

ZŁOTY MARATON - 45 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2019-07-18
Miejsce: Łądek-Zdrój
Dystans: 45 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Senior I M - 20

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
1	CIUREJ Rafał	5439		Senior I M - 20	1	01:08:46	02:32:41	03:41:04	04:44:05.20	04:44:18.00		6:18	9.5 (100%)
2	DUDA Karol	5384		Senior I M - 20	2	01:05:40	02:26:55	03:36:36	04:46:33.80	04:46:58.25	+00:02:40 (0.9%)	6:22	9.4 (98.9%)
3	SMOLIŃSKI Marcin	5360	BIEGIEM PO MARZENIA TEAM	Senior I M - 20	3	01:06:58	02:24:44	03:36:08	04:48:49.60	04:48:56.55	+00:04:38 (1.6%)	6:25	9.3 (97.9%)
4	NEHRING Karol	5355		Senior I M - 20	4	01:05:57	02:26:53	03:35:32	04:49:02.20	04:49:11.05	+00:04:53 (1.7%)	6:25	9.3 (97.9%)
5	STĘPIEŃ Paweł	5213		Senior I M - 20	5	01:09:04	02:32:57	03:56:13	05:20:20.05	05:20:27.50	+00:36:09 (11.3%)	7:07	8.4 (88.4%)
6	MEZYNSKI Szymon	5327	KUDOWIANKA RUN	Senior I M - 20	6	01:18:42	02:52:55	04:10:52	05:28:17.45	05:28:43.10	+00:44:25 (13.5%)	7:17	8.2 (86.3%)
7	LEWANDOWSKI Piotr	5216		Senior I M - 20	7	01:11:56	02:40:32	04:02:22	05:35:22.40	05:35:29.65	+00:51:11 (15.3%)	7:27	8.1 (85.3%)
8	KAROLCZAK Aleksander	5371	WKURW_TEAM	Senior I M - 20	8	01:24:31	02:59:31	04:31:16	05:59:03.70	05:59:53.65	+01:15:35 (21.0%)	7:58	7.5 (78.9%)
9	GLÓD Łukasz	5318	KLUB BIEGACZA AZS UEK	Senior I M - 20	9	01:20:39	03:00:53	04:33:33	06:09:48.00	06:09:57.10	+01:25:39 (23.2%)	8:13	7.3 (76.8%)
10	KACZMAREK Jędrzej	5018	KP PSP MILICZ	Senior I M - 20	10	01:10:15	02:51:19	04:24:10	06:13:31.90	06:13:38.10	+01:29:20 (23.9%)	8:18	7.2 (75.8%)
11	GIERADA Mateusz	5092	NIGHT RUNNERS GLIWICE	Senior I M - 20	11	01:21:19	03:09:08	04:47:26	06:20:27.50	06:21:19.95	+01:37:01 (25.4%)	8:27	7.1 (74.7%)
12	KACZMAREK Mirosław	5128		Senior I M - 20	12	01:28:51	03:10:40	04:52:17	06:26:35.40	06:27:07.40	+01:42:49 (26.6%)	8:35	7 (73.7%)
13	SULIKOWSKI Rafał	5328		Senior I M - 20	13	01:41:48	03:34:36	05:05:43	06:41:52.05	06:43:10.40	+01:58:52 (29.5%)	8:55	6.7 (70.5%)
14	SAŁEK Mateusz	5358	ADIDAS RUNNERS WARSAW	Senior I M - 20	14	01:17:19	03:09:00	05:00:49	06:47:01.00	06:47:10.65	+02:02:52 (30.2%)	9:02	6.6 (69.5%)
15	RUTKOWSKI Maciej	5361	KB PIAST MIĘDZYRZECZ/ TURBO WILKI/ ULTRA DIABŁY	Senior I M - 20	15	01:21:11	03:10:16	05:03:24	06:48:51.95	06:48:58.55	+02:04:40 (30.5%)	9:05	6.6 (69.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
