

BIEG TROJAK TRAIL - 10 KM

B4SPORT

Event: Dolnośląski Festiwal Biegów Górskich
Organiser: Fundacja MARATONY GÓRSKIE
Date: 2018-07-22
Place: Łądek-Zdrój
Distance: 10 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Classification: Senior II M - 30

Place	Participant	Number	Club	Category	MCat	C1 4km	C1 6km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	STAWSKI Michał	137	TRUCHT.COM	Senior II M - 30	1	00:19:10	00:29:31	00:47:46.25	00:47:48.50		4:46	12.6 (100%)
2	WILK Maciej	259	ZĄŁOGA GÓRSKA	Senior II M - 30	2	00:19:29	00:29:56	00:47:48.15	00:47:52.80	+00:00:04 (0.1%)	4:46	12.6 (100%)
3	LUTOWSKI Wojciech	403		Senior II M - 30	3	00:20:08	00:31:30	00:51:34.00	00:51:35.35	+00:03:46 (7.3%)	5:09	11.6 (92.1%)
4	OLKIS Rafał	395	PRZEBIEGA.PL	Senior II M - 30	4	00:21:15	00:32:55	00:53:56.10	00:54:00.70	+00:06:12 (11.5%)	5:23	11.1 (88.1%)
5	ZIOMEK Tomasz	198	KALENJI BY DECATHLON	Senior II M - 30	5	00:20:28	00:32:18	00:53:58.25	00:54:03.75	+00:06:15 (11.6%)	5:23	11.1 (88.1%)
6	KOPYCZOK Michał	261	TYSŁAWA TEAM	Senior II M - 30	6	00:22:37	00:34:31	00:55:13.10	00:55:16.75	+00:07:28 (13.5%)	5:31	10.9 (86.5%)
7	PAŁETKO Grzegorz	16	NYSA BIEGA	Senior II M - 30	7	00:22:33	00:35:02	00:57:26.60	00:57:39.75	+00:09:51 (17.1%)	5:44	10.4 (82.5%)
8	CITKO Maciej	276	ZĄŁOGA GÓRSKA	Senior II M - 30	8	00:23:07	00:36:11	00:58:24.80	00:58:29.60	+00:10:41 (18.3%)	5:50	10.3 (81.7%)
9	KURASZ Szymon	129	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	9	00:24:07	00:37:07	00:58:40.00	00:58:43.65	+00:10:55 (18.6%)	5:52	10.2 (81.0%)
10	GRAD Łukasz	233	FITNESS PIEKARY LEGNICA	Senior II M - 30	10	00:24:05	00:37:14	00:58:42.00	00:58:46.95	+00:10:58 (18.7%)	5:52	10.2 (81.0%)
11	MAZURKIEWICZ Jerzy	367	NIGHT RUNNERS WROCŁAW	Senior II M - 30	11	00:22:39	00:35:54	00:58:58.50	00:59:03.15	+00:11:14 (19.0%)	5:53	10.2 (81.0%)
12	JANUSZEWSKI Maciej	123	ŚLIMAK BROWARNO-KANAPOWY	Senior II M - 30	12	00:23:03	00:36:29	00:59:10.90	00:59:20.70	+00:11:32 (19.4%)	5:55	10.1 (80.2%)
13	MARGOL Paweł	300	WKS ŚLĄSK WROCŁAW	Senior II M - 30	13	00:23:37	00:36:47	00:59:47.45	00:59:56.75	+00:12:08 (20.2%)	5:58	10 (79.4%)
14	CHODOROWSKI Krzysztof	10	PRZEDWOJEWSKI MOUNTAIN TEAM	Senior II M - 30	14	00:23:32	00:37:00	00:59:56.50	01:00:07.35	+00:12:18 (20.5%)	5:59	10 (79.4%)
