



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

Dolnośląski Festiwal Biegów Górskich  
Fundacja MARATONY GÓRSKIE  
2022-07-14  
Lądek-Zdrój  
110 km

## BIEG K-B-L - 110 KM

B4SPORT  
INTELEKTUJĄCE ZAWODY SPORTOWE

**B4SPORT**  
INTELEKTUJĄCE ZAWODY SPORTOWE

Klasyfikacja: Weteran I M - 50

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A8 0.01km	A9 15km	A11 40km	A13 70km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
1	<b>BEŁDOWSKI Sławomir</b>	<b>3491</b>		Weteran I M - 50	1	00:00:02	01:40:24	04:30:30	08:40:12	12:23:08	<b>13:46:02.75</b>	<b>13:46:02.75</b>		7:30	8 (100%)
2	<b>NIEZGÓDKA Tomasz</b>	<b>3500</b>	ZAŁOGA GÓRSKA	Weteran I M - 50	2	00:00:11	01:48:03	04:47:32	09:03:22	12:36:29	<b>13:58:26.70</b>	<b>13:58:26.70</b>	+00:12:23 (1.5%)	7:37	7.9 (98.8%)
3	<b>HIBNER Jacek</b>	<b>3373</b>		Weteran I M - 50	3	00:00:06	01:39:40	04:25:39	08:39:56	12:38:00	<b>14:05:09.50</b>	<b>14:05:09.50</b>	+00:19:06 (2.3%)	7:40	7.8 (97.5%)
4	<b>LUBAŃSKI Robert</b>	<b>3437</b>		Weteran I M - 50	4	00:00:07	01:43:13	04:34:29	08:54:57	12:48:12	<b>14:16:39.05</b>	<b>14:16:39.05</b>	+00:30:36 (3.6%)	7:47	7.7 (96.3%)
5	<b>ŁASKARZEWSKI Jarosław</b>	<b>3413</b>		Weteran I M - 50	5	00:00:05	01:41:24	04:54:41	09:13:20	13:03:33	<b>14:31:03.45</b>	<b>14:31:03.45</b>	+00:45:00 (5.2%)	7:55	7.6 (95.0%)
6	<b>NAPARTY Zbigniew</b>	<b>3056</b>	KĘSY TEAM	Weteran I M - 50	6	00:00:08	01:53:20	05:22:30	09:42:32	13:31:52	<b>14:50:45.70</b>	<b>14:50:45.70</b>	+01:04:42 (7.3%)	8:05	7.4 (92.5%)
7	<b>TYLIŃSKI Arkadiusz</b>	<b>3263</b>	LESZ NO LIMITS RUNNERS	Weteran I M - 50	7	00:00:08	01:52:32	05:01:26	09:32:48	13:46:46	<b>15:13:34.95</b>	<b>15:13:34.95</b>	+01:27:32 (9.6%)	8:18	7.2 (90.0%)
8	<b>KUPCZYK Jacek</b>	<b>3336</b>	MOL RUNNERS	Weteran I M - 50	8	00:00:25	02:01:58	05:21:04	09:48:08	13:41:21	<b>15:15:03.55</b>	<b>15:15:03.55</b>	+01:29:00 (9.7%)	8:19	7.2 (90.0%)
9	<b>MATUSZEWSKI Marek</b>	<b>3432</b>	RUNNER'S POWER	Weteran I M - 50	9		01:48:51	05:01:21	09:53:04	14:05:33	<b>15:34:05.55</b>	<b>15:34:05.55</b>	+01:48:02 (11.6%)	8:29	7.1 (88.8%)
10	<b>MISZTAL Rafał</b>	<b>3273</b>	LOS PANTALONES ROJOS	Weteran I M - 50	10	00:00:12	01:48:28	04:56:13	09:32:48	14:03:27	<b>15:44:49.65</b>	<b>15:44:49.65</b>	+01:58:46 (12.6%)	8:35	7 (87.5%)
