

ZŁOTY MARATON - 45 KM

Organizator: Fundacja MARATONY GÓRSKIE
 Data: 2019-07-18
 Miejsce: Łądek-Zdrój
 Dystans: 45 km
 Klasyfikacja wg czasów brutto.


ZŁOTY MARATON - 45 KM, OPEN

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	10km	22km	33km	Netto	Brutto	min/km	km/h
1	KOCZWARA TOMASZ	5428		RADOMYŚL WIELKI	POL	MASTERS M - 40	1	M 1	00:52:47	01:54:52	02:48:23	03:42:50.50	03:42:53.65	4:57	12.1
2	MRAZEK JAN	5432	INOV-8 TEAM	PRAHA	CZE	SENIOR II M - 30	1	M 2	00:53:34	01:57:23	02:53:16	03:51:17.55	03:51:20.85	5:08	11.7
3	TOMASIK STANISŁAW	5421	GORLICKA GRUPA BIEGOWA	SZYMBARK	POL	SENIOR II M - 30	2	M 3	00:56:05	02:00:09	02:56:02	03:55:18.10	03:55:30.10	5:13	11.5
4	ZUCHOWSKI DANIEL	5418	MUAY RUNNING TEAM	KRAKÓW	POL	SENIOR II M - 30	3	M 4	00:57:14	02:05:28	03:07:08	04:08:19.35	04:08:21.60	5:31	10.9
5	GLAPIAK DAMIAN	5346	LLKS OSOWA SIEN	BUCZ	POL	SENIOR II M - 30	4	M 5	00:54:09	02:01:04	03:04:04	04:12:15.10	04:12:17.80	5:36	10.7
6	KITA MICHAŁ	5161	PĘDZĄCY W MIEJSCU	WROCŁAW	POL	MASTERS M - 40	2	M 6	00:57:10	02:06:54	03:11:42	04:13:13.50	04:13:15.80	5:37	10.7
7	WOLBACH TOMASZ	5307	WOLNE ŚLIMAKI	POZNAŃ	POL	SENIOR II M - 30	5	M 7	01:03:09	02:15:32	03:18:30	04:22:49.15	04:22:53.55	5:50	10.3
8	PUCHAŁA RADOSŁAW	5383	KB SOBÓTKA	SOBÓTKA	POL	MASTERS M - 40	3	M 8	01:03:10	02:19:51	03:23:24	04:30:17.20	04:30:20.25	6:00	10
9	KWIATKOWSKA KINGA	5424	SALCO GARMIN TEAM	RADKÓW	POL	SENIOR II K - 30	1	K 1	01:05:29	02:22:50	03:28:23	04:31:58.30	04:32:01.95	6:02	9.9
10	ZAJĄC ROBERT	5183	ORANGE POLSKA	ZĄBKI	POL	MASTERS M - 40	4	M 9	01:04:27	02:22:35	03:30:18	04:37:01.65	04:37:04.25	6:09	9.7
11	TOKARCYK MARCIN	5033		NYSA	POL	MASTERS M - 40	5	M 10	01:04:22	02:21:29	03:29:19	04:41:50.35	04:41:55.85	6:15	9.6
12	CIUREJ RAFAŁ	5439		OTMUCHÓW		SENIOR II M - 20	1	M 11	01:08:46	02:32:41	03:41:04	04:44:05.20	04:44:18.00	6:18	9.5
13	KWIATKOWSKI MICHAEL	5041		KRAKÓW	POL	SENIOR II M - 30	6	M 12	01:03:22	02:22:01	03:34:11	04:44:49.30	04:44:53.85	6:19	9.5
14	DUDA KAROL	5384		PIESZYCE	POL	SENIOR II M - 20	2	M 13	01:05:40	02:26:55	03:36:36	04:46:33.80	04:46:58.25	6:22	9.4
15	SMOLIŃSKI MARCIN	5360	BIEGIEM PO MARZENIA TEAM	WROCŁAW	POL	SENIOR I M - 20	3	M 14	01:06:58	02:24:44	03:36:08	04:48:49.60	04:48:56.55	6:25	9.3
