



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

Dolnośląski Festiwal Biegów Górskich  
Fundacja MARATONY GÓRSKIE  
2022-07-17  
Łądek-Zdrój  
10 km

## BIEG TROJAK TRAIL - 10 KM

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Senior II M - 30

| Msc | Zawodnik               | Numer | Klub                                    | Kategoria        | Mkat | Start<br>Łądek<br>0.01km | C1<br>3.7km | C1<br>5.8km | Czas<br>netto<br>10km | Czas<br>brutto<br>10km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|------------------------|-------|-----------------------------------------|------------------|------|--------------------------|-------------|-------------|-----------------------|------------------------|----------------------|-----------------|-----------------|
| 1   | LAGNER Sebastian       | 8444  | KB SOBÓTKA/ PRZEDWOJEWSKI_TEAM          | Senior II M - 30 | 1    | 00:00:01                 | 00:20:19    | 00:30:12    | 00:47:54.85           | 00:47:54.85            |                      | 4:47            | 12.5<br>(100%)  |
| 2   | CHRZANOWSKI Patryk     | 8302  | PCH SPORT TEAM                          | Senior II M - 30 | 2    | 00:00:01                 | 00:20:43    | 00:31:01    | 00:48:36.75           | 00:48:36.75            | +00:00:41<br>(1.4%)  | 4:51            | 12.3<br>(98.4%) |
| 3   | KUJAWA Zbigniew        | 8594  | TKKF KOLEJARZ BYDGOSZCZ / ZAŁOGA GÓRSKA | Senior II M - 30 | 3    | 00:00:03                 | 00:21:59    | 00:32:26    | 00:50:40.60           | 00:50:40.60            | +00:02:45<br>(5.5%)  | 5:04            | 11.8<br>(94.4%) |
| 4   | DUTKOWSKI Mikołaj      | 8209  | WKS ŚLĄSK WROCŁAW                       | Senior II M - 30 | 4    | 00:00:01                 | 00:21:54    | 00:32:25    | 00:50:50.40           | 00:50:50.40            | +00:02:55<br>(5.8%)  | 5:05            | 11.8<br>(94.4%) |
| 5   | MONZO David            | 8088  |                                         | Senior II M - 30 | 5    | 00:00:02                 | 00:20:40    | 00:31:36    | 00:50:55.15           | 00:50:55.15            | +00:03:00<br>(5.9%)  | 5:05            | 11.8<br>(94.4%) |
| 6   | SIERADZKI Krzysztof    | 8270  | PRZEDWOJEWSKI TEAM                      | Senior II M - 30 | 6    | 00:00:02                 | 00:21:27    | 00:32:25    | 00:51:28.65           | 00:51:28.65            | +00:03:33<br>(6.9%)  | 5:08            | 11.7<br>(93.6%) |
| 7   | BUKSA Tomasz           | 8460  | WOT                                     | Senior II M - 30 | 7    | 00:00:04                 | 00:23:05    | 00:34:31    | 00:55:55.65           | 00:55:55.65            | +00:08:00<br>(14.3%) | 5:35            | 10.7<br>(85.6%) |
| 8   | WOJCIECHOWSKI Mateusz  | 8484  | NULL                                    | Senior II M - 30 | 8    | 00:00:02                 | 00:23:51    | 00:35:25    | 00:56:16.70           | 00:56:16.70            | +00:08:21<br>(14.9%) | 5:37            | 10.7<br>(85.6%) |
| 9   | TRZEPAK Łukasz         | 8426  |                                         | Senior II M - 30 | 9    | 00:01:00                 | 00:24:04    | 00:35:32    | 00:56:27.70           | 00:56:27.70            | +00:08:32<br>(15.1%) | 5:38            | 10.6<br>(84.8%) |
| 10  | LASEK Jakub            | 8047  | RMT TEAM                                | Senior II M - 30 | 10   | 00:00:02                 | 00:24:43    | 00:36:39    | 00:56:54.75           | 00:56:54.75            | +00:08:59<br>(15.8%) | 5:41            | 10.5<br>(84.0%) |
