



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dolnośląski Festiwal Biegów Górskich
Fundacja MARATONY GÓRSKIE
2022-07-17
Łądek-Zdrój
10 km

BIEG TROJAK TRAIL - 10 KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Senior II M - 30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0.01km	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	LAGNER Sebastian	8444	KB SOBÓTKA/ PRZEDWOJEWSKI_TEAM	Senior II M - 30	1	00:00:01	00:20:19	00:30:12	00:47:54.85	00:47:54.85		4:47	12.5 (100%)
2	CHRZANOWSKI Patryk	8302	PCH SPORT TEAM	Senior II M - 30	2	00:00:01	00:20:43	00:31:01	00:48:36.75	00:48:36.75	+00:00:41 (1.4%)	4:51	12.3 (98.4%)
3	KUJAWA Zbigniew	8594	TKKF KOLEJARZ BYDGOSZCZ / ZAŁOGA GÓRSKA	Senior II M - 30	3	00:00:03	00:21:59	00:32:26	00:50:40.60	00:50:40.60	+00:02:45 (5.5%)	5:04	11.8 (94.4%)
4	DUTKOWSKI Mikołaj	8209	WKS ŚLĄSK WROCŁAW	Senior II M - 30	4	00:00:01	00:21:54	00:32:25	00:50:50.40	00:50:50.40	+00:02:55 (5.8%)	5:05	11.8 (94.4%)
5	MONZO David	8088		Senior II M - 30	5	00:00:02	00:20:40	00:31:36	00:50:55.15	00:50:55.15	+00:03:00 (5.9%)	5:05	11.8 (94.4%)
6	SIERADZKI Krzysztof	8270	PRZEDWOJEWSKI TEAM	Senior II M - 30	6	00:00:02	00:21:27	00:32:25	00:51:28.65	00:51:28.65	+00:03:33 (6.9%)	5:08	11.7 (93.6%)
7	BUKSA Tomasz	8460	WOT	Senior II M - 30	7	00:00:04	00:23:05	00:34:31	00:55:55.65	00:55:55.65	+00:08:00 (14.3%)	5:35	10.7 (85.6%)
8	WOJCIECHOWSKI Mateusz	8484	NULL	Senior II M - 30	8	00:00:02	00:23:51	00:35:25	00:56:16.70	00:56:16.70	+00:08:21 (14.9%)	5:37	10.7 (85.6%)
9	TRZEPAK Łukasz	8426		Senior II M - 30	9	00:01:00	00:24:04	00:35:32	00:56:27.70	00:56:27.70	+00:08:32 (15.1%)	5:38	10.6 (84.8%)
10	LASEK Jakub	8047	RMT TEAM	Senior II M - 30	10	00:00:02	00:24:43	00:36:39	00:56:54.75	00:56:54.75	+00:08:59 (15.8%)	5:41	10.5 (84.0%)
11	SAMIEC Janusz	8424		Senior II M - 30	11	00:00:18	00:24:37	00:36:49	00:58:25.75	00:58:25.75	+00:10:30 (18.0%)	5:50	10.3 (82.4%)
12	PIĘKOŚ Błażej	8480		Senior II M - 30	12	00:00:08	00:25:02	00:37:37	01:00:00.50	01:00:00.50	+00:12:05 (20.2%)	6:00	10 (80.0%)
13	TOMASZKIEWICZ Wojciech	8055	RUN FOREST	Senior II M - 30	13	00:00:07	00:25:37	00:38:17	01:01:01.45	01:01:01.45	+00:13:06 (21.5%)	6:06	9.8 (78.4%)
14	CITKO Maciej	8259	BIEG OPOLSKI	Senior II M - 30	14	00:00:05	00:26:50	00:40:24	01:03:11.75	01:03:11.75	+00:15:16 (24.2%)	6:19	9.5 (76.0%)
15	PAJĄK Alan	8136		Senior II M - 30	15	00:00:29	00:28:09	00:41:13	01:04:02.25	01:04:02.25	+00:16:07 (25.2%)	6:24	9.4 (75.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0.01km	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	SZYMCZAK Bartłomiej	8414	ŻARY RUNNRS TEAM	Senior II M - 30	16	00:00:13	00:28:00	00:42:23	01:07:30.10	01:07:30.10	+00:19:35 (29.0%)	6:45	8.9 (71.2%)
