



**Event:** RUDAWY ZIMOWY FESTIWAL BIEGOWY  
**Organiser:** Fundacja Szczyt za Szczytem  
**Date:** 2023-02-18  
**Place:** Karpniki  
**Distance:** 60.5 km

# SZEŚĆDZIESIĄTKA

B4SPORT

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INTELEGNTE ZAWODY SPORTOWE

Classification: All

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

Place	Participant	Number	Club	Category	MCat	Husyckie			Przełęcz	Net	Czas	Gap	Pace min/km	Pace km/h
						Skały	Szwajcarka	Kowarska	time	brutto				
						3.5km	4.4km	4.5km	38km	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	SZEWCHENKO 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%)

Place	Participant	Number	Club	Category	MCat	Husyckie Skały			Przełęcz Kowarska 38km	Net time 60.5km	Czas brutto 60.5km	Gap	Pace min/km	Pace km/h
						3.5km	4.4km	4.5km						
39	<b>TENDAJ Marek</b>	<b>751</b>		M40	19	00:26:05	00:40:18	00:41:48	06:25:41	<b>10:40:11.70</b>	<b>10:40:19.45</b>	+03:25:27 (32.1%)	10:34	5.7 (68.7%)
40	<b>LIS Paweł</b>	<b>716</b>		M40	20	00:27:25	00:42:54	00:43:28	06:39:13	<b>10:41:39.70</b>	<b>10:41:50.15</b>	+03:26:58 (32.2%)	10:36	5.7 (68.7%)
41	<b>KROCZYŃSKI Sławomir</b>	<b>772</b>	BIEGOLAS KOSZALIN-KOŁOBRZEG	M60	2	00:30:47	00:48:12	00:50:11	06:52:26	<b>10:43:08.70</b>	<b>10:43:13.30</b>	+03:28:21 (32.4%)	10:37	5.6 (67.5%)
42	<b>DZIĘGIELEWSKA Dominika</b>	<b>704</b>		K30	3	00:31:01	00:49:34	00:50:11	06:52:46	<b>10:43:08.85</b>	<b>10:43:13.60</b>	+03:28:21 (32.4%)	10:37	5.6 (67.5%)
43	<b>KUCHMECKI Maciej</b>	<b>703</b>		M40	21	00:31:14	00:49:12	00:50:51	06:59:20	<b>10:51:37.80</b>	<b>10:51:44.95</b>	+03:36:52 (33.3%)	10:46	5.6 (67.5%)
44	<b>KAZUBOWSKA Małgorzata</b>	<b>710</b>		K40	2	00:39:26	01:01:54	01:04:23		<b>10:57:46.55</b>	<b>10:57:52.85</b>	+03:43:00 (33.9%)	10:52	5.5 (66.3%)
45	<b>STRONIKOWSKI Kamil</b>	<b>771</b>	DRUŻYNA STASIA	M40	22	00:35:09	00:55:21	00:56:21	07:09:07	<b>11:12:04.55</b>	<b>11:12:16.05</b>	+03:57:23 (35.3%)	11:06	5.4 (65.1%)
46	<b>KINCEL Krzysztof</b>	<b>807</b>		M50	6	00:31:24	00:49:07	00:49:51	07:35:50	<b>11:18:52.20</b>	<b>11:19:02.30</b>	+04:04:10 (36.0%)	11:13	5.3 (63.9%)
47	<b>BOBER Dorota</b>	<b>766</b>		K40	3	00:30:00	00:48:39	00:49:50	07:14:56	<b>11:21:29.60</b>	<b>11:21:43.55</b>	+04:06:51 (36.2%)	11:15	5.3 (63.9%)
