

# BIEG 7 SZCZYTÓW - 240 KM

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

Dolnośląski Festiwal Biegów Górskich  
Fundacja MARATONY GÓRSKIE  
2018-07-19  
Łądek-Zdrój  
240 km

**B4SPORT**  
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Masters M - 40

Punkt pomiarowy: 203,0 km

Msc	Zawodnik	Numer	Klub	Kategoria	A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A6 100km	A7 112km	A8 130km	A9 145km	A11 170km	A12 191km	A13 203km
1	<b>BIELAWA Rafał</b>	<b>211</b>	INOVO8 TEAM	Masters M - 40	01:01:22	03:36:35	05:36:40	07:33:48	09:34:15	12:01:35	13:24:48	15:45:38	17:46:47	21:16:32	24:17:56	25:49:10
2	<b>WIĘCEK Maciej</b>	<b>153</b>	INOVO-8	Masters M - 40	01:03:23	03:43:34	06:01:31	07:54:50	10:38:46	13:07:47	14:23:17	16:34:14	18:58:34	22:44:28	26:08:54	28:12:25
3	<b>RUTKA Marek</b>	<b>69</b>	MUAY RUNNING TEAM	Masters M - 40	01:09:14	04:02:13	06:24:23	08:53:06	11:01:11	11:56:32	14:55:10	17:22:05	19:57:25	23:59:00	26:49:43	28:41:31
4	<b>PORĘBSKI Rafał</b>	<b>130</b>	EVIL TEAM	Masters M - 40	01:14:11	04:02:23	06:06:08	08:04:29	10:25:06	12:52:49	14:26:33	16:50:54	19:40:57	23:48:38	27:33:41	29:56:32
5	<b>SADOWSKI Tomasz</b>	<b>5</b>	KOSSMATE ŻUKI	Masters M - 40	01:13:36	04:09:29	06:23:20	08:31:50	11:00:07	13:31:03	14:59:03	17:30:17	20:23:16	24:29:32	27:58:58	29:57:06
6	<b>HÁJEK Jakub</b>	<b>205</b>		Masters M - 40	01:15:59	04:23:06	06:48:35	09:00:16	11:47:43	14:15:53	15:45:07	18:18:29	21:13:07	25:10:48	28:42:49	31:09:19
7	<b>KOMENDACKI Dominik</b>	<b>139</b>	MTS DRUŻYNA SZPIKU KGHM	Masters M - 40	01:18:57	04:37:31	06:59:24	09:26:47	12:01:54	14:44:43	16:23:27	19:11:55	22:03:46	25:55:46	29:22:11	31:25:33
8	<b>STANOWSKI Grzegorz</b>	<b>176</b>	FOREVER YOUNG	Masters M - 40	01:14:46	04:27:04	06:58:16	09:13:21	11:31:41	14:22:58	16:06:27	19:07:01	22:22:21	27:34:10		34:01:54
9	<b>SIWIECKI Tomasz</b>	<b>156</b>	MUAY RUNNING TEAM	Masters M - 40	01:06:18	03:54:29	06:11:15	08:22:01	10:45:18	13:34:02	15:18:42	18:24:23	22:00:38	26:59:26		34:40:15
10	<b>KOZŁOWSKI Marek</b>	<b>102</b>	BIEGAMDLAZDROWIA.PL	Masters M - 40	01:13:39	04:26:27	06:58:09	09:13:57	11:56:04	15:00:47	16:47:45	20:03:59	23:37:40	29:09:35		36:28:48
11	<b>UGOREK Jarosław</b>	<b>128</b>	TEAM KOPEĆ	Masters M - 40	01:10:12	04:10:18	06:55:10	09:23:31	12:09:23	15:22:55	17:28:10	20:53:05	24:36:44	30:14:02		37:09:22
12	<b>SZRAMOWIAT Marek</b>	<b>208</b>	BRITA	Masters M - 40	01:16:10	04:32:25	06:59:11	09:23:22	12:07:29	15:24:28	17:18:05	20:11:42	23:42:26	29:11:45		37:30:08
13	<b>HAUPT Krzysztof</b>	<b>229</b>	ZZSK SUCHY LAS	Masters M - 40	01:29:01	05:26:47	08:24:31	11:04:20	13:36:57	16:38:30	18:44:20	21:58:01	25:09:36	30:29:26		37:30:27
14	<b>BASZAK Tomasz</b>	<b>228</b>	SIŁAOGRA.PL	Masters M - 40	01:21:30	04:58:20	07:22:39	10:07:56	13:06:58	17:22:24	19:27:07	22:30:40	26:17:01	31:36:48		38:36:13
15	<b>BARTNIK Michał</b>	<b>92</b>	KB OŻARÓW MAZOWIECKI BIEGA	Masters M - 40	01:34:27	05:29:49	08:34:21	11:11:55	14:00:52	16:57:07	18:50:12	22:02:47	25:48:45	31:22:36		38:37:57
16	<b>SZYSZKOWSKI Rafał</b>	<b>100</b>		Masters M - 40	01:30:34	05:25:07	08:17:41	11:09:30	13:57:12	16:56:29	18:54:31	22:05:54	25:47:34	31:25:51		38:49:54





