

BIEG 7 SZCZYTÓW - 240 KM

B4SPORT

B4SPORT
INTELLIGENTNE ZAWODY SPORTOWE

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dolnośląski Festiwal Biegów Górskich
Fundacja MARATONY GÓRSKIE
2020-07-16
Łądek-Zdrój
240 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A6 100km	A7 112km	A8 130km	A9 145km	A11 170km	A13 203km	A14 215km	A15 228km	Czas netto 240km	Różn	Tempo min/km	Tempo km/h
1	KOT Rafał	1001	MUAY RUNNING TEAM	Masters M - 40	1	00:58:01	03:34:28	05:22:49	07:06:44	08:51:04	10:58:19	12:20:39	14:33:01	16:59:06	20:04:54	25:13:44	27:41:05	30:13:18	32:18:56.10		8:04	7.4 (100%)
2	ŚLASKI Radosław	1134	TEAM BIEGOWY STRZYŻÓW	Masters M - 40	2	01:07:07	04:08:48	06:18:38	08:17:54	10:33:20	13:00:53	14:20:53	16:56:19	19:45:04	23:34:31	28:17:31	30:33:00	32:34:49	34:04:21.60	+01:45:25 (5.2%)	8:31	7 (94.6%)
3	FALANDYSZ Damian	1015	WPRUNNING PRUSZKÓW	Senior II M - 30	1	01:06:39	04:05:17	06:18:46	08:19:48	10:33:39	13:04:51	14:24:42	16:47:50	19:22:58	23:09:55	27:55:08	30:24:36	33:06:06	34:42:39.60	+02:23:43 (6.9%)	8:40	6.9 (93.2%)
4	KOZAK Robert	1032	RONAL POLSKA RUN	Masters M - 40	3	01:03:44	04:03:19	06:12:56	08:34:00	11:08:38	13:41:54	15:05:55	17:36:30	20:07:29	23:48:18	28:46:44	31:07:23	33:38:08	35:28:50.80	+03:09:54 (8.9%)	8:52	6.8 (91.9%)
5	WICHŁACZ Paweł	1012	KB MANIAC POZNAŃ	Senior II M - 30	2	01:13:15	04:44:39	07:04:51	09:08:06	11:31:53	14:06:36	15:35:58	18:00:44	20:32:05	24:08:47	29:09:51	31:42:26	34:04:46	35:36:59.65	+03:18:03 (9.3%)	8:54	6.7 (90.5%)
6	LACHOR Krzysztof	1156	NA ŚWIEŻOŚCI	Senior I M - 20	1	01:08:27	04:26:21	06:37:31	08:52:02	11:06:32	13:37:47	15:23:33	18:17:42	20:54:58	24:31:24	30:03:17	32:29:34	34:33:03	35:43:06.25	+03:24:10 (9.5%)	8:55	6.7 (90.5%)
7	SZCZEPANIAK Angelika	1067	ALPIN SPORT HOKA ONE ONE TEAM/ AKADEMIABIEGACZA.PL	Senior II K - 30	1	01:03:48	03:58:30	06:07:00	07:59:52	10:14:50	12:54:26	14:23:12	16:47:36	20:00:23	23:39:00	28:27:37	31:15:40	34:03:42	35:47:04.80	+03:28:08 (9.7%)	8:56	6.7 (90.5%)
8	GRABOŚ Nina	1110		Masters K - 40	1	01:20:17	04:51:53	07:12:59	09:24:17	11:33:40	14:06:14	15:34:55	18:14:46	20:58:37	24:55:14	30:34:35	33:22:45	35:44:48	37:19:43.50	+05:00:47 (13.4%)	9:19	6.4 (86.5%)
9	RUTKA Marek	1256	LUKTRANS GRUPA	Masters M - 40	4	01:16:23	04:57:53	07:28:42	09:45:57	12:10:19	14:51:20	16:17:22	18:54:40	21:33:48	26:01:29	31:32:10	33:55:02	36:10:12	37:56:08.00	+05:37:11 (14.8%)	9:29	6.3 (85.1%)
10	HEJKRLÍK Jiří	1131	HEJEJEJTRAIL.CZ	Senior II M - 30	3	01:09:42	04:39:32	06:58:56	09:20:53	11:53:35	14:35:53	16:04:50	18:50:24	21:36:00	25:47:51	31:32:14	34:18:18	36:35:34	38:14:34.90	+05:55:38 (15.5%)	9:33	6.3 (85.1%)
11	ATANASOW ANCEW Dawid	1007		Masters M - 40	5	01:09:16	04:08:42	06:11:27	08:11:01	10:28:57	13:10:04	14:23:17	17:24:46	20:01:27	25:05:52	29:56:57	33:21:10	36:17:04	38:28:04.70	+06:09:08 (16.0%)	9:37	6.2 (83.8%)
