

# 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 II M - 30

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>TOMASIK Stanisław</b>	<b>7404</b>	GORLICKA GRUPA BIEGOWA	Senior II M - 30	1	00:18:17	00:28:33	<b>00:45:15.25</b>	<b>00:45:17.50</b>		4:31	13.3 (100%)
2	<b>WILK Maciej</b>	<b>7297</b>	ZAŁOGA GÓRSKA	Senior II M - 30	2	00:18:21	00:28:59	<b>00:47:22.90</b>	<b>00:47:27.05</b>	+00:02:09 (4.6%)	4:44	12.7 (95.5%)
3	<b>SKIBA Łukasz</b>	<b>7435</b>		Senior II M - 30	3	00:18:28	00:29:22	<b>00:48:42.95</b>	<b>00:48:44.80</b>	+00:03:27 (7.1%)	4:52	12.3 (92.5%)
4	<b>ŻUCHOWSKI Daniel</b>	<b>7332</b>	MUAY RUNNING TEAM	Senior II M - 30	4	00:19:26	00:30:22	<b>00:49:09.55</b>	<b>00:49:11.15</b>	+00:03:53 (7.9%)	4:55	12.2 (91.7%)
5	<b>GAJEWSKI Marek</b>	<b>7172</b>	ADIDAS RUNNERS WARSAW	Senior II M - 30	5	00:19:00	00:30:03	<b>00:49:18.85</b>	<b>00:49:22.30</b>	+00:04:04 (8.3%)	4:55	12.2 (91.7%)
6	<b>ŁĘŻNIAK Aleksander</b>	<b>7275</b>	MONK SANDALS TEAM	Senior II M - 30	6	00:20:00	00:31:13	<b>00:50:58.25</b>	<b>00:51:01.30</b>	+00:05:43 (11.2%)	5:05	11.8 (88.7%)
7	<b>ZYCH Marcin</b>	<b>7096</b>	#SOBASTEAM	Senior II M - 30	7	00:20:27	00:32:01	<b>00:51:42.10</b>	<b>00:51:42.10</b>	+00:06:24 (12.4%)	5:10	11.6 (87.2%)
8	<b>GAWLIK Sławek</b>	<b>7183</b>	KRAKÓW	Senior II M - 30	8	00:21:09	00:32:34	<b>00:53:17.10</b>	<b>00:53:22.95</b>	+00:08:05 (15.2%)	5:19	11.3 (85.0%)
9	<b>BANEK Krzysztof</b>	<b>7262</b>	TOURSPORT RUNNING TEAM	Senior II M - 30	9	00:20:45	00:33:22	<b>00:54:01.40</b>	<b>00:54:03.50</b>	+00:08:46 (16.2%)	5:24	11.1 (83.5%)
10	<b>BOCZEK Leszek</b>	<b>7351</b>	ZAŁOGA GÓRSKA	Senior II M - 30	10	00:21:15	00:33:19	<b>00:54:05.85</b>	<b>00:54:10.60</b>	+00:08:53 (16.4%)	5:24	11.1 (83.5%)
11	<b>KURASZ Szymon</b>	<b>7037</b>	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	11	00:21:58	00:34:07	<b>00:54:39.25</b>	<b>00:54:49.45</b>	+00:09:31 (17.4%)	5:27	11 (82.7%)
12	<b>KWIATKOWSKI Michael</b>	<b>7272</b>		Senior II M - 30	12	00:21:08	00:33:47	<b>00:55:04.25</b>	<b>00:55:08.35</b>	+00:09:50 (17.9%)	5:30	10.9 (82.0%)
13	<b>OLKIS Rafał</b>	<b>7409</b>		Senior II M - 30	13	00:21:40	00:34:05	<b>00:55:42.55</b>	<b>00:55:50.20</b>	+00:10:32 (18.9%)	5:34	10.8 (81.2%)
14	<b>KRAUSE Kuba</b>	<b>7288</b>	KLUB BUFF FAMILY TEAM	Senior II M - 30	14	00:22:00	00:34:56	<b>00:56:57.45</b>	<b>00:57:00.50</b>	+00:11:43 (20.6%)	5:41	10.5 (78.9%)
15	<b>STANIA Paweł</b>	<b>7420</b>	ZAŁOGA GÓRSKA	Senior II M - 30	15	00:22:51	00:35:46	<b>00:57:14.65</b>	<b>00:57:18.00</b>	+00:12:00 (21.0%)	5:43	10.5 (78.9%)
