

BIEG K-B-L - 110 KM

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dolnośląski Festiwal Biegów Górskich
Stowarzyszenie TKKF Kompas
2017-07-20
Lądek Zdrój
110 km

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: Masters M - 40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 73km	A14 85km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
1	KORAB Robert	5216	LURBEL POLSKA	Masters M - 40	1	01:38:26	04:19:52	06:41:55	08:00:28	09:44:55	11:21:15	12:41:38.95	12:41:43.70		6:55	8,7 (100%)
2	SZCZOTKA Paweł	5183		Masters M - 40	2	01:37:10	04:21:26	06:49:55	08:17:39	10:01:55	11:39:29	13:05:16.05	13:05:20.85	+00:23:37 (3.0%)	7:08	8,4 (100%)
3	BUŁANOW Leszek	5213		Masters M - 40	3	01:33:37	04:14:01	06:44:55	08:09:38	10:05:55	11:40:37	13:07:21.00	13:07:25.20	+00:25:41 (3.3%)	7:09	8,4 (100%)
4	ŚWIDEREK Jacek	5222		Masters M - 40	4	01:40:16	04:24:36	07:00:55	08:45:10	10:29:55	12:11:11	13:21:51.30	13:21:55.30	+00:40:11 (5.0%)	7:17	8,2 (100%)
5	RZEPKA Remigiusz	5210	CLEAREX	Masters M - 40	5	01:32:19	04:06:18	06:34:53	08:00:26	10:06:53	12:00:47	13:57:45.45	13:57:52.00	+01:16:08 (9.1%)	7:36	7,9 (87.5%)
6	KUŹNIAK Marcin	5036		Masters M - 40	6	01:43:30	04:45:44	07:28:53	09:08:58	11:04:53	12:44:29	14:12:23.55	14:12:29.70	+01:30:46 (10.6%)	7:44	7,7 (87.5%)
7	BIADASZ Andrzej Michał	5063	POLITECHNIKA POZNAŃSKA	Masters M - 40	7	01:40:16	04:24:34	06:44:54	09:09:34	11:14:54	13:11:31	14:45:18.30	14:45:23.40	+02:03:39 (14.0%)	8:02	7,5 (87.5%)
8	SOBOL Tomasz	5157		Masters M - 40	8	01:45:58	05:02:41	07:57:55	09:41:36	11:56:55	13:45:44	15:15:51.50	15:15:55.55	+02:34:11 (16.8%)	8:19	7,2 (87.5%)
9	JUSZKO Krzysztof	5161		Masters M - 40	9	01:50:43	05:08:26	08:09:53	09:57:20	12:14:53	14:08:48	15:41:02.65	15:41:09.40	+02:59:25 (19.1%)	8:33	7 (87.5%)
10	ZIENIEWICZ Wojciech	5125		Masters M - 40	10	01:44:08	04:57:07	08:07:55	09:40:28	11:58:55	14:06:13	15:46:51.90	15:46:56.40	+03:05:12 (19.6%)	8:36	7 (87.5%)
11	DZIUBA Piotr	5026		Masters M - 40	11	01:44:13	04:59:38	08:06:47	09:49:42	12:28:47	14:25:25	16:00:15.15	16:00:27.95	+03:18:44 (20.7%)	8:43	6,9 (75.0%)
12	RYMARSKI Arkadiusz	5065	NOA	Masters M - 40	12	01:46:24	04:48:22	07:45:51	09:25:14	11:54:51	14:21:32	16:31:58.90	16:32:07.75	+03:50:24 (23.2%)	9:01	6,7 (75.0%)
13	REJF Tomasz	5019	RUDY AND TUNIEK	Masters M - 40	13	02:05:47	05:45:37	08:59:38	10:39:25	12:59:38	14:53:08	16:36:06.55	16:36:28.20	+03:54:44 (23.6%)	9:03	6,6 (75.0%)