17	STYK Marek	8023		Senior II M - 30	17	00:00:31	00:28:06	00:42:24	01:08:11.65	01:08:11.65	+00:20:16 (29.7%)	6:49	8.8 (70.4%)
18	OSICA Łukasz	8108		Senior II M - 30	18	00:00:15	00:29:03	00:43:43	01:08:28.25	01:08:28.25	+00:20:33 (30.0%)	6:50	8.8 (70.4%)
19	FRERIKS Jeroen	8248	LEIDEN ATLETIEK	Senior II M - 30	19	00:00:11	00:29:13	00:43:51	01:09:12.10	01:09:12.10	+00:21:17 (30.8%)	6:55	8.7 (69.6%)
20	SAŁDYKA Marcin	8451		Senior II M - 30	20	00:00:34	00:30:03	00:44:33	01:10:21.65	01:10:21.65	+00:22:26 (31.9%)	7:02	8.5 (68.0%)
20	HONSZA Tomasz	8139	MOCNA GRUPA CEZARA	Senior II M - 30	20	00:00:33	00:31:12	00:45:49	01:10:21.65	01:10:21.65	+00:22:26 (31.9%)	7:02	8.5 (68.0%)
22	PISCO Tiago	8377	LUSITANIA ARMADA	Senior II M - 30	22	00:01:20	00:31:15	00:45:15	01:11:08.70	01:11:08.70	+00:23:13 (32.7%)	7:06	8.4 (67.2%)
23	TRZPIOLA Tycjan	8003	KURACJUSZE	Senior II M - 30	23	00:00:11	00:29:39	00:44:53	01:11:31.50	01:11:31.50	+00:23:36 (33.0%)	7:09	8.4 (67.2%)
24	JARMUŻEK Tomasz	8346		Senior II M - 30	24	00:00:58	00:32:30	00:46:59	01:11:38.65	01:11:38.65	+00:23:43 (33.1%)	7:09	8.4 (67.2%)
25	WIDUN Grzegorz	8200	WIDUN KETTELBELLE CLUB	Senior II M - 30	25	00:01:33	00:31:41	00:46:23	01:12:20.15	01:12:20.15	+00:24:25 (33.8%)	7:14	8.3 (66.4%)
26	WOŹNIAK Jakub	8160	TEAM LIDL	Senior II M - 30	26	00:00:45	00:31:28	00:45:56	01:12:56.45	01:12:56.45	+00:25:01 (34.3%)	7:17	8.2 (65.6%)
26	GOS Sebastian	8449		Senior II M - 30	26	00:00:35	00:31:14	00:46:16	01:12:56.45	01:12:56.45	+00:25:01 (34.3%)	7:17	8.2 (65.6%)
28	CIEŚLAK Krzysztof	8563	ULTRAFAZA.PL	Senior II M - 30	28	00:00:43	00:32:37	00:48:05	01:13:44.75	01:13:44.75	+00:25:49 (35.0%)	7:22	8.1 (64.8%)
29	PAKUŁA Tomasz	8111		Senior II M - 30	29	00:00:51	00:32:56	00:48:17	01:15:07.30	01:15:07.30	+00:27:12 (36.2%)	7:30	8 (64.0%)
30	SZCZUDLAK Michał	8445		Senior II M - 30	30	00:00:20	00:33:49	00:49:34	01:15:07.45	01:15:07.45	+00:27:12 (36.2%)	7:30	8 (64.0%)
31	STAWORZYŃSKI Dawid	8285	PAN KORBKA	Senior II M - 30	31	00:00:16	00:32:20	00:48:31	01:16:08.40	01:16:08.40	+00:28:13 (37.1%)	7:36	7.9 (63.2%)
32	MACKIEWICZ Karol	8048		Senior II M - 30	32	00:00:30	00:33:12	00:49:14	01:16:38.35	01:16:38.35	+00:28:43 (37.5%)	7:39	7.8 (62.4%)
33	PEREIRA Ruben	8381	LUSITANIA ARMADA	Senior II M - 30	33	00:01:21	00:34:32	00:50:43	01:18:26.55	01:18:26.55	+00:30:31 (38.9%)	7:50	7.6 (60.8%)
34	BILICKI Wojtek	8217		Senior II M - 30	34	00:00:05	00:34:25	00:50:10	01:18:28.20	01:18:28.20	+00:30:33 (38.9%)	7:50	7.6 (60.8%)
