



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dolnośląski Festiwal Biegów Górskich
Fundacja MARATONY GÓRSKIE
2022-07-17
Lądek-Zdrój
10 km

BIEG TROJAK TRAIL - 10 KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Masters M - 40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0.01km	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	FRANCZAK Mariusz	8434	DTR BIEGA / MARIO TEAM	Masters M - 40	1	00:00:01	00:21:32	00:32:26	00:52:23.95	00:52:23.95		5:14	11.5 (100%)
2	STASIUKIEWICZ Rafał	8556	7 KLOG	Masters M - 40	2	00:00:02	00:21:48	00:33:20	00:52:55.10	00:52:55.10	+00:00:31 (1.0%)	5:17	11.3 (98.3%)
3	GROMALA Krzysztof	8360	WOSIEKTEAM	Masters M - 40	3	00:00:03	00:22:35	00:33:33	00:53:13.90	00:53:13.90	+00:00:49 (1.6%)	5:19	11.3 (98.3%)
4	JĘDRYCHOWSKI Piotr	8467	KB SOBÓTKA / PRZEDWOJEWSKI TEAM	Masters M - 40	4	00:00:03	00:22:28	00:33:39	00:53:57.80	00:53:57.80	+00:01:33 (2.9%)	5:23	11.1 (96.5%)
5	BEDNARZ Krzysztof	8094	PRZEDWOJEWSKI TEAM	Masters M - 40	5		00:23:24	00:35:14	00:56:04.65	00:56:04.65	+00:03:40 (6.6%)	5:36	10.7 (93.0%)
6	TARGOSZ Michał	8252	#ADAMCZERWIŃSKITEAM	Masters M - 40	6	00:00:02	00:23:30	00:35:07	00:56:21.15	00:56:21.15	+00:03:57 (7.0%)	5:38	10.6 (92.2%)
7	KOŁODZIEJ Roman	8192		Masters M - 40	7	00:00:02	00:24:32	00:36:11	00:56:54.45	00:56:54.45	+00:04:30 (7.9%)	5:41	10.5 (91.3%)
8	SZYMANOWSKI Łukasz	8420	LESZ NO LIMITS RUNNERS	Masters M - 40	8	00:00:02	00:23:33	00:36:04	00:58:05.20	00:58:05.20	+00:05:41 (9.8%)	5:48	10.3 (89.6%)
9	STRZELCZAK Robert	8373	EUROVENT ATHLETICS / TRAIL IS OUR WAY TEAM	Masters M - 40	9	00:00:05	00:25:10	00:37:14	00:58:32.60	00:58:32.60	+00:06:08 (10.5%)	5:51	10.3 (89.6%)
10	MIKOŁAJCZYK Mirosław	8070	MIRAZ RACE TEAM	Masters M - 40	10	00:00:03	00:25:39	00:37:52	00:59:16.75	00:59:16.75	+00:06:52 (11.6%)	5:55	10.1 (87.8%)
11	ALTEWĘGIER Jarosław	8243	140MINUT.PL	Masters M - 40	11	00:00:07	00:25:12	00:37:35	00:59:45.05	00:59:45.05	+00:07:21 (12.3%)	5:58	10 (87.0%)
12	WITEK Paweł	8397	KOWARY BIEGAJĄ	Masters M - 40	12	00:00:07	00:25:25	00:37:55	01:00:13.65	01:00:13.65	+00:07:49 (13.0%)	6:01	10 (87.0%)
13	KONRAD Artur	8333	BRACIA TEAM ZAWIERCIE	Masters M - 40	13	00:00:07	00:26:07	00:39:01	01:01:22.10	01:01:22.10	+00:08:58 (14.6%)	6:08	9.8 (85.2%)