15	OCHMAN Paweł	181	FUTURE PROCESSING RUNNING TEAM	Senior II M - 30	15	00:23:19	00:36:30	01:00:59.75	01:01:03.25	+00:13:14 (21.7%)	6:06	9.8 (77.8%)
16	CIEŚLAK Krzysztof	365	ULTRAFAZA.PL	Senior II M - 30	16	00:24:47	00:38:17	01:01:28.85	01:01:39.55	+00:13:51 (22.5%)	6:08	9.8 (77.8%)
17	CHRZANOWSKI Paweł	216		Senior II M - 30	17	00:25:50	00:39:58	01:02:46.60	01:02:49.65	+00:15:01 (23.9%)	6:16	9.6 (76.2%)
18	KRUPIŃSKI Zbigniew	383	KOŁO BIEGA	Senior II M - 30	18	00:24:43	00:38:41	01:03:37.70	01:03:41.05	+00:15:52 (24.9%)	6:21	9.4 (74.6%)
19	NOWACKI Mateusz	196		Senior II M - 30	19	00:24:30	00:38:39	01:03:40.80	01:03:54.65	+00:16:06 (25.2%)	6:22	9.4 (74.6%)
20	BURA Tomasz	101		Senior II M - 30	20	00:25:57	00:40:16	01:03:43.55	01:04:03.95	+00:16:15 (25.4%)	6:22	9.4 (74.6%)
21	KOSTROWICKI Jakub	224		Senior II M - 30	21	00:25:24	00:39:40	01:04:06.95	01:04:39.05	+00:16:50 (26.1%)	6:24	9.4 (74.6%)
22	ŁUCZAK Maciej	237	BANDA RYCHA	Senior II M - 30	22	00:26:50	00:41:07	01:04:35.70	01:05:17.45	+00:17:28 (26.8%)	6:27	9.3 (73.8%)
23	HORWAT Tomasz	299	WKS ŚLĄSK WROCŁAW	Senior II M - 30	23	00:25:54	00:40:04	01:04:52.90	01:05:22.60	+00:17:34 (26.9%)	6:29	9.2 (73.0%)
24	MITUŁA Paweł	295	ZIĘBICE	Senior II M - 30	24	00:26:42	00:41:02	01:05:42.00	01:05:59.20	+00:18:10 (27.5%)	6:34	9.1 (72.2%)
25	BARON Przem	127	CONSTRAVIA	Senior II M - 30	25	00:25:41	00:40:15	01:05:55.75	01:06:07.70	+00:18:19 (27.7%)	6:35	9.1 (72.2%)
26	PÓŁROLNICZAK Paweł	357	OPOLE PARKRUN	Senior II M - 30	26	00:27:16	00:41:46	01:07:26.55	01:07:32.50	+00:19:44 (29.2%)	6:44	8.9 (70.6%)
27	STRZELCZYK Wiktor	125	HUSARIA RACE TEAM	Senior II M - 30	27	00:27:23	00:42:27	01:07:56.55	01:08:06.45	+00:20:17 (29.8%)	6:47	8.8 (69.8%)
28	REJCHAL Michał	347		Senior II M - 30	28	00:27:21	00:42:04	01:08:08.65	01:08:36.25	+00:20:47 (30.3%)	6:48	8.8 (69.8%)
29	CIEŚLAK Jakub	370		Senior II M - 30	29	00:27:04	00:41:42	01:08:33.95	01:08:45.85	+00:20:57 (30.5%)	6:51	8.8 (69.8%)

Place	Participant	Number	Club	Category	MCat	C1 4km	C1 6km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
30	KUZIEL Marcin	153	BLACK RUNNING STRONIE ŚLĄSKIE	Senior II M - 30	30	00:26:45	00:41:29	01:08:11.45	01:08:48.45	+00:20:59 (30.5%)	6:49	8.8 (69.8%)
31	PISZCZAŁKA Tomasz	418	ABY DO METY	Senior II M - 30	31	00:27:58	00:42:47	01:08:43.90	01:08:56.25	+00:21:07 (30.6%)	6:52	8.7 (69.0%)