| 11  | SAMIEC Janusz          | 8424  |                                         | Senior II M - 30 | 11   | 00:00:18                 | 00:24:37    | 00:36:49    | 00:58:25.75           | 00:58:25.75            | +00:10:30<br>(18.0%) | 5:50            | 10.3<br>(82.4%) |
| 12  | PIĘKOŚ Błażej          | 8480  |                                         | Senior II M - 30 | 12   | 00:00:08                 | 00:25:02    | 00:37:37    | 01:00:00.50           | 01:00:00.50            | +00:12:05<br>(20.2%) | 6:00            | 10<br>(80.0%)   |
| 13  | TOMASZKIEWICZ Wojciech | 8055  | RUN FOREST                              | Senior II M - 30 | 13   | 00:00:07                 | 00:25:37    | 00:38:17    | 01:01:01.45           | 01:01:01.45            | +00:13:06<br>(21.5%) | 6:06            | 9.8<br>(78.4%)  |
| 14  | CITKO Maciej           | 8259  | BIEG OPOLSKI                            | Senior II M - 30 | 14   | 00:00:05                 | 00:26:50    | 00:40:24    | 01:03:11.75           | 01:03:11.75            | +00:15:16<br>(24.2%) | 6:19            | 9.5<br>(76.0%)  |
| 15  | PAJĄK Alan             | 8136  |                                         | Senior II M - 30 | 15   | 00:00:29                 | 00:28:09    | 00:41:13    | 01:04:02.25           | 01:04:02.25            | +00:16:07<br>(25.2%) | 6:24            | 9.4<br>(75.2%)  |

| Msc | Zawodnik            | Numer | Klub                       | Kategoria        | Mkat | Start<br>Łądek<br>0.01km | C1<br>3.7km | C1<br>5.8km | Czas<br>netto<br>10km | Czas<br>brutto<br>10km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|---------------------|-------|----------------------------|------------------|------|--------------------------|-------------|-------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 16  | SZYMCZAK Bartłomiej | 8414  | ŻARY RUNNRS TEAM           | Senior II M - 30 | 16   | 00:00:13                 | 00:28:00    | 00:42:23    | 01:07:30.10           | 01:07:30.10            | +00:19:35<br>(29.0%) | 6:45            | 8.9<br>(71.2%) |
| 17  | STYK Marek          | 8023  |                            | Senior II M - 30 | 17   | 00:00:31                 | 00:28:06    | 00:42:24    | 01:08:11.65           | 01:08:11.65            | +00:20:16<br>(29.7%) | 6:49            | 8.8<br>(70.4%) |
| 18  | OSICA Łukasz        | 8108  |                            | Senior II M - 30 | 18   | 00:00:15                 | 00:29:03    | 00:43:43    | 01:08:28.25           | 01:08:28.25            | +00:20:33<br>(30.0%) | 6:50            | 8.8<br>(70.4%) |
| 19  | FRERIKS Jeroen      | 8248  | LEIDEN ATLETIEK            | Senior II M - 30 | 19   | 00:00:11                 | 00:29:13    | 00:43:51    | 01:09:12.10           | 01:09:12.10            | +00:21:17<br>(30.8%) | 6:55            | 8.7<br>(69.6%) |
| 20  | SAŁDYKA Marcin      | 8451  |                            | Senior II M - 30 | 20   | 00:00:34                 | 00:30:03    | 00:44:33    | 01:10:21.65           | 01:10:21.65            | +00:22:26<br>(31.9%) | 7:02            | 8.5<br>(68.0%) |
| 20  | HONSZA Tomasz       | 8139  | MOCNA GRUPA CEZARA         | Senior II M - 30 | 20   | 00:00:33                 | 00:31:12    | 00:45:49    | 01:10:21.65           | 01:10:21.65            | +00:22:26<br>(31.9%) | 7:02            | 8.5<br>(68.0%) |
