



# GOLDEN MOUNTAINS TRAIL - 33 KM

B4SPORT

**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

Dolnośląski Festiwal Biegów Górskich  
Fundacja MARATONY GÓRSKIE  
2022-07-14  
Łądek-Zdrój  
33 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Weteran I M - 50

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0.01km	A1 9km	Czernica 14km	D1 24km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
1	<b>CHŁOPEK Rafał</b>	<b>6516</b>	EDB	Weteran I M - 50	1	00:00:04	00:57:52	01:40:32	02:30:31	<b>03:28:45.10</b>	<b>03:28:45.10</b>		6:19	9.5 (100%)
2	<b>FRYDLEWICZ Zbigniew</b>	<b>6246</b>		Weteran I M - 50	2	00:00:02	00:57:18	01:44:22	02:40:16	<b>03:46:34.20</b>	<b>03:46:34.20</b>	+00:17:49 (7.9%)	6:51	8.7 (91.6%)
3	<b>VESELÝ Pavel</b>	<b>6546</b>	HSK HORNÍ ROKYTNICE	Weteran I M - 50	3	00:00:04	01:02:47	01:49:12	02:46:55	<b>03:49:08.90</b>	<b>03:49:08.90</b>	+00:20:23 (8.9%)	6:56	8.6 (90.5%)
4	<b>LAMEK Andrzej</b>	<b>6357</b>	AKTYWNY OSTRZESZÓW	Weteran I M - 50	4	00:00:41	01:05:49	01:55:10	02:50:40	<b>03:55:28.75</b>	<b>03:55:28.75</b>	+00:26:43 (11.4%)	7:08	8.4 (88.4%)
5	<b>GRZYBEK Antoni</b>	<b>6247</b>		Weteran I M - 50	5	00:00:15	01:05:20	01:58:42	03:02:11	<b>04:11:41.55</b>	<b>04:11:41.55</b>	+00:42:56 (17.1%)	7:37	7.9 (83.2%)
6	<b>KOSZAREK Maciej</b>	<b>6308</b>		Weteran I M - 50	6	00:00:21	01:08:08	02:02:41	03:05:29	<b>04:15:00.85</b>	<b>04:15:00.85</b>	+00:46:15 (18.1%)	7:43	7.8 (82.1%)
7	<b>CICHY Krzysztof</b>	<b>6326</b>	GÓRAL Z MAZUR RUNNING TEAM	Weteran I M - 50	7	00:00:22	01:15:03	02:11:31	03:23:43	<b>04:31:55.75</b>	<b>04:31:55.75</b>	+01:03:10 (23.2%)	8:14	7.3 (76.8%)
8	<b>MAŁKOWSKI Tomasz</b>	<b>6371</b>	GRUPA BIEGOWA 65	Weteran I M - 50	8	00:00:23	01:11:36	02:05:51	03:14:25	<b>04:35:35.45</b>	<b>04:35:35.45</b>	+01:06:50 (24.3%)	8:21	7.2 (75.8%)
9	<b>ŁOBOS Mariusz</b>	<b>6075</b>		Weteran I M - 50	9	00:00:24	01:18:56	02:15:56	03:26:27	<b>04:38:14.45</b>	<b>04:38:14.45</b>	+01:09:29 (25.0%)	8:25	7.1 (74.7%)
10	<b>MIĄSKO Wojciech</b>	<b>6222</b>	12TRI.PL	Weteran I M - 50	10	00:00:45	01:16:15	02:15:14	03:25:52	<b>04:47:47.45</b>	<b>04:47:47.45</b>	+01:19:02 (27.5%)	8:43	6.9 (72.6%)
11	<b>TECZA Robert</b>	<b>6405</b>		Weteran I M - 50	11	00:00:12	01:14:19	02:11:01	03:26:20	<b>04:50:38.55</b>	<b>04:50:38.55</b>	+01:21:53 (28.2%)	8:48	6.8 (71.6%)
12	<b>KĘPIŃSKI Marek</b>	<b>6305</b>		Weteran I M - 50	12	00:00:53	01:23:37		03:35:37	<b>04:51:44.40</b>	<b>04:51:44.40</b>	+01:22:59 (28.4%)	8:50	6.8 (71.6%)
13	<b>STEBEL Piotr</b>	<b>6249</b>	PRZEWODNIK	Weteran I M - 50	13	00:00:27	01:21:41	02:24:56	03:44:00	<b>05:05:28.80</b>	<b>05:05:28.80</b>	+01:36:43 (31.7%)	9:15	6.5 (68.4%)
14	<b>STEFANOWSKI Marcin</b>	<b>6436</b>	***** ***	Weteran I M - 50	14	00:00:32	01:19:05	02:23:10	03:41:09	<b>05:07:34.75</b>	<b>05:07:34.75</b>	+01:38:49 (32.1%)	9:19	6.4 (67.4%)
15	<b>NOWAK Ireneusz</b>	<b>6169</b>		Weteran I M - 50	15	00:00:56	01:22:01	02:24:18	03:40:54	<b>05:08:15.90</b>	<b>05:08:15.90</b>	+01:39:30 (32.3%)	9:20	6.4 (67.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0.01km	A1 9km	Czernica 14km	D1 24km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
