

BIEG SUPER TRAIL - 130 KM

B4SPORT
INTELEKTNE ZAWODY SPORTOWE

Event: Dolnośląski Festiwal Biegów Górskich
Organiser: Fundacja MARATONY GÓRSKIE
Date: 2020-07-16
Place: Łądek-Zdrój
Distance: 130 km

B4SPORT
INTELEKTNE ZAWODY SPORTOWE

Classification: Senior II M - 30

Place	Participant	Number	Club	Category	MCat	A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A6 100km	A7 112km	Net time 130km	Gap	Pace min/km	Pace km/h
1	KOCIOŁOWICZ Piotr	2058	BIEGAM W GÓRACH BARDZKICH	Senior II M - 30	1	01:00:07	03:50:08	05:45:14	07:41:09	09:42:54	12:00:12	13:17:11	15:17:04.95		7:03	8.5 (100%)
2	FRĄCZ Tomasz	2177	INEE INDUSTRY TEAM	Senior II M - 30	2	01:08:56	04:17:31	06:14:56	08:05:34	10:02:56	12:07:57	13:19:49	15:19:16.25	+00:02:11 (0.2%)	7:04	8.5 (100%)
3	MAŁYGA Grzegorz	2055		Senior II M - 30	3	00:59:28	03:45:12	05:33:38	07:16:48	09:29:00	12:00:27	13:13:57	15:26:35.55	+00:09:30 (1.0%)	7:07	8.4 (98.8%)
4	WAWRZYŃIAK Łukasz	2116	RONAL RUN POLSKA	Senior II M - 30	4	00:59:36	03:51:28	05:43:56	07:33:07	09:29:39	12:03:59	13:24:44	15:49:27.90	+00:32:22 (3.4%)	7:18	8.2 (96.5%)
5	WŁOCHAL Robert	2039		Senior II M - 30	5	01:05:15	04:03:26	06:09:10	08:12:44	10:14:25	12:42:46	13:56:42	16:18:26.45	+01:01:21 (6.3%)	7:31	8 (94.1%)
6	KOTARBA Wojciech	2131	TAKEDA FIT	Senior II M - 30	6	01:11:42	04:26:12	06:40:56	08:42:05	10:59:08	13:25:37	14:47:02	17:13:42.45	+01:56:37 (11.3%)	7:57	7.5 (88.2%)
7	REJ Mirosław	2010	BARTOSZ GORCZYCA TEAM	Senior II M - 30	7	01:26:08	04:43:37	06:57:24	09:05:13	11:32:42	13:54:41	15:19:29	17:40:19.95	+02:23:15 (13.5%)	8:09	7.4 (87.1%)
8	ADLER Łukasz	2121	LESZ NO LIMITS RUNNERS	Senior II M - 30	8	01:11:57	04:28:27	06:46:50	08:55:23	11:25:07	13:48:52	15:18:47	17:56:20.25	+02:39:15 (14.8%)	8:16	7.2 (84.7%)
9	KLUSEK Mateusz	2036	SKLEP BIEGACZA KRAKÓW	Senior II M - 30	9	01:06:49	04:08:41	06:20:33	08:38:59	11:06:13	13:43:50	15:09:34	18:10:56.75	+02:53:51 (15.9%)	8:23	7.1 (83.5%)
10	TRZASKA Marcin	2068		Senior II M - 30	10	01:13:05	04:42:34	07:06:47	09:19:13	11:40:15	14:21:14	15:49:21	18:40:36.90	+03:23:31 (18.2%)	8:37	7 (82.4%)
11	JAZŁOCKI Łukasz	2042	TWDW	Senior II M - 30	11	01:13:22	04:38:59	07:06:22	09:31:08	12:06:24	14:58:47	16:33:39	19:08:01.30	+03:50:56 (20.1%)	8:49	6.8 (80.0%)
12	ZAWOJAK Aleksander	2023	RONAL POLSKA RUN	Senior II M - 30	12	01:18:10	04:47:59	07:07:53	09:34:46	11:55:50	14:44:22	16:23:42	19:08:34.90	+03:51:29 (20.2%)	8:50	6.8 (80.0%)
13	KAŹMIERCZAK Krzysztof	2051		Senior II M - 30	13	01:11:20	04:37:56	07:06:01	09:31:53	12:13:08	15:17:13	16:49:48	19:31:22.25	+04:14:17 (21.7%)	9:00	6.7 (78.8%)
14	TARGIEL Damian	2113	INVICTUS 3CITY	Senior II M - 30	14	01:15:01	04:45:48	07:13:44	09:30:55	12:18:49	15:19:00	16:54:00	19:41:25.35	+04:24:20 (22.4%)	9:05	6.6 (77.6%)
15	PIECUCH Marcin	2070		Senior II M - 30	15	01:13:25	04:54:25	07:24:53	09:40:19	12:51:37	15:56:42	17:39:02	20:43:43.90	+05:26:38 (26.3%)	9:34	6.3 (74.1%)
16	DUDEK Remigiusz	2033	KALINKA ULTRA TEAM	Senior II M - 30	16	01:19:39	05:23:32	08:02:43	10:34:27	13:18:02	16:11:48	17:49:52	21:08:52.45	+05:51:47 (27.7%)	9:45	6.1 (71.8%)
17	DARMETKO Rafał	2118		Senior II M - 30	17	01:15:05	04:46:31	07:04:02	09:33:12	12:38:08	15:49:15	17:49:12	21:13:29.90	+05:56:24 (28.0%)	9:47	6.1 (71.8%)

