

BIEG K-B-L - 110 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2020-07-16
Miejsce: Łądek-Zdrój
Dystans: 110 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Senior II M - 30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A13 70km	A14 85km	A15 98km	Czas netto 110km	Różn	Tempo min/km	Tempo km/h
1	DOSTAL Jan	3301	BEZECKY KLUB NACHOD, VELLA NACHOD	Senior II M - 30	1	01:24:25	03:54:08	07:51:33	09:43:30	11:16:29	12:27:39.45		6:47	8.8 (100%)
2	KIELASZEWSKI Karol	3233	LESZNO LIMITS RUNNERS	Senior II M - 30	2	01:41:10	04:20:19	08:03:14	09:51:58	11:30:21	12:49:06.10	+00:21:26 (2.8%)	6:59	8.6 (97.7%)
3	ZIENTARA Adrian	3206	KGHM ZG RUN	Senior II M - 30	3	01:40:06	04:18:22	08:04:52	10:04:46	11:45:55	13:03:28.95	+00:35:49 (4.6%)	7:07	8.4 (95.5%)
4	KROSNY Sebastian	3281	STS BIEGATON MIKOŁÓW / ZAŁOGA GÓRSKA	Senior II M - 30	4	01:34:13	04:03:50	08:00:20	10:10:36	11:49:01	13:04:03.90	+00:36:24 (4.6%)	7:07	8.4 (95.5%)
5	PILARSKI Tomasz	3275	IZERY BOGATYNIA	Senior II M - 30	5	01:38:45	04:06:25	08:02:24	10:02:02	11:45:38	13:04:09.05	+00:36:29 (4.7%)	7:07	8.4 (95.5%)
6	ZARCZUK Paweł	3337		Senior II M - 30	6	01:56:41	04:52:24	08:52:23	10:46:53	12:29:03	13:45:45.25	+01:18:05 (9.5%)	7:30	8 (90.9%)
7	KRAWCZYK Karol	3140	LENIWY INACZEJ	Senior II M - 30	7	01:41:18	04:53:12	09:23:25	11:32:29	13:23:38	14:43:48.50	+02:16:09 (15.4%)	8:02	7.5 (85.2%)
8	SKORCZYK Adrian	3078	SPEED FEET '16	Senior II M - 30	8	01:58:11	05:07:06	09:32:46	11:35:22	13:26:24	14:44:11.80	+02:16:32 (15.4%)	8:02	7.5 (85.2%)
9	MICHALSKI Piotr	3018		Senior II M - 30	9	01:47:40	04:56:23	09:24:06	11:32:15	13:23:52	14:47:56.70	+02:20:17 (15.8%)	8:04	7.4 (84.1%)
10	MILEWICZ Daniel	3311	KB BOLESŁAWIEC	Senior II M - 30	10	01:53:36	04:55:04	09:30:55	11:41:14	13:38:26	15:09:10.45	+02:41:31 (17.8%)	8:15	7.3 (83.0%)
11	MARZAŁKOWSKI Łukasz	3290	GET ACTIVE	Senior II M - 30	11	01:51:56	04:59:58	09:35:16	11:51:54	13:49:23	15:16:38.45	+02:48:59 (18.4%)	8:19	7.2 (81.8%)
12	CHOŁKA Michał	3143		Senior II M - 30	12	01:58:53	05:07:44	09:37:39	11:50:17	13:47:46	15:19:41.25	+02:52:01 (18.7%)	8:21	7.2 (81.8%)
13	CATTI Roberto	3200		Senior II M - 30	13	01:50:57	05:12:26	09:34:36	11:47:38	13:53:41	15:24:39.35	+02:56:59 (19.1%)	8:24	7.1 (80.7%)
14	RÓŻAŃSKI Mateusz	3295		Senior II M - 30	14	02:00:39	05:12:43	09:54:00	11:57:38	14:02:17	15:25:04.90	+02:57:25 (19.2%)	8:24	7.1 (80.7%)
15	GALUSKIN Alexey	3294	GRUPA NOMAX	Senior II M - 30	15	02:01:11	05:13:02	09:54:13	11:58:57	14:02:29	15:25:19.45	+02:57:40 (19.2%)	8:24	7.1 (80.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Różn	Tempo min/km	Tempo km/h	
