



Wydarzenie: RUDAWY ZIMOWY FESTIWAL BIEGOWY
Organizator: Fundacja Szczyt za Szczytem
Data: 2024-02-10
Miejsce: Karpniki
Dystans: 60.5 km

SZEŚĆDZIESIĄTKA

B4SPORT

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szwajcarka 4.5km	Kolorowe Jezioro 19.5km	Przełęcz Kowarska 38km	Czas netto 60.5km	Czas brutto 60.5km	Różn	Tempo min/km	Tempo km/h
1	KLINCEWICZ Cezary	738		M40	1	00:32:55	02:03:12	04:11:58	06:24:47.55	06:24:50.90		6:21	9.4 (100%)
2	KITA Michał	779		M40	2	00:33:37	02:06:44	04:12:47	06:28:40.30	06:28:44.20	+00:03:53 (1.0%)	6:25	9.3 (98.9%)
3	ŁYJAK Błażej	754	BIKESTATS.PL	M40	3	00:33:08	02:03:12	04:19:40	06:34:48.25	06:34:50.75	+00:09:59 (2.5%)	6:31	9.2 (97.9%)
4	GONCZARENKO Jarek	767	RUN100LOVE	M40	4	00:33:25	02:03:18	04:17:28	06:41:09.15	06:41:12.20	+00:16:21 (4.1%)	6:37	9 (95.7%)
5	PETERS Klaudia	790	XTRABIKE IBIS BOLESŁAWIEC	K20	1	00:35:02	02:07:45	04:20:21	06:44:46.70	06:44:49.35	+00:19:58 (4.9%)	6:41	9 (95.7%)
6	ŻURAW Wiktor	740		M20	1	00:37:31	02:08:51	04:19:49	06:46:55.85	06:47:00.25	+00:22:09 (5.4%)	6:43	8.9 (94.7%)
7	WIECZORKIEWICZ Zbigniew	774	WEPA PIECHOWICE	M30	1	00:37:31	02:10:33	04:24:54	07:00:14.05	07:00:17.15	+00:35:26 (8.4%)	6:56	8.6 (91.5%)
8	SĘK Maciej	748	#DWAZOMBIAKI	M40	5	00:36:45	02:15:26	04:37:12	07:10:44.15	07:10:48.95	+00:45:58 (10.7%)	7:07	8.4 (89.4%)
9	FARGANUS Robert	749	ZABIEGANI Z LEŚNEJ	M40	6	00:32:07	02:10:41	04:30:36	07:22:10.75	07:22:14.40	+00:57:23 (13.0%)	7:18	8.2 (87.2%)
10	ADAMSKI Andrzej	746	SZYNSZYLA GNIEZNO	M20	2	00:37:11	02:14:12	04:45:04	07:26:59.25	07:27:02.20	+01:02:11 (13.9%)	7:23	8.1 (86.2%)
11	KOMENDACKI Dominik	780	KGHM ZG RUN	M40	7	00:36:46	02:15:34	04:57:22	07:28:59.85	07:29:04.05	+01:04:13 (14.3%)	7:25	8.1 (86.2%)
12	PIOTROWSKI Michał	730	#ŻEBERKATEAM	M40	8	00:37:33	02:15:34	04:46:38	07:36:34.10	07:36:41.95	+01:11:51 (15.7%)	7:32	8 (85.1%)
13	ZIMKOWSKI Marcin	770	KGHM ZG RUN	M40	9	00:36:47	02:15:36	04:57:35	07:42:52.65	07:42:56.55	+01:18:05 (16.9%)	7:39	7.8 (83.0%)
14	KUŹMIAK Stanisław	764	ULTRA SPAM ŻARY	M40	10	00:42:14	02:28:24	05:09:41	07:42:43.60	07:42:57.25	+01:18:06 (16.9%)	7:38	7.8 (83.0%)
15	GÓRSKA Agnieszka	765	ULTRA SPAM ŻARY	K40	1	00:42:15	02:28:27	05:09:45	07:42:44.05	07:42:57.60	+01:18:06 (16.9%)	7:38	7.8 (83.0%)