16	NEHRING KAROL	5355		SULEJÓWEK	POL	SENIOR II M - 20	4	M 15	01:05:57	02:26:53	03:35:32	04:49:02.20	04:49:11.05	6:25	9.3
17	WINIARSKA KATARZYNA	5415	PRZEMYSKI KLUB BIEGACZA/HERCOG RUNNING TEAM	PRZEMYŚL	POL	SENIOR II K - 30	2	K 2	01:09:02	02:32:10	03:46:43	04:56:14.90	04:56:19.40	6:35	9.1
18	WUJDA MIROSLAW	5121	ERNI RULEZ	DĘBNO	POL	MASTERS M - 40	6	M 16	01:12:59	02:45:09	03:56:58	05:01:08.95	05:01:15.60	6:41	9
19	KOSTASZ MARIUSZ	5451				SENIOR II M - 30	7	M 17	01:06:00	02:28:51	03:45:20	05:05:23.40	05:05:26.55	6:47	8.8
20	PAWŁOWSKI MAREK	5348		POZNAŃ	POL	WETERAN I M - 50	1	M 18	01:10:52	02:39:59	03:50:55	05:07:43.15	05:08:11.15	6:50	8.8
21	POPIEL ANDRZEJ	5241	POPSMART.PL	KRAKÓW	POL	SENIOR II M - 30	8	M 19	01:10:15	02:37:47	03:54:01	05:12:05.50	05:12:09.90	6:56	8.7
22	OLEJNIK ADAM	5000	REFERICON	WŁOCŁAWEK	POL	SENIOR II M - 30	9	M 20	01:16:08	02:47:54	04:02:18	05:14:32.60	05:14:40.05	6:59	8.6
23	BLANIK MAREK	5134		RADLIN	POL	SENIOR II M - 30	10	M 21	01:19:39	02:51:37	04:03:50	05:14:06.65	05:14:40.20	6:58	8.6
24	KARAMON MARCIN	5331		OPOLE	POL	MASTERS M - 40	7	M 22	01:12:00	02:36:44	03:54:25	05:16:28.25	05:16:40.40	7:01	8.5
25	SZAFRAŃSKI JAN	5404	PANTHERS WROCŁAW	WROCŁAW	POL	SENIOR II M - 30	11	M 23	01:12:01	02:38:38	03:56:53	05:16:32.35	05:16:47.40	7:02	8.5
26	WITOSŁAWSKI MACIEJ	5227		POZNAŃ	POL	SENIOR II M - 30	12	M 24	01:15:40	02:47:16	04:05:42	05:18:28.35	05:19:23.05	7:04	8.5
27	KĘPSKI ROBERT	5286		WROCŁAW	POL	MASTERS M - 40	8	M 25	01:11:43	02:42:01	03:57:24	05:19:06.70	05:19:35.90	7:05	8.5
28	STĘPIEŃ PAWEŁ	5213		WROCŁAW	POL	SENIOR II M - 20	5	M 26	01:09:04	02:32:57	03:56:13	05:20:20.05	05:20:27.50	7:07	8.4
29	ŚRODA MICHAŁ	5164	TMTEAM	TRZEBNICA	POL	SENIOR II M - 30	13	M 27	01:07:19	02:30:16	03:52:59	05:20:22.10	05:20:51.25	7:07	8.4
30	KOTYRBA TOMASZ	5155		KATOWICE	POL	SENIOR II M - 30	14	M 28	01:12:14	02:44:57	04:03:46	05:23:24.95	05:23:35.10	7:11	8.3
31	SKURATKO ADRIAN	5158	RONAL POLSKA RUN	WAŁBRZYCH	POL	SENIOR II M - 30	15	M 29	01:09:04	02:36:17	03:57:21	05:24:26.00	05:24:30.25	7:12	8.3
32	GREIVELDINGER GILLES	5381	ŚWIAT BIEGACZA FEHLAU RUN TEAM	KÓRNIK	POL	MASTERS M - 40	9	M 30	01:12:18	02:43:00	04:03:57	05:24:25.80	05:24:56.30	7:12	8.3