						A9 15km	A11 40km	A13 70km	A14 85km	A15 98km				netto 110km
16	MATUSIAK Michał	3282	ROWERY MAŁGOŚKA	Senior II M - 30	16	01:59:20	05:03:08	09:37:56	11:58:20	14:08:11	15:39:24.15	+03:11:44 (20.4%)	8:32	7 (79.5%)
17	CIEPLIK Dawid	3083	LESZNO LIMITS RUNNERS	Senior II M - 30	17	01:54:42	05:11:38	09:50:59	12:08:05	14:10:34	15:45:27.90	+03:17:48 (20.9%)	8:35	7 (79.5%)
18	SAWICKI Krzysztof	3059	KOŁO BIEGA	Senior II M - 30	18	01:59:29	05:06:43	09:49:24	12:14:44	14:18:25	15:52:35.45	+03:24:56 (21.5%)	8:39	6.9 (78.4%)
19	DWORNIK Maciej	3005	WARCZĄCE SZPRYCHY	Senior II M - 30	19	01:45:08	04:40:39	09:22:49	12:03:36	14:20:14	16:00:10.70	+03:32:31 (22.1%)	8:43	6.9 (78.4%)
20	TONDER Filip	3250	WLKP MOUNTAINS ULTRA	Senior II M - 30	20	01:55:29	05:17:18	09:54:16	12:17:03	14:23:06	16:03:44.75	+03:36:05 (22.4%)	8:45	6.8 (77.3%)
21	STRAMOWSKI Rafał	3105		Senior II M - 30	21	01:49:50	04:55:31	09:43:18	12:11:42	14:24:44	16:07:25.10	+03:39:45 (22.7%)	8:47	6.8 (77.3%)
22	STOBIŃSKI Piotr	3247	RUNEDA	Senior II M - 30	22	01:55:23	05:13:57	10:03:26	12:30:16	14:34:02	16:08:59.75	+03:41:20 (22.8%)	8:48	6.8 (77.3%)
23	STYPEREK Jakub	3167	VEGE RUNNERS	Senior II M - 30	23	01:54:48	05:10:50	10:10:07	12:29:16	14:41:01	16:21:16.40	+03:53:36 (23.8%)	8:55	6.7 (76.1%)
24	GONCZAR Szymon	3218		Senior II M - 30	24	01:53:58	05:03:52	09:37:03	12:09:14	14:23:24	16:28:37.60	+04:00:58 (24.4%)	8:59	6.7 (76.1%)
25	BIERNACKI Benoit	3303		Senior II M - 30	25	02:00:23	05:28:43	10:23:37	12:52:47	14:59:11	16:36:54.00	+04:09:14 (25.0%)	9:03	6.6 (75.0%)
26	CIEŚLAK Jakub	3258		Senior II M - 30	26	01:59:35	05:23:15	10:13:45	12:45:18	14:58:05	16:38:51.30	+04:11:11 (25.1%)	9:04	6.6 (75.0%)
27	KŁOŚ Artur	3026	STAY INSANE	Senior II M - 30	27	01:57:22	05:10:12	09:44:45	12:23:55	14:48:35	16:39:57.85	+04:12:18 (25.2%)	9:05	6.6 (75.0%)
28	TALAGA Dawid	3287	OLKUSZBIEGA.PL	Senior II M - 30	28	01:56:17	05:11:23	10:41:30	13:17:17	15:17:24	16:42:38.95	+04:14:59 (25.4%)	9:06	6.6 (75.0%)
29	HOFMAŃSKI Rafał	3129		Senior II M - 30	29	01:59:20	05:19:29	10:05:34	12:43:33	15:01:49	16:48:53.50	+04:21:14 (25.9%)	9:10	6.5 (73.9%)
30	RATAJCZAK Marcin	3112		Senior II M - 30	30	01:59:46	05:19:40	10:05:27	12:43:52	15:02:03	16:49:03.50	+04:21:24 (25.9%)	9:10	6.5 (73.9%)
31	LASEK Mikołaj	3231	PAN WUEFISTA	Senior II M - 30	31	02:07:28	05:34:53	10:52:59	13:29:09	15:25:10	16:57:03.25	+04:29:23 (26.5%)	9:14	6.5 (73.9%)
32	TRĄBICKI Adam	3203		Senior II M - 30	32	01:59:39	05:21:04	10:20:34	13:07:57	15:18:10	17:07:14.15	+04:39:34 (27.2%)	9:20	6.4 (72.7%)
