

ZŁOTY PÓŁMARATON - 21 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2019-07-18
Miejsce: Łądek-Zdrój
Dystans: 21 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Senior I M - 20

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	GAWRON Paweł	6495	ADIDAS RUNNERS WARSAW	Senior I M - 20	1	00:58:09	01:39:41.75	01:39:46.70		4:44	12.6 (100%)
2	PODSIADŁO Mikołaj	6759		Senior I M - 20	2	00:56:57	01:40:53.65	01:40:55.35	+00:01:08 (1.1%)	4:48	12.5 (99.2%)
3	GLINKA Szymon	6382	RUNNING ACADEMY	Senior I M - 20	3	00:58:31	01:47:56.25	01:47:59.60	+00:08:12 (7.6%)	5:08	11.7 (92.9%)
4	HOLA Artur	6506	ACTIVRUN NAMYSŁÓW	Senior I M - 20	4	01:03:09	01:57:21.55	01:57:27.15	+00:17:40 (15.0%)	5:35	10.7 (84.9%)
5	GORCZYŃSKI Norbert	6468	KUDOWIANKA RUN	Senior I M - 20	5	01:05:24	01:57:44.60	01:58:09.15	+00:18:22 (15.6%)	5:36	10.7 (84.9%)
6	OŚWIĘCIMKA Rafał	6621	ITMBW KRAKÓW	Senior I M - 20	6	01:07:22	02:01:00.60	02:01:25.90	+00:21:39 (17.8%)	5:45	10.4 (82.5%)
7	KOZANECKI Przemysław	6167	CONSTRAVIA	Senior I M - 20	7	01:07:37	02:03:20.50	02:04:25.20	+00:24:38 (19.8%)	5:52	10.2 (81.0%)
8	RZEŹNIK Przemysław	6437	EDITEAM ZGORZELEC	Senior I M - 20	8	01:09:30	02:04:11.85	02:05:34.00	+00:25:47 (20.5%)	5:54	10.1 (80.2%)
9	URBANEK Patryk	6638		Senior I M - 20	9	01:10:28	02:05:44.25	02:05:47.20	+00:26:00 (20.7%)	5:59	10 (79.4%)
10	JOKIEL Wojciech	6533	SPARTA ULTRA TEAM	Senior I M - 20	10	01:12:09	02:07:06.65	02:07:25.60	+00:27:38 (21.7%)	6:03	9.9 (78.6%)
11	NOWICKI Mateusz	6044		Senior I M - 20	11	01:10:50	02:07:50.45	02:07:55.30	+00:28:08 (22.0%)	6:05	9.9 (78.6%)
12	OSTASZEWSKI Arek	6518	KALENJI BY DECATHLON	Senior I M - 20	12	01:13:26	02:08:20.25	02:08:28.90	+00:28:42 (22.3%)	6:06	9.8 (77.8%)
13	SZARSKI Jacek	6270		Senior I M - 20	13	01:14:08	02:10:54.70	02:12:10.60	+00:32:23 (24.5%)	6:14	9.6 (76.2%)
14	ŻEBROWSKI Juliusz	6309	BORN TO RUN	Senior I M - 20	14	01:16:29	02:14:14.40	02:14:21.90	+00:34:35 (25.7%)	6:23	9.4 (74.6%)
15	ANTOLAK Adam	6274		Senior I M - 20	15	01:15:29	02:15:16.00	02:15:52.45	+00:36:05 (26.6%)	6:26	9.3 (73.8%)
16	HENDRYS Marek	6668	SPARTA ULTRA TEAM	Senior I M - 20	16	01:15:48	02:19:00.20	02:19:19.70	+00:39:33 (28.4%)	6:37	9.1 (72.2%)
17	PASZKE Maciej	6568		Senior I M - 20	17	01:20:17	02:21:48.85	02:22:56.55	+00:43:09 (30.2%)	6:45	8.9 (70.6%)
18	DESKA Michał	6286	DESAK TEAM	Senior I M - 20	18	01:17:43	02:24:36.35	02:24:40.80	+00:44:54 (31.0%)	6:53	8.7 (69.0%)
19	KRUK Kamil	6431		Senior I M - 20	19	01:18:56	02:24:08.90	02:25:30.95	+00:45:44 (31.4%)	6:51	8.7 (69.0%)
20	STOLARZ Jędrzej	6654		Senior I M - 20	20	01:21:02	02:26:17.90	02:26:28.60	+00:46:41 (31.9%)	6:58	8.6 (68.3%)
21	GAZDA Michał	6179	CONSTRAVIA	Senior I M - 20	21	01:20:39	02:26:39.80	02:27:44.30	+00:47:57 (32.5%)	6:59	8.6 (68.3%)
22	KULER Bartosz	6551	PGB SPORTOWA PACZKA	Senior I M - 20	22	01:19:42	02:29:44.45	02:30:14.60	+00:50:27 (33.6%)	7:07	8.4 (66.7%)
23	NOWAK Krystian	6602	NKB CHYŻY NOWY TOMYŚL	Senior I M - 20	23	01:21:50	02:30:17.90	02:31:27.55	+00:51:40 (34.1%)	7:09	8.4 (66.7%)
24	HETMAŃSKI Jakub	6055		Senior I M - 20	24	01:21:58	02:31:33.55	02:31:58.25	+00:52:11 (34.3%)	7:13	8.3 (65.9%)
25	JANKOWSKI Krzysztof	6715	MUAY RUNNING TEAM	Senior I M - 20	25	01:23:19	02:31:01.20	02:32:22.70	+00:52:36 (34.5%)	7:11	8.3 (65.9%)
26	KOTNIEWICZ Piotr	6760		Senior I M - 20	26	01:26:03	02:31:29.90	02:32:48.45	+00:53:01 (34.7%)	7:12	8.3 (65.9%)
27	BARTNICKI Bartosz	6631	SCM POLANICA-ZDRÓJ	Senior I M - 20	27	01:22:18	02:33:00.80	02:33:24.00	+00:53:37 (35.0%)	7:17	8.2 (65.1%)
28	KOPACZYŃSKI Michał	6404		Senior I M - 20	28	01:20:45	02:34:42.80	02:35:42.50	+00:55:55 (35.9%)	7:22	8.1 (64.3%)
29	PASZKIEWICZ Józef	6591		Senior I M - 20	29	01:26:24	02:37:20.70	02:37:39.15	+00:57:52 (36.7%)	7:29	8 (63.5%)

