

BIEG SUPER TRAIL - 130 KM

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Event: Dolnośląski Festiwal Biegów Górskich
Organiser: Fundacja MARATONY GÓRSKIE
Date: 2019-07-18
Place: Łądek-Zdrój
Distance: 130 km

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Classification: Masters M - 40

Place	Participant	Number	Club	Category	MCat	A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A6 100km	A7 112km	Net time 130km	Czas brutto 130km	Gap	Pace min/km	Pace km/h
1	GAŁUSZKA Rafał	2142	PAUSE	Masters M - 40	1	01:01:18	03:33:06	05:36:04	07:31:15	09:39:02	12:06:54	13:32:42	15:59:23.90	15:59:28.20		7:22	8.1 (100%)
2	JĘDRZEJKO Tomasz	2134	SIDOR TEAM POLSKA AZS WST KATOWICE	Masters M - 40	2	01:04:12	03:50:17	06:01:23	08:06:47	10:29:42	12:49:33	14:13:49	16:41:22.85	16:41:30.05	+00:42:01 (4.2%)	7:42	7.8 (96.3%)
3	PAPRZYCKI Rafał	2013	NATURALBORN RUNNERS	Masters M - 40	3	01:14:57	04:15:03	06:23:04	08:22:24	10:39:44	13:09:31	14:44:40	17:16:38.80	17:16:51.00	+01:17:22 (7.5%)	7:58	7.5 (92.6%)
4	BIADASZ Andrzej Michał	2057	POLITECHNIKA POZNAŃSKA	Masters M - 40	4	01:19:16	04:16:16	06:23:31	08:22:23	10:39:42	13:29:06	15:09:32	17:28:31.05	17:28:46.75	+01:29:18 (8.5%)	8:03	7.4 (91.4%)
5	GEZELA Robert	2012	EUFORIA BIEGACZA TEAM	Masters M - 40	5	01:16:19	04:13:44	06:18:45	08:23:07	10:44:24	13:19:18	14:52:37	17:35:08.60	17:35:15.15	+01:35:46 (9.1%)	8:06	7.4 (91.4%)
6	JUSZKO Krzysztof	2028		Masters M - 40	6	01:14:22	04:20:14	06:37:53	08:46:38	11:10:55	13:50:17	15:25:37	18:11:52.80	18:12:01.05	+02:12:32 (12.1%)	8:23	7.1 (87.7%)
7	WALENDA Arkadiusz	2037	VEGE ULTRA RUNNER	Masters M - 40	7	01:13:17	04:24:14	06:47:59	09:00:50	11:36:25	14:34:49	16:26:19	19:20:46.80	19:20:54.85	+03:21:26 (17.4%)	8:55	6.7 (82.7%)
8	KLARECKI Adrian	2083	WIRAN TEAM	Masters M - 40	8	01:08:21	04:08:32	06:21:36	08:37:49	11:32:55	14:42:23	16:32:25	19:53:24.30	19:53:31.00	+03:54:02 (19.6%)	9:10	6.5 (80.2%)
9	KRÓL Maciej	2082	WIRAN TEAM	Masters M - 40	9	01:08:21	04:08:32	06:21:49	08:37:50	11:32:54	14:42:20	16:31:49	19:53:24.25	19:53:31.25	+03:54:03 (19.6%)	9:10	6.5 (80.2%)
10	ZOWAL Ryszard	2006	W POGONI ZA DUCHEM	Masters M - 40	10	01:17:22	04:34:54	07:01:58	09:28:48	12:11:33	15:15:44	16:50:08	20:39:05.65	20:39:32.40	+04:40:04 (22.6%)	9:31	6.3 (77.8%)
11	TRYBALSKI Krzysztof	2061		Masters M - 40	11	01:17:25	04:31:00	06:52:11	09:17:12	12:00:07	15:21:07	17:26:06	20:50:44.10	20:50:56.10	+04:51:27 (23.3%)	9:37	6.2 (76.5%)
12	KOWAL Wiesław	2109		Masters M - 40	12	01:12:25	04:16:45	06:37:01	08:59:23	12:12:56	15:23:25	17:19:21	20:57:54.70	20:58:05.05	+04:58:36 (23.7%)	9:40	6.2 (76.5%)
13	KWIATKOWSKI Jarek	2114	FLOWERS TEAM	Masters M - 40	13	01:14:32	04:38:59	07:27:35	10:10:28	13:00:35	16:25:54	18:13:40	21:30:56.50	21:31:03.25	+05:31:35 (25.7%)	9:55	6 (74.1%)
14	DOBROŚ Tomasz	2003		Masters M - 40	14	01:23:35	04:47:35	07:27:17	10:02:52	12:46:35	15:56:37	17:56:48	21:35:51.20	21:36:18.70	+05:36:50 (26.0%)	9:58	6 (74.1%)
15	ZUBERT Marcin	2053	PRESS GLASS-BIEGAMY I WSPIERAMY	Masters M - 40	15	01:18:11	04:39:48	07:05:38	09:34:18	12:46:09	15:49:07	17:52:31	21:36:41.80	21:37:36.85	+05:38:08 (26.1%)	9:58	6 (74.1%)
16	KUCIŃSKI Tomasz	2087	MKB DREPTAK	Masters M - 40	16	01:24:51	04:53:32	07:12:13	09:53:46	12:45:34	16:03:18	18:08:32	21:46:16.60	21:47:24.15	+05:47:55 (26.6%)	10:02	6 (74.1%)
17	MARCZEWSKI Sławomir	2020	STOWARZYSZENIE LUDZI W BIEGU ŻŁOTÓW	Masters M - 40	17	01:25:32	04:50:08	07:19:54	09:57:50	12:58:09	16:07:22	18:08:47	22:10:24.50	22:11:15.30	+06:11:47 (27.9%)	10:14	5.9 (72.8%)
18	BRUS Marcin	2009		Masters M - 40	18	01:08:15	04:16:15	06:59:29	09:35:48	13:33:59	16:53:48	18:53:41	22:18:02.90	22:18:06.30	+06:18:38 (28.3%)	10:17	5.8 (71.6%)

