



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

RUDAWY ZIMOWY FESTIWAL BIEGOWY
Fundacja Szczyt za Szczytem
2023-02-18
Karpniki
60.5 km

SZEŚĆDZIESIĄTKA

B4SPORT

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Husyckie Skały 3.5km	4.4km	Szwajcarka 4.5km	Przełęcz Kowarska 38km	Czas netto 60.5km	Czas brutto 60.5km	Różn	Tempo min/km	Tempo km/h
1	FARGANUS Robert	724	ZABIEGANI Z LEŚNEJ	M40	1	00:22:46		00:35:01	04:37:36	07:14:46.15	07:14:52.15		7:11	8.3 (100%)
2	SADOWSKI Paweł	748		M30	1	00:22:15		00:32:35	04:52:42	07:34:26.95	07:34:32.60	+00:19:40 (4.3%)	7:30	8 (96.4%)
3	KOŁODZIEJ Roman	756		M40	2	00:23:00	00:34:49	00:35:30	05:16:33	07:59:45.10	07:59:48.15	+00:44:56 (9.4%)	7:55	7.6 (91.6%)
4	PACZUSKI Michał	762		M40	3	00:27:03	00:42:17	00:42:49	05:22:04	08:14:51.35	08:14:56.90	+01:00:04 (12.1%)	8:10	7.3 (88.0%)
5	ADAMCZYK Iweta	801		K30	1	00:24:59	00:39:50	00:40:13		08:20:30.40	08:20:33.45	+01:05:41 (13.1%)	8:16	7.3 (88.0%)
6	STEFANIAK Łukasz	720		M40	4	00:25:42	00:39:43	00:40:09	05:25:55	08:23:27.90	08:23:32.80	+01:08:40 (13.6%)	8:19	7.2 (86.7%)
7	BIAŁAS Filip	768		M20	1	00:25:32	00:39:38	00:40:04	05:24:42	08:26:01.70	08:26:10.05	+01:11:17 (14.1%)	8:21	7.2 (86.7%)
8	ADAMSKI Krzysztof	758	JM	M30	2	00:25:11	00:39:13	00:39:39	05:16:01	08:28:46.85	08:28:51.95	+01:13:59 (14.5%)	8:24	7.1 (85.5%)
9	ŁUKASIK Marcin	719	BIEGNIJ OŁAWO	M40	5	00:26:14	00:39:39	00:40:05	05:21:32	08:30:38.45	08:30:44.10	+01:15:51 (14.9%)	8:26	7.1 (85.5%)
10	BIAŁEK Marcin	711	SWEETTRAVEL	M40	6	00:24:49	00:38:36	00:39:03	05:31:11	08:39:43.00	08:39:45.75	+01:24:53 (16.3%)	8:35	7 (84.3%)
11	NOSKI Mariusz	718		M40	7	00:28:17	00:43:42	00:46:00	05:38:28	08:45:02.95	08:45:09.45	+01:30:17 (17.2%)	8:40	6.9 (83.1%)
12	ZDEBSKA Magdalena	712		K30	2	00:25:31	00:39:36	00:39:58	05:49:38	09:08:03.60	09:08:08.80	+01:53:16 (20.7%)	9:03	6.6 (79.5%)
13	PIOTROWSKI Michał	707	#ZEBERKATEAM	M40	8	00:25:29	00:39:36	00:40:02	05:41:46	09:09:17.25	09:09:26.15	+01:54:34 (20.9%)	9:04	6.6 (79.5%)
14	MENDYKA Łukasz	752		M30	3	00:27:53	00:43:12	00:43:36	06:04:15	09:20:28.35	09:20:38.75	+02:05:46 (22.4%)	9:15	6.5 (78.3%)
15	DEINIUK Roman	715		M30	4	00:28:10	00:45:17	00:46:34	06:05:32	09:21:41.25	09:21:53.85	+02:07:01 (22.6%)	9:17	6.5 (78.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Husyckie			Przełęcz	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						Skały	Szwajcarka	Kowarska	60.5km	60.5km				
