



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dolnośląski Festiwal Biegów Górskich
Fundacja MARATONY GÓRSKIE
2023-07-13
Łądek-Zdrój
110 km

BIEG K-B-L - 110 KM

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Weteran I M - 50

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
1	MARVAN Rostislav	3119		Weteran I M - 50	1	01:44:29	04:40:16	07:14:32	08:41:44	10:40:17	12:22:04	13:45:48.90	13:45:58.85		7:30	8 (100%)
2	PRZYSTARZ Grzegorz	3163	OBORYGENI	Weteran I M - 50	2	01:53:24	05:01:54	07:55:13	09:22:48	11:19:02	13:06:49	14:28:01.40	14:28:11.05	+00:42:12 (4.9%)	7:53	7.6 (95.0%)
3	KANIA Marian	3543	LEDWOZIPIA	Weteran I M - 50	3	01:47:50	05:01:16	08:07:56	09:40:29	11:53:38	13:51:45	15:24:09.15	15:24:26.75	+01:38:27 (10.7%)	8:24	7.1 (88.8%)
4	JUSZKO Krzysztof	3127		Weteran I M - 50	4	01:51:45	05:03:51	07:55:32	09:31:24	11:40:43	13:48:45	15:30:48.55	15:31:02.85	+01:45:04 (11.3%)	8:27	7.1 (88.8%)
5	GIBAŁA Marcin	3191	BIEGAM I POMAGAM ALI I HANI ŁAZARZ	Weteran I M - 50	5	01:53:10	05:16:50	08:19:47	10:08:08	12:31:51	14:47:32	16:20:25.80	16:20:47.65	+02:34:48 (15.8%)	8:54	6.7 (83.8%)
6	GIBALSKI Tomasz	3424	OBORYGENI	Weteran I M - 50	6	01:57:32	05:26:37	08:31:23	10:13:47	12:34:00	15:01:51	16:40:56.75	16:41:07.25	+02:55:08 (17.5%)	9:05	6.6 (82.5%)
7	ŚWITAŁA Marcin	3547		Weteran I M - 50	7	01:51:41	05:24:04	08:34:15	10:16:27	12:40:49	15:01:34	16:54:50.50	16:55:12.90	+03:09:14 (18.6%)	9:13	6.5 (81.3%)
8	DYMARSKI Mariusz	3101	AKTYWNI RAZEM	Weteran I M - 50	8	01:57:00	05:25:00	08:51:54	10:34:52	13:01:30	15:27:33	17:14:29.00	17:14:47.20	+03:28:48 (20.2%)	9:24	6.4 (80.0%)
9	LIC Janusz	3339		Weteran I M - 50	9	02:07:36	05:55:05	09:22:17	11:06:07	13:42:24	15:55:57	17:46:43.50	17:47:00.45	+04:01:01 (22.6%)	9:41	6.2 (77.5%)
10	SOBCZAK Grzegorz	3091		Weteran I M - 50	10	01:53:26	05:23:17	08:46:05	10:37:37	13:09:03	15:42:12	17:46:50.55	17:47:01.05	+04:01:02 (22.6%)	9:41	6.2 (77.5%)
11	KONDYCKI Adam	3312	DZG RUNNERS ZGORZELEC	Weteran I M - 50	11	01:50:44	05:24:56	08:49:07	10:32:03	13:39:32	16:01:20	17:51:35.75	17:51:44.15	+04:05:45 (22.9%)	9:44	6.2 (77.5%)
12	GARCZYŃSKI Darek	3129		Weteran I M - 50	12	02:13:02	06:02:55	09:17:50	11:05:34	13:47:17	16:14:06	17:50:40.35	17:52:15.70	+04:06:16 (23.0%)	9:44	6.2 (77.5%)
