

BIEG TROJAK TRAIL - 10 KM

B4SPORT

Event: Dolnośląski Festiwal Biegów Górskich
Organiser: Fundacja MARATONY GÓRSKIE
Date: 2020-07-19
Place: Łądek-Zdrój
Distance: 10 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Classification: Senior II M - 30

Place	Participant	Number	Club	Category	MCat	C1 3.7km	C1 5.8km	Net time 10km	Gap	Pace min/km	Pace km/h
1	BEDNAREK Adrian	8367		Senior II M - 30	1	00:20:06	00:30:27	00:48:19.00		4:49	12.4 (100%)
2	WYTWER Błażej	8384	PĘDZIKIEM DO METY	Senior II M - 30	2	00:21:49	00:34:23	00:54:50.00	+00:06:31 (11.9%)	5:29	10.9 (87.9%)
3	GROMALA Krzysztof	8260	#AKADEMIABIEGANIA.PL	Senior II M - 30	3	00:23:32	00:35:01	00:55:48.80	+00:07:29 (13.4%)	5:34	10.7 (86.3%)
4	WOLEK Szymon	8374		Senior II M - 30	4	00:23:24	00:35:47	00:56:17.10	+00:07:58 (14.2%)	5:37	10.7 (86.3%)
5	GAJEWSKI Marek	8254	ADIDAS RUNNERS WARSAW	Senior II M - 30	5	00:22:53	00:36:28	00:57:24.30	+00:09:05 (15.8%)	5:44	10.4 (83.9%)
6	BOCZEK Leszek	8350	ZAŁOGA GÓRSKA	Senior II M - 30	6	00:24:42	00:38:14	01:00:43.05	+00:12:24 (20.4%)	6:04	9.9 (79.8%)
7	CHLEBOWICZ Marcin	8329	DOBRY-TRENER.PL	Senior II M - 30	7	00:25:48	00:40:18	01:03:26.60	+00:15:07 (23.8%)	6:20	9.5 (76.6%)
8	GAWLIK Sławek	8022	DYNAFIT TEAM POLAND	Senior II M - 30	8	00:26:26	00:39:43	01:04:33.35	+00:16:14 (25.2%)	6:27	9.3 (75.0%)
9	RZEŹNIK Dacjan	8140	BOHAR PALETY RUNNERS	Senior II M - 30	9	00:24:42	00:40:21	01:04:33.60	+00:16:14 (25.2%)	6:27	9.3 (75.0%)
10	KUJAWA Zbigniew	8399	ZAŁOGA GÓRSKA	Senior II M - 30	10	00:26:40	00:41:38	01:05:09.95	+00:16:50 (25.9%)	6:31	9.2 (74.2%)
11	STANIA Paweł	8212		Senior II M - 30	11	00:27:33	00:42:23	01:06:03.95	+00:17:44 (26.9%)	6:36	9.1 (73.4%)
12	BEDNARZ Marcin	8214	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	Senior II M - 30	12	00:28:16	00:43:05	01:06:50.40	+00:18:31 (27.7%)	6:41	9 (72.6%)
13	URBAŃSKI Michał	8182	FLUNKYBALL TEAM ŁĄDEK-ZDRÓJ	Senior II M - 30	13	00:29:14	00:43:46	01:07:26.80	+00:19:07 (28.4%)	6:44	8.9 (71.8%)
14	JAROSŁAWSKI Marcin	8021	KB-HARCOWNIK	Senior II M - 30	14	00:30:16	00:44:55	01:09:06.60	+00:20:47 (30.1%)	6:54	8.7 (70.2%)
15	POPRAWSKI Mateusz	8012	KILIŃSKIEGO TEAM	Senior II M - 30	15	00:29:32	00:45:20	01:11:00.40	+00:22:41 (32.0%)	7:06	8.4 (67.7%)