16	DWORNIKOWSKI Zbigniew	722		M50	1	00:33:39	00:51:05	00:53:58	06:08:59	09:24:24.55	09:24:32.50	+02:09:40 (23.0%)	9:19	6.4 (77.1%)
17	SZEWCZENKO Agnieszka	740	KLUB BIEGACZA BOLESŁAWIEC	K40	1	00:26:20	00:41:27	00:41:54	06:00:32	09:25:20.80	09:25:25.40	+02:10:33 (23.1%)	9:20	6.4 (77.1%)
18	SMOROWIŃSKI Sebastian	773		M30	5	00:26:55	00:42:07	00:42:46	05:58:14	09:29:40.15	09:29:52.45	+02:15:00 (23.7%)	9:24	6.4 (77.1%)
19	STEFANIAK Marcin	760		M40	9	00:31:12	00:47:43	00:48:15	06:10:34	09:30:34.85	09:30:49.85	+02:15:57 (23.8%)	9:25	6.4 (77.1%)
20	BEREŻAŃSKI Bartłomiej	757		M40	10	00:31:13	00:47:44	00:48:18	06:10:01	09:30:37.05	09:30:51.90	+02:15:59 (23.8%)	9:25	6.4 (77.1%)
21	JAKUBOWSKI Łukasz	767		M40	11	00:31:12	00:47:54	00:48:33	06:05:28	09:33:13.40	09:33:17.20	+02:18:25 (24.1%)	9:28	6.3 (75.9%)
22	JURDZIAK Jakub	749		M40	12	00:25:36	00:39:33	00:40:00	06:02:41	09:37:05.55	09:37:15.20	+02:22:23 (24.7%)	9:32	6.3 (75.9%)
23	GAWROŃSKI Hubert	738	HUGO	M40	13	00:31:15	00:47:47	00:48:20	06:05:22	09:37:28.30	09:37:44.25	+02:22:52 (24.7%)	9:32	6.3 (75.9%)
24	MORGIEWICZ Piotr	753	RUNGRYF GRYFICE	M50	2	00:28:36	00:45:14	00:45:54	06:05:31	09:43:45.65	09:44:00.35	+02:29:08 (25.5%)	9:38	6.2 (74.7%)
25	ABRAMOWICZ Agata	717		K20	1	00:29:42	00:47:26	00:48:25	06:17:26	09:49:50.00	09:49:57.35	+02:35:05 (26.3%)	9:44	6.2 (74.7%)
26	MILEWICZ Daniel	713		M30	6	00:30:24	00:47:47	00:48:50	06:21:46	09:50:22.70	09:51:01.55	+02:36:09 (26.4%)	9:45	6.1 (73.5%)
27	DAWIDZIAK Arkadiusz	728	GARMIN WROCŁAW	M30	7	00:26:35	00:43:16	00:43:45	06:11:29	09:55:08.35	09:55:14.45	+02:40:22 (26.9%)	9:50	6.1 (73.5%)
28	JARUS Andrzej	708	POLISH_WINGS	M50	3	00:28:39	00:45:05	00:45:56	06:12:48	09:56:20.25	09:56:28.95	+02:41:36 (27.1%)	9:51	6.1 (73.5%)
29	GAŁKA Grzegorz	721		M50	4	00:29:27	00:45:32	00:47:36	06:16:59	09:59:36.65	09:59:40.70	+02:44:48 (27.5%)	9:54	6.1 (73.5%)
30	STODOLNY Krzysztof	743		M60	1	00:30:56	00:49:08	00:51:02	06:35:39	10:11:31.10	10:11:38.50	+02:56:46 (28.9%)	10:06	5.9 (71.1%)
31	PRZYBYŁ Piotr	725	EASY RUNNERS	M50	5	00:27:13	00:41:28	00:42:35	06:21:13	10:15:34.30	10:15:46.85	+03:00:54 (29.4%)	10:10	5.9 (71.1%)
32	KRZYWDZIŃSKI Bartłomiej	706		M40	14	00:30:32	00:47:59	00:48:58	06:35:11	10:15:14.70	10:15:54.55	+03:01:02 (29.4%)	10:10	5.9 (71.1%)
33	DEC Mirosław	714	TRUCHT TEAM	M40	15	00:31:33	00:49:55	00:50:54		10:16:49.25	10:16:59.35	+03:02:07 (29.5%)	10:11	5.9 (71.1%)
