

BIEG 7 SZCZYTÓW - 240 KM

B4SPORT

Event: Dolnośląski Festiwal Biegów Górskich
 Organiser: Stowarzyszenie TKKF Kompas
 Date: 2017-07-20
 Place: Łądek Zdrój
 Distance: 240 km

B4SPORT
 INTELIĞENTNE ZAWODY SPORTOWE

Classification: Masters M - 40

Place	Participant	Number	Club	Category	MCat	A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A6 100km	A7 112km	A8 130km	A9 145km	A11 170km	A12 191km	A13 203km	A14 215km	A15 228km	Net time 240km	Czas brutto 240km	Gap	Pace min/km	Pace km/h
1	ZYSKOWSKI Andrzej	7136	MTL OLSZTYN	Masters M - 40	1	01:08:24	03:43:50	06:03:04	08:07:42	10:18:54	12:37:51	14:06:26	16:19:01	18:34:53	22:14:37	25:17:51	26:49:54	28:55:51	30:57:14	32:48:27.30	32:48:35.45		8:12	7,3 (100%)
2	PADEWSKI Artur	7009	TRAIL RUNNERS JAWORZNO	Masters M - 40	2	01:08:05	03:57:58	06:29:01	08:43:36	11:10:36	13:59:38	15:42:14	18:25:05	21:17:55	25:47:33	29:33:38	32:02:08	34:58:38	37:17:29	39:18:12.20	39:18:33.85	+06:29:58 (16.5%)	9:49	6,1 (85.7%)
3	GAŁUSZKA Rafał	7164		Masters M - 40	3	01:12:14	03:55:21	06:07:58	08:10:19	10:31:30	13:06:46	14:35:07	17:06:47	20:45:55	25:15:25	29:24:46	31:53:00	35:57:46	38:11:03	40:04:23.40	40:04:36.75	+07:16:01 (18.1%)	10:01	6 (85.7%)
4	LIPINSKI Rafał	7097	FLORIAN CHOJNICE	Masters M - 40	4	01:26:42	04:40:30	07:24:50	09:44:14	12:14:50	15:10:22	16:58:26	20:02:39	23:03:37	27:21:33	32:27:22	34:47:14	37:32:22	39:57:11	41:57:34.65	41:58:11.85	+09:09:36 (21.8%)	10:29	5,7 (71.4%)
5	SOSNOWSKI Michał	7129	PGB SPORTOWA PACZKA	Masters M - 40	5	01:15:57	04:17:18	06:44:01	09:02:30	11:45:14	14:31:47	16:11:22	19:15:57	23:04:05	28:10:19	32:29:47	35:04:00	38:20:47	40:43:03	42:27:59.85	42:28:12.35	+09:39:36 (22.7%)	10:37	5,7 (71.4%)
6	WITCZAK Przemysław	7085	DREAMTIME TRAILS	Masters M - 40	6	01:25:38	04:41:06	07:19:29	09:49:13	12:41:55	15:39:47	17:33:12	20:33:52	23:59:01	28:50:59	33:12:47	36:01:42	38:57:47	41:26:42	43:25:05.35	43:25:17.45	+10:36:42 (24.4%)	10:51	5,5 (71.4%)
7	DZIERKA Mariusz	7121		Masters M - 40	7	01:18:03	04:25:39	07:08:00	09:49:01	12:26:48	15:27:47	17:28:24	20:44:56	24:19:41	29:57:36	34:21:47	36:49:45	39:52:47	42:40:52	44:38:15.40	44:38:27.80	+11:49:52 (26.5%)	11:09	5,4 (71.4%)
8	WODZIEŃ Andrzej	7101	ULTRAMARATONPODKARPACKI.PL	Masters M - 40	8	01:25:47	04:51:39	07:46:22	10:30:13	13:09:04	16:13:23	18:16:53	21:35:01	25:34:48	31:34:08	36:09:23	38:20:23	42:10:23	44:48:58	46:49:46.75	46:50:23.55	+14:01:48 (30.0%)	11:42	5,1 (71.4%)
9	KOZACZUK Jacek	7141	SZWAGIER-TEAM , ACTIVETEAM BRZOZA KRÓLEWSKA	Masters M - 40	9	01:25:54	04:54:17	07:37:08	10:15:00	13:24:29	16:55:27	18:54:00	22:06:56	25:32:42	31:32:06	36:33:27	39:01:48	42:30:27	44:50:11	46:52:46.55	46:53:19.50	+14:04:44 (30.0%)	11:43	5,1 (71.4%)