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						Szwajcarka 4.5km	Jeziorka 19.5km	Przełęcz Kowarska 38km					
16	STEFANIAK Łukasz	714		M40	11	00:42:24	02:24:30	05:01:20	07:43:32.15	07:43:38.70	+01:18:47 (17.0%)	7:39	7.8 (83.0%)
17	WŁODARCZYK Krystian	702	GRUPA BIEGOWA TRISTONE WAŁBRZYCH	M30	2	00:44:27	02:24:22	05:01:11	07:46:07.05	07:46:19.85	+01:21:28 (17.5%)	7:42	7.8 (83.0%)
18	KACZOROWSKA Magdalena	729	FREE SOLO	K40	2	00:39:09	02:24:33	05:01:14	07:47:24.10	07:47:27.55	+01:22:36 (17.7%)	7:43	7.8 (83.0%)
19	SZONDA Istvan	786		M40	12	00:44:19	02:30:03	05:05:41	07:57:19.40	07:57:38.35	+01:32:47 (19.4%)	7:53	7.6 (80.9%)
20	MORAS Daria	747		K30	1	00:39:36	02:23:04	05:04:35	08:00:44.95	08:00:50.50	+01:35:59 (20.0%)	7:56	7.6 (80.9%)
21	KRUSZEWSKI Filip	706	NOWAK.RUN	M30	3	00:44:16	02:28:31	05:10:56	08:01:51.35	08:02:01.35	+01:37:10 (20.2%)	7:57	7.5 (79.8%)
22	WARDZYŃSKI Łukasz	778		M40	13	00:39:34	02:28:34	05:14:40	08:07:59.00	08:08:07.45	+01:43:16 (21.2%)	8:03	7.4 (78.7%)
23	PACZUSKI Michał	782		M40	14	00:44:40	02:35:06	05:18:51	08:13:16.15	08:13:23.50	+01:48:32 (22.0%)	8:09	7.4 (78.7%)
24	ZDEBSKA Magdalena	766		K30	2	00:38:38	02:23:46	05:12:32	08:13:33.60	08:13:40.25	+01:48:49 (22.0%)	8:09	7.4 (78.7%)
25	DUC-SYPOSZ Aureliusz	735		M40	15	00:40:18	02:23:45	05:12:28	08:13:37.70	08:13:45.35	+01:48:54 (22.1%)	8:09	7.4 (78.7%)
26	DRZEWIECKA Sylwia	775		K20	2	00:44:58	02:36:16	05:20:22	08:13:58.25	08:14:02.65	+01:49:11 (22.1%)	8:09	7.3 (77.7%)
27	MILEWICZ Daniel	785		M40	16	00:41:37	02:32:43	05:16:30	08:18:16.70	08:18:25.80	+01:53:34 (22.8%)	8:14	7.3 (77.7%)
28	BIAŁEK Marcin	781	SWEET TRAVEL	M40	17	00:37:36	02:23:49	05:12:42	08:23:16.55	08:23:19.10	+01:58:28 (23.5%)	8:19	7.2 (76.6%)
29	ANTKOWIAK Monika	709	W POGONI ZA MARZENIAMI M&M	K30	3	00:44:18	02:33:26	05:21:24	08:25:10.85	08:25:22.45	+02:00:31 (23.8%)	8:20	7.2 (76.6%)
30	ANTKOWIAK Michał	710	W POGONI ZA MARZENIAMI M&M	M30	4	00:44:17	02:33:26	05:21:26	08:25:10.65	08:25:22.70	+02:00:31 (23.8%)	8:20	7.2 (76.6%)
31	KRZYWDZIŃSKI Bartłomiej	753		M40	18	00:44:26	02:32:44	05:26:41	08:25:44.70	08:25:54.25	+02:01:03 (23.9%)	8:21	7.2 (76.6%)
32	STEPAK Włodzimierz	726	KB AKTYWNI KONIN	M50	1	00:43:16	02:29:37	05:21:14	08:25:48.35	08:25:54.80	+02:01:03 (23.9%)	8:21	7.2 (76.6%)