48	<b>BRONCZAK Tomasz</b>	<b>727</b>	LUBIEPODGORKE	M40	23	00:29:56	00:48:44	00:49:36	07:14:42	<b>11:21:32.60</b>	<b>11:21:46.25</b>	+04:06:54 (36.2%)	11:15	5.3 (63.9%)
49	<b>ZAKRZEWSKI Krzysztof</b>	<b>763</b>	3:33 TEAM	M50	7	00:34:23	00:55:42	01:00:18	07:19:02	<b>11:23:29.85</b>	<b>11:23:40.95</b>	+04:08:48 (36.4%)	11:17	5.3 (63.9%)
50	<b>MARKULAK Marcin</b>	<b>729</b>		M40	24	00:34:11	00:54:24	00:56:06	07:25:57	<b>11:26:20.65</b>	<b>11:26:31.80</b>	+04:11:39 (36.7%)	11:20	5.3 (63.9%)
51	<b>SOBIŁO Marek</b>	<b>734</b>	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	M40	25	00:34:13	00:54:26	00:56:04	07:26:06	<b>11:26:20.20</b>	<b>11:26:32.15</b>	+04:11:40 (36.7%)	11:20	5.3 (63.9%)
52	<b>ZIEMNIAK Marcin</b>	<b>741</b>		M30	10	00:31:53	00:49:58	00:51:14	07:11:26	<b>11:30:43.00</b>	<b>11:30:54.60</b>	+04:16:02 (37.1%)	11:25	5.3 (63.9%)
53	<b>ŚWIERZYŃSKI Witold</b>	<b>761</b>		M50	8	00:31:21	00:49:20	00:50:56	07:12:23	<b>11:40:21.25</b>	<b>11:40:30.20</b>	+04:25:38 (37.9%)	11:34	5.2 (62.7%)
54	<b>WRZESIŃSKI Łukasz</b>	<b>759</b>	POWER&PAKER	M40	26	00:31:04	00:48:08	00:48:46	07:08:51	<b>11:43:03.45</b>	<b>11:43:19.25</b>	+04:28:27 (38.2%)	11:37	5.2 (62.7%)
55	<b>SĄDEL Krzysztof</b>	<b>770</b>		M50	9	00:37:42	00:58:27	01:00:10	08:08:21	<b>12:46:35.95</b>	<b>12:46:55.85</b>	+05:32:03 (43.3%)	12:40	4.7 (56.6%)
56	<b>JĘDROWSKI Ryszard</b>	<b>736</b>	ULTRA RZEPIN	M40	27	00:33:29	00:50:50	00:54:30	08:19:50	<b>13:04:24.85</b>	<b>13:04:41.55</b>	+05:49:49 (44.6%)	12:57	4.6 (55.4%)
57	<b>DWORNIKOWSKA Beata</b>	<b>723</b>		K40	4	00:39:28	01:04:48	01:07:02	08:37:35	<b>13:26:04.40</b>	<b>13:26:11.75</b>	+06:11:19 (46.1%)	13:19	4.5 (54.2%)
58	<b>PRUSIEWICZ Beata</b>	<b>701</b>		K50	1	00:38:37	01:00:15	01:01:45	08:30:01	<b>13:32:56.00</b>	<b>13:33:09.55</b>	+06:18:17 (46.5%)	13:26	4.5 (54.2%)
59	<b>FELIKSIAK Michał</b>	<b>731</b>		M40	28	00:34:13	00:56:55	00:57:32	08:11:16	<b>13:36:09.20</b>	<b>13:36:27.05</b>	+06:21:34 (46.7%)	13:29	4.4 (53.0%)
60	<b>SOBKA Zbigniew</b>	<b>730</b>	TLD WORLD TEAM	M40	29	00:33:17	00:56:19	00:57:32	08:10:14	<b>13:36:10.50</b>	<b>13:36:27.30</b>	+06:21:35 (46.7%)	13:29	4.4 (53.0%)
61	<b>MASZEWSKA-WACH Mariola</b>	<b>755</b>		K40	5	00:43:18	01:08:38	01:11:26	09:02:26	<b>13:56:57.45</b>	<b>13:57:11.05</b>	+06:42:18 (48.1%)	13:50	4.3 (51.8%)

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

Total 66 results.