10	ŁĄTKOWSKI Maciej	7131	KB MANIAC POZNAŃ ULTRA	Masters M - 40	10	01:34:11	05:18:00	08:19:49	11:10:39	14:19:45	17:47:39	19:52:55	23:36:11	27:18:16	32:56:15	37:39:39	39:49:56	43:14:39	45:47:17	47:51:28.20	47:51:48.95	+15:03:13 (31.5%)	11:57	5 (71.4%)
11	STĘPAK Włodzimirz	7041	KB AKTYWNI KONIN	Masters M - 40	11	01:28:17	04:39:55	07:34:53	10:18:26	13:06:31	15:58:42	17:56:52	21:22:34	25:21:53	30:56:56	36:13:42	39:25:45	42:58:42	45:52:45	48:16:46.90	48:17:04.20	+15:28:28 (32.0%)	12:04	5 (71.4%)
12	LASOTA Grzegorz	7094	ULTRA TEAM RADOM	Masters M - 40	12	01:23:03	04:46:19	07:47:55	10:59:18	15:13:48	18:34:32	20:42:00	24:08:03	28:01:36	35:09:47	38:59:32	40:59:26	43:57:32	46:27:46	48:20:00.50	48:20:28.40	+15:31:52 (32.1%)	12:05	5 (71.4%)
13	GAŚSIOROWSKI Michał	7025	OGARY DOLORES	Masters M - 40	13	01:25:42	04:48:45	07:47:44	10:41:42	13:41:59	16:55:43	18:56:08	22:13:03	25:49:51	31:52:00	37:14:43	39:49:14	43:16:43	46:09:32	48:28:24.70	48:28:41.00	+15:40:05 (32.3%)	12:07	5 (71.4%)
14	BAĆMAGA Grzegorz	7055	BIEGIEM RADOM	Masters M - 40	14	01:23:02	04:46:18	07:47:56	10:59:17	15:13:48	18:34:32	20:42:00	24:08:03	28:01:35	35:09:48	38:59:32	40:59:26	43:57:32	46:27:46	48:35:00.10	48:35:28.00	+15:46:52 (32.5%)	12:08	4,9 (57.1%)
15	ŚWIĘTOCHOWSKI Arkadiusz	7011	GRUPA SKROMNYCH BIEGACZY	Masters M - 40	15	01:27:32	05:06:22	07:52:11	10:42:02	13:44:22	17:02:38	19:05:22	22:54:18	26:22:39	32:13:21	37:20:38	40:05:51	43:39:38	46:38:00	48:50:01.35	48:50:22.95	+16:01:47 (32.8%)	12:12	4,9 (57.1%)
16	SADY Piotr	7114	NA PEŁNYM KOPYCIE	Masters M - 40	16	01:32:27	05:16:32	08:31:48	11:21:46	14:29:15	17:49:30	19:51:37	23:30:28	27:02:40	33:33:14	38:28:30	41:05:44	44:14:30	47:00:45	49:07:37.65	49:08:07.20	+16:19:31 (33.2%)	12:16	4,9 (57.1%)
17	STANOWSKI Grzegorz	7137	FOREVER YOUNG	Masters M - 40	17	01:31:43	05:04:08	07:45:43	10:14:51	12:40:56	15:36:23	17:08:24	20:16:47	24:21:35	30:21:27		39:13:09	42:39:23	46:12:59	49:38:22.85	49:38:59.00	+16:50:23 (33.9%)	12:24	4,8 (57.1%)
18	SUCHCICKI Krzysztof	7118		Masters M - 40	18	01:29:07	05:17:16	08:35:41	11:50:46	15:33:17	19:22:28	21:18:40	24:53:29	28:26:30	35:38:24	40:05:28	42:34:26	45:27:28	47:54:02	50:06:01.25	50:06:32.65	+17:17:57 (34.5%)	12:31	4,8 (57.1%)
19	SZOPA Marek	7151	FABRYKA FORMY GORZÓW	Masters M - 40	19	01:36:34	04:51:46	07:56:41	10:51:14	14:03:45	17:19:36	19:23:53	22:40:57	27:31:16	34:26:31	39:37:36	42:06:53	45:30:36	48:24:16	50:13:35.80	50:13:59.00	+17:25:23 (34.7%)	12:33	4,8 (57.1%)
20	PACZKOWSKI Paweł	7052	DIABECIAKI	Masters M - 40	20	01:27:34	05:08:06	08:04:16	10:50:25	14:11:01	17:22:54	19:14:40	22:33:47	27:25:50	32:22:38	36:57:54	41:14:54	45:03:54	47:54:50	50:19:41.00	50:19:46.40	+17:31:10 (34.8%)	12:34	4,8 (57.1%)
