BIEG TROJAK TRAIL - 10 KM

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

Klasyfikacja: Senior II M - 30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	**STAWSKI Michał**	**137**	TRUCHT.COM	Senior II M - 30	1	00:19:10	00:29:31	**00:47:46.25**	**00:47:48.50**		4:46	12.6 (100%)
2	**WILK Maciej**	**259**	ZAŁOGA GÓRSKA	Senior II M - 30	2	00:19:29	00:29:56	**00:47:48.15**	**00:47:52.80**	+00:00:04 (0.1%)	4:46	12.6 (100%)
3	**LUTOWSKI Wojciech**	**403**		Senior II M - 30	3	00:20:08	00:31:30	**00:51:34.00**	**00:51:35.35**	+00:03:46 (7.3%)	5:09	11.6 (92.1%)
4	**OLKIS Rafał**	**395**	PRZEBIEGA.PL	Senior II M - 30	4	00:21:15	00:32:55	**00:53:56.10**	**00:54:00.70**	+00:06:12 (11.5%)	5:23	11.1 (88.1%)
5	**ZIOMEK Tomasz**	**198**	KALENJI BY DECATHLON	Senior II M - 30	5	00:20:28	00:32:18	**00:53:58.25**	**00:54:03.75**	+00:06:15 (11.6%)	5:23	11.1 (88.1%)
6	**KOPYCZOK Michał**	**261**	TYSŁAWA TEAM	Senior II M - 30	6	00:22:37	00:34:31	**00:55:13.10**	**00:55:16.75**	+00:07:28 (13.5%)	5:31	10.9 (86.5%)
7	**PAŁETKO Grzegorz**	**16**	NYSA BIEGA	Senior II M - 30	7	00:22:33	00:35:02	**00:57:26.60**	**00:57:39.75**	+00:09:51 (17.1%)	5:44	10.4 (82.5%)
8	**CITKO Maciej**	**276**	ZAŁOGA GÓRSKA	Senior II M - 30	8	00:23:07	00:36:11	**00:58:24.80**	**00:58:29.60**	+00:10:41 (18.3%)	5:50	10.3 (81.7%)
9	**KURAŚ Szymon**	**129**	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	9	00:24:07	00:37:07	**00:58:40.00**	**00:58:43.65**	+00:10:55 (18.6%)	5:52	10.2 (81.0%)
10	**GRAD Łukasz**	**233**	FITNESS PIEKARY LEGNICA	Senior II M - 30	10	00:24:05	00:37:14	**00:58:42.00**	**00:58:46.95**	+00:10:58 (18.7%)	5:52	10.2 (81.0%)
11	**MAZURKIEWICZ Jerzy**	**367**	NIGHT RUNNERS WROCŁAW	Senior II M - 30	11	00:22:39	00:35:54	**00:58:58.50**	**00:59:03.15**	+00:11:14 (19.0%)	5:53	10.2 (81.0%)
12	**JANUSZEWSKI Maciej**	**123**	ŚLIMAK BROWARNO-KANAPOWY	Senior II M - 30	12	00:23:03	00:36:29	**00:59:10.90**	**00:59:20.70**	+00:11:32 (19.4%)	5:55	10.1 (80.2%)
13	**MARGOL Paweł**	**300**	WKS ŚLĄSK WROCŁAW	Senior II M - 30	13	00:23:37	00:36:47	**00:59:47.45**	**00:59:56.75**	+00:12:08 (20.2%)	5:58	10 (79.4%)
14	**CHODOROWSKI Krzysztof**	**10**	PRZEDWOJEWSKI MOUNTAIN TEAM	Senior II M - 30	14	00:23:32	00:37:00	**00:59:56.50**	**01:00:07.35**	+00:12:18 (20.5%)	5:59	10 (79.4%)
15	**OCHMAN Paweł**	**181**	FUTURE PROCESSING RUNNING TEAM	Senior II M - 30	15	00:23:19	00:36:30	**01:00:59.75**	**01:01:03.25**	+00:13:14 (21.7%)	6:06	9.8 (77.8%)