14	KOTOWICZ Tomasz	8463		Masters M - 40	14	00:00:06	00:27:20	00:40:50	01:04:05.90	01:04:05.90	+00:11:41 (18.3%)	6:24	9.4 (81.7%)
15	BRANDENBURG Michał	8015	PRZYJACIELE TEAM	Masters M - 40	15	00:00:36	00:28:54	00:42:47	01:07:07.15	01:07:07.15	+00:14:43 (21.9%)	6:42	8.9 (77.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0.01km	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	HRYCAJ Mariusz	8031	REBELLION OF FREE RUNNERS	Masters M - 40	16	00:00:06	00:29:23	00:43:21	01:07:51.40	01:07:51.40	+00:15:27 (22.8%)	6:47	8.8 (76.5%)
17	BUŁACZ Jacek	8040	DZIEWIEĆ SIŁ STRONIE ŚLĄSKIE	Masters M - 40	17	00:00:27	00:28:10	00:42:11	01:07:54.80	01:07:54.80	+00:15:30 (22.8%)	6:47	8.8 (76.5%)
18	ZAWADA Zbigniew	8196		Masters M - 40	18	00:00:19	00:29:17	00:43:39	01:08:07.00	01:08:07.00	+00:15:43 (23.1%)	6:48	8.8 (76.5%)
19	BŁASZKOWSKI Daniel	8582	ŚLEDZIKI	Masters M - 40	19	00:00:03	00:29:00	00:43:13	01:09:04.65	01:09:04.65	+00:16:40 (24.1%)	6:54	8.7 (75.7%)
20	MOKRZYŃSKI Marcin	8570	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	Masters M - 40	20	00:00:12	00:30:31	00:44:24	01:09:10.90	01:09:10.90	+00:16:46 (24.3%)	6:55	8.7 (75.7%)
21	CHOJNACKI Tomasz	8065		Masters M - 40	21	00:01:02	00:31:09	00:45:16	01:09:53.40	01:09:53.40	+00:17:29 (25.0%)	6:59	8.6 (74.8%)
22	BACKER Marcin	8224	TOPOLICE TEAM	Masters M - 40	22	00:00:18	00:30:21	00:45:29	01:10:28.60	01:10:28.60	+00:18:04 (25.7%)	7:02	8.5 (73.9%)
23	BARANOW Tomasz	8587	LEWANDOWSCY T	Masters M - 40	23	00:00:06	00:30:21	00:45:48	01:12:34.75	01:12:34.75	+00:20:10 (27.8%)	7:15	8.3 (72.2%)
24	WOJTAS Łukasz	8198	GRUPA OLX TEAM	Masters M - 40	24	00:00:47	00:30:48	00:46:15	01:13:43.40	01:13:43.40	+00:21:19 (28.9%)	7:22	8.1 (70.4%)
25	MAZIAREK Michał	8276		Masters M - 40	25	00:00:12	00:31:07	00:47:12	01:14:59.20	01:14:59.20	+00:22:35 (30.1%)	7:29	8 (69.6%)
26	GRZYB Krzysztof	8370	KLUB BIEGACZA RTV EURO AGD	Masters M - 40	26		00:33:08	00:48:52	01:15:00.25	01:15:00.25	+00:22:36 (30.1%)	7:30	8 (69.6%)
27	SMOLEŃ Sebastian	8588		Masters M - 40	27	00:00:15	00:32:41	00:48:39	01:15:21.55	01:15:21.55	+00:22:57 (30.5%)	7:32	8 (69.6%)
28	MAJKA Jarek	8058	FAMILIAMAJKA	Masters M - 40	28	00:00:22	00:34:07	00:49:31	01:16:02.45	01:16:02.45	+00:23:38 (31.1%)	7:36	7.9 (68.7%)
29	BASTRZYK Tomasz	8005		Masters M - 40	29	00:00:37	00:33:20	00:47:57	01:16:06.60	01:16:06.60	+00:23:42 (31.2%)	7:36	7.9 (68.7%)
