



Event: Festiwal Górski 2020
Organiser: Fundacja Bieg Rzeźnika
Date: 2020-09-17
Place: Łądek Zdrój
Distance: 8.068 km

GASZERBRUM I RUN

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: M-Open

Place	Participant	Number	Club	Category	MCat	Net time 8.091km	Gap	Pace min/km	Pace km/h
1	NOWACKI Mateusz	178	PRZEDWOJEWSKI MOUNTAIN TEAM	M30-39	1	00:36:09.00		4:28	13.4 (100%)
2	KITA Michał	168	PĘDZĄCY W MIEJSCU	M40-49	1	00:38:03.00	+00:01:54 (5.0%)	4:42	12.8 (95.5%)
3	DUCHNOWSKI Łukasz	184	DUCH TEAM EŁK	M30-39	2	00:38:17.00	+00:02:08 (5.6%)	4:43	12.7 (94.8%)
4	GARDENER Jacek	180	JACEK GARDENER	M50-59	1	00:39:45.00	+00:03:36 (9.1%)	4:54	12.2 (91.0%)
5	KOWALIK Andrzej	161		M40-49	2	00:40:34.00	+00:04:25 (10.9%)	5:00	12 (89.6%)
6	DERENCZ Michał	154		M40-49	3	00:40:54.00	+00:04:45 (11.6%)	5:03	11.9 (88.8%)
7	SZPINEK Marcin	162	TUTU TEAM	M40-49	4	00:42:04.00	+00:05:55 (14.1%)	5:11	11.5 (85.8%)
8	TYLKOWSKI Filip	167		M18-29	1	00:42:13.00	+00:06:04 (14.4%)	5:13	11.5 (85.8%)
9	PIŁAT Michał	181		M40-49	5	00:42:17.00	+00:06:08 (14.5%)	5:13	11.5 (85.8%)
10	WASZKIEWICZ Ariel	185	DUCH TEAM EŁK	M40-49	6	00:42:21.00	+00:06:12 (14.6%)	5:14	11.5 (85.8%)
11	ŁOPATYŃSKI Ireneusz	183	REMA SPORT TEAM	M40-49	7	00:45:54.00	+00:09:45 (21.2%)	5:40	10.6 (79.1%)
12	MARCINKOWSKI Piotr	152	OSW TRI TEAM	M40-49	8	00:46:32.00	+00:10:23 (22.3%)	5:45	10.4 (77.6%)
13	SZACH Andrzej	157	22KBPG	M40-49	9	00:46:54.00	+00:10:45 (22.9%)	5:47	10.4 (77.6%)
14	CICHERSKI Bartłomiej	182	KLUB BIEGACZA RTVEUROAGD	M30-39	3	00:47:17.00	+00:11:08 (23.5%)	5:50	10.3 (76.9%)
15	RUSZKOWSKI Daniel	177		M30-39	4	00:48:01.00	+00:11:52 (24.7%)	5:56	10.1 (75.4%)
16	SOBIERAJ Aleksander	158	WALIM NA ŻĄDANIE	M40-49	10	00:50:12.00	+00:14:03 (28.0%)	6:12	9.7 (72.4%)
17	JAZY Szymon	170		M30-39	5	00:50:16.00	+00:14:07 (28.1%)	6:12	9.7 (72.4%)
18	STRAK Tomasz	175		M30-39	6	00:51:11.00	+00:15:02 (29.4%)	6:19	9.5 (70.9%)
19	WOJRACH Marcin	192	WILDCAT TEAM	M30-39	7	00:51:45.00	+00:15:36 (30.1%)	6:23	9.4 (70.1%)
20	ABULEWICZ Wojciech	179		M50-59	2	00:52:30.00	+00:16:21 (31.1%)	6:29	9.2 (68.7%)
21	NOWAKOWSKI Leszek	171		M40-49	11	00:52:42.00	+00:16:33 (31.4%)	6:30	9.2 (68.7%)
22	DURSKI Adam	191		M18-29	2	00:53:30.00	+00:17:21 (32.4%)	6:36	9.1 (67.9%)
23	MICHAŁOWSKI Maciej	155		M50-59	3	00:54:49.00	+00:18:40 (34.1%)	6:46	8.9 (66.4%)
24	HENEL Marcin	165		M30-39	8	00:56:16.00	+00:20:07 (35.8%)	6:57	8.6 (64.2%)
25	CZUKIEWSKI Łukasz	176		M40-49	12	00:57:16.00	+00:21:07 (36.9%)	7:04	8.5 (63.4%)
26	SIEKIERZYŃSKI Radosław	174		M40-49	13	00:58:53.00	+00:22:44 (38.6%)	7:16	8.2 (61.2%)
27	STACHOWICZ Marcin	193		M30-39	9	00:59:16.00	+00:23:07 (39.0%)	7:19	8.2 (61.2%)
28	MERCHELSKI Piotr	173		M30-39	10	00:59:48.00	+00:23:39 (39.5%)	7:23	8.1 (60.4%)
29	LECZYKIEWICZ Mikołaj	195		M30-39	11	00:59:52.00	+00:23:43 (39.6%)	7:23	8.1 (60.4%)

Place	Participant	Number	Club	Category	MCat	Net time 8.091km	Gap	Pace min/km	Pace km/h
30	DEMBNY Maciej	197		M18-29	3	01:00:17.00	+00:24:08 (40.0%)	7:27	8.1 (60.4%)
31	RAKOCZY Ireneusz	164		M50-59	4	01:00:27.00	+00:24:18 (40.2%)	7:28	8 (59.7%)
32	NIEDZIAŁKOWSKI Arkadiusz	190	BIEGAM BO LUBIĘ ZĄBKI TEAM	M40-49	14	01:11:47.00	+00:35:38 (49.6%)	8:52	6.8 (50.7%)
33	STEFANIAK Jacek	163		M50-59	5	01:17:46.00	+00:41:37 (53.5%)	9:36	6.2 (46.3%)
34	SZAŁAPSKI Marcin	172		M40-49	15	01:17:58.00	+00:41:49 (53.6%)	9:38	6.2 (46.3%)
35	KRUZEL Rafał	188	BIEGOWE MISIE	M40-49	16	01:51:48.00	+01:15:39 (67.7%)	13:49	4.3 (32.1%)

Total 35 results.