| 22  | PISCO Tiago         | 8377  | LUSITANIA ARMADA           | Senior II M - 30 | 22   | 00:01:20                 | 00:31:15    | 00:45:15    | 01:11:08.70           | 01:11:08.70            | +00:23:13<br>(32.7%) | 7:06            | 8.4<br>(67.2%) |
| 23  | TRZPIOLA Tycjan     | 8003  | KURACJUSZE                 | Senior II M - 30 | 23   | 00:00:11                 | 00:29:39    | 00:44:53    | 01:11:31.50           | 01:11:31.50            | +00:23:36<br>(33.0%) | 7:09            | 8.4<br>(67.2%) |
| 24  | JARMUŻEK Tomasz     | 8346  |                            | Senior II M - 30 | 24   | 00:00:58                 | 00:32:30    | 00:46:59    | 01:11:38.65           | 01:11:38.65            | +00:23:43<br>(33.1%) | 7:09            | 8.4<br>(67.2%) |
| 25  | WIDUN Grzegorz      | 8200  | WIDUN KETTELBELLE CLUB     | Senior II M - 30 | 25   | 00:01:33                 | 00:31:41    | 00:46:23    | 01:12:20.15           | 01:12:20.15            | +00:24:25<br>(33.8%) | 7:14            | 8.3<br>(66.4%) |
| 26  | WOŹNIAK Jakub       | 8160  | TEAM LIDL                  | Senior II M - 30 | 26   | 00:00:45                 | 00:31:28    | 00:45:56    | 01:12:56.45           | 01:12:56.45            | +00:25:01<br>(34.3%) | 7:17            | 8.2<br>(65.6%) |
| 26  | GOS Sebastian       | 8449  |                            | Senior II M - 30 | 26   | 00:00:35                 | 00:31:14    | 00:46:16    | 01:12:56.45           | 01:12:56.45            | +00:25:01<br>(34.3%) | 7:17            | 8.2<br>(65.6%) |
| 28  | CIEŚLAK Krzysztof   | 8563  | ULTRAFAZA.PL               | Senior II M - 30 | 28   | 00:00:43                 | 00:32:37    | 00:48:05    | 01:13:44.75           | 01:13:44.75            | +00:25:49<br>(35.0%) | 7:22            | 8.1<br>(64.8%) |
| 29  | PAKUŁA Tomasz       | 8111  |                            | Senior II M - 30 | 29   | 00:00:51                 | 00:32:56    | 00:48:17    | 01:15:07.30           | 01:15:07.30            | +00:27:12<br>(36.2%) | 7:30            | 8<br>(64.0%)   |
| 30  | SZCZUDLAK Michał    | 8445  |                            | Senior II M - 30 | 30   | 00:00:20                 | 00:33:49    | 00:49:34    | 01:15:07.45           | 01:15:07.45            | +00:27:12<br>(36.2%) | 7:30            | 8<br>(64.0%)   |
| 31  | STAWORZYŃSKI Dawid  | 8285  | PAN KORBKA                 | Senior II M - 30 | 31   | 00:00:16                 | 00:32:20    | 00:48:31    | 01:16:08.40           | 01:16:08.40            | +00:28:13<br>(37.1%) | 7:36            | 7.9<br>(63.2%) |
| 32  | MACKIEWICZ Karol    | 8048  |                            | Senior II M - 30 | 32   | 00:00:30                 | 00:33:12    | 00:49:14    | 01:16:38.35           | 01:16:38.35            | +00:28:43<br>(37.5%) | 7:39            | 7.8<br>(62.4%) |
| 33  | PEREIRA Ruben       | 8381  | LUSITANIA ARMADA           | Senior II M - 30 | 33   | 00:01:21                 | 00:34:32    | 00:50:43    | 01:18:26.55           | 01:18:26.55            | +00:30:31<br>(38.9%) | 7:50            | 7.6<br>(60.8%) |
| 34  | BILICKI Wojtek      | 8217  |                            | Senior II M - 30 | 34   | 00:00:05                 | 00:34:25    | 00:50:10    | 01:18:28.20           | 01:18:28.20            | +00:30:33<br>(38.9%) | 7:50            | 7.6<br>(60.8%) |