34	PILIPCZUK Paweł	735	POLISH OFFICIAL DRINKING TEAM	M40	16	00:28:36	00:45:11	00:46:03	06:35:32	10:32:04.70	10:32:12.25	+03:17:20 (31.2%)	10:26	5.7 (68.7%)
35	M-SKI Bartosz	726	SPWSZ W SZCZECINIE	M40	17	00:30:00	00:46:47	00:48:29	06:33:15	10:33:00.65	10:33:05.60	+03:18:13 (31.3%)	10:27	5.7 (68.7%)
36	PISARCZYK Grzegorz	765		M30	8	00:27:52	00:43:38	00:45:37	06:35:21	10:33:51.15	10:34:00.65	+03:19:08 (31.4%)	10:28	5.7 (68.7%)
37	SEMENIUK Konrad	747	RZEPIŃSCY BIEGACZE	M30	9	00:33:27	00:50:51	00:54:31	06:51:18	10:34:35.05	10:34:51.45	+03:19:59 (31.5%)	10:29	5.7 (68.7%)
38	POŁOMSKI Daniel	754		M40	18	00:29:36	00:45:54	00:46:49	06:42:54	10:39:51.15	10:39:59.50	+03:25:07 (32.1%)	10:34	5.7 (68.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Husyckie		Szwajcarka	Przełęcz	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						Skąły	4.4km							
39	TENDAJ Marek	751		M40	19	00:26:05	00:40:18	00:41:48	06:25:41	10:40:11.70	10:40:19.45	+03:25:27 (32.1%)	10:34	5.7 (68.7%)
40	LIS Paweł	716		M40	20	00:27:25	00:42:54	00:43:28	06:39:13	10:41:39.70	10:41:50.15	+03:26:58 (32.2%)	10:36	5.7 (68.7%)
41	KROCZYŃSKI Sławomir	772	BIEGOLAS KOSZALIN-KOŁOBRZEG	M60	2	00:30:47	00:48:12	00:50:11	06:52:26	10:43:08.70	10:43:13.30	+03:28:21 (32.4%)	10:37	5.6 (67.5%)
42	DZIĘGIELEWSKA Dominika	704		K30	3	00:31:01	00:49:34	00:50:11	06:52:46	10:43:08.85	10:43:13.60	+03:28:21 (32.4%)	10:37	5.6 (67.5%)
43	KUCHMECKI Maciej	703		M40	21	00:31:14	00:49:12	00:50:51	06:59:20	10:51:37.80	10:51:44.95	+03:36:52 (33.3%)	10:46	5.6 (67.5%)
44	KAZUBOWSKA Małgorzata	710		K40	2	00:39:26	01:01:54	01:04:23		10:57:46.55	10:57:52.85	+03:43:00 (33.9%)	10:52	5.5 (66.3%)
45	STRONIKOWSKI Kamil	771	DRUŻYNA STASIA	M40	22	00:35:09	00:55:21	00:56:21	07:09:07	11:12:04.55	11:12:16.05	+03:57:23 (35.3%)	11:06	5.4 (65.1%)
46	KINCEL Krzysztof	807		M50	6	00:31:24	00:49:07	00:49:51	07:35:50	11:18:52.20	11:19:02.30	+04:04:10 (36.0%)	11:13	5.3 (63.9%)
47	BOBER Dorota	766		K40	3	00:30:00	00:48:39	00:49:50	07:14:56	11:21:29.60	11:21:43.55	+04:06:51 (36.2%)	11:15	5.3 (63.9%)
48	BRONCZAK Tomasz	727	LUBIEPODGORKE	M40	23	00:29:56	00:48:44	00:49:36	07:14:42	11:21:32.60	11:21:46.25	+04:06:54 (36.2%)	11:15	5.3 (63.9%)
49	ZAKRZEWSKI Krzysztof	763	3:33 TEAM	M50	7	00:34:23	00:55:42	01:00:18	07:19:02	11:23:29.85	11:23:40.95	+04:08:48 (36.4%)	11:17	5.3 (63.9%)
50	MARKULAK Marcin	729		M40	24	00:34:11	00:54:24	00:56:06	07:25:57	11:26:20.65	11:26:31.80	+04:11:39 (36.7%)	11:20	5.3 (63.9%)
