ZŁOTY MARATON - 45 KM

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

Klasyfikacja: Weteran I M - 50

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	**PAWŁOWSKI Marek**	**5348**		Weteran I M - 50	1	01:10:52	02:39:59	03:50:55	**05:07:43.15**	**05:08:11.15**		6:50	8.8 (100%)
2	**WILK Jacek**	**5433**		Weteran I M - 50	2	01:11:42	02:44:23	04:02:16	**05:25:13.50**	**05:25:20.15**	+00:17:09 (5.3%)	7:13	8.3 (94.3%)
3	**CZYCZERSKI Jacek**	**5188**	GRUPA BIEGOWA BEZ GRANIC	Weteran I M - 50	3	01:14:25	02:50:06	04:30:51	**06:09:51.15**	**06:10:36.30**	+01:02:25 (16.8%)	8:13	7.3 (83.0%)
4	**KUŹMA Przemysław**	**5156**		Weteran I M - 50	4	01:21:35	03:04:21	04:37:57	**06:10:25.40**	**06:10:41.30**	+01:02:30 (16.9%)	8:13	7.3 (83.0%)
5	**BIELECKI Robert**	**5004**	KEEN ON RUNNING	Weteran I M - 50	5	01:18:47	03:03:04	04:40:28	**06:13:48.35**	**06:14:30.65**	+01:06:19 (17.7%)	8:18	7.2 (81.8%)
6	**LESZCZYŃSKI Paweł**	**5440**	LASY WAWERSKIE	Weteran I M - 50	6	01:36:27	03:23:19	04:55:11	**06:24:52.60**	**06:25:33.05**	+01:17:21 (20.1%)	8:33	7 (79.5%)
7	**CHOJNOWSKI Andrzej**	**5034**		Weteran I M - 50	7	01:27:50	03:18:32	04:59:31	**06:35:28.40**	**06:36:16.50**	+01:28:05 (22.2%)	8:47	6.8 (77.3%)
8	**DRABIK Jacek**	**5283**		Weteran I M - 50	8	01:31:51	03:32:46	05:08:22	**06:43:19.05**	**06:43:33.95**	+01:35:22 (23.6%)	8:57	6.7 (76.1%)
9	**WOLENTARSKI Roman**	**5179**		Weteran I M - 50	9	01:33:06	03:23:36	05:00:27	**06:52:12.55**	**06:53:21.15**	+01:45:10 (25.4%)	9:09	6.5 (73.9%)
10	**PASTUSZKA Mirosław**	**5329**	RUN ŁDZ	Weteran I M - 50	10	01:29:45	03:33:42	05:16:00	**06:54:14.90**	**06:55:16.90**	+01:47:05 (25.8%)	9:12	6.5 (73.9%)
11	**OLCZYK Andrzej**	**5097**		Weteran I M - 50	11	01:35:47	03:47:15	05:31:57	**07:19:54.80**	**07:20:56.70**	+02:12:45 (30.1%)	9:46	6.1 (69.3%)
12	**PAKUŁA Grzegorz**	**5293**		Weteran I M - 50	12			05:32:19	**07:31:20.20**	**07:31:36.20**	+02:23:25 (31.8%)	10:01	6 (68.2%)
13	**NEUMANN Jacek**	**5152**	CENTRUM ŁĄKOWA 1	Weteran I M - 50	13	01:37:46	03:50:53	05:40:21	**07:33:36.20**	**07:34:48.15**	+02:26:37 (32.2%)	10:04	6 (68.2%)
14	**ZAPIÓR Marek**	**5382**	ZET	Weteran I M - 50	14	01:38:23	03:55:43	05:45:49	**07:36:49.70**	**07:37:40.55**	+02:29:29 (32.7%)	10:09	5.9 (67.0%)
15	**SZCZEPANIAK Grzegorz**	**5284**	BOŚ	Weteran I M - 50	15	01:35:49	03:42:20	05:45:53	**07:41:49.90**	**07:42:52.50**	+02:34:41 (33.4%)	10:15	5.8 (65.9%)
16	**JAWORSKI Bartłomiej**	**5351**		Weteran I M - 50	16	01:29:00	03:51:00	05:45:54	**07:52:13.45**	**07:52:20.25**	+02:44:09 (34.8%)	10:29	5.7 (64.8%)
17	**PIETROWICZ Marek**	**5359**		Weteran I M - 50	17	01:51:16	04:17:12	06:06:10	**08:06:43.60**	**08:07:16.85**	+02:59:05 (36.8%)	10:48	5.5 (62.5%)
18	**IZDEBSKI Marek**	**5292**	SPARTA ZIĘBICE	Weteran I M - 50	18	01:52:43	04:34:02	06:35:44	**08:40:10.90**	**08:40:40.85**	+03:32:29 (40.8%)	11:33	5.2 (59.1%)
19	**GRZELCZAK Tomasz**	**5332**	PMM	Weteran I M - 50	19	01:48:42	04:56:54	06:58:15	**08:54:25.35**	**08:55:20.00**	+03:47:08 (42.4%)	11:52	5.1 (58.0%)

Znaleziono 19 wynik(ów)