

BIEG TROJAK TRAIL - 10 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2020-07-19
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	Różn	Tempo min/km	Tempo km/h
1	TOMASIAK Dominik	8155	DIE KUNST DER FUGE	Masters M - 40	1	00:23:51	00:36:02	00:56:42.40		5:40	10.6 (100%)
2	PIHIL Piotr	8282	ENDORFINA WSCHOWA	Masters M - 40	2	00:24:02	00:36:51	00:58:49.05	+00:02:06 (3.6%)	5:52	10.2 (96.2%)
3	KITA Michał	8066	PĘDZĄCY W MIEJSCU	Masters M - 40	3	00:23:52	00:36:49	00:59:19.70	+00:02:37 (4.4%)	5:56	10.1 (95.3%)
4	KLATKA Michał	8353	BIEGAM BO LUBIĘ - TOMASZÓW MAZOWIECKI	Masters M - 40	4	00:26:31	00:40:19	01:02:12.80	+00:05:30 (8.9%)	6:13	9.6 (90.6%)
5	PRYSTASZ Krzysztof	8393		Masters M - 40	5	00:26:42	00:40:06	01:02:30.60	+00:05:48 (9.3%)	6:15	9.6 (90.6%)
6	GŁOWACKI Artur	8256	KGHM ZG RUN	Masters M - 40	6	00:25:22	00:39:10	01:02:44.90	+00:06:02 (9.6%)	6:16	9.6 (90.6%)
7	JAGNIĄTKOWSKI Jacek	8231	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	Masters M - 40	7	00:26:42	00:40:36	01:02:45.00	+00:06:02 (9.6%)	6:16	9.6 (90.6%)
8	KRUPA Norbert	8250	TEAM KURORT- ŁĄDEK ZDRÓJ	Masters M - 40	8	00:26:16	00:40:05	01:03:38.05	+00:06:55 (10.9%)	6:21	9.4 (88.7%)
9	KURASIK Tomasz	8219		Masters M - 40	9	00:27:25	00:42:24	01:06:02.65	+00:09:20 (14.1%)	6:36	9.1 (85.8%)
10	MIELCAREK Bartłomiej	8161	MATNERRUNNINGTEAM	Masters M - 40	10	00:27:27	00:43:04	01:09:53.80	+00:13:11 (18.9%)	6:59	8.6 (81.1%)
11	GAJDECKI Tomek	8084	ACCENTURE	Masters M - 40	11	00:29:14	00:44:30	01:09:54.45	+00:13:12 (18.9%)	6:59	8.6 (81.1%)
12	TATKA Marcin	8340	ABY DO METY	Masters M - 40	12	00:29:49	00:45:06	01:11:13.80	+00:14:31 (20.4%)	7:07	8.4 (79.2%)
13	CZŁONKOWSKI Grzegorz	8247	DZIKI Z MORASKA	Masters M - 40	13	00:29:06	00:45:04	01:11:54.25	+00:15:11 (21.1%)	7:11	8.3 (78.3%)
14	STEC Bogumił	8263	BIKE TEAM CENTROWENT	Masters M - 40	14	00:29:39	00:46:13	01:12:35.40	+00:15:53 (21.9%)	7:15	8.3 (78.3%)
15	RATAJCZAK Tomasz	8168	PALETEAM	Masters M - 40	15	00:30:14	00:47:05	01:13:21.75	+00:16:39 (22.7%)	7:20	8.2 (77.4%)
16	JASIŃSKI Paweł	8346	APTENEO RUNNING TEAM	Masters M - 40	16	00:30:51	00:47:53	01:14:54.30	+00:18:11 (24.3%)	7:29	8 (75.5%)
17	ALTEWĘGIER Jarosław	8278		Masters M - 40	17	00:30:30	00:49:12	01:15:38.35	+00:18:55 (25.0%)	7:33	7.9 (74.5%)
18	BOHAREWICZ Paweł	8277	BOHAR PALETY RUNNERS	Masters M - 40	18	00:31:55	00:48:24	01:15:42.55	+00:19:00 (25.1%)	7:34	7.9 (74.5%)
19	KADŁUBOWSKI Piotr	8335	SRC TEAM, KOTWICA BRZEG	Masters M - 40	19	00:32:41	00:50:52	01:17:01.40	+00:20:19 (26.4%)	7:42	7.8 (73.6%)