33	SZEWCZENKO Agnieszka	752		K40	3	00:44:26	02:32:43	05:26:36	08:32:15.55	08:32:23.70	+02:07:32 (24.9%)	8:28	7.1 (75.5%)
34	KRÓL Marcin	789		M40	19	00:44:20	02:38:42	05:31:07	08:36:28.30	08:36:34.10	+02:11:43 (25.5%)	8:32	7 (74.5%)
35	SZCZĘSNY Maciej	705		M40	20			05:22:55	08:37:19.45	08:37:27.00	+02:12:36 (25.6%)	8:33	7 (74.5%)
36	WOLIŃSKI Jędrzej	784	RATEL TEAM	M20	3	00:43:23	02:34:35	05:28:22	08:38:01.05	08:38:16.40	+02:13:25 (25.7%)	8:33	7 (74.5%)
37	GAJDOWSKI Przemysław	704		M30	5	00:44:37	02:36:12	05:28:25	08:38:08.30	08:38:16.75	+02:13:25 (25.7%)	8:33	7 (74.5%)
38	JANKOWSKI Sebastian	769	COKE RUNNERS	M30	6	00:49:27	02:42:04	05:32:59	08:40:03.10	08:40:20.75	+02:15:29 (26.0%)	8:35	7 (74.5%)

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						Szwajcarka 4.5km	Jeziorka 19.5km	Przełęcz Kowarska 38km					
39	DARMETKO Rafał	745		M30	7	00:49:45	02:42:20	05:33:23	08:41:12.00	08:41:13.00	+02:16:22 (26.2%)	8:36	7 (74.5%)
40	WOCH Agnieszka	743	EKM	K50	1	00:46:57	02:42:44	05:39:08	08:41:48.65	08:41:53.50	+02:17:02 (26.3%)	8:37	7 (74.5%)
41	KOPCZYŃSKI Paweł	777		M40	21	00:57:49	02:53:36	05:49:42	08:53:59.10	08:54:22.45	+02:29:31 (28.0%)	8:49	6.8 (72.3%)
42	POCHROŃ Marcin	760		M30	8	00:39:34	02:30:35	05:32:01	08:55:39.45	08:55:48.35	+02:30:57 (28.2%)	8:51	6.8 (72.3%)
43	KAZUBOWSKA Aleksandra	761		K40	4	00:45:38	02:41:36	05:49:42	09:00:37.35	09:00:41.35	+02:35:50 (28.8%)	8:56	6.7 (71.3%)
44	DWORNIKOWSKI Zbigniew	719		M50	2	00:40:14	02:30:14	05:39:09	09:01:54.25	09:02:00.00	+02:37:09 (29.0%)	8:57	6.7 (71.3%)
45	GÓRNY Robert	728	TIM JEST TIM	M40	22	00:48:36	02:43:15	05:47:49	09:09:40.65	09:09:49.45	+02:44:58 (30.0%)	9:05	6.6 (70.2%)
46	DAWISKIBA Krzysztof	716	FSD RUN DREZDENKO	M40	23	00:49:07	02:53:42	06:07:09	09:14:11.70	09:14:30.55	+02:49:39 (30.6%)	9:09	6.6 (70.2%)
47	MOŁODECKI Paweł	724		M40	24	00:45:45	02:42:36	05:49:52	09:15:49.95	09:15:59.15	+02:51:08 (30.8%)	9:11	6.5 (69.1%)
48	TKACZ Łukasz	756		M30	9	00:49:47	02:45:44	05:49:27	09:19:09.50	09:19:30.00	+02:54:39 (31.2%)	9:14	6.5 (69.1%)
49	DAWIDZIAK Arkadiusz	723	GARMIN WROCŁAW	M30	10	00:43:35	02:47:27	05:49:34	09:19:35.60	09:19:43.30	+02:54:52 (31.2%)	9:14	6.5 (69.1%)
50	ROKICKI Piotr	793	5XM4	M50	3	00:42:29	02:38:07	05:52:49	09:22:50.25	09:22:55.10	+02:58:04 (31.6%)	9:18	6.4 (68.1%)
