



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: M40

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
1	JUDA Witold	839		M40	1	00:59:46	02:04:14	02:36:57	03:29:32	04:24:17	04:32:07	06:28:01	06:48:09.60	06:48:11.60		6:44	8.9 (100%)
2	GADZIMSKI Michał	837		M40	2	01:00:55	02:05:06	02:36:45	03:31:09	04:27:52	04:36:28	06:42:12	07:02:02.95	07:02:05.00	+00:13:53 (3.3%)	6:58	8.6 (96.6%)
3	BIELAWA Rafał	850	INOVS8TEAMPOLSKA	M40	3	01:03:52	02:06:29	02:37:09	03:31:48	04:26:43	04:34:55	06:42:46	07:02:54.35	07:02:58.75	+00:14:47 (3.5%)	6:59	8.6 (96.6%)
4	KLINCEWICZ Cezary	840		M40	4	01:05:45	02:07:25	02:40:04	03:37:13	04:33:17	04:40:52	06:43:00	07:03:38.10	07:03:40.80	+00:15:29 (3.7%)	7:00	8.6 (96.6%)
5	ŁYJAK Błażej	796	RATEMYTRAIL	M40	5	01:04:04	02:07:27		03:33:29	04:32:21	04:42:22	06:50:56	07:13:41.95	07:13:53.40	+00:25:41 (5.9%)	7:10	8.4 (94.4%)
6	PIEKIELNY Mariusz	816		M40	6	01:05:50	02:08:51	02:42:46	03:40:43	04:38:56	04:48:29	06:53:37	07:17:00.80	07:17:00.80	+00:28:49 (6.6%)	7:13	8.3 (93.3%)
7	BODANKA Piotr	805	APAMA ACOUSTIC PROJECT	M40	7	01:04:08	02:07:29	02:42:53	03:40:34	04:37:46	04:45:02	06:58:40	07:20:32.35	07:20:35.80	+00:32:24 (7.4%)	7:16	8.2 (92.1%)
8	FAJKS Marcin	744	BIEGOWYWIRUS	M40	8	01:02:32	02:08:20	02:45:07	03:46:02	04:53:38	05:03:40	07:22:35	07:46:38.40	07:46:41.65	+00:58:30 (12.5%)	7:42	7.8 (87.6%)
9	FARGANUS Robert	703	ZABIEGANI Z LEŚNEJ	M40	9	01:05:54	02:13:32		03:48:41	04:57:45	05:10:14	07:24:37	07:50:21.45	07:50:26.70	+01:02:15 (13.2%)	7:46	7.7 (86.5%)
10	STEFANIAK Łukasz	765		M40	10	01:14:46	02:25:44		04:03:57	05:13:08	05:23:57	07:45:33	08:08:43.85	08:08:47.90	+01:20:36 (16.5%)	8:04	7.4 (83.1%)
11	PODBIELSKI Krystian	714	KAJA TEAM	M40	11	01:15:04	02:29:46		04:10:33	05:18:45	05:29:35	07:45:50	08:10:35.00	08:10:43.65	+01:22:32 (16.8%)	8:06	7.4 (83.1%)
12	SZCZĘSNY Maciej	842		M40	12	01:11:20	02:23:13		04:05:12	05:11:16	05:21:33	07:54:28	08:17:16.70	08:17:25.10	+01:29:13 (17.9%)	8:13	7.3 (82.0%)
13	ŻAK Robert	782	TYGRIS & BIEDRONKA	M40	13	01:28:46	02:37:59		04:18:19	05:26:38	05:39:56	08:01:06	08:22:59.65	08:23:05.10	+01:34:53 (18.9%)	8:18	7.2 (80.9%)
14	PACZUSKI Michał	813		M40	14	01:18:12	02:32:01	03:12:12	04:15:40	05:22:40	05:33:27	07:58:14	08:25:45.75	08:25:52.90	+01:37:41 (19.3%)	8:21	7.2 (80.9%)
15	LIPOWICZ Łukasz	705		M40	15	01:28:50	02:34:27		04:16:16	05:22:59	05:34:40	08:05:13	08:31:25.70	08:31:31.25	+01:43:19 (20.2%)	8:27	7.1 (79.8%)
16	ŻYŻA Piotr	717	ATLETICS TEAM PRUSICE	M40	16	01:14:40	02:25:52		04:12:18	05:24:35	05:35:35	08:08:44	08:35:30.85	08:35:37.40	+01:47:25 (20.8%)	8:31	7 (78.7%)
