



BIEG TROJAK TRAIL - 10 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2021-07-18
Miejsce: Łądek-Zdrój
Dystans: 10 km

B4SPORT
INTELEGNTE 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	GROMALA Krzysztof	8326	SOBASTEAM	Masters M - 40	1	00:22:44	00:33:56	00:53:40.30		5:22	11.2 (100%)
2	KMIECIK Tomasz	8572	GOPR SUDETY	Masters M - 40	2	00:22:59	00:34:45	00:54:53.40	+00:01:13 (2.2%)	5:29	10.9 (97.3%)
3	KRUPIŃSKI Bogumił	8455		Masters M - 40	3	00:22:21	00:34:09	00:54:58.20	+00:01:17 (2.4%)	5:29	10.9 (97.3%)
4	MIKOŁAJCZYK Tomasz	8378		Masters M - 40	4	00:23:19	00:35:02	00:55:13.85	+00:01:33 (2.8%)	5:31	10.9 (97.3%)
5	MICHAŁ Targosz	8324	#ADAMCZERWIŃSKITEAM	Masters M - 40	5	00:24:10	00:37:09	00:59:10.80	+00:05:30 (9.3%)	5:55	10.1 (90.2%)
6	STRZELCZAK Robert	8044	EUROVENT ATHLETICS	Masters M - 40	6	00:25:28	00:38:05	00:59:38.85	+00:05:58 (10.0%)	5:57	10.1 (90.2%)
7	NIEWCZAS Robert	8586	FUNDACJA KIERUNEK ULTRA	Masters M - 40	7	00:26:05	00:38:33	01:01:06.40	+00:07:26 (12.2%)	6:06	9.8 (87.5%)
8	MATUSZEWSKI Marek	8010	RUNNER'S POWER ŚREM	Masters M - 40	8	00:26:02	00:38:54	01:01:27.15	+00:07:46 (12.7%)	6:08	9.8 (87.5%)
9	MARZEC Tomasz	8026	RUNNERS TEAM NYSA	Masters M - 40	9	00:26:40	00:40:16	01:03:12.35	+00:09:32 (15.1%)	6:19	9.5 (84.8%)
10	OLSZEWSKI Tomek	8169		Masters M - 40	10	00:26:59	00:40:44	01:03:40.35	+00:10:00 (15.7%)	6:22	9.4 (83.9%)
11	BIEL Sławomir	8150	WWW.42K.COM.PL	Masters M - 40	11	00:26:27	00:40:09	01:04:08.75	+00:10:28 (16.3%)	6:24	9.4 (83.9%)
12	BUDYCH Arek	8529		Masters M - 40	12	00:28:06	00:41:59	01:05:57.95	+00:12:17 (18.6%)	6:35	9.1 (81.3%)
13	KOŁODZIEJ Roman	8289		Masters M - 40	13	00:28:20	00:42:17	01:06:03.80	+00:12:23 (18.8%)	6:36	9.1 (81.3%)
14	MOKRZYŃSKI Marcin	8069	KLUB LEKKOATLETYCZNY ZIEMI KŁODZKIEJ	Masters M - 40	14	00:28:27	00:42:01	01:06:21.80	+00:12:41 (19.1%)	6:38	9 (80.4%)
15	PIJANOWSKI Paweł	8263		Masters M - 40	15	00:28:04	00:41:57	01:06:26.05	+00:12:45 (19.2%)	6:38	9 (80.4%)
16	PIETRZYK Tomasz	8250	140MINUT.PL	Masters M - 40	16	00:27:59	00:42:06	01:06:43.75	+00:13:03 (19.6%)	6:40	9 (80.4%)
17	CHRZANOWSKI Paweł	8423		Masters M - 40	17	00:31:27	00:45:55	01:10:25.20	+00:16:44 (23.8%)	7:02	8.5 (75.9%)