11	<b>SOBCZAK Antoni</b>	<b>3091</b>	CROSSACTIVE NYSA	Weteran I M - 50	11	00:00:19	01:52:47	05:11:52	09:48:21	14:08:53	<b>15:46:36.45</b>	<b>15:46:36.45</b>	+02:00:33 (12.7%)	8:36	7 (87.5%)
12	<b>PAWLUCZUK Tomasz</b>	<b>3478</b>	WŚCIEKŁE PIĘŚCI WĘŻA	Weteran I M - 50	12	00:00:15	01:54:59	05:12:58	09:57:38	14:08:20	<b>15:48:34.55</b>	<b>15:48:34.55</b>	+02:02:31 (12.9%)	8:37	7 (87.5%)
13	<b>SIEMIĘCZUK Robert</b>	<b>3090</b>		Weteran I M - 50	13	00:00:18	01:58:02	05:16:19	10:01:39	14:48:46	<b>16:22:21.50</b>	<b>16:22:21.50</b>	+02:36:18 (15.9%)	8:55	6.7 (83.8%)
14	<b>PRZYBYŁ Piotr</b>	<b>3191</b>	EASY RUNNERS	Weteran I M - 50	14	00:00:31	02:04:24	05:36:44	10:45:44	15:13:48	<b>16:47:18.35</b>	<b>16:47:18.35</b>	+03:01:15 (18.0%)	9:09	6.6 (82.5%)
15	<b>FRYSIAK Artur</b>	<b>3262</b>	WIELUŃ ULTRA	Weteran I M - 50	15	00:00:09	01:54:24	05:21:09	10:31:05	15:16:31	<b>16:55:29.40</b>	<b>16:55:29.40</b>	+03:09:26 (18.7%)	9:13	6.5 (81.3%)
16	<b>GIBALSKI Tomasz</b>	<b>3310</b>	OBORYGENI	Weteran I M - 50	16	00:00:36	02:24:12	06:47:56	11:31:21	15:41:07	<b>17:07:09.25</b>	<b>17:07:09.25</b>	+03:21:06 (19.6%)	9:20	6.4 (80.0%)
17	<b>ŻMIJEWSKI Dariusz</b>	<b>3488</b>	EXTREMALNI RZEŹNICY NA RELAKSIE	Weteran I M - 50	17	00:00:29	02:09:08	05:46:01	10:46:19	15:22:46	<b>17:13:13.55</b>	<b>17:13:13.55</b>	+03:27:10 (20.1%)	9:23	6.4 (80.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						A8	A9	A11	A13	A15	110km	110km			
18	<b>WOJTCZAK Krzysztof</b>	<b>3264</b>	WKB PIAST WROCLAW	Weteran I M - 50	18	00:00:13	01:57:01	05:29:36	10:46:46	15:34:02	<b>17:16:56.85</b>	<b>17:16:56.85</b>	+03:30:54 (20.3%)	9:25	6.4 (80.0%)
19	<b>BERNAT Arkadiusz</b>	<b>3178</b>	BIEGOWA ŚWIDNICA	Weteran I M - 50	19	00:00:06	01:58:13	05:12:41	10:07:31	16:08:59	<b>17:59:02.30</b>	<b>17:59:02.30</b>	+04:12:59 (23.4%)	9:48	6.1 (76.3%)
20	<b>KANIA Paweł</b>	<b>3479</b>	BIEGAM NA TARCHOMINIE	Weteran I M - 50	20	00:00:47	02:22:25	06:14:15	11:40:34	16:49:05	<b>18:29:55.75</b>	<b>18:29:55.75</b>	+04:43:53 (25.6%)	10:05	5.9 (73.8%)
21	<b>GAWLAS Przemysław</b>	<b>3495</b>		Weteran I M - 50	21	00:00:14	02:06:52	05:54:33	11:17:41	16:44:30	<b>18:33:09.00</b>	<b>18:33:09.00</b>	+04:47:06 (25.8%)	10:07	5.9 (73.8%)