33	SOBASZEK Marcin	3155		Senior II M - 30	33	02:07:01	05:37:32	10:50:44	13:29:35	15:36:44	17:10:40.05	+04:43:00 (27.5%)	9:22	6.4 (72.7%)
34	SZALA Krzysztof	3082	BIEGAMGDZIECHCE.PL	Senior II M - 30	34	01:52:57	05:19:54	10:45:18	13:30:31	15:53:04	17:32:46.30	+05:05:06 (29.0%)	9:34	6.3 (71.6%)
35	FIUK Mirosław	3042		Senior II M - 30	35	01:58:22	05:26:42	10:53:33	13:38:42	15:57:25	17:33:38.40	+05:05:58 (29.0%)	9:34	6.3 (71.6%)
36	IZYDORSKI Marcin	3202		Senior II M - 30	36	02:09:26	05:58:23	11:14:24	13:47:14	16:02:57	17:38:35.45	+05:10:56 (29.4%)	9:37	6.2 (70.5%)
37	RUSZCZEWSKI Andrzej	3001	VEGE RUNNERS	Senior II M - 30	37	02:05:18	05:40:52	10:33:31	13:14:02	15:58:08	17:47:05.15	+05:19:25 (29.9%)	9:42	6.2 (70.5%)
38	JANKOWSKI Marcin	3109	FU FU FU TEAM	Senior II M - 30	38	01:59:08	06:33:34	12:28:56	14:36:21	16:29:12	17:53:40.35	+05:26:00 (30.4%)	9:45	6.1 (69.3%)

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						A9 15km	A11 40km	A13 70km	A14 85km	A15 98km				
39	TYŚ Radek	3030	NOWA RUDA BIEGA	Senior II M - 30	39	02:09:43	06:00:26	11:19:26	13:51:00	16:03:28	17:59:03.20	+05:31:23 (30.7%)	9:48	6.1 (69.3%)
40	PAWLAK Jarosław	3039	KOŁO BIEGA	Senior II M - 30	40	02:02:23	05:40:36	11:04:32	13:44:25	16:14:49	18:04:34.05	+05:36:54 (31.1%)	9:51	6.1 (69.3%)
41	PITONŃ Paweł	3080	#ULTRARODZINKA	Senior II M - 30	41	02:10:06	05:50:21	11:33:14	14:11:14	16:30:01	18:10:49.25	+05:43:09 (31.5%)	9:54	6.1 (69.3%)
42	IWASZCZYSZYN Tomasz	3230	RATEMYTRAIL.COM / RMT TEAM	Senior II M - 30	42	01:55:21	05:15:21	10:47:24	13:53:34	16:25:20	18:14:47.60	+05:47:08 (31.7%)	9:57	6 (68.2%)
43	ZAJĄC Leszek	3079		Senior II M - 30	43	01:49:55	05:08:29	10:08:38	13:10:53	15:45:19	18:16:11.85	+05:48:32 (31.8%)	9:57	6 (68.2%)
44	BILSKI Przemysław	3177	KS MARATON OSTRÓW WLKP.	Senior II M - 30	44	02:03:51	05:44:16	10:57:46	13:37:42	16:11:53	18:20:23.35	+05:52:43 (32.1%)	10:00	6 (68.2%)
45	SURKÓW Adrian	3047	MUAY RUNNING TEAM	Senior II M - 30	45	02:18:46	06:01:39	11:10:54	14:04:59	16:38:48	18:28:46.85	+06:01:07 (32.6%)	10:04	6 (68.2%)
46	KWIKERT Adrian	3274		Senior II M - 30	46	02:11:01	06:20:40	11:30:24	14:17:19	17:01:00	18:32:43.05	+06:05:03 (32.8%)	10:06	5.9 (67.0%)
47	KRUPIANIK Tomasz	3214		Senior II M - 30	47	02:15:15	05:51:48	11:25:12	14:17:39	16:38:01	18:33:16.75	+06:05:37 (32.8%)	10:07	5.9 (67.0%)
48	KACZOR Łukasz	3300	WILD BUCHAYS	Senior II M - 30	48	02:07:05	05:50:28	11:27:18	14:11:15	16:32:21	18:34:20.30	+06:06:40 (32.9%)	10:07	5.9 (67.0%)