| 35  | KRAWCZYKOWSKI Jacek | 8135  |                            | Senior II M - 30 | 35   | 00:01:27                 | 00:35:59    | 00:51:45    | 01:18:32.20           | 01:18:32.20            | +00:30:37<br>(39.0%) | 7:51            | 7.6<br>(60.8%) |
| 36  | BIENKOWSKI Kamil    | 8282  |                            | Senior II M - 30 | 36   | 00:01:23                 | 00:35:47    | 00:51:12    | 01:19:35.70           | 01:19:35.70            | +00:31:40<br>(39.8%) | 7:57            | 7.5<br>(60.0%) |
| 37  | ZADORA Borys        | 8214  | OLDBOYS TROJAN ŁĄDEK ZDRÓJ | Senior II M - 30 | 37   | 00:03:27                 | 00:37:33    | 00:52:56    | 01:20:19.05           | 01:20:19.05            | +00:32:24<br>(40.3%) | 8:01            | 7.5<br>(60.0%) |
| 38  | CICHAŃSKI Marek     | 8199  |                            | Senior II M - 30 | 38   | 00:00:40                 | 00:34:50    | 00:52:11    | 01:21:08.05           | 01:21:08.05            | +00:33:13<br>(40.9%) | 8:06            | 7.4<br>(59.2%) |

| Msc | Zawodnik              | Numer | Klub                          | Kategoria        | Mkat | Start<br>Łądek<br>0.01km | C1<br>3.7km | C1<br>5.8km | Czas<br>netto<br>10km | Czas<br>brutto<br>10km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-----------------------|-------|-------------------------------|------------------|------|--------------------------|-------------|-------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 39  | KIERUL Łukasz         | 8403  | MASA TEAM                     | Senior II M - 30 | 39   | 00:00:29                 | 00:34:11    | 00:51:18    | 01:21:09.35           | 01:21:09.35            | +00:33:14<br>(41.0%) | 8:06            | 7.4<br>(59.2%) |
| 40  | JANUS Tomasz          | 8351  | TEAM KURORT ŁĄDEK-ZDRÓJ       | Senior II M - 30 | 40   | 00:01:14                 | 00:37:13    | 00:53:43    | 01:21:13.20           | 01:21:13.20            | +00:33:18<br>(41.0%) | 8:07            | 7.4<br>(59.2%) |
| 41  | WÓJCIAK Łukasz        | 8073  | UMAWIANIENABIEGANIETEAM       | Senior II M - 30 | 41   | 00:00:32                 | 00:34:20    | 00:51:09    | 01:21:34.65           | 01:21:34.65            | +00:33:39<br>(41.3%) | 8:09            | 7.4<br>(59.2%) |
| 42  | DEMBIŃSKI Arkadiusz   | 8409  |                               | Senior II M - 30 | 42   | 00:00:53                 | 00:36:32    | 00:53:14    | 01:21:53.20           | 01:21:53.20            | +00:33:58<br>(41.5%) | 8:11            | 7.3<br>(58.4%) |
| 43  | NAZIMEK Piotr         | 8287  |                               | Senior II M - 30 | 43   | 00:00:34                 | 00:35:34    | 00:52:34    | 01:22:00.60           | 01:22:00.60            | +00:34:05<br>(41.6%) | 8:12            | 7.3<br>(58.4%) |
| 44  | BURA Tomasz           | 8475  |                               | Senior II M - 30 | 44   | 00:00:09                 | 00:35:15    | 00:52:20    | 01:22:02.75           | 01:22:02.75            | +00:34:07<br>(41.6%) | 8:12            | 7.3<br>(58.4%) |
| 45  | KUZIEL Marcin         | 8113  | BLACK RUNNING STRONIE ŚLĄSKIE | Senior II M - 30 | 45   | 00:01:23                 | 00:39:16    | 00:55:22    | 01:22:17.00           | 01:22:17.00            | +00:34:22<br>(41.8%) | 8:13            | 7.3<br>(58.4%) |
| 46  | MADAJCZYK Tomasz      | 8128  |                               | Senior II M - 30 | 46   | 00:00:23                 | 00:34:29    | 00:51:52    | 01:23:20.80           | 01:23:20.80            | +00:35:25<br>(42.5%) | 8:20            | 7.2<br>(57.6%) |
