



ZŁOTY PÓLMARATON - 21 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Stowarzyszenie TKKF Kompas
Data: 2017-07-20
Miejsce: Łądek Zdrój
Dystans: 21 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Senior II M - 30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	NÁPRAVNÍK Jan	2382		Senior II M - 30	1	00:55:25	01:40:52.15	01:40:55.85		4:48	12.5
2	WOLAŃSKI Jan	2338	STAL FOX BIMARKO	Senior II M - 30	2	01:01:26	01:44:23.55	01:44:31.05	+00:03:35	4:58	12.1
3	WILK Maciej	2189	RAMBO 3	Senior II M - 30	3	00:59:27	01:44:24.80	01:44:42.70	+00:03:46	4:58	12.1
4	PAJĄK Tomasz	2304	VEGE RUNNERS	Senior II M - 30	4	01:01:08	01:47:47.45	01:47:57.40	+00:07:01	5:08	11.7
5	MYSZCZYSZYN Łukasz	2093	ANTRACYT	Senior II M - 30	5	01:01:00	01:48:36.50	01:48:39.10	+00:07:43	5:10	11.6
6	KOWAL Amadeusz	2377	NAPRZÓD MŁOCINY	Senior II M - 30	6	01:02:03	01:49:34.05	01:49:38.55	+00:08:42	5:13	11.5
7	PRZYBYLSKI Łukasz	2218	KS IDMAR	Senior II M - 30	7	01:03:53	01:52:47.55	01:52:50.90	+00:11:55	5:22	11.2
8	DURMAJ Bartek	2014		Senior II M - 30	8	01:05:00	01:53:31.30	01:53:36.10	+00:12:40	5:24	11.1
9	KSIĄŻKIEWICZ Bartłomiej	2081	ROCKY BALBOA RUNNING CLUB	Senior II M - 30	9	01:03:54	01:54:52.70	01:55:09.70	+00:14:13	5:28	11
10	PIRÓG Arkadiusz	2386	PISFAK	Senior II M - 30	10	01:06:10	01:55:11.95	01:55:14.25	+00:14:18	5:29	10.9
11	BRZESZKIEWICZ Michał	2411	BIEGIEM PO PIWO	Senior II M - 30	11	01:07:47	01:58:01.70	01:58:10.30	+00:17:14	5:37	10.7
12	URBANEK Zbyszek	2275		Senior II M - 30	12	01:08:08	01:58:23.65	01:58:26.10	+00:17:30	5:38	10.6
13	CITKO Maciej	2208	BIEG OPOLSKI	Senior II M - 30	13	01:10:10	02:02:33.05	02:02:45.50	+00:21:49	5:50	10.3
14	MAJCHRZAK Marcin	2367	DELOITTE ADVENTURE TEAM	Senior II M - 30	14	01:07:12	02:03:09.15	02:03:17.25	+00:22:21	5:51	10.2
15	PAWŁAK Bartosz	2370	ZAŁOGA GORSKA	Senior II M - 30	15	01:10:05	02:08:24.90	02:08:29.85	+00:27:34	6:06	9.8
16	JANKOWSKI Janusz	2358		Senior II M - 30	16	01:12:45	02:08:03.05	02:08:36.30	+00:27:40	6:05	9.8
17	MOLENDĄ Maciej	2127	RONAL POLSKA RUN	Senior II M - 30	17	01:15:21	02:09:11.10	02:09:30.25	+00:28:34	6:09	9.8
18	DEMKOWSKI Marcin	2313		Senior II M - 30	18	01:15:19	02:11:10.05	02:11:36.50	+00:30:40	6:14	9.6
19	CHODOROWSKI Krzysztof	2135	PRZEBIEGA.PL	Senior II M - 30	19	01:13:03	02:11:35.65	02:11:50.80	+00:30:54	6:15	9.6
20	ANTOSIAK Tomasz	2132	TRIATHLON MIETKÓW TEAM	Senior II M - 30	20	01:16:33	02:11:43.35	02:11:54.35	+00:30:58	6:16	9.6