Place	Participant	Number	Club	Category	MCat	A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A6 100km	A7 112km	Net time 130km	Czas brutto 130km	Gap	Pace min/km	Pace km/h
19	CYNIAK Marek	2069	EVERRUN	Masters M - 40	19	01:21:01	04:50:00	07:23:11	10:04:11	13:12:53	16:35:01	18:38:46	22:23:58.30	22:24:42.00	+06:25:13 (28.6%)	10:20	5.8 (71.6%)
20	MARCINKOWSKI Przemysław	2138	PROTON LESZNOLIMITS RUNNERS	Masters M - 40	20	01:14:19	04:26:09	07:06:38	09:53:07	13:26:26	17:01:57	19:10:02	22:53:47.35	22:53:52.70	+06:54:24 (30.2%)	10:34	5.7 (70.4%)
21	FRESZEL Krzysztof	2021	BOERNEROWO BIEGA	Masters M - 40	21	01:28:16	05:12:54	08:16:57	11:22:26	14:19:45	17:51:42	20:01:15	23:45:08.75	23:45:28.60	+07:46:00 (32.7%)	10:57	5.5 (67.9%)
22	ANTONIEWICZ Jacek	2065	BIEGIEM PRZEZ POLSKĘ	Masters M - 40	22	01:22:34	05:12:49	07:49:28	10:31:54	13:33:52	17:15:03	19:57:19	23:56:56.90	23:57:29.60	+07:58:01 (33.3%)	11:03	5.4 (66.7%)
23	OLEJNIK Sylwester	2091	VEGE ULTRA RUNNERS	Masters M - 40	23	01:22:34	05:12:51	07:49:28	10:32:02	13:33:51	17:15:01	19:57:17	23:56:58.00	23:57:30.05	+07:58:01 (33.3%)	11:03	5.4 (66.7%)
24	SERKOWSKI Marcin	2068	BIEGAMYRAZEM.PL	Masters M - 40	24	01:22:50	05:09:21	08:10:50	11:14:19	14:25:45	18:10:43	20:23:05	24:14:45.85	24:15:01.80	+08:15:33 (34.1%)	11:11	5.4 (66.7%)
25	PAWLUCZUK Tomasz	2085		Masters M - 40	25	01:22:46	05:09:23	08:10:53	11:14:20	14:25:44	18:10:41	20:23:04	24:14:47.75	24:15:01.90	+08:15:33 (34.1%)	11:11	5.4 (66.7%)
26	KUTYŁA Stanisław	2088	ORANGE POLSKA	Masters M - 40	26	01:33:48	05:31:28	08:20:42	11:30:55	14:49:30	18:35:52	20:41:52	24:15:22.55	24:16:18.00	+08:16:49 (34.1%)	11:11	5.4 (66.7%)
27	WIERZBICKI Rafał	2052		Masters M - 40	27	01:23:32	05:10:00	08:09:12	11:16:24	14:32:15	18:11:25	20:42:18	24:29:40.05	24:30:16.60	+08:30:48 (34.7%)	11:18	5.3 (65.4%)
28	JABŁOŃSKI Michał	2128		Masters M - 40	28	01:33:43	05:34:28	08:23:28	11:31:22	14:52:51	18:36:37	20:51:37	24:31:44.80	24:32:41.85	+08:33:13 (34.8%)	11:19	5.3 (65.4%)
29	MROZOWSKI Paweł	2129	ORANGE POSLKA/KINGRUNNER	Masters M - 40	29	01:33:44	05:34:24	08:23:15	11:30:55	14:47:35	18:29:34	20:51:36	24:31:46.35	24:32:42.65	+08:33:14 (34.9%)	11:19	5.3 (65.4%)
30	RYCZYŃSKI Jacek	2025	POLSKA	Masters M - 40	30	01:26:52	05:31:59	08:29:17	11:32:17	14:54:59	18:42:28	21:01:22	24:50:14.55	24:50:48.50	+08:51:20 (35.6%)	11:27	5.2 (64.2%)
31	MATUSEWICZ Ireneusz	2098		Masters M - 40	31	01:25:54	05:31:44	08:28:49	11:20:57	14:31:32	18:19:17	20:59:44	24:54:14.55	24:54:55.20	+08:55:27 (35.8%)	11:29	5.2 (64.2%)