49	TOMCZAK Dariusz	3265	HELL'S GYM OCR PĘPOWO	Senior II M - 30	49	02:03:13	05:47:48	11:14:28	13:51:30	16:26:31	18:34:21.45	+06:06:42 (32.9%)	10:07	5.9 (67.0%)
50	DZIENISZEWSKI Michał	3232		Senior II M - 30	50	02:07:30	06:10:04	11:40:11	14:33:32	16:55:29	18:41:17.70	+06:13:38 (33.3%)	10:11	5.9 (67.0%)
51	GĄSIOR Paweł	3173		Senior II M - 30	51	02:00:25	06:10:56	11:40:09	14:33:50	16:54:04	18:45:26.75	+06:17:47 (33.6%)	10:13	5.9 (67.0%)
52	JANKOWSKI Łukasz	3102	1987	Senior II M - 30	52	02:02:10	05:40:46	11:19:09	14:20:38	16:56:38	18:45:30.25	+06:17:50 (33.6%)	10:13	5.9 (67.0%)
53	ADAMSKI Krzysztof	3194	JM	Senior II M - 30	53	02:06:39	06:11:54	11:56:41	14:49:50	17:10:30	18:45:31.50	+06:17:52 (33.6%)	10:13	5.9 (67.0%)
54	JAMROZIAK Grzegorz	3086	AARSLEFF.BIZ RUNNING TEAM	Senior II M - 30	54	02:08:08	05:43:36	11:12:26	14:05:23	17:02:21	18:56:15.05	+06:28:35 (34.2%)	10:19	5.8 (65.9%)
55	WOJTASZEK Marcin	3118	MUCHY NA ZĘBACH	Senior II M - 30	55	02:12:12	06:02:03	11:56:41	14:53:11	17:15:25	18:59:12.95	+06:31:33 (34.4%)	10:21	5.8 (65.9%)
56	BUDKOWSKI Kamil	3008		Senior II M - 30	56	02:08:37	06:04:32	11:42:10	14:44:22	17:12:00	19:00:50.95	+06:33:11 (34.5%)	10:22	5.8 (65.9%)
57	BORSZYNSKI Kuba	3229	KC INK/NIGHT RUNNERS	Senior II M - 30	57	02:10:32	06:04:17	11:28:29	14:19:59	17:07:48	19:06:06.40	+06:38:26 (34.8%)	10:25	5.8 (65.9%)
58	ZAJĄC Łukasz	3070	KOMPARIO TEAM	Senior II M - 30	58	02:07:26	05:58:10	11:25:34	14:27:40	17:07:30	19:06:09.55	+06:38:30 (34.8%)	10:25	5.8 (65.9%)
59	ZABOROWSKI Kamil	3223	NIGHT RUNNERS	Senior II M - 30	59	02:10:41	06:04:26	11:28:39	14:20:11	17:08:23	19:06:10.90	+06:38:31 (34.8%)	10:25	5.8 (65.9%)
60	PSZENNY Łukasz	3010	ULTRINO AMATEUR	Senior II M - 30	60	02:11:08	06:08:53	11:44:29	14:43:39	17:20:44	19:09:02.80	+06:41:23 (34.9%)	10:26	5.7 (64.8%)
61	POMIANOWSKI Szymon	3164	KURACJUSZE	Senior II M - 30	61	02:00:00	05:53:09	11:46:59	15:02:27	17:23:10	19:09:34.65	+06:41:55 (35.0%)	10:27	5.7 (64.8%)

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						A9 15km	A11 40km	A13 70km	A14 85km	A15 98km				netto 110km
62	KARAWACKI Grzegorz	3320	KĘCKIE HARPAGANY	Senior II M - 30	62	02:13:30	05:44:23	11:45:20	14:37:12	17:21:40	19:10:20.75	+06:42:41 (35.0%)	10:27	5.7 (64.8%)
63	KARCZMIT Daniel	3179		Senior II M - 30	63	02:14:02	05:41:00	11:14:37	14:02:57	16:57:00	19:13:24.20	+06:45:44 (35.2%)	10:29	5.7 (64.8%)
64	LEWANDOWSKI Wojciech	3199	TMTEAM	Senior II M - 30	64		06:22:13	11:53:01	14:38:11	17:13:11	19:14:17.00	+06:46:37 (35.2%)	10:29	5.7 (64.8%)
65	GRZESIAK Mateusz	3182	KLUB AA	Senior II M - 30	65	02:11:20	06:25:12	12:19:15	15:11:27	17:39:50	19:17:41.00	+06:50:01 (35.4%)	10:31	5.7 (64.8%)
