



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

Dolnośląski Festiwal Biegów Górskich  
Fundacja MARATONY GÓRSKIE  
2021-07-15  
Łądek-Zdrój  
110 km

## BIEG K-B-L - 110 KM

B4SPORT

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Weteran I M - 50

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	<b>ŁUKSZA Robert</b>	<b>3216</b>		Weteran I M - 50	1	01:34:29	04:11:24	08:00:52	09:51:10	11:34:06	<b>12:59:00.35</b>		7:04	8.5 (100%)
2	<b>BUŁANOW Leszek</b>	<b>3467</b>		Weteran I M - 50	2	01:41:03	04:38:36	09:03:24	11:03:54	12:57:39	<b>14:19:08.55</b>	+01:20:08 (9.3%)	7:48	7.7 (90.6%)
3	<b>STYPUŁKOWSKI Darek</b>	<b>3483</b>		Weteran I M - 50	3	01:40:56	04:41:38	09:12:07	11:06:32	12:54:29	<b>14:20:19.55</b>	+01:21:19 (9.5%)	7:49	7.7 (90.6%)
4	<b>KUPIŃSKI Cezary</b>	<b>3108</b>	MOCNA GRUPA CEZARA/SBRT WROCŁAW	Weteran I M - 50	4	01:44:54	04:48:34	09:10:55	11:16:43	13:15:03	<b>14:42:50.90</b>	+01:43:50 (11.8%)	8:01	7.5 (88.2%)
5	<b>NESTOROWICZ Marek</b>	<b>3270</b>	KLUB BIEGACZA JURUND SZCZYTNO	Weteran I M - 50	5	01:42:35	04:50:26	10:04:26	12:08:42	14:00:10	<b>15:32:22.30</b>	+02:33:21 (16.4%)	8:28	7.1 (83.5%)
6	<b>ZERZUT Jarosław</b>	<b>3225</b>		Weteran I M - 50	6	01:57:12	05:26:03	10:14:15	12:42:24	14:48:07	<b>16:34:27.10</b>	+03:35:26 (21.7%)	9:02	6.6 (77.6%)
7	<b>ZORAN Henryk</b>	<b>3254</b>		Weteran I M - 50	7	02:13:24	06:03:52	11:12:39	13:22:53	15:21:24	<b>16:53:42.55</b>	+03:54:42 (23.2%)	9:12	6.5 (76.5%)
8	<b>BIAŁECKI Zbyszek</b>	<b>3348</b>	ŁÓDŹ RUNNING TEAM	Weteran I M - 50	8	01:57:19	05:34:48	10:55:32	13:19:01	15:31:59	<b>17:10:49.85</b>	+04:11:49 (24.4%)	9:22	6.4 (75.3%)
9	<b>PRZYBYSZ Ryszard</b>	<b>3076</b>		Weteran I M - 50	9	02:09:27	05:53:55	11:17:55	13:46:04	15:48:58	<b>17:21:30.35</b>	+04:22:30 (25.2%)	9:28	6.3 (74.1%)
10	<b>CHOJECKI Paweł</b>	<b>3047</b>	ZBUCKI RUCH	Weteran I M - 50	10	01:57:59	05:39:59	10:46:30	13:16:57	15:37:33	<b>17:22:00.25</b>	+04:22:59 (25.2%)	9:28	6.3 (74.1%)
11	<b>TONDYTKO Piotr</b>	<b>3493</b>		Weteran I M - 50	11	02:03:53	05:30:17	10:40:00	13:09:43	15:27:49	<b>17:22:21.30</b>	+04:23:20 (25.3%)	9:28	6.3 (74.1%)