51	SOBIŁO Marek	734	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	M40	25	00:34:13	00:54:26	00:56:04	07:26:06	11:26:20.20	11:26:32.15	+04:11:40 (36.7%)	11:20	5.3 (63.9%)
52	ZIEMNIAK Marcin	741		M30	10	00:31:53	00:49:58	00:51:14	07:11:26	11:30:43.00	11:30:54.60	+04:16:02 (37.1%)	11:25	5.3 (63.9%)
53	ŚWIERZYŃSKI Witold	761		M50	8	00:31:21	00:49:20	00:50:56	07:12:23	11:40:21.25	11:40:30.20	+04:25:38 (37.9%)	11:34	5.2 (62.7%)
54	WRZESIŃSKI Łukasz	759	POWER&PAKER	M40	26	00:31:04	00:48:08	00:48:46	07:08:51	11:43:03.45	11:43:19.25	+04:28:27 (38.2%)	11:37	5.2 (62.7%)
55	SĄDEL Krzysztof	770		M50	9	00:37:42	00:58:27	01:00:10	08:08:21	12:46:35.95	12:46:55.85	+05:32:03 (43.3%)	12:40	4.7 (56.6%)
56	JĘDROWSKI Ryszard	736	ULTRA RZEPIN	M40	27	00:33:29	00:50:50	00:54:30	08:19:50	13:04:24.85	13:04:41.55	+05:49:49 (44.6%)	12:57	4.6 (55.4%)
57	DWORNIKOWSKA Beata	723		K40	4	00:39:28	01:04:48	01:07:02	08:37:35	13:26:04.40	13:26:11.75	+06:11:19 (46.1%)	13:19	4.5 (54.2%)
58	PRUSIEWICZ Beata	701		K50	1	00:38:37	01:00:15	01:01:45	08:30:01	13:32:56.00	13:33:09.55	+06:18:17 (46.5%)	13:26	4.5 (54.2%)
59	FELIKSIAK Michał	731		M40	28	00:34:13	00:56:55	00:57:32	08:11:16	13:36:09.20	13:36:27.05	+06:21:34 (46.7%)	13:29	4.4 (53.0%)
60	SOBKA Zbigniew	730	TLD WORLD TEAM	M40	29	00:33:17	00:56:19	00:57:32	08:10:14	13:36:10.50	13:36:27.30	+06:21:35 (46.7%)	13:29	4.4 (53.0%)
61	MASZEWSKA-WACH Mariola	755		K40	5	00:43:18	01:08:38	01:11:26	09:02:26	13:56:57.45	13:57:11.05	+06:42:18 (48.1%)	13:50	4.3 (51.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Husyckie			Przełęcz	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						Skały 3.5km	4.4km	Szwajcarka 4.5km	Kowarska 38km	netto 60.5km	brutto 60.5km			
62	JARASZEK Sanjaya	774	JASNA STRONA MOCY	M60	3	00:31:35	00:49:58	00:51:29	07:29:03	14:27:14.60	14:27:21.00	+07:12:28 (49.9%)	14:20	4.2 (50.6%)
63	GIENIECZKO Marcin	769	NO LIMITS SVALBARD EXTREME 2023	M40	30	00:39:26	01:04:47	01:07:29	09:10:00	14:27:23.30	14:27:27.00	+07:12:34 (49.9%)	14:20	4.2 (50.6%)
	ZAKRZEWSKI Paweł	764		M40		00:26:20 DNF	00:41:19 DNF	00:41:55 DNF	DNF	DNF	DNF		-	- (0.0%)
	SOWIŃSKI Kamil	737	PRZEDWOJEWSKI TEAM	M30		00:26:50 DNF	00:41:25 DNF	00:41:57 DNF	DNF	DNF	DNF		-	- (0.0%)
	PRAŻANOWSKI Sergiusz	739		M30		00:26:58 DNF	00:42:09 DNF	00:42:46 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 66 wynik(ów)