12	BARCZYK Andrzej	1242	BARCZYK WOLBROM ZAKŁAD MIĘSNY	Masters M - 40	6	01:18:45	05:03:06	07:32:32	09:52:08	12:29:07	15:21:05	16:51:43	19:35:28	22:41:51	26:49:47	32:21:04	34:55:06	37:09:07	38:45:04.65	+06:26:08 (16.6%)	9:41	6.2 (83.8%)
13	FUDALI Bartosz	1141	WOLSZTYŃSKI KLUB BIEGOWY / REWERS MEDALU	Senior II M - 30	4	01:13:00	04:26:53	06:42:44	08:51:32	11:20:44	13:56:18	15:18:03	17:53:10	20:55:48	25:15:48	31:20:48	34:23:20	36:50:20	39:08:13.70	+06:49:17 (17.4%)	9:47	6.1 (82.4%)
14	SOBORSKI Krzysztof	1148	OLKUSZBIEGA	Masters M - 40	7	01:14:25	04:42:00	07:07:36	09:30:56	12:09:47	14:51:20	16:22:57	18:59:46	22:09:44	26:43:11	32:28:56	35:17:16	37:33:53	39:23:20.50	+07:04:24 (18.0%)	9:50	6.1 (82.4%)
15	KRUPIŃSKI Maciej	1184		Senior II M - 30	5	01:18:42	05:01:10	07:30:16	09:53:18	12:24:32	15:11:07	16:50:18	19:42:07	22:55:23	27:11:05	33:14:17	36:24:35	38:52:33	40:27:28.30	+08:08:32 (20.1%)	10:06	5.9 (79.7%)
16	KUPIŃSKI Cezary	1055	MKS SIECHNICE/SKLEP BIEGACZA RUNNING TEAM	Weteran I M - 50	1	01:11:17	04:25:41	06:42:21	08:46:14	11:10:00	13:57:56	15:36:57	18:36:53	22:23:51	27:07:49	33:27:10	37:05:47	39:13:14	40:52:03.95	+08:33:07 (20.9%)	10:13	5.9 (79.7%)
17	FELTOWICZ Jacek	1109		Senior II M - 30	6	01:11:58	04:32:49	06:49:29	08:58:55	11:40:38	14:26:21	16:06:31	19:06:25	22:32:11	27:03:49	33:11:05	36:20:14	38:55:06	41:02:49.65	+08:43:53 (21.3%)	10:15	5.8 (78.4%)
18	DZIERKA Mariusz	1214		Weteran I M - 50	2	01:12:55	04:50:33	07:19:07	09:52:56	12:32:21	15:30:33	17:08:48	20:14:20	23:01:16	27:52:15	34:10:39	36:56:48	39:23:01	41:03:27.60	+08:44:31 (21.3%)	10:15	5.8 (78.4%)
19	SZMYT Maciej	1195	GUTO TEAM / WLKP MOUNTAINS ULTRA / FREE RUN	Masters M - 40	8	01:14:48	04:52:21	07:22:22	09:47:32	12:45:00	15:49:32	17:18:31	20:12:22	23:09:39	27:24:07	33:49:32	36:52:46	39:26:23	41:06:32.95	+08:47:36 (21.4%)	10:16	5.8 (78.4%)
20	KISZŁA Wojciech	1112	KAJTEK TEAM	Senior II M - 30	7	01:19:35	05:08:15	07:41:47	10:07:06	13:07:43	16:07:15	17:38:57	20:32:40	23:38:15	27:49:02	34:00:54	37:03:14	39:37:35	41:17:43.00	+08:58:46 (21.7%)	10:19	5.8 (78.4%)
21	RZĄDKOWSKI Mirosław	1250	NIAGARA FITNESS KLUB RAKONIEWICE	Weteran I M - 50	3	01:15:12	05:01:43	07:26:09	09:53:33	12:47:48	15:38:21	17:06:35	19:54:35		27:29:08	33:32:04	36:40:56	39:16:01	41:18:08.00	+08:59:11 (21.8%)	10:19	5.8 (78.4%)
22	JANOWSKI Mariusz	1057	AKADEMIA BIEGANIA GRUZIĄDZ	Masters M - 40	9	01:16:56	05:18:27	07:59:37	10:21:40	12:39:20	15:24:32	17:04:43	19:55:47	23:00:58	30:06:00	35:50:22	37:58:41	39:46:46	41:32:20.65	+09:13:24 (22.2%)	10:23	5.8 (78.4%)
23	KRAJEWSKI Wojtek	1077		Masters M - 40	10	01:19:09	04:55:59	07:13:41	09:32:28	12:05:28	14:57:13	16:28:35	19:18:21	22:27:34	27:37:17	34:37:50	37:52:21	40:24:44	42:12:42.40	+09:53:46 (23.4%)	10:33	5.7 (77.0%)
24	MATLOK Marek	1106	RESHAPE RUNNERS	Masters M - 40	11	01:14:13	04:41:50	07:07:29	09:30:46	12:09:39	14:51:17	16:42:11	20:45:07	25:07:51	30:42:07	36:40:19	39:06:11	40:51:33	42:12:59.15	+09:54:03 (23.5%)	10:33	5.7 (77.0%)