Msc	Zawodnik	Numer	Klub	Kategoria	A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A6 100km	A7 112km	A8 130km	A9 145km	A11 170km	A12 191km	A13 203km
	<b>BOBAK Krzysztof</b>	<b>136</b>	DRUŻYNA SZPIKU SITECH	Masters M - 40	01:35:55 DNF	06:26:00 DNF	09:54:57 DNF	13:52:49 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF
	<b>GRABLEWSKI Grzegorz</b>	<b>147</b>	MKS SIECHNICE	Masters M - 40	01:09:14 DNF	04:05:30 DNF	06:20:12 DNF	08:30:08 DNF	10:50:01 DNF	14:08:51 DNF	DNF	DNF	DNF	DNF	DNF	DNF
	<b>SZYMIK Marcin</b>	<b>150</b>	NATURES SUNSHINE POLAND	Masters M - 40	01:20:47 DNF	05:14:19 DNF	08:13:40 DNF	11:22:39 DNF	15:16:42 DNF	19:05:42 DNF	21:48:30 DNF	25:31:54 DNF	DNF	DNF	DNF	DNF
	<b>PIOTROWSKI Paweł</b>	<b>169</b>	PROTON GOSTYŃ	Masters M - 40	01:14:37 DNF	04:49:30 DNF	07:39:58 DNF	10:29:52 DNF	13:19:00 DNF	16:32:40 DNF	18:32:54 DNF	21:59:03 DNF	25:49:42 DNF	31:39:21 DNF	DNF	DNF
	<b>SZOPA Marek</b>	<b>172</b>	TEAM KOPEĆ	Masters M - 40	01:01:22 DNF	03:39:03 DNF	05:58:37 DNF	08:26:15 DNF	10:55:20 DNF	13:51:41 DNF	15:53:34 DNF	19:33:19 DNF	23:32:54 DNF	28:56:07 DNF	DNF	DNF
	<b>MĘŻYŃSKI Michał</b>	<b>173</b>	ŻIMBAKI	Masters M - 40	01:41:48 DNF	06:26:57 DNF	10:28:37 DNF	13:55:26 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF
	<b>ŁĄTKOWSKI Maciej</b>	<b>175</b>	KB MANIAC POZNAŃ	Masters M - 40	01:29:30 DNF	05:35:42 DNF	08:38:13 DNF	11:29:26 DNF	14:40:42 DNF	18:15:04 DNF	20:32:13 DNF	24:27:21 DNF	DNF	DNF	DNF	DNF
	<b>JOSZCZAK Michał</b>	<b>186</b>		Masters M - 40	01:33:44 DNF	05:50:29 DNF	09:19:32 DNF	12:34:05 DNF	16:00:55 DNF	19:49:41 DNF	22:26:46 DNF	25:37:47 DNF	DNF	DNF	DNF	DNF
	<b>GAŁUSZKA Rafał</b>	<b>192</b>		Masters M - 40	01:08:53 DNF	03:53:31 DNF	06:11:16 DNF	08:22:17 DNF	10:50:35 DNF	13:34:41 DNF	15:15:03 DNF	18:23:46 DNF	DNF	DNF	DNF	DNF
	<b>STRYCHAŁSKI Dariuszartur</b>	<b>198</b>		Masters M - 40	01:28:37 DNF	06:01:33 DNF	10:11:02 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF
	<b>SUPERNAK Łukasz</b>	<b>201</b>		Masters M - 40	01:36:19 DNF	06:02:01 DNF	09:40:27 DNF	12:40:21 DNF	15:33:04 DNF	19:36:55 DNF	22:44:50 DNF	DNF	DNF	DNF	DNF	DNF
	<b>GROŃ Adam</b>	<b>212</b>		Masters M - 40	01:29:55 DNF	06:00:37 DNF	08:54:15 DNF	11:51:03 DNF	14:50:31 DNF	18:37:06 DNF	21:43:19 DNF	DNF	DNF	DNF	DNF	DNF
