



**Event:** RUDAWY ZIMOWY FESTIWAL BIEGOWY  
**Organiser:** Fundacja Szczyt za Szczytem  
**Date:** 2024-02-10  
**Place:** Karpniki  
**Distance:** 60.5 km

# SZEŚĆDZIESIĄTKA

B4SPORT

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INTELEGNTE ZAWODY SPORTOWE

Classification: M30

Place	Participant	Number	Club	Category	MCat	Szwajcarka 4.5km	Kolorowe Jeziorka 19.5km	Przełęcz Kowarska 38km	Net time 60.5km	Czas brutto 60.5km	Gap	Pace min/km	Pace km/h
1	<b>WIECZORKIEWICZ Zbigniew</b>	<b>774</b>	WEPA PIECHOWICE	M30	1	00:37:31	02:10:33	04:24:54	<b>07:00:14.05</b>	<b>07:00:17.15</b>		6:56	8.6 (100%)
2	<b>WŁODARCZYK Krystian</b>	<b>702</b>	GRUPA BIEGOWA TRISTONE WAŁBRZYCH	M30	2	00:44:27	02:24:22	05:01:11	<b>07:46:07.05</b>	<b>07:46:19.85</b>	+00:46:02 (9.9%)	7:42	7.8 (90.7%)
3	<b>KRUSZEWSKI Filip</b>	<b>706</b>	NOWAK.RUN	M30	3	00:44:16	02:28:31	05:10:56	<b>08:01:51.35</b>	<b>08:02:01.35</b>	+01:01:44 (12.8%)	7:57	7.5 (87.2%)
4	<b>ANTKOWIAK Michał</b>	<b>710</b>	W POGONI ZA MARZENIAMI M&M	M30	4	00:44:17	02:33:26	05:21:26	<b>08:25:10.65</b>	<b>08:25:22.70</b>	+01:25:05 (16.8%)	8:20	7.2 (83.7%)
5	<b>GAJDOWSKI Przemysław</b>	<b>704</b>		M30	5	00:44:37	02:36:12	05:28:25	<b>08:38:08.30</b>	<b>08:38:16.75</b>	+01:37:59 (18.9%)	8:33	7 (81.4%)
6	<b>JANKOWSKI Sebastian</b>	<b>769</b>	COKE RUNNERS	M30	6	00:49:27	02:42:04	05:32:59	<b>08:40:03.10</b>	<b>08:40:20.75</b>	+01:40:03 (19.2%)	8:35	7 (81.4%)
7	<b>DARMETKO Rafał</b>	<b>745</b>		M30	7	00:49:45	02:42:20	05:33:23	<b>08:41:12.00</b>	<b>08:41:13.00</b>	+01:40:55 (19.4%)	8:36	7 (81.4%)
8	<b>POCHROŃ Marcin</b>	<b>760</b>		M30	8	00:39:34	02:30:35	05:32:01	<b>08:55:39.45</b>	<b>08:55:48.35</b>	+01:55:31 (21.6%)	8:51	6.8 (79.1%)
9	<b>TKACZ Łukasz</b>	<b>756</b>		M30	9	00:49:47	02:45:44	05:49:27	<b>09:19:09.50</b>	<b>09:19:30.00</b>	+02:19:12 (24.9%)	9:14	6.5 (75.6%)
10	<b>DAWIDZIAK Arkadiusz</b>	<b>723</b>	GARMIN WROCŁAW	M30	10	00:43:35	02:47:27	05:49:34	<b>09:19:35.60</b>	<b>09:19:43.30</b>	+02:19:26 (24.9%)	9:14	6.5 (75.6%)
11	<b>STYK Marek</b>	<b>717</b>		M30	11	00:48:36	02:47:26	06:01:45	<b>09:38:33.50</b>	<b>09:38:39.65</b>	+02:38:22 (27.4%)	9:33	6.3 (73.3%)
12	<b>PRUSIEWICZ Bartosz</b>	<b>733</b>		M30	12	00:49:39	02:56:42	06:14:30	<b>09:48:30.15</b>	<b>09:48:44.80</b>	+02:48:27 (28.6%)	9:43	6.2 (72.1%)
13	<b>SEMENIUK Konrad</b>	<b>727</b>	RZEPIŃSCY BIEGACZE	M30	13	00:57:13	03:12:06	06:56:40	<b>10:40:48.80</b>	<b>10:41:07.95</b>	+03:40:50 (34.4%)	10:35	5.7 (66.3%)
14	<b>ŻEBRACKI Wojtek</b>	<b>750</b>		M30	14	00:59:41	03:25:34	07:11:32	<b>11:23:18.75</b>	<b>11:23:36.50</b>	+04:23:19 (38.5%)	11:17	5.3 (61.6%)
	<b>GORZELAŃCZYK Jakub</b>	<b>759</b>	MKS SIECHNICE	M30		00:30:10 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Place	Participant	Number	Club	Category	MCat	Szwajcarka 4.5km	Kolorowe Jeziorka 19.5km	Przełęcz Kowarska 38km	Net time 60.5km	Czas brutto 60.5km	Gap	Pace min/km	Pace km/h
	<b>SADOWSKI Paweł</b>	<b>791</b>	DZIKIE HUSARSKIE CHORĄGWIE KONSNY RUDAW	M30		00:32:02 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Total 16 results.