



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

Dolnośląski Festiwal Biegów Górskich  
Fundacja MARATONY GÓRSKIE  
2023-07-13  
Lądek-Zdrój  
130 km

## BIEG SUPER TRAIL - 130 KM

B4SPORT  
INTELEKTUALNE ZAWODY SPORTOWE

**B4SPORT**  
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: Weteran I M - 50

| Msc | Zawodnik                    | Numer       | Klub              | Kategoria           | Mkat | A1<br>10km      | A2<br>32km      | A3<br>47km      | A4<br>64km      | A5<br>81km      | A6<br>100km     | A7<br>112km | Czas<br>netto<br>130km | Czas<br>brutto<br>130km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-----------------------------|-------------|-------------------|---------------------|------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-------------|------------------------|-------------------------|----------------------|-----------------|----------------|
| 1   | <b>GAŁUSZKA Rafał</b>       | <b>2219</b> |                   | Weteran I<br>M - 50 | 1    | 01:11:26        | 04:31:05        | 06:51:08        | 09:19:51        | 11:44:51        | 14:28:42        | 15:50:55    | <b>18:24:44.85</b>     | <b>18:25:06.75</b>      |                      | 8:29            | 7.1<br>(100%)  |
| 2   | <b>POPIS Tomasz</b>         | <b>2155</b> | RUCH IZBICA       | Weteran I<br>M - 50 | 2    | 01:08:52        | 04:43:17        | 06:58:51        | 09:18:03        | 11:40:53        | 14:15:06        | 15:58:43    | <b>19:02:25.30</b>     | <b>19:02:29.25</b>      | +00:37:22<br>(3.3%)  | 8:47            | 6.8<br>(95.8%) |
| 3   | <b>KUPCZYK Jacek</b>        | <b>2081</b> | MOL RUNERS        | Weteran I<br>M - 50 | 3    | 01:32:38        | 05:35:05        | 08:05:43        | 10:27:55        | 12:56:18        | 15:43:40        | 17:06:02    | <b>19:37:51.65</b>     | <b>19:38:40.70</b>      | +01:13:33<br>(6.2%)  | 9:03            | 6.6<br>(93.0%) |
| 4   | <b>PARZONKA Sylwester</b>   | <b>2050</b> | KS GEPARD KĘPNO   | Weteran I<br>M - 50 | 4    | 01:20:46        | 05:03:48        | 07:24:47        | 09:46:39        | 12:48:26        | 15:28:56        | 16:56:53    | <b>19:46:23.45</b>     | <b>19:46:53.75</b>      | +01:21:47<br>(6.9%)  | 9:07            | 6.6<br>(93.0%) |
| 5   | <b>JANKOWIAK Przemysław</b> | <b>2203</b> |                   | Weteran I<br>M - 50 | 5    | 01:32:26        | 05:30:41        | 08:09:17        | 10:50:33        | 13:33:30        | 16:16:45        | 17:50:04    | <b>20:51:03.60</b>     | <b>20:52:17.25</b>      | +02:27:10<br>(11.8%) | 9:37            | 6.2<br>(87.3%) |
| 6   | <b>GRZECH Grzegorz</b>      | <b>2200</b> |                   | Weteran I<br>M - 50 | 6    | 01:39:37        | 06:06:16        | 09:02:10        | 11:31:31        | 14:07:42        | 17:12:56        | 18:57:57    | <b>22:12:56.05</b>     | <b>22:14:06.75</b>      | +03:49:00<br>(17.2%) | 10:15           | 5.9<br>(83.1%) |
| 7   | <b>STANOWSKI Grzegorz</b>   | <b>2167</b> | FOREVER YOUNG     | Weteran I<br>M - 50 | 7    | 01:19:20        | 05:10:44        | 07:54:41        | 10:32:18        | 13:19:37        | 16:47:29        | 18:33:42    | <b>22:24:37.85</b>     | <b>22:24:57.35</b>      | +03:59:50<br>(17.8%) | 10:20           | 5.8<br>(81.7%) |