	<b>KOCIOŁEK Andrzej</b>	<b>213</b>	1970	Masters M - 40	01:30:33 DNF	06:00:39 DNF	09:22:22 DNF	12:45:37 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF
	<b>BONDARCZUK Igor</b>	<b>214</b>	BONDARCZUK.COM	Masters M - 40	01:40:00 DNF	06:28:16 DNF	09:45:43 DNF	12:42:42 DNF	16:16:31 DNF	19:48:56 DNF	22:14:56 DNF	26:35:22 DNF	DNF	DNF	DNF	DNF
	<b>CIEPAK Adam</b>	<b>224</b>	GIT EKIPA !	Masters M - 40	01:29:57 DNF	05:22:31 DNF	08:20:45 DNF	11:30:26 DNF	14:35:27 DNF	18:28:36 DNF	21:21:50 DNF	25:39:48 DNF	DNF	DNF	DNF	DNF
	<b>LISIECKI Tomasz</b>	<b>227</b>	TRZYNASTKA PLUS	Masters M - 40	01:34:10 DNF	05:39:07 DNF	08:37:43 DNF	11:22:52 DNF	14:40:15 DNF	18:09:03 DNF	20:22:22 DNF	24:21:05 DNF	DNF	DNF	DNF	DNF
	<b>PANEK Piotr</b>	<b>230</b>	WATER TEAM	Masters M - 40	01:40:46 DNF	06:16:21 DNF	09:40:21 DNF	12:37:49 DNF	15:34:33 DNF	19:30:32 DNF	21:43:45 DNF	25:13:20 DNF	28:56:06 DNF	DNF	DNF	DNF
	<b>PRYMOWICZ Dariusz</b>	<b>231</b>		Masters M - 40	01:26:59 DNF	05:27:40 DNF	08:55:48 DNF	11:57:54 DNF	15:25:51 DNF	18:59:51 DNF	21:40:16 DNF	25:44:32 DNF	DNF	DNF	DNF	DNF
	<b>WRONA Mariusz</b>	<b>234</b>		Masters M - 40	01:06:18 DNF	03:59:40 DNF	06:28:25 DNF	08:38:25 DNF	11:01:38 DNF	13:36:55 DNF	15:01:38 DNF	17:49:58 DNF	DNF	DNF	DNF	DNF
	<b>MĄŁEK Piotr</b>	<b>98</b>	KB MARATON TUREK	Masters M - 40	01:17:13 DNF	04:51:52 DNF	08:01:22 DNF	10:46:51 DNF	13:49:43 DNF	17:16:52 DNF	19:35:19 DNF	23:26:32 DNF	DNF	DNF	DNF	DNF
	<b>NOWAK Krzysztof</b>	<b>237</b>	SZKIYTY KRYCHLATE	Masters M - 40	01:18:43 DNF	05:24:15 DNF	08:18:35 DNF	11:00:15 DNF	14:54:21 DNF	18:35:21 DNF	21:37:32 DNF	25:54:49 DNF	DNF	DNF	DNF	DNF
	<b>SŁAWSKI Tomasz</b>	<b>248</b>		Masters M - 40	01:29:28 DNF	05:22:45 DNF	08:17:56 DNF	11:21:21 DNF	14:33:00 DNF	18:13:04 DNF	20:39:11 DNF	24:39:36 DNF	DNF	DNF	DNF	DNF
	<b>BAK Andrzej</b>	<b>251</b>		Masters M - 40	01:36:33 DNF	06:11:45 DNF	09:42:14 DNF	12:41:58 DNF	15:53:14 DNF	19:27:10 DNF	21:40:06 DNF	25:32:36 DNF	DNF	DNF	DNF	DNF
	<b>SZPYT Andrzej</b>	<b>179</b>		Masters M - 40	01:33:04 DNF	05:43:13 DNF	09:12:00 DNF	12:20:50 DNF	15:46:09 DNF	19:19:39 DNF	21:43:37 DNF	25:43:23 DNF	DNF	DNF	DNF	DNF