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30	POSPIECH Michał	6735		Senior I M - 20	30	01:21:38	02:36:25.05	02:38:04.80	+00:58:18 (36.9%)	7:26	8.1 (64.3%)
31	AUCH Bartłomiej	6712		Senior I M - 20	31	01:28:05	02:40:23.30	02:40:50.00	+01:01:03 (38.0%)	7:38	7.9 (62.7%)
32	PANCZOCHA Adam	6540		Senior I M - 20	32	01:25:02	02:40:36.55	02:41:43.00	+01:01:56 (38.3%)	7:38	7.8 (61.9%)
33	ŚWIERCZYŃSKI Radosław	6304	BIEGIEM PO PIWO	Senior I M - 20	33	01:35:52	02:43:53.15	02:45:47.00	+01:06:00 (39.8%)	7:48	7.7 (61.1%)
34	BĘDKOWSKI Paweł	6612		Senior I M - 20	34	01:30:07	02:47:52.45	02:48:12.45	+01:08:25 (40.7%)	7:59	7.5 (59.5%)
35	KAMIŃSKI Marek	6545		Senior I M - 20	35	01:34:02	02:51:22.55	02:53:08.80	+01:13:22 (42.4%)	8:09	7.4 (58.7%)
36	POŚPIECH Marcin	6257		Senior I M - 20	36	01:35:10	02:58:06.45	02:58:24.90	+01:18:38 (44.1%)	8:28	7.1 (56.3%)
37	PLACKOWSKI Marcin	6261	GOSTYŃ	Senior I M - 20	37	01:33:08	03:04:33.15	03:05:08.30	+01:25:21 (46.1%)	8:47	6.8 (54.0%)
38	SAWALA Eryk	6129		Senior I M - 20	38	01:47:24	03:12:00.80	03:13:08.90	+01:33:22 (48.3%)	9:08	6.6 (52.4%)
39	HANSZ Donat	6683	NETBOX BIEGA	Senior I M - 20	39	01:42:59	03:20:04.40	03:20:36.70	+01:40:50 (50.3%)	9:31	6.3 (50.0%)
40	MACIĄŻEK Dominik	6595	MEZZOFORTE	Senior I M - 20	40	01:56:34	03:34:58.45	03:35:21.50	+01:55:34 (53.7%)	10:14	5.9 (46.8%)
41	KOŚCIELNIAK Maciej	6502	CZERWONAK BIEGA	Senior I M - 20	41	02:00:57	03:41:51.10	03:43:05.60	+02:03:18 (55.3%)	10:33	5.7 (45.2%)

Znaleziono 41 wynik(ów)