22	<b>DAWIDZIAK Jarosław</b>	<b>3414</b>	MARATON LESZNO /AMBIT	Weteran I M - 50	22	00:00:32	02:07:43	05:43:26	10:51:54	16:35:38	<b>18:37:12.75</b>	<b>18:37:12.75</b>	+04:51:10 (26.1%)	10:09	5.9 (73.8%)
23	<b>JUSZCZAK Zbigniew</b>	<b>3350</b>	PKB KMP KALISZ	Weteran I M - 50	23	00:00:38	02:26:28	06:58:33	11:52:42	16:17:04	<b>18:41:00.20</b>	<b>18:41:00.20</b>	+04:54:57 (26.3%)	10:11	5.9 (73.8%)
24	<b>CIECIELĄG Piotr</b>	<b>3149</b>		Weteran I M - 50	24	00:00:47	02:31:02	06:16:47	11:42:14	17:08:26	<b>18:57:37.90</b>	<b>18:57:37.90</b>	+05:11:35 (27.4%)	10:20	5.8 (72.5%)
25	<b>SZPYT Andrzej</b>	<b>3402</b>		Weteran I M - 50	25	00:00:15	02:00:32	05:42:01	11:50:11	17:16:58	<b>19:07:47.85</b>	<b>19:07:47.85</b>	+05:21:45 (28.0%)	10:26	5.8 (72.5%)
26	<b>ROSOŁOWSKI Grzegorz</b>	<b>3283</b>	NADAKTYWNI NOWE MIASTECZKO	Weteran I M - 50	26	00:00:45	02:21:53	06:21:44	12:28:38	17:35:54	<b>19:33:04.60</b>	<b>19:33:04.60</b>	+05:47:01 (29.6%)	10:39	5.6 (70.0%)
27	<b>CIPORA Maciej</b>	<b>3376</b>	K&M TEAM	Weteran I M - 50	27	00:00:11	02:35:52	06:50:59	12:10:17	17:42:50	<b>19:35:20.15</b>	<b>19:35:20.15</b>	+05:49:17 (29.7%)	10:41	5.6 (70.0%)
28	<b>BLIŹNIEWSKI Marek</b>	<b>3126</b>		Weteran I M - 50	28	00:00:46	02:31:25	06:59:49	12:36:58	17:56:12	<b>19:45:36.50</b>	<b>19:45:36.50</b>	+05:59:33 (30.3%)	10:46	5.6 (70.0%)
29	<b>KOCHANOWSKI Jerzy</b>	<b>3249</b>	OSTRÓW BIEGA	Weteran I M - 50	29	00:00:57	02:16:49	05:51:34	11:30:48	17:33:41	<b>20:00:45.60</b>	<b>20:00:45.60</b>	+06:14:42 (31.2%)	10:54	5.5 (68.8%)
30	<b>KOBIERSKI Radosław</b>	<b>3154</b>	TAŃCZĄCE MUCHOMORKI	Weteran I M - 50	30	00:00:15	02:04:22	05:56:45	11:53:56	18:14:01	<b>20:18:05.45</b>	<b>20:18:05.45</b>	+06:32:02 (32.2%)	11:04	5.4 (67.5%)
31	<b>SIKORSKI Grzegorz</b>	<b>3076</b>		Weteran I M - 50	31	00:00:14	02:17:48	06:38:00	12:34:59	18:09:30	<b>20:22:11.20</b>	<b>20:22:11.20</b>	+06:36:08 (32.4%)	11:06	5.4 (67.5%)
32	<b>NOWAKOWSKI Mirosław</b>	<b>3055</b>		Weteran I M - 50	32	00:00:40	02:23:06	06:49:11	12:58:22	18:45:51	<b>20:34:26.60</b>	<b>20:34:26.60</b>	+06:48:23 (33.1%)	11:13	5.3 (66.3%)
33	<b>PIÓRKOWSKI Marek</b>	<b>3034</b>	BIEGOWA KUŹNIA	Weteran I M - 50	33	00:00:22	02:21:59	06:43:06	12:42:14	18:42:46	<b>20:37:00.40</b>	<b>20:37:00.40</b>	+06:50:57 (33.2%)	11:14	5.3 (66.3%)
