

BIEG TROJAK TRAIL - 10 KM

B4SPORT

Event: Dolnośląski Festiwal Biegów Górskich
Organiser: Stowarzyszenie TKKF Kompas
Date: 2017-07-23
Place: Łądek Zdrój
Distance: 10 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Classification: Masters M - 40

Place	Participant	Number	Club	Category	MCat	C1 4km	C1 6km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	HACZYK Jarosław	1235	BIEG OPOLSKI	Masters M - 40	1	00:20:28	00:31:54	00:51:50.95	00:51:54.00		5:11	11.6 (100%)
2	MICHALIK Adam	1321		Masters M - 40	2	00:21:11	00:33:04	00:53:13.60	00:53:16.70	+00:01:22 (2.6%)	5:19	11.3 (97.4%)
3	GAJEWSKI Marcin	1055		Masters M - 40	3	00:21:44	00:34:11	00:55:20.75	00:55:22.60	+00:03:28 (6.3%)	5:32	10.8 (93.1%)
4	NOWINILSKI Andrzej	1328		Masters M - 40	4	00:22:16	00:34:42	00:55:37.30	00:55:39.00	+00:03:45 (6.7%)	5:33	10.8 (93.1%)
5	ZIĘTERSKI Robert	1075		Masters M - 40	5	00:22:57	00:35:47	00:57:00.80	00:57:04.55	+00:05:10 (9.1%)	5:42	10.5 (90.5%)
6	SPYCHALSKI Adam	1060		Masters M - 40	6	00:22:52	00:35:39	00:57:06.50	00:57:11.70	+00:05:17 (9.3%)	5:42	10.5 (90.5%)
7	BINKOWSKI Marcin	1199		Masters M - 40	7	00:24:01	00:37:06	00:59:24.55	00:59:34.70	+00:07:40 (12.9%)	5:56	10.1 (87.1%)
8	KITKOWSKI Arkadiusz	1279	SUPERSNOW	Masters M - 40	8	00:25:18	00:38:52	01:03:14.70	01:03:19.50	+00:11:25 (18.0%)	6:19	9.5 (81.9%)
9	RAKOCZY Jerzy	1260		Masters M - 40	9	00:25:43	00:39:56	01:04:40.30	01:04:44.60	+00:12:50 (19.8%)	6:28	9.3 (80.2%)
10	WUJDA Mirosław	1307	EKW RULEZ	Masters M - 40	10	00:22:55	00:38:33	01:05:34.35	01:05:40.85	+00:13:46 (21.0%)	6:33	9.2 (79.3%)
11	ABULEWICZ Wojciech	1294	STP SYNERGIA	Masters M - 40	11	00:25:51	00:40:20	01:06:18.30	01:06:23.20	+00:14:29 (21.8%)	6:37	9 (77.6%)
12	TRACZ Michał	1169	OLDSCHOOL MTB GDAŃSK	Masters M - 40	12	00:24:47	00:39:43	01:06:14.25	01:06:26.80	+00:14:32 (21.9%)	6:37	9.1 (78.4%)
13	POPIEL Dariusz	1096	100 BATALION ŁĄCZNOŚCI	Masters M - 40	13	00:25:56	00:40:40	01:05:58.85	01:06:28.60	+00:14:34 (21.9%)	6:35	9.1 (78.4%)
14	WUJEK Marcin	1332		Masters M - 40	14	00:27:37	00:42:02	01:07:10.65	01:07:30.75	+00:15:36 (23.1%)	6:43	8.9 (76.7%)
15	GEROWSKI Maciej	1033	NETBOX BIEGA / LESZ NO LIMITS RUNNERS	Masters M - 40	15	00:28:47	00:43:24	01:07:59.20	01:08:19.15	+00:16:25 (24.0%)	6:48	8.8 (75.9%)

