

ZŁOTY MARATON - 45 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Stowarzyszenie TKKF Kompas
Data: 2017-07-20
Miejsce: Łądek Zdrój
Dystans: 45 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Masters M - 40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
1	DYBEK Paweł	3306	SALOMON SUUNTO TEAM	Masters M - 40	1	00:58:43	02:04:26	03:07:33	04:07:14.85	04:07:16.60		5:29	10.9 (100%)
2	SEDLAK Michał	3148	LUBIETOBIEGANIE	Masters M - 40	2	00:59:18	02:04:20	03:12:18	04:19:37.90	04:19:41.00	+00:12:24 (4.8%)	5:46	10.4 (95.4%)
3	KOBRYŃ Dominik	3230	BYLEDOBIEC ANIN	Masters M - 40	3	01:00:22	02:07:51	03:15:11	04:21:11.95	04:21:17.05	+00:14:00 (5.4%)	5:48	10.3 (94.5%)
4	CICHOREK Dariusz	3220	KKB FINISZ KALISZ	Masters M - 40	4	01:00:16	02:05:28	03:17:11	04:37:58.00	04:38:02.20	+00:30:45 (11.1%)	6:10	9.7 (89.0%)
5	BENDIG Wojciech	3311		Masters M - 40	5	01:04:18	02:18:31	03:34:33	04:50:57.90	04:51:08.10	+00:43:51 (15.1%)	6:27	9.3 (85.3%)
6	FURMAN Sławomir	3063	AKB ESEMAS	Masters M - 40	6	01:08:27	02:28:12	03:49:25	05:04:56.25	05:05:01.50	+00:57:44 (18.9%)	6:46	8.9 (81.7%)
7	WALENDA Arkadiusz	3275	VEGE ULTRA RUNNERS	Masters M - 40	7	01:11:07	02:31:53	03:56:32	05:17:38.30	05:17:43.10	+01:10:26 (22.2%)	7:03	8.5 (78.0%)
8	ŁUCZYŃSKI Maciej	3198	GAWRA	Masters M - 40	8	01:14:01	02:30:58	03:50:54	05:19:20.90	05:19:28.15	+01:12:11 (22.6%)	7:05	8.5 (78.0%)
9	WUJDA Mirosław	3160	ERNI RULEZ	Masters M - 40	9	01:13:57	02:37:07	03:56:07	05:20:08.25	05:20:21.05	+01:13:04 (22.8%)	7:06	8.4 (77.1%)
10	NIEZGÓDKA Tomasz	3309		Masters M - 40	10	01:13:03	02:35:28	04:03:12	05:23:19.75	05:23:28.05	+01:16:11 (23.6%)	7:11	8.4 (77.1%)
11	GEROWSKI Maciej	3010	NETBOX BIEGA / LESZ NO LIMITS RUNNERS	Masters M - 40	11	01:19:30	02:41:10	04:04:54	05:23:36.40	05:23:45.05	+01:16:28 (23.6%)	7:11	8.3 (76.1%)
12	SOKALSKI Grzegorz	3281		Masters M - 40	12	01:21:22	02:48:13	04:12:15	05:31:02.10	05:31:17.30	+01:24:00 (25.4%)	7:21	8.2 (75.2%)
13	PIETLUSZENKO Dariusz	3255		Masters M - 40	13	01:13:21	02:41:25	04:14:23	05:30:57.15	05:31:32.00	+01:24:15 (25.4%)	7:21	8.2 (75.2%)
14	WAJDA Robert	3288		Masters M - 40	14	01:12:50	02:36:20	04:06:01	05:32:26.95	05:32:34.80	+01:25:18 (25.6%)	7:23	8.1 (74.3%)
15	MACHALSKI Sebastian	3079		Masters M - 40	15	01:10:25	02:36:53	04:11:53	05:41:00.25	05:41:07.95	+01:33:51 (27.5%)	7:34	7.9 (72.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
