



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

RUDAWY ZIMOWY FESTIWAL BIEGOWY
Fundacja Szczyt za Szczytem
2022-02-19
Karpniki
60.5 km

SZEŚĆDZIESIĄTKA

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zamek Bołczów 8km	Kolorowe Jeziora 19.5km	Wielka Kopa 22.5km	Mała Ostra 29km	Rudnik 36km	Przełęcz Kowarska 38km	Starościńskie Skały 56km	Czas netto 60.5km	Czas brutto 60.5km	Różn	Tempo min/km	Tempo km/h
1	SADOWSKI Paweł	844	DRÄXLMAIER.	M30	1	00:58:27	02:01:40	02:31:44	03:21:12	04:15:01	04:22:20	06:14:10	06:35:45.50	06:35:53.00		6:32	9.2 (100%)
2	PIOTROWSKI Marek	751	SKLEP BIEGACZA RUNNING TEAM / KILOMETRY POMOCY	M30	2	01:04:01	02:06:31	02:39:56	03:37:07	04:33:33	04:43:59	06:50:56	07:13:42.00	07:13:45.45	+00:37:52 (8.7%)	7:10	8.4 (91.3%)
3	WIECZORKIEWICZ Zbigniew	759		M30	3	01:07:49	02:17:20	02:50:02	03:47:30	04:50:05	04:59:46	07:15:41	07:40:19.50	07:40:21.40	+01:04:28 (14.0%)	7:36	7.9 (85.9%)
4	NOWAK Marcin	808		M30	4	03:32:46			04:08:08	05:06:40	05:17:44	07:30:37	07:54:38.60	07:54:51.70	+01:18:58 (16.6%)	7:50	7.6 (82.6%)
5	ZDĄBLARZ Marcin	766		M30	5	01:28:59	02:30:12	03:05:05	04:08:33	05:07:33	05:17:50	07:29:46	07:54:45.55	07:54:51.80	+01:18:58 (16.6%)	7:50	7.6 (82.6%)
6	BIAŁEK Marcin	712	SWEETTRAVEL	M30	6	01:14:47	02:28:46		04:10:28	05:15:54	05:28:50	07:32:08	07:56:30.25	07:56:52.60	+01:20:59 (17.0%)	7:52	7.6 (82.6%)
7	ZIMKOWSKI Marcin	775	KGHM ZG RUN	M30	7	01:05:50	02:17:19		04:03:36	05:10:12	05:20:23	07:45:41	08:07:22.90	08:07:25.20	+01:31:32 (18.8%)	8:03	7.4 (80.4%)
8	STACHURA Damian	758		M30	8	01:05:57	02:14:28	02:51:40	03:56:33	05:09:42	05:21:00	08:01:21	08:27:42.30	08:27:47.85	+01:51:54 (22.0%)	8:23	7.1 (77.2%)
9	DARMETKO Rafał	781		M30	9	01:14:59	02:29:09		04:14:58	05:26:26	05:40:08	08:26:57	08:44:06.90	08:44:14.20	+02:08:21 (24.5%)	8:39	6.9 (75.0%)
10	MENDYKA Łukasz	819	KB AKTYWNI ŚRODA WLKP.	M30	10	01:36:50	02:47:12		04:35:38	05:44:52	05:56:51	08:22:55	08:44:31.55	08:44:40.25	+02:08:47 (24.5%)	8:40	6.9 (75.0%)
11	DEINIUK Roman	755		M30	11	01:36:53	02:51:43		04:48:13	06:02:28	06:16:10	08:51:11	09:14:47.95	09:15:02.40	+02:39:09 (28.7%)	9:10	6.5 (70.7%)
12	RAJKOWSKI Tomasz	749	FC EIRE DIVISION	M30	12	01:37:04	02:51:50		04:48:37	06:01:29	06:19:01	08:53:48	09:22:36.80	09:22:44.70	+02:46:51 (29.7%)	9:17	6.5 (70.7%)
13	DAWIDZIAK Arkadiusz	794	GARMIN WROCŁAW	M30	13	01:35:12	02:47:52		04:54:14	06:10:06	06:24:54	09:12:41	09:37:11.55	09:37:18.10	+03:01:25 (31.4%)	9:32	6.3 (68.5%)
14	KACZOROWSKI Michał	757	KWIDZYN BIEGA	M30	14	01:45:18	03:00:42		04:59:12	06:14:02	06:35:47	09:10:56	09:37:33.85	09:37:54.60	+03:02:01 (31.5%)	9:32	6.3 (68.5%)