17	SZELUK Grzegorz	737	DZIEWIEĆ SIŁ	M40	17	01:29:51	02:36:18		04:21:32	05:32:44	05:45:27	08:18:39	08:43:09.85	08:43:16.00	+01:55:04 (22.0%)	8:38	6.9 (77.5%)
18	DUBINSKAS Arunas	823		M40	18	01:29:36	02:36:27		04:23:49	05:34:02	05:47:38	08:26:11	08:44:49.55	08:45:09.00	+01:56:57 (22.3%)	8:40	6.9 (77.5%)
19	CALICKI Łukasz	831	147ULTRA, NCDC	M40	19	01:28:44	02:31:22	03:13:12	04:21:02	05:31:30	05:44:10	08:26:17	08:47:30.90	08:47:35.25	+01:59:23 (22.6%)	8:43	6.9 (77.5%)
20	SKOWRON Radosław	743	WARCZĄC ODBYTEM	M40	20	01:35:04	02:40:22		04:30:19	05:41:00	05:53:19	08:21:18	08:47:48.75	08:48:07.15	+01:59:55 (22.7%)	8:43	6.9 (77.5%)
21	SKORUPIŃSKI Piotr	728		M40	21	01:30:04	02:35:47		04:23:47	05:35:19	05:47:26	08:27:53	08:48:48.30	08:48:55.70	+02:00:44 (22.8%)	8:44	6.9 (77.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zamek	Kolorowe	Wielka	Mała	Rudnik	Przełęcz	Starościńskie	Czas	Czas	Różn	Tempo	Tempo
						Bolczów	Jeziorka	Kopa	Ostra	36km	Kowarska	Skafy	netto	brutto			
						8km	19.5km	22.5km	29km		38km	56km	60.5km	60.5km		min/km	km/h
22	BURMAN Michał	704	AKTYWNI RAZEM	M40	22	01:14:55	02:29:02	03:11:18	04:21:59	05:35:10	05:47:53	08:27:36	08:50:19.80	08:50:24.95	+02:02:13 (23.0%)	8:45	6.8 (76.4%)
23	KRÓL Marcin	801		M40	23	01:37:29	02:52:33		04:39:37	05:48:33	06:02:13	08:31:51	08:58:55.75	08:59:16.65	+02:11:05 (24.3%)	8:54	6.7 (75.3%)
24	KASZKOWIAK Bogumil	800		M40	24	01:37:47	02:52:01		04:46:03	05:58:19	06:10:24	08:46:18	09:11:37.40	09:11:49.45	+02:23:37 (26.0%)	9:07	6.6 (74.2%)
25	SPECHT Mikołaj	833		M40	25	01:17:53	02:34:37		04:27:33	05:43:43	05:59:55	08:41:39	09:12:56.35	09:13:01.35	+02:24:49 (26.2%)	9:08	6.6 (74.2%)
26	ZAJĄC Sebastian	788	BIEGOWA ŚWIDNICA	M40	26	01:34:48	02:42:49		04:43:57	06:02:18	06:17:50	08:52:39	09:14:12.35	09:14:25.00	+02:26:13 (26.4%)	9:09	6.5 (73.0%)
27	HETMAN Łukasz	780		M40	27	01:28:55	02:35:59		04:34:02		06:07:08	08:52:24	09:22:56.40	09:23:04.40	+02:34:52 (27.5%)	9:18	6.4 (71.9%)
28	JERKA Marek	858		M40	28	01:35:14	02:44:47		04:35:13	05:54:55	06:05:25	08:51:38	09:22:54.45	09:23:14.50	+02:35:02 (27.5%)	9:18	6.4 (71.9%)
29	GAŁKA Grzegorz	748		M40	29	01:36:44	02:47:18		04:36:07	05:53:14	06:07:15	08:57:59	09:28:56.70	09:29:14.25	+02:41:02 (28.3%)	9:24	6.4 (71.9%)
30	PAŻUCHA Wojciech	827	KRAKOWIAK ULTRA TEAM / GÓRAL Z MAZUR RUNNING TEAM	M40	30	01:34:52	02:41:12		04:45:06	05:57:55	06:12:43	09:01:57	09:34:18.30	09:34:41.10	+02:46:29 (29.0%)	9:29	6.3 (70.8%)
31	WOJCIECHOWSKI Dariusz	826		M40	31	01:35:04	02:41:12		04:44:32	05:57:52	06:12:41	09:01:53	09:34:19.50	09:34:41.40	+02:46:29 (29.0%)	9:29	6.3 (70.8%)
32	GRUBICH Damian	732		M40	32	01:36:50	02:52:26		04:46:33	06:07:09	06:20:08	09:05:52	09:36:39.65	09:36:54.70	+02:48:43 (29.2%)	9:31	6.3 (70.8%)
