

SZTAFETA GÓRSKA - SOLO

B4SPORT
INTELEKTYWNE ZAWODY SPORTOWE

Event: Kudowski Festiwal Biegowy
Organiser: Fundacja MARATONY GÓRSKIE
Date: 2023-04-01
Place: Kudowa-Zdrój
Distance: 75,4 km

B4SPORT
INTELEKTYWNE ZAWODY SPORTOWE

Classification: M-40

Place	Participant	Number	Club	Category	MCat	Błędne Skały 10km	Nad U Zabiteho 16.6km	Z1 Hvezda 29.2km	Nad U Zabiteho 41.6km	Z2 Karłów 50.3km	Błędne Skały 66km	Net time 75.4km	Czas brutto 75.4km	Gap	Pace min/km	Pace km/h
1	MRAZEK Jan	2016	INOV-8 TEAM	M-40	1	01:09:50	01:46:35	03:19:07	04:55:36	05:55:24	07:44:50	08:38:28.55	08:38:28.55		6:52	8.7 (100%)
2	PAWŁOWSKI Marcin	2200		M-40	2	01:11:24	01:48:25	03:24:39	05:01:06	06:00:10	07:45:49	08:43:02.05	08:43:02.05	+00:04:33 (0.9%)	6:56	8.6 (98.9%)
3	STROINSKI Daniel	2203	ATTIQ TEAM	M-40	3	01:12:49	01:49:19	03:30:10	05:15:47	06:23:54	08:24:36	09:30:14.35	09:30:14.35	+00:51:45 (9.1%)	7:33	7.9 (90.8%)
4	KOZIEŁ Tomasz	2149	#WAW_RZYN_TEAM	M-40	4	01:10:36	01:48:26	03:25:56	05:20:09	06:41:38	08:52:47	09:52:35.45	09:52:35.45	+01:14:06 (12.5%)	7:51	7.6 (87.4%)
5	KLINCEWICZ Cezary	2199		M-40	5	01:18:28	01:57:38	03:48:39	05:45:07	06:52:36	08:54:42	10:05:53.65	10:05:53.65	+01:27:25 (14.4%)	8:02	7.5 (86.2%)
6	WICHŁACZ Paweł	2181	KB MANIAC POZNAŃ	M-40	6	01:22:50	02:02:22	03:53:32	05:53:50	07:06:39	09:21:52	10:25:36.35	10:25:36.35	+01:47:07 (17.1%)	8:17	7.2 (82.8%)
7	RINK Jan	2115		M-40	7	01:20:03	01:58:37	03:56:14	06:08:05	07:27:02	09:39:52	10:42:05.25	10:42:05.25	+02:03:36 (19.3%)	8:30	7 (80.5%)
8	SKROBAŃSKI Roman	2124	SKROBKITEAM	M-40	8	01:16:25	01:56:02	03:52:04	06:02:24	07:28:01	09:48:28	11:09:55.15	11:09:55.15	+02:31:26 (22.6%)	8:53	6.8 (78.2%)
9	MOKRYCKI Krystian	2198		M-40	9	01:30:01	02:15:27	04:13:52	06:24:20	07:41:19	10:02:59	11:13:09.60	11:13:09.60	+02:34:41 (23.0%)	8:55	6.7 (77.0%)
10	LIPIŃSKI Marek	2190		M-40	10	01:16:37	01:57:18	03:51:40	06:02:19	07:27:28	09:57:48	11:13:54.45	11:13:54.45	+02:35:25 (23.1%)	8:56	6.7 (77.0%)
11	WĘDRASZEK Krystian	2167		M-40	11	01:21:25	02:04:00	03:58:09	06:10:23	07:29:57	10:02:40	11:15:32.85	11:15:32.85	+02:37:04 (23.3%)	8:57	6.7 (77.0%)
12	WARDZYŃSKI Łukasz	2151		M-40	12	01:24:39	02:06:02	04:11:28	06:24:59	07:48:02	10:22:42	11:25:42.95	11:25:42.95	+02:47:14 (24.4%)	9:05	6.6 (75.9%)
13	KRUPA Marcin	2172	AKTYWNA NOWA RUDA	M-40	13	01:16:33	01:57:21	04:02:51	06:22:46	07:41:47	10:20:56	11:31:17.75	11:31:17.75	+02:52:49 (25.0%)	9:10	6.5 (74.7%)
14	SĘK Maciej	2061	#DWAZOMBIAKI	M-40	14	01:24:14	02:07:21	04:08:37	06:19:35	07:43:10	10:19:37	11:33:46.40	11:33:46.40	+02:55:17 (25.3%)	9:12	6.5 (74.7%)
15	WOJTCZAK Mariusz	2183		M-40	15	01:24:22	02:06:41	04:04:41	06:16:07	07:39:27	10:23:41	11:38:20.50	11:38:20.50	+02:59:51 (25.8%)	9:15	6.5 (74.7%)
16	LISIECKI Tomasz	2178	TRZYNASTKA PLUS	M-40	16	01:25:08	02:10:18	04:13:44	06:26:44	07:52:19	10:25:20	11:41:43.35	11:41:43.35	+03:03:14 (26.1%)	9:18	6.4 (73.6%)