66	OSICA Łukasz	3207		Senior II M - 30	66	02:15:41	06:20:56	11:56:27	14:52:02	17:28:21	19:24:12.80	+06:56:33 (35.8%)	10:35	5.7 (64.8%)
67	BANAŚ Michał	3051	IPA WROCŁAW	Senior II M - 30	67	02:05:50	05:48:46	11:32:47	14:43:24	17:44:48	20:01:43.90	+07:34:04 (37.8%)	10:55	5.5 (62.5%)
68	LATANOWICZ Bernard	3331		Senior II M - 30	68	02:12:05	05:48:05	11:17:17	15:47:56	18:36:13	20:13:13.80	+07:45:34 (38.4%)	11:01	5.4 (61.4%)
69	WRONKA Tymoteusz	3192	IRRACJONALNIE MASZERUJĄCY	Senior II M - 30	69	02:24:35	07:10:55	13:03:29	16:00:02	18:23:37	20:21:31.10	+07:53:51 (38.8%)	11:06	5.4 (61.4%)
70	LADENBERGER Mateusz	3211	WAWRZYTEAM	Senior II M - 30	70		07:23:51	13:16:32	16:05:24	19:08:44	21:12:40.20	+08:45:00 (41.3%)	11:34	5.2 (59.1%)
71	HETMAŃSKI Arek	3056	LOVELASY	Senior II M - 30	71	02:08:18	06:12:05	12:37:40	16:04:52	19:24:55	22:08:16.65	+09:40:37 (43.7%)	12:04	5 (56.8%)
72	ZAWADZKI Stanisław	3234	IRRACJONALNIE MASZERUJĄCY	Senior II M - 30	72	02:25:04	07:02:11	13:52:58	17:05:50	19:44:54	22:10:10.35	+09:42:30 (43.8%)	12:05	5 (56.8%)
73	LEWANDOWSKI Rafał	3023	SPC	Senior II M - 30	73	02:06:09	06:20:23	12:48:39	16:43:06	20:08:29	22:48:12.45	+10:20:33 (45.4%)	12:26	4.8 (54.5%)
74	KURKOWIAK Krzysztof	3128	WKURW_TEAM / #TEAMNICPOŃ	Senior II M - 30	74	02:08:40	06:14:29	12:40:44	16:28:49	20:10:04	23:09:26.50	+10:41:47 (46.2%)	12:37	4.8 (54.5%)
75	TRZPIOLA Tycjan	3041	KURACJUSZE	Senior II M - 30	75	02:20:27	07:17:35	14:47:59	18:21:21	21:32:40	24:06:08.20	+11:38:28 (48.3%)	13:08	4.6 (52.3%)
76	MICHNIEWSKI Piotr	3316	GIT EKIPA!	Senior II M - 30	76	03:22:17	10:32:34	17:31:11	21:11:42	24:12:25	26:09:10.80	+13:41:31 (52.4%)	14:15	4.2 (47.7%)
77	OLECHNOWICZ Maciej	3142		Senior II M - 30	77	02:46:21	08:01:59	15:47:28	20:37:11	24:22:50	27:19:30.30	+14:51:50 (54.4%)	14:54	4 (45.5%)
	MAŁOLEPSZY Waldemar	3263	SPARTA ULTRA TEAM	Senior II M - 30		01:38:56 DNF	04:19:11 DNF	08:27:33 DNF	10:43:35 DNF	DNF	DNF	-	- (0.0%)	
	CZERWIECKI Marcin	3271		Senior II M - 30		01:43:04 DNF	04:44:29 DNF	09:32:55 DNF	12:31:55 DNF	DNF	DNF	-	- (0.0%)	
	ŁACH Seweryn	3342	_SEWLAC_	Senior II M - 30		01:48:53 DNF	05:06:07 DNF	10:38:53 DNF	13:46:18 DNF	DNF	DNF	-	- (0.0%)	
	KRZOS Piotr	3100		Senior II M - 30		02:10:38 DNF	05:53:26 DNF	11:31:24 DNF	DNF	DNF	DNF	-	- (0.0%)	
	SOCHA Seweryn	3280	STR POZNAŃ/DZIKIE BOBRY	Senior II M - 30		01:36:09 DNF	04:40:08 DNF	DNF	DNF	DNF	DNF	-	- (0.0%)	
	PIORKOWSKI Michał	3237	IRRACJONALNIE MASZERUJĄCY	Senior II M - 30		02:16:16 DNF	06:48:39 DNF	DNF	DNF	DNF	DNF	-	- (0.0%)	