32	GAŁEK Aleksander	359	PRAGMATIQ.PL	Senior II M - 30	32	00:28:44	00:43:38	01:08:57.20	01:09:07.75	+00:21:19 (30.8%)	6:53	8.7 (69.0%)
33	WOJBACH Marcin	402		Senior II M - 30	33	00:28:20	00:43:33	01:11:00.65	01:11:10.95	+00:23:22 (32.8%)	7:06	8.5 (67.5%)
34	ŚPIEWAK Radosław	392		Senior II M - 30	34	00:28:08	00:44:32	01:11:54.50	01:12:11.00	+00:24:22 (33.8%)	7:11	8.3 (65.9%)
35	RYBARSKI Piotr	1		Senior II M - 30	35	00:29:00	00:45:16	01:11:59.55	01:12:17.60	+00:24:29 (33.9%)	7:11	8.3 (65.9%)
36	STACHNIK Łukasz	281		Senior II M - 30	36	00:30:08	00:46:08	01:12:11.75	01:12:55.30	+00:25:06 (34.4%)	7:13	8.3 (65.9%)
37	ZAJĄC Marcin	119		Senior II M - 30	37	00:30:10	00:46:05	01:12:19.70	01:13:05.10	+00:25:16 (34.6%)	7:14	8.3 (65.9%)
38	JASICKI Krzysztof	168		Senior II M - 30	38	00:28:59	00:45:14	01:14:03.40	01:14:09.85	+00:26:21 (35.5%)	7:24	8.1 (64.3%)
39	LANG Wojtek	206	WROCLAW MARATHON TEAM	Senior II M - 30	39	00:28:32	00:45:12	01:14:34.65	01:14:43.50	+00:26:55 (36.0%)	7:27	8 (63.5%)
40	SZKÓDLIŃSKI Bartosz	76	NARAMOWICE BIEGAJĄ	Senior II M - 30	40	00:29:24	00:46:04	01:15:21.85	01:15:38.05	+00:27:49 (36.8%)	7:32	8 (63.5%)
41	KOT Tomasz	217		Senior II M - 30	41	00:30:04	00:46:56	01:15:45.70	01:15:51.50	+00:28:03 (37.0%)	7:34	7.9 (62.7%)
42	RYBSKI Mariusz	246		Senior II M - 30	42	00:30:00	00:47:08	01:16:02.90	01:16:22.50	+00:28:34 (37.4%)	7:36	7.9 (62.7%)
43	MAZIAREK Michał	166		Senior II M - 30	43	00:28:43	00:44:56	01:16:01.70	01:16:33.50	+00:28:45 (37.6%)	7:36	7.9 (62.7%)
44	EJSMOND Mateusz	399		Senior II M - 30	44	00:29:44	00:46:27	01:15:55.00	01:16:34.65	+00:28:46 (37.6%)	7:35	7.9 (62.7%)
45	ŚWITA Tomasz	30	PRO RUN WROCŁAW	Senior II M - 30	45	00:28:58	00:45:47	01:16:19.90	01:16:52.30	+00:29:03 (37.8%)	7:38	7.9 (62.7%)
46	GAŁUSZKA Wojciech	244		Senior II M - 30	46	00:30:41	00:48:02	01:18:18.45	01:18:58.20	+00:31:09 (39.5%)	7:49	7.7 (61.1%)
47	STASZEWSKI Dariusz	36		Senior II M - 30	47	00:33:11	00:50:57	01:21:25.30	01:21:51.30	+00:34:02 (41.6%)	8:08	7.4 (58.7%)
48	CIEŚLAK Łukasz	393		Senior II M - 30	48	00:31:02	00:49:18	01:22:01.75	01:22:11.55	+00:34:23 (41.8%)	8:12	7.3 (57.9%)
49	NIESTROJ Łukasz	159		Senior II M - 30	49	00:32:26	00:50:51	01:21:57.60	01:22:29.10	+00:34:40 (42.0%)	8:11	7.3 (57.9%)