16	**CIEŚLAK Krzysztof**	**365**	ULTRAFAZA.PL	Senior II M - 30	16	00:24:47	00:38:17	**01:01:28.85**	**01:01:39.55**	+00:13:51 (22.5%)	6:08	9.8 (77.8%)
17	**CHRZANOWSKI Paweł**	**216**		Senior II M - 30	17	00:25:50	00:39:58	**01:02:46.60**	**01:02:49.65**	+00:15:01 (23.9%)	6:16	9.6 (76.2%)
18	**KRUPIŃSKI Zbigniew**	**383**	KOŁO BIEGA	Senior II M - 30	18	00:24:43	00:38:41	**01:03:37.70**	**01:03:41.05**	+00:15:52 (24.9%)	6:21	9.4 (74.6%)
19	**NOWACKI Mateusz**	**196**		Senior II M - 30	19	00:24:30	00:38:39	**01:03:40.80**	**01:03:54.65**	+00:16:06 (25.2%)	6:22	9.4 (74.6%)
20	**BURA Tomasz**	**101**		Senior II M - 30	20	00:25:57	00:40:16	**01:03:43.55**	**01:04:03.95**	+00:16:15 (25.4%)	6:22	9.4 (74.6%)
21	**KOSTROWICKI Jakub**	**224**		Senior II M - 30	21	00:25:24	00:39:40	**01:04:06.95**	**01:04:39.05**	+00:16:50 (26.1%)	6:24	9.4 (74.6%)
22	**ŁUCZAK Maciej**	**237**	BANDA RYCHA	Senior II M - 30	22	00:26:50	00:41:07	**01:04:35.70**	**01:05:17.45**	+00:17:28 (26.8%)	6:27	9.3 (73.8%)
23	**HORWAT Tomasz**	**299**	WKS ŚLĄSK WROCŁAW	Senior II M - 30	23	00:25:54	00:40:04	**01:04:52.90**	**01:05:22.60**	+00:17:34 (26.9%)	6:29	9.2 (73.0%)
24	**MITUŁA Paweł**	**295**	ZIĘBICE	Senior II M - 30	24	00:26:42	00:41:02	**01:05:42.00**	**01:05:59.20**	+00:18:10 (27.5%)	6:34	9.1 (72.2%)
25	**BARON Przemo**	**127**	CONSTRAVIA	Senior II M - 30	25	00:25:41	00:40:15	**01:05:55.75**	**01:06:07.70**	+00:18:19 (27.7%)	6:35	9.1 (72.2%)
26	**PÓŁROLNICZAK Paweł**	**357**	OPOLE PARKRUN	Senior II M - 30	26	00:27:16	00:41:46	**01:07:26.55**	**01:07:32.50**	+00:19:44 (29.2%)	6:44	8.9 (70.6%)
27	**STRZELCZYK Wiktor**	**125**	HUSARIA RACE TEAM	Senior II M - 30	27	00:27:23	00:42:27	**01:07:56.55**	**01:08:06.45**	+00:20:17 (29.8%)	6:47	8.8 (69.8%)
28	**REJCHAL Michał**	**347**		Senior II M - 30	28	00:27:21	00:42:04	**01:08:08.65**	**01:08:36.25**	+00:20:47 (30.3%)	6:48	8.8 (69.8%)
29	**CIEŚLAK Jakub**	**370**		Senior II M - 30	29	00:27:04	00:41:42	**01:08:33.95**	**01:08:45.85**	+00:20:57 (30.5%)	6:51	8.8 (69.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
30	**KUZIEL Marcin**	**153**	BLACK RUNNING STRONIE ŚLĄSKIE	Senior II M - 30	30	00:26:45	00:41:29	**01:08:11.45**	**01:08:48.45**	+00:20:59 (30.5%)	6:49	8.8 (69.8%)
31	**PISZCZAŁKA Tomasz**	**418**	ABY DO METY	Senior II M - 30	31	00:27:58	00:42:47	**01:08:43.90**	**01:08:56.25**	+00:21:07 (30.6%)	6:52	8.7 (69.0%)
32	**GAŁEK Aleksander**	**359**	PRAGMATIQ.PL	Senior II M - 30	32	00:28:44	00:43:38	**01:08:57.20**	**01:09:07.75**	+00:21:19 (30.8%)	6:53	8.7 (69.0%)