16	<b>PIEKAJ Łukasz</b>	<b>7370</b>		Senior II M - 30	16	00:23:40	00:36:42	<b>00:58:12.75</b>	<b>00:58:18.40</b>	+00:13:00 (22.3%)	5:49	10.3 (77.4%)
17	<b>PAŁYS Marcin</b>	<b>7264</b>		Senior II M - 30	17	00:23:20	00:36:36	<b>00:58:48.75</b>	<b>00:58:50.85</b>	+00:13:33 (23.0%)	5:52	10.2 (76.7%)
18	<b>CITKO Maciej</b>	<b>7392</b>	ZAŁOGA GÓRSKA	Senior II M - 30	18	00:22:55	00:36:30	<b>00:59:03.10</b>	<b>00:59:07.15</b>	+00:13:49 (23.4%)	5:54	10.2 (76.7%)
19	<b>PIOTROWSKI Michał</b>	<b>7389</b>	KLUB BIEGACZA JURUND SZCZYTNO	Senior II M - 30	19	00:24:08	00:37:25	<b>00:59:51.45</b>	<b>00:59:54.20</b>	+00:14:36 (24.4%)	5:59	10 (75.2%)
20	<b>POLAŃSKI Bartosz</b>	<b>7397</b>		Senior II M - 30	20	00:22:28	00:36:08	<b>00:59:50.90</b>	<b>00:59:59.75</b>	+00:14:42 (24.5%)	5:59	10 (75.2%)
21	<b>MARCOL Mateusz</b>	<b>7338</b>		Senior II M - 30	21	00:24:32	00:38:16	<b>01:01:01.25</b>	<b>01:01:02.85</b>	+00:15:45 (25.8%)	6:06	9.8 (73.7%)
22	<b>GAJODZIŃSKI Krzysztof</b>	<b>7441</b>	ŁEMKOWYNA ULTRA TRAIL	Senior II M - 30	22	00:25:17	00:38:10	<b>01:01:14.90</b>	<b>01:01:25.75</b>	+00:16:08 (26.3%)	6:07	9.8 (73.7%)
23	<b>CHRZANOWSKI Paweł</b>	<b>7265</b>		Senior II M - 30	23	00:25:30	00:38:34	<b>01:01:44.85</b>	<b>01:01:47.25</b>	+00:16:29 (26.7%)	6:10	9.7 (72.9%)
24	<b>TOMASZKIEWICZ Wojciech</b>	<b>7235</b>		Senior II M - 30	24	00:25:03	00:38:46	<b>01:02:21.15</b>	<b>01:02:34.65</b>	+00:17:17 (27.6%)	6:14	9.6 (72.2%)
25	<b>MOKRZYŃSKI Marcin</b>	<b>7273</b>	FENIKS	Senior II M - 30	25	00:25:47	00:39:09	<b>01:03:11.05</b>	<b>01:03:52.95</b>	+00:18:35 (29.1%)	6:19	9.5 (71.4%)
26	<b>PIECHOWIAK Marek</b>	<b>7247</b>		Senior II M - 30	26	00:24:03	00:38:08	<b>01:04:07.25</b>	<b>01:04:07.25</b>	+00:18:49 (29.4%)	6:24	9.4 (70.7%)
27	<b>ROZMUS Wiktor</b>	<b>7144</b>	LUB WYBIERZ Z LISTY	Senior II M - 30	27	00:26:43	00:41:03	<b>01:05:47.90</b>	<b>01:06:04.85</b>	+00:20:47 (31.5%)	6:34	9.1 (68.4%)
28	<b>CISZEWSKI Krzysztof</b>	<b>7230</b>		Senior II M - 30	28			<b>01:07:25.00</b>	<b>01:07:25.00</b>	+00:22:07 (32.8%)	6:44	8.9 (66.9%)
29	<b>ZASŁAWSKI Lech</b>	<b>7219</b>		Senior II M - 30	29	00:26:46	00:41:55	<b>01:08:04.60</b>	<b>01:08:49.60</b>	+00:23:32 (34.2%)	6:48	8.8 (66.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						3.7km	5.8km	10km	10km			
30	<b>KOWALSKI Łukasz</b>	<b>7205</b>	KLUB BIEGOWY ODRA OPOLE	Senior II M - 30	30			<b>01:09:00.50</b>	<b>01:09:00.50</b>	+00:23:43 (34.4%)	6:54	8.7 (65.4%)