13	LEPIARZ Szymon	3270	NEVER GIVE UP	Weteran I M - 50	13	02:04:19	06:00:22	09:16:29	11:07:07	13:34:42	16:01:06	17:53:13.20	17:53:24.05	+04:07:25 (23.1%)	9:45	6.1 (76.3%)
14	NOWAK Krzysztof	3398		Weteran I M - 50	14	01:57:23	05:41:46	09:12:18	10:50:54	13:31:41	16:11:47	17:57:49.30	17:58:12.60	+04:12:13 (23.4%)	9:47	6.1 (76.3%)
15	KOCIOŁEK Zbigniew	3280		Weteran I M - 50	15	01:55:09	06:02:19	09:22:54	11:00:12	13:33:40	16:00:26	18:02:38.35	18:02:45.60	+04:16:46 (23.7%)	9:50	6.1 (76.3%)
16	WALKOWIAK Jacek	3010	TEAM KOTLAREK RUNNERS	Weteran I M - 50	16	02:02:15	05:43:45	08:56:30	10:45:47	13:20:43	16:03:01	18:03:36.10	18:03:50.95	+04:17:52 (23.8%)	9:51	6.1 (76.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas						Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
						A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km					
17	WITEK Bogusław	3540	AA TARNÓW	Weteran I M - 50	17	02:08:02	05:47:38	09:17:09	11:03:05	13:39:21	16:02:40	18:09:18.15	18:10:57.60	+04:24:58 (24.3%)	9:54	6.1 (76.3%)
18	WOJCIECHOWSKI Michał	3382		Weteran I M - 50	18	02:07:01	05:59:33	09:18:30	11:05:37	13:47:09	16:25:27	18:14:52.05	18:15:31.80	+04:29:32 (24.6%)	9:57	6 (75.0%)
19	KOS Paweł	3406	EAZYMUT.PL	Weteran I M - 50	19	02:15:33	06:03:39	09:27:14	11:15:49	13:46:40	16:18:43	18:20:27.40	18:20:43.10	+04:34:44 (25.0%)	10:00	6 (75.0%)
20	POKORSKI Piotr	3456	NO NAME PRASZKA	Weteran I M - 50	20	02:00:39	05:48:00	09:37:42	11:19:24	13:49:23	16:25:25	18:25:07.10	18:25:27.50	+04:39:28 (25.3%)	10:02	6 (75.0%)
21	PAWLAK Maciej	3498	3 TEAM KONIN MPEC KONIN	Weteran I M - 50	21	02:07:17	06:05:28	09:55:44	11:36:11	14:13:03	16:55:25	18:32:13.30	18:32:34.50	+04:46:35 (25.8%)	10:06	5.9 (73.8%)
22	WILGAT Adam	3048	NBRC	Weteran I M - 50	22	02:02:46	05:55:03	09:24:24	11:15:07	13:57:26	16:34:01	18:34:22.80	18:34:35.25	+04:48:36 (25.9%)	10:07	5.9 (73.8%)
23	SZYMKOWIAK Mariusz	3467		Weteran I M - 50	23	02:13:23	06:15:18	09:37:44	11:27:40	14:03:52	16:47:57	18:35:02.65	18:35:33.00	+04:49:34 (26.0%)	10:08	5.9 (73.8%)
24	WEYNA Rafał	3148	AKTYWNI RAZEM	Weteran I M - 50	24	01:58:29	05:45:58	09:21:11	11:14:36	14:04:08	16:48:55	18:38:11.45	18:38:31.10	+04:52:32 (26.2%)	10:09	5.9 (73.8%)
25	KOPLINGER Grzegorz	3250	ASSECO ACTIVE TEAM	Weteran I M - 50	25	01:41:55	05:10:57	08:37:05	10:23:06	13:08:31	16:12:17	18:38:25.80	18:38:34.05	+04:52:35 (26.2%)	10:10	5.9 (73.8%)