21	OLESZAK Piotr	2280	STREFA CHILLOUT'U / I LOVE ZIEMEK	Senior II M - 30	21	01:16:08	02:12:40.10	02:12:58.20	+00:32:02	6:19	9.5
22	PAWŁAK Gabriel	2321	ERGOCONCEPT	Senior II M - 30	22	01:17:33	02:13:08.85	02:13:17.30	+00:32:21	6:20	9.5
23	KOSMALA Szymon	2150		Senior II M - 30	23	01:15:28	02:13:17.80	02:13:51.45	+00:32:55	6:20	9.5
24	KUBACKA Sebastian	2243		Senior II M - 30	24	01:15:58	02:14:15.95	02:14:20.10	+00:33:24	6:23	9.4
25	BIEŃKOWSKI Kamil	2018	BE BETTER	Senior II M - 30	25	01:16:06	02:14:26.00	02:15:19.10	+00:34:23	6:24	9.4
26	STEMPNIAK Daniel	2210	KS MARATON OSTRÓW WLKP.	Senior II M - 30	26	01:17:19	02:15:52.15	02:15:57.90	+00:35:02	6:28	9.3
27	BACA Łukasz	2252	RAMBO 3	Senior II M - 30	27	01:18:56	02:16:25.40	02:16:50.10	+00:35:54	6:29	9.2
28	UHEREK Michał	2260	YODA	Senior II M - 30	28	01:16:44	02:16:39.95	02:17:10.70	+00:36:14	6:30	9.2
29	OLESZOWSKI Marcin	2332	LUXON	Senior II M - 30	29	01:13:42	02:17:24.35	02:17:49.75	+00:36:53	6:32	9.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 21km	brutto 21km			
30	BUDZIŃSKI Damian	2269	NYSA BIEGA	Senior II M - 30	30	01:19:32	02:17:33.60	02:17:56.10	+00:37:00	6:33	9.2
31	JANKOWIAK Krzysztof	2012	MARCO	Senior II M - 30	31	01:18:17	02:17:55.00	02:18:04.20	+00:37:08	6:34	9.1
32	BADEWICZ Tomasz	2259	GARAGE JIM BEAM	Senior II M - 30	32	01:15:27	02:18:39.15	02:18:54.95	+00:37:59	6:36	9.1
33	LEWANDOWSKI Piotr	2102		Senior II M - 30	33	01:19:06	02:18:32.50	02:18:59.45	+00:38:03	6:35	9.1
34	DRUMMOND Adam	2113	SERPENTINE RC	Senior II M - 30	34	01:22:22	02:19:07.05	02:19:44.65	+00:38:48	6:37	9.1
35	OSTROWSKI Paweł	2347	REHMEDICA.PL	Senior II M - 30	35	01:18:19	02:19:37.90	02:19:44.70	+00:38:48	6:38	9
36	CZARNIECKI Daniel	2128	TIE-RUN	Senior II M - 30	36	01:16:41	02:19:38.15	02:19:53.80	+00:38:57	6:38	9
37	SAJEWICZ Grzegorz	2261		Senior II M - 30	37	01:21:18	02:19:37.55	02:19:55.20	+00:38:59	6:38	9
38	ORZECHOWSKI Daniel	2320	I-SPORT	Senior II M - 30	38	01:22:07	02:19:43.05	02:20:06.45	+00:39:10	6:39	9
39	FUKS Michał	2315	GRUPA FUX	Senior II M - 30	39	01:21:44	02:20:06.75	02:20:35.55	+00:39:39	6:40	9
40	SUCH Arkadiusz	2389	RZESZOWSKIE GAZELE I GEPARDY	Senior II M - 30	40	01:20:44	02:20:00.45	02:20:47.70	+00:39:51	6:40	9
41	PIENIĘŻNY Marek	2251	KOŹMIN BIEGA	Senior II M - 30	41	01:21:59	02:20:56.40	02:21:08.10	+00:40:12	6:42	8.9