51	KOZICZAK Katarzyna	771		K30	4	00:48:52	02:51:44	06:05:35	09:29:41.30	09:29:50.70	+03:04:59 (32.5%)	9:24	6.4 (68.1%)
52	RADZIWOŃ Anna	736	GRUPA NIENACHALNIE HEROICZNA	K40	5	00:49:40	02:59:13	06:14:46	09:31:59.45	09:32:08.55	+03:07:17 (32.7%)	9:27	6.3 (67.0%)
53	GAŁKA Grzegorz	763		M50	4	00:49:51	02:51:52	05:52:15	09:33:17.55	09:33:24.25	+03:08:33 (32.9%)	9:28	6.3 (67.0%)
54	STYK Marek	717		M30	11	00:48:36	02:47:26	06:01:45	09:38:33.50	09:38:39.65	+03:13:48 (33.5%)	9:33	6.3 (67.0%)
55	LUBELCZYK Grzegorz	725	SPELEOCLUB WROCŁAW	M50	5	00:48:53	02:46:42	06:02:11	09:39:01.45	09:39:14.20	+03:14:23 (33.6%)	9:34	6.3 (67.0%)
56	KINCEL Krzysztof	788		M60	1	00:47:46	02:46:31	06:04:14	09:42:56.50	09:43:07.45	+03:18:16 (34.0%)	9:38	6.2 (66.0%)
57	LISIAKIEWICZ Bartosz	718		M40	25	00:50:42	02:52:53	06:05:00	09:45:13.60	09:45:19.35	+03:20:28 (34.3%)	9:40	6.2 (66.0%)
58	PILIPCZUK Paweł	703		M40	26	00:50:36	02:52:56	06:04:48	09:45:14.70	09:45:19.80	+03:20:28 (34.3%)	9:40	6.2 (66.0%)
59	PRUSIEWICZ Bartosz	733		M30	12	00:49:39	02:56:42	06:14:30	09:48:30.15	09:48:44.80	+03:23:53 (34.6%)	9:43	6.2 (66.0%)
60	RADZIWOŃ Krzysztof	742	GRUPA NIENACHALNIE HEROICZNA	M50	6	00:51:25	03:07:23	06:20:11	09:53:04.10	09:53:16.55	+03:28:25 (35.1%)	9:48	6.1 (64.9%)
61	WRZESIŃSKI Łukasz	757	POWER&PAKER	M40	27	00:51:49	02:52:02	06:13:15	09:54:24.90	09:54:51.55	+03:30:00 (35.3%)	9:49	6.1 (64.9%)

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						Szwajcarka 4.5km	Jeziorka 19.5km	Przełęcz Kowarska 38km					
62	MARKOWSKI Marek	768	KS LENIWIEC	M40	28	00:50:56	03:02:18	06:24:00	09:59:33.90	10:00:01.40	+03:35:10 (35.9%)	9:54	6.1 (64.9%)
63	ULATOWSKI Andrzej	739		M50	7	00:51:39	02:55:15	06:18:27	10:14:51.65	10:15:02.55	+03:50:11 (37.4%)	10:09	5.9 (62.8%)
64	ROŹNIATA Iwona	732		K50	2	00:59:00	03:21:17	06:40:00	10:16:34.80	10:16:46.20	+03:51:55 (37.6%)	10:11	5.9 (62.8%)
65	ROLLA Dorian	712		M40	29	00:50:42	03:01:02	06:27:06	10:24:08.70	10:24:19.95	+03:59:29 (38.4%)	10:18	5.8 (61.7%)
66	WOŁOSZYN Mariusz	787		M50	8	00:49:39	03:01:11	06:24:15	10:25:51.80	10:25:59.35	+04:01:08 (38.5%)	10:20	5.8 (61.7%)
67	BOBER Dorota	776		K40	6	00:48:24	02:54:39	06:39:01	10:26:36.85	10:26:50.70	+04:01:59 (38.6%)	10:21	5.8 (61.7%)
68	KURASIEWICZ Mariusz	701		M40	30	00:48:25	02:54:37	06:39:08	10:26:43.10	10:26:57.55	+04:02:06 (38.6%)	10:21	5.8 (61.7%)