30	MATYSIAK Marcin	8401	T.S. IRON MAN GOGOLIN	Masters M - 40	30	00:00:20	00:31:43	00:48:12	01:16:56.60	01:16:56.60	+00:24:32 (31.9%)	7:41	7.8 (67.8%)
31	SZYMAŃSKI Grzegorz	8297	RNB POLANICA ZDRÓJ	Masters M - 40	31	00:00:28	00:32:08	00:48:16	01:17:14.30	01:17:14.30	+00:24:50 (32.2%)	7:43	7.8 (67.8%)
32	DYBYSŁAWSKI Adam	8335	KOJOTY TEAM	Masters M - 40	32	00:00:05	00:30:39	00:47:22	01:17:40.60	01:17:40.60	+00:25:16 (32.5%)	7:46	7.7 (67.0%)
33	WOJTKIEWICZ Adam	8344	STAJNIAK#TEAM	Masters M - 40	33	00:00:32	00:34:09	00:49:33	01:17:47.10	01:17:47.10	+00:25:23 (32.6%)	7:46	7.7 (67.0%)
34	SAWICKI Piotr	8558	MOTOR LUBLIN	Masters M - 40	34	00:00:30	00:37:01	00:52:21	01:17:49.70	01:17:49.70	+00:25:25 (32.7%)	7:46	7.7 (67.0%)
35	BAJER Mikołaj	8056	TARNOWO PODGÓRNE BIEGA	Masters M - 40	35	00:00:25	00:32:25	00:48:33	01:18:08.40	01:18:08.40	+00:25:44 (32.9%)	7:48	7.7 (67.0%)
36	ZASŁAWSKI Lech	8087		Masters M - 40	36	00:00:08	00:31:50	00:48:27	01:18:42.25	01:18:42.25	+00:26:18 (33.4%)	7:52	7.6 (66.1%)
37	WUJDA Mirosław	8102	ERNI RULEZ	Masters M - 40	37	00:00:48	00:31:44	00:48:34	01:18:46.45	01:18:46.45	+00:26:22 (33.5%)	7:52	7.6 (66.1%)
38	OZIMINA Hubert	8156	OBORYGENI	Masters M - 40	38	00:00:12	00:34:15	00:51:16	01:18:49.60	01:18:49.60	+00:26:25 (33.5%)	7:52	7.6 (66.1%)

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39	SIWEK Grzegorz	8044	LANRUNS	Masters M - 40	39	00:00:29	00:35:47	00:52:15	01:20:07.75	01:20:07.75	+00:27:43 (34.6%)	8:00	7.5 (65.2%)
40	STASIAK Łukasz	8461	LEŚNE DZIKI PGB	Masters M - 40	40	00:00:12	00:33:35	00:50:33	01:20:46.00	01:20:46.00	+00:28:22 (35.1%)	8:04	7.4 (64.3%)
41	SAWICKI Adrian	8256		Masters M - 40	41	00:01:09	00:35:22	00:52:13	01:21:14.65	01:21:14.65	+00:28:50 (35.5%)	8:07	7.4 (64.3%)
42	PALMOWSKI Rafał	8313		Masters M - 40	42	00:00:16	00:34:43	00:52:07	01:22:20.25	01:22:20.25	+00:29:56 (36.4%)	8:14	7.3 (63.5%)
43	BOCIĄGA Paweł	8312	RODZINNA GRUPA ROWEROWA Z MIASTA ŁODZI	Masters M - 40	43	00:00:16	00:34:51	00:52:02	01:22:21.90	01:22:21.90	+00:29:57 (36.4%)	8:14	7.3 (63.5%)
44	ŻUKIEWICZ Krzysztof	8281	TKKF MPK POZNAŃ	Masters M - 40	44	00:00:18	00:34:38	00:52:03	01:22:34.00	01:22:34.00	+00:30:10 (36.5%)	8:15	7.3 (63.5%)