35	KRAWCZYKOWSKI Jacek	8135		Senior II M - 30	35	00:01:27	00:35:59	00:51:45	01:18:32.20	01:18:32.20	+00:30:37 (39.0%)	7:51	7.6 (60.8%)
36	BIENKOWSKI Kamil	8282		Senior II M - 30	36	00:01:23	00:35:47	00:51:12	01:19:35.70	01:19:35.70	+00:31:40 (39.8%)	7:57	7.5 (60.0%)
37	ZADORA Borys	8214	OLDBOYS TROJAN ŁĄDEK ZDRÓJ	Senior II M - 30	37	00:03:27	00:37:33	00:52:56	01:20:19.05	01:20:19.05	+00:32:24 (40.3%)	8:01	7.5 (60.0%)
38	CICHAŃSKI Marek	8199		Senior II M - 30	38	00:00:40	00:34:50	00:52:11	01:21:08.05	01:21:08.05	+00:33:13 (40.9%)	8:06	7.4 (59.2%)

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39	KIERUL Łukasz	8403	MASA TEAM	Senior II M - 30	39	00:00:29	00:34:11	00:51:18	01:21:09.35	01:21:09.35	+00:33:14 (41.0%)	8:06	7.4 (59.2%)
40	JANUS Tomasz	8351	TEAM KURORT ŁĄDEK-ZDRÓJ	Senior II M - 30	40	00:01:14	00:37:13	00:53:43	01:21:13.20	01:21:13.20	+00:33:18 (41.0%)	8:07	7.4 (59.2%)
41	WÓJCIAK Łukasz	8073	UMAWIANIENABIEGANIETEAM	Senior II M - 30	41	00:00:32	00:34:20	00:51:09	01:21:34.65	01:21:34.65	+00:33:39 (41.3%)	8:09	7.4 (59.2%)
42	DEMBIŃSKI Arkadiusz	8409		Senior II M - 30	42	00:00:53	00:36:32	00:53:14	01:21:53.20	01:21:53.20	+00:33:58 (41.5%)	8:11	7.3 (58.4%)
43	NAZIMEK Piotr	8287		Senior II M - 30	43	00:00:34	00:35:34	00:52:34	01:22:00.60	01:22:00.60	+00:34:05 (41.6%)	8:12	7.3 (58.4%)
44	BURA Tomasz	8475		Senior II M - 30	44	00:00:09	00:35:15	00:52:20	01:22:02.75	01:22:02.75	+00:34:07 (41.6%)	8:12	7.3 (58.4%)
45	KUZIEL Marcin	8113	BLACK RUNNING STRONIE ŚLĄSKIE	Senior II M - 30	45	00:01:23	00:39:16	00:55:22	01:22:17.00	01:22:17.00	+00:34:22 (41.8%)	8:13	7.3 (58.4%)
46	MADAJCZYK Tomasz	8128		Senior II M - 30	46	00:00:23	00:34:29	00:51:52	01:23:20.80	01:23:20.80	+00:35:25 (42.5%)	8:20	7.2 (57.6%)
47	WINKOWSKI Adrian	8001	PRZEDWOJEWSKI TEAM	Senior II M - 30	47	00:00:06	00:35:01	00:52:11	01:24:08.35	01:24:08.35	+00:36:13 (43.1%)	8:24	7.1 (56.8%)
48	POZNAR Adam	8354		Senior II M - 30	48	00:01:17	00:38:22	00:55:54	01:24:57.90	01:24:57.90	+00:37:03 (43.6%)	8:29	7.1 (56.8%)
49	WILK Tomasz	8038		Senior II M - 30	49	00:01:01	00:38:23	00:56:48	01:26:55.35	01:26:55.35	+00:39:00 (44.9%)	8:41	6.9 (55.2%)
50	WAWER Marcin	8493	STOWARZYSZENIE BIEG OPOLSKI	Senior II M - 30	50	00:01:22	00:40:58	00:58:40	01:28:52.65	01:28:52.65	+00:40:57 (46.1%)	8:53	6.8 (54.4%)
51	PUSZEK Jacek	8195		Senior II M - 30	51	00:00:06	00:37:46	00:56:56	01:29:54.15	01:29:54.15	+00:41:59 (46.7%)	8:59	6.7 (53.6%)
52	SENDER Jakub	8317	BW RUNNING TEAM	Senior II M - 30	52	00:01:11	00:37:55	00:56:28	01:30:02.85	01:30:02.85	+00:42:08 (46.8%)	9:00	6.7 (53.6%)