32	KORDUŁA Zbigniew	2126	BIEGOWY ŚWIAT	Masters M - 40	32	01:26:02	05:05:38	08:07:02	11:19:26	14:41:17	18:21:45	20:50:36	25:04:09.85	25:05:11.05	+09:05:42 (36.3%)	11:34	5.2 (64.2%)
33	ZAWADA Maciej Marcin	2075	KGB	Masters M - 40	33	01:29:59	05:26:09	08:28:57	11:26:27	14:48:56	18:34:20	20:58:12	25:04:36.70	25:05:11.55	+09:05:43 (36.3%)	11:34	5.2 (64.2%)
34	KUGLARZ Szymon	2060		Masters M - 40	34	01:28:21	05:26:02	08:24:05	11:28:22	14:54:44	18:43:08	21:07:56	25:04:43.85	25:05:31.60	+09:06:03 (36.3%)	11:34	5.2 (64.2%)
35	WIŚNIEWSKI Radosław	2067		Masters M - 40	35	01:28:15	05:31:57	08:45:21	11:41:18	14:43:02	18:25:33	20:58:46	25:08:17.05	25:08:56.35	+09:09:28 (36.4%)	11:36	5.2 (64.2%)
36	MARCINIAK Robert	2102	RUN@BANINO	Masters M - 40	36	01:17:26	05:08:58	08:16:12	11:16:48	14:30:41	18:27:48	21:05:31	25:10:08.40	25:10:23.75	+09:10:55 (36.5%)	11:36	5.2 (64.2%)
37	OLESZCZAK Piotr	2116	BIEGAM BO SĄ TACY CO NIE MOGĄ	Masters M - 40	37	01:17:37	04:40:41	07:37:54	10:33:26	13:42:59	18:10:50	21:00:59	25:20:45.70	25:21:04.50	+09:21:36 (36.9%)	11:41	5.1 (63.0%)
38	JAWORSKI Piotr	2072	EKOBIEGI	Masters M - 40	38	01:32:12	05:54:32	09:12:53	12:19:40	15:22:31	19:16:21	21:43:27	25:40:45.60	25:41:15.70	+09:41:47 (37.7%)	11:51	5.1 (63.0%)
	WOJEWODA Michał	2122	KAZIKI TRIWAWA	Masters M - 40		01:25:01 DNF	04:50:40 DNF	07:27:16 DNF	09:59:50 DNF	12:49:22 DNF	16:12:56 DNF	19:21:32 DNF	DNF	DNF		-	- (0.0%)
	BALICKI Jakub	2113	ASAP RUNNERS	Masters M - 40		01:30:37 DNF	05:31:31 DNF	08:38:57 DNF	11:42:29 DNF	15:24:55 DNF	20:18:14 DNF	DNF	DNF	DNF		-	- (0.0%)
	TASZAREK Jakub	2049		Masters M - 40		01:14:52 DNF	04:29:15 DNF	06:59:20 DNF	09:09:00 DNF	12:47:57 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	POCHYLSKI Dominik	2110	LUBOŃSKI KLUB BIEGACZA	Masters M - 40		01:40:52 DNF	06:58:11 DNF	10:30:40 DNF	13:52:56 DNF	17:58:33 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	GRYCMAN Marek	2031		Masters M - 40		01:04:55 DNF	03:49:53 DNF	06:03:08 DNF	08:21:14 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	FRANEK Sebastian	2139	MUAY RUNNING TEAM	Masters M - 40		01:34:51 DNF	06:00:23 DNF	09:16:27 DNF	13:02:45 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

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	PAWŁOWSKI Jacek	2120		Masters M - 40		01:18:46 DNF	05:23:31 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	MICHALSKI Marek	2048	KB CZARNE WILKI	Masters M - 40		01:31:07 DNF	05:43:19 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Total 46 results.