16	LIPA Patryk	8281		Senior II M - 30	16	00:30:58	00:45:49	01:11:54.50	+00:23:35 (32.8%)	7:11	8.3 (66.9%)
17	BOGACKI Maciej	8327	ORŁY WROCŁAW	Senior II M - 30	17	00:30:17	00:46:35	01:12:09.30	+00:23:50 (33.0%)	7:13	8.3 (66.9%)
18	ZIMOŃ Norbert	8011	WATAHA	Senior II M - 30	18	00:30:54	00:46:42	01:12:55.85	+00:24:36 (33.8%)	7:17	8.2 (66.1%)
19	KOSMALA Szymon	8164		Senior II M - 30	19	00:30:24	00:47:15	01:14:31.15	+00:26:12 (35.2%)	7:27	8.1 (65.3%)
20	WARAKSA Tomasz	8162	VEGE RUNNERS	Senior II M - 30	20	00:31:35	00:48:18	01:15:06.75	+00:26:47 (35.7%)	7:30	8 (64.5%)
21	TYSZER Łukasz	8202		Senior II M - 30	21	00:31:26	00:48:48	01:15:58.75	+00:27:39 (36.4%)	7:35	7.9 (63.7%)
22	KUBAŚ Dawid	8204	NADLEŚNICTWO ZDROJE	Senior II M - 30	22	00:32:31	00:49:20	01:16:52.85	+00:28:33 (37.2%)	7:41	7.8 (62.9%)
23	KLIMEK Marek	8139		Senior II M - 30	23	00:31:23	00:48:48	01:16:53.80	+00:28:34 (37.2%)	7:41	7.8 (62.9%)
24	GOŚCIŃSKI Sławomir	8320	ICE4B.PL	Senior II M - 30	24	00:32:31	00:48:57	01:17:14.95	+00:28:55 (37.5%)	7:43	7.8 (62.9%)
25	TOMASZKIEWICZ Wojciech	8298	RUN FOREST	Senior II M - 30	25	00:33:25	00:51:05	01:17:54.45	+00:29:35 (38.0%)	7:47	7.7 (62.1%)
26	MOKRZYŃSKI Marcin	8255	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	Senior II M - 30	26	00:38:56	00:53:01	01:18:12.15	+00:29:53 (38.2%)	7:49	7.7 (62.1%)
27	JAMROSZCZYK Przemysław	8172	TEAM PLESZEW	Senior II M - 30	27	00:31:41	00:51:18	01:20:57.00	+00:32:38 (40.3%)	8:05	7.4 (59.7%)
28	RAJZER Piotr	8156		Senior II M - 30	28	00:33:01	00:52:05	01:20:57.80	+00:32:38 (40.3%)	8:05	7.4 (59.7%)
29	NOWICKI Bartosz	8173		Senior II M - 30	29	00:31:51	00:51:27	01:21:05.85	+00:32:46 (40.4%)	8:06	7.4 (59.7%)

Place	Participant	Number	Club	Category	MCat	C1		Net	Gap	Pace	Pace
						3.7km	5.8km	time		10km	min/km
30	BUDZIAK Michał	8171		Senior II M - 30	30	00:33:18	00:52:14	01:21:24.80	+00:33:05 (40.7%)	8:08	7.4 (59.7%)
31	KURENDA Radek	8304	KLUB BIEGACZA RTVEUROAGD,KW OPOLE	Senior II M - 30	31	00:31:53	00:51:13	01:22:26.70	+00:34:07 (41.4%)	8:14	7.3 (58.9%)
32	KUZIEL Marcin	8085	BLACK RUNNING STRONIE ŚLĄSKIE	Senior II M - 30	32	00:32:33	00:52:51	01:22:30.65	+00:34:11 (41.4%)	8:15	7.3 (58.9%)