14	KROK Sławomir	5226		Masters M - 40	14	01:51:29	05:18:53	08:32:28	10:20:35	12:55:28	15:00:11	16:40:29.55	16:41:00.60	+03:59:16 (23.9%)	9:05	6,6 (75.0%)
15	WIERGOWSKI Marek	5221	STRASZYN ULTRA TEAM	Masters M - 40	15	02:09:52	05:41:00	09:20:39	11:06:28	13:22:39	15:12:19	16:45:08.30	16:45:29.15	+04:03:45 (24.2%)	9:08	6,6 (75.0%)
16	TASZAREK Jakub	5016		Masters M - 40	16	01:53:21	05:18:46	08:26:49	10:12:09	12:53:49	15:09:54	16:58:50.20	16:59:01.15	+04:17:17 (25.2%)	9:15	6,5 (75.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto						Czas brutto		Różn	Tempo min/km	Tempo km/h
						A9 15km	A11 40km	A12 61km	A13 73km	A14 85km	A15 98km	110km	110km			
17	FILIPOWICZ Marcin	5152		Masters M - 40	17	01:59:59	05:24:51	08:40:47	10:27:28	13:04:47	15:17:24	17:01:50.80	17:02:03.75	+04:20:20 (25.5%)	9:17	6,5 (75.0%)
18	KOWAL Wiesław	5198	SPARTA ZIĘBICE	Masters M - 40	18	01:58:46	05:37:04	08:51:46	10:33:41	13:16:46	15:26:28	17:04:28.15	17:04:42.00	+04:22:58 (25.7%)	9:18	6,4 (75.0%)
19	MIKLER Arkadiusz	5056	RELIM - WEERIDE	Masters M - 40	19	01:59:52	05:41:16	08:56:49	10:45:55	13:31:49	15:28:16	17:07:55.35	17:08:05.85	+04:26:22 (25.9%)	9:20	6,4 (75.0%)
20	MALINOWSKI Jerzy	5084	SPARTA ZIĘBICE	Masters M - 40	20	01:58:46	05:37:04	08:51:45	10:33:39	13:17:45	15:27:04	17:09:32.55	17:09:47.05	+04:28:03 (26.0%)	9:21	6,4 (75.0%)
21	HETMANOWSKI Jędrzej	5067	ULTRA PMI	Masters M - 40	21	01:55:02	05:25:26	08:40:54	10:55:31	13:38:54	15:32:04	17:14:07.25	17:14:12.60	+04:32:28 (26.3%)	9:24	6,4 (75.0%)
22	WŁOSKOWICZ Marcin	5043		Masters M - 40	22	02:02:10	05:29:09	08:51:30	10:47:16	13:32:30	15:48:20	17:39:34.80	17:40:04.10	+04:58:20 (28.1%)	9:37	6,2 (75.0%)
23	KOZŁOWSKI Bartek	5111	ULTRAMENTAL.PL	Masters M - 40	23	01:39:22	04:58:31	08:20:54	10:03:13	12:55:54	15:23:14	17:40:44.05	17:40:49.85	+04:59:06 (28.2%)	9:38	6,2 (75.0%)
24	ZAKRZEWSKI Marek	5145	ALEDOBRE.PL	Masters M - 40	24	01:55:56	05:28:32	08:55:53	10:40:15	13:22:53	15:43:29	17:44:55.55	17:45:02.35	+05:03:18 (28.5%)	9:40	6,2 (75.0%)
25	SIKORSKI Marcin	5171	TT SZCZECIN	Masters M - 40	25	01:58:14	05:03:04		09:40:36	11:58:48	13:55:52	17:54:07.30	17:54:19.00	+05:12:35 (29.1%)	9:45	6,1 (75.0%)
26	SKWIERCZYNSKI Darek	5164		Masters M - 40	26	02:09:58	05:43:49	08:55:28	10:46:36	13:47:28	16:05:26	18:00:35.60	18:01:06.60	+05:19:22 (29.5%)	9:49	6,1 (75.0%)
27	KOWALSKI Piotr	5046		Masters M - 40	27	01:50:27	05:17:57	08:55:49	10:59:47	13:58:49	16:19:29	18:07:10.35	18:07:21.10	+05:25:37 (29.9%)	9:53	6,1 (75.0%)