34	<b>KAMYSZ Robert</b>	<b>3339</b>	KW KRAKÓW	Weteran I M - 50	34	00:00:14	02:13:35	06:23:24	12:19:49	18:22:26	<b>20:39:42.55</b>	<b>20:39:42.55</b>	+06:53:39 (33.4%)	11:16	5.3 (66.3%)
35	<b>KURKUS Aleksander</b>	<b>3229</b>	DOGOŃ GRODZISK MAZOWIECKI	Weteran I M - 50	35	00:00:24	02:22:32	06:28:21	12:34:43	18:24:10	<b>20:42:20.55</b>	<b>20:42:20.55</b>	+06:56:17 (33.5%)	11:17	5.3 (66.3%)
36	<b>BURY Marek</b>	<b>3212</b>		Weteran I M - 50	36	00:00:54	02:26:03	06:37:41	12:49:33	18:46:53	<b>20:44:56.05</b>	<b>20:44:56.05</b>	+06:58:53 (33.6%)	11:19	5.3 (66.3%)
37	<b>JASIŃSKI Mikołaj</b>	<b>3469</b>		Weteran I M - 50	37	00:00:17	02:18:32	06:34:55	12:43:18	19:02:43	<b>21:05:33.70</b>	<b>21:05:33.70</b>	+07:19:30 (34.7%)	11:30	5.2 (65.0%)
38	<b>KOSZAREK Andrzej</b>	<b>3023</b>		Weteran I M - 50	38	00:00:54	02:43:56	07:00:13	13:01:23	19:05:37	<b>21:05:36.85</b>	<b>21:05:36.85</b>	+07:19:34 (34.7%)	11:30	5.2 (65.0%)
39	<b>WICIAK Ziemowit</b>	<b>3185</b>	AKTYWNI KOCIEWIACY	Weteran I M - 50	39	00:00:48	02:31:26	07:23:51	13:26:35	19:12:00	<b>21:26:36.15</b>	<b>21:26:36.15</b>	+07:40:33 (35.8%)	11:41	5.1 (63.8%)
40	<b>KILIAN Mariusz</b>	<b>3463</b>		Weteran I M - 50	40	00:00:48	02:13:58	06:21:52	12:36:03	19:20:20	<b>21:38:54.65</b>	<b>21:38:54.65</b>	+07:52:51 (36.4%)	11:48	5.1 (63.8%)
41	<b>DARSKI Rafał</b>	<b>3083</b>	RECAMIERE	Weteran I M - 50	41	00:00:11	02:08:57	06:32:34	13:29:08	19:56:05	<b>21:51:53.65</b>	<b>21:51:53.65</b>	+08:05:50 (37.0%)	11:55	5 (62.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A8 0.01km	A9 15km	A11 40km	A13 70km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
42	<b>KOPKA Tomasz</b>	<b>3397</b>		Weteran I M - 50	42	00:00:43	02:34:39	07:25:14	13:42:45	20:00:47	<b>22:12:40.45</b>	<b>22:12:40.45</b>	+08:26:37 (38.0%)	12:06	5 (62.5%)
43	<b>BĘDŹKOWSKI Marek</b>	<b>3456</b>	GÓRAL Z MAZUR RUNNING TEAM - SIWY ULTRA MORS	Weteran I M - 50	43	00:00:12	02:31:13	07:22:28	13:42:51	19:35:12	<b>22:22:45.25</b>	<b>22:22:45.25</b>	+08:36:42 (38.5%)	12:12	4.9 (61.3%)
44	<b>SZEWCZYK Mariusz</b>	<b>3222</b>		Weteran I M - 50	44	00:00:51	02:40:47	07:38:13	14:08:30	20:34:18	<b>22:29:59.85</b>	<b>22:29:59.85</b>	+08:43:57 (38.8%)	12:16	4.9 (61.3%)