26	LUBELCZYK Grzegorz	3130	SPELEOCLUB WROCŁAW	Weteran I M - 50	26	02:16:25	06:18:45	09:44:28	11:35:53	14:29:49	17:09:57	19:05:38.35	19:07:34.15	+05:21:35 (28.0%)	10:24	5.8 (72.5%)
27	MIROWSKI Przemysław	3358		Weteran I M - 50	27	02:22:05	06:15:59	09:43:50	11:30:54	14:52:53	17:13:23	19:09:28.65	19:11:18.50	+05:25:19 (28.3%)	10:26	5.7 (71.3%)
28	PODLEWSKI Wojciech	3016	KS SPORTIVA	Weteran I M - 50	28	02:22:07	06:32:29	10:10:09	11:54:31	14:51:31	17:30:10	19:19:10.95	19:19:37.95	+05:33:39 (28.8%)	10:32	5.7 (71.3%)
29	BUSS Jakub	3121	KUDOWIANKA RUN	Weteran I M - 50	29	02:18:19	06:25:30	09:55:56	11:40:59	14:24:37	17:19:17	19:22:47.85	19:23:21.00	+05:37:22 (29.0%)	10:34	5.7 (71.3%)
30	SZKODA Mariusz	3164	3:33 TEAM	Weteran I M - 50	30	02:22:42	06:30:56	10:08:41	12:09:23	14:49:14	17:27:59	19:40:29.75	19:42:01.00	+05:56:02 (30.1%)	10:43	5.6 (70.0%)
31	BRZOZOWSKI Rafał	3537		Weteran I M - 50	31	02:12:21	06:16:47	09:51:15	11:58:11	15:00:03	17:50:44	19:53:36.15	19:54:04.25	+06:08:05 (30.8%)	10:51	5.5 (68.8%)
32	WOŹNIAK Andrzej	3099		Weteran I M - 50	32	01:56:03	05:31:08	09:02:11	11:03:31	14:13:32	17:26:50	20:04:12.00	20:04:18.90	+06:18:20 (31.4%)	10:56	5.5 (68.8%)
33	JURCZAK Robert	3195		Weteran I M - 50	33	02:11:18	06:20:50	10:08:54	12:14:05	15:31:48	18:11:18	20:28:12.95	20:28:41.90	+06:42:43 (32.8%)	11:09	5.4 (67.5%)
34	SYREK Rafał	3244		Weteran I M - 50	34	02:19:04	06:28:55	10:19:47	12:24:35		18:32:33	20:46:23.05	20:46:57.10	+07:00:58 (33.8%)	11:19	5.3 (66.3%)
35	FRANKOWSKI Dariusz	3491	SZAMANI W TRANSIE	Weteran I M - 50	35	02:21:52	06:43:38	10:29:39	12:33:01	15:52:54	18:47:43	21:02:11.45	21:02:44.55	+07:16:45 (34.6%)	11:28	5.2 (65.0%)
36	KUTYŁA Stanisław	3412	ORANGE POLSKA	Weteran I M - 50	36	02:22:20	06:33:02	10:14:18	12:29:55	15:58:51	19:07:31	21:18:49.60	21:19:43.35	+07:33:44 (35.5%)	11:37	5.2 (65.0%)
37	DATA Dariusz	3252	KUGUAR XTREME RUNNERS	Weteran I M - 50	37	03:13:49	07:16:39	11:07:11	13:05:00	16:18:50	19:21:43	21:36:49.65	21:38:28.50	+07:52:29 (36.4%)	11:47	5.1 (63.8%)
38	SOBKOWIAK Sławomir Locco	3385	WRONIECKI KLUB BIEGACZA	Weteran I M - 50	38	02:17:52	06:47:42	11:01:45	13:29:11	16:55:25	19:55:17	22:06:04.80	22:06:35.55	+08:20:36 (37.7%)	12:03	5 (62.5%)
39	KONIECZKO Rafał	3031		Weteran I M - 50	39	02:15:22	06:58:18	11:03:24	13:06:40	16:43:26	20:15:26	22:32:57.90	22:33:18.95	+08:47:20 (39.0%)	12:17	4.9 (61.3%)
