

# 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: Senior I M - 20

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	<b>DOROŻYŃSKI Szymon</b>	<b>7213</b>	KALENJI BY DECATHLON	Senior I M - 20	1	00:16:46	00:26:32	<b>00:43:09.70</b>	<b>00:43:10.60</b>		4:19	13.9 (100%)
2	<b>BOROŃ Dariusz</b>	<b>7360</b>	ASICS FRONTRUNNER	Senior I M - 20	2	00:17:26	00:27:45	<b>00:45:23.05</b>	<b>00:45:24.15</b>	+00:02:13 (4.9%)	4:32	13.2 (95.0%)
3	<b>DUTKOWSKI Mikołaj</b>	<b>7312</b>	UKS ARKADY RASZKÓW	Senior I M - 20	3	00:18:16	00:28:37	<b>00:46:41.30</b>	<b>00:46:43.40</b>	+00:03:32 (7.6%)	4:40	12.9 (92.8%)
4	<b>WRZESZCZ Mariusz</b>	<b>7437</b>	TMTEAM	Senior I M - 20	4	00:19:59	00:30:33	<b>00:49:25.00</b>	<b>00:49:25.00</b>	+00:06:14 (12.6%)	4:56	12.1 (87.1%)
5	<b>TABER Konrad</b>	<b>7234</b>	STO-NOGI MILANÓWEK/ACTIVE PROSPERIA	Senior I M - 20	5	00:19:05	00:30:07	<b>00:49:58.25</b>	<b>00:49:58.25</b>	+00:06:47 (13.6%)	4:59	12 (86.3%)
6	<b>SOCZOMSKI Grzegorz</b>	<b>7390</b>	CHATA BIEGACZA K34	Senior I M - 20	6	00:19:47	00:31:02	<b>00:50:04.90</b>	<b>00:50:07.20</b>	+00:06:56 (13.9%)	5:00	12 (86.3%)
7	<b>SŁOCIAK Rafał</b>	<b>7032</b>	RAJSPOORT ACTIVE	Senior I M - 20	7	00:20:59	00:32:33	<b>00:52:27.10</b>	<b>00:52:35.45</b>	+00:09:24 (17.9%)	5:14	11.4 (82.0%)
8	<b>BRZĄKAŁSKI Krzysiek</b>	<b>7181</b>	EAZYMYT.PL	Senior I M - 20	8	00:21:16	00:33:15	<b>00:52:34.55</b>	<b>00:52:37.90</b>	+00:09:27 (18.0%)	5:15	11.4 (82.0%)
9	<b>CEREMUGA Mateusz</b>	<b>7012</b>		Senior I M - 20	9	00:20:45	00:32:41	<b>00:53:52.70</b>	<b>00:53:57.05</b>	+00:10:46 (20.0%)	5:23	11.1 (79.9%)
10	<b>BIELA Konrad</b>	<b>7320</b>	TEAM MOUNTAIN FUEL POLSKA / GOPR KARKONOSZE	Senior I M - 20	10	00:21:06	00:33:16	<b>00:54:04.85</b>	<b>00:54:07.05</b>	+00:10:56 (20.2%)	5:24	11.1 (79.9%)
11	<b>KACZMARCZYK Przemysław</b>	<b>7052</b>	MATNER RUNNING TEAM/WATAHA	Senior I M - 20	11	00:23:24	00:36:40	<b>00:58:37.50</b>	<b>00:58:40.25</b>	+00:15:29 (26.4%)	5:51	10.2 (73.4%)
12	<b>RZEWUSKI Jakub</b>	<b>7236</b>		Senior I M - 20	12	00:24:27	00:37:52	<b>00:59:05.35</b>	<b>00:59:16.65</b>	+00:16:06 (27.2%)	5:54	10.2 (73.4%)
13	<b>FRAĆKOWIAK Przemysław</b>	<b>7337</b>		Senior I M - 20	13	00:23:30	00:37:35	<b>01:00:17.50</b>	<b>01:00:19.50</b>	+00:17:08 (28.4%)	6:01	10 (71.9%)
14	<b>KOBRYŃ Jan</b>	<b>7311</b>	TN BIEGÓWKI WESOŁA	Senior I M - 20	14	00:22:21	00:36:10	<b>01:00:34.50</b>	<b>01:00:37.00</b>	+00:17:26 (28.8%)	6:03	9.9 (71.2%)
15	<b>WALCZAK Adrian</b>	<b>7255</b>		Senior I M - 20	15	00:23:52	00:38:10	<b>01:02:27.60</b>	<b>01:02:37.50</b>	+00:19:26 (31.1%)	6:14	9.6 (69.1%)