20	TUST Kamil	8299		Masters M - 40	20	00:32:53	00:50:36	01:18:15.35	+00:21:32 (27.5%)	7:49	7.7 (72.6%)
21	DUDEK Mariusz	8332		Masters M - 40	21	00:31:04	00:50:04	01:18:55.70	+00:22:13 (28.2%)	7:53	7.6 (71.7%)
22	ROGÓŻ Rafał	8121		Masters M - 40	22	00:30:49	00:48:09	01:19:19.50	+00:22:37 (28.5%)	7:55	7.6 (71.7%)
23	KOLBUS Tomek	8235	BIKE TEAM CENTROWENT	Masters M - 40	23	00:33:59	00:52:07	01:21:24.25	+00:24:41 (30.3%)	8:08	7.4 (69.8%)
24	KAWALEC Krystian	8148		Masters M - 40	24	00:32:43	00:50:59	01:21:33.00	+00:24:50 (30.5%)	8:09	7.4 (69.8%)
25	PĘKAŁA Dawid	8318	ŻARY RUNNERS TEAM	Masters M - 40	25	00:34:47	00:53:20	01:21:55.20	+00:25:12 (30.8%)	8:11	7.3 (68.9%)
26	MIKLER Marcin	8127		Masters M - 40	26	00:32:39	00:52:07	01:22:34.15	+00:25:51 (31.3%)	8:15	7.3 (68.9%)
27	WUJDA Mirosław	8062	ERNI RULEZ	Masters M - 40	27	00:30:24	00:49:40	01:22:43.60	+00:26:01 (31.5%)	8:16	7.3 (68.9%)
28	ZIÓŁKOWSKI Piotr	8134		Masters M - 40	28	00:33:41	00:52:58	01:23:02.40	+00:26:20 (31.7%)	8:18	7.2 (67.9%)
29	BACKER Marcin	8027	TOPOLICE TEAM	Masters M - 40	29	00:34:45	00:53:51	01:23:09.95	+00:26:27 (31.8%)	8:18	7.2 (67.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto 10km	Różn	Tempo min/km	Tempo km/h
						3.7km	5.8km				
30	KLIN Robert	8242	WATAHA	Masters M - 40	30	00:34:09	00:52:50	01:23:46.15	+00:27:03 (32.3%)	8:22	7.2 (67.9%)
31	GREDA Mariusz	8099		Masters M - 40	31	00:36:08	00:54:15	01:24:14.20	+00:27:31 (32.7%)	8:25	7.1 (67.0%)
32	JARUS Andrzej	8411	WKURW_TEAM	Masters M - 40	32	00:34:42	00:54:04	01:24:30.30	+00:27:47 (32.9%)	8:27	7.1 (67.0%)
33	SAMOLAK Maciek	8362		Masters M - 40	33	00:34:27	00:53:48	01:24:43.15	+00:28:00 (33.1%)	8:28	7.1 (67.0%)
34	KOSTYK Grzegorz	8331		Masters M - 40	34	00:32:06	00:51:25	01:25:03.95	+00:28:21 (33.3%)	8:30	7.1 (67.0%)
35	TADROWSKI Tomasz	8096		Masters M - 40	35	00:35:16	00:54:29	01:26:58.00	+00:30:15 (34.8%)	8:41	6.9 (65.1%)
36	MAJ Marek	8153	ŚLĘZAK TEAM	Masters M - 40	36	00:36:26	00:55:26	01:27:12.00	+00:30:29 (35.0%)	8:43	6.9 (65.1%)
37	UPTAS Tomasz	8258		Masters M - 40	37	00:34:32	00:55:34	01:28:28.75	+00:31:46 (35.9%)	8:50	6.8 (64.2%)
38	ROGOWSKI Robert	8419		Masters M - 40	38	00:35:15	00:56:00	01:29:01.60	+00:32:19 (36.3%)	8:54	6.7 (63.2%)
39	BURY Roman	8152		Masters M - 40	39	00:35:58	00:56:26	01:30:20.15	+00:33:37 (37.2%)	9:02	6.6 (62.3%)
40	DERBICH Mariusz	8391	KOWALEW	Masters M - 40	40	00:36:42	00:57:57	01:30:38.30	+00:33:55 (37.4%)	9:03	6.6 (62.3%)