42	OCHMAN Paweł	2361	FUTURE PROCESSING RUNNING TEAM	Senior II M - 30	42	01:20:41	02:20:56.15	02:21:12.20	+00:40:16	6:42	8.9
43	WOJCZUK Paweł	2106		Senior II M - 30	43	01:15:40	02:21:00.20	02:21:24.30	+00:40:28	6:42	8.9
44	FĄFARA Marek	2284	KS KOZIOŁEK KĘDZIERZYN-KOŹLE	Senior II M - 30	44	01:23:22	02:21:15.90	02:21:26.15	+00:40:30	6:43	8.9
45	OZIMEK Michał	2378	PRO RUN WROCŁAW	Senior II M - 30	45	01:22:19	02:22:47.40	02:23:00.70	+00:42:04	6:47	8.8
46	NAJDEREK Maciej	2201	PIĘKNA HELENA	Senior II M - 30	46	01:18:21	02:23:14.55	02:23:33.80	+00:42:37	6:49	8.8
47	CZERWONKA Zbigniew	2324	1983	Senior II M - 30	47	01:24:38	02:23:28.10	02:23:34.90	+00:42:39	6:49	8.8
48	HACZKIEWICZ Bartosz	2357	MILKY2017	Senior II M - 30	48	01:17:51	02:23:14.05	02:23:52.25	+00:42:56	6:49	8.8
49	KRUPA Bartłomiej	2110		Senior II M - 30	49	01:22:31	02:23:50.90	02:24:23.55	+00:43:27	6:51	8.8
50	PIOTROWSKI Rafael	2418		Senior II M - 30	50	01:20:47	02:24:47.00	02:24:57.00	+00:44:01	6:53	8.7
51	LASZCZYŃSKI Michał	2240		Senior II M - 30	51	01:23:30	02:25:12.25	02:25:42.20	+00:44:46	6:54	8.7
52	GRĘDA Mariusz	2134		Senior II M - 30	52	01:20:30	02:25:55.75	02:26:01.45	+00:45:05	6:56	8.6
53	SZARLEJ Piotr	2319	FUDU&CO. SPORT TEAM	Senior II M - 30	53	01:19:42	02:25:53.00	02:26:07.85	+00:45:12	6:56	8.6
54	MALENDOWICZ Przemysław	2151		Senior II M - 30	54	01:21:48	02:26:35.25	02:27:05.45	+00:46:09	6:58	8.6
55	WYSTRYCHOWSKI Marcin	2220	BFAGENCJA.PL	Senior II M - 30	55	01:16:27	02:28:12.95	02:28:18.80	+00:47:22	7:03	8.5
56	HOFMAN Paweł	2381		Senior II M - 30	56	01:22:32	02:28:30.95	02:28:42.85	+00:47:47	7:04	8.5
57	ŚRÓDKA Bartłomiej	2245		Senior II M - 30	57	01:26:55	02:28:45.85	02:29:13.85	+00:48:18	7:05	8.5
58	CIESIELSKI Sebastian	2021	KIBOLE W BIEGU / PAKIECIARZE TEAM	Senior II M - 30	58	01:27:09	02:29:53.40	02:30:12.25	+00:49:16	7:08	8.4
59	RYCHLEWICZ Tomasz	2078		Senior II M - 30	59	01:25:08	02:30:07.30	02:30:27.80	+00:49:31	7:08	8.4
60	JĘDRYCA Przemysław	2412	SPARTA ULTRA TEAM	Senior II M - 30	60	01:22:11	02:30:23.85	02:30:58.60	+00:50:02	7:09	8.4
61	KOSTROWICKI Jakub	2121	SIERADZBIEGA.PL	Senior II M - 30	61	01:25:40	02:31:09.45	02:31:15.80	+00:50:19	7:11	8.3
62	TROJANOWSKI Jakub	2273		Senior II M - 30	62	01:26:10	02:31:11.20	02:31:29.25	+00:50:33	7:11	8.3
63	PYTEL Mateusz	2070	NETBOX BIEGA	Senior II M - 30	63	01:28:57	02:30:51.80	02:31:36.10	+00:50:40	7:11	8.4
