

BIEG TROJAK TRAIL - 10 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Stowarzyszenie TKKF Kompas
Data: 2017-07-23
Miejsce: Łądek Zdrój
Dystans: 10 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Senior II M - 30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	PIEGOWSKI Adam	1191	EUROVENT ATHLETICS OPOLE	Senior II M - 30	1	00:18:52	00:29:42	00:48:00.05	00:48:05.45		4:48	12.5 (100%)
2	KOWAL Amadeusz	1308		Senior II M - 30	2	00:20:22	00:31:19	00:50:31.75	00:50:35.80	+00:02:30 (5.0%)	5:03	11.9 (95.2%)
3	SMOLEŃ Sebastian	1299		Senior II M - 30	3	00:22:17	00:34:46	00:56:09.20	00:56:12.60	+00:08:07 (14.4%)	5:36	10.7 (85.6%)
4	RACZKO Tomasz	1205	ZAŁOGA GÓRSKA / KARKONOSZ RUNNING TEAM SZKLARSKA PORĘBA	Senior II M - 30	4	00:22:22	00:34:28	00:56:05.30	00:56:14.25	+00:08:08 (14.5%)	5:36	10.7 (85.6%)
5	DUPLA Konrad	1077	WKB PIAST WROCŁAW	Senior II M - 30	5	00:23:49	00:36:30	00:58:04.80	00:58:09.70	+00:10:04 (17.3%)	5:48	10.3 (82.4%)
6	OLKIS Rafał	1304	PRZEBIEGA.PL	Senior II M - 30	6	00:22:48	00:36:14	00:59:40.70	00:59:49.35	+00:11:43 (19.6%)	5:58	10.1 (80.8%)
7	MARIN Alberto	1107		Senior II M - 30	7	00:23:06	00:37:00	01:00:56.15	01:01:09.30	+00:13:03 (21.4%)	6:05	9.8 (78.4%)
8	JANUSZEWSKI Maciej	1140		Senior II M - 30	8	00:23:50	00:37:41	01:02:10.35	01:02:14.70	+00:14:09 (22.7%)	6:13	9.7 (77.6%)
9	GĄDALSKI Bartosz	1292		Senior II M - 30	9	00:24:27	00:38:36	01:02:10.30	01:02:29.90	+00:14:24 (23.1%)	6:13	9.7 (77.6%)
10	HRYNOWIECKI Paweł	1043		Senior II M - 30	10	00:24:35	00:38:17	01:02:32.40	01:03:07.75	+00:15:02 (23.8%)	6:15	9.6 (76.8%)
11	STEMPNIAK Daniel	1087	KS MARATON OSTRÓW WLKP.	Senior II M - 30	11	00:25:11	00:38:42	01:03:11.20	01:03:18.10	+00:15:12 (24.0%)	6:19	9.5 (76.0%)
12	CHYZANOWSKI Paweł	1240	100 BATALION ŁĄCZNOŚCI	Senior II M - 30	12	00:25:23	00:39:09	01:03:40.80	01:03:45.60	+00:15:40 (24.6%)	6:22	9.4 (75.2%)
13	DĘBICKI Łukasz	1189		Senior II M - 30	13	00:24:13	00:38:45	01:04:15.00	01:04:53.75	+00:16:48 (25.9%)	6:25	9.3 (74.4%)
14	DZIEDZIC Krystian	1165		Senior II M - 30	14	00:24:47	00:38:57	01:04:53.35	01:05:01.60	+00:16:56 (26.0%)	6:29	9.2 (73.6%)
15	WILK Mateusz	1175	RAMBO 3	Senior II M - 30	15	00:26:02	00:40:42	01:04:35.85	01:05:02.00	+00:16:56 (26.1%)	6:27	9.3 (74.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	WILK Maciej	1074	RAMBO 3	Senior II M - 30	16	00:19:35	00:30:27	01:04:54.95	01:05:02.15	+00:16:56 (26.1%)	6:29	9.2 (73.6%)
17	ZWOLIŃSKI Łukasz	1314		Senior II M - 30	17	00:25:46	00:39:29	01:04:59.60	01:05:03.00	+00:16:57 (26.1%)	6:30	9.2 (73.6%)
18	KNAPP Janusz	1317		Senior II M - 30	18	00:27:04	00:42:06	01:05:03.00	01:05:23.00	+00:17:17 (26.4%)	6:30	9.2 (73.6%)
19	TOMASZEWSKI Marcin	1302	GTRAT	Senior II M - 30	19	00:25:06	00:39:36	01:05:26.40	01:05:36.55	+00:17:31 (26.7%)	6:32	9.2 (73.6%)