69	KLIMCZEWSKI Andrzej	783	FOREVER YOUNG ŁÓDŹ	M60	2	00:49:25	03:05:31	06:44:30	10:30:18.80	10:30:25.10	+04:05:34 (39.0%)	10:25	5.8 (61.7%)
70	SEMENIUK Konrad	727	RZEPIŃSCY BIEGACZE	M30	13	00:57:13	03:12:06	06:56:40	10:40:48.80	10:41:07.95	+04:16:17 (40.0%)	10:35	5.7 (60.6%)
71	PLUCHA Michał	773	KOWARY BIEGAJĄ	M40	31	00:54:19	03:30:37	07:05:45	10:45:01.75	10:45:24.15	+04:20:33 (40.4%)	10:39	5.6 (59.6%)
72	JĘDROWSKI Ryszard	737	ULTRA RZEPIN	M40	32	00:57:11	03:12:07	06:56:48	10:46:25.75	10:46:44.90	+04:21:54 (40.5%)	10:41	5.6 (59.6%)
73	PRUSIEWICZ Beata	715		K50	3	00:59:02	03:23:12	07:01:57	11:06:29.15	11:06:39.75	+04:41:48 (42.3%)	11:00	5.4 (57.4%)
74	SZYMANKIEWICZ Edyta	762	CROSS STRACEŃCÓW TEAM	K50	4	01:02:31	03:30:12	07:14:45	11:10:59.40	11:11:12.75	+04:46:21 (42.7%)	11:05	5.4 (57.4%)
75	ŚNIEG Paulina	758		K50	5	01:02:30	03:25:13	07:05:49	11:10:58.95	11:11:12.80	+04:46:21 (42.7%)	11:05	5.4 (57.4%)
76	PIWOŃSKA Agnieszka	731		K50	6	01:02:28	03:25:13	07:05:46	11:11:00.95	11:11:14.30	+04:46:23 (42.7%)	11:05	5.4 (57.4%)
77	GAWRYLUK- KORCZAK Eliza	755		K40	7	00:59:05	03:21:46	07:01:10	11:21:35.85	11:21:57.15	+04:57:06 (43.6%)	11:15	5.3 (56.4%)
78	ŻEBRACKI Wojtek	750		M30	14	00:59:41	03:25:34	07:11:32	11:23:18.75	11:23:36.50	+04:58:45 (43.7%)	11:17	5.3 (56.4%)
79	WAŚIK Jacek	772	CBFS	M60	3	01:03:02	03:29:56	07:14:26	11:23:37.60	11:23:47.50	+04:58:56 (43.7%)	11:17	5.3 (56.4%)
80	HEJMOWSKI Sylwester	707	BIEGAMYRAZEM.PL	M50	9	00:59:31	03:25:41	07:21:07	12:18:49.75	12:19:02.10	+05:54:11 (47.9%)	12:12	4.9 (52.1%)
81	MASZEWSKA- WACH Mariola	744		K40	8	01:17:42	03:55:34	08:03:41	12:43:14.05	12:43:29.10	+06:18:38 (49.6%)	12:36	4.8 (51.1%)
82	KITLAS Dariusz	792	BSB	M50	10	01:17:43	04:01:08	08:03:51	12:43:17.65	12:43:32.90	+06:18:42 (49.6%)	12:36	4.8 (51.1%)
83	KROSIŃSKI Janusz	741	WEPA PIECHOWICE	M40	33	01:02:45	03:46:02	08:05:50	13:41:07.60	13:41:24.00	+07:16:33 (53.1%)	13:34	4.4 (46.8%)
	GORZELAŃCZYK Jakub	759	MKS SIECHNICE	M30		00:30:10 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)

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	SADOWSKI Paweł	791	DZIKIE HUSARSKIE CHORĄGWIE KONSNY RUDAW	M30		00:32:02 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 85 wynik(ów)