| 8   | <b>KILIAN Mariusz</b>       | <b>2119</b> |                   | Weteran I<br>M - 50 | 8    | 01:37:59        | 06:05:42        | 08:57:31        | 11:39:14        | 14:31:30        | 17:44:56        | 19:29:05    | <b>23:06:20.35</b>     | <b>23:08:07.60</b>      | +04:43:00<br>(20.4%) | 10:39           | 5.6<br>(78.9%) |
| 9   | <b>TOKARZ Robert</b>        | <b>2142</b> |                   | Weteran I<br>M - 50 | 9    | 01:33:40        | 06:25:41        | 09:13:18        | 12:16:01        | 15:49:13        | 19:38:34        | 21:35:24    | <b>25:11:16.55</b>     | <b>25:12:20.50</b>      | +06:47:13<br>(26.9%) | 11:37           | 5.2<br>(73.2%) |
| 10  | <b>RAK Zdzisław</b>         | <b>2100</b> | VITA I ANIMAL     | Weteran I<br>M - 50 | 10   | 01:38:51        | 06:21:40        | 09:15:46        | 12:11:54        | 15:02:55        | 18:28:32        | 20:47:10    | <b>25:13:35.45</b>     | <b>25:14:17.00</b>      | +06:49:10<br>(27.0%) | 11:38           | 5.2<br>(73.2%) |
| 11  | <b>NIEMAS Mariusz</b>       | <b>2093</b> | OYAMA ONYKS       | Weteran I<br>M - 50 | 11   | 01:43:50        | 06:26:37        | 09:14:59        | 12:24:46        | 15:41:14        | 19:53:10        | 21:45:38    | <b>25:27:45.00</b>     | <b>25:27:46.00</b>      | +07:02:39<br>(27.7%) | 11:45           | 5.1<br>(71.8%) |
| 12  | <b>DAWIDZIAK Jarosław</b>   | <b>2127</b> | AMBIT RACING TEAM | Weteran I<br>M - 50 | 12   | 01:34:25        | 06:01:04        | 09:02:19        | 12:05:43        | 15:21:37        | 19:23:31        | 21:36:21    | <b>25:44:25.35</b>     | <b>25:46:03.85</b>      | +07:20:57<br>(28.5%) | 11:52           | 5.1<br>(71.8%) |
| 13  | <b>KWINTA Tomasz</b>        | <b>2089</b> | KASIA I TOMEK     | Weteran I<br>M - 50 | 13   | 01:28:08        | 05:33:27        | 08:38:31        | 12:08:28        | 15:25:55        | 19:36:24        | 21:52:24    | <b>25:46:45.35</b>     | <b>25:47:04.35</b>      | +07:21:57<br>(28.6%) | 11:53           | 5<br>(70.4%)   |
| 14  | <b>SZEWCZYK Mariusz</b>     | <b>2124</b> |                   | Weteran I<br>M - 50 | 14   | 01:50:53        | 06:51:04        | 09:59:24        | 13:11:06        | 16:24:09        | 20:17:46        | 22:42:49    | <b>26:29:53.80</b>     | <b>26:31:40.45</b>      | +08:06:33<br>(30.6%) | 12:13           | 4.9<br>(69.0%) |
|     | <b>BURY Marek</b>           | <b>2059</b> |                   | Weteran I<br>M - 50 |      | 01:41:44<br>DNF | 06:50:02<br>DNF | 10:10:21<br>DNF | 13:31:58<br>DNF | 16:57:41<br>DNF | 21:01:02<br>DNF | DNF         | <b>DNF</b>             | <b>DNF</b>              |                      | -               | -<br>(0.0%)    |
|     | <b>JAWORSKI Bartłomiej</b>  | <b>2114</b> | WHO DARES WINS,   | Weteran I<br>M - 50 |      | 01:24:40<br>DNF | 06:13:33<br>DNF | 09:14:12<br>DNF | 12:42:24<br>DNF | 16:23:13<br>DNF | DNF             | DNF         | <b>DNF</b>             | <b>DNF</b>              |                      | -               | -<br>(0.0%)    |