28	KULIBERDA Tomasz	5147	TEATR O.DE.LA	Masters M - 40	28	02:10:47	05:49:29	09:08:39	10:58:29	14:00:39	16:11:36	18:12:53.15	18:13:13.90	+05:31:30 (30.3%)	9:56	6 (75.0%)
29	SIENKIEWICZ Wojtek	5013	OGARY DOLORES	Masters M - 40	29	01:53:04	05:23:52	08:45:45	10:40:36	13:31:45	16:03:45	18:13:43.80	18:13:58.55	+05:32:14 (30.4%)	9:56	6 (75.0%)
30	MAŁKOWSKI Krzysztof	5103		Masters M - 40	30	02:02:35	05:59:05		11:30:56	14:19:29	16:34:09	18:30:37.80	18:31:08.00	+05:49:24 (31.4%)	10:05	5,9 (62.5%)
31	BOTTCHER Andrzej	5087	STRZELIŃSKI KLUB BIEGACZA GRANIT	Masters M - 40	31	02:09:44	05:59:06	09:35:33	11:35:54	14:31:33	16:45:19	18:32:34.55	18:33:00.70	+05:51:17 (31.6%)	10:06	5,9 (62.5%)
32	SZAŁKOWSKI Tomasz	5217		Masters M - 40	32	02:10:00	06:01:25	09:44:42	11:32:13	14:20:42	16:38:54	18:40:51.65	18:41:08.90	+05:59:25 (32.1%)	10:11	5,9 (62.5%)
33	BARAŃSKI Rafał	5060	BIEGAM BO MUSZĘ OPOLE	Masters M - 40	33	02:07:39	06:01:23		11:58:03	14:48:40	16:58:33	18:43:18.45	18:43:37.90	+06:01:54 (32.2%)	10:12	5,9 (62.5%)
34	DOŁŻYCKI Daniel	5028	RUDY AND TUNIEK	Masters M - 40	34	02:05:46	05:45:35	09:23:37	11:28:45	14:23:37	16:56:15	18:50:48.20	18:51:10.40	+06:09:26 (32.7%)	10:16	5,8 (62.5%)
35	SYNOWIEC Grzegorz	5211		Masters M - 40	35	02:09:57	05:59:36	09:29:36	11:32:10	14:28:36	16:52:32	18:58:29.25	18:58:52.65	+06:17:08 (33.1%)	10:20	5,8 (62.5%)
36	ZDZIARSKI Tomasz	5085		Masters M - 40	36	01:46:51	05:18:03	08:56:56	11:03:19	13:58:56	16:19:35	19:48:55.75	19:48:59.30	+07:07:15 (35.9%)	10:48	5,6 (62.5%)
37	MATUSZEWSKI Marek	5039	RUNNER'S POWER ŚREM	Masters M - 40	37	02:20:08	06:36:42	10:16:44	12:33:46	15:34:44	18:10:04	20:04:40.80	20:04:56.60	+07:23:12 (36.8%)	10:57	5,5 (62.5%)
38	WIELEWSKI Waldemar	5129	GRUPA TRÓJMIASTO	Masters M - 40	38	02:09:44	06:09:55	09:55:52	12:00:19	15:12:52	17:55:10	20:21:20.80	20:21:27.95	+07:39:44 (37.6%)	11:06	5,4 (62.5%)
39	KRAJEWSKI Artur	5220		Masters M - 40	39	02:24:48	06:50:07	10:46:47	12:37:29	15:58:47	18:19:03	20:22:15.05	20:22:27.05	+07:40:43 (37.7%)	11:06	5,4 (62.5%)
40	ROJEWSKI Światosław	5141	KONGO SAFIRI	Masters M - 40	40	01:59:57	06:03:41	10:02:48	12:32:08	15:32:48	18:12:57	20:27:12.20	20:27:23.90	+07:45:40 (37.9%)	11:09	5,4 (62.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 73km	A14 85km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