21	HIBNER Waldemar	7163	ROZBIEGANY KOSZALIN	Masters M - 40	21	01:30:26	05:10:12	07:57:02	10:50:07	13:42:22	16:47:58	19:06:21	22:54:10	27:06:06	32:55:49	38:12:58	41:06:04	44:39:58	47:53:46	50:36:27.20	50:36:29.00	+17:47:53 (35.2%)	12:39	4,7 (57.1%)
22	MALEŃSKI Maciek	7039	GANG ŁYSYCH	Masters M - 40	22	01:42:47	05:35:20	08:33:11	11:34:53	15:15:57	18:59:26	21:32:01	25:08:00	29:37:14	35:27:08	39:27:26	41:59:33	45:12:26	47:55:18	50:36:25.30	50:36:59.05	+17:48:23 (35.2%)	12:39	4,7 (57.1%)
23	SIKORA Artur	7080	KB ŁAPKA	Masters M - 40	23	01:44:39	05:32:22	08:46:26	11:45:28	15:13:20	18:53:30	21:15:27	24:42:55	28:36:22	35:27:58	40:07:30	42:33:34	46:01:30	48:39:48	50:40:26.80	50:40:56.55	+17:52:21 (35.3%)	12:40	4,7 (57.1%)
24	WALCZUK Marcin	7153	SIERADZBIEGA.PL	Masters M - 40	24	01:20:44	04:41:33	07:31:10	10:38:50	13:44:52	17:39:56	20:10:20	24:03:22	28:00:12	35:35:12	40:05:56	42:40:55	46:27:56	48:51:54	50:50:42.10	50:50:45.20	+18:02:09 (35.5%)	12:42	4,7 (57.1%)
25	LIPOK Lucjan	7155	AEROKLUB GLIWICE MASAKRA TEAM	Masters M - 40	25	01:18:00	04:37:52	07:30:54	10:09:23	13:23:36	16:35:46	18:54:24	22:39:33	27:20:11	35:31:38	40:29:46	43:27:39	46:56:46	49:27:16	51:37:51.35	51:38:04.40	+18:49:28 (36.5%)	12:54	4,6 (57.1%)
26	TUROBOŚ Michał	7152		Masters M - 40	26	01:34:02	05:23:46	08:37:22	12:06:37	15:19:08	18:53:21	21:02:57	24:44:06	28:19:01	36:54:17	41:16:21	44:00:53		49:24:36	51:39:55.15	51:40:33.45	+18:51:58 (36.5%)	12:54	4,6 (57.1%)
27	SMYK Robert	7173	OTK RZEŹNIK	Masters M - 40	27	01:25:41	04:58:45	08:03:22	10:54:38	13:53:05	17:36:30	20:26:44	24:20:34	28:19:20	35:50:31	40:26:30	43:13:00	46:54:30	49:22:30	51:49:45.65	51:50:15.35	+19:01:39 (36.7%)	12:57	4,6 (57.1%)
28	JANUSZEWSKI Piotr	7091	MKS ROBOTY DROGOWE	Masters M - 40	28	01:32:44	05:10:04	08:14:12	11:17:50	14:38:12	18:19:59	20:49:48	24:43:18	28:57:50	35:24:16	40:03:59	43:14:43	46:54:59	49:25:18	51:50:17.75	51:50:17.75	+19:01:42 (36.7%)	12:57	4,6 (57.1%)

Place	Participant	Number	Club	Category	MCat	A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A6 100km	A7 112km	A8 130km	A9 145km	A11 170km	A12 191km	A13 203km	A14 215km	A15 228km	Net time 240km	Czas brutto 240km	Gap	Pace min/km	Pace km/h	
29	ZARĘBA Mateusz	7096	KOLIBER TEAM	Masters M - 40	29	01:34:19	06:14:33	09:43:32	12:41:26	15:29:35	18:50:06	21:02:40	24:43:55	28:22:12	35:50:06	40:27:06	43:27:50		49:17:57	51:57:29.55	51:58:23.25	+19:09:47 (36.9%)	12:59	4.6 (65.7%)	
	MIKOŁAJCZYK Henryk	7010	ULTRAMARATONPODKARPACKI.PL	Masters M - 40		01:43:10 DNF	05:50:08 DNF	09:29:29 DNF	12:53:33 DNF	16:04:13 DNF	20:26:24 DNF	DNF	DNF	DNF	DNF	DNF	DNF	45:34:24 DNF	DNF	DNF	DNF	-	-	(0.0%)	