41	MERAK Krzysztof	8240	TEAM KURORT ŁĄDEK-ZDRÓJ	Masters M - 40	41	00:37:10	00:58:06	01:30:40.15	+00:33:57 (37.5%)	9:04	6.6 (62.3%)
42	KORYTNY Tomasz	8355	FRIENDS GOSTYŃ	Masters M - 40	42	00:34:42	00:57:57	01:31:11.70	+00:34:29 (37.8%)	9:07	6.6 (62.3%)
43	MIKOŁAJCZAK Rafał	8343	FRIENDS GOSTYŃ	Masters M - 40	43	00:35:46	00:59:40	01:32:22.75	+00:35:40 (38.6%)	9:14	6.5 (61.3%)
44	BISKUPSKI Jakub	8373		Masters M - 40	44	00:37:04	00:59:25	01:32:37.20	+00:35:54 (38.8%)	9:15	6.5 (61.3%)
45	WENTYKIER Piotr	8017		Masters M - 40	45	00:37:45	00:59:07	01:33:10.60	+00:36:28 (39.1%)	9:19	6.4 (60.4%)
46	FRAŃSKI Łukasz	8007	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	46	00:40:19	01:01:54	01:35:26.45	+00:38:44 (40.6%)	9:32	6.3 (59.4%)
47	PACIOREK Paweł	8131	PAWKO RUNNER TEAM	Masters M - 40	47	00:39:13	01:03:36	01:40:56.35	+00:44:13 (43.8%)	10:05	5.9 (55.7%)
48	SZKUDLAREK Arkadiusz	8289		Masters M - 40	48	00:39:36	01:02:50	01:42:11.55	+00:45:29 (44.5%)	10:13	5.9 (55.7%)
49	ŻUKIEWICZ Krzysztof	8163	TKKF MPK POZNAŃ	Masters M - 40	49	00:41:19	01:05:31	01:42:55.70	+00:46:13 (44.9%)	10:17	5.8 (54.7%)
50	LEŚNIEWSKI Tomek	8268	LAFIRYNDY I GAMONIE	Masters M - 40	50	00:42:57	01:06:03	01:45:46.65	+00:49:04 (46.4%)	10:34	5.7 (53.8%)
51	ŻOŁYNIAK Szymon	8330		Masters M - 40	51	00:49:18	01:11:08	01:48:38.85	+00:51:56 (47.8%)	10:51	5.5 (51.9%)
52	KRÓL Mieczysław	8422		Masters M - 40	52	00:40:17	01:00:37	01:49:05.60	+00:52:23 (48.0%)	10:54	5.5 (51.9%)
53	FIKSA Piotr	8185	WOJART TEAM	Masters M - 40	53	00:43:28	01:09:56	01:53:49.95	+00:57:07 (50.2%)	11:23	5.3 (50.0%)
54	TALAREK Robert	8233	TELERANEK	Masters M - 40	54	00:45:41	01:13:21	01:55:20.10	+00:58:37 (50.8%)	11:32	5.2 (49.1%)
55	KISIAŁA Filip	8079	LACHO TEAM	Masters M - 40	55	00:46:16	01:14:27	01:58:13.05	+01:01:30 (52.0%)	11:49	5.1 (48.1%)
56	WINIARSKI Andrzej	8129	DXTREEM RUNNING	Masters M - 40	56	00:49:10	01:19:38	02:07:21.45	+01:10:39 (55.5%)	12:44	4.7 (44.3%)
57	CHMIELEWSKI Marcin	8387	BIEGAM BEZ SPINY	Masters M - 40	57	00:51:54	01:23:40	02:11:40.80	+01:14:58 (56.9%)	13:10	4.6 (43.4%)
58	KASPRZAK Tomasz	8273		Masters M - 40	58	00:50:55	01:21:32	02:13:14.85	+01:16:32 (57.4%)	13:19	4.5 (42.5%)
59	FRAŤCZAK Ireneusz	8259	GMINA GRĘBOCICE	Masters M - 40	59	00:51:03	01:21:40	02:13:24.75	+01:16:42 (57.5%)	13:20	4.5 (42.5%)
60	SZYMAŃSKI Paweł	8137	MUAY RUNING TEAM	Masters M - 40	60	01:19:13	02:01:15	03:07:08.80	+02:10:26 (69.7%)	18:42	3.2 (30.2%)
61	NIZIOŁ Marcin	8037		Masters M - 40	61	01:18:18	02:03:08	03:12:22.00	+02:15:39 (70.5%)	19:14	3.1 (29.2%)

Znaleziono 61 wynik(ów)