Place	Participant	Number	Club	Category	MCat	Błędne	Nad U	Z1	Nad U	Z2	Błędne	Net	Czas	Gap	Pace min/km	Pace km/h
						Skały 10km	Zabiteho 16.6km	Hvezda 29.2km	Zabiteho 41.6km	Karłów 50.3km	Skały 66km	time 75.4km	brutto 75.4km			
17	MAZUREK Roman	2128		M-40	17	01:26:53	02:10:53	04:18:49	06:41:39	08:13:14	10:37:21	11:44:58.60	11:44:58.60	+03:06:30 (26.5%)	9:20	6.4 (73.6%)
18	BORÓWKA Ryszard	2196		M-40	18	01:30:11	02:15:50	04:26:43	06:44:06	08:04:17	10:32:56	11:46:58.80	11:46:58.80	+03:08:30 (26.7%)	9:22	6.4 (73.6%)
19	SKROBAŁA Dariusz	2161	KB SOBÓTKA	M-40	19	01:29:59	02:17:02	04:24:40	06:43:42	08:04:59	10:47:09	12:08:28.95	12:08:28.95	+03:30:00 (28.8%)	9:39	6.2 (71.3%)
20	SZELĄG Dariusz	2084	LISY PUSTYNI	M-40	20	01:41:12	02:32:41	04:56:12	07:20:17	08:47:21	11:23:08	12:38:49.20	12:38:49.20	+04:00:20 (31.7%)	10:03	6 (69.0%)
21	WOJCIECHOWSKI Krzysztof	2029	RADLINIOKI W BIEGU	M-40	21	01:42:18	02:34:29	05:00:22	07:26:10	08:51:53	11:29:39	12:45:58.30	12:45:58.30	+04:07:29 (32.3%)	10:09	5.9 (67.8%)
22	DVOŘÁK Radek	2105	POBĚHLÍCI	M-40	22	01:33:31	02:21:58	04:42:41	07:25:30	08:59:02	11:47:15	12:59:26.30	12:59:26.30	+04:20:57 (33.5%)	10:20	5.8 (66.7%)
23	GADOMSKI Radosław	2006	ŻÓRAWSKI TEAM	M-40	23	01:24:31	02:12:09	04:28:23	07:03:06	08:36:07	11:40:34	13:00:36.35	13:00:36.35	+04:22:07 (33.6%)	10:21	5.8 (66.7%)
24	BUCZYŃSKI Arkadiusz	2143		M-40	24	01:40:10	02:28:46	04:47:37	07:26:22	09:04:28	11:47:56	13:10:20.50	13:10:20.50	+04:31:51 (34.4%)	10:28	5.7 (65.5%)
25	PROCHÁZKA Rudolf	2060	ULTRA TRAIL RUNNERS	M-40	25	01:41:01	02:33:51	04:50:23	07:16:29	08:51:06	11:47:19	13:10:47.70	13:10:47.70	+04:32:19 (34.4%)	10:29	5.7 (65.5%)
26	CIURASZKIEWICZ Andrzej	2168		M-40	26	01:40:15	02:31:57	04:53:02	07:30:39	09:08:13	12:02:37	13:17:05.60	13:17:05.60	+04:38:37 (35.0%)	10:34	5.7 (65.5%)
27	IGNASZEWSKI Michał	2091	BIEGAJĄCE KREJZOLE	M-40	27	01:36:35	02:35:47	05:00:56	07:30:54	09:06:49	11:57:08	13:18:15.80	13:18:15.80	+04:39:47 (35.0%)	10:35	5.7 (65.5%)
