



# 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: Weteran I M - 50

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>SŁOBODZIAN Jerzy</b>	<b>8273</b>	NYSA BIEGA	Weteran I M - 50	1	00:24:53	00:37:33	<b>00:59:45.10</b>		5:58	10 (100%)
2	<b>GRZEGOREK Grzegorz</b>	<b>8337</b>	KB KĄTY WROCŁAWSKIE	Weteran I M - 50	2	00:26:03	00:38:42	<b>01:00:38.65</b>	+00:00:53 (1.5%)	6:03	9.9 (99.0%)
3	<b>SZTURO Jan</b>	<b>8507</b>	PODGÓRZYN-GMINA PRZYJAZNA Z NATURY	Weteran I M - 50	3	00:27:14	00:41:12	<b>01:05:02.15</b>	+00:05:17 (8.1%)	6:30	9.2 (92.0%)
4	<b>MIELCZAREK Grzegorz</b>	<b>8062</b>		Weteran I M - 50	4	00:30:37	00:45:08	<b>01:12:08.10</b>	+00:12:23 (17.2%)	7:12	8.3 (83.0%)
5	<b>FUCHS Dariusz</b>	<b>8430</b>	TEAM KURORT ŁĄDEK-ZDRÓJ	Weteran I M - 50	5	00:30:35	00:46:33	<b>01:13:05.30</b>	+00:13:20 (18.2%)	7:18	8.2 (82.0%)
6	<b>BRYŃSKI Dariusz</b>	<b>8333</b>		Weteran I M - 50	6	00:29:21	00:46:51	<b>01:14:21.00</b>	+00:14:35 (19.6%)	7:26	8.1 (81.0%)
7	<b>BARTKOWIAK Hubert</b>	<b>8078</b>	KB SUKCES ŻMIGRÓD	Weteran I M - 50	7	00:31:03	00:47:18	<b>01:15:17.05</b>	+00:15:31 (20.6%)	7:31	8 (80.0%)
8	<b>BARNAŚ Maciej</b>	<b>8188</b>		Weteran I M - 50	8	00:31:36	00:48:00	<b>01:16:34.85</b>	+00:16:49 (22.0%)	7:39	7.8 (78.0%)
9	<b>KOSIOREK Wiesław</b>	<b>8604</b>		Weteran I M - 50	9	00:32:31	00:50:47	<b>01:20:30.20</b>	+00:20:45 (25.8%)	8:03	7.5 (75.0%)
10	<b>ZYGNER Sławomir</b>	<b>8414</b>	LEŚNE DZIKI PGB	Weteran I M - 50	10	00:35:59	00:53:30	<b>01:22:13.50</b>	+00:22:28 (27.3%)	8:13	7.3 (73.0%)
11	<b>OSKWAREK Bogdan</b>	<b>8555</b>		Weteran I M - 50	11	00:35:29	00:53:16	<b>01:23:25.60</b>	+00:23:40 (28.4%)	8:20	7.2 (72.0%)
12	<b>KLIN Robert</b>	<b>8527</b>	WATAHA	Weteran I M - 50	12	00:37:01	00:55:14	<b>01:27:58.05</b>	+00:28:12 (32.1%)	8:47	6.8 (68.0%)
13	<b>SIP Mirosław</b>	<b>8208</b>		Weteran I M - 50	13	00:36:19	00:54:56	<b>01:29:10.95</b>	+00:29:25 (33.0%)	8:55	6.7 (67.0%)
14	<b>IMIŃSKI Cezary</b>	<b>8117</b>		Weteran I M - 50	14	00:36:59	00:56:41	<b>01:30:29.30</b>	+00:30:44 (34.0%)	9:02	6.6 (66.0%)
15	<b>GALEWSKI Mariusz</b>	<b>8203</b>		Weteran I M - 50	15	00:38:23	00:59:26	<b>01:34:05.05</b>	+00:34:19 (36.5%)	9:24	6.4 (64.0%)
16	<b>WRÓBEL Zbigniew</b>	<b>8042</b>	TARNOWO PODGÓRNE BIEGA	Weteran I M - 50	16	00:38:08	00:59:12	<b>01:35:06.15</b>	+00:35:21 (37.2%)	9:30	6.3 (63.0%)
17	<b>NAPARTY Zbigniew</b>	<b>8424</b>	KĘSY TEAM	Weteran I M - 50	17	00:39:05	01:00:22	<b>01:35:20.05</b>	+00:35:34 (37.3%)	9:32	6.3 (63.0%)
18	<b>KAMIONOWSKI Mariusz-Jacek</b>	<b>8448</b>		Weteran I M - 50	18	00:43:47	01:05:43	<b>01:42:15.00</b>	+00:42:29 (41.6%)	10:13	5.9 (59.0%)
19	<b>WALCZAK Sławomir</b>	<b>8485</b>		Weteran I M - 50	19	00:43:09	01:06:13	<b>01:46:37.30</b>	+00:46:52 (44.0%)	10:39	5.6 (56.0%)
20	<b>ŁUKWIŃSKI Bogusław</b>	<b>8488</b>	UKS SZUWAREK	Weteran I M - 50	20	00:45:43	01:13:10	<b>02:02:01.40</b>	+01:02:16 (51.0%)	12:12	4.9 (49.0%)
21	<b>WOJCIECH Stańczuk</b>	<b>8457</b>		Weteran I M - 50	21	00:48:22	01:15:43	<b>02:03:52.75</b>	+01:04:07 (51.8%)	12:23	4.8 (48.0%)
22	<b>ZABROCKI Andrzej</b>	<b>8014</b>	PODLASIAKI TEAM	Weteran I M - 50	22	00:50:54	01:20:50	<b>02:09:47.45</b>	+01:10:02 (54.0%)	12:58	4.6 (46.0%)
23	<b>KAYSIEWICZ Maciej</b>	<b>8125</b>	NATURAL BORN RUNNERS	Weteran I M - 50	23	00:54:54	01:22:38	<b>02:10:19.45</b>	+01:10:34 (54.2%)	13:01	4.6 (46.0%)
24	<b>KACZMARCZYK Roman</b>	<b>8589</b>		Weteran I M - 50	24	00:51:55	01:22:36	<b>02:15:44.00</b>	+01:15:58 (56.0%)	13:34	4.4 (44.0%)
25	<b>MICHALSKI Dariusz</b>	<b>8380</b>	ALFA TEAM GOSTYŃ	Weteran I M - 50	25	01:04:13	01:39:07	<b>02:38:27.35</b>	+01:38:42 (62.3%)	15:50	3.8 (38.0%)
26	<b>WINIARSKI Robert</b>	<b>8024</b>		Weteran I M - 50	26	01:39:58			+01:15:05	27:01	2.2 (22.0%)

Znaleziono 26 wynik(ów)