

## SZTAFETA GÓRSKA - SOLO

B4SPORT

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

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Classification: M-50

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	ŚCIESZKA Wojciech	2059	13 ELT KRAKÓW-BALICE	M-50	1	01:15:15	01:55:00	03:46:22	05:44:02	06:53:20	09:34:36	<b>10:41:26.30</b>	<b>10:41:26.30</b>		8:30	7.1 (100%)
2	DEFECIŃSKI Radosław	2152	LUNATYCY	M-50	2	01:30:12	02:16:44	04:28:14	06:49:34	08:13:30	10:46:08	<b>11:51:26.75</b>	<b>11:51:26.75</b>	+01:10:00 (9.8%)	9:26	6.4 (90.1%)
3	DWORNIKOWSKI Zbigniew	2023		M-50	3	01:28:24	02:15:52	04:31:55	06:55:04	08:24:02	10:59:00	<b>12:22:50.85</b>	<b>12:22:50.85</b>	+01:41:24 (13.7%)	9:51	6.1 (85.9%)
4	KUBA Martin	2101	POBĚHLÍCI	M-50	4	01:30:15	02:17:20	04:29:39	06:58:07	08:25:31	11:10:07	<b>12:28:41.95</b>	<b>12:28:41.95</b>	+01:47:15 (14.3%)	9:55	6 (84.5%)
5	NOWAK Krzysztof	2173		M-50	5	01:36:19	02:29:55	04:49:13	07:25:20	09:00:29	12:06:52	<b>13:28:55.10</b>	<b>13:28:55.10</b>	+02:47:28 (20.7%)	10:43	5.6 (78.9%)
6	KOSSOWICZ Krzysztof	2176		M-50	6	01:32:09	02:22:50	04:39:25	07:16:39	08:54:04	11:59:30	<b>13:33:51.15</b>	<b>13:33:51.15</b>	+02:52:24 (21.2%)	10:47	5.6 (78.9%)
7	JINDŘÍŠEK Martin	2104	POBĚHLÍCI	M-50	7	01:40:53	02:36:30	05:01:56	07:46:05	09:27:48	12:25:10	<b>13:49:24.55</b>	<b>13:49:24.55</b>	+03:07:58 (22.7%)	11:00	5.5 (77.5%)
8	JARUS Andrzej	2132	POLISH_WINGS	M-50	8	01:40:43	02:32:30	05:02:00	07:41:43	09:17:36	12:28:01	<b>13:57:15.55</b>	<b>13:57:15.55</b>	+03:15:49 (23.4%)	11:06	5.4 (76.1%)
9	WIELOCH Andrzej	2099	ZRYW PARZYMIECHY	M-50	9	01:35:50	02:30:54	05:02:49	07:55:56	09:36:14	12:44:45	<b>14:03:40.55</b>	<b>14:03:40.55</b>	+03:22:14 (24.0%)	11:11	5.4 (76.1%)
10	KOBYŁKA Marek	2044	SUPERMARATON KALISZ	M-50	10	01:36:27	02:32:06	05:02:55	07:48:40	09:27:46	12:33:45	<b>14:05:46.30</b>	<b>14:05:46.30</b>	+03:24:20 (24.2%)	11:13	5.3 (74.6%)
11	ŁASKARZEWSKI Jarosław	2106		M-50	11	01:43:59	02:39:51	05:09:53	07:55:48	09:36:23	12:34:50	<b>14:06:04.40</b>	<b>14:06:04.40</b>	+03:24:38 (24.2%)	11:13	5.3 (74.6%)
12	TRĄBAŁA Adam	2194		M-50	12	01:42:24	02:48:48	05:18:58	08:07:16	09:46:52	12:52:41	<b>14:14:53.70</b>	<b>14:14:53.70</b>	+03:33:27 (25.0%)	11:20	5.3 (74.6%)
13	DOMAŃSKI Jarosław	2107	BIEGAMDLAZDROWIA.PL / ŚWIERZAWA	M-50	13	01:38:26	02:29:21	04:45:30	07:43:04	09:27:45	12:45:31	<b>14:20:34.40</b>	<b>14:20:34.40</b>	+03:39:08 (25.5%)	11:24	5.3 (74.6%)
14	STELMACH Piotr	2187	RK ATHLETICS WARSZAWA	M-50	14	01:35:03	02:35:13	04:59:35	07:47:11	09:29:01	12:52:56	<b>14:43:33.95</b>	<b>14:43:33.95</b>	+04:02:07 (27.4%)	11:43	5.1 (71.8%)
15	LUBELCZYK Grzegorz	2013	SPELEOCLUB WROCŁAW	M-50	15	01:50:56	02:48:05	05:14:16	08:07:46	09:45:03	13:02:21	<b>14:45:44.55</b>	<b>14:45:44.55</b>	+04:04:18 (27.6%)	11:44	5.1 (71.8%)
16	BŁĄŻEJCZYK Zbigniew	2215		M-50	16	01:42:10	02:41:41	05:09:15	07:58:05	09:40:12	12:53:02	<b>14:47:35.55</b>	<b>14:47:35.55</b>	+04:06:09 (27.7%)	11:46	5.1 (71.8%)
17	DOMINIAK Sławomir	2126		M-50	17	01:35:48	02:33:53	05:13:32	08:00:50	09:40:57	13:07:54	<b>14:48:27.55</b>	<b>14:48:27.55</b>	+04:07:01 (27.8%)	11:46	5.1 (71.8%)
18	WOŹNIAK Ryszard	2145	BIERUTOWSKA GRUPA BIEGOWA	M-50	18	01:45:00	02:39:44	05:13:28	08:12:52	09:50:13	13:12:00	<b>14:48:39.00</b>	<b>14:48:39.00</b>	+04:07:12 (27.8%)	11:47	5.1 (71.8%)
19	KOSZAREK Maciej	2204		M-50	19	01:40:34	02:36:17	05:04:33	07:55:52	09:47:05	13:17:02	<b>14:55:31.70</b>	<b>14:55:31.70</b>	+04:14:05 (28.4%)	11:52	5.1 (71.8%)
20	KITLAS Dariusz	2212	BSB	M-50	20	01:50:58	02:54:38	05:35:55		10:00:15	13:21:12	<b>14:59:13.75</b>	<b>14:59:13.75</b>	+04:17:47 (28.7%)	11:55	5 (70.4%)
	ZBYL Jacek	2119		M-50		01:51:33 DNF	02:55:26 DNF	05:44:07 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