28	KURASZKIEWICZ Błażej	2011		M-40	28	01:26:56	02:11:35	04:17:53	06:50:12	08:23:22	11:47:40	13:18:43.90	13:18:43.90	+04:40:15 (35.1%)	10:35	5.7 (65.5%)
29	PIETRZAK Sławomir	2073		M-40	29	01:40:28	02:32:24	04:57:09	07:26:43	08:59:36	11:47:31	13:22:47.00	13:22:47.00	+04:44:18 (35.4%)	10:38	5.6 (64.4%)
30	PAWLAK Bartosz	2003	RUN AND FLY	M-40	30	01:33:28	02:22:03	04:48:24	07:20:19	08:53:36	11:58:31	13:25:04.45	13:25:04.45	+04:46:35 (35.6%)	10:40	5.6 (64.4%)
31	JAMBOR Michał	2009	ŻÓRAWSKI TEAM	M-40	31	01:30:03	02:22:03	04:48:26	07:20:55	08:53:12	11:58:07	13:25:04.65	13:25:04.65	+04:46:36 (35.6%)	10:40	5.6 (64.4%)
32	SZACHEWICZ Sławomir	2216	NOA	M-40	32	01:36:28	02:30:36	04:44:24	07:15:38	08:49:37	11:55:43	13:26:36.05	13:26:36.05	+04:48:07 (35.7%)	10:41	5.6 (64.4%)
33	SZCZECIŃSKI Piotr	2165		M-40	33	01:28:33	02:17:34	04:39:03	07:15:05	08:48:22	11:54:13	13:27:13.35	13:27:13.35	+04:48:44 (35.8%)	10:42	5.6 (64.4%)
34	BRONCZAK Tomasz	2164	LUBIEPODGORKE	M-40	34	01:28:31	02:17:33	04:39:07	07:15:11	08:48:27	11:53:57	13:27:13.55	13:27:13.55	+04:48:45 (35.8%)	10:42	5.6 (64.4%)
35	CHODKIEWICZ Tomasz	2055	GARDENFLORA MTB TEAM	M-40	35	01:34:32	02:24:54	04:54:14	07:39:22	09:17:30	12:06:22	13:27:43.75	13:27:43.75	+04:49:15 (35.8%)	10:42	5.6 (64.4%)
36	SKRZYPCZAK Łukasz	2070	WATAHA - ŁĄCZY NAS BIEGANIE	M-40	36	01:29:56	02:22:28	04:39:18	07:19:20	08:55:00	12:14:11	13:32:47.10	13:32:47.10	+04:54:18 (36.2%)	10:46	5.6 (64.4%)
37	KASPERSKI Tomasz	2071		M-40	37	01:29:55	02:22:22	04:39:22	07:19:19	08:54:58	12:14:10	13:32:47.20	13:32:47.20	+04:54:18 (36.2%)	10:46	5.6 (64.4%)
38	LISOWSKI Grzegorz	2067		M-40	38	01:40:38	02:35:24	05:01:43	07:34:33	09:10:59	12:07:59	13:35:31.90	13:35:31.90	+04:57:03 (36.4%)	10:48	5.5 (63.2%)
39	ŁUKASIK Marcin	2008	BIEGNIJ OŁAWO	M-40	39	01:30:05	02:16:44	04:24:14	06:39:23	08:10:33	12:26:33	13:38:42.35	13:38:42.35	+05:00:13 (36.7%)	10:51	5.5 (63.2%)
40	CIUK Piotr	2032		M-40	40	02:04:20	02:59:44	05:29:31	08:04:53	09:42:23	12:26:55	13:39:26.70	13:39:26.70	+05:00:58 (36.7%)	10:52	5.5 (63.2%)

