b>	+01:03:38 (29.9%)	10:06	5.9 (69.4%)
17	<b>POKORNY Tomasz</b>	<b>4282</b>		M-50	17	02:02:56	03:01:02	<b>03:35:18.40</b>	<b>03:35:30.30</b>	+01:06:32 (30.9%)	10:15	5.9 (69.4%)
18	<b>MODRZYŃSKI Przemysław</b>	<b>4139</b>	NGT PROBAR	M-50	18	01:58:11	03:00:11	<b>03:35:33.00</b>	<b>03:35:50.85</b>	+01:06:53 (31.0%)	10:15	5.8 (68.2%)
19	<b>ANTKOWIAK Mirosław</b>	<b>4224</b>		M-50	19	01:55:35	03:04:43	<b>03:41:21.05</b>	<b>03:41:25.30</b>	+01:12:27 (32.7%)	10:32	5.7 (67.1%)
20	<b>WOZNIAK Radosław</b>	<b>4143</b>		M-50	20	02:08:04	03:14:38	<b>03:49:32.45</b>	<b>03:49:51.55</b>	+01:20:53 (35.2%)	10:55	5.5 (64.7%)
21	<b>JAROSŁAWSKI Mariusz</b>	<b>4106</b>	BIEGNIJ OŁAWO	M-50	21	02:06:41	03:16:30	<b>03:55:26.00</b>	<b>03:56:44.15</b>	+01:27:46 (37.1%)	11:12	5.4 (63.5%)
22	<b>BUĆKO Artur</b>	<b>4131</b>	I'M INSPIRATION	M-50	22	02:11:13	03:28:15	<b>04:06:42.95</b>	<b>04:07:03.40</b>	+01:38:05 (39.7%)	11:44	5.1 (60.0%)
23	<b>DZIEDZIC Paweł</b>	<b>4031</b>		M-50	23	02:07:11	03:23:29	<b>04:11:02.80</b>	<b>04:11:26.40</b>	+01:42:28 (40.8%)	11:57	5 (58.8%)
24	<b>UCHEREK Kazimierz</b>	<b>4166</b>		M-50	24	02:05:02	03:19:10	<b>04:18:00.55</b>	<b>04:18:11.55</b>	+01:49:13 (42.3%)	12:17	4.9 (57.6%)
25	<b>WOJCIECHOWSKI Przemysław</b>	<b>4066</b>	CHYŁA SPRINT GROUP	M-50	25	02:21:26	03:37:07	<b>04:29:16.80</b>	<b>04:29:41.10</b>	+02:00:43 (44.8%)	12:49	4.7 (55.3%)
26	<b>TWARDOWSKI Wojciech</b>	<b>4168</b>	RUN BYDGOSZCZ	M-50	26	02:34:38	03:54:14	<b>04:41:20.30</b>	<b>04:41:32.40</b>	+02:12:34 (47.1%)	13:23	4.5 (52.9%)