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16	PODJUK Juliusz	1129		Masters M - 40	16	00:27:19	00:42:14	01:08:10.95	01:08:33.30	+00:16:39 (24.3%)	6:49	8.8 (75.9%)
17	GAWRON Piotr	1112	KB GOCH BYTÓW	Masters M - 40	17	00:26:15	00:41:04	01:08:43.95	01:08:53.25	+00:16:59 (24.7%)	6:52	8.7 (75.0%)
18	GRUSZKA Robert	1151	GRU-KO	Masters M - 40	18	00:26:41	00:43:09	01:08:36.35	01:08:53.60	+00:16:59 (24.7%)	6:51	8.7 (75.0%)
19	BURDA Sebastian	1338		Masters M - 40	19	00:26:40	00:43:41	01:09:41.50	01:09:57.90	+00:18:03 (25.8%)	6:58	8.6 (74.1%)
20	MARCINKOWSKI Przemysław	1306		Masters M - 40	20	00:28:29	00:44:10	01:10:28.70	01:10:50.40	+00:18:56 (26.7%)	7:02	8.5 (73.3%)
21	ROGOCZ Maciej	1083	ROGASIE Z DOLINY ROZTOKI	Masters M - 40	21	00:29:13	00:45:41	01:13:12.70	01:13:42.65	+00:21:48 (29.6%)	7:19	8.2 (70.7%)
22	TOMERA Piotr	1343		Masters M - 40	22	00:23:54	00:37:50	01:01:40.65	01:13:49.65	+00:21:55 (29.7%)	6:10	9.7 (83.6%)
23	BUSS Jakub	1009	KUDOWSCY MIŁOŚNICZY BIEGANIA	Masters M - 40	23	00:29:14	00:46:13	01:14:27.80	01:14:50.75	+00:22:56 (30.7%)	7:26	8.1 (69.8%)
24	KALETA Przemysław	1084	PRO-RUN WROCŁAW	Masters M - 40	24	00:29:53	00:46:48	01:15:30.80	01:15:56.60	+00:24:02 (31.7%)	7:33	7.9 (68.1%)
25	DUDZIŃSKI Marek	1322		Masters M - 40	25	00:29:38	00:46:39	01:16:52.90	01:17:19.30	+00:25:25 (32.9%)	7:41	7.8 (67.2%)
26	GŁOWACKI Dariusz	1111		Masters M - 40	26	00:30:45	00:48:33	01:18:08.05	01:18:16.00	+00:26:22 (33.7%)	7:48	7.7 (66.4%)
27	WANTUCH Piotr	1204	ZAŁOGA GÓRSKA	Masters M - 40	27	00:29:49	00:46:32	01:17:37.40	01:18:16.55	+00:26:22 (33.7%)	7:45	7.7 (66.4%)
28	TACIAK Sebastian	1187	ANTONINEK POZNAŃ	Masters M - 40	28	00:30:53	00:48:16	01:18:09.00	01:18:21.40	+00:26:27 (33.8%)	7:48	7.7 (66.4%)
29	SAWALA Sławomir	1134	TRANCE ONLY	Masters M - 40	29	00:30:06	00:47:52	01:19:18.50	01:19:48.45	+00:27:54 (35.0%)	7:55	7.6 (65.5%)
30	ADAMCZUK Felix	1091		Masters M - 40	30	00:31:40	00:49:28	01:19:58.85	01:20:05.90	+00:28:11 (35.2%)	7:59	7.5 (64.7%)
31	NOWICKI Maciej	1162		Masters M - 40	31	00:31:14	00:49:33	01:20:09.60	01:20:47.35	+00:28:53 (35.8%)	8:01	7.5 (64.7%)
32	BUSZKA Łukasz	1313		Masters M - 40	32	00:31:28	00:48:54	01:20:39.35	01:20:58.05	+00:29:04 (35.9%)	8:04	7.4 (63.8%)
33	KONDRAKIEWICZ Rafał	1013	KB HARCOWNIK JELCZ-LASKOWICE	Masters M - 40	33	00:31:14	00:49:37	01:22:07.20	01:22:23.30	+00:30:29 (37.0%)	8:12	7.3 (62.9%)
34	LIS Marcin	1275		Masters M - 40	34	00:31:37	00:49:53	01:22:22.50	01:22:47.90	+00:30:53 (37.3%)	8:14	7.3 (62.9%)
35	MARYNOWICZ Piotr	1053	BRAK	Masters M - 40	35	00:31:10	00:50:19	01:22:44.55	01:23:00.90	+00:31:06 (37.5%)	8:16	7.3 (62.9%)
36	TOPIŁKO Wojciech	1272		Masters M - 40	36	00:33:49	00:52:00	01:23:42.05	01:23:53.35	+00:31:59 (38.1%)	8:22	7.2 (62.1%)
37	MATEŃCZUK Paweł	1210		Masters M - 40	37	00:31:42	00:50:47	01:24:08.05	01:24:13.25	+00:32:19 (38.4%)	8:24	7.1 (61.2%)
38	ŁAPACZYŃSKI Robert	1249		Masters M - 40	38	00:32:23	00:51:05	01:24:22.45	01:24:27.55	+00:32:33 (38.6%)	8:26	7.1 (61.2%)