33	WILK JACEK	5433		WARSZAWA	POL	WETERAN I M - 50	2	M 31	01:11:42	02:44:23	04:02:16	05:25:13.50	05:25:20.15	7:13	8.3
34	HIBNER JACEK	5437	HIBI TEAM	ŁÓDŹ		MASTERS M - 40	10	M 32	01:07:00	02:38:51	04:03:33	05:27:09.30	05:27:12.75	7:16	8.3
35	PASZCZAK ALICJA	5454	KLUB WYSOKOGÓRSKI WARSZAWA	KONSTANCIN-JEZIORNA		WETERAN K - 50	1	K 3	01:14:19	02:49:52	04:11:00	05:27:14.30	05:27:18.25	7:16	8.3
36	PAPROCKA URSZULA	5419	MUAY RUNNING TEAM	KRAKÓW	POL	SENIOR I K - 20	1	K 4	01:20:48	02:54:48	04:10:41	05:27:28.25	05:27:50.65	7:16	8.2
37	ŁUCZYŃSKI MACIEJ	5357		KŁODAWA	POL	MASTERS M - 40	11	M 33	01:12:22	02:37:07	03:58:28	05:28:00.25	05:28:14.80	7:17	8.2
38	MEZYŃSKI SZYMON	5327	KUDOWIANKA RUN	KUDOWA ZDRÓJ	POL	SENIOR II M - 20	6	M 34	01:18:42	02:52:55	04:10:52	05:28:17.45	05:28:43.10	7:17	8.2
39	ŁACH SEWERYN	5408	BIEGAM DLA CIASTEK	WIELICZKA	POL	SENIOR II M - 30	16	M 35	01:13:48	02:45:32	04:03:29	05:28:28.30	05:28:46.45	7:17	8.2
40	BARANOWSKI JACEK	5302	JACEKBIEGA RUNNING TEAM	WARSZAWA	POL	SENIOR II M - 30	17	M 36	01:17:32	02:49:33	04:07:01	05:29:13.45	05:29:26.15	7:18	8.2
41	BARTOSZ MAREK	5272	JCI RUNNING TEAM	KRAKÓW	POL	MASTERS M - 40	12	M 37	01:21:55	02:56:58	04:13:32	05:29:22.85	05:29:34.00	7:19	8.2
42	LISEK ANDRZEJ	5330	LISEK	POZNAŃ	POL	SENIOR II M - 30	18	M 38	01:12:34	02:44:00	04:06:59	05:31:52.65	05:32:40.75	7:22	8.1

ZŁOTY MARATON - 45 KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	10km	22km	33km	Netto	Brutto	min/km	km/h
369	STASZEWSKA SYLWIA	5303		POTASZE	POL	MASTERS K - 40	45	K 116	01:51:53	04:32:12	06:30:00	08:38:42.20	08:38:58.00	11:31	5.2
370	KRAJEWSKA-PALUCH EWA	5119	BIEGOWA KUŹNIA	DAJBROWA GÓRNICZA	POL	MASTERS K - 40	46	K 117	01:48:20	04:32:31	06:30:51	08:38:32.95	08:39:08.85	11:31	5.2
371	KOŚCIELNIAK DAGMARA	5255	CZERWONAK BIEGA	CZERWONAK	POL	MASTERS K - 40	47	K 118	01:56:56	04:34:38	06:31:15	08:39:48.40	08:40:05.40	11:33	5.2
372	IZDEBSKI MAREK	5292	SPARTA ZIĘBICE	ZIĘBICE	POL	WETERAN I M - 50	18	M 254	01:52:43	04:34:02	06:35:44	08:40:10.90	08:40:40.85	11:33	5.2
373	KOWAL EWA	5187		ZIĘBICE	POL	MASTERS K - 40	48	K 119	01:52:41	04:34:02	06:35:43	08:40:11.45	08:40:41.05	11:33	5.2