| 47  | WINKOWSKI Adrian      | 8001  | PRZEDWOJEWSKI TEAM            | Senior II M - 30 | 47   | 00:00:06                 | 00:35:01    | 00:52:11    | 01:24:08.35           | 01:24:08.35            | +00:36:13<br>(43.1%) | 8:24            | 7.1<br>(56.8%) |
| 48  | POZNAR Adam           | 8354  |                               | Senior II M - 30 | 48   | 00:01:17                 | 00:38:22    | 00:55:54    | 01:24:57.90           | 01:24:57.90            | +00:37:03<br>(43.6%) | 8:29            | 7.1<br>(56.8%) |
| 49  | WILK Tomasz           | 8038  |                               | Senior II M - 30 | 49   | 00:01:01                 | 00:38:23    | 00:56:48    | 01:26:55.35           | 01:26:55.35            | +00:39:00<br>(44.9%) | 8:41            | 6.9<br>(55.2%) |
| 50  | WAWER Marcin          | 8493  | STOWARZYSZENIE BIEG OPOLSKI   | Senior II M - 30 | 50   | 00:01:22                 | 00:40:58    | 00:58:40    | 01:28:52.65           | 01:28:52.65            | +00:40:57<br>(46.1%) | 8:53            | 6.8<br>(54.4%) |
| 51  | PUSZEK Jacek          | 8195  |                               | Senior II M - 30 | 51   | 00:00:06                 | 00:37:46    | 00:56:56    | 01:29:54.15           | 01:29:54.15            | +00:41:59<br>(46.7%) | 8:59            | 6.7<br>(53.6%) |
| 52  | SENDER Jakub          | 8317  | BW RUNNING TEAM               | Senior II M - 30 | 52   | 00:01:11                 | 00:37:55    | 00:56:28    | 01:30:02.85           | 01:30:02.85            | +00:42:08<br>(46.8%) | 9:00            | 6.7<br>(53.6%) |
| 53  | KORNASZEWSKI Wojciech | 8559  |                               | Senior II M - 30 | 53   | 00:00:30                 | 00:38:16    | 00:56:45    | 01:30:15.15           | 01:30:15.15            | +00:42:20<br>(46.9%) | 9:01            | 6.6<br>(52.8%) |
| 54  | KRUK Mateusz          | 8203  | MAXIMUS KROSNOWICE            | Senior II M - 30 | 54   | 00:00:24                 | 00:36:43    | 00:56:02    | 01:31:26.65           | 01:31:26.65            | +00:43:31<br>(47.6%) | 9:08            | 6.6<br>(52.8%) |
| 55  | WOJTCZAK Mateusz      | 8456  |                               | Senior II M - 30 | 55   | 00:01:04                 | 00:42:04    | 01:01:00    | 01:33:13.70           | 01:33:13.70            | +00:45:18<br>(48.6%) | 9:19            | 6.4<br>(51.2%) |
| 56  | BLANIK Marek          | 8239  |                               | Senior II M - 30 | 56   | 00:00:31                 | 00:39:25    | 00:58:30    | 01:33:29.75           | 01:33:29.75            | +00:45:34<br>(48.8%) | 9:20            | 6.4<br>(51.2%) |
| 57  | CHOMĄTOWSKI Daniel    | 8127  |                               | Senior II M - 30 | 57   | 00:00:23                 | 00:42:07    | 01:02:46    | 01:36:07.80           | 01:36:07.80            | +00:48:12<br>(50.2%) | 9:36            | 6.2<br>(49.6%) |
| 58  | PAWLUS Marek          | 8395  | MAKEMAROFITAGAIN!             | Senior II M - 30 | 58   | 00:00:15                 | 00:40:31    | 01:01:41    | 01:37:41.90           | 01:37:41.90            | +00:49:47<br>(51.0%) | 9:46            | 6.1<br>(48.8%) |
| 59  | SZCZEPIŃSKI Krzysztof | 8584  |                               | Senior II M - 30 | 59   | 00:00:27                 | 00:40:17    | 01:01:28    | 01:38:10.00           | 01:38:10.00            | +00:50:15<br>(51.2%) | 9:49            | 6.1<br>(48.8%) |