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39	DANIEL Jarek	1286		Masters M - 40	39	00:34:26	00:53:23	01:26:05.50	01:26:18.35	+00:34:24 (39.9%)	8:36	7 (60.3%)
40	BALICKI Jakub	1182	ASAP RUNNERS	Masters M - 40	40	00:34:07	00:52:56	01:26:45.15	01:27:21.85	+00:35:27 (40.6%)	8:40	6.9 (59.5%)
41	STEFANOWSKI Mariusz	1119		Masters M - 40	41	00:35:11	00:54:28	01:29:08.05	01:29:08.05	+00:37:14 (41.8%)	8:54	6.7 (57.8%)
42	PTASZEK Sławomir	1296		Masters M - 40	42	00:37:01	00:58:11	01:33:09.35	01:33:49.10	+00:41:55 (44.7%)	9:19	6.4 (55.2%)
43	KRUZEL Rafał	1219	BIEGOWE MISIE	Masters M - 40	43	00:35:24	00:55:29	01:33:27.00	01:33:50.30	+00:41:56 (44.7%)	9:20	6.4 (55.2%)
44	SIGER Adam	1213	FUNDACJA UDARU MÓZGU	Masters M - 40	44	00:35:33	00:57:40	01:35:58.05	01:36:38.00	+00:44:44 (46.3%)	9:35	6.3 (54.3%)
45	NICZEJDOLNY Tomasz	1300		Masters M - 40	45	00:39:52	00:55:25	01:38:30.90	01:38:41.90	+00:46:47 (47.4%)	9:51	6.1 (52.6%)
46	CHMIELEWSKI Marcin	1034	BIEGAM BEZ SPINY	Masters M - 40	46	00:39:38	01:03:14	01:44:11.75	01:44:43.35	+00:52:49 (50.4%)	10:25	5.8 (50.0%)
47	KUŹNIAK Marcin	1258		Masters M - 40	47	00:41:06	01:03:54	01:46:01.20	01:46:38.00	+00:54:44 (51.3%)	10:36	5.7 (49.1%)
48	SIECZKOWSKI Artur	1244	NATURAL BORN RUMIA	Masters M - 40	48	00:39:40	01:05:24	01:46:51.85	01:47:26.90	+00:55:32 (51.7%)	10:41	5.6 (48.3%)
49	KARNOWSKI Sławomir	1280		Masters M - 40	49	00:41:35	01:06:16	01:48:06.20	01:48:27.60	+00:56:33 (52.1%)	10:48	5.6 (48.3%)
50	NOWICKI Amdrzej	1104	ZJEDNOCZENI ZWYCIĘŻAMY	Masters M - 40	50	00:42:37	01:09:45	01:59:06.20	01:59:39.05	+01:07:45 (56.6%)	11:54	5 (43.1%)
	KITA Michał	1068	PĘDZĄCY W MIEJSCU	Masters M - 40		00:19:10 DNF	00:30:16 DNF	DNF	DNF		-	- (0.0%)

Total 51 results.