18	CIEKAŃSKI Michał	8549	35PLUS	Masters M - 40	18	00:29:04	00:44:28	01:10:30.25	+00:16:49 (23.9%)	7:03	8.5 (75.9%)
19	SZCZESZEK Arkadiusz	8359		Masters M - 40	19	00:30:38	00:46:00	01:11:27.15	+00:17:46 (24.9%)	7:08	8.4 (75.0%)
20	SZUBA Przemysław	8407		Masters M - 40	20	00:31:01	00:46:10	01:12:18.95	+00:18:38 (25.8%)	7:13	8.3 (74.1%)
21	BACKER Marcin	8368	TOPOLICE TEAM	Masters M - 40	21	00:31:21	00:46:58	01:12:36.10	+00:18:55 (26.1%)	7:15	8.3 (74.1%)
22	TEKIELI Jerzy	8170	TEKIELI FAMILY	Masters M - 40	22	00:32:32	00:47:49	01:13:04.85	+00:19:24 (26.6%)	7:18	8.2 (73.2%)
23	KADŁUBOWSKI Piotr	8286		Masters M - 40	23	00:30:30	00:45:48	01:13:17.55	+00:19:37 (26.8%)	7:19	8.2 (73.2%)
24	UPTAS Tomasz	8046	FITNESS & SQUASH COMPLEX	Masters M - 40	24	00:30:05	00:48:23	01:14:16.25	+00:20:35 (27.7%)	7:25	8.1 (72.3%)
25	HYZYK Tomasz	8545		Masters M - 40	25	00:33:49	00:50:09	01:16:48.05	+00:23:07 (30.1%)	7:40	7.8 (69.6%)
26	KULA Sebastian	8533		Masters M - 40	26	00:33:36	00:49:30	01:17:04.55	+00:23:24 (30.4%)	7:42	7.8 (69.6%)
27	MACHULA Arkadiusz	8547		Masters M - 40	27	00:31:58	00:49:28	01:17:10.60	+00:23:30 (30.5%)	7:43	7.8 (69.6%)
28	KĘDZIOR Bartłomiej	8472		Masters M - 40	28	00:31:25	00:47:48	01:17:31.85	+00:23:51 (30.8%)	7:45	7.7 (68.8%)
29	KORBANEK Witold	8275	POZYTYWNIIE ZAKRĘCENI	Masters M - 40	29	00:32:41	00:49:36	01:17:37.00	+00:23:56 (30.9%)	7:45	7.7 (68.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto 10km	Różn	Tempo min/km	Tempo km/h
						3.7km	5.8km				
30	SUSZCZYNSKI Krzysztof	8148		Masters M - 40	30	00:32:34	00:49:27	01:17:44.65	+00:24:04 (31.0%)	7:46	7.7 (68.8%)
31	MATYSIAK Maciej	8440	OLD SCHOOL HOOLIGANS	Masters M - 40	31	00:32:14	00:49:09	01:17:45.00	+00:24:04 (31.0%)	7:46	7.7 (68.8%)
32	KMIECIK Jakub	8223	TARNOWO PODGÓRNE BIEGA	Masters M - 40	32	00:34:16	00:51:34	01:18:17.45	+00:24:37 (31.4%)	7:49	7.7 (68.8%)
33	LEWICKI Tomasz	8438	CAŁA OLEŚNICA BIEGA	Masters M - 40	33	00:32:56	00:49:29	01:18:24.55	+00:24:44 (31.5%)	7:50	7.7 (68.8%)
34	SAMBORSKI Bartosz	8037	ZĄLOGA GÓRSKA	Masters M - 40	34	00:34:28	00:50:38	01:19:06.55	+00:25:26 (32.2%)	7:54	7.6 (67.9%)
35	WUJDA Mirosław	8123	ERNI RULEZ	Masters M - 40	35	00:31:03	00:48:35	01:19:19.60	+00:25:39 (32.3%)	7:55	7.6 (67.9%)