	MAZUR Sławomir	7040	CYKLOPEDIA.CC	Masters M - 40		01:25:37 DNF	04:32:05 DNF	07:10:10 DNF	09:29:17 DNF	12:06:43 DNF	15:14:32 DNF	17:02:03 DNF	20:44:28 DNF	24:55:35 DNF	30:10:31 DNF	35:56:32 DNF	40:48:47 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)	
	BRONCEL Sebastian	7017		Masters M - 40		01:17:17 DNF	04:43:08 DNF	07:34:24 DNF	10:09:21 DNF	13:08:34 DNF	16:19:46 DNF	18:27:38 DNF	22:04:52 DNF	25:47:02 DNF	31:52:01 DNF	37:14:46 DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)	
	NAPIERAŁSKI Daniel	7138	LEO	Masters M - 40		01:11:55 DNF	04:12:26 DNF	06:38:03 DNF	08:57:45 DNF	11:36:45 DNF	14:20:24 DNF	15:55:19 DNF	18:24:22 DNF	21:11:43 DNF	25:28:24 DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)	
	PORĘBSKI Rafał	7090	PORANNY PATROL/EVIL TEAM	Masters M - 40		01:14:50 DNF	04:18:21 DNF	06:33:55 DNF	08:52:39 DNF	11:32:12 DNF	14:12:54 DNF	15:43:34 DNF	18:25:04 DNF	21:41:46 DNF	26:34:26 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	DONIEC Marek	7124	PIOTRKOWSKI KLUB BIEGACZA ENDORFINA	Masters M - 40		01:15:03 DNF	04:28:45 DNF	07:19:51 DNF	09:40:58 DNF	12:06:47 DNF	15:18:34 DNF	17:24:19 DNF	20:27:42 DNF	24:29:04 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	KOWALCZYK Rafał	7144	LEDBERG LUBLIN	Masters M - 40		01:07:59 DNF	04:21:28 DNF	07:18:46 DNF	09:41:19 DNF	12:23:05 DNF	15:19:57 DNF	17:06:44 DNF	20:30:21 DNF	24:52:53 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	DĄBROWSKI Cezary	7053	MAXI PIASECZNO	Masters M - 40		01:27:00 DNF	04:59:16 DNF	08:08:31 DNF	11:12:28 DNF	14:05:42 DNF	17:30:43 DNF	19:43:50 DNF	23:13:53 DNF	27:11:22 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	SIEJEK Krzysztof	7020		Masters M - 40		01:39:34 DNF	05:47:21 DNF	09:21:58 DNF	12:38:10 DNF	15:45:05 DNF	19:19:23 DNF	21:32:08 DNF	25:27:21 DNF	29:41:56 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	GRABLEWSKI Grzegorz	7088	TEAM-LUKS-ZÓRAWINA WROCŁAW	Masters M - 40		01:09:43 DNF	03:56:48 DNF	06:14:30 DNF	08:40:04 DNF	11:10:43 DNF	13:58:58 DNF	15:31:51 DNF	18:38:33 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	KOBIERSKI Piotr	7001	UKA ULTRAS RUNNERS	Masters M - 40		01:12:09 DNF	03:52:47 DNF	06:07:52 DNF	08:36:10 DNF	11:10:50 DNF	13:59:55 DNF	15:42:30 DNF	18:59:53 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	SADURSKI Krzysztof	7037	CARINII	Masters M - 40		01:12:48 DNF	04:34:47 DNF	07:23:35 DNF	10:09:02 DNF	12:55:53 DNF	15:59:51 DNF	17:54:30 DNF	20:48:39 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	RYKAŁA Wojciech	7023		Masters M - 40		01:14:46 DNF	04:18:21 DNF	06:33:53 DNF	08:52:37 DNF	11:45:36 DNF	DNF	17:29:11 DNF	21:00:59 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	DĄBROWA Andrzej	7074	NOWE GRANICE	Masters M - 40		01:11:47 