33	**WOJBACH Marcin**	**402**		Senior II M - 30	33	00:28:20	00:43:33	**01:11:00.65**	**01:11:10.95**	+00:23:22 (32.8%)	7:06	8.5 (67.5%)
34	**ŚPIEWAK Radosław**	**392**		Senior II M - 30	34	00:28:08	00:44:32	**01:11:54.50**	**01:12:11.00**	+00:24:22 (33.8%)	7:11	8.3 (65.9%)
35	**RYBARSKI Piotr**	**1**		Senior II M - 30	35	00:29:00	00:45:16	**01:11:59.55**	**01:12:17.60**	+00:24:29 (33.9%)	7:11	8.3 (65.9%)
36	**STACHNIK Łukasz**	**281**		Senior II M - 30	36	00:30:08	00:46:08	**01:12:11.75**	**01:12:55.30**	+00:25:06 (34.4%)	7:13	8.3 (65.9%)
37	**ZAJĄC Marcin**	**119**		Senior II M - 30	37	00:30:10	00:46:05	**01:12:19.70**	**01:13:05.10**	+00:25:16 (34.6%)	7:14	8.3 (65.9%)
38	**JASICKI Krzysztof**	**168**		Senior II M - 30	38	00:28:59	00:45:14	**01:14:03.40**	**01:14:09.85**	+00:26:21 (35.5%)	7:24	8.1 (64.3%)
39	**LANG Wojtek**	**206**	WROCLAW MARATHON TEAM	Senior II M - 30	39	00:28:32	00:45:12	**01:14:34.65**	**01:14:43.50**	+00:26:55 (36.0%)	7:27	8 (63.5%)
40	**SZKÓDLIŃSKI Bartosz**	**76**	NARAMOWICE BIEGAJĄ	Senior II M - 30	40	00:29:24	00:46:04	**01:15:21.85**	**01:15:38.05**	+00:27:49 (36.8%)	7:32	8 (63.5%)
41	**KOT Tomasz**	**217**		Senior II M - 30	41	00:30:04	00:46:56	**01:15:45.70**	**01:15:51.50**	+00:28:03 (37.0%)	7:34	7.9 (62.7%)
42	**RYBSKI Mariusz**	**246**		Senior II M - 30	42	00:30:00	00:47:08	**01:16:02.90**	**01:16:22.50**	+00:28:34 (37.4%)	7:36	7.9 (62.7%)
43	**MAZIAREK Michał**	**166**		Senior II M - 30	43	00:28:43	00:44:56	**01:16:01.70**	**01:16:33.50**	+00:28:45 (37.6%)	7:36	7.9 (62.7%)
44	**EJSMOND Mateusz**	**399**		Senior II M - 30	44	00:29:44	00:46:27	**01:15:55.00**	**01:16:34.65**	+00:28:46 (37.6%)	7:35	7.9 (62.7%)
45	**ŚWITA Tomasz**	**30**	PRO RUN WROCŁAW	Senior II M - 30	45	00:28:58	00:45:47	**01:16:19.90**	**01:16:52.30**	+00:29:03 (37.8%)	7:38	7.9 (62.7%)
46	**GAŁUSZKA Wojciech**	**244**		Senior II M - 30	46	00:30:41	00:48:02	**01:18:18.45**	**01:18:58.20**	+00:31:09 (39.5%)	7:49	7.7 (61.1%)
47	**STASZEWSKI Dariusz**	**36**		Senior II M - 30	47	00:33:11	00:50:57	**01:21:25.30**	**01:21:51.30**	+00:34:02 (41.6%)	8:08	7.4 (58.7%)
48	**CIEŚLAK Łukasz**	**393**		Senior II M - 30	48	00:31:02	00:49:18	**01:22:01.75**	**01:22:11.55**	+00:34:23 (41.8%)	8:12	7.3 (57.9%)
49	**NIESTROJ Łukasz**	**159**		Senior II M - 30	49	00:32:26	00:50:51	**01:21:57.60**	**01:22:29.10**	+00:34:40 (42.0%)	8:11	7.3 (57.9%)
50	**JURCZYK Wojciech**	**351**		Senior II M - 30	50	00:35:27	00:53:30	**01:23:20.70**	**01:24:02.95**	+00:36:14 (43.1%)	8:20	7.2 (57.1%)