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						Skały 10km	Zabiteho 16.6km	Hvezda 29.2km	Zabiteho 41.6km	Karłów 50.3km	Skały 66km	time 75.4km	brutto 75.4km			
41	JURDZIAK Jakub	2041		M-40	41	01:35:57	02:22:54	04:38:00	07:08:41	08:56:39	12:03:17	13:45:22.35	13:45:22.35	+05:06:53 (37.2%)	10:56	5.5 (63.2%)
42	JĘDRUSZCZAK Robert	2138	BICYKL PIASECZNO	M-40	42	01:33:25	02:25:05	04:48:35	07:26:09	08:59:38	12:12:02	13:47:07.20	13:47:07.20	+05:08:38 (37.3%)	10:58	5.5 (63.2%)
43	NALEWAJKO Jacek	2054	#BIEGAJLESZNO	M-40	43	01:36:45	02:29:13	04:51:36	07:31:28	09:05:54	12:12:08	13:48:39.15	13:48:39.15	+05:10:10 (37.4%)	10:59	5.5 (63.2%)
44	GARSTKA Zbigniew	2177		M-40	44	01:40:51	02:35:53	05:02:51	07:41:31	09:17:53	12:19:35	13:49:01.70	13:49:01.70	+05:10:33 (37.5%)	10:59	5.5 (63.2%)
45	KRÓL Marcin	2210		M-40	45	01:40:36	02:34:36	04:49:48	07:26:35	09:08:42	12:15:06	13:54:19.60	13:54:19.60	+05:15:51 (37.9%)	11:03	5.4 (62.1%)
46	JAKUBCZYK Rafał	2028	TRIBOYS	M-40	46	01:41:25	02:40:19	05:10:28	07:41:59	09:29:45	12:38:33	14:02:34.35	14:02:34.35	+05:24:05 (38.5%)	11:10	5.4 (62.1%)
47	CHOLEWA Zbigniew	2074	LISY PUSTYNI	M-40	47	01:43:25	02:38:37	05:14:11	07:55:34	09:29:58	12:33:25	14:03:45.40	14:03:45.40	+05:25:16 (38.6%)	11:11	5.4 (62.1%)
48	DZIUBA Piotr	2206		M-40	48	01:38:27	02:31:25	05:07:51	08:01:00	09:36:34	12:46:12	14:05:01.65	14:05:01.65	+05:26:33 (38.6%)	11:12	5.4 (62.1%)
49	CIECIUCH Maciej	2213	RNB TEAM POLANICA ZDRÓJ	M-40	49	12:45:42						14:09:05.00	14:09:05.00	+05:30:36 (38.9%)	11:15	5.3 (60.9%)
50	RODEWALD Piotr	2155		M-40	50	01:36:13	02:28:59	04:57:46	07:39:39	09:17:25	12:29:10	14:10:09.55	14:10:09.55	+05:31:41 (39.0%)	11:16	5.3 (60.9%)
51	RYCHLIK Sebastian	2063	LISY PUSTYNI	M-40	51	01:47:07	02:48:04	05:19:10	08:11:43	09:43:36	12:46:09	14:14:15.40	14:14:15.40	+05:35:46 (39.3%)	11:19	5.3 (60.9%)
52	KOZIOŁ Krzysztof	2136		M-40	52	01:46:21	02:43:26	05:12:39	07:52:11	09:34:44	12:39:55	14:21:57.35	14:21:57.35	+05:43:28 (39.8%)	11:25	5.2 (59.8%)
53	NOWAK Piotr	2140		M-40	53	01:40:20	02:29:28	04:52:22	07:32:40	09:24:42	12:45:54	14:33:34.05	14:33:34.05	+05:55:05 (40.6%)	11:35	5.2 (59.8%)
54	GAWOT Piotr	2192	SATISFLY	M-40	54	01:43:37	02:40:53	05:15:55	07:56:02	09:40:06	12:52:59	14:41:50.95	14:41:50.95	+06:03:22 (41.2%)	11:41	5.1 (58.6%)
55	MARKOWSKI Marek	2202	KS LENIWIEC	M-40	55	01:46:24	02:49:22	05:22:25	08:05:34	09:46:43	13:02:58	14:44:45.65	14:44:45.65	+06:06:17 (41.4%)	11:44	5.1 (58.6%)
	LEWANDOWSKI Bartłomiej	2083	MMUU	M-40		01:38:30 DNF	02:33:29 DNF	04:54:27 DNF	07:27:59 DNF	09:04:50 DNF	DNF	DNF	DNF		-	- (0.0%)
	MAJKA Dariusz	2102	BIEGACZE ŚWINOUJŚCIE	M-40		01:34:03 DNF	02:34:51 DNF	05:03:17 DNF	07:50:37 DNF	09:51:26 DNF	DNF	DNF	DNF		-	- (0.0%)
	PIASKOWSKI Marcin	2002	PIASKITEAM	M-40		01:40:12 DNF	02:37:03 DNF	05:10:49 DNF	07:56:50 DNF	09:51:36 DNF	DNF	DNF	DNF		-	- (0.0%)
	ROGOWSKI Tomasz	2017	UMLAUT	M-40		01:40:13 DNF	02:37:04 DNF	05:11:35 DNF	08:03:41 DNF	09:51:38 DNF	DNF	DNF	DNF		-	- (0.0%)
	KOSTARSKI Patryk	2062		M-40		02:04:27 DNF	02:59:44 DNF	05:30:33 DNF	08:16:47 DNF	09:56:36 DNF	DNF	DNF	DNF		-	- (0.0%)
	RADZIWOŃ Krzysztof	2112	GRUPA NIENACHALNIE HEROICZNA	M-40		01:53:00 DNF	02:50:41 DNF	05:24:55 DNF	08:12:02 DNF	09:58:53 DNF	DNF	DNF	DNF		-	- (0.0%)
	REK Krzysztof	2069	RADLINIOKI W BIEGU	M-40		01:43:46 DNF	02:42:41 DNF	05:25:38 DNF	08:15:00 DNF	10:02:44 DNF	DNF	DNF	DNF		-	- (0.0%)
	KANIA Damian	2127		M-40		01:42:15 DNF	02:44:22 DNF	05:25:44 DNF	08:16:45 DNF	10:02:54 DNF	DNF	DNF	DNF		-	- (0.0%)
	ZIEMBA Damian	2092	HRT	M-40		01:42:12 DNF	02:35:10 DNF	05:00:33 DNF	07:57:33 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

