



BIEG TROJAK TRAIL - 10 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2021-07-18
Miejsce: Łądek-Zdrój
Dystans: 10 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Senior II M - 30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	CHRZANOWSKI Patryk	8571	PCH SPORT COMPLEX	Senior II M - 30	1	00:20:28	00:30:52	00:49:26.00		4:56	12.1 (100%)
2	ŁĘŻNIAK Aleksander	8480	MONK SANDALS TEAM	Senior II M - 30	2	00:21:52	00:32:25	00:51:14.30	+00:01:48 (3.5%)	5:07	11.7 (96.7%)
3	NORBERT Michał	8334	KB SOBÓTKA/PRZEDWOJEWSKI TEAM	Senior II M - 30	3	00:21:49	00:32:26	00:51:19.70	+00:01:53 (3.7%)	5:07	11.7 (96.7%)
4	MIESZCZAK Marcin	8371		Senior II M - 30	4	00:21:14	00:32:16	00:52:30.80	+00:03:04 (5.9%)	5:15	11.4 (94.2%)
5	WRZESZCZ Mariusz	8132	PRZEDWOJEWSKI TEAM / FUNTRI	Senior II M - 30	5	00:23:08	00:35:04	00:55:04.15	+00:05:38 (10.2%)	5:30	10.9 (90.1%)
6	SZYMAŃSKI Paweł	8181	FIZJOBIEGACZE SZCZECIN	Senior II M - 30	6	00:22:34	00:34:21	00:55:11.80	+00:05:45 (10.4%)	5:31	10.9 (90.1%)
7	SIERADZKI Krzysztof	8257	PRZEDWOJEWSKI TEAM	Senior II M - 30	7	00:23:03	00:35:00	00:55:18.45	+00:05:52 (10.6%)	5:31	10.8 (89.3%)
8	SZKOŁA Wojciech	8143	NATURAL BORN RUNNERS	Senior II M - 30	8	00:23:43	00:35:38	00:56:43.80	+00:07:17 (12.9%)	5:40	10.6 (87.6%)
9	KUJAWA Zbigniew	8591	ZĄŁOGA GÓRSKA	Senior II M - 30	9	00:25:02	00:37:52	00:59:00.60	+00:09:34 (16.2%)	5:54	10.2 (84.3%)
10	CHODOROWSKI Krzysztof	8210	PRZEDWOJEWSKI TEAM	Senior II M - 30	10	00:25:04	00:37:51	00:59:31.50	+00:10:05 (17.0%)	5:57	10.1 (83.5%)
11	JAZ Marcin	8389	RNB TEAM POLANICA ZDRÓJ	Senior II M - 30	11	00:24:48	00:37:35	00:59:34.85	+00:10:08 (17.0%)	5:57	10.1 (83.5%)
12	PIEKAJ Łukasz	8331		Senior II M - 30	12	00:24:55	00:37:51	00:59:39.80	+00:10:13 (17.1%)	5:57	10.1 (83.5%)
13	BEDNARZ Marcin	8352	TEAM KURORT ŁĄDEK ZDRÓJ	Senior II M - 30	13	00:26:08	00:39:03	01:00:02.25	+00:10:36 (17.7%)	6:00	10 (82.6%)
14	GLANOWSKI Marek	8045		Senior II M - 30	14	00:25:35	00:38:51	01:01:01.55	+00:11:35 (19.0%)	6:06	9.8 (81.0%)
15	CZELEŃ Mateusz	8221		Senior II M - 30	15	00:26:47	00:40:02	01:02:09.30	+00:12:43 (20.5%)	6:12	9.7 (80.2%)
16	CIEPŁY Maciej	8119		Senior II M - 30	16	00:26:44	00:41:50	01:06:22.85	+00:16:56 (25.5%)	6:38	9 (74.4%)
17	WANOWSKI Przemysław	8387	KRWIOBIEG(ANIE) ZIELONA GÓRA	Senior II M - 30	17	00:26:57	00:42:50	01:07:07.10	+00:17:41 (26.3%)	6:42	8.9 (73.6%)
18	TOMASZKIEWICZ Wojciech	8442	RUN FOREST	Senior II M - 30	18	00:27:59	00:42:11	01:07:59.10	+00:18:33 (27.3%)	6:47	8.8 (72.7%)