64	GINTER Grzegorz	2390	AZS COLLEGIUM MEDICUM UJ	Senior II M - 30	64	01:31:36	02:31:28.80	02:31:40.10	+00:50:44	7:12	8.3
65	CHĘCIŃSKI Łukasz	2063		Senior II M - 30	65	01:24:43	02:31:28.05	02:31:50.05	+00:50:54	7:12	8.3
66	WOJCIECHOWSKI Mateusz	2117		Senior II M - 30	66	01:25:23	02:32:12.50	02:32:46.90	+00:51:51	7:14	8.3
67	MICHAŁOWICZ Marek	2392		Senior II M - 30	67	01:26:15	02:32:35.65	02:32:48.45	+00:51:52	7:16	8.3
68	GAŁKA Stanisław	2283	FLUNKYBALL TEAM ŁĄDEK ZDRÓJ	Senior II M - 30	68	01:25:10	02:33:18.40	02:33:31.55	+00:52:35	7:18	8.2
69	SZMAJDA Dominik	2297	NIE MAM POMYSŁU	Senior II M - 30	69	01:25:36	02:33:43.45	02:33:49.10	+00:52:53	7:19	8.2
70	SADOWSKI Piotr	2016	OSTRÓDA RESCUE TEAM	Senior II M - 30	70		02:35:11.30	02:35:32.30	+00:54:36	7:23	8.1
71	MAZIEC Roman	2340		Senior II M - 30	71	01:28:58	02:36:06.40	02:36:10.05	+00:55:14	7:26	8.1
72	OLESZAK Jacek	2279	POLLINE	Senior II M - 30	72	01:27:39	02:36:19.70	02:36:38.70	+00:55:42	7:26	8.1
73	KULAK Michal	2230		Senior II M - 30	73	01:28:02	02:37:30.45	02:37:52.45	+00:56:56	7:30	8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
74	SKORUPSKI Szymon	2353	KURACJUSZE	Senior II M - 30	74	01:29:12	02:38:14.40	02:38:22.30	+00:57:26	7:32	8
75	SAJEWICZ Piotr	2257	TURBINA BALAKOWO	Senior II M - 30	75	01:30:19	02:39:12.10	02:39:31.55	+00:58:35	7:34	7.9
76	STACHLIK Dawid	2410		Senior II M - 30	76	01:31:23	02:39:49.25	02:40:02.05	+00:59:06	7:36	7.9
77	BARTKIEWICZ Ireneusz	2250		Senior II M - 30	77	01:28:57	02:40:12.90	02:40:40.95	+00:59:45	7:37	7.9
78	MATAK Paweł	2186		Senior II M - 30	78	01:29:20	02:40:14.35	02:40:41.10	+00:59:45	7:37	7.9
79	ROŚŁON Cezary	2187		Senior II M - 30	79		02:40:11.65	02:40:41.25	+00:59:45	7:37	7.9
80	BAKOWSKI Piotr	2330	ZAPARKOWANI/ OŚLA ŁAWKA	Senior II M - 30	80	01:32:11	02:40:50.35	02:41:18.50	+01:00:22	7:39	7.8
81	WYBRAWIEC Tomasz	2409		Senior II M - 30	81	01:29:21	02:42:06.00	02:42:19.20	+01:01:23	7:43	7.8
82	MICHALSKI Grzegorz	2277	SEZONSTARTOWY.PL	Senior II M - 30	82	01:34:12	02:43:42.80	02:44:02.10	+01:03:06	7:47	7.7
83	DĄBROWSKI Roman	2289		Senior II M - 30	83	01:28:48	02:43:49.80	02:44:04.10	+01:03:08	7:48	7.7
84	KORDALEWSKI Łukasz	2140	NC+	Senior II M - 30	84	01:34:46	02:43:20.50	02:44:09.90	+01:03:14	7:46	7.7
85	CZESKI Wojciech	2013	MOSINA BIEGA	Senior II M - 30	85	01:34:47	02:44:39.40	02:45:07.30	+01:04:11	7:50	7.7