12	<b>NĘDZUSIAK Dariusz</b>	<b>3471</b>	DBN SUKURS	Weteran I M - 50	12	02:06:28	05:47:52	10:58:04	13:30:58	15:42:30	<b>17:28:40.40</b>	+04:29:40 (25.7%)	9:32	6.3 (74.1%)
13	<b>ZIELIŃSKI Bartek</b>	<b>3377</b>	TT SZCZECIN	Weteran I M - 50	13	02:17:38	05:57:20	10:54:31	13:27:58	15:52:23	<b>17:37:00.00</b>	+04:37:59 (26.3%)	9:36	6.2 (72.9%)
14	<b>DŹUGAN Witold</b>	<b>3409</b>		Weteran I M - 50	14	02:11:16	05:59:02	11:21:33	11:34:22	16:15:47	<b>17:51:03.70</b>	+04:52:03 (27.3%)	9:44	6.2 (72.9%)
15	<b>OLSZEWSKI Jarosław</b>	<b>3367</b>	NIGHT RUNNERS	Weteran I M - 50	15	02:07:19	06:03:57	11:45:26	14:15:24	16:24:32	<b>17:55:23.45</b>	+04:56:23 (27.6%)	9:46	6.1 (71.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A13 70km	A14 85km	A15 98km	Czas		Tempo min/km	Tempo km/h
											netto 110km	Różn		
16	ZGOŁA Przemysław	3029	TARNOWO PODGÓRNE BIEGA	Weteran I M - 50	16	02:18:33	06:14:31	11:34:25	14:08:57	16:25:59	<b>18:22:54.25</b>	+05:23:53 (29.4%)	10:01	6 (70.6%)
17	MACIEJEWICZ Krzysztof	3014	K2	Weteran I M - 50	17	02:14:08	06:08:31	11:29:54	14:25:46	16:53:32	<b>18:30:13.20</b>	+05:31:12 (29.8%)	10:05	5.9 (69.4%)
17	JARZYNKĄ Krzysztof	3055	K2	Weteran I M - 50	17	02:14:05	06:08:29	11:29:53	14:25:40	16:53:31	<b>18:30:13.20</b>	+05:31:12 (29.8%)	10:05	5.9 (69.4%)
19	ORLICZ Michał	3123		Weteran I M - 50	19	02:00:37	05:47:47	11:27:33	14:10:09	16:52:01	<b>18:44:03.75</b>	+05:45:03 (30.7%)	10:13	5.9 (69.4%)
20	KUCHARSKI Waldemar	3285	TT-SZCZECIN	Weteran I M - 50	20	02:12:57	05:55:41	11:43:33	14:39:29	17:10:02	<b>18:55:55.65</b>	+05:56:55 (31.4%)	10:19	5.8 (68.2%)
21	ZYGENER Sławomir	3030	LEŚNE DZIKI PGB	Weteran I M - 50	21	02:05:50	06:06:21	11:43:37	14:30:12	16:54:07	<b>19:12:31.55</b>	+06:13:31 (32.4%)	10:28	5.7 (67.1%)
22	KIERSKI Dariusz	3060		Weteran I M - 50	22	02:14:55	06:22:53	12:10:15	15:06:11	17:39:59	<b>19:22:24.05</b>	+06:23:23 (33.0%)	10:34	5.7 (67.1%)
23	BEDNARCZYK Bogusław	3497	PRO-RUN WROCŁAW	Weteran I M - 50	23	02:21:17	06:37:55	12:42:48	15:29:54	17:47:00	<b>19:23:58.35</b>	+06:24:58 (33.1%)	10:34	5.7 (67.1%)
24	WOSZCZAK Zbigniew	3407	STRZELIŃSKI KLUB BIEGACZA GRANIT	Weteran I M - 50	24	02:30:18	06:58:41	12:28:39	15:22:06	17:46:18	<b>19:29:46.20</b>	+06:30:45 (33.4%)	10:38	5.6 (65.9%)