19	ŚLADCZYK Dominik	8276	MKST	Senior II M - 30	19	00:29:35	00:44:26	01:08:02.65	+00:18:36 (27.4%)	6:48	8.8 (72.7%)
20	WAGNER Mateusz	8568		Senior II M - 30	20	00:29:28	00:43:51	01:08:17.20	+00:18:51 (27.6%)	6:49	8.8 (72.7%)
21	ŚWIATOWY Filip	8431	RONAL POLSKA RUN	Senior II M - 30	21	00:30:29	00:45:00	01:09:12.30	+00:19:46 (28.6%)	6:55	8.7 (71.9%)
22	POLIWOZAK Patryk	8139		Senior II M - 30	22	00:29:06	00:44:13	01:09:33.30	+00:20:07 (28.9%)	6:57	8.6 (71.1%)
23	KIELASZEWSKI Karol	8479	LESZNO LIMITS RUNNERS	Senior II M - 30	23	00:29:31	00:46:04	01:10:16.50	+00:20:50 (29.7%)	7:01	8.5 (70.2%)
24	KOSMOWSKI Wiesław	8077		Senior II M - 30	24	00:30:40	00:45:28	01:10:38.15	+00:21:12 (30.0%)	7:03	8.5 (70.2%)
25	GOŚCIŃSKI Sławomir	8570	WWW.ICE4MED.PL	Senior II M - 30	25	00:31:42	00:46:14	01:11:36.70	+00:22:10 (31.0%)	7:09	8.4 (69.4%)
26	TOMAKA Maciej	8601		Senior II M - 30	26	00:30:27	00:46:34	01:11:49.40	+00:22:23 (31.2%)	7:10	8.4 (69.4%)
27	ZALEWSKI Karol	8091		Senior II M - 30	27	00:30:48	00:46:40	01:14:06.10	+00:24:40 (33.3%)	7:24	8.1 (66.9%)
28	LUBAŃSKI Mateusz	8523	KS BARYCZ MILICZ	Senior II M - 30	28	00:31:31	00:47:54	01:14:22.45	+00:24:56 (33.5%)	7:26	8.1 (66.9%)
29	OCIEPKA Michał	8509	EL GATO	Senior II M - 30	29	00:30:54	00:47:55	01:14:36.30	+00:25:10 (33.7%)	7:27	8 (66.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto		Tempo min/km	Tempo km/h
						3.7km	5.8km	10km	Różn		
30	LIPIŃSKI Oskar	8364		Senior II M - 30	30	00:32:13	00:48:30	01:14:56.80	+00:25:30 (34.0%)	7:29	8 (66.1%)
31	MUCHA Orest	8191		Senior II M - 30	31	00:32:16	00:48:23	01:15:09.90	+00:25:43 (34.2%)	7:30	8 (66.1%)
32	WODKOWSKI Bartosz	8207		Senior II M - 30	32	00:32:39	00:49:18	01:15:16.20	+00:25:50 (34.3%)	7:31	8 (66.1%)
33	JUNCZYK Michał Junczyk	8205		Senior II M - 30	33	00:32:39	00:49:42	01:17:00.10	+00:27:34 (35.8%)	7:42	7.8 (64.5%)
34	GRUNTOWSKI Mateusz	8553	NIEMO ADVENTURE	Senior II M - 30	34	00:32:38	00:49:02	01:17:00.20	+00:27:34 (35.8%)	7:42	7.8 (64.5%)
35	WALA Patryk	8593	ZAŁOGA GÓRSKA	Senior II M - 30	35	00:33:42	00:50:08	01:17:05.10	+00:27:39 (35.9%)	7:42	7.8 (64.5%)
36	MAZIAREK Michał	8135		Senior II M - 30	36	00:32:48	00:49:22	01:17:38.25	+00:28:12 (36.3%)	7:45	7.7 (63.6%)
37	MITIS Marek	8560		Senior II M - 30	37	00:33:34	00:50:00	01:18:02.65	+00:28:36 (36.7%)	7:48	7.7 (63.6%)
38	NIEMCZAK Kamil	8252	FLYING HIPPOCORNS	Senior II M - 30	38	00:32:42	00:49:05	01:18:12.55	+00:28:46 (36.8%)	7:49	7.7 (63.6%)
39	PLINIEWICZ Krzysztof	8459	STRONIE BIEGA	Senior II M - 30	39	00:32:54	00:49:07	01:18:58.70	+00:29:32 (37.4%)	7:53	7.6 (62.8%)
