

BIEG K-B-L - 110 KM

B4SPORT

Event: Dolnośląski Festiwal Biegów Górskich
Organiser: Fundacja MARATONY GÓRSKIE
Date: 2020-07-16
Place: Łądek-Zdrój
Distance: 110 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Classification: Weteran I M - 50

| Place | Participant | Number | Club | Category | MCat | A9 15km | A11 40km | A13 70km | A14 85km | A15 98km | Net time 110km | Gap | Pace min/km | Pace km/h |
|-------|------------------------------|-------------|------------------------------|---------------------|------|------------|-------------|-------------|-------------|-------------|----------------------|----------------------|----------------|----------------|
| 1 | WOJDANOWSKI Jan | 3243 | KB HARCOWNIK JELCZ-LASKOWICE | Weteran I M - 50 | 1 | 01:57:18 | 05:07:57 | 09:42:12 | 11:47:45 | 13:30:01 | 14:58:43.90 | | 8:10 | 7.3 (100%) |
| 2 | SPECJALSKI Przemysław | 3046 | | Weteran I M - 50 | 2 | 01:56:30 | 05:12:20 | 09:43:56 | 12:08:14 | 14:15:07 | 15:51:11.45 | +00:52:27 (5.5%) | 8:38 | 6.9 (94.5%) |
| 3 | KOSIOREK Adam | 3184 | BCAC MOKOBODY | Weteran I M - 50 | 3 | 02:01:10 | 05:29:53 | 10:18:47 | 12:42:26 | 14:45:13 | 16:08:05.90 | +01:09:22 (7.2%) | 8:48 | 6.8 (93.2%) |
| 4 | LIC Janusz | 3240 | BISKUPICE ULTRARUN | Weteran I M - 50 | 4 | 02:10:05 | 05:50:49 | 10:45:35 | 13:16:10 | 15:25:23 | 17:00:30.20 | +02:01:46 (11.9%) | 9:16 | 6.5 (89.0%) |
| 5 | KONIK Grzegorz | 3131 | OKB ZADYSZKA / KS KANDAHAR | Weteran I M - 50 | 5 | 02:00:22 | 05:38:09 | 10:16:57 | 12:48:52 | 15:16:44 | 17:05:50.20 | +02:07:06 (12.4%) | 9:19 | 6.4 (87.7%) |
| 6 | PASTWA Marek | 3343 | OH!ZUZA.COM | Weteran I M - 50 | 6 | 02:20:59 | 06:18:12 | 11:09:37 | 13:30:22 | 15:45:26 | 17:17:39.00 | +02:18:55 (13.4%) | 9:25 | 6.4 (87.7%) |
| 7 | TONDYTKO Piotr | 3327 | | Weteran I M - 50 | 7 | 02:08:05 | 05:55:19 | 11:00:12 | 13:27:38 | 15:44:56 | 17:22:35.15 | +02:23:51 (13.8%) | 9:28 | 6.3 (86.3%) |
| 8 | CHOJNOWSKI Andrzej | 3019 | | Weteran I M - 50 | 8 | 02:00:14 | 05:23:28 | 10:35:50 | 13:15:58 | 15:43:14 | 17:32:07.90 | +02:33:24 (14.6%) | 9:33 | 6.3 (86.3%) |
| 9 | KOSZAREK Maciej | 3264 | | Weteran I M - 50 | 9 | 01:59:58 | 05:59:04 | 11:25:48 | 14:14:26 | 16:46:09 | 18:26:44.35 | +03:28:00 (18.8%) | 10:03 | 6 (82.2%) |
| 10 | FLORKIEWICZ Sławomir | 3049 | | Weteran I M - 50 | 10 | 02:05:31 | 05:56:06 | 11:18:01 | 14:02:36 | 16:41:07 | 18:28:23.05 | +03:29:39 (18.9%) | 10:04 | 6 (82.2%) |
| 11 | JĘDRZEJCZAK Wojciech | 3126 | | Weteran I M - 50 | 11 | 02:13:28 | 06:06:30 | 11:15:19 | 14:09:10 | 16:41:44 | 18:34:26.40 | +03:35:42 (19.4%) | 10:07 | 5.9 (80.8%) |
| 12 | GASIECKI Andrzej | 3004 | | Weteran I M - 50 | 12 | 02:11:27 | 05:56:47 | 11:22:16 | 14:12:50 | 16:43:37 | 18:35:39.20 | +03:36:55 (19.4%) | 10:08 | 5.9 (80.8%) |
| 13 | BĘDŹKOWSKI Marek | 3317 | MORSY OSTROŁĘKA | Weteran I M - 50 | 13 | 02:13:18 | 06:10:59 | 11:54:05 | 14:34:29 | 16:50:25 | 18:36:36.55 | +03:37:52 (19.5%) | 10:09 | 5.9 (80.8%) |
| 14 | ROSPOND Piotr | 3166 | TKKF MPK POZNAŃ | Weteran I M - 50 | 14 | 02:02:57 | 05:56:57 | 11:09:23 | 13:53:17 | 16:54:21 | 18:57:52.20 | +03:59:08 (21.0%) | 10:20 | 5.8 (79.5%) |
| 15 | KUDELSKI Ireneusz | 3259 | ROZBIEGANI CHOJNÓW | Weteran I M - 50 | 15 | 02:06:24 | 05:59:27 | 11:56:51 | 14:58:45 | 17:24:29 | 19:21:04.90 | +04:22:21 (22.6%) | 10:33 | 5.7 (78.1%) |