25	BIAŁEK Adam	3484		Weteran I M - 50	25	02:22:50	06:44:31	12:32:01	15:17:10	17:44:08	<b>19:32:51.60</b>	+06:33:51 (33.6%)	10:39	5.6 (65.9%)
26	NOWAK Jarosław	3441		Weteran I M - 50	26	02:13:46	06:23:24	12:05:23	14:56:09	17:43:12	<b>19:33:46.40</b>	+06:34:46 (33.6%)	10:40	5.6 (65.9%)
27	MINIUR Jacek	3406		Weteran I M - 50	27	02:10:37	06:34:50	12:12:24	15:13:47	17:51:40	<b>19:43:00.15</b>	+06:43:59 (34.2%)	10:45	5.6 (65.9%)
28	SUROWIEC Robert	3419		Weteran I M - 50	28	02:18:39	06:34:24	12:24:31	15:23:30	18:02:28	<b>19:46:11.25</b>	+06:47:10 (34.3%)	10:47	5.6 (65.9%)
29	RYBCZYŃSKI Przemysław	3048		Weteran I M - 50	29	02:10:33	06:08:17	12:11:48	15:17:51	18:05:17	<b>19:56:29.30</b>	+06:57:28 (34.9%)	10:52	5.5 (64.7%)
30	SZYMKOWIAK Mariusz	3203		Weteran I M - 50	30	02:09:23	06:08:42	12:12:13	15:18:21	18:05:42	<b>19:56:53.30</b>	+06:57:52 (34.9%)	10:52	5.5 (64.7%)
31	MUCHA Adam	3261		Weteran I M - 50	31	02:14:50	06:26:21	12:22:09	15:27:24	18:02:48	<b>19:59:42.50</b>	+07:00:42 (35.1%)	10:54	5.5 (64.7%)
32	ŚLUZEK Mirosław	3095		Weteran I M - 50	32	02:08:12	06:34:33	12:13:19	15:21:53	18:05:58	<b>20:15:41.85</b>	+07:16:41 (35.9%)	11:03	5.4 (63.5%)
33	WOJTAS Ryszard	3073		Weteran I M - 50	33	02:23:36	06:41:54	12:26:01	15:18:29	18:22:15	<b>20:26:30.00</b>	+07:27:29 (36.5%)	11:09	5.4 (63.5%)
34	SŁAWOMIR Chyliński	3321	NADAKTYWNI NOWE MIASTECZKO	Weteran I M - 50	34	02:12:10	06:23:56	12:35:37	15:50:01	18:27:13	<b>20:29:26.55</b>	+07:30:26 (36.6%)	11:10	5.4 (63.5%)
35	NOWICKI Marek	3174	PORANNI BIEGACZE	Weteran I M - 50	35	02:21:01	06:34:59	12:26:56	15:28:49	18:19:56	<b>20:30:39.60</b>	+07:31:39 (36.7%)	11:11	5.4 (63.5%)
36	ZBYRYT Marek	3150	AKTYWNA NOWA RUDA	Weteran I M - 50	36	02:11:50	06:27:58	12:34:34	15:18:34	18:02:53	<b>20:34:41.60</b>	+07:35:41 (36.9%)	11:13	5.3 (62.4%)
37	DOBEK Tomasz	3268	BIEGAMPŁOCKTEAM	Weteran I M - 50	37	02:18:54	06:22:36	12:32:03	15:28:26	18:26:38	<b>20:55:56.00</b>	+07:56:55 (38.0%)	11:25	5.3 (62.4%)
38	WILK Jarosław	3147	BEMOWO BIEGA	Weteran I M - 50	38	02:08:34	06:29:21	12:36:38	15:37:36	18:39:07	<b>20:57:56.80</b>	+07:58:56 (38.1%)	11:26	5.2 (61.2%)