40	SPOREK Piotr	8410		Senior II M - 30	40	00:34:00	00:51:26	01:19:52.40	+00:30:26 (38.1%)	7:59	7.5 (62.0%)
41	JANUS Tomasz	8354	TEAM KURORT ŁĄDEK-ZDRÓJ	Senior II M - 30	41	00:33:53	00:51:39	01:20:02.05	+00:30:36 (38.2%)	8:00	7.5 (62.0%)
42	GAŚSIOR Paweł	8391	ROZBIEGANY SUSZ	Senior II M - 30	42	00:32:58	00:51:43	01:21:24.15	+00:31:58 (39.3%)	8:08	7.4 (61.2%)
43	GOS Sebastian	8515		Senior II M - 30	43	00:33:22	00:49:52	01:21:33.40	+00:32:07 (39.4%)	8:09	7.4 (61.2%)
44	MAZUREK Piotr	8002		Senior II M - 30	44	00:34:08	00:52:05	01:21:38.80	+00:32:12 (39.5%)	8:09	7.3 (60.3%)
45	ŁUKASZEK Marek	8005		Senior II M - 30	45	00:34:12	00:51:15	01:21:47.45	+00:32:21 (39.6%)	8:10	7.3 (60.3%)
46	TEŚLAK Dawid	8209		Senior II M - 30	46	00:34:40	00:52:26	01:22:16.45	+00:32:50 (39.9%)	8:13	7.3 (60.3%)
47	GÓRECKI Konrad	8413		Senior II M - 30	47	00:33:30	00:52:23	01:23:01.85	+00:33:35 (40.5%)	8:18	7.2 (59.5%)
48	HONCZA Tomasz	8329		Senior II M - 30	48	00:33:11	00:51:55	01:23:27.05	+00:34:01 (40.8%)	8:20	7.2 (59.5%)
49	CHUDAŃSKI Maciej	8000		Senior II M - 30	49	00:34:38	00:52:33	01:24:24.05	+00:34:58 (41.4%)	8:26	7.1 (58.7%)
50	BATHKE Rafał	8587	GO PATI	Senior II M - 30	50	00:35:35	00:54:04	01:24:29.50	+00:35:03 (41.5%)	8:26	7.1 (58.7%)
51	PASTWA Maciej	8510		Senior II M - 30	51	00:35:22	00:54:06	01:25:41.45	+00:36:15 (42.3%)	8:34	7 (57.9%)
52	GORAL Jakub	8437		Senior II M - 30	52	00:34:53	00:54:10	01:25:57.80	+00:36:31 (42.5%)	8:35	7 (57.9%)
53	KUCHARCZYK Kamil	8244	TRI NOT TO DIE	Senior II M - 30	53	00:35:40	00:56:23	01:26:14.40	+00:36:48 (42.7%)	8:37	7 (57.9%)
54	KAMPA Paweł	8245		Senior II M - 30	54	00:36:32	00:56:14	01:27:55.60	+00:38:29 (43.8%)	8:47	6.8 (56.2%)
55	SAMOLAK Łukasz	8538		Senior II M - 30	55	00:36:42	00:53:58	01:28:32.40	+00:39:06 (44.2%)	8:51	6.8 (56.2%)
56	CHMIELEWSKI Mariusz	8023	RUNPROGRESS	Senior II M - 30	56	00:37:20	00:56:57	01:29:16.15	+00:39:50 (44.6%)	8:55	6.7 (55.4%)
57	KIECÓŃ Michał	8373	RUN MOUNTAINS TRAVELS	Senior II M - 30	57	00:37:19	00:57:02	01:29:38.40	+00:40:12 (44.9%)	8:57	6.7 (55.4%)
58	KUBAŚ Dawid	8366	NADLEŚNICTWO ZDROJE	Senior II M - 30	58	00:38:12	00:59:43	01:30:20.20	+00:40:54 (45.3%)	9:02	6.6 (54.5%)
59	ZADORA Borys	8517		Senior II M - 30	59	00:38:01	00:57:30	01:30:53.00	+00:41:27 (45.6%)	9:05	6.6 (54.5%)
60	GUL Paweł	8284		Senior II M - 30	60	00:38:34	00:58:46	01:32:45.70	+00:43:19 (46.7%)	9:16	6.5 (53.7%)
61	IDASZAK Patryk	8434		Senior II M - 30	61	00:38:44	00:59:46	01:33:05.70	+00:43:39 (46.9%)	9:18	6.4 (52.9%)