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	<b>BUSS Jakub</b>	<b>2005</b>	KUDOWIANKA RUN	M-50		01:50:54 DNF	02:50:27 DNF	05:40:25 DNF	DNF	09:59:00 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>ZARODA Zbigniew</b>	<b>2166</b>	TRITON KONIN	M-50		01:29:48 DNF	02:18:01 DNF	04:47:51 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>SUDUŁ Jarek</b>	<b>2209</b>	WIERZBICKI RUNNING PROJECT	M-50		01:42:16 DNF	02:41:45 DNF	05:28:30 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>KUDELSKI Ireneusz</b>	<b>2150</b>	43 WOJSKOWY ODDZIAŁ GOSPODARCZY	M-50		01:44:59 DNF	02:45:45 DNF	05:30:03 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>BRZEZIŃSKI Cezary</b>	<b>2095</b>	AKADEMIA NAUK STOSOWANYCH STEFANA BATOREGO W SKIERNIEWICACH	M-50		01:44:52 DNF	02:49:09 DNF	05:34:24 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>MAŁKOWSKI Bogdan</b>	<b>2036</b>	SPARTANIE DZIECIOM	M-50		01:50:58 DNF	02:50:26 DNF	05:44:11 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>KRAUSE Dariusz</b>	<b>2038</b>	RADLINIOKI W BIEGU	M-50		02:00:07 DNF	03:09:17 DNF	06:04:40 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>STASZEWSKI Piotr</b>	<b>2033</b>	PRO366	M-50		02:10:18 DNF	03:11:02 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>KARWACKI Grzegorz</b>	<b>2053</b>	KATCROSS WAŁBRZYCH	M-50		DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Total 30 results.