86	RABSZTYN Andrzej	2356	TRIATHLON MIETKÓW TEAM	Senior II M - 30	86	01:31:59	02:45:20.90	02:45:32.70	+01:04:36	7:52	7.6
87	PRZETAKIEWICZ Maciej	2334	MARCINŚWIERCTEAM	Senior II M - 30	87	01:32:43	02:46:17.05	02:46:43.60	+01:05:47	7:55	7.6
88	DRESZER Bartosz	2103		Senior II M - 30	88	01:25:25	02:47:06.80	02:47:31.30	+01:06:35	7:57	7.5
89	MORAWSKI Ryszard	2090		Senior II M - 30	89	01:31:40	02:48:50.75	02:49:00.10	+01:08:04	8:02	7.5
90	RATAJCZAK Tomasz	2364	TERAZ ALBO NIGDY	Senior II M - 30	90	01:43:57	02:48:48.00	02:49:42.90	+01:08:47	8:02	7.5
91	PIETRASZEWSKI Tomasz	2005	TSG MŁÓCKARNIA	Senior II M - 30	91	01:34:20	02:49:15.65	02:49:46.75	+01:08:50	8:03	7.4
92	KOWALSKI Mariusz	2147		Senior II M - 30	92	01:35:54	02:51:52.50	02:52:35.00	+01:11:39	8:11	7.3
93	OSICA Łukasz	2328		Senior II M - 30	93	01:35:13	02:52:00.60	02:52:50.90	+01:11:55	8:11	7.3
94	POCIĘGIEL Michał	2083		Senior II M - 30	94	01:37:38	02:52:55.35	02:53:06.70	+01:12:10	8:14	7.3
95	PAWLIK Tomasz	2282	JB WARSAW	Senior II M - 30	95	01:41:34	02:53:33.05	02:54:10.05	+01:13:14	8:15	7.3
96	STASZEWSKI Dariusz	2022		Senior II M - 30	96	01:36:52	02:56:12.90	02:56:56.25	+01:16:00	8:23	7.2
97	BAŃKA Grzegorz	2092		Senior II M - 30	97	01:36:56	02:56:33.05	02:57:07.25	+01:16:11	8:24	7.1
98	KOSZYK Rafał	2088		Senior II M - 30	98	01:44:00	02:57:24.50	02:58:09.50	+01:17:13	8:26	7.1
99	WOŁOS Marcin	2071		Senior II M - 30	99	01:40:32	03:01:33.45	03:02:09.60	+01:21:13	8:38	6.9
100	PATYRA Łukasz	2119		Senior II M - 30	100	01:42:58	03:02:09.00	03:02:30.35	+01:21:34	8:40	6.9
101	TRZPIOŁA Tycjan	2318	KURACJUSZE	Senior II M - 30	101	01:40:10	03:02:37.55	03:03:00.15	+01:22:04	8:41	6.9
102	MARZYCKI Wojciech	2234		Senior II M - 30	102	01:46:17	03:03:03.25	03:03:53.10	+01:22:57	8:43	6.9
103	TOMCZYK Marek	2372		Senior II M - 30	103	01:40:17	03:03:46.80	03:04:40.90	+01:23:45	8:45	6.9
104	DEMBNY Bogdan	2288		Senior II M - 30	104	01:46:49	03:15:34.05	03:16:25.00	+01:35:29	9:18	6.4
105	JAŻNIECKI Marcin	2391	MUAY RUNNING TEAM	Senior II M - 30	105	01:47:27	03:17:11.50	03:17:48.70	+01:36:52	9:23	6.4
106	CHROMIŃSKI Maciej	2032	BRAK	Senior II M - 30	106	01:56:57	03:37:05.20	03:37:40.60	+01:56:44	10:20	5.8
	SZKWAREK Adrian	2118		Senior II M - 30		DNF	DNF	DNF	-	-	-
	KIERZKOWSKI Przemysław	2142		Senior II M - 30		DNF	DNF	DNF	-	-	-
	BANASZEK Adam	2393	BIEGUSIEM.PL	Senior II M - 30		DNF	DNF	DNF	-	-	-

Znaleziono 109 wynik(ów)