36	WIŚNIEWSKI Mariusz	8156		Masters M - 40	36	00:34:11	00:51:01	01:19:19.90	+00:25:39 (32.3%)	7:55	7.6 (67.9%)
37	AUGUSTYNOWICZ Andrzej	8200	RCI BYDGOSZCZ	Masters M - 40	37	00:32:13	00:49:54	01:19:45.85	+00:26:05 (32.7%)	7:58	7.5 (67.0%)
38	BARANIAK Adam	8242		Masters M - 40	38	00:34:05	00:51:25	01:20:07.50	+00:26:27 (33.0%)	8:00	7.5 (67.0%)
39	SIEMIENIUCH Łukasz	8443		Masters M - 40	39	00:35:14	00:52:45	01:21:06.75	+00:27:26 (33.8%)	8:06	7.4 (66.1%)
40	WALENCIAK Michał	8220	TARNOWO PODGÓRNE BIEGA	Masters M - 40	40	00:36:25	00:54:01	01:21:30.75	+00:27:50 (34.2%)	8:09	7.4 (66.1%)
41	SZABAT Daniel	8422		Masters M - 40	41	00:34:54	00:52:50	01:21:47.75	+00:28:07 (34.4%)	8:10	7.3 (65.2%)
42	PAŃCZYSZYN Mariusz	8269	BRAK	Masters M - 40	42	00:34:23	00:51:50	01:21:50.95	+00:28:10 (34.4%)	8:11	7.3 (65.2%)
43	SZYMAŃSKI Grzegorz	8323	ZWYCIĘZCÓW 6F	Masters M - 40	43	00:33:46	00:52:06	01:22:20.45	+00:28:40 (34.8%)	8:14	7.3 (65.2%)
44	GÓRSKI Grzegorz	8345	MSE FEHLAU RUN TEAM	Masters M - 40	44	00:36:16	00:54:37	01:22:24.40	+00:28:44 (34.9%)	8:14	7.3 (65.2%)
45	TYL Radosław	8486	SYSPOL	Masters M - 40	45	00:34:16	00:52:14	01:23:06.25	+00:29:25 (35.4%)	8:18	7.2 (64.3%)
46	KONDRACIUK Mariusz	8215	KONDRACIUK TEAM	Masters M - 40	46	00:37:02	00:53:59	01:23:20.80	+00:29:40 (35.6%)	8:20	7.2 (64.3%)
47	DERBICH Mariusz	8520	KOWALEW RUNERS	Masters M - 40	47	00:35:54	00:54:21	01:24:33.50	+00:30:53 (36.5%)	8:27	7.1 (63.4%)
48	MACKIEWICZ Artur	8564	DŁUGOBIEGANIE	Masters M - 40	48	00:34:49	00:53:26	01:24:37.10	+00:30:56 (36.6%)	8:27	7.1 (63.4%)
49	SIWEK Grzegorz	8213	LANRUNS	Masters M - 40	49	00:36:37	00:54:06	01:25:18.70	+00:31:38 (37.1%)	8:31	7 (62.5%)
50	ORLIKOWSKI Jacek	8246		Masters M - 40	50	00:34:44	00:54:27	01:27:35.40	+00:33:55 (38.7%)	8:45	6.9 (61.6%)
51	CZAPSKI Wojciech	8303		Masters M - 40	51	00:35:45	00:54:59	01:28:22.65	+00:34:42 (39.3%)	8:50	6.8 (60.7%)
52	MIKOŁAJCZAK Rafał	8417	FRIENDS GOSTYŃ	Masters M - 40	52	00:36:10	00:56:44	01:28:38.45	+00:34:58 (39.5%)	8:51	6.8 (60.7%)
53	KUS Andrzej	8229		Masters M - 40	53	00:39:16	01:00:08	01:28:53.70	+00:35:13 (39.6%)	8:53	6.8 (60.7%)
54	JORDAN Robert	8218	TARNOWO PODGÓRNE BIEGA	Masters M - 40	54	00:36:22	00:56:08	01:29:12.30	+00:35:32 (39.8%)	8:55	6.7 (59.8%)