40	SURDAKCI Jerzy	3143	DRUŻYNA SZPIKU	Weteran I M - 50	40	02:34:06	07:39:33	11:53:03	14:34:14		20:58:33	22:52:26.60	22:53:33.10	+09:07:34 (39.9%)	12:28	4.8 (60.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
41	DEMCZAR Jacek	3092		Weteran I M - 50	41	02:28:03	07:22:57	11:15:53	13:40:12	17:03:38	20:36:02	23:03:35.95	23:05:06.30	+09:19:07 (40.4%)	12:34	4.8 (60.0%)
42	SUCHOCKI Grzegorz	3228	NADAKTYWNI NOWE MIASTECZKO	Weteran I M - 50	42	02:28:30	07:19:23	11:41:56	13:45:50	17:18:10	20:46:43	23:16:42.90	23:17:25.20	+09:31:26 (40.9%)	12:41	4.7 (58.8%)
43	JONCZYK Jerzy	3285	TUPTUP	Weteran I M - 50	43	02:34:43	07:29:21	11:40:09	14:03:19	17:36:28	20:52:14	23:17:17.65	23:17:31.20	+09:31:32 (40.9%)	12:42	4.7 (58.8%)
44	PIETRZYK Sylwester	3115	BIEGOWA KUŹNIA	Weteran I M - 50	44	02:28:43	07:01:30	11:21:01	13:34:52	17:16:03	20:46:07	23:23:13.70	23:23:36.55	+09:37:37 (41.2%)	12:45	4.7 (58.8%)
45	BALNER Sebastian	3087	CZARNA TĘCZA	Weteran I M - 50	45	02:08:42	06:53:21	11:21:06	14:14:51	17:28:20	20:48:54	23:24:15.70	23:24:22.85	+09:38:24 (41.2%)	12:45	4.7 (58.8%)
46	SOBASZKIEWICZ Rafał	3206	RUNCROSS ROZGARTY	Weteran I M - 50	46	02:34:36	07:28:02	11:41:29	14:20:40	18:03:04	21:29:07	24:20:17.20	24:21:16.50	+10:35:17 (43.5%)	13:16	4.5 (56.3%)
47	WINCZURA Leszek	3213		Weteran I M - 50	47	02:42:50	08:19:17	13:09:46	15:38:44	19:10:53	22:26:20	25:26:39.95	25:27:46.40	+11:41:47 (45.9%)	13:52	4.3 (53.8%)
48	CZARNECKI Robert	3265		Weteran I M - 50	48	02:38:11	07:39:33	11:52:30	14:27:26	18:43:55		25:36:39.50	25:37:53.00	+11:51:54 (46.3%)	13:58	4.3 (53.8%)
	GAWLAS Przemysław	3535		Weteran I M - 50		02:04:59 DNF	05:56:09 DNF	09:37:38 DNF	11:41:49 DNF	14:57:15 DNF	DNF	DNF	DNF		-	- (0.0%)
	KOSZAREK Maciej	3503		Weteran I M - 50		02:16:16 DNF	06:28:31 DNF	10:18:29 DNF	12:24:43 DNF	16:15:19 DNF	DNF	DNF	DNF		-	- (0.0%)
	KOWALIŃSKI Marek	3452	SPARTA ULTRA TEAM	Weteran I M - 50		02:03:17 DNF	06:35:42 DNF	11:05:26 DNF	13:25:13 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	ŁOPATYŃSKI Ireneusz	3513	REMA SPORT TEAM	Weteran I M - 50		01:40:19 DNF	04:29:39 DNF	07:17:52 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	BODZIOCH Grzegorz	3102	GORLICKA GRUPA BIEGOWA	Weteran I M - 50		02:16:53 DNF	06:34:54 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 53 wynik(ów)