Place	Participant	Number	Club	Category	MCat	A1	A2	A3	A4	A5	A6	A7	Net time	Gap	Pace min/km	Pace km/h
						10km	32km	47km	64km	81km	100km	112km	130km			
18	JAGIELA Rafał	2013	KB ODRA OPOLE	Senior II M - 30	18	01:14:17	04:49:30	07:13:28	09:39:44	12:14:53	15:43:32	17:35:33	21:20:51.45	+06:03:46 (28.4%)	9:51	6.1 (71.8%)
19	CIEMBOROWICZ Karol	2071	#KFD	Senior II M - 30	19	01:22:59	05:19:39	07:51:58	10:24:07	13:04:11	16:04:45	17:46:11	21:21:07.00	+06:04:02 (28.4%)	9:51	6.1 (71.8%)
20	KLIMCZAK Jacek	2006	FIZJOTERAPIA „DLA CIEBIE I RODZINY "ŻERKÓW	Senior II M - 30	20	01:10:01	04:34:24	07:10:42	09:39:41	13:02:06	16:33:41	18:37:38	21:21:24.25	+06:04:19 (28.4%)	9:51	6.1 (71.8%)
21	KOWALEWSKI Krzysztof	2147		Senior II M - 30	21	01:20:38	05:14:20	07:47:23	10:25:20	13:33:39	16:49:30	18:24:10	21:35:54.55	+06:18:49 (29.2%)	9:58	6 (70.6%)
22	ZAWORSKI Tomasz	2084		Senior II M - 30	22	01:14:02	05:03:10	07:40:08	10:25:05	13:18:07	17:00:40	18:56:44	21:57:49.40	+06:40:44 (30.4%)	10:08	5.9 (69.4%)
23	KOSMOWSKI Wiesław	2030		Senior II M - 30	23	01:19:59	05:41:50	08:28:02	11:14:28	14:30:20	17:38:58	19:37:23	22:39:20.90	+07:22:15 (32.5%)	10:27	5.7 (67.1%)
24	KRUSZEWSKI Filip	2027		Senior II M - 30	24	01:24:24	05:27:43	08:14:41	10:55:17	14:02:52	17:41:50	19:55:59	23:31:19.50	+08:14:14 (35.0%)	10:51	5.5 (64.7%)
25	MICHALSKI Dawid	2003	KLUB PRZYJACIÓŁ MYSZKI MIKI	Senior II M - 30	25	01:25:40	05:23:36	08:04:17	10:47:32	13:49:37	17:32:48	19:46:12	24:11:03.10	+08:53:58 (36.8%)	11:09	5.4 (63.5%)
26	JASKULA Bartosz	2182		Senior II M - 30	26	01:28:06	05:34:34	09:01:28	12:03:30	15:39:32	19:14:10	21:13:37	24:12:28.45	+08:55:23 (36.9%)	11:10	5.4 (63.5%)
27	HOFSTRA Tsjeard	2151	FRYSMAN	Senior II M - 30	27	01:23:12	05:10:39	08:03:36	10:47:25	14:00:59	17:28:26	19:46:37	24:26:35.30	+09:09:30 (37.5%)	11:16	5.3 (62.4%)
28	SERAFIN Robert	2136		Senior II M - 30	28	01:22:17	05:38:36	08:37:39	11:32:34	15:17:54	18:56:28	20:57:56	24:30:12.40	+09:13:07 (37.6%)	11:18	5.3 (62.4%)
29	KOWALCZYK Marcin	2171		Senior II M - 30	29	01:13:00	05:00:35	07:46:22	10:35:04	14:10:49	17:48:25	20:03:06	24:35:06.60	+09:18:01 (37.8%)	11:20	5.3 (62.4%)
30	MARGASIŃSKI Michał	2028		Senior II M - 30	30	01:20:35	05:31:13	08:18:19	11:11:09	14:33:10	18:05:57	20:26:38	24:49:59.15	+09:32:54 (38.5%)	11:27	5.2 (61.2%)