55	SERAFIN Michał	8230	HWBC	Masters M - 40	55	00:39:16	01:00:09	01:29:22.25	+00:35:41 (39.9%)	8:56	6.7 (59.8%)
56	LIMANÓWKA Paweł	8482		Masters M - 40	56	00:37:21	00:58:02	01:29:41.50	+00:36:01 (40.2%)	8:58	6.7 (59.8%)
57	BUBICZ Krzysztof	8031	BIEGAJĄCY ŚWIDNIK	Masters M - 40	57	00:38:32	00:57:59	01:29:47.50	+00:36:07 (40.2%)	8:58	6.7 (59.8%)
58	ŁUKASIEWICZ Marek	8032	ROKIETNICA BIEGA	Masters M - 40	58	00:36:38	00:56:23	01:30:18.95	+00:36:38 (40.6%)	9:01	6.6 (58.9%)
59	KOTECKI Marcin	8332		Masters M - 40	59	00:36:56	00:58:02	01:30:51.15	+00:37:10 (40.9%)	9:05	6.6 (58.9%)
60	PRUSICKI Rafał	8144	BP RUNNING TEAM	Masters M - 40	60	00:35:36	00:56:28	01:30:56.30	+00:37:16 (41.0%)	9:05	6.6 (58.9%)
61	ROSZYK Tomasz	8350	TKKF MPK POZNAŃ	Masters M - 40	61	00:38:59	01:01:25	01:32:12.05	+00:38:31 (41.8%)	9:13	6.5 (58.0%)
62	ROGOWSKI Robert	8598	BIEG OPOLSKI	Masters M - 40	62	00:40:20	00:58:31	01:33:44.70	+00:40:04 (42.7%)	9:22	6.4 (57.1%)
63	ROKICKI Łukasz	8450	MIŁOŚNIKÓW WIŚNIOŹKI :).	Masters M - 40	63	00:41:01	01:03:39	01:33:53.05	+00:40:12 (42.8%)	9:23	6.4 (57.1%)
64	STEPUCH Włodzimierz	8204		Masters M - 40	64	00:39:59	01:00:55	01:34:11.95	+00:40:31 (43.0%)	9:25	6.4 (57.1%)
65	CIŚWICKI Jarosław	8399		Masters M - 40	65	00:37:56	00:59:13	01:34:34.70	+00:40:54 (43.3%)	9:27	6.3 (56.3%)
66	MOŚ Dariusz	8192		Masters M - 40	66	00:39:00	01:00:46	01:35:01.45	+00:41:21 (43.5%)	9:30	6.3 (56.3%)
67	PRYSTASZ Krzysztof	8394		Masters M - 40	67	00:41:47	01:01:24	01:35:45.05	+00:42:04 (43.9%)	9:34	6.3 (56.3%)
68	KRYSA Łukasz	8025	POMYŁKA TEAM	Masters M - 40	68	00:41:22	01:01:53	01:35:57.50	+00:42:17 (44.1%)	9:35	6.3 (56.3%)
69	STRZYŻOWSKI Paweł	8008		Masters M - 40	69	00:38:47	00:59:50	01:36:18.90	+00:42:38 (44.3%)	9:37	6.2 (55.4%)
70	NAGLER Tomasz	8577		Masters M - 40	70	00:34:11	00:55:36	01:36:55.00	+00:43:14 (44.6%)	9:41	6.2 (55.4%)
71	KORYTNY Tomasz	8183	FRIENDS GOSTYŃ	Masters M - 40	71	00:39:48	01:02:11	01:37:00.00	+00:43:19 (44.7%)	9:42	6.2 (55.4%)
72	SZCZERBIEŃ Jacek	8271		Masters M - 40	72	00:39:08	01:00:49	01:37:15.60	+00:43:35 (44.8%)	9:43	6.2 (55.4%)
73	LUDZIŃSKI Adam	8260		Masters M - 40	73	00:39:09	01:00:50	01:37:17.55	+00:43:37 (44.8%)	9:43	6.2 (55.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto	Różn	Tempo min/km	Tempo km/h