45	<b>CUPIAŁ Dariusz</b>	<b>3204</b>	W POGONI ZA DUCHEM	Weteran I M - 50	45	00:00:55	02:20:30	07:13:29	13:59:04	20:40:15	<b>23:04:34.05</b>	<b>23:04:34.05</b>	+09:18:31 (40.3%)	12:35	4.8 (60.0%)
46	<b>ŻABA Jacek</b>	<b>3137</b>		Weteran I M - 50	46	00:00:33	02:31:50	07:26:20	13:44:22	20:35:28	<b>23:11:49.05</b>	<b>23:11:49.05</b>	+09:25:46 (40.6%)	12:39	4.7 (58.8%)
47	<b>SURDAKCI Jerzy</b>	<b>3107</b>	DRUŻYNA SZPIKU	Weteran I M - 50	47	00:00:53	02:38:50	07:31:49	14:25:21	21:13:18	<b>23:17:48.80</b>	<b>23:17:48.80</b>	+09:31:46 (40.9%)	12:42	4.7 (58.8%)
48	<b>TUREK Paweł</b>	<b>3028</b>		Weteran I M - 50	48	00:00:48	02:39:11	07:31:03	14:37:13	20:48:33	<b>23:21:10.90</b>	<b>23:21:10.90</b>	+09:35:08 (41.0%)	12:44	4.7 (58.8%)
49	<b>HOFFMANN Mariusz</b>	<b>3254</b>	WRONIECKI KLUB BIEGACZA	Weteran I M - 50	49	00:00:17	02:16:46	06:44:55	13:10:31	20:46:51	<b>23:32:22.55</b>	<b>23:32:22.55</b>	+09:46:19 (41.5%)	12:50	4.7 (58.8%)
50	<b>KANDORA Piotr</b>	<b>3253</b>	MIECHOWICKA GRUPA BIEGOWA	Weteran I M - 50	50	00:00:35	02:32:11	07:23:50	14:19:59	21:51:17	<b>24:31:41.90</b>	<b>24:31:41.90</b>	+10:45:39 (43.9%)	13:22	4.5 (56.3%)
51	<b>IWAŃCZUK Zbigniew</b>	<b>3062</b>		Weteran I M - 50	51	00:00:49	02:29:15	07:53:32	15:22:55	22:29:39	<b>24:39:47.50</b>	<b>24:39:47.50</b>	+10:53:44 (44.2%)	13:27	4.5 (56.3%)
52	<b>DOWNAR-ZAPOLSKI Bolesław</b>	<b>3002</b>		Weteran I M - 50	52	00:00:30	02:34:34	08:03:08	15:37:24	22:18:08	<b>24:48:25.75</b>	<b>24:48:25.75</b>	+11:02:23 (44.5%)	13:31	4.4 (55.0%)
53	<b>ROSÓŁ Roman</b>	<b>3013</b>	WYBIEGAĆ MARZENIA TEAM	Weteran I M - 50	53	00:00:19	02:36:25	07:47:50	16:39:42	23:30:29	<b>25:48:04.15</b>	<b>25:48:04.15</b>	+12:02:01 (46.6%)	14:04	4.3 (53.8%)
	<b>ŁOPATYŃSKI Ireneusz</b>	<b>3286</b>	REMA SPORT TEAM	Weteran I M - 50		00:00:26 DNF	01:40:22 DNF	04:19:10 DNF	08:37:35 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>JAKIMIEC Tadeusz</b>	<b>3423</b>	KLUB SPORTOWY HUSARIA SZCZECINEK	Weteran I M - 50		00:00:05 DNF	01:51:00 DNF	05:37:09 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>WALKOWIAK Jacek</b>	<b>3484</b>	SPORT2002.PL	Weteran I M - 50		00:00:11 DNF	02:04:54 DNF	05:59:01 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>KRANZ Grzegorz</b>	<b>3390</b>		Weteran I M - 50		00:00:53 DNF	02:31:59 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 57 wynik(ów)