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
39	<b>SERWADCZAK Marek</b>	<b>3491</b>		Weteran I M - 50	39	02:17:54	06:39:05	13:02:48	16:11:25	19:04:56	<b>21:14:51.80</b>	+08:15:51 (38.9%)	11:35	5.2 (61.2%)
40	<b>KRUZEL Rafał</b>	<b>3498</b>	BIEGOWE MISIE	Weteran I M - 50	40	02:41:40	07:35:57	14:15:52	17:06:17	19:40:13	<b>21:32:38.95</b>	+08:33:38 (39.7%)	11:45	5.1 (60.0%)
41	<b>PROŃCZUK Adam</b>	<b>3145</b>	ZBIEG OKOLICZNOŚCI	Weteran I M - 50	41	02:40:03	07:30:36	13:52:58	16:49:40	19:40:53	<b>21:50:58.70</b>	+08:51:58 (40.6%)	11:55	5 (58.8%)
42	<b>LEŚNOWOLSKI Piotr</b>	<b>3246</b>	KLUB BIEGACZA RTV EURO AGD	Weteran I M - 50	42	02:34:17	07:42:01	13:49:34	16:48:15	19:35:29	<b>21:54:35.25</b>	+08:55:34 (40.7%)	11:57	5 (58.8%)
43	<b>LEŃCZUK Waldemar</b>	<b>3453</b>		Weteran I M - 50	43	02:07:28	06:23:29	13:06:26	16:18:07	19:32:01	<b>22:09:54.15</b>	+09:10:53 (41.4%)	12:05	5 (58.8%)
44	<b>CZACHOWSKI Michał</b>	<b>3423</b>		Weteran I M - 50	44	02:38:54	07:39:25	14:14:58	17:30:29	20:32:55	<b>22:25:30.40</b>	+09:26:30 (42.1%)	12:13	4.9 (57.6%)
45	<b>BARAŃSKI Rafał</b>	<b>3227</b>	BIEGAM BO MUSZĘ OPOLE	Weteran I M - 50	45	02:28:05	07:20:38	14:00:47	17:10:11	20:09:51	<b>22:32:19.45</b>	+09:33:19 (42.4%)	12:17	4.9 (57.6%)
46	<b>WAŚCIŃSKI Roman</b>	<b>3379</b>	PĘDZI - PARA	Weteran I M - 50	46	02:30:39	07:23:59	14:19:28	17:15:37	20:40:56	<b>23:50:46.35</b>	+10:51:46 (45.6%)	13:00	4.6 (54.1%)
47	<b>JAWORSKI Bartłomiej</b>	<b>3251</b>	WHO DARES WINS,	Weteran I M - 50	47	02:18:36	06:55:57	14:03:39	18:36:40	21:38:56	<b>23:51:48.25</b>	+10:52:47 (45.6%)	13:00	4.6 (54.1%)
48	<b>NOWAKOWSKI Mirosław</b>	<b>3063</b>		Weteran I M - 50	48	02:32:32	07:38:22	14:58:45	18:39:21	21:30:22	<b>23:58:12.25</b>	+10:59:11 (45.8%)	13:04	4.6 (54.1%)
49	<b>SZCZEPOCKI Andrzej</b>	<b>3235</b>	NIEPOŁOMICE BIEGAJĄ	Weteran I M - 50	49	02:41:46	07:53:09	15:27:39	19:41:06	23:34:29	<b>26:03:20.75</b>	+13:04:20 (50.2%)	14:12	4.2 (49.4%)
	<b>SILSKI Marek</b>	<b>3229</b>		Weteran I M - 50		02:27:15 DNF	07:20:04 DNF	15:16:50 DNF	DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>WÓDKIEWICZ Maciej</b>	<b>3438</b>	WLKP MOUNTAINS ULTRA	Weteran I M - 50		02:30:31 DNF	07:53:44 DNF	15:38:58 DNF	DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>KUDELSKI Ireneusz</b>	<b>3133</b>	ROZBIEGANI CHOJNÓW	Weteran I M - 50		02:08:14 DNF	06:22:50 DNF	DNF	DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>PACANOWSKI Robert</b>	<b>3114</b>	WEŁNICA BIEGA	Weteran I M - 50		02:56:06 DNF	08:18:28 DNF	DNF	DNF	DNF	<b>DNF</b>		-	- (0.0%)

Znaleziono 53 wynik(ów)