

BIEG TROJAK TRAIL - 10 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2019-07-21
Miejsce: Łądek-Zdrój
Dystans: 10 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Masters M - 40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	SKROBAŁA Dariusz	7391		Masters M - 40	1	00:20:28	00:31:41	00:51:51.00	00:51:54.25		5:11	11.6 (100%)
2	KAZIMIERCZAK Rafał	7286	-	Masters M - 40	2	00:19:27	00:31:24	00:51:59.25	00:52:01.35	+00:00:07 (0.2%)	5:11	11.5 (99.1%)
3	OLSZEWSKI Tomek	7282		Masters M - 40	3	00:23:57	00:37:06	00:59:10.45	00:59:22.70	+00:07:28 (12.6%)	5:55	10.1 (87.1%)
4	DATA Tomasz	7318	HRMAX ŻORY	Masters M - 40	4	00:24:26	00:37:29	01:00:47.70	01:01:33.75	+00:09:39 (15.7%)	6:04	9.9 (85.3%)
5	ZERBST Jacek	7215	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	5	00:23:40	00:37:41	01:02:06.05	01:02:18.75	+00:10:24 (16.7%)	6:12	9.7 (83.6%)
6	WUJDA Mirosław	7054	ERNI RULEZ	Masters M - 40	6	00:23:56	00:38:47	01:03:07.05	01:03:13.45	+00:11:19 (17.9%)	6:18	9.5 (81.9%)
7	BACKER Marcin	7244	TOPOLICE TEAM	Masters M - 40	7	00:25:23	00:40:03	01:03:48.20	01:04:09.00	+00:12:14 (19.1%)	6:22	9.4 (81.0%)
8	ŁĄK Tomasz	7076		Masters M - 40	8	00:24:52	00:39:03	01:04:53.60	01:04:53.60	+00:12:59 (20.0%)	6:29	9.2 (79.3%)
9	KASPROWSKI Łukasz	7421		Masters M - 40	9	00:26:47	00:40:58	01:04:49.50	01:05:17.45	+00:13:23 (20.5%)	6:29	9.3 (80.2%)
10	BOCHAN Lesław	7344		Masters M - 40	10	00:26:34	00:41:30	01:06:23.45	01:06:36.25	+00:14:42 (22.1%)	6:38	9 (77.6%)
11	KALEMBKIEWICZ Piotr	7322	MIROTRANS	Masters M - 40	11	00:41:07		01:06:52.00	01:06:52.00	+00:14:57 (22.4%)	6:41	9 (77.6%)
12	WALENCKI Maciej	7319		Masters M - 40	12	00:27:02	00:41:35	01:06:55.90	01:07:06.75	+00:15:12 (22.7%)	6:41	9 (77.6%)
13	RYŁ Dominik	7216	DZIECI ZŁO PISZKOWICE	Masters M - 40	13	00:27:43	00:42:57	01:08:15.60	01:08:44.15	+00:16:49 (24.5%)	6:49	8.8 (75.9%)
14	GÓRECKI Bartłomiej	7013	TRIWAWA	Masters M - 40	14	00:27:23	00:43:25	01:09:59.55	01:10:15.65	+00:18:21 (26.1%)	6:59	8.6 (74.1%)
15	BARAN Jarosław	7200	TRIACTIV RIDLEY	Masters M - 40	15	00:26:32	00:41:43	01:09:51.00	01:10:21.45	+00:18:27 (26.2%)	6:59	8.6 (74.1%)
16	LULKA Marcin	7307		Masters M - 40	16	00:30:09	00:46:25	01:13:10.40	01:13:31.25	+00:21:37 (29.4%)	7:19	8.2 (70.7%)
17	PŁATEK Dominik	7253		Masters M - 40	17	00:27:47	00:27:52	01:13:11.25	01:13:35.75	+00:21:41 (29.5%)	7:19	8.2 (70.7%)
18	RYBICKI Przemysław	7031	SBRT WARSZAWA	Masters M - 40	18	00:29:49	00:47:21	01:14:59.70	01:15:03.80	+00:23:09 (30.9%)	7:29	8 (69.0%)
19	KISIEL Piotr	7350		Masters M - 40	19	00:27:25	00:43:51	01:15:42.45	01:15:51.75	+00:23:57 (31.6%)	7:34	7.9 (68.1%)
20	BINKOWSKI Marcin	7308	EMERYCI I RENCISCI	Masters M - 40	20	00:30:55	00:48:21	01:15:48.05	01:16:09.45	+00:24:15 (31.8%)	7:34	7.9 (68.1%)
21	RUTKOWSKI Krzysztof	7157	CSAIU	Masters M - 40	21	00:28:29	00:45:50	01:16:10.55	01:16:15.00	+00:24:20 (31.9%)	7:37	7.9 (68.1%)
22	TADROWSKI Tomasz	7103		Masters M - 40	22	00:29:33	00:47:50	01:15:45.60	01:16:20.15	+00:24:25 (32.0%)	7:34	7.9 (68.1%)
23	KONDRAKIEWICZ Rafał	7252	KB HARCOWNIK JELCZ-LASKOWICE	Masters M - 40	23	00:30:50	00:48:09	01:16:07.80	01:16:27.95	+00:24:33 (32.1%)	7:36	7.9 (68.1%)
24	LECH Maciej	7162	CARVING SKI LUBIN	Masters M - 40	24	00:30:06	00:47:54	01:16:10.55	01:16:34.10	+00:24:39 (32.2%)	7:37	7.9 (68.1%)