25	KRUPA Marcin	1043	AKTYWNA NOWA RUDA	Masters M - 40	12	01:02:12	04:22:14	06:36:02	08:57:14	11:31:45	14:39:52	16:30:15	19:19:03	22:08:51	27:07:43	33:48:01	37:08:33	40:10:29	42:21:54.15	+10:02:58 (23.7%)	10:35	5.7 (77.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto																Różn	Tempo min/km	Tempo km/h
						A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A6 100km	A7 112km	A8 130km	A9 145km	A11 170km	A13 203km	A14 215km	A15 228km	240km					
	ĆWIKLIŃSKI Łukasz	1126	IZERSKA GRUPA BIEGOWA	Senior II M - 30	DNF	01:04:24	04:04:46	06:22:47	08:23:18	10:36:30	12:59:48	14:17:02	16:54:20	19:39:00	25:51:32	DNF	DNF	DNF	DNF	-	-	(0.0%)		
	KONIECZNY Szymon	1192	CHOSZCZEŃSKA 10	Senior II M - 30	DNF	01:14:05	04:37:19	06:59:29	09:10:28	11:46:30	14:28:54	16:02:30	18:49:01	21:54:20	26:45:38	DNF	DNF	DNF	DNF	-	-	(0.0%)		
	MARUKIEWICZ Marek	1166	BIEGAMDLAZDROWIA.PL	Senior II M - 30	DNF	01:17:23	05:01:54	07:24:41	09:38:10	12:09:44	14:53:30	16:33:19	19:07:40	22:15:13	27:00:59	DNF	DNF	DNF	DNF	-	-	(0.0%)		
	DWORNICKI Kamil	1170		Senior II M - 30	DNF	01:12:48	04:33:27	07:04:03	09:22:57	12:01:54	14:55:26	16:32:30	19:30:07	22:56:16	28:03:43	DNF	DNF	DNF	DNF	-	-	(0.0%)		
	MAREK Paweł	1046	AMBITNY AMATOR	Senior II M - 30	DNF	01:13:26	04:35:31	07:03:46	09:37:38	12:25:57	15:21:21	16:58:48	20:18:05	24:01:27	29:14:31	DNF	DNF	DNF	DNF	-	-	(0.0%)		
	KRYM Katarzyna	1005	NIGHT RUNNERS WROCLAW	Masters K - 40	DNF	01:18:03	04:59:25	07:33:49	10:09:52	12:43:00	15:32:37	17:14:49	20:22:54	23:42:34	30:07:07	DNF	DNF	DNF	DNF	-	-	(0.0%)		
	MARCINIAK Janusz	1108	NIGHT RUNNERS	Masters M - 40	DNF	01:28:00	05:48:01	08:27:22	10:53:57	13:48:53	17:04:00	18:44:37	22:17:03	25:57:04	31:37:50	DNF	DNF	DNF	DNF	-	-	(0.0%)		
	BRYNIARSKI Bartosz	1048		Masters M - 40	DNF	01:24:41	05:47:17	08:36:17	11:03:51	13:48:43	17:13:02	19:00:55	22:22:12	26:04:44	31:38:15	DNF	DNF	DNF	DNF	-	-	(0.0%)		
	KICH Marek	1173	X-CODING IT STUDIO	Senior II M - 30	DNF	01:19:31	05:27:08	08:01:55	10:37:31	13:49:23	17:03:48	18:53:09	22:20:07	26:33:01	33:10:13	DNF	DNF	DNF	DNF	-	-	(0.0%)		
	SZYMAŁA Marcin	1066	KLUCZBORSKA GRUPA BIEGOWA	Masters M - 40	DNF	01:16:58	05:15:12	07:48:45	10:27:25	13:13:32	16:28:56	18:10:39	21:34:26	26:32:23	33:16:50	DNF	DNF	DNF	DNF	-	-	(0.0%)		
	SMOLAREK Patryk	1090		Senior I M - 20	DNF	01:19:28	05:03:01	07:37:09	10:05:58	12:42:35	16:13:18	18:56:42	22:07:28	26:29:47	33:31:52	DNF	DNF	DNF	DNF	-	-	(0.0%)		
	TROJAN Paweł	1083	SZCZYTNA BIEGA	Senior II M - 30	DNF	01:29:47	06:41:39	09:37:09	12:50:33	16:03:16	20:16:33	22:52:18	26:12:03	28:38:06	35:03:20	DNF	DNF	DNF	DNF	-	-	(0.0%)		
	WIĘCŁAWSKI Robert	1199		Weteran I M - 50	DNF	01:23:29	05:32:49	08:31:07	11:16:59	14:30:24	18:13:14	19:56:26	23:18:47	27:18:13	35:46:20	DNF	DNF	DNF	DNF	-	-	(0.0%)		