15	PIETRUCHA Jakub	809		M30	15	01:40:26	02:58:12		04:56:59	06:15:58	06:32:54	09:22:41	09:47:04.60	09:47:29.00	+03:11:36 (32.6%)	9:42	6.2 (67.4%)
16	KOCEMBA Kamil	742	KĘCKIE HARPAGANY	M30	16	01:35:01	02:50:15		04:59:27	06:27:13	06:50:23	09:21:30	09:47:28.85	09:47:38.40	+03:11:45 (32.6%)	9:42	6.2 (67.4%)
17	PIEKARSKI Łukasz	754		M30	17	01:29:44	02:37:34		04:39:20	06:06:51	06:26:04	09:21:49	09:54:40.20	09:54:58.40	+03:19:05 (33.5%)	9:49	6.1 (66.3%)
18	KONOPSKI Piotr	834		M30	18		03:00:43		04:58:32	06:13:46	06:35:46	09:25:34	09:55:33.65	09:55:55.15	+03:20:02 (33.6%)	9:50	6.1 (66.3%)
19	MILEWICZ Daniel	814		M30	19	01:37:10	02:59:47		05:05:30	06:22:59	06:34:20	09:25:25	09:57:10.75	09:57:21.80	+03:21:28 (33.7%)	9:52	6.1 (66.3%)
20	ZADROŻNY Piotr	829		M30	20	01:43:20	03:01:30		05:03:00	06:21:24	06:39:22	09:37:20	10:03:46.15	10:04:20.05	+03:28:27 (34.5%)	9:58	6 (65.2%)
21	FLASIŃSKI Michał	798		M30	21	01:37:45	03:01:14		05:06:11	06:24:03	06:41:46	09:41:43	10:14:49.15	10:15:06.25	+03:39:13 (35.6%)	10:09	5.9 (64.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zamek Bolczów 8km	Kolorowe Jeziora 19.5km	Wielka Kopa 22.5km	Mała Ostra 29km	Rudnik 36km	Przełęcz Kowarska 38km	Starościńskie Skały 56km	Czas netto 60.5km	Czas brutto 60.5km	Różn	Tempo min/km	Tempo km/h
22	KŁOSEK Jacek	836	100 MARATHON CLUB POLAND	M30	22	01:45:27	03:09:14		05:15:52	06:36:56	06:51:22	09:46:37	10:17:26.40	10:17:43.95	+03:41:50 (35.9%)	10:12	5.9 (64.1%)
23	ZIÓŁEK Rafał	824		M30	23	01:39:01	02:57:38		05:00:09	06:22:31	06:41:48	09:45:46	10:20:09.70	10:20:27.90	+03:44:34 (36.2%)	10:15	5.9 (64.1%)
24	GAJEWSKI Sebastian	740		M30	24	01:38:11	02:59:48		05:08:18	06:23:51	06:41:31	09:44:24	10:19:20.35	10:20:31.50	+03:44:38 (36.2%)	10:14	5.9 (64.1%)
25	MICHALSKI Dariusz	785	BIEGACZE JUNIORA-RUNNERS TEAM	M30	25	01:40:28	03:00:58		05:07:52	06:32:45	06:53:10	10:05:20	10:39:12.35	10:39:23.85	+04:03:30 (38.1%)	10:33	5.7 (62.0%)
26	LASKOWSKI Tomasz	779	PIĘKNI I BESTIĘ	M30	26	01:43:48	02:59:45		05:14:38	06:47:21	07:13:14	10:39:41	11:12:03.30	11:12:12.25	+04:36:19 (41.1%)	11:06	5.4 (58.7%)
27	MELNYK Ivan	818		M30	27	01:47:15	03:36:24		05:53:52	07:23:59	07:47:48	11:00:10	11:35:39.35	11:35:58.80	+05:00:05 (43.1%)	11:29	5.2 (56.5%)
28	TREGUB Igor	817		M30	28	01:47:14	03:36:28		05:54:25	07:23:56	07:47:48	10:59:16	11:35:40.20	11:35:59.10	+05:00:06 (43.1%)	11:29	5.2 (56.5%)
29	SEMIENIUK Konrad	729	RZEPIŃSCY BIEGACZE	M30	29	02:00:15	04:05:45		07:01:58	08:55:07	09:13:40	12:16:20	12:57:22.10	12:57:38.50	+06:21:45 (49.1%)	12:50	4.7 (51.1%)

Znaleziono 29 wynik(ów)