25	BIELAWA Maciej	7102	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	25	00:29:12	00:46:43	01:16:35.15	01:16:47.25	+00:24:53 (32.4%)	7:39	7.8 (67.2%)
26	ŁOPATA Michał	7171		Masters M - 40	26	00:30:21	00:48:00	01:16:47.70	01:17:23.15	+00:25:28 (32.9%)	7:40	7.8 (67.2%)
27	WOZNIAK Damian	7021	26.2	Masters M - 40	27	00:32:16	00:32:21	01:17:02.75	01:17:34.60	+00:25:40 (33.1%)	7:42	7.8 (67.2%)
28	KLUSEK Maciej	7185		Masters M - 40	28	00:29:33	00:48:09	01:17:43.20	01:17:49.50	+00:25:55 (33.3%)	7:46	7.7 (66.4%)
29	KRYCH Rafał	7184		Masters M - 40	29	00:29:35	00:47:43	01:18:16.20	01:18:21.55	+00:26:27 (33.8%)	7:49	7.7 (66.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						3.7km	5.8km	10km	10km			
30	KOLAŃSKI Bartosz	7153	RUN FOR JFK	Masters M - 40	30	00:28:34	00:47:38	01:20:15.25	01:20:54.15	+00:28:59 (35.8%)	8:01	7.5 (64.7%)
31	NAGLER Tomasz	7477		Masters M - 40	31	00:30:46	00:48:39	01:22:43.15	01:23:50.30	+00:31:56 (38.1%)	8:16	7.3 (62.9%)
32	GAJKOWSKI Andrzej	7143	ENDORFINY WAŚOSZ	Masters M - 40	32	00:33:19	00:53:32	01:23:24.45	01:24:00.05	+00:32:05 (38.2%)	8:20	7.2 (62.1%)
33	ŁUCZYWEK Waldemar	7258		Masters M - 40	33	00:32:56	00:52:43	01:25:12.60	01:25:16.85	+00:33:22 (39.1%)	8:31	7 (60.3%)
34	BALICKI Jakub	7388	ASAP RUNNERS	Masters M - 40	34	00:33:12	00:53:40	01:24:53.30	01:25:45.75	+00:33:51 (39.5%)	8:29	7.1 (61.2%)
35	GAJDECKI Tomasz	7383	ACCENTURE	Masters M - 40	35	00:34:26	00:55:14	01:26:36.45	01:27:20.65	+00:35:26 (40.6%)	8:39	6.9 (59.5%)
36	MICHAŁSKI Tomasz	7017	WKURW_TEAM	Masters M - 40	36	00:33:50	00:53:33	01:28:10.00	01:28:42.25	+00:36:48 (41.5%)	8:49	6.8 (58.6%)
37	KORNAŚ Marcin	7003	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	Masters M - 40	37	00:32:26	00:52:22	01:29:12.00	01:29:34.00	+00:37:39 (42.0%)	8:55	6.7 (57.8%)
38	WIERCIOCH Sławomir	7429		Masters M - 40	38	00:33:21	00:53:45	01:29:35.25	01:29:51.15	+00:37:56 (42.2%)	8:57	6.7 (57.8%)
39	RAPACZ Arkadiusz	7239	SPEEDO POLSKA	Masters M - 40	39	00:33:36	00:55:18	01:31:32.10	01:31:47.40	+00:39:53 (43.5%)	9:09	6.6 (56.9%)
40	SZOPA Marek	7433		Masters M - 40	40	00:33:45	00:55:20	01:31:16.10	01:32:03.55	+00:40:09 (43.6%)	9:07	6.6 (56.9%)
41	CIEPŁY Jacek	7400		Masters M - 40	41	00:33:24	00:54:58	01:32:36.10	01:32:46.95	+00:40:52 (44.1%)	9:15	6.5 (56.0%)
42	BUSZKA Łukasz	7417	ZAŁOGA GÓRSKA	Masters M - 40	42	00:35:50	00:58:19	01:32:43.60	01:33:02.30	+00:41:08 (44.2%)	9:16	6.5 (56.0%)
43	SIEDLECKI Marcin	7387		Masters M - 40	43	00:34:51	00:55:53	01:33:16.65	01:33:17.15	+00:41:22 (44.4%)	9:19	6.4 (55.2%)
44	HEREMZA Adam	7367		Masters M - 40	44	00:34:20	00:55:32	01:32:59.55	01:33:31.65	+00:41:37 (44.5%)	9:17	6.5 (56.0%)
45	SOKOŁOWSKI Maciej	7001		Masters M - 40	45	00:35:45	00:58:30	01:34:37.95	01:35:24.50	+00:43:30 (45.6%)	9:27	6.3 (54.3%)
46	STENCEL Krzysztof	7339		Masters M - 40	46	00:38:44	01:01:09	01:40:44.15	01:41:34.65	+00:49:40 (48.9%)	10:04	6 (51.7%)
47	LULA Radosław	7077		Masters M - 40	47	00:34:51	00:58:03	01:41:11.95	01:41:50.55	+00:49:56 (49.0%)	10:07	5.9 (50.9%)
48	SIENKIEWICZ Piotr	7201		Masters M - 40	48	00:39:31	01:03:14	01:44:01.90	01:44:28.25	+00:52:34 (50.3%)	10:24	5.8 (50.0%)
49	DEC Artur	7090	ERNI RULEZ	Masters M - 40	49	00:42:31	01:04:51	01:44:17.30	01:44:54.15	+00:52:59 (50.5%)	10:25	5.8 (50.0%)
50	CZAPSKI Wojciech	7254		Masters M - 40	50	00:38:59	01:10:23	02:06:53.45	02:07:09.15	+01:15:14 (59.2%)	12:41	4.7 (40.5%)

Znaleziono 50 wynik(ów)