45	MERAK Krzysztof	8363	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	Masters M - 40	45	00:01:19	00:37:26	00:54:00	01:23:57.65	01:23:57.65	+00:31:33 (37.6%)	8:23	7.1 (61.7%)
46	KISIAŁA Filip	8240		Masters M - 40	46	00:00:21	00:34:42	00:52:16	01:24:13.95	01:24:13.95	+00:31:50 (37.8%)	8:25	7.1 (61.7%)
47	SAMOLAK Łukasz	8228		Masters M - 40	47	00:01:28	00:40:38	00:56:38	01:24:23.55	01:24:23.55	+00:31:59 (37.9%)	8:26	7.1 (61.7%)
48	PRUSICKI Rafał	8122		Masters M - 40	48	00:00:17	00:35:13	00:53:31	01:25:37.60	01:25:37.60	+00:33:13 (38.8%)	8:33	7 (60.9%)
49	OSUCH Marcin	8345		Masters M - 40	49	00:00:58	00:37:50	00:55:29	01:27:16.85	01:27:16.85	+00:34:52 (40.0%)	8:43	6.9 (60.0%)
50	KOZŁOWSKI Mariusz	8045	KB ODRA OPOLE	Masters M - 40	50	00:00:30	00:37:33	00:56:00	01:28:56.25	01:28:56.25	+00:36:32 (41.1%)	8:53	6.7 (58.3%)
51	BIAŁEK Marcin	8115		Masters M - 40	51	00:01:04	00:40:19	00:58:49	01:28:58.10	01:28:58.10	+00:36:34 (41.1%)	8:53	6.7 (58.3%)
52	SZWACZKA Sebastian	8300	BW BIEGOWY WARIAT	Masters M - 40	52	00:01:11	00:37:54	00:56:26	01:30:02.30	01:30:02.30	+00:37:38 (41.8%)	9:00	6.7 (58.3%)
53	NAZARY Piotr	8383	OBORYGENI	Masters M - 40	53	00:00:27	00:38:55	00:57:06	01:30:03.50	01:30:03.50	+00:37:39 (41.8%)	9:00	6.7 (58.3%)
54	DĄBKOWSKI Adam	8124		Masters M - 40	54	00:00:42	00:40:07	00:57:13	01:30:12.35	01:30:12.35	+00:37:48 (41.9%)	9:01	6.7 (58.3%)
55	BUGAJSKI Marcin	8187		Masters M - 40	55	00:00:25	00:38:01	00:56:46	01:30:24.80	01:30:24.80	+00:38:00 (42.0%)	9:02	6.6 (57.4%)
56	DULIK Radosław	8604	OPOLE	Masters M - 40	56	00:00:57	00:41:33	01:00:30	01:31:33.20	01:31:33.20	+00:39:09 (42.8%)	9:09	6.6 (57.4%)
57	GABOR Maciej	8368		Masters M - 40	57	00:01:20	00:41:04	01:00:29	01:32:34.20	01:32:34.20	+00:40:10 (43.4%)	9:15	6.5 (56.5%)
58	SZAREK Sławomir	8067	K.S. OBSTAWIMY TYŁY	Masters M - 40	58	00:00:55	00:42:55	01:01:44	01:32:54.75	01:32:54.75	+00:40:30 (43.6%)	9:17	6.5 (56.5%)
59	STROIŃSKI Wojciech	8081	LESZ NO LIMITS RUNNERS	Masters M - 40	59	00:00:50	00:41:03	01:00:19	01:34:33.15	01:34:33.15	+00:42:09 (44.6%)	9:27	6.3 (54.8%)
60	IGNASZEWSKI Michał	8566		Masters M - 40	60	00:00:51	00:41:24	01:01:10	01:36:32.90	01:36:32.90	+00:44:08 (45.7%)	9:39	6.2 (53.9%)
61	ODIJA Leszek	8412		Masters M - 40	61	00:01:18	00:43:13	01:02:26	01:37:18.70	01:37:18.70	+00:44:54 (46.2%)	9:43	6.2 (53.9%)