374	RAKOWSKI DAMIAN	5049	KFJ	WROCŁAW	POL	SENIOR I M - 20	27	M 255	01:46:48	04:24:32	06:31:23	08:41:04.05	08:42:07.95	11:34	5.2
375	TABACZYŃSKA MONIKA	5048	KFJ	WROCŁAW	POL	SENIOR I K - 20	20	K 120	01:46:42	04:24:29	06:31:38	08:41:04.00	08:42:09.05	11:34	5.2
376	BARTOSIEWICZ DOROTA	5337		POZNAŃ	POL	SENIOR II K - 30	50	K 121	01:43:37	04:15:40	06:29:23	08:45:51.50	08:46:02.70	11:41	5.1
377	ZAWORONEK MARCIN	5140		ŁÓDŹ	POL	SENIOR I M - 20	28	M 256	01:48:19	04:14:07	06:34:04	08:45:12.75	08:46:32.55	11:40	5.1
378	ZAJĄC AGA	5132	77CATS	JÓZEFOSŁAW	POL	MASTERS K - 40	49	K 122	01:56:25	04:39:50	06:43:16	08:46:09.05	08:47:00.05	11:41	5.1
379	MUSIAŁ EWA	5257		STALOWA WOLA	POL	MASTERS K - 40	50	K 123	01:48:19	03:53:46	05:51:25	08:46:31.65	08:47:20.35	11:42	5.1
380	SZYMAŃSKI PAWEŁ	7363	MUAY RUNNING TEAM	POZNAŃ		SENIOR II M - 30	109	M 257	01:53:51	04:32:50	06:42:30	08:49:17.95	08:50:34.00	11:45	5.1
381	WOJEWODA RENATA	5301		WARSZAWA	POL	MASTERS K - 40	51	K 124	01:49:40	04:24:35	06:32:33	08:50:36.95	08:51:43.10	11:47	5.1
382	GARCZEWSKA-PASZKO JOANNA	5019		WARSZAWA	POL	MASTERS K - 40	52	K 125	01:51:46	04:45:02	06:54:04	08:50:46.00	08:52:04.05	11:47	5.1
383	MZYK FABIAN	5066	STS BIEGATON	ORZESZE	POL	MASTERS M - 40	98	M 258	01:46:01	04:30:04	06:40:13	08:53:32.80	08:53:43.60	11:51	5.1
384	GRZELCZAK TOMASZ	5332	PMM	ŁÓDŹ	POL	WETERAN I M - 50	19	M 259	01:48:42	04:56:54	06:58:15	08:54:25.35	08:55:20.00	11:52	5.1
385	BOLAT TARIK	5322		KRAKOW	TUR	SENIOR I M - 20	29	M 260	01:38:45	04:14:20	06:31:24	08:57:57.80	08:58:08.90	11:57	5
386	OSMOLA DOROTA	5362	OLD SCHOOL TRAIL RUNNING STAFF	RZESZÓW	POL	MASTERS K - 40	53	K 126	01:55:47	04:39:07	06:52:47	08:57:36.20	08:58:53.05	11:56	5
387	PISULIŃSKA EWA	5340		KRAKÓW	POL	SENIOR I K - 20	21	K 127	01:50:02	04:23:49	06:45:02	08:58:54.10	08:59:16.00	11:58	5
388	BARAŃSKI STANISŁAW	5123	HUSARIA NIEGOSŁAWICE	NIEGOSŁAWICE	POL	MASTERS M - 40	99	M 261	01:39:31	04:22:20	06:36:59	09:01:14.50	09:02:33.15	12:01	5
389	BAKA ELŻBIETA	5195		WARSZAWA	POL	MASTERS K - 40	54	K 128	01:59:18	04:51:05	07:01:40	09:07:24.25	09:08:31.90	12:09	4.9
390	MATUSEWICZ PATRYCJA	5219		ZIELONA GÓRA	POL	MASTERS K - 40	55	K 129	01:50:05	04:30:16	06:55:57	09:12:42.15	09:13:33.90	12:16	4.9