	KORDUŁA Zbigniew	1225	BIEGOWYSWIAT.PL	Masters M - 40	DNF	01:24:10	05:55:52	09:08:40	12:18:24	15:29:05	19:20:28	21:31:33	25:35:20	29:56:29	37:39:17	DNF	DNF	DNF	DNF	-	-	(0.0%)		
	PLISZKA Bartosz	1193	OLA TEAM	Masters M - 40	DNF	01:08:57	04:11:52	06:21:11	08:28:40	10:31:46	12:56:29	14:47:54	17:17:22	20:00:23	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)		
	SIEROCIUK Adrian	1125		Senior I M - 20	DNF	01:14:33	04:41:34	07:05:38	09:46:54	12:27:28	15:19:02	16:54:17	20:06:23	25:15:45	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)		
	OSTROWSKI Sławomir	1206	GUTO TEAM / WLKP MOUNTAINS ULTRA / FREE RUN	Senior II M - 30	DNF	01:19:40	04:57:33	07:27:11	09:52:33	12:49:50	15:57:59	17:53:07	21:19:02	25:30:19	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)		
	KUSZTELAK Jacek	1215	ZIEMO&WIT TEAM	Senior II M - 30	DNF	01:19:55	05:07:19	07:38:47	10:03:04	13:10:43	16:20:18	18:15:02	21:33:07	25:47:57	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)		
	KOCIUBA Przemysław	1091	TT SZCZECIN	Senior II M - 30	DNF	01:22:17	05:30:56	08:14:05	10:40:00	13:29:20	16:40:51	18:36:51	22:02:29	26:14:02	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)		
	KALEMBKIEWICZ Piotr	1217	MIROTRANS	Masters M - 40	DNF	01:12:39	05:09:25	07:46:30	10:19:49	13:38:42	17:42:28	19:25:10	22:55:23	27:41:58	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)		
	HORŁUKOWICZ Kamil	1165		Senior I M - 20	DNF	01:18:18	05:25:27	08:18:36	11:09:18	14:25:28	18:09:56	20:02:25	23:35:15	27:48:45	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)		
	MRUSZCZYK Jacek	1208	KLUB BIEGACZA WARTA	Masters M - 40	DNF	01:17:47	05:58:52	09:00:38	11:26:41	15:01:43	18:10:10	19:54:00	23:16:36	27:53:17	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)		
	HAUPA Maciej	1162	FSD RUN DREZDENKO	Masters M - 40	DNF	01:31:45	06:16:11	08:57:26	11:48:53	14:58:35	18:33:17	20:37:51	24:31:07	28:20:56	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)		
	KOMENDACKI Dominik	1119	KGHM ZG RUN	Masters M - 40	DNF	01:01:01	03:57:34	06:02:14	07:55:20	10:11:28	12:56:05	14:21:06	17:01:36	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)		
	BOTKIEWICZ Jarosław	1182	WKURW_TEAM / DRUZYNA BARTKA	Masters M - 40	DNF	01:04:56	04:05:42	06:17:50	08:15:29	10:19:37	12:37:17	14:28:16	17:27:57	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)		
	PACZUSKI Michał Paczuski	1087		Senior II M - 30	DNF	01:13:29	04:32:37	06:50:54	09:07:32	11:29:22	14:21:30	15:57:46	18:59:23	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)		
	TYLEK Rafał	1086		Masters M - 40	DNF	01:21:46	05:10:21	07:30:19	09:45:49	12:35:52	15:08:20	16:38:23	19:27:25	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)		
	PTASZYŃSKI Wojciech	1151	SPEED FEET '16	Weteran I M - 50	DNF	01:19:06	04:54:18	07:19:05	09:35:52	12:14:45	15:01:23	16:51:02	19:40:22	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)		