33	AMANOWICZ Lukasz	8395		Senior II M - 30	33	00:34:02	00:51:13	01:23:01.30	+00:34:42 (41.8%)	8:18	7.2 (58.1%)
34	MAZIAREK Michał	8057		Senior II M - 30	34	00:32:56	00:52:01	01:23:05.35	+00:34:46 (41.8%)	8:18	7.2 (58.1%)
35	PLINIEWICZ Krzysztof	8143	STROŃSKA GRUPA ROWEROWA	Senior II M - 30	35	00:33:25	00:51:25	01:23:46.45	+00:35:27 (42.3%)	8:22	7.2 (58.1%)
36	MICHALAK Adrian	8094		Senior II M - 30	36	00:34:27	00:52:25	01:23:59.70	+00:35:40 (42.5%)	8:23	7.1 (57.3%)
37	WESOŁY Maciej	8196	KOŁO BIEGA	Senior II M - 30	37	00:33:49	00:54:23	01:24:12.30	+00:35:53 (42.6%)	8:25	7.1 (57.3%)
38	JASKÓŁKA Rafał	8029		Senior II M - 30	38	00:35:09	00:56:19	01:28:01.75	+00:39:42 (45.1%)	8:48	6.8 (54.8%)
39	MARTYNIAK Rafał	8232		Senior II M - 30	39	00:35:33	00:56:30	01:28:21.55	+00:40:02 (45.3%)	8:50	6.8 (54.8%)
40	HUTNIK Wojciech	8375	APTENEO RUNNING TEAM	Senior II M - 30	40	00:37:39	00:57:37	01:28:45.45	+00:40:26 (45.6%)	8:52	6.8 (54.8%)
41	KUBÓW Jarek	8301		Senior II M - 30	41	00:34:00	00:55:44	01:29:24.60	+00:41:05 (46.0%)	8:56	6.7 (54.0%)
42	PFAJFER Marek	8125	MARATONYPOLSKIE.PL TEAM	Senior II M - 30	42	00:38:08	00:58:35	01:30:17.75	+00:41:58 (46.5%)	9:01	6.6 (53.2%)
43	STASIAK Łukasz	8221	WATAHA - ŁĄCZY NAS BIEGANIE	Senior II M - 30	43	00:36:45	00:56:44	01:30:33.55	+00:42:14 (46.6%)	9:03	6.6 (53.2%)
44	CHYLIŃSKI Bartosz	8227		Senior II M - 30	44	00:35:59	00:57:40	01:31:56.05	+00:43:37 (47.4%)	9:11	6.5 (52.4%)
45	RĄCZKOWIAK Mateusz	8216	MATNERRUNNINGTEAM	Senior II M - 30	45	00:36:04	00:58:04	01:32:06.70	+00:43:47 (47.5%)	9:12	6.5 (52.4%)
46	TRZEŚNIEWSKI Krzysztof	8280	VEGE RUNNERS	Senior II M - 30	46	00:35:22	00:57:47	01:32:10.45	+00:43:51 (47.6%)	9:13	6.5 (52.4%)
47	GUTOWSKI Piotr	8294		Senior II M - 30	47	00:35:49	00:58:24	01:32:59.60	+00:44:40 (48.0%)	9:18	6.5 (52.4%)
48	MAŁECKI Kamil	8274		Senior II M - 30	48	00:34:46	00:59:48	01:33:18.65	+00:44:59 (48.2%)	9:19	6.4 (51.6%)
49	TEKIELA Łukasz	8046		Senior II M - 30	49	00:36:33	00:57:12	01:33:20.15	+00:45:01 (48.2%)	9:20	6.4 (51.6%)
50	GULCZYŃSKI Dawid	8400		Senior II M - 30	50	00:36:08	00:57:19	01:33:52.45	+00:45:33 (48.5%)	9:23	6.4 (51.6%)
51	CELICHOWSKI Stanisław	8206		Senior II M - 30	51	00:39:41	00:59:37	01:34:31.15	+00:46:12 (48.9%)	9:27	6.3 (50.8%)
