

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: Weteran I M - 50

Place	Participant	Number	Club	Category	MCat	C1 3.7km	C1 5.8km	Net time 10km	Gap	Pace min/km	Pace km/h
1	SZTURO Jan	8316		Weteran I M - 50	1	00:25:41	00:40:05	01:04:05.80		6:24	9.4 (100%)
2	NIEZGÓDKA Tomasz	8404	ZĄŁOGA GÓRSKA	Weteran I M - 50	2	00:27:44	00:41:51	01:04:10.60	+00:00:04 (0.1%)	6:25	9.4 (100%)
3	TABER Jerzy	8358	ACTIVE PROSPERIA/STO-NOGI MILANÓWEK	Weteran I M - 50	3	00:30:52	00:46:57	01:14:28.90	+00:10:23 (13.9%)	7:26	8.1 (86.2%)
4	BOSEK Leszek	8067		Weteran I M - 50	4	00:32:25	00:49:47	01:18:14.70	+00:14:08 (18.1%)	7:49	7.7 (81.9%)
5	BARTKOWIAK Hubert	8101	KB SUKCES ŻMIGRÓD	Weteran I M - 50	5	00:31:23	00:48:51	01:18:55.15	+00:14:49 (18.8%)	7:53	7.6 (80.9%)
6	PAŁAC Piotr	8068	WIECZORNE BIEGANIE W SZCZECINIE	Weteran I M - 50	6	00:32:53	00:51:57	01:22:09.90	+00:18:04 (22.0%)	8:13	7.3 (77.7%)
7	ABULEWICZ Wojciech	8044	TRENING STUDIO 17	Weteran I M - 50	7	00:34:02	00:54:16	01:27:12.45	+00:23:06 (26.5%)	8:43	6.9 (73.4%)
8	MICHAŁEK Jarosław	8363	ONE WAY TICKET	Weteran I M - 50	8	00:36:15	00:55:02	01:27:27.80	+00:23:22 (26.7%)	8:44	6.9 (73.4%)
9	BAGIŃSKI Marek	8347	APTENEO RUNING TEAM	Weteran I M - 50	9	00:34:21	00:53:25	01:27:56.15	+00:23:50 (27.1%)	8:47	6.8 (72.3%)
10	PŁOK Krzysztof	8257	TEAMPLOK	Weteran I M - 50	10	00:36:53	00:58:44	01:30:33.25	+00:26:27 (29.2%)	9:03	6.6 (70.2%)
11	CIESIELCZYK Marek	8070	TKKF MPK POZNAŃ	Weteran I M - 50	11	00:36:40	00:59:15	01:33:00.35	+00:28:54 (31.1%)	9:18	6.5 (69.1%)
12	GALEWSKI Mariusz	8040		Weteran I M - 50	12	00:38:10	00:59:00	01:33:06.05	+00:29:00 (31.2%)	9:18	6.4 (68.1%)
13	STAŃCZAK Paweł	8269		Weteran I M - 50	13	00:38:05	00:58:36	01:33:44.70	+00:29:38 (31.6%)	9:22	6.4 (68.1%)
14	DOMOSŁAWSKI Paweł	8218		Weteran I M - 50	14	00:38:28	01:01:14	01:38:51.00	+00:34:45 (35.2%)	9:53	6.1 (64.9%)
15	BALICKI Jacek	8276	BIEGACZ NOWOSOLNA	Weteran I M - 50	15	00:42:52	01:05:16	01:41:02.80	+00:36:57 (36.6%)	10:06	5.9 (62.8%)
16	IMIŃSKI Cezary	8077		Weteran I M - 50	16	00:41:27	01:06:01	01:46:58.30	+00:42:52 (40.1%)	10:41	5.6 (59.6%)
17	KOŁACZ Mariusz	8266	LAFIRYNDY I GAMONIE	Weteran I M - 50	17	00:41:58	01:06:39	01:47:54.25	+00:43:48 (40.6%)	10:47	5.6 (59.6%)
18	MIELCZAREK Grzegorz	8305		Weteran I M - 50	18	00:50:26	01:25:00	02:12:05.85	+01:08:00 (51.5%)	13:12	4.5 (47.9%)
19	MICHALSKI Dariusz	8114	ALFA TEAM GOSTYŃ	Weteran I M - 50	19	01:10:45	01:52:51	02:54:26.70	+01:50:20 (63.3%)	17:26	3.4 (36.2%)
20	WINIARSKI Robert	8048		Weteran I M - 50	20	00:58:46	01:48:44	02:55:39.00	+01:51:33 (63.5%)	17:33	3.4 (36.2%)

Total 20 results.