

# BIEG TROJAK TRAIL - 10 KM

B4SPORT

**Wydarzenie:** Dolnośląski Festiwal Biegów Górskich  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2018-07-22  
**Miejsce:** Łądek-Zdrój  
**Dystans:** 10 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Masters M - 40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>KITA Michał</b>	<b>18</b>	PĘDZĄCY W MIEJSCU	Masters M - 40	1	00:20:22	00:31:39	<b>00:51:16.95</b>	<b>00:51:19.70</b>		5:07	11.7 (100%)
2	<b>GAJEWSKI Marcin</b>	<b>150</b>	EBIEGI.PL	Masters M - 40	2	00:21:29	00:33:49	<b>00:55:28.95</b>	<b>00:55:31.15</b>	+00:04:11 (7.5%)	5:32	10.8 (92.3%)
3	<b>BUKOWSKI Edward</b>	<b>280</b>	KLUCZBORSKA GRUPA BIEGOWA	Masters M - 40	3	00:22:49	00:35:40	<b>00:57:28.85</b>	<b>00:57:32.50</b>	+00:06:12 (10.8%)	5:44	10.4 (88.9%)
4	<b>KARAMON Marcin</b>	<b>344</b>	OPOLE BIEGA	Masters M - 40	4	00:23:06	00:36:09	<b>00:58:27.35</b>	<b>00:58:35.70</b>	+00:07:16 (12.4%)	5:50	10.3 (88.0%)
5	<b>KYCIA Piotr</b>	<b>389</b>		Masters M - 40	5	00:23:52	00:37:01	<b>00:58:48.40</b>	<b>00:58:53.45</b>	+00:07:33 (12.8%)	5:52	10.2 (87.2%)
6	<b>PRZYBYŁ Piotr</b>	<b>391</b>		Masters M - 40	6	00:24:03	00:37:12	<b>01:00:21.85</b>	<b>01:00:27.20</b>	+00:09:07 (15.1%)	6:02	9.9 (84.6%)
7	<b>BOBRAS Arkadiusz</b>	<b>251</b>		Masters M - 40	7	00:23:56	00:37:02	<b>01:00:36.90</b>	<b>01:00:41.55</b>	+00:09:21 (15.4%)	6:03	9.9 (84.6%)
8	<b>WUJDA Mirosław</b>	<b>68</b>	ERNI RULEZ	Masters M - 40	8	00:22:48	00:36:58	<b>01:03:13.95</b>	<b>01:03:20.50</b>	+00:12:00 (19.0%)	6:19	9.5 (81.2%)
9	<b>KOLECKI Damian</b>	<b>317</b>	KOLECTEAM ZBĄSZYNEK	Masters M - 40	9	00:24:17	00:38:42	<b>01:04:15.80</b>	<b>01:04:23.05</b>	+00:13:03 (20.3%)	6:25	9.3 (79.5%)
10	<b>DĄBEK Mirosław</b>	<b>179</b>		Masters M - 40	10	00:22:49	00:38:09	<b>01:05:40.80</b>	<b>01:05:54.25</b>	+00:14:34 (22.1%)	6:34	9.1 (77.8%)
11	<b>BOCHAN Lesław</b>	<b>384</b>		Masters M - 40	11	00:27:03	00:41:47	<b>01:06:52.40</b>	<b>01:07:06.45</b>	+00:15:46 (23.5%)	6:41	9 (76.9%)
12	<b>DROZD Przemysław</b>	<b>97</b>	RAISPORT ACTIVE	Masters M - 40	12	00:27:08	00:41:44	<b>01:07:38.20</b>	<b>01:07:44.40</b>	+00:16:24 (24.2%)	6:45	8.9 (76.1%)
13	<b>SAWICKI Konrad</b>	<b>310</b>		Masters M - 40	13	00:27:24	00:42:06	<b>01:07:30.05</b>	<b>01:07:47.25</b>	+00:16:27 (24.3%)	6:45	8.9 (76.1%)
14	<b>SERWATKA Wojciech</b>	<b>368</b>		Masters M - 40	14	00:27:48	00:42:39	<b>01:07:53.30</b>	<b>01:08:35.20</b>	+00:17:15 (25.2%)	6:47	8.8 (75.2%)