16	<b>STASZEWSKI Piotr</b>	<b>6528</b>		Weteran   M - 50	16	00:01:11	01:31:52	02:37:01	03:55:34	<b>05:11:03.25</b>	<b>05:11:03.25</b>	+01:42:18 (32.9%)	9:25	6.4 (67.4%)
17	<b>BRASEL Marcin</b>	<b>6181</b>	TRIGYM SZCZECIN	Weteran   M - 50	17	00:01:04	01:20:07	02:17:51	03:40:44	<b>05:12:10.05</b>	<b>05:12:10.05</b>	+01:43:24 (33.1%)	9:27	6.3 (66.3%)
18	<b>MUČA Māris</b>	<b>6311</b>	LBNB	Weteran   M - 50	18	00:01:21	01:23:26	02:24:41	03:45:59	<b>05:18:13.65</b>	<b>05:18:13.65</b>	+01:49:28 (34.4%)	9:38	6.2 (65.3%)
19	<b>MATUŁA Przemysław</b>	<b>6375</b>	UMCS BIEGA	Weteran   M - 50	19	00:00:43	01:26:17	02:31:43	03:53:00	<b>05:29:53.10</b>	<b>05:29:53.10</b>	+02:01:08 (36.7%)	9:59	6 (63.2%)
20	<b>MARIUSZ Mazurkiewicz</b>	<b>6547</b>		Weteran   M - 50	20	00:00:54	01:27:35	02:32:44	04:10:17	<b>05:46:37.40</b>	<b>05:46:37.40</b>	+02:17:52 (39.8%)	10:30	5.7 (60.0%)
21	<b>NIERADKO Arkadiusz</b>	<b>6271</b>		Weteran   M - 50	21	00:01:05	01:38:19	02:48:43	04:19:26	<b>05:46:45.80</b>	<b>05:46:45.80</b>	+02:18:00 (39.8%)	10:30	5.7 (60.0%)
22	<b>GIERADA Ryszard</b>	<b>6067</b>		Weteran   M - 50	22	00:00:09	01:26:59	02:33:22	04:08:50	<b>05:48:38.75</b>	<b>05:48:38.75</b>	+02:19:53 (40.1%)	10:33	5.7 (60.0%)
23	<b>KOS Paweł</b>	<b>6482</b>	EAZYMUT.PL	Weteran   M - 50	23	00:00:31	01:40:35	02:58:18	04:18:40	<b>05:53:08.60</b>	<b>05:53:08.60</b>	+02:24:23 (40.9%)	10:42	5.6 (58.9%)
24	<b>MODRAK Maciej</b>	<b>6020</b>	PARKRUN GRUDZIĄDZ	Weteran   M - 50	24	00:01:09	01:40:49	02:57:50	04:25:36	<b>06:01:58.60</b>	<b>06:01:58.60</b>	+02:33:13 (42.3%)	10:58	5.5 (57.9%)
25	<b>BŁACHNIO Krzysztof</b>	<b>6139</b>	RAZ SZCZECIN	Weteran   M - 50	25	00:00:11	01:24:30	02:39:14	04:18:52	<b>06:03:07.45</b>	<b>06:03:07.45</b>	+02:34:22 (42.5%)	11:00	5.5 (57.9%)
26	<b>GAWŁOWSKI Arkadiusz</b>	<b>6471</b>	CZMOŃ NIGHT RUNNERS	Weteran   M - 50	26	00:00:19	01:41:05	03:11:39	04:54:27	<b>06:43:13.85</b>	<b>06:43:13.85</b>	+03:14:28 (48.2%)	12:13	4.9 (51.6%)
27	<b>BESTRZYNSKI Olech</b>	<b>6515</b>	CZŁAPAK ROBAKOWO	Weteran   M - 50	27	00:00:37	01:53:04	03:16:15	04:57:42	<b>06:49:47.45</b>	<b>06:49:47.45</b>	+03:21:02 (49.1%)	12:25	4.8 (50.5%)
28	<b>SCHMIDT Jacek</b>	<b>6007</b>	HERNIK TEAM	Weteran   M - 50	28	00:00:13	01:41:58	03:04:52	04:59:10	<b>06:51:28.55</b>	<b>06:51:28.55</b>	+03:22:43 (49.3%)	12:28	4.8 (50.5%)
29	<b>CIUK Bartosz</b>	<b>6041</b>	BP RUNNING TEAM GLIWICE	Weteran   M - 50	29	00:01:03	02:05:29	03:43:52	05:04:40	<b>06:57:02.85</b>	<b>06:57:02.85</b>	+03:28:17 (49.9%)	12:38	4.7 (49.5%)
<b>Przekroczony limit czasu: 07:00:00</b>														
30	<b>WALCZAK Sławomir</b>	<b>6212</b>		Weteran   M - 50	30	00:01:31	01:40:37	03:07:53	04:58:28	<b>07:27:06.30</b>	<b>07:27:06.30</b>	+03:58:21 (53.3%)	13:32	4.4 (46.3%)
	<b>SZCZEPANIAK Sławomir</b>	<b>6510</b>	KS LENIWIEC	Weteran   M - 50		00:00:39 DNF	02:11:56 DNF	03:55:38 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>ZIELONKA Marek</b>	<b>6021</b>		Weteran   M - 50		00:00:59 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 32 wynik(ów)