16	MARCINKOWSKI Przemysław	3308	PROTON	Masters M - 40	16	01:20:02	02:47:53	04:15:07	05:42:52.40	05:43:02.10	+01:35:45 (27.9%)	7:37	7.9 (72.5%)
17	BRATEK Łukasz	3294	OTK RZEŹNIK	Masters M - 40	17	01:20:48	02:50:20	04:28:06	06:00:10.70	06:00:20.20	+01:53:03 (31.4%)	8:00	7.5 (68.8%)
18	PANEK Krzysztof	3312		Masters M - 40	18	01:23:53	02:54:57	04:29:44	05:59:48.90	06:00:27.05	+01:53:10 (31.4%)	7:59	7.5 (68.8%)
19	BALCERZAK Tomasz	3028	MARATOŃCZYK POZNAŃ	Masters M - 40	19	01:23:25	02:48:13	04:29:02	06:03:21.55	06:03:47.75	+01:56:31 (32.0%)	8:04	7.4 (67.9%)
20	KOCIK Marcin	3179	FATBOY SPRINT	Masters M - 40	20	01:21:20	02:54:25	04:33:36	06:06:29.95	06:06:37.85	+01:59:21 (32.6%)	8:08	7.4 (67.9%)
21	SOBCZAK Tomasz	3202	SASKA KĘPA	Masters M - 40	21	01:27:20	03:00:35	04:38:39	06:07:29.10	06:07:51.35	+02:00:34 (32.8%)	8:09	7.3 (67.0%)
22	RYŻEWSKI Krzysztof	3155	QUADIMODO RACING	Masters M - 40	22	01:20:43	02:54:25	04:35:42	06:08:03.15	06:08:16.10	+02:00:59 (32.9%)	8:10	7.3 (67.0%)
23	DROŹDZIK Paweł	3022	WKB META LUBLINIEC	Masters M - 40	23	01:22:03	02:59:38	04:38:24	06:10:40.50	06:10:43.25	+02:03:26 (33.3%)	8:14	7.3 (67.0%)
24	KONIECZNY Andrzej	3110	KONIECZNY TEAM	Masters M - 40	24	01:27:02	03:00:15	04:38:17	06:15:58.85	06:16:24.50	+02:09:07 (34.3%)	8:21	7.2 (66.1%)
25	PIECH Michał	3134	ALUSTAL	Masters M - 40	25	01:26:45	03:05:54	04:45:32	06:18:45.10	06:18:58.50	+02:11:41 (34.8%)	8:25	7.1 (65.1%)
26	KOSTRZEWSKI Sławomir	3225	10 BRYGADA LOGISTYCZNA	Masters M - 40	26	01:22:13	02:59:58	04:39:59	06:18:56.50	06:19:22.60	+02:12:06 (34.8%)	8:25	7.1 (65.1%)
27	PAŚ Tomek	3173	1975	Masters M - 40	27	01:20:06	02:54:03	04:38:35	06:19:19.90	06:19:30.80	+02:12:14 (34.8%)	8:25	7.1 (65.1%)
28	OLEJNIK Sylwester	3304		Masters M - 40	28	01:20:58	03:02:23	04:47:07	06:20:54.60	06:21:04.65	+02:13:48 (35.1%)	8:27	7.1 (65.1%)
29	HADAM Michał	3252	KB MANIAC POZNAŃ/NBR	Masters M - 40	29	01:25:53	03:02:40	04:47:10	06:21:21.10	06:21:30.30	+02:14:13 (35.2%)	8:28	7.1 (65.1%)
30	JAKUSZEK Krzysztof	3114	CEGIELNIA PIASKI	Masters M - 40	30	01:25:25	03:02:43	04:45:02	06:23:56.50	06:24:22.10	+02:17:05 (35.7%)	8:31	7 (64.2%)
31	STAWARZ Paweł	3061	KB LUPUS	Masters M - 40	31	01:28:03	03:09:30	04:53:14	06:29:57.40	06:30:12.60	+02:22:56 (36.6%)	8:39	6.9 (63.3%)
32	MARCINIAK Janusz	3133	NIGHT RUNNERS	Masters M - 40	32	01:33:21	03:09:42		06:31:41.35	06:31:46.35	+02:24:29 (36.9%)	8:42	6.9 (63.3%)