50	JURCZYK Wojciech	351		Senior II M - 30	50	00:35:27	00:53:30	01:23:20.70	01:24:02.95	+00:36:14 (43.1%)	8:20	7.2 (57.1%)
51	GŁÓWKA Maciej	157	BE BETTER	Senior II M - 30	51	00:33:36	00:52:57	01:24:21.85	01:24:47.05	+00:36:58 (43.6%)	8:26	7.1 (56.3%)
52	WILK Mateusz	346	RAMBO III	Senior II M - 30	52	00:34:29	00:52:44	01:24:52.30	01:25:20.65	+00:37:32 (44.0%)	8:29	7.1 (56.3%)
53	KRZYŻEWSKI Roger	60		Senior II M - 30	53	00:32:24	00:51:50	01:25:25.65	01:25:40.05	+00:37:51 (44.2%)	8:32	7 (55.6%)
54	GAJDECKI Tomek	372	ACCENTTURE	Senior II M - 30	54	00:33:31	00:52:27	01:25:18.75	01:25:51.80	+00:38:03 (44.3%)	8:31	7 (55.6%)
55	WILCZYŃSKI Łukasz	19	1 POMORSKA BRYGADA LOGISTYCZNA	Senior II M - 30	55	00:33:17	00:51:48	01:25:56.65	01:26:18.25	+00:38:29 (44.6%)	8:35	7 (55.6%)
56	NOWAK Maciej	189		Senior II M - 30	56	00:33:01	00:53:20	01:26:47.80	01:27:10.95	+00:39:22 (45.2%)	8:40	6.9 (54.8%)
57	MAJEROWSKI Mateusz	180		Senior II M - 30	57	00:33:46	00:53:06	01:27:26.80	01:27:51.95	+00:40:03 (45.6%)	8:44	6.9 (54.8%)
58	SZCZEPAŃSKI Sebastian	192		Senior II M - 30	58	00:33:14	00:52:17	01:28:11.60	01:28:25.55	+00:40:37 (45.9%)	8:49	6.8 (54.0%)
59	WIADEREK Piotr	161	PĘDZĄCE ŻÓŁWIE	Senior II M - 30	59	00:35:48	00:57:04	01:33:51.60	01:34:25.55	+00:46:37 (49.4%)	9:23	6.4 (50.8%)
60	KULIK Damian	415	M&M&M&M	Senior II M - 30	60	00:35:40	00:56:47	01:36:56.95	01:37:49.55	+00:50:01 (51.1%)	9:41	6.2 (49.2%)
61	MUSIELAK Marek	417	M&M&M&M	Senior II M - 30	61	00:35:49	00:56:46	01:36:57.15	01:37:49.60	+00:50:01 (51.1%)	9:41	6.2 (49.2%)
62	KOZERA Kamil	28	HARPAGAN SOSNOWIEC	Senior II M - 30	62	00:39:41	00:59:42	01:38:41.60	01:38:54.50	+00:51:06 (51.7%)	9:52	6.1 (48.4%)
63	WYSTRYCHOWSKI Marcin	5	BFAGENCJA.PL	Senior II M - 30	63	00:40:12	01:02:37	01:42:33.20	01:43:19.85	+00:55:31 (53.7%)	10:15	5.9 (46.8%)
64	WAWRZYNIAK Mariusz	385		Senior II M - 30	64	00:42:33	01:08:24	01:43:49.65	01:44:37.50	+00:56:49 (54.3%)	10:23	5.8 (46.0%)
65	PIGŁOWSKI Dawid	386	S-ULTRA	Senior II M - 30	65	00:36:32	01:02:24	01:37:54.25	01:44:44.35	+00:56:55 (54.4%)	9:47	6.1 (48.4%)
66	KIELASZEWSK Karol	102	LESZ NO LIMITS RUNNERS	Senior II M - 30	66	00:39:29	01:02:42	01:45:11.65	01:45:48.35	+00:57:59 (54.8%)	10:31	5.7 (45.2%)
67	KISIAŁA Filip	96	LACHO TEAM	Senior II M - 30	67	00:39:23	01:05:20	01:51:32.95	01:52:16.25	+01:04:27 (57.4%)	11:09	5.4 (42.9%)

Total 67 results.