Msc	Zawodnik	Numer	Klub	Kategoria	A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A6 100km	A7 112km	A8 130km	A9 145km	A11 170km	A12 191km	A13 203km
	<b>GONCHAROV Andrei</b>	<b>182</b>		Masters M - 40	01:29:10 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF
	<b>PASZKIEL Sebastian</b>	<b>220</b>	POLFA TARCHOMIN S.A.	Masters M - 40	01:20:55 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF
	<b>DĄBROWSKI Sławomir</b>	<b>243</b>		Masters M - 40	01:39:25 DNF	06:25:06 DNF	09:53:24 DNF	13:05:25 DNF	16:18:56 DNF	20:19:21 DNF	DNF	DNF	DNF	DNF	DNF	DNF
	<b>MILEWSKI Maciek</b>	<b>210</b>	SAMOTNY WILK	Masters M - 40	01:20:31 DNF	05:04:36 DNF	07:54:48 DNF	10:29:52 DNF	13:41:43 DNF	17:26:11 DNF	DNF	DNF	DNF	DNF	DNF	DNF
	<b>WIERCIOCH Sławomir</b>	<b>185</b>	BIEGAJĄC KASTA MIEDZIOWEGO MIASTA	Masters M - 40	01:36:03 DNF	06:06:24 DNF	09:52:56 DNF	13:14:09 DNF	16:17:39 DNF	20:14:56 DNF	22:42:33 DNF	DNF	DNF	DNF	DNF	DNF
	<b>DONIEC Marek</b>	<b>21</b>	PIOTRKOWSKI KLUB BIEGACZA 'ENDORFINA'	Masters M - 40	01:12:41 DNF	04:36:56 DNF	07:32:40 DNF	10:27:33 DNF	14:10:42 DNF	17:30:19 DNF	20:43:26 DNF	24:40:12 DNF	DNF	DNF	DNF	DNF
	<b>HULBÓJ Sebastian</b>	<b>39</b>	POLSKA	Masters M - 40	01:21:28 DNF	05:00:30 DNF	07:50:04 DNF	10:33:05 DNF	13:20:57 DNF	16:30:38 DNF	18:39:49 DNF	22:46:11 DNF	DNF	DNF	DNF	DNF
	<b>TUROBOŚ Michał</b>	<b>222</b>		Masters M - 40	01:21:01 DNF	05:02:19 DNF	08:09:56 DNF	10:43:13 DNF	13:24:44 DNF	16:57:05 DNF	19:02:07 DNF	22:39:07 DNF	DNF	DNF	DNF	DNF
	<b>KORAB Robert</b>	<b>242</b>		Masters M - 40	01:16:41 DNF	04:18:16 DNF	06:33:36 DNF	08:45:51 DNF	11:06:44 DNF	13:42:00 DNF	15:21:21 DNF	18:16:52 DNF	DNF	DNF	DNF	DNF
	<b>BADOWSKI Jerzy</b>	<b>166</b>	TRI AMIGOS	Masters M - 40	01:16:34 DNF	04:43:01 DNF	07:22:41 DNF	10:04:04 DNF	13:11:45 DNF	16:34:10 DNF	19:22:50 DNF	24:06:55 DNF	28:29:10 DNF	DNF	DNF	DNF
	<b>BUJALSKI Szymon</b>	<b>215</b>		Masters M - 40	01:16:42 DNF	04:26:05 DNF	07:00:13 DNF	09:25:31 DNF	11:55:05 DNF	14:52:33 DNF	16:39:08 DNF	20:29:58 DNF	DNF	DNF	DNF	DNF

Znaleziono 99 wynik(ów)