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	SKOCZYŁAS Piotr	2130	ENDURANCE TEAM	M-40		01:42:04 DNF	02:41:30 DNF	05:15:54 DNF	08:16:55 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	MACIEJEWSKI Łukasz	2042		M-40		01:40:41 DNF	02:37:18 DNF	05:09:14 DNF	08:18:09 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	SOWA Łukasz	2171		M-40		01:20:24 DNF	02:02:25 DNF	04:12:47 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KRYSIAK Tomasz	2097	THOMAS FOTO SZCZECIN	M-40		01:39:59 DNF	02:38:02 DNF	05:22:39 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	WIŚNIEWSKI Artur	2093		M-40		01:43:34 DNF	02:41:12 DNF	05:24:08 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	WOJCIESZYŃSKI Tomasz	2208	BBL GORZÓW	M-40		01:41:03 DNF	02:41:44 DNF	05:35:56 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	WUJKOWSKI Grzegorz	2030	SZALONE WIEWIÓRY	M-40		01:44:08 DNF	02:53:35 DNF	05:39:38 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KOZŁOWSKI Rafał	2051		M-40		01:57:29 DNF	02:59:56 DNF	05:39:47 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KOPYRA Tomasz	2159	#BIEGAMWOLNOALEDOKŁADNIE	M-40		01:46:18 DNF	02:49:18 DNF	05:46:22 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	MAĆKOWIAK Piotr	2081		M-40		01:35:52 DNF	02:40:49 DNF	06:04:08 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	DYBEK Pawel	2211	SALOMON TEAM	M-40		01:15:06 DNF	01:53:57 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Total 75 results.