15	<b>SPYCHAJ Marek</b>	<b>62</b>		Masters M - 40	15	00:27:22	00:42:40	<b>01:08:52.85</b>	<b>01:09:27.40</b>	+00:18:07 (26.1%)	6:53	8.7 (74.4%)
16	<b>RAKOCZY Jerzy</b>	<b>329</b>		Masters M - 40	16	00:27:27	00:42:49	<b>01:09:35.75</b>	<b>01:09:38.90</b>	+00:18:19 (26.3%)	6:57	8.6 (73.5%)
17	<b>KLIN Robert</b>	<b>63</b>	WATAHA	Masters M - 40	17	00:26:16	00:41:35	<b>01:09:37.95</b>	<b>01:10:06.30</b>	+00:18:46 (26.8%)	6:57	8.6 (73.5%)
18	<b>NIETRZEBA Robert</b>	<b>118</b>		Masters M - 40	18	00:28:59	00:45:30	<b>01:10:56.50</b>	<b>01:11:22.20</b>	+00:20:02 (28.1%)	7:05	8.5 (72.6%)
19	<b>STEFANOWSKI Mariusz</b>	<b>82</b>		Masters M - 40	19	00:28:11	00:43:37	<b>01:12:18.50</b>	<b>01:12:30.20</b>	+00:21:10 (29.2%)	7:13	8.3 (70.9%)
20	<b>ROLIŃSKI Radosław</b>	<b>202</b>		Masters M - 40	20	00:28:09	00:43:48	<b>01:12:51.60</b>	<b>01:13:06.30</b>	+00:21:46 (29.8%)	7:17	8.2 (70.1%)
21	<b>RYBA Piotr</b>	<b>54</b>		Masters M - 40	21	00:28:01	00:44:41	<b>01:12:38.25</b>	<b>01:13:13.55</b>	+00:21:53 (29.9%)	7:15	8.3 (70.9%)
22	<b>SZTYLKA Dariusz</b>	<b>298</b>	WKS ŚLĄSK WROCŁAW	Masters M - 40	22	00:28:01	00:44:16	<b>01:14:02.80</b>	<b>01:14:31.45</b>	+00:23:11 (31.1%)	7:24	8.1 (69.2%)
23	<b>KULAKOWSKI Tomasz</b>	<b>156</b>		Masters M - 40	23	00:29:20	00:45:40	<b>01:15:26.10</b>	<b>01:15:34.75</b>	+00:24:15 (32.1%)	7:32	8 (68.4%)
24	<b>MROZIŃSKI Albert</b>	<b>241</b>		Masters M - 40	24	00:29:07	00:46:10	<b>01:15:25.90</b>	<b>01:15:56.70</b>	+00:24:37 (32.4%)	7:32	8 (68.4%)
25	<b>SOBCZAK Marek</b>	<b>239</b>	SZCZYTNIKI	Masters M - 40	25	00:30:40	00:47:17	<b>01:16:00.80</b>	<b>01:16:20.70</b>	+00:25:01 (32.8%)	7:36	7.9 (67.5%)
26	<b>TADROWSKI Tomasz</b>	<b>92</b>		Masters M - 40	26	00:31:39	00:48:44	<b>01:16:44.00</b>	<b>01:17:20.70</b>	+00:26:01 (33.6%)	7:40	7.8 (66.7%)
27	<b>KORNAŚ Marcin</b>	<b>6</b>	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	Masters M - 40	27	00:29:54	00:47:14	<b>01:17:17.45</b>	<b>01:17:28.85</b>	+00:26:09 (33.8%)	7:43	7.8 (66.7%)
28	<b>BUSS Jakub</b>	<b>25</b>	KUDOWSCY MIŁOŚNICE BIEGANIA	Masters M - 40	28	00:31:22	00:48:58	<b>01:18:11.75</b>	<b>01:18:57.65</b>	+00:27:37 (35.0%)	7:49	7.7 (65.8%)
29	<b>BUSZKA Łukasz</b>	<b>400</b>		Masters M - 40	29	00:31:13	00:48:36	<b>01:21:17.30</b>	<b>01:21:26.60</b>	+00:30:06 (37.0%)	8:07	7.4 (63.2%)