DNF	04:20:20 DNF	07:01:31 DNF	09:49:49 DNF	12:49:21 DNF	16:04:56 DNF	18:19:02 DNF	21:45:57 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	ŁABĘCKI Jarek	7050	KB MANIAC/KB UE POZNAŃ	Masters M - 40		01:27:36 DNF	04:41:28 DNF	07:19:32 DNF	10:08:59 DNF	13:19:35 DNF	16:35:47 DNF	18:47:10 DNF	22:52:45 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	TRZETRZELEWSKI Arkadiusz	7117		Masters M - 40		01:32:08 DNF	05:16:35 DNF	08:16:03 DNF	11:19:40 DNF	14:21:21 DNF	17:44:26 DNF	19:57:08 DNF	23:52:55 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	NIEMAS Mariusz	7047	OYAMA KARATE BRZESZCZE	Masters M - 40		01:28:15 DNF	04:50:44 DNF	07:47:16 DNF	10:35:24 DNF	14:00:09 DNF	17:49:29 DNF	20:17:10 DNF	24:23:04 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	TONDYTKO Piotr	7147		Masters M - 40		01:33:55 DNF	05:24:09 DNF	08:37:42 DNF	12:06:10 DNF	15:30:34 DNF	18:53:44 DNF	21:03:16 DNF	24:44:30 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	PŁAWECKI Leszek	7167	PSZCZYNA BIEGA	Masters M - 40		01:23:54 DNF	05:34:51 DNF	09:10:08 DNF	12:38:33 DNF	15:27:03 DNF	18:59:38 DNF	21:23:44 DNF	24:55:56 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	PRZYTOCKI Janusz	7028	Z BIEGIEM MARZEŃ	Masters M - 40		01:29:05 DNF	05:05:56 DNF	07:56:33 DNF	10:55:27 DNF	13:56:15 DNF	17:49:27 DNF	20:42:00 DNF	25:18:23 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	KOPACZ Adam	7095	KLUB KOLARSKI FALA PARK	Masters M - 40		01:42:41 DNF	05:35:22 DNF	09:00:38 DNF	12:17:17 DNF	15:32:22 DNF	19:05:26 DNF	21:32:02 DNF	25:32:55 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	KORBELA Maciej	7056		Masters M - 40		01:42:43 DNF	05:35:10 DNF	08:41:06 DNF	11:41:08 DNF	15:15:58 DNF	19:07:27 DNF	21:32:06 DNF	25:32:56 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	ZIELONKA Bogumił	7116	PIOTRKOWSKI KLUB BIEGACZA 'ENDORFINA'	Masters M - 40		01:41:36 DNF	06:09:56 DNF	10:05:24 DNF	13:33:50 DNF	16:22:52 DNF	19:56:59 DNF	23:00:52 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	BROSZKIEWICZ Aleksander	7049	BM-EKOS	Masters M - 40		01:25:39 DNF	05:23:58 DNF	09:01:59 DNF	12:12:40 DNF	15:57:53 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	ZARODA Zbyszek	7051	KB AKTYWNI KONIN	Masters M - 40		01:26:07 DNF	04:39:54 DNF	07:43:20 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	BORUSIŃSKI Piotr	7012	STOPASŁUPSK	Masters M - 40		01:16:10 DNF	04:23:19 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	WOŹNY Wojciech	7133		Masters M - 40		01:32:57 DNF	05:54:25 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	FURMANKIEWICZ Krzysztof	7162		Masters M - 40		01:45:11 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)

Total 57 results.