41	PĘKAŁA Dawid	5035	ŻARY RUNNERS TEAM	Masters M - 40	41	02:00:03	06:00:22	10:02:47	12:32:07	15:33:47	18:12:57	20:27:12.00	20:27:24.00	+07:45:40 (37.9%)	11:09	5,4 (62.5%)
42	RUPIK Ireneusz	5113		Masters M - 40	42	02:06:53	06:24:39	10:03:43	12:02:44	15:10:43	18:00:29	20:36:25.30	20:36:42.20	+07:54:58 (38.4%)	11:14	5,3 (62.5%)
43	MADAJ Paweł	5077	BIEGAM, BO NIE LUBIĘ	Masters M - 40	43	02:14:56	06:35:36	10:42:36	12:34:39	15:44:36	18:24:26	20:40:09.25	20:40:32.70	+07:58:49 (38.6%)	11:16	5,3 (62.5%)
44	OBŁOZA Piotr	5208		Masters M - 40	44	02:03:21	05:59:05	09:49:33	12:15:10	15:12:33	17:57:12	20:50:07.65	20:50:33.80	+08:08:50 (39.1%)	11:21	5,3 (62.5%)
45	KURPIK Piotr	5008	WATAHA	Masters M - 40	45	02:03:40	05:59:21	09:49:47	12:31:02	15:33:47	18:25:07	21:00:06.00	21:00:18.00	+08:18:34 (39.6%)	11:27	5,2 (62.5%)
46	ŚWIST Mariusz	5185	TIMTIRIMTIM TEAM	Masters M - 40	46	02:17:53	06:56:39	11:08:42	13:34:55	17:05:42	20:00:05	22:18:05.85	22:18:23.25	+09:36:39 (43.1%)	12:09	4,9 (50.0%)
47	SIENICKI Piotr	5068	ROZBIEGANY KOSZALIN / OPIUM	Masters M - 40	47	02:15:03	07:00:40	10:54:45	13:10:49	16:17:45	19:18:28	22:42:36.35	22:42:50.65	+10:01:06 (44.1%)	12:23	4,8 (50.0%)
48	MARCHEWKA Andrzej	5024		Masters M - 40	48	02:21:32	06:46:30	11:09:34	13:34:51	17:05:34	20:04:46	22:56:42.70	22:57:07.80	+10:15:24 (44.7%)	12:30	4,8 (50.0%)
49	DĄBROWSKI Sławek	5169	DOCE PARES TEAM	Masters M - 40	49	02:26:45	07:05:17	11:08:46	13:35:02	17:05:46	20:04:55	22:56:54.60	22:57:08.10	+10:15:24 (44.7%)	12:31	4,8 (50.0%)
50	TRUSKOLAS Michał	5187		Masters M - 40	50	02:31:08	08:06:39	12:12:33	15:14:33	19:03:33	21:54:44	24:19:19.40	24:19:46.15	+11:38:02 (47.8%)	13:16	4,5 (50.0%)
51	BOGUCKI Wojciech	5149		Masters M - 40	51	02:40:35	08:06:42	12:29:35	15:14:13	18:48:35	21:43:03	24:23:50.05	24:24:14.55	+11:42:30 (48.0%)	13:18	4,5 (50.0%)
	KRANZ Grzegorz	5155		Masters M - 40		02:20:23 DNF	07:34:30 DNF	11:36:35 DNF	14:14:21 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	BIELAWA Rafał	5209	IECO/HERCOG TEAM	Masters M - 40		01:34:16 DNF	04:07:01 DNF	06:41:54 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	FRUCZ Jacek	5023		Masters M - 40		02:12:43 DNF	07:03:29 DNF	12:27:41 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	POSMAN Rafał	5200		Masters M - 40		02:09:23 DNF	05:59:36 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KOZIELEWSKI Antoni	5219		Masters M - 40		02:04:28 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 56 wynik(ów)