| Msc | Zawodnik                      | Numer       | Klub                       | Kategoria | Mkat   | A1<br>10km      | A2<br>32km      | A3<br>47km      | A4<br>64km      | A5<br>81km | A6<br>100km | A7<br>112km | Czas<br>netto<br>130km | Czas<br>brutto<br>130km | Różn | Tempo<br>min/km | Tempo<br>km/h |
|-----|-------------------------------|-------------|----------------------------|-----------|--------|-----------------|-----------------|-----------------|-----------------|------------|-------------|-------------|------------------------|-------------------------|------|-----------------|---------------|
|     | <b>JUSZCZAK<br/>Zbigniew</b>  | <b>2006</b> | PKB KMP KALISZ             | Weteran I | M - 50 | 01:40:49<br>DNF | 06:10:03<br>DNF | 09:16:03<br>DNF | 12:14:55<br>DNF | DNF        | DNF         | DNF         | <b>DNF</b>             | <b>DNF</b>              | -    | -               | (0.0%)        |
|     | <b>ARMATYS<br/>Grzegorz</b>   | <b>2113</b> | ORANGE POLSKA              | Weteran I | M - 50 | 01:45:29<br>DNF | 06:52:11<br>DNF | 10:18:59<br>DNF | 13:43:26<br>DNF | DNF        | DNF         | DNF         | <b>DNF</b>             | <b>DNF</b>              | -    | -               | (0.0%)        |
|     | <b>KOWALSKI<br/>Rafał</b>     | <b>2116</b> |                            | Weteran I | M - 50 | 01:31:24<br>DNF | 07:13:55<br>DNF | 10:30:17<br>DNF | 13:44:25<br>DNF | DNF        | DNF         | DNF         | <b>DNF</b>             | <b>DNF</b>              | -    | -               | (0.0%)        |
|     | <b>CUPIAŁ<br/>Dariusz</b>     | <b>2035</b> | W POGONI ZA DUCHEM         | Weteran I | M - 50 | 01:38:01<br>DNF | 07:06:19<br>DNF | 10:52:21<br>DNF | 14:19:27<br>DNF | DNF        | DNF         | DNF         | <b>DNF</b>             | <b>DNF</b>              | -    | -               | (0.0%)        |
|     | <b>KOBIERSKI<br/>Radosław</b> | <b>2057</b> | TAŃCZĄCE MUCHOMORKI        | Weteran I | M - 50 | 01:38:56<br>DNF | 06:24:23<br>DNF | 09:51:16<br>DNF | DNF             | DNF        | DNF         | DNF         | <b>DNF</b>             | <b>DNF</b>              | -    | -               | (0.0%)        |
|     | <b>IWAŃCZUK<br/>Zbigniew</b>  | <b>2007</b> |                            | Weteran I | M - 50 | 01:52:02<br>DNF | 07:20:30<br>DNF | 11:12:57<br>DNF | DNF             | DNF        | DNF         | DNF         | <b>DNF</b>             | <b>DNF</b>              | -    | -               | (0.0%)        |
|     | <b>PIÓRKOWSKI<br/>Marek</b>   | <b>2204</b> | BIEGOWA KUŹNIA             | Weteran I | M - 50 | 01:38:47<br>DNF | 07:00:16<br>DNF | DNF             | DNF             | DNF        | DNF         | DNF         | <b>DNF</b>             | <b>DNF</b>              | -    | -               | (0.0%)        |
|     | <b>NESTOROWICZ<br/>Marek</b>  | <b>2148</b> | GÓRAL Z MAZUR RUNNING TEAM | Weteran I | M - 50 | 01:09:37<br>DNF | DNF             | DNF             | DNF             | DNF        | DNF         | DNF         | <b>DNF</b>             | <b>DNF</b>              | -    | -               | (0.0%)        |
|     | <b>TYLIŃSKI<br/>Arkadiusz</b> | <b>2188</b> | LESZ NO LIMITS RUNNERS     | Weteran I | M - 50 | 01:15:14<br>DNF | DNF             | DNF             | DNF             | DNF        | DNF         | DNF         | <b>DNF</b>             | <b>DNF</b>              | -    | -               | (0.0%)        |

Znaleziono 25 wynik(ów)