16	SOBIERAJ Kamil	5416	MKS 'WIERNA' MAŁOGOSZCZ-SEKCJA BIEGOWA	Senior I M - 20	16	01:22:35	03:15:21	05:06:53	06:54:26.20	06:54:37.40	+02:10:19 (31.4%)	9:12	6.5 (68.4%)
17	KOŁBUC Rafał	5074		Senior I M - 20	17	01:32:07	03:35:05	05:17:37	07:05:39.10	07:05:58.00	+02:21:40 (33.3%)	9:27	6.3 (66.3%)
18	PRUSIK Paweł	5262		Senior I M - 20	18	01:30:26	03:52:22	05:32:08	07:19:49.55	07:20:10.55	+02:35:52 (35.4%)	9:46	6.1 (64.2%)
19	PRUSIK Tomasz	5250		Senior I M - 20	19	01:30:27	03:52:20	05:32:08	07:19:49.85	07:20:11.05	+02:35:53 (35.4%)	9:46	6.1 (64.2%)
20	WAŚACZ Arkadiusz	5275	ALPAK TEAM	Senior I M - 20	20	01:30:03	03:15:23	04:44:34	07:27:21.40	07:28:38.95	+02:44:20 (36.6%)	9:56	6 (63.2%)
21	SKWIERCZYŃSKI Sylwester	5221		Senior I M - 20	21	01:32:13	03:39:31	05:36:15	07:29:28.25	07:30:14.25	+02:45:56 (36.9%)	9:59	6 (63.2%)
22	WODECKI Tomasz	5200	KLUB BIEGACZY JYSK	Senior I M - 20	22	01:28:19	03:36:19	05:27:30	07:36:13.35	07:37:05.40	+02:52:47 (37.8%)	10:08	5.9 (62.1%)
23	KLACZYŃSKI Norbert	5101		Senior I M - 20	23	01:34:41	03:40:25	05:46:59	07:56:13.50	07:56:21.60	+03:12:03 (40.3%)	10:34	5.7 (60.0%)
24	JUSZCZYK Paweł	5319		Senior I M - 20	24	01:28:20	03:47:17	05:54:30	07:56:24.55	07:57:24.85	+03:13:06 (40.5%)	10:35	5.7 (60.0%)
25	KRAKOWSKI Sebastian	5137	MIECHOWICKA GRUPA BIEGOWA	Senior I M - 20	25	01:36:57	03:59:31	06:03:04	08:02:18.05	08:03:06.15	+03:18:48 (41.2%)	10:43	5.6 (58.9%)
26	KLIMEK Paweł	5162		Senior I M - 20	26	01:39:49	03:57:10	05:54:04	08:03:19.40	08:04:27.45	+03:20:09 (41.3%)	10:44	5.6 (58.9%)
27	RAKOWSKI Damian	5049	KFJ	Senior I M - 20	27	01:46:48	04:24:32	06:31:23	08:41:04.05	08:42:07.95	+03:57:49 (45.6%)	11:34	5.2 (54.7%)
28	ZAWORONEK Marcin	5140		Senior I M - 20	28	01:48:19	04:14:07	06:34:04	08:45:12.75	08:46:32.55	+04:02:14 (46.0%)	11:40	5.1 (53.7%)
29	BOLAT Tarik	5322		Senior I M - 20	29	01:38:45	04:14:20	06:31:24	08:57:57.80	08:58:08.90	+04:13:50 (47.2%)	11:57	5 (52.6%)
Przekroczony limit czasu: 09:00:00													
30	MOSZYŃSKI Patryk	5368	HUSARIA RACE TEAM	Senior I M - 20	30	01:56:22	04:50:52	07:04:13	09:27:10.45	09:27:18.80	+04:43:00 (49.9%)	12:36	4.8 (50.5%)
	DUNAL Tomasz	5222	SZ JAK GEPARD	Senior I M - 20		01:39:34 DNF	04:05:36 DNF	06:15:02 DNF	DNF	DNF		-	- (0.0%)

Znaleziono 31 wynik(ów)