20	RUDNICKI Mateusz	1341		Senior II M - 30	20	00:25:19	00:40:21	01:05:21.55	01:05:39.60	+00:17:34 (26.8%)	6:32	9.2 (73.6%)
21	ANDRASIEWICZ Konrad	1309		Senior II M - 30	21	00:25:39	00:39:36	01:05:21.80	01:05:43.50	+00:17:38 (26.8%)	6:32	9.2 (73.6%)
22	CHODOROWSKI Krzysztof	1057	PRZEBIEGA.PL	Senior II M - 30	22	00:23:41	00:39:24	01:05:48.95	01:05:58.00	+00:17:52 (27.1%)	6:34	9.1 (72.8%)
23	GOLDMAN Mateusz	1076		Senior II M - 30	23	00:25:22	00:39:54	01:05:53.95	01:06:03.00	+00:17:57 (27.2%)	6:35	9.1 (72.8%)
24	TYŚ Radek	1201		Senior II M - 30	24	00:25:50	00:40:27	01:06:01.30	01:06:16.90	+00:18:11 (27.4%)	6:36	9.1 (72.8%)
25	BUDYCH Arek	1193		Senior II M - 30	25	00:26:42	00:41:53	01:06:08.55	01:06:40.25	+00:18:34 (27.9%)	6:36	9.1 (72.8%)
26	ALBERT Łukasz	1236		Senior II M - 30	26	00:26:09	00:40:50	01:06:29.25	01:06:42.60	+00:18:37 (27.9%)	6:38	9 (72.0%)
27	STAWSKI Michał	1064	MBANK	Senior II M - 30	27	00:21:42	00:33:48	01:08:09.95	01:08:11.60	+00:20:06 (29.5%)	6:49	8.8 (70.4%)
28	SZABAT Daniel	1063	POLSKIEWSPINANIE.PL	Senior II M - 30	28	00:27:43	00:43:32	01:09:52.85	01:10:24.20	+00:22:18 (31.7%)	6:59	8.6 (68.8%)
29	PELCZARSKI Michał	1329		Senior II M - 30	29	00:26:22	00:43:37	01:10:28.85	01:10:40.80	+00:22:35 (32.0%)	7:02	8.5 (68.0%)
30	KORNAŚ Marcin	1113	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	Senior II M - 30	30	00:27:20	00:43:17	01:11:21.30	01:11:48.65	+00:23:43 (33.0%)	7:08	8.4 (67.2%)
31	SIWA Dominik	1145		Senior II M - 30	31	00:27:12	00:44:08	01:12:36.30	01:12:49.20	+00:24:43 (34.0%)	7:15	8.3 (66.4%)
32	KUZIEL Marcin	1070	BLACK RUNNING STRONIE ŚLĄSKIE	Senior II M - 30	32	00:28:50	00:45:05	01:12:31.95	01:12:59.80	+00:24:54 (34.1%)	7:15	8.3 (66.4%)
33	RYBARSKI Piotr	1027		Senior II M - 30	33	00:27:42	00:43:30	01:13:02.10	01:13:22.70	+00:25:17 (34.5%)	7:18	8.2 (65.6%)
34	PRZYBYLSKI Witek	1256	OTK RZEŹNIK	Senior II M - 30	34	00:29:37	00:45:55	01:13:54.25	01:13:56.70	+00:25:51 (35.0%)	7:23	8.1 (64.8%)
35	LICZNERSKI Mirosław	1121	LUBAWA KOCHA BIEGAĆ	Senior II M - 30	35	00:27:29	00:44:34	01:13:42.25	01:14:06.45	+00:26:01 (35.1%)	7:22	8.1 (64.8%)
36	SHERIDAN Aion	1285	MARATHON CLUB IRELAND	Senior II M - 30	36	00:30:41	00:47:43	01:16:00.05	01:16:03.10	+00:27:57 (36.8%)	7:36	7.9 (63.2%)
37	MOTEL Paweł	1271	AKS POLONIA WARSZAWA	Senior II M - 30	37	00:31:34	00:49:09	01:16:03.80	01:16:23.70	+00:28:18 (37.0%)	7:36	7.9 (63.2%)
38	RAK Łukasz	1325		Senior II M - 30	38	00:29:51	00:47:03	01:16:13.75	01:16:30.60	+00:28:25 (37.1%)	7:37	7.9 (63.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
39	WOŹNIAK Waldemar	1273		Senior II M - 30	39	00:30:30	00:47:38	01:16:13.65	01:16:35.20	+00:28:29 (37.2%)	7:37	7.9 (63.2%)
40	SZCZYGIEŁ Michał	1330		Senior II M - 30	40	00:29:52	00:47:04	01:16:45.05	01:17:01.95	+00:28:56 (37.6%)	7:40	7.8 (62.4%)
41	MLAŚ Dawid	1216		Senior II M - 30	41	00:29:54	00:47:20	01:16:50.60	01:17:07.60	+00:29:02 (37.6%)	7:41	7.8 (62.4%)