53	KORNASZEWSKI Wojciech	8559		Senior II M - 30	53	00:00:30	00:38:16	00:56:45	01:30:15.15	01:30:15.15	+00:42:20 (46.9%)	9:01	6.6 (52.8%)
54	KRUK Mateusz	8203	MAXIMUS KROSNOWICE	Senior II M - 30	54	00:00:24	00:36:43	00:56:02	01:31:26.65	01:31:26.65	+00:43:31 (47.6%)	9:08	6.6 (52.8%)
55	WOJTCZAK Mateusz	8456		Senior II M - 30	55	00:01:04	00:42:04	01:01:00	01:33:13.70	01:33:13.70	+00:45:18 (48.6%)	9:19	6.4 (51.2%)
56	BLANIK Marek	8239		Senior II M - 30	56	00:00:31	00:39:25	00:58:30	01:33:29.75	01:33:29.75	+00:45:34 (48.8%)	9:20	6.4 (51.2%)
57	CHOMĄTOWSKI Daniel	8127		Senior II M - 30	57	00:00:23	00:42:07	01:02:46	01:36:07.80	01:36:07.80	+00:48:12 (50.2%)	9:36	6.2 (49.6%)
58	PAWLUS Marek	8395	MAKEMAROFITAGAIN!	Senior II M - 30	58	00:00:15	00:40:31	01:01:41	01:37:41.90	01:37:41.90	+00:49:47 (51.0%)	9:46	6.1 (48.8%)
59	SZCZEPIŃSKI Krzysztof	8584		Senior II M - 30	59	00:00:27	00:40:17	01:01:28	01:38:10.00	01:38:10.00	+00:50:15 (51.2%)	9:49	6.1 (48.8%)
60	KASPRZAK Łukasz	8432		Senior II M - 30	60	00:01:10	00:42:11	01:01:58	01:39:18.65	01:39:18.65	+00:51:23 (51.8%)	9:55	6 (48.0%)
61	ŁĘKAWA Mateusz	8483		Senior II M - 30	61	00:01:13	00:45:44	01:06:30	01:39:58.35	01:39:58.35	+00:52:03 (52.1%)	9:59	6 (48.0%)

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62	DAGIEL Janusz	8334		Senior II M - 30	62	00:00:54	00:41:52	01:04:01	01:40:16.05	01:40:16.05	+00:52:21 (52.2%)	10:01	6 (48.0%)
63	GRZYBEK Sławomir	8130	BARTOSZ GORCZYCA RUNNING TEAM	Senior II M - 30	63	00:00:41	00:45:10	01:05:48	01:40:52.75	01:40:52.75	+00:52:57 (52.5%)	10:05	5.9 (47.2%)
64	KUBAŚ Dawid	8492	NADLEŚNICTWO ZDROJE	Senior II M - 30	64	00:00:44	00:44:51	01:05:41	01:41:05.15	01:41:05.15	+00:53:10 (52.6%)	10:06	5.9 (47.2%)
65	SUDER Maciej	8364	3M RUNNING TEAM POLAND	Senior II M - 30	65	00:00:36	00:42:09	01:03:52	01:44:55.50	01:44:55.50	+00:57:00 (54.3%)	10:29	5.7 (45.6%)
66	RADWAN Mateusz	8106		Senior II M - 30	66	00:00:45	00:46:33	01:10:29	01:48:54.75	01:48:54.75	+01:00:59 (56.0%)	10:53	5.5 (44.0%)
67	ZARZECZNY Radosław	8413	JUNIOR AMATOR SUPERSTAR	Senior II M - 30	67	00:00:49	00:47:59	01:13:30	02:04:57.10	02:04:57.10	+01:17:02 (61.7%)	12:29	4.8 (38.4%)
68	MITIS Marek	8232		Senior II M - 30	68	00:00:48	00:48:00	01:13:31	02:04:57.25	02:04:57.25	+01:17:02 (61.7%)	12:29	4.8 (38.4%)
69	WEKA Krzysztof	8555	BIĄŁYSTOK BIEGA TEAM	Senior II M - 30	69	00:00:10	00:39:20	01:05:57	02:06:04.65	02:06:04.65	+01:18:09 (62.0%)	12:36	4.8 (38.4%)
70	MROWCA Paweł	8439		Senior II M - 30	70	00:01:17	00:56:38	01:29:35	02:33:10.85	02:33:10.85	+01:45:16 (68.7%)	15:19	3.9 (31.2%)

Znaleziono 70 wynik(ów)