33	GOSTYŃSKI Krzysztof	741		M40	33	01:38:43	03:03:15		05:03:31	06:19:06	06:29:02	09:18:08	09:41:52.80	09:42:17.10	+02:54:05 (29.9%)	9:37	6.2 (69.7%)
34	JARUS Andrzej	722	POLISH WINGS	M40	34	01:36:41	02:47:13		04:43:38	05:57:46	06:11:41	09:09:50	09:44:51.20	09:45:00.95	+02:56:49 (30.2%)	9:40	6.2 (69.7%)
35	TEJWAN Leszek	799		M40	35	01:40:17	02:58:14		04:56:29	06:15:37	06:32:54	09:24:41	09:47:03.25	09:47:29.00	+02:59:17 (30.5%)	9:42	6.2 (69.7%)
36	KRZYWDZIŃSKI Bartłomiej	711		M40	36	03:22:01			05:01:15	06:18:44	06:34:19	09:21:00	09:48:50.55	09:49:01.90	+03:00:50 (30.7%)	9:43	6.2 (69.7%)
37	PATYK Mirek	770		M40	37	01:30:10	02:46:04		04:45:22	06:07:20	06:31:09	09:24:35	09:51:25.60	09:51:39.10	+03:03:27 (31.0%)	9:46	6.1 (68.5%)
38	PROKOPIUK Grzegorz	747	SZWAGRY DWA	M40	38	01:36:46	02:51:28		04:57:43	06:17:05	06:34:52	09:26:35	10:01:36.30	10:01:46.50	+03:13:34 (32.2%)	9:56	6 (67.4%)
39	GARSTKA Zbigniew	768		M40	39	01:37:00	02:54:17		04:56:09	06:20:31	06:36:01	09:35:31	10:04:18.60	10:04:32.60	+03:16:21 (32.5%)	9:59	6 (67.4%)
40	LIS Paweł	851		M40	40	01:35:03	02:47:30		04:54:46	06:19:42	06:38:12	09:38:05	10:06:04.00	10:06:30.85	+03:18:19 (32.7%)	10:01	6 (67.4%)
41	DEC Mirosław	787		M40	41	01:45:03	03:03:38		05:08:18	06:24:50	06:41:51	09:37:05	10:08:31.90	10:08:53.95	+03:20:42 (33.0%)	10:03	6 (67.4%)
42	MATYSIAK Marcin	789	ULTRAWYRYPA.PL	M40	42	01:37:40	02:56:17		05:01:37	06:24:35	06:44:53	09:39:10	10:09:01.80	10:09:16.75	+03:21:05 (33.0%)	10:03	6 (67.4%)
43	SZCZUREK Mariusz	783		M40	43	01:36:48	02:53:07		04:59:55	06:18:43	06:29:40	09:36:51	10:10:01.30	10:10:07.15	+03:21:55 (33.1%)	10:04	6 (67.4%)
44	BOROWIAK Piotr	838		M40	44	01:45:34	03:09:14		05:15:22	06:37:01	06:51:28	09:47:19	10:17:26.25	10:17:44.05	+03:29:32 (33.9%)	10:12	5.9 (66.3%)
45	ŁABĘDZKI Mariusz	701		M40	45	01:39:36	02:59:50		05:07:55	06:23:44	06:41:30	09:43:25	10:19:19.75	10:20:31.35	+03:32:19 (34.2%)	10:14	5.9 (66.3%)
46	OCHOTA Rafał	720	PIETRZYKOWICE	M40	46	01:43:43	03:09:31		05:12:49	06:33:54	06:51:33	09:49:34	10:20:48.40	10:22:54.20	+03:34:42 (34.5%)	10:15	5.8 (65.2%)
47	WYSOCHAŃSKI Adrian	830		M40	47	01:47:05	03:22:40		05:35:21	07:06:21	07:27:54	09:58:20	10:25:14.55	10:25:21.65	+03:37:10 (34.7%)	10:20	5.8 (65.2%)
48	GOLBIAK Wojciech	849		M40	48	01:34:55	02:42:27		04:41:17	06:04:59	06:57:40	09:54:01	10:27:12.20	10:27:21.75	+03:39:10 (34.9%)	10:22	5.8 (65.2%)
49	RECZUCH Andrzej	771		M40	49	01:45:14	03:00:51		05:02:34	06:24:18	06:38:32	09:57:00	10:36:01.55	10:36:17.20	+03:48:05 (35.8%)	10:30	5.7 (64.0%)