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62	NAGLER Tomasz	8147		Masters M - 40	62	00:00:49	00:37:17	00:57:00	01:39:18.80	01:39:18.80	+00:46:54 (47.2%)	9:55	6 (52.2%)
63	KOWAL Ireneusz	8024		Masters M - 40	63	00:00:45	00:41:46	01:01:51	01:39:54.45	01:39:54.45	+00:47:30 (47.6%)	9:59	6 (52.2%)
64	GAWLAS Roman	8078		Masters M - 40	64	00:00:39	00:45:49	01:09:05	01:41:24.55	01:41:24.55	+00:49:00 (48.3%)	10:08	5.9 (51.3%)
65	NITSCHKE Karol	8359	TKKF MPK POZNAŃ	Masters M - 40	65	00:01:00	00:43:34	01:06:26	01:46:19.15	01:46:19.15	+00:53:55 (50.7%)	10:37	5.6 (48.7%)
66	SROCZYŃSKI Maciej	8235		Masters M - 40	66	00:01:16	00:44:28	01:06:36	01:47:57.25	01:47:57.25	+00:55:33 (51.5%)	10:47	5.6 (48.7%)
67	DYBAŁA Michał	8177	NULL	Masters M - 40	67	00:00:32	00:45:28	01:08:13	01:49:21.60	01:49:21.60	+00:56:57 (52.1%)	10:56	5.5 (47.8%)
68	PLASZCZAK Jarosław	8161		Masters M - 40	68	00:00:32	00:46:03	01:09:07	01:51:42.55	01:51:42.55	+00:59:18 (53.1%)	11:10	5.4 (47.0%)
69	SZCZERBIEŃ Jacek	8150		Masters M - 40	69	00:00:51	00:47:09	01:11:00	01:55:02.80	01:55:02.80	+01:02:38 (54.5%)	11:30	5.2 (45.2%)
70	MORAWSKI Jarosław	8385	BIEGNIJ OŁAWO	Masters M - 40	70	00:00:36	00:45:11	01:08:23	01:55:40.30	01:55:40.30	+01:03:16 (54.7%)	11:34	5.2 (45.2%)
71	FILIPIAK Sebastian	8219	EKIPA LIPA	Masters M - 40	71	00:00:52	00:52:30	01:15:19	01:56:00.20	01:56:00.20	+01:03:36 (54.8%)	11:36	5.2 (45.2%)
72	GIERSEWSKI Marek	8591	HRT	Masters M - 40	72	00:01:03	00:54:33	01:21:43	02:11:48.20	02:11:48.20	+01:19:24 (60.2%)	13:10	4.6 (40.0%)
73	WIŚNIEWSKI Michał	8119	K.S OBSTAWIAMY TYŁY	Masters M - 40	73	00:00:59	00:49:36	01:18:00	02:12:37.70	02:12:37.70	+01:20:13 (60.5%)	13:15	4.5 (39.1%)
74	SOWIŃSKI Robert	8117	K.S. OBSTAWIAMY TYŁY	Masters M - 40	74	00:01:00	00:48:37	01:18:00	02:12:39.35	02:12:39.35	+01:20:15 (60.5%)	13:15	4.5 (39.1%)
75	BĄCZEK Krzysztof	8310		Masters M - 40	75	00:01:17	00:55:53	01:22:34	02:14:42.10	02:14:42.10	+01:22:18 (61.1%)	13:28	4.5 (39.1%)
76	SZYMAŃSKI Paweł	8378		Masters M - 40	76	00:01:20	01:02:58	01:36:41	02:39:28.45	02:39:28.45	+01:47:04 (67.1%)	15:56	3.8 (33.0%)
77	KONIECZNY Robert	8021	WKURW_TEAM	Masters M - 40	77	00:01:15	00:52:13	01:15:37	02:45:35.95	02:45:35.95	+01:53:12 (68.4%)	16:33	3.6 (31.3%)

Znaleziono 77 wynik(ów)