31	<b>URBAŃSKI Michał</b>	<b>7240</b>		Senior II M - 30	31	00:27:12	00:43:33	<b>01:09:22.95</b>	<b>01:09:31.00</b>	+00:24:13 (34.8%)	6:56	8.6 (64.7%)
32	<b>MAZIAREK Michał</b>	<b>7061</b>		Senior II M - 30	32	00:25:30	00:41:35	<b>01:09:48.45</b>	<b>01:10:00.55</b>	+00:24:43 (35.3%)	6:58	8.6 (64.7%)
33	<b>DOBOSZ Leszek</b>	<b>7423</b>		Senior II M - 30	33	00:28:03	00:44:07	<b>01:10:22.10</b>	<b>01:10:33.85</b>	+00:25:16 (35.8%)	7:02	8.5 (63.9%)
34	<b>CZARNIECKI Daniel</b>	<b>7020</b>	TIE	Senior II M - 30	34	00:26:49	00:41:54	<b>01:10:34.20</b>	<b>01:10:36.75</b>	+00:25:19 (35.9%)	7:03	8.5 (63.9%)
35	<b>GRZESIAK Wojciech</b>	<b>7278</b>		Senior II M - 30	35	00:27:17	00:43:27	<b>01:11:59.50</b>	<b>01:12:12.15</b>	+00:26:54 (37.3%)	7:12	8.3 (62.4%)
36	<b>ŚRODA Maciej</b>	<b>7133</b>		Senior II M - 30	36	00:27:49	00:44:31	<b>01:12:02.00</b>	<b>01:12:20.35</b>	+00:27:02 (37.4%)	7:12	8.3 (62.4%)
37	<b>ZAPAŚNIK Miłosz</b>	<b>7158</b>	JKS SALAMANDRA	Senior II M - 30	37	00:28:11	00:44:35	<b>01:12:26.95</b>	<b>01:12:56.30</b>	+00:27:38 (37.9%)	7:14	8.3 (62.4%)
38	<b>ZAJĄC Marcin</b>	<b>7057</b>	77CATS	Senior II M - 30	38	00:30:04	00:46:52	<b>01:13:02.65</b>	<b>01:13:11.95</b>	+00:27:54 (38.1%)	7:18	8.2 (61.7%)
39	<b>KUBÓW Jarek</b>	<b>7313</b>		Senior II M - 30	39	00:28:43	00:46:08	<b>01:13:33.65</b>	<b>01:14:09.00</b>	+00:28:51 (38.9%)	7:21	8.2 (61.7%)
40	<b>WŁODKOWSKI Dariusz</b>	<b>7174</b>	CORAZ BLIŻEJ METY	Senior II M - 30	40	00:28:12	00:45:06	<b>01:14:04.90</b>	<b>01:14:26.95</b>	+00:29:09 (39.2%)	7:24	8.1 (60.9%)
41	<b>MAŚLANKA Łukasz</b>	<b>7136</b>		Senior II M - 30	41	00:27:41	00:44:50	<b>01:14:17.15</b>	<b>01:14:45.30</b>	+00:29:27 (39.4%)	7:25	8.1 (60.9%)
42	<b>PLAWGO Marek</b>	<b>7316</b>		Senior II M - 30	42	00:30:44	00:47:41	<b>01:14:56.30</b>	<b>01:15:24.55</b>	+00:30:07 (39.9%)	7:29	8 (60.2%)
43	<b>KATA Damian</b>	<b>7227</b>		Senior II M - 30	43	00:29:22	00:47:09	<b>01:15:03.50</b>	<b>01:15:27.00</b>	+00:30:09 (40.0%)	7:30	8 (60.2%)
44	<b>BERNADZIKOWSKI Michał</b>	<b>7407</b>		Senior II M - 30	44	00:30:01	00:47:31	<b>01:15:43.15</b>	<b>01:15:59.55</b>	+00:30:42 (40.4%)	7:34	7.9 (59.4%)
45	<b>MACIASZKIEWICZ Szymon</b>	<b>7128</b>	DESTYLATOR	Senior II M - 30	45	00:30:09	00:47:17	<b>01:15:14.55</b>	<b>01:16:05.05</b>	+00:30:47 (40.5%)	7:31	8 (60.2%)
46	<b>BOHDANOWICZ Krystian</b>	<b>7355</b>	ATLAS RUNNING TEAM	Senior II M - 30	46	00:29:50	00:47:08	<b>01:16:19.10</b>	<b>01:16:27.25</b>	+00:31:09 (40.8%)	7:37	7.9 (59.4%)