| 60  | KASPRZAK Łukasz       | 8432  |                               | Senior II M - 30 | 60   | 00:01:10                 | 00:42:11    | 01:01:58    | 01:39:18.65           | 01:39:18.65            | +00:51:23<br>(51.8%) | 9:55            | 6<br>(48.0%)   |
| 61  | ŁĘKAWA Mateusz        | 8483  |                               | Senior II M - 30 | 61   | 00:01:13                 | 00:45:44    | 01:06:30    | 01:39:58.35           | 01:39:58.35            | +00:52:03<br>(52.1%) | 9:59            | 6<br>(48.0%)   |

| Msc | Zawodnik           | Numer | Klub                          | Kategoria        | Mkat | Start<br>Łądek<br>0.01km | C1<br>3.7km | C1<br>5.8km | Czas<br>netto<br>10km | Czas<br>brutto<br>10km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|--------------------|-------|-------------------------------|------------------|------|--------------------------|-------------|-------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 62  | DAGIEL Janusz      | 8334  |                               | Senior II M - 30 | 62   | 00:00:54                 | 00:41:52    | 01:04:01    | 01:40:16.05           | 01:40:16.05            | +00:52:21<br>(52.2%) | 10:01           | 6<br>(48.0%)   |
| 63  | GRZYBEK Sławomir   | 8130  | BARTOSZ GORCZYCA RUNNING TEAM | Senior II M - 30 | 63   | 00:00:41                 | 00:45:10    | 01:05:48    | 01:40:52.75           | 01:40:52.75            | +00:52:57<br>(52.5%) | 10:05           | 5.9<br>(47.2%) |
| 64  | KUBAŚ Dawid        | 8492  | NADLEŚNICTWO ZDROJE           | Senior II M - 30 | 64   | 00:00:44                 | 00:44:51    | 01:05:41    | 01:41:05.15           | 01:41:05.15            | +00:53:10<br>(52.6%) | 10:06           | 5.9<br>(47.2%) |
| 65  | SUDER Maciej       | 8364  | 3M RUNNING TEAM POLAND        | Senior II M - 30 | 65   | 00:00:36                 | 00:42:09    | 01:03:52    | 01:44:55.50           | 01:44:55.50            | +00:57:00<br>(54.3%) | 10:29           | 5.7<br>(45.6%) |
| 66  | RADWAN Mateusz     | 8106  |                               | Senior II M - 30 | 66   | 00:00:45                 | 00:46:33    | 01:10:29    | 01:48:54.75           | 01:48:54.75            | +01:00:59<br>(56.0%) | 10:53           | 5.5<br>(44.0%) |
| 67  | ZARZECZNY Radosław | 8413  | JUNIOR AMATOR SUPERSTAR       | Senior II M - 30 | 67   | 00:00:49                 | 00:47:59    | 01:13:30    | 02:04:57.10           | 02:04:57.10            | +01:17:02<br>(61.7%) | 12:29           | 4.8<br>(38.4%) |
| 68  | MITIS Marek        | 8232  |                               | Senior II M - 30 | 68   | 00:00:48                 | 00:48:00    | 01:13:31    | 02:04:57.25           | 02:04:57.25            | +01:17:02<br>(61.7%) | 12:29           | 4.8<br>(38.4%) |
| 69  | WEKA Krzysztof     | 8555  | BIAŁYSTOK BIEGA TEAM          | Senior II M - 30 | 69   | 00:00:10                 | 00:39:20    | 01:05:57    | 02:06:04.65           | 02:06:04.65            | +01:18:09<br>(62.0%) | 12:36           | 4.8<br>(38.4%) |
| 70  | MROWCA Paweł       | 8439  |                               | Senior II M - 30 | 70   | 00:01:17                 | 00:56:38    | 01:29:35    | 02:33:10.85           | 02:33:10.85            | +01:45:16<br>(68.7%) | 15:19           | 3.9<br>(31.2%) |

Znaleziono 70 wynik(ów)