31	KOZIOŁ Krzysztof	2161	MLB SUPPORT TEAM	Senior II M - 30	31	01:24:40	05:53:10	08:54:45	12:02:42	15:11:06	18:54:06	21:09:01	25:14:53.05	+09:57:48 (39.5%)	11:39	5.1 (60.0%)
32	WILK Krzysztof	2069		Senior II M - 30	32	01:21:12	05:22:08	08:09:53	11:03:03	14:47:22	18:45:02	21:05:45	25:43:09.65	+10:26:04 (40.6%)	11:52	5.1 (60.0%)
33	BAKOWICZ Kamil	2075	AKTYWNI KAMIENSK	Senior II M - 30	33	01:18:37	05:21:54	08:02:04	11:17:54	14:36:46	19:07:23	21:40:56	25:56:32.95	+10:39:28 (41.1%)	11:58	5 (58.8%)
34	JADACH Grzegorz	2142	VEGE RUNNERS	Senior II M - 30	34	01:27:55	06:09:39	09:17:15	12:33:28	16:25:33	20:06:32	22:06:13	26:40:35.95	+11:23:31 (42.7%)	12:18	4.9 (57.6%)
	SZARF Paweł	2050	ZĄŁOGA GÓRSKA	Senior II M - 30		01:17:09 DNF	05:48:18 DNF	08:54:55 DNF	11:42:28 DNF	14:49:47 DNF	18:56:41 DNF	22:44:08 DNF	DNF	-	-	- (0.0%)
	MILCZAREK Paweł	2169	ROAD TO UTMB	Senior II M - 30		01:00:32 DNF	03:51:29 DNF	05:46:15 DNF	07:38:41 DNF	10:40:15 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	SZURKOWSKI Michał	2103	GRUNWALD TEAM POZNAŃ	Senior II M - 30		01:32:29 DNF	06:21:01 DNF	09:46:59 DNF	13:11:39 DNF	17:21:32 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	SŁOWIŃSKI Grzegorz	2079		Senior II M - 30		01:33:07 DNF	06:07:01 DNF	09:15:45 DNF	12:05:11 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	DĄBROWSKI Jacek	2056		Senior II M - 30		01:17:23 DNF	05:35:16 DNF	08:48:18 DNF	12:24:54 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	ARENDRT Michał	2170		Senior II M - 30		01:26:42 DNF	05:49:16 DNF	08:52:53 DNF	12:29:57 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	NAWROT Artur	2146	DTR BIEGA/MARIO TEAM	Senior II M - 30		01:23:21 DNF	06:01:52 DNF	09:23:23 DNF	12:30:29 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	MYRCIK Paweł	2081		Senior II M - 30		01:37:25 DNF	06:48:20 DNF	10:21:47 DNF	13:48:06 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)

Place	Participant	Number	Club	Category	MCat	A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A6 100km	A7 112km	Net time 130km	Gap	Pace min/km	Pace km/h
	JAROSŁAWSKI Marcin	2011		Senior II M - 30		01:14:18 DNF	04:49:30 DNF	08:30:24 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	LECHOWSKI Bartłomiej	2133	WKURW_TEAM	Senior II M - 30		01:34:28 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	MAJKA Leszek	2019	X-TEAM SPECIAL FORCES	Senior II M - 30		01:53:03 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Total 45 results.