51	**GŁÓWKA Maciej**	**157**	BE BETTER	Senior II M - 30	51	00:33:36	00:52:57	**01:24:21.85**	**01:24:47.05**	+00:36:58 (43.6%)	8:26	7.1 (56.3%)
52	**WILK Mateusz**	**346**	RAMBO III	Senior II M - 30	52	00:34:29	00:52:44	**01:24:52.30**	**01:25:20.65**	+00:37:32 (44.0%)	8:29	7.1 (56.3%)
53	**KRZYŻEWSKI Roger**	**60**		Senior II M - 30	53	00:32:24	00:51:50	**01:25:25.65**	**01:25:40.05**	+00:37:51 (44.2%)	8:32	7 (55.6%)
54	**GAJDECKI Tomek**	**372**	ACCENTTURE	Senior II M - 30	54	00:33:31	00:52:27	**01:25:18.75**	**01:25:51.80**	+00:38:03 (44.3%)	8:31	7 (55.6%)
55	**WILCZYŃSKI Łukasz**	**19**	1 POMORSKA BRYGADA LOGISTYCZNA	Senior II M - 30	55	00:33:17	00:51:48	**01:25:56.65**	**01:26:18.25**	+00:38:29 (44.6%)	8:35	7 (55.6%)
56	**NOWAK Maciej**	**189**		Senior II M - 30	56	00:33:01	00:53:20	**01:26:47.80**	**01:27:10.95**	+00:39:22 (45.2%)	8:40	6.9 (54.8%)
57	**MAJEROWSKI Mateusz**	**180**		Senior II M - 30	57	00:33:46	00:53:06	**01:27:26.80**	**01:27:51.95**	+00:40:03 (45.6%)	8:44	6.9 (54.8%)
58	**SZCZEPAŃSKI Sebastian**	**192**		Senior II M - 30	58	00:33:14	00:52:17	**01:28:11.60**	**01:28:25.55**	+00:40:37 (45.9%)	8:49	6.8 (54.0%)
59	**WIADEREK Piotr**	**161**	PĘDZĄCE ŻÓŁWIE	Senior II M - 30	59	00:35:48	00:57:04	**01:33:51.60**	**01:34:25.55**	+00:46:37 (49.4%)	9:23	6.4 (50.8%)
60	**KULIK Damian**	**415**	M&M&M&M	Senior II M - 30	60	00:35:40	00:56:47	**01:36:56.95**	**01:37:49.55**	+00:50:01 (51.1%)	9:41	6.2 (49.2%)
61	**MUSIELAK Marek**	**417**	M&M&M&M	Senior II M - 30	61	00:35:49	00:56:46	**01:36:57.15**	**01:37:49.60**	+00:50:01 (51.1%)	9:41	6.2 (49.2%)
62	**KOZERA Kamil**	**28**	HARPAGAN SOSNOWIEC	Senior II M - 30	62	00:39:41	00:59:42	**01:38:41.60**	**01:38:54.50**	+00:51:06 (51.7%)	9:52	6.1 (48.4%)
63	**WYSTRYCHOWSKI Marcin**	**5**	BFAGENCJA.PL	Senior II M - 30	63	00:40:12	01:02:37	**01:42:33.20**	**01:43:19.85**	+00:55:31 (53.7%)	10:15	5.9 (46.8%)
64	**WAWRZYNIAK Mariusz**	**385**		Senior II M - 30	64	00:42:33	01:08:24	**01:43:49.65**	**01:44:37.50**	+00:56:49 (54.3%)	10:23	5.8 (46.0%)
65	**PIGŁOWSKI Dawid**	**386**	S-ULTRA	Senior II M - 30	65	00:36:32	01:02:24	**01:37:54.25**	**01:44:44.35**	+00:56:55 (54.4%)	9:47	6.1 (48.4%)
66	**KIELASZEWSK Karol**	**102**	LESZ NO LIMITS RUNNERS	Senior II M - 30	66	00:39:29	01:02:42	**01:45:11.65**	**01:45:48.35**	+00:57:59 (54.8%)	10:31	5.7 (45.2%)
67	**KISIAŁA Filip**	**96**	LACHO TEAM	Senior II M - 30	67	00:39:23	01:05:20	**01:51:32.95**	**01:52:16.25**	+01:04:27 (57.4%)	11:09	5.4 (42.9%)

Znaleziono 67 wynik(ów)