33	CISEK Mirosław Tomasz	3242		Masters M - 40	33	01:28:48	03:06:28	04:57:14	06:39:37.35	06:39:47.15	+02:32:30 (38.1%)	8:52	6.8 (62.4%)
34	PTAK Jarosław	3289		Masters M - 40	34	01:26:04	03:04:03	04:54:54	06:40:16.05	06:40:33.15	+02:33:16 (38.3%)	8:53	6.7 (61.5%)
35	ŻARSKI Jarosław	3233	FUDU&CO SPORT TEAM	Masters M - 40	35	01:36:53	03:23:18	05:13:49	06:46:38.05	06:46:49.15	+02:39:32 (39.2%)	9:02	6.6 (60.6%)
36	KRAWISZ Maciej	3258	LP 500	Masters M - 40	36	01:40:57	03:21:08	05:09:03	06:48:31.90	06:49:13.60	+02:41:57 (39.6%)	9:04	6.6 (60.6%)
37	SKOCZYLAS Jerzy	3201	WKURW_TEAM	Masters M - 40	37	01:29:19	03:01:25	04:52:36	06:49:40.85	06:50:14.20	+02:42:57 (39.7%)	9:06	6.6 (60.6%)
38	JĘDRASZEK Maciej	3299		Masters M - 40	38	01:29:56	03:09:34	05:06:15	06:50:08.15	06:50:23.65	+02:43:07 (39.7%)	9:06	6.6 (60.6%)

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39	GAŁECKI Tomasz	3278	KLUB BIEGACZA EURO RTV AGD	Masters M - 40	39	01:32:03	03:16:04	05:05:06	06:50:08.30	06:50:34.30	+02:43:17 (39.8%)	9:06	6.6 (60.6%)
40	STACHOWIAK Maciej	3013	PAKIECIARZE TEAM	Masters M - 40	40	01:33:10	03:10:43	05:00:17	06:52:32.50	06:53:03.00	+02:45:46 (40.1%)	9:10	6.5 (59.6%)
41	DOBROSIELSKI Marcin	3115	TKD SZAKAL JEŻYCE RUNNERS	Masters M - 40	41	01:28:48	03:14:34	05:08:58	06:53:30.45	06:54:04.15	+02:46:47 (40.3%)	9:11	6.5 (59.6%)
42	WOZNIAK Wojciech	3208	BETTER THAN A THOUSAND	Masters M - 40	42	01:25:15	03:08:04	05:10:40	06:57:33.95	06:57:43.70	+02:50:27 (40.8%)	9:16	6.5 (59.6%)
43	MANEL Mariusz	3078	NETBOX BIEGA / LESZ NO LIMITS RUNNERS	Masters M - 40	43	01:26:39	03:12:51	05:15:39	06:59:34.80	06:59:48.55	+02:52:31 (41.1%)	9:19	6.4 (58.7%)
44	DURKIEWICZ Tomasz	3075	DOM KULTURY JOGI	Masters M - 40	44	01:34:22	03:22:23	05:16:41	07:08:08.55	07:08:36.70	+03:01:20 (42.3%)	9:30	6.3 (57.8%)
45	PAROL Paweł	3142		Masters M - 40	45	01:19:34	03:11:04	05:33:47	07:09:38.25	07:09:48.65	+03:02:32 (42.5%)	9:32	6.3 (57.8%)
46	CHMIEL Grzegorz	3161	HQ MNC NE	Masters M - 40	46	01:24:45	03:19:31	05:24:43	07:10:59.05	07:11:12.00	+03:03:55 (42.7%)	9:34	6.3 (57.8%)
47	SIECZKOWSKI Artur	3012	NATURAL BORN RUNNERS	Masters M - 40	47	01:36:19	03:28:46	05:21:21	07:12:18.60	07:12:54.95	+03:05:38 (42.9%)	9:36	6.2 (56.9%)
48	PIETROWICZ Marek	3190	ZABIEGANI LUSÓWKO	Masters M - 40	48	01:34:41	03:27:19	05:24:06	07:20:38.90	07:20:56.05	+03:13:39 (43.9%)	9:47	6.1 (56.0%)
49	PRZYBYŁ Piotr	3037	BIEGOLOGIA.PL / EASY RUNNERS	Masters M - 40	49	01:18:51	02:59:39