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30	<b>JAŻWIECKI Marcin</b>	<b>291</b>	MUAY RUNNING TEAM	Masters M - 40	30	00:31:50	00:49:56	<b>01:22:52.80</b>	<b>01:23:07.65</b>	+00:31:47 (38.3%)	8:17	7.2 (61.5%)
31	<b>WIĄCEK Marcin</b>	<b>289</b>	SUDECKA ZYLETA	Masters M - 40	31	00:30:42	00:49:19	<b>01:23:05.55</b>	<b>01:23:30.95</b>	+00:32:11 (38.5%)	8:18	7.2 (61.5%)
32	<b>RYCHŁOWSKI Ryszard</b>	<b>50</b>		Masters M - 40	32	00:32:29	00:52:10	<b>01:26:36.55</b>	<b>01:26:46.95</b>	+00:35:27 (40.9%)	8:39	6.9 (59.0%)
33	<b>GASEK Konrad</b>	<b>331</b>		Masters M - 40	33	00:33:25	00:53:14	<b>01:28:08.90</b>	<b>01:28:52.45</b>	+00:37:32 (42.2%)	8:48	6.8 (58.1%)
34	<b>SAWALA Sławomir</b>	<b>43</b>	TRANCE ONLY	Masters M - 40	34	00:33:51	00:54:06	<b>01:29:43.15</b>	<b>01:30:18.65</b>	+00:38:58 (43.2%)	8:58	6.7 (57.3%)
35	<b>JAŚKOWIAK Tomasz</b>	<b>278</b>		Masters M - 40	35	00:33:19	00:53:20	<b>01:34:11.30</b>	<b>01:34:50.85</b>	+00:43:31 (45.9%)	9:25	6.4 (54.7%)
36	<b>NOWAK Wojciech</b>	<b>380</b>		Masters M - 40	36	00:34:55	00:56:22	<b>01:35:59.20</b>	<b>01:36:28.95</b>	+00:45:09 (46.8%)	9:35	6.3 (53.8%)
37	<b>BAŁYS Dariusz</b>	<b>337</b>	WK GOPR	Masters M - 40	37	00:36:38	00:57:36	<b>01:36:45.55</b>	<b>01:36:52.90</b>	+00:45:33 (47.0%)	9:40	6.2 (53.0%)
38	<b>PAKUŁA Arkadiusz</b>	<b>355</b>		Masters M - 40	38	00:38:21	00:59:38	<b>01:39:20.30</b>	<b>01:39:31.40</b>	+00:48:11 (48.4%)	9:56	6 (51.3%)
39	<b>ŁYSKAWA Michał</b>	<b>55</b>		Masters M - 40	39	00:34:21	00:56:14	<b>01:39:46.85</b>	<b>01:40:22.85</b>	+00:49:03 (48.9%)	9:58	6 (51.3%)
40	<b>MAŁEK Piotr</b>	<b>376</b>	MORSY TUREK	Masters M - 40	40	00:38:51	01:01:23	<b>01:40:32.25</b>	<b>01:41:10.05</b>	+00:49:50 (49.3%)	10:03	6 (51.3%)
41	<b>WYSOCKI Grzegorz</b>	<b>378</b>	MORSY TUREK	Masters M - 40	41	00:38:49	01:01:21	<b>01:40:32.95</b>	<b>01:41:10.60</b>	+00:49:50 (49.3%)	10:03	6 (51.3%)
42	<b>CZAJKOWSKI Krzysztof</b>	<b>115</b>	KOŁO BIEGA	Masters M - 40	42	00:39:02	01:00:56	<b>01:41:01.65</b>	<b>01:41:24.30</b>	+00:50:04 (49.4%)	10:06	5.9 (50.4%)
43	<b>KARWOWSKI Sławomir</b>	<b>253</b>		Masters M - 40	43	00:40:00	01:04:21	<b>01:43:20.35</b>	<b>01:43:32.80</b>	+00:52:13 (50.4%)	10:20	5.8 (49.6%)
44	<b>DEC Artur</b>	<b>88</b>	ERNI RULEZ	Masters M - 40	44	00:41:30	01:05:02	<b>01:45:51.55</b>	<b>01:46:34.05</b>	+00:55:14 (51.8%)	10:35	5.7 (48.7%)
45	<b>LULA Radosław</b>	<b>155</b>		Masters M - 40	45	00:34:09	00:56:52	<b>01:46:05.00</b>	<b>01:46:45.80</b>	+00:55:26 (51.9%)	10:36	5.7 (48.7%)
46	<b>WODZIEŃ Andrzej</b>	<b>419</b>		Masters M - 40	46	00:38:55	01:02:58	<b>01:46:36.50</b>	<b>01:47:15.95</b>	+00:55:56 (52.1%)	10:39	5.6 (47.9%)
47	<b>KONOPACKI Krzysztof</b>	<b>185</b>	ABY DO METY!	Masters M - 40	47	00:49:07	01:18:14	<b>02:02:48.05</b>	<b>02:03:14.40</b>	+01:11:54 (58.4%)	12:16	4.9 (41.9%)
48	<b>BOMBA Jarosław</b>	<b>40</b>		Masters M - 40	48	00:44:37	01:15:16	<b>02:05:18.20</b>	<b>02:05:38.85</b>	+01:14:19 (59.1%)	12:31	4.8 (41.0%)
49	<b>SIECZKOWSKI Artur</b>	<b>15</b>	NATURAL BORN RUNNERS TEAM	Masters M - 40	49	00:49:12	01:18:31	<b>02:06:20.30</b>	<b>02:06:59.05</b>	+01:15:39 (59.6%)	12:38	4.7 (40.2%)
50	<b>KRUZEL Rafał</b>	<b>296</b>	BIEGOWE MISIE	Masters M - 40	50	00:45:34	01:11:56	<b>02:06:37.95</b>	<b>02:07:08.40</b>	+01:15:48 (59.6%)	12:39	4.7 (40.2%)
51	<b>WINIARSKI Robert</b>	<b>59</b>		Masters M - 40	51	00:43:03	01:12:42	<b>02:11:21.25</b>	<b>02:12:08.10</b>	+01:20:48 (61.2%)	13:08	4.6 (39.3%)
52	<b>SOKOŁOWSKI Maciej</b>	<b>354</b>		Masters M - 40	52	00:57:39	01:30:29	<b>02:31:58.30</b>	<b>02:32:28.90</b>	+01:41:09 (66.3%)	15:11	3.9 (33.3%)

Znaleziono 52 wynik(ów)