42	IWIŃSKI Marcin	1220	WOLNE ŚLIMAKI	Senior II M - 30	42	00:28:46	00:45:33	01:17:23.20	01:17:34.60	+00:29:29 (38.0%)	7:44	7.8 (62.4%)
43	KARASIŃSKI Jacek	1983	ZAŁOGA GÓRSKA	Senior II M - 30	43	00:28:02	00:44:46	01:18:23.80	01:18:30.25	+00:30:24 (38.7%)	7:50	7.7 (61.6%)
44	JAROSIŃSKI Marek	1097	ŁÓDZKIE HOSPICIUM DLA DZIECI	Senior II M - 30	44	00:30:30	00:48:53	01:19:35.15	01:19:59.80	+00:31:54 (39.9%)	7:57	7.5 (60.0%)
45	NAMNI Fatih	1293		Senior II M - 30	45	00:31:11	00:50:04	01:19:59.15	01:20:21.20	+00:32:15 (40.2%)	7:59	7.5 (60.0%)
46	WYSTRYCHOWSKI Marcin	1090	BFAGENCJA.PL	Senior II M - 30	46	00:31:02	00:50:06	01:22:37.85	01:22:41.70	+00:34:36 (41.8%)	8:15	7.3 (58.4%)
47	POTYRAŁO Damian	1245		Senior II M - 30	47	00:33:32	00:51:45	01:22:45.25	01:23:15.75	+00:35:10 (42.2%)	8:16	7.3 (58.4%)
48	LISOWSKI Maciej	1241		Senior II M - 30	48	00:30:37	00:48:20	01:23:53.60	01:24:17.35	+00:36:11 (42.9%)	8:23	7.2 (57.6%)
49	LEWANDOWSKI Rafał	1037	BIEGAM BO NIE LUBIE	Senior II M - 30	49	00:33:55	00:52:35	01:23:43.40	01:24:17.55	+00:36:12 (42.9%)	8:22	7.2 (57.6%)
50	JURCZYK Wojciech	1124		Senior II M - 30	50	00:32:52	00:51:19	01:23:45.95	01:24:23.90	+00:36:18 (43.0%)	8:22	7.2 (57.6%)
51	WIADEREK Piotr	1069	PĘDZĄCE ŻÓŁWIE	Senior II M - 30	51	00:32:18	00:52:22	01:26:16.65	01:26:30.30	+00:38:24 (44.4%)	8:37	7 (56.0%)
52	BIEGANOWSKI Krzysztof	1041	BIEGAN	Senior II M - 30	52	00:32:25	00:51:16	01:26:18.30	01:26:53.45	+00:38:48 (44.7%)	8:37	7 (56.0%)
53	SZCZYGIEŁ Grzegorz	1226	KURORT ŁĄDEK ZDRÓJ	Senior II M - 30	53	00:32:30	00:53:03	01:29:31.45	01:29:37.40	+00:41:31 (46.3%)	8:57	6.7 (53.6%)
54	SIANO Łukasz	1305		Senior II M - 30	54	00:35:54	00:55:52	01:29:33.30	01:30:03.90	+00:41:58 (46.6%)	8:57	6.7 (53.6%)
55	FLIS Piotr	1250		Senior II M - 30	55	00:34:01	00:53:34	01:30:11.25	01:30:29.30	+00:42:23 (46.9%)	9:01	6.7 (53.6%)
56	NOWACZYK Grzegorz	1335		Senior II M - 30	56	00:37:10	00:56:57	01:31:27.15	01:31:27.15	+00:43:21 (47.4%)	9:08	6.6 (52.8%)
57	PAWLAK Bartosz	1337		Senior II M - 30	57	00:36:59	00:56:51	01:31:19.30	01:31:27.25	+00:43:21 (47.4%)	9:08	6.6 (52.8%)
58	PIETRASZEWSKI Witold	1318		Senior II M - 30	58	00:38:53	00:59:56	01:38:00.95	01:38:22.05	+00:50:16 (51.1%)	9:48	6.1 (48.8%)
59	STACHURA Mikołaj	1101		Senior II M - 30	59	00:37:24	01:01:13	01:41:15.20	01:41:35.90	+00:53:30 (52.7%)	10:07	5.9 (47.2%)
60	RACZAK Maciej	1167		Senior II M - 30	60	00:40:27	01:02:56	01:42:16.65	01:42:45.70	+00:54:40 (53.2%)	10:13	5.9 (47.2%)
61	KISIAŁA Filip	1002	LACHO TEAM	Senior II M - 30	61	00:39:39	01:03:53	01:45:08.35	01:45:50.35	+00:57:44 (54.6%)	10:30	5.7 (45.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
62	BOCZAR Waldek	1117		Senior II M - 30	62	00:40:07	01:02:44	01:55:56.65	01:56:14.40	+01:08:08 (58.6%)	11:35	5.2 (41.6%)

Znaleziono 62 wynik(ów)