	BUJAŁSKI Szymon	1177		Masters M - 40	DNF	01:15:39	04:49:14	07:16:59	09:41:39	12:16:02	15:23:21	17:04:50	20:07:30	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)		
	SUCH Arkadiusz	1164	RZESZOWSKIE GAZELE I GEPARDY	Senior II M - 30	DNF	01:16:09	04:47:20	07:14:50	09:40:14	12:14:53	15:39:33	17:48:45	20:09:55	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)		
	WOJNO Arkadiusz	1120	DROGA DO ULTRA	Senior II M - 30	DNF	01:08:33	04:34:14	07:06:59	09:25:56	12:18:39	15:33:29	17:19:52	20:39:36	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)		
	KANIEWSKI Sebastian	1172		Masters M - 40	DNF	01:13:52	04:49:00	07:19:40	09:46:06	12:30:29	15:40:23	17:29:33	20:41:06	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)		
	WASILEWSKI Marcin	1020	BIEGOSTACJA/BOHARPALETYRUNNERS	Senior II M - 30	DNF	01:16:02	04:50:39	07:22:13	10:27:14	12:43:10	15:53:26	17:38:38	20:41:49	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)		

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A6 100km	A7 112km	A8 130km	A9 145km	A11 170km	A13 203km	A14 215km	A15 228km	Czas netto 240km	Różn	Tempo min/km	Tempo km/h
	RUTKOWSKI Łukasz	1026		Masters M - 40		01:13:47 DNF	05:12:00 DNF	07:57:42 DNF	11:04:31 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	NOSKI Mariusz	1008		Masters M - 40		01:16:37 DNF	05:25:25 DNF	08:28:14 DNF	11:29:56 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	URBANIK Łukasz	1042	KITA TEAM	Masters M - 40		01:20:38 DNF	05:31:13 DNF	08:31:42 DNF	11:50:41 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	ZAWADA Maciej	1138		Masters M - 40		01:38:17 DNF	06:14:15 DNF	09:30:29 DNF	12:40:16 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	SZCZERBA Rafat	1054		Masters M - 40		01:32:32 DNF	06:19:10 DNF	09:39:38 DNF	13:20:14 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	SZABLICKI Aleksy	1231	WKB META LUBLINIEC	Weteran II M - 60		01:39:02 DNF	06:39:51 DNF	10:16:28 DNF	13:32:06 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	KAWAŁKO Ryszard	1031	WOLNY RYŚ	Weteran I M - 50		01:35:06 DNF	07:26:38 DNF	11:34:10 DNF	14:50:33 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	JUSZKO Krzysztof	1117		Masters M - 40		01:14:05 DNF	04:48:51 DNF	07:23:29 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	HOFFMANN Grzegorz	1064	KOŚCIAN TEAM	Masters M - 40		01:32:58 DNF	07:08:37 DNF	11:04:41 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	DZIADON Grzegorz	1232	NIEPOŁOMICE BIEGAJĄ!	Masters M - 40		01:23:34 DNF	06:23:14 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	WSUŁ Monia	1220	CH10	Masters K - 40		01:30:32 DNF	06:49:50 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	SIELUTIN Wadim	1254	KB LEW LEGNICA 2000	Weteran II M - 60		01:41:47 DNF	07:54:00 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 235 wynik(ów)