| Place | Participant | Number | Club | Category | MCat | A9 15km | A11 40km | A13 70km | A14 85km | A15 98km | Net time 110km | Gap | Pace min/km | Pace km/h |
|-------|---------------------------|-------------|----------------------------------|---------------------|------|-----------------|-----------------|-----------------|-----------------|-------------|----------------------|----------------------|----------------|----------------|
| 16 | ŚLUZEK Mirosław | 3064 | | Weteran I M - 50 | 16 | 02:08:03 | 06:04:15 | 11:33:48 | 14:26:54 | 17:13:44 | 19:25:19.80 | +04:26:35 (22.9%) | 10:35 | 5.7 (78.1%) |
| 17 | CZUBA Robert | 3127 | ORANGE POLSKA | Weteran I M - 50 | 17 | 02:09:31 | 06:08:20 | 12:00:15 | 15:21:42 | 17:53:09 | 19:52:47.50 | +04:54:03 (24.7%) | 10:50 | 5.5 (75.3%) |
| 18 | GALASIŃSKI Andrzej | 3099 | GRUPA SIGMEO | Weteran I M - 50 | 18 | 02:10:06 | 06:08:52 | 12:07:36 | 15:00:40 | 17:54:30 | 19:52:55.70 | +04:54:11 (24.7%) | 10:50 | 5.5 (75.3%) |
| 19 | TOWASIK Mietek | 3346 | | Weteran I M - 50 | 19 | 02:14:21 | 06:31:04 | 12:27:26 | 15:21:01 | 17:56:07 | 20:11:06.15 | +05:12:22 (25.8%) | 11:00 | 5.4 (74.0%) |
| 20 | BORC Piotr | 3111 | AKADEMIA BIEGANIA GRUDZIĄDZ | Weteran I M - 50 | 20 | 02:10:45 | 06:18:59 | 12:09:36 | 14:59:57 | 17:33:14 | 20:15:05.90 | +05:16:22 (26.0%) | 11:02 | 5.4 (74.0%) |
| 21 | PROŃCZUK Adam | 3130 | WEHICOOLL | Weteran I M - 50 | 21 | 02:36:27 | 07:09:29 | 13:15:54 | 16:13:10 | 18:42:57 | 20:51:29.75 | +05:52:45 (28.2%) | 11:22 | 5.3 (72.6%) |
| 22 | DOLIŃSKI Tomasz | 3075 | UMAWIANIENABIEGANIE | Weteran I M - 50 | 22 | 02:22:58 | 06:58:38 | 13:06:10 | 16:10:26 | 18:56:12 | 20:53:39.40 | +05:54:55 (28.3%) | 11:23 | 5.3 (72.6%) |
| 23 | SERWADCZAK Marek | 3272 | | Weteran I M - 50 | 23 | 02:32:30 | 07:02:42 | 13:38:58 | 16:57:57 | 19:57:50 | 22:03:51.60 | +07:05:07 (32.1%) | 12:02 | 5 (68.5%) |
| 24 | RUTKOWSKI Janusz | 3213 | LESZNO TEAM | Weteran I M - 50 | 24 | | 07:10:36 | 13:38:24 | 16:53:09 | 20:06:51 | 22:19:06.00 | +07:20:22 (32.9%) | 12:10 | 4.9 (67.1%) |