50	WOJCIECHOWSKI Paweł	769	BIEGACZE JUNIORA_RUNNERS TEAM	M40	50	01:40:25	03:00:57		05:07:44	06:32:42	06:53:10	10:05:37	10:39:12.65	10:39:23.85	+03:51:12 (36.2%)	10:33	5.7 (64.0%)

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
51	WIŚNIEWSKI Artur	821		M40	51	01:45:14	03:08:04		05:19:46	06:49:04	07:03:19	10:05:50	10:42:05.80	10:42:27.30	+03:54:15 (36.5%)	10:36	5.7 (64.0%)
52	KOWALCZYK Paweł	733	KĘCKIE HARPAGANY	M40	52	01:35:05	02:48:25		04:58:19	06:26:30	06:50:29	10:10:42	10:45:58.95	10:46:01.35	+03:57:49 (36.8%)	10:40	5.6 (62.9%)
53	GAŁEK Wojciech	706	RAPI POLSKA / NO PAIN NO GAIN	M40	53	01:46:59	03:22:30		05:35:46	07:07:10	07:27:40	10:22:07	10:58:32.10	10:58:39.50	+04:10:27 (38.0%)	10:53	5.5 (61.8%)
54	WREMBEL Przemysław	793		M40	54	01:37:56	03:06:03		05:21:20	06:50:12	07:09:58	10:24:00	10:58:29.05	10:58:42.10	+04:10:30 (38.0%)	10:53	5.5 (61.8%)
55	BEM Piotr	725		M40	55	01:37:59	03:05:58		05:16:53	06:48:54	07:09:42	10:32:28	11:11:25.10	11:11:33.10	+04:23:21 (39.2%)	11:05	5.4 (60.7%)
56	GROCHOWSKI Wojciech	832	KLUB WYSOKOGÓRSKI WARSZAWA	M40	56	01:46:28	03:22:04		05:40:25	07:16:14	07:35:00	10:38:56	11:16:19.20	11:16:46.95	+04:28:35 (39.7%)	11:10	5.4 (60.7%)
57	NÓŻKA Andrzej	859	ULTRA BEER RUNNERS	M40	57	01:45:36	03:16:14		05:37:50	07:07:44	07:25:47	10:47:38	11:24:14.35	11:24:31.75	+04:36:20 (40.4%)	11:18	5.3 (59.6%)
58	KONKEL Marcin	718		M40	58	01:46:37	03:22:12		05:40:51	07:09:24	07:34:32	10:50:49	11:28:36.40	11:29:09.30	+04:40:57 (40.8%)	11:22	5.3 (59.6%)
59	FILIPIAK Sebastian	707	EKIPA LIPA	M40	59	01:45:27	03:20:37		05:49:28	07:25:42	07:49:19	11:23:49	12:05:20.15	12:05:49.85	+05:17:38 (43.8%)	11:59	5 (56.2%)
60	GÓRCZYŃSKI Rafał	716		M40	60	01:45:35	03:20:43		05:49:40	07:25:59	07:49:56	11:24:00	12:05:33.25	12:05:58.20	+05:17:46 (43.8%)	11:59	5 (56.2%)
61	MARCINIAK Maciej	784	MM PROJEKT	M40	61	01:37:43	03:03:10		05:20:33	07:07:30	07:34:04	11:19:52	12:07:37.55	12:07:47.30	+05:19:35 (43.9%)	12:01	5 (56.2%)
62	KASPERKIEWICZ Filip	736		M40	62	01:46:53			06:15:38	08:05:26	08:32:22	11:59:52	12:36:53.55	12:37:16.65	+05:49:05 (46.1%)	12:30	4.8 (53.9%)
63	DZISZKIEWICZ Grzegorz	841		M40	63	01:48:59	03:47:22		06:25:13	08:14:43	08:33:00	12:10:18	12:47:39.30	12:48:03.20	+05:59:51 (46.9%)	12:41	4.7 (52.8%)
64	JĘDROWSKI Ryszard	726	ULTRA RZEPIN	M40	64	02:00:08	04:05:39		07:01:57	08:55:07	09:18:04	13:42:03	14:35:13.40	14:35:34.00	+07:47:22 (53.4%)	14:27	4.1 (46.1%)
65	CIEŚLAK Łukasz	752	CIEŚLAK TEAM	M40	65	02:00:19	04:06:20		07:02:52	08:56:08	09:18:17	13:42:21	14:35:29.30	14:35:44.85	+07:47:33 (53.4%)	14:28	4.1 (46.1%)
	MIECHUR Bogumił	804	RUNEXTREME	M40		01:15:09 DNF	02:30:56 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 66 wynik(ów)