						3.7km	5.8km	10km			
74	CZYŻAK Błażej	8573		Masters M - 40	74	00:46:48	01:05:57	01:37:20.50	+00:43:40 (44.9%)	9:44	6.2 (55.4%)
75	KACZMAREK Adam	8452		Masters M - 40	75	00:40:29	01:02:35	01:38:56.15	+00:45:15 (45.8%)	9:53	6.1 (54.5%)
76	SŁOWIKOWSKI Tomasz	8600		Masters M - 40	76	00:40:11	01:01:36	01:39:24.05	+00:45:43 (46.0%)	9:56	6 (53.6%)
77	BALNER Sebastian	8477		Masters M - 40	77	00:41:32	01:03:50	01:39:51.80	+00:46:11 (46.3%)	9:59	6 (53.6%)
78	DZIADOWICZ Andrzej	8328		Masters M - 40	78	00:41:56	01:04:55	01:40:13.75	+00:46:33 (46.5%)	10:01	6 (53.6%)
79	NIZIO Kamil	8070		Masters M - 40	79	00:41:54	01:04:19	01:40:28.30	+00:46:48 (46.6%)	10:02	6 (53.6%)
80	SZUMIGALSKI Radosław	8524	RADOSŁAW SZUMIGALSKI PRIV	Masters M - 40	80	00:40:42	01:03:51	01:42:25.05	+00:48:44 (47.6%)	10:14	5.9 (52.7%)
81	STACHAŃCZYK Wojciech Stachanczyk	8563	MATNER RUNNING TEAM	Masters M - 40	81	00:40:41	01:04:15	01:42:40.25	+00:48:59 (47.7%)	10:16	5.8 (51.8%)
82	KOCHAN Piotr	8375	NIEMANIE	Masters M - 40	82	00:43:37	01:06:46	01:45:11.25	+00:51:30 (49.0%)	10:31	5.7 (50.9%)
83	LEMBICZ Paweł	8163		Masters M - 40	83	00:42:43	01:07:39	01:45:15.95	+00:51:35 (49.0%)	10:31	5.7 (50.9%)
84	LUGOWSKI Karol	8504		Masters M - 40	84	00:43:25	01:06:30	01:46:03.25	+00:52:22 (49.4%)	10:36	5.7 (50.9%)
85	GÓRALSKI Krzysztof	8313		Masters M - 40	85	00:41:15	01:03:39	01:47:11.85	+00:53:31 (49.9%)	10:43	5.6 (50.0%)
86	DATA Tomasz	8542	HRMAX ŻORY	Masters M - 40	86	00:55:39	01:20:43	01:50:01.35	+00:56:21 (51.2%)	11:00	5.5 (49.1%)
87	KRZECZKOWSKI Roman	8304	BIEGOWA ŚWIDNICA	Masters M - 40	87	00:46:31	01:11:51	01:53:26.65	+00:59:46 (52.7%)	11:20	5.3 (47.3%)
88	JANIK Piotr	8141		Masters M - 40	88	00:47:52	01:12:51	01:58:50.10	+01:05:09 (54.8%)	11:53	5 (44.6%)
89	WESOŁOWSKI Damian	8104		Masters M - 40	89	00:47:42	01:14:18	01:59:53.55	+01:06:13 (55.2%)	11:59	5 (44.6%)
90	MORAWSKI Jarosław	8521	BIEGNIJ OŁAWO	Masters M - 40	90	00:54:13	01:25:14	02:14:56.60	+01:21:16 (60.2%)	13:29	4.4 (39.3%)
91	SZYMAŃSKI Paweł	8083		Masters M - 40	91	01:02:34	01:38:52	02:38:35.30	+01:44:55 (66.2%)	15:51	3.8 (33.9%)
92	LIMAN Andrzej	8080	PODLASIAKI TEAM	Masters M - 40	92	01:06:13	01:40:59	02:41:29.35	+01:47:49 (66.8%)	16:08	3.7 (33.0%)

Znaleziono 92 wynik(ów)