47	<b>WÓJKOWSKI Kamil</b>	<b>7356</b>	PRO RUN WROCŁAW	Senior II M - 30	47	00:30:04	00:48:13	<b>01:17:07.85</b>	<b>01:17:13.35</b>	+00:31:55 (41.3%)	7:42	7.8 (58.6%)
48	<b>ŚLIWIŃSKI Marcin</b>	<b>7268</b>	1983	Senior II M - 30	48	00:29:42	00:47:53	<b>01:16:56.25</b>	<b>01:17:31.90</b>	+00:32:14 (41.6%)	7:41	7.8 (58.6%)
49	<b>SKRZYPIEC Mateusz</b>	<b>7067</b>		Senior II M - 30	49	00:30:03	00:47:43	<b>01:17:10.90</b>	<b>01:17:50.45</b>	+00:32:32 (41.8%)	7:43	7.8 (58.6%)
50	<b>MARONA Maciej</b>	<b>7038</b>	DRUŻYNA SZPIKU	Senior II M - 30	50	00:31:31	00:49:40	<b>01:20:27.90</b>	<b>01:21:01.40</b>	+00:35:43 (44.1%)	8:02	7.5 (56.4%)
51	<b>BIĘNKOWSKI Kamil</b>	<b>7439</b>		Senior II M - 30	51	00:31:59	00:51:36	<b>01:19:10.30</b>	<b>01:21:48.85</b>	+00:36:31 (44.6%)	7:55	7.6 (57.1%)
52	<b>MUCHA Orest</b>	<b>7018</b>		Senior II M - 30	52	00:31:36	00:50:18	<b>01:23:42.50</b>	<b>01:23:54.25</b>	+00:38:36 (46.0%)	8:22	7.2 (54.1%)
53	<b>NOWAK Jakub</b>	<b>7169</b>	BIEGANIE NA ŚNIADANIE ŚMIGIEL	Senior II M - 30	53	00:34:15	00:54:25	<b>01:25:53.00</b>	<b>01:26:21.50</b>	+00:41:04 (47.6%)	8:35	7 (52.6%)
54	<b>WILK Mateusz</b>	<b>7386</b>	ROMBO III	Senior II M - 30	54	00:34:19	00:54:56	<b>01:26:29.80</b>	<b>01:26:49.65</b>	+00:41:32 (47.8%)	8:39	6.9 (51.9%)
55	<b>WAWRZYNIAK Mariusz</b>	<b>7416</b>		Senior II M - 30	55	00:34:08	00:55:44	<b>01:26:15.95</b>	<b>01:27:02.40</b>	+00:41:44 (48.0%)	8:37	7 (52.6%)
56	<b>MAJEROWSKI Mateusz</b>	<b>7161</b>	BAUMAT TEAM	Senior II M - 30	56	00:33:46	00:54:32	<b>01:29:26.35</b>	<b>01:30:08.85</b>	+00:44:51 (49.8%)	8:56	6.7 (50.4%)
57	<b>TOMASZEWSKI Jacek</b>	<b>7063</b>		Senior II M - 30	57	00:32:30	00:53:06	<b>01:31:12.70</b>	<b>01:31:23.10</b>	+00:46:05 (50.4%)	9:07	6.6 (49.6%)
58	<b>PIGŁOWSKI Dawid</b>	<b>7432</b>	KANIA TEAM	Senior II M - 30	58	00:34:09	00:55:45	<b>01:31:15.05</b>	<b>01:32:03.35</b>	+00:46:45 (50.8%)	9:07	6.6 (49.6%)
59	<b>STRZELCZYK Wiktor</b>	<b>7072</b>		Senior II M - 30	59	00:37:23	00:59:29	<b>01:33:25.45</b>	<b>01:33:58.80</b>	+00:48:41 (51.8%)	9:20	6.4 (48.1%)
60	<b>KORDECKI Bartłomiej</b>	<b>7403</b>		Senior II M - 30	60	00:37:06	00:59:42	<b>01:36:09.15</b>	<b>01:36:51.20</b>	+00:51:33 (53.2%)	9:36	6.2 (46.6%)
61	<b>DOMBROWSKI Maciej</b>	<b>7197</b>	ZĄŁOGA GÓRSKA O!	Senior II M - 30	61	00:37:48	01:00:29	<b>01:37:53.15</b>	<b>01:38:10.60</b>	+00:52:53 (53.9%)	9:47	6.1 (45.9%)