62	SADOWSKI Michał	8129		Senior II M - 30	62	00:39:12	00:58:38	01:33:05.95	+00:43:39 (46.9%)	9:18	6.4 (52.9%)
63	ZARZECZNY Radosław	8559	JUNIOR AMATOR SUPERSTAR	Senior II M - 30	63	00:38:22	00:59:55	01:33:51.75	+00:44:25 (47.3%)	9:23	6.4 (52.9%)
64	KALINA Adam	8254		Senior II M - 30	64	00:37:18	00:59:39	01:35:18.40	+00:45:52 (48.1%)	9:31	6.3 (52.1%)
65	KULA Damian	8177		Senior II M - 30	65	00:38:07	01:00:14	01:35:25.45	+00:45:59 (48.2%)	9:32	6.3 (52.1%)
66	BARANIAK Jarosław	8234		Senior II M - 30	66	00:39:41	01:01:11	01:37:16.60	+00:47:50 (49.2%)	9:43	6.2 (51.2%)
67	KORGÓL Mariusz	8198	RUN WISZNIA RUN	Senior II M - 30	67	00:40:37	01:01:33	01:37:36.40	+00:48:10 (49.4%)	9:45	6.1 (50.4%)
68	SZURKOWSKI Michał	8462	GRUNWALD TEAM POZNAŃ	Senior II M - 30	68	00:40:50	01:02:04	01:37:56.45	+00:48:30 (49.5%)	9:47	6.1 (50.4%)
69	BIECHOWIAK Artur	8386		Senior II M - 30	69	00:39:42	01:01:36	01:38:12.65	+00:48:46 (49.7%)	9:49	6.1 (50.4%)
70	LEHMANN Artur	8444		Senior II M - 30	70	00:39:39	01:00:55	01:38:30.40	+00:49:04 (49.8%)	9:51	6.1 (50.4%)
71	RASZKOWSKI Piotr	8396	ŚLĘZAK TEAM PIOTRBIEGACZ.PL	Senior II M - 30	71	00:42:00	01:04:34	01:39:38.05	+00:50:12 (50.4%)	9:57	6 (49.6%)
72	LEŚNIAK Wiktor	8409		Senior II M - 30	72	00:41:31	01:05:56	01:42:15.95	+00:52:49 (51.7%)	10:13	5.9 (48.8%)
73	MRÓZ Radek	8287		Senior II M - 30	73	00:42:01	01:05:25	01:42:50.80	+00:53:24 (51.9%)	10:17	5.8 (47.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto	Różn	Tempo min/km	Tempo km/h
						3.7km	5.8km	10km			
74	ŁOKAJ Marcin	8187		Senior II M - 30	74	00:43:51	01:07:10	01:44:51.95	+00:55:25 (52.9%)	10:29	5.7 (47.1%)
75	KONONIUK Łukasz	8592	FUNDACJA KIERUNEK ULTRA	Senior II M - 30	75	00:39:38	01:09:14	01:51:43.50	+01:02:17 (55.8%)	11:10	5.4 (44.6%)
76	CHYBICKI Wojciech	8506		Senior II M - 30	76	00:48:58	01:13:57	01:53:46.85	+01:04:20 (56.6%)	11:22	5.3 (43.8%)
77	SZYMAŃSKI Łukasz	8158		Senior II M - 30	77	00:45:36	01:11:10	01:54:27.15	+01:05:01 (56.8%)	11:26	5.2 (43.0%)
78	JANECZEK Tomasz	8258		Senior II M - 30	78	00:50:50	01:18:10	02:05:01.15	+01:15:35 (60.5%)	12:30	4.8 (39.7%)
79	WĄSOWICZ Patryk	8232	CHIVAS TEAM	Senior II M - 30	79	00:47:05	01:18:29	02:11:35.95	+01:22:09 (62.4%)	13:09	4.6 (38.0%)
80	TALAR Marek	8281	KĘSY TEAM	Senior II M - 30	80	00:49:30	01:23:23	02:19:20.75	+01:29:54 (64.5%)	13:56	4.3 (35.5%)
81	BOCZAR Waldemar	8228		Senior II M - 30	81	01:06:42	01:46:38	02:52:25.60	+02:02:59 (71.3%)	17:14	3.5 (28.9%)

Znaleziono 81 wynik(ów)