391	MOSZYŃSKI PATRYK	5368	HUSARIA RACE TEAM	SZCZECIN	POL	SENIOR I M - 20	30	M 262	01:56:22	04:50:52	07:04:13	09:27:10.45	09:27:18.80	12:36	4.8
392	DUDARONEK PAULINA	5290	HUSARIA RACE TEAM	SZCZECIN	POL	SENIOR I K - 20	22	K 130	01:56:21	04:50:52	07:04:14	09:27:11.25	09:27:19.35	12:36	4.8
393	FURTACZ ANNA	5229		PIŁA	POL	MASTERS K - 40	56	K 131	02:04:29	04:55:16	07:06:55	09:28:11.00	09:29:25.90	12:37	4.8
394	GAJGER JOANNA	5078		KOBYŁKA	POL	SENIOR II K - 30	51	K 132	02:05:32	04:57:14	07:23:43	09:46:16.70	09:47:14.90	13:01	4.6
395	WOŁOWIEC BOŻENA	5314		GŁOWNO	POL	MASTERS K - 40	57	K 133	02:02:26	05:01:18	07:42:12	10:16:54.85	10:17:53.25	13:42	4.4
396	WOŁOWIEC MARCIN	5313		GŁOWNO	POL	MASTERS M - 40	100	M 263	02:02:26	05:01:18	07:42:13	10:16:56.05	10:17:54.10	13:42	4.4
397	JASIŃSKI PAWEŁ	5120		WILCZOGÓRA	POL	MASTERS M - 40	101	M 264	01:49:10	04:52:35	07:23:10	10:33:42.60	10:33:55.30	14:04	4.3
398	KORTAS SŁAWOMIR	5203	DESTYLATOR	WROCŁAW	POL	SENIOR II M - 30	110	M 265	01:53:54	04:44:48				12:56	4.6
	JANKOWSKI TOM	5391	WIECZORNE BIEGANIE W SZCZECINIE	SZCZECIN	POL	MASTERS M - 40			01:42:57	04:10:25	07:21:12	DNF	DNF	-	-
	GODYŃ JAN	5412	DELOITTE ADVENTURE CLUB	KATOWICE	POL	SENIOR II M - 30			DNF	DNF	DNF	DNF	DNF	-	-
	DUNAL TOMASZ	5222	SZ JAK GEPARD	GORZÓW WLKP.	POL	SENIOR I M - 20			01:21:28	03:08:29	04:53:34	DNF	DNF	-	-
									DNF	DNF	DNF	DNF	DNF	-	-
									01:39:34	04:05:36	06:15:02	DNF	DNF	-	-
									DNF	DNF	DNF	DNF	DNF	-	-
	GŁOWACKI KRZYSZTOF	5050	WIDZEW RUNNING TEAM	ŁÓDŹ	POL	SENIOR II M - 30			01:28:34	03:32:41	DNF	DNF	DNF	-	-
									DNF	DNF	DNF	DNF	DNF	-	-
	SERAFIŃCZUK KRZYSZTOF	5343	HEXAWALL	WARSZAWA	POL	SENIOR II M - 30			01:37:57	04:03:11	DNF	DNF	DNF	-	-
									DNF	DNF	DNF	DNF	DNF	-	-
	STRZELECKI KRZYSZTOF	5037		WROCŁAW	POL	MASTERS M - 40			01:39:03	04:35:26	DNF	DNF	DNF	-	-
									DNF	DNF	DNF	DNF	DNF	-	-
	KACZMAREK AGATA	5124	NEST TEAM	POZNAŃ	POL	MASTERS K - 40			01:55:10	04:43:41	DNF	DNF	DNF	-	-
									DNF	DNF	DNF	DNF	DNF	-	-
	FURTACZ MAREK	5228	NIE ZRZESZONY	PIŁA	POL	WETERAN II M - 60			02:10:51	05:47:53	DNF	DNF	DNF	-	-
									DNF	DNF	DNF	DNF	DNF	-	-
	DOBOSZ LESZEK	5411		POZNAŃ	POL	SENIOR II M - 30			01:36:02	DNF	DNF	DNF	DNF	-	-
									DNF	DNF	DNF	DNF	DNF	-	-