| 25 | MARCINKOWSKI Piotr | 3115 | | Weteran I M - 50 | 25 | 02:25:12 | 06:45:05 | 13:30:14 | 16:52:31 | 20:22:16 | 22:43:27.95 | +07:44:44 (34.1%) | 12:23 | 4.8 (65.8%) |
| 26 | GRZELCZAK Tomasz | 3286 | | Weteran I M - 50 | 26 | 02:39:24 | 07:43:44 | 14:16:28 | 17:44:51 | 20:57:15 | 23:38:27.70 | +08:39:43 (36.6%) | 12:53 | 4.7 (64.4%) |
| 27 | JASIŃSKI Mikołaj | 3241 | UKA WARSZAWA | Weteran I M - 50 | 27 | 02:28:45 | 07:37:35 | 14:06:05 | 17:49:12 | 21:29:26 | 23:40:45.55 | +08:42:01 (36.7%) | 12:54 | 4.6 (63.0%) |
| 28 | KLAR Marek | 3151 | BEZ | Weteran I M - 50 | 28 | 02:35:15 | 08:01:21 | 14:47:34 | 18:06:35 | 21:27:15 | 23:45:40.30 | +08:46:56 (37.0%) | 12:57 | 4.6 (63.0%) |
| 29 | DURA Piotr | 3322 | PKB ENDORFINA | Weteran I M - 50 | 29 | 02:39:43 | 07:24:22 | 14:26:00 | 18:27:04 | 21:29:06 | 23:51:29.10 | +08:52:45 (37.2%) | 13:00 | 4.6 (63.0%) |
| 30 | MRÓZ Jacek | 3302 | | Weteran I M - 50 | 30 | 02:13:19 | 06:42:13 | 13:41:22 | 17:42:51 | 21:21:07 | 23:59:03.80 | +09:00:19 (37.5%) | 13:04 | 4.6 (63.0%) |
| 31 | RZESZOWSKI Paweł | 3011 | | Weteran I M - 50 | 31 | 02:38:03 | 07:53:27 | 14:43:43 | 18:19:14 | 21:51:05 | 24:07:22.80 | +09:08:38 (37.9%) | 13:09 | 4.6 (63.0%) |
| 32 | PACANOWSKI Robert | 3095 | WEŁNICA BIEGA | Weteran I M - 50 | 32 | 02:46:58 | 08:06:00 | 14:59:37 | 18:22:30 | 21:51:51 | 24:10:13.50 | +09:11:29 (38.0%) | 13:11 | 4.6 (63.0%) |
| 33 | ARMATYS Grzegorz | 3244 | | Weteran I M - 50 | 33 | 02:24:10 | 07:15:30 | 15:01:09 | 19:13:22 | 22:48:54 | 25:08:17.20 | +10:09:33 (40.4%) | 13:42 | 4.4 (60.3%) |
| 34 | OBARSKI Norbert | 3065 | | Weteran I M - 50 | 34 | 03:04:39 | 09:12:15 | 16:40:06 | 20:40:08 | 24:39:01 | 26:58:38.70 | +11:59:54 (44.5%) | 14:42 | 4.1 (56.2%) |
| | SILSKI Marek | 3208 | ATRAKCYJNE TOWARZYSTWO | Weteran I M - 50 | | 02:24:16 DNF | 07:28:02 DNF | 13:51:08 DNF | 18:01:51 DNF | DNF | DNF | - | - | - (0.0%) |
| | WOSZCZAK Zbigniew | 3137 | STRZELIŃSKI KLUB BIEGACZA GRANIT | Weteran I M - 50 | | 02:28:12 DNF | 06:50:38 DNF | 12:54:40 DNF | DNF | DNF | DNF | - | - | - (0.0%) |

Total 36 results.