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
16	ŚLIWIŃSKI Karol	7277		Senior I M - 20	16	00:24:36	00:38:37	01:02:27.20	01:02:51.35	+00:19:40 (31.3%)	6:14	9.6 (69.1%)
17	LECH Igor	7163	CARVING-SKI LUBIN	Senior I M - 20	17	00:27:20	00:42:52	01:07:54.40	01:08:19.65	+00:25:09 (36.8%)	6:47	8.8 (63.3%)
18	WALA Patryk	7296	ZAŁOGA GÓRSKA	Senior I M - 20	18	00:27:41	00:43:35	01:09:57.10	01:10:05.15	+00:26:54 (38.4%)	6:59	8.6 (61.9%)
19	SITKO Grzegorz	7406		Senior I M - 20	19	00:29:56	00:46:49	01:13:22.65	01:13:38.55	+00:30:27 (41.4%)	7:20	8.2 (59.0%)
20	ŻAKOWSKI Krzysztof	7291	BALLUFF RUNNING TEAM	Senior I M - 20	20	00:28:03	00:44:30	01:13:37.00	01:14:01.75	+00:30:51 (41.7%)	7:21	8.2 (59.0%)
21	JANOSZ Paweł	7097		Senior I M - 20	21	00:29:04	00:46:25	01:15:31.85	01:16:03.15	+00:32:52 (43.2%)	7:33	7.9 (56.8%)
22	PASZKE Maciej	7315		Senior I M - 20	22	00:30:36	00:48:38	01:20:01.75	01:20:46.10	+00:37:35 (46.5%)	8:00	7.5 (54.0%)
23	GIETKA Szymon	7323		Senior I M - 20	23	00:32:13	00:51:27	01:20:59.20	01:21:43.60	+00:38:33 (47.2%)	8:05	7.4 (53.2%)
24	URBAŃSKI Tomasz	7393	PALLERO	Senior I M - 20	24	00:34:00	00:54:02	01:23:47.70	01:24:07.85	+00:40:57 (48.7%)	8:22	7.2 (51.8%)
25	KACZMARSKI Martin	7394		Senior I M - 20	25	00:33:59	00:54:02	01:23:48.00	01:24:08.35	+00:40:57 (48.7%)	8:22	7.2 (51.8%)
26	GENDERA Narcyz	7327		Senior I M - 20	26	00:33:21	00:53:14	01:24:34.15	01:24:42.40	+00:41:31 (49.0%)	8:27	7.1 (51.1%)
27	BALDY Jakub	7010	KUDOWSCY MIŁOŚNICY BIEGANIA	Senior I M - 20	27	00:32:34	00:52:21	01:24:31.80	01:24:45.30	+00:41:34 (49.1%)	8:27	7.1 (51.1%)
28	SITKO Adam	7410		Senior I M - 20	28	00:33:15	00:53:04	01:25:16.00	01:25:32.40	+00:42:21 (49.5%)	8:31	7 (50.4%)
29	WOLAK Maciej	7405		Senior I M - 20	29	00:35:08	00:56:35	01:27:58.10	01:28:23.60	+00:45:13 (51.2%)	8:47	6.8 (48.9%)
30	MROZEK Marcin	7033		Senior I M - 20	30	00:34:08	00:54:15	01:29:37.75	01:30:12.30	+00:47:01 (52.1%)	8:57	6.7 (48.2%)
31	GIERLIK Jakub	7261	ROADBIKE TEAM	Senior I M - 20	31	00:35:59	00:57:50	01:30:31.05	01:30:56.00	+00:47:45 (52.5%)	9:03	6.6 (47.5%)
32	KOWALCZYK Piotr	7222		Senior I M - 20	32	00:35:22	00:57:26	01:32:02.75	01:32:36.80	+00:49:26 (53.4%)	9:12	6.5 (46.8%)
33	BURCZYK Adam	7155		Senior I M - 20	33	00:34:59	00:57:05	01:33:46.90	01:34:06.75	+00:50:56 (54.1%)	9:22	6.4 (46.0%)
34	KUJAWA Zbigniew	7299	ZAŁOGA GÓRSKA	Senior I M - 20	34	00:38:30	01:01:57	01:39:23.95	01:40:00.65	+00:56:50 (56.8%)	9:56	6 (43.2%)
35	VOGEL Kamil	7189	BPK	Senior I M - 20	35	00:36:42	01:00:35	01:39:54.05	01:40:13.30	+00:57:02 (56.9%)	9:59	6 (43.2%)
36	KOPACZYŃSKI Michał	7148		Senior I M - 20	36	00:42:44	00:42:49	02:01:32.25	02:01:43.85	+01:18:33 (64.5%)	12:09	4.9 (35.3%)

Znaleziono 36 wynik(ów)