62	<b>KULCZYCKI Łukasz</b>	<b>7195</b>	ATLAS RUNNING TEAM	Senior II M - 30	62	00:36:36	00:59:30	<b>01:38:48.30</b>	<b>01:38:56.35</b>	+00:53:38 (54.2%)	9:52	6.1 (45.9%)
63	<b>ZAREMBA Dominik</b>	<b>7218</b>		Senior II M - 30	63	00:37:20	01:00:07	<b>01:38:52.15</b>	<b>01:39:15.55</b>	+00:53:58 (54.4%)	9:53	6.1 (45.9%)
64	<b>GÓRECKI Konrad</b>	<b>7378</b>		Senior II M - 30	64	00:35:25	00:58:08	<b>01:42:16.70</b>	<b>01:43:01.45</b>	+00:57:43 (56.0%)	10:13	5.9 (44.4%)
65	<b>KOZERA Kamil</b>	<b>7073</b>	HARPAGAN SOSNOWIEC	Senior II M - 30	65	00:39:21	01:03:32	<b>01:42:52.45</b>	<b>01:43:24.25</b>	+00:58:06 (56.2%)	10:17	5.8 (43.6%)
66	<b>KOWALCZYK Dawid</b>	<b>7284</b>		Senior II M - 30	66	00:37:01	01:01:18	<b>01:44:43.95</b>	<b>01:45:22.95</b>	+01:00:05 (57.0%)	10:28	5.7 (42.9%)
67	<b>TOMASZEWSKI Robert</b>	<b>7399</b>		Senior II M - 30	67	00:36:39	00:59:16	<b>01:45:02.80</b>	<b>01:45:51.85</b>	+01:00:34 (57.2%)	10:30	5.7 (42.9%)
68	<b>KĘPSKI Grzegorz</b>	<b>7431</b>		Senior II M - 30	68	00:42:19	01:08:06	<b>01:49:15.60</b>	<b>01:49:49.40</b>	+01:04:31 (58.8%)	10:55	5.5 (41.4%)
69	<b>JAREMEK Wojtek</b>	<b>7044</b>	1981	Senior II M - 30	69	00:43:20	01:09:26	<b>01:52:34.45</b>	<b>01:52:58.05</b>	+01:07:40 (59.9%)	11:15	5.3 (39.8%)
70	<b>STASIAK Mateusz</b>	<b>7231</b>	BLOCKCHAIN RUNNING TEAM	Senior II M - 30	70	00:44:40	01:09:31	<b>01:54:47.35</b>	<b>01:54:52.25</b>	+01:09:34 (60.6%)	11:28	5.2 (39.1%)
71	<b>LUDZIŃSKI Adam</b>	<b>7125</b>		Senior II M - 30	71	00:45:58	01:16:52	<b>02:14:35.30</b>	<b>02:15:02.50</b>	+01:29:45 (66.5%)	13:27	4.5 (33.8%)
72	<b>BOCZAR Waldemar</b>	<b>7309</b>		Senior II M - 30	72	00:48:31	01:18:26	<b>02:15:49.95</b>	<b>02:16:28.85</b>	+01:31:11 (66.8%)	13:35	4.4 (33.1%)
73	<b>LATANOWICZ Bernard</b>	<b>7365</b>		Senior II M - 30	73	00:54:24	01:32:03	<b>02:32:01.60</b>	<b>02:32:40.25</b>	+01:47:22 (70.3%)	15:12	3.9 (29.3%)

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
74	<b>KUŹNIAK Szymon</b>	<b>7366</b>		Senior II M - 30	74	00:54:24	01:32:03	<b>02:32:04.05</b>	<b>02:32:42.00</b>	+01:47:24 (70.3%)	15:12	3.9 (29.3%)
75	<b>SZYMAŃSKI Paweł</b>	<b>7335</b>	MUAY RUNNING TEAM	Senior II M - 30	75	00:56:36	01:29:33	<b>02:32:36.15</b>	<b>02:33:25.25</b>	+01:48:07 (70.5%)	15:15	3.9 (29.3%)
76	<b>OLEJNIK Adam</b>	<b>7263</b>	REFERICON	Senior II M - 30	76	00:52:06	01:40:43	<b>02:53:25.40</b>	<b>02:53:32.25</b>	+02:08:14 (73.9%)	17:20	3.5 (26.3%)
77	<b>KUROWSKI Wojciech</b>	<b>7413</b>		Senior II M - 30	77							(0.0%)

Znaleziono 77 wynik(ów)