52	KORF Tomasz	8059		Senior II M - 30	52	00:39:44	01:00:38	01:36:16.80	+00:47:57 (49.8%)	9:37	6.2 (50.0%)
53	SOBCZAK Aleksander	8154	BIELAWSKA AKADEMIA BIEGANIA	Senior II M - 30	53	00:39:41	01:03:48	01:36:41.75	+00:48:22 (50.0%)	9:40	6.2 (50.0%)
54	GAJDA Mateusz	8039	SPRÓCHNIALI HERKULESI	Senior II M - 30	54	00:39:39	01:00:58	01:37:03.85	+00:48:44 (50.2%)	9:42	6.2 (50.0%)
55	WILK Tomasz	8060		Senior II M - 30	55	00:38:35	01:02:59	01:38:36.80	+00:50:17 (51.0%)	9:51	6.1 (49.2%)
56	KAŁKA Marcin	8394		Senior II M - 30	56	00:38:28	01:01:32	01:39:11.20	+00:50:52 (51.3%)	9:55	6 (48.4%)
57	KIELASZEWSKI Karol	8272	LESZNO LIMITS RUNNERS	Senior II M - 30	57	00:42:33	01:03:24	01:43:54.65	+00:55:35 (53.5%)	10:23	5.8 (46.8%)
58	GÓRALSKI Krzysztof	8124		Senior II M - 30	58	00:39:32	01:05:02	01:45:48.00	+00:57:29 (54.3%)	10:34	5.7 (46.0%)
59	KOWALCZYK Dawid	8108		Senior II M - 30	59	00:44:26	01:08:26	01:48:04.55	+00:59:45 (55.3%)	10:48	5.6 (45.2%)
60	CHADZULIS Kostas	8195		Senior II M - 30	60	00:43:40	01:08:15	01:48:39.90	+01:00:20 (55.5%)	10:52	5.5 (44.4%)
61	SŁOMKA Mariusz	8303		Senior II M - 30	61	00:35:28	01:01:38	01:50:43.85	+01:02:24 (56.4%)	11:04	5.4 (43.5%)
62	MARIN IRIGARAY Alberto	8158		Senior II M - 30	62	00:43:36	01:09:45	01:51:21.05	+01:03:02 (56.6%)	11:08	5.4 (43.5%)
63	JANKOWSKI Rafał	8345	KOŁO BIEGA	Senior II M - 30	63	00:49:45	01:16:26	01:55:11.15	+01:06:52 (58.1%)	11:31	5.2 (41.9%)
64	MRÓZ Radosław	8342		Senior II M - 30	64	00:44:25	01:14:38	01:55:26.55	+01:07:07 (58.1%)	11:32	5.2 (41.9%)
65	WIELADEK Lukasz	8132		Senior II M - 30	65	00:46:35	01:16:33	01:57:59.40	+01:09:40 (59.1%)	11:47	5.1 (41.1%)
66	DOMBROWSKI Maciej	8371	ATTIQ TEAM	Senior II M - 30	66	00:49:58	01:16:10	01:58:26.60	+01:10:07 (59.2%)	11:50	5.1 (41.1%)
67	WIELĄDEK Piotr	8130		Senior II M - 30	67	00:48:54	01:17:53	01:58:34.80	+01:10:15 (59.3%)	11:51	5.1 (41.1%)
68	RYDZYŃSKI Jacek	8310	KNEIPPTEAM	Senior II M - 30	68	00:47:13	01:14:01	02:02:30.85	+01:14:11 (60.6%)	12:15	4.9 (39.5%)
69	LOJOWSKI Bartosz	8082		Senior II M - 30	69	00:47:00	01:16:31	02:03:34.05	+01:15:15 (60.9%)	12:21	4.9 (39.5%)
70	LASEK Jakub	8141	KW OPOLE	Senior II M - 30	70	00:51:46	01:22:17	02:06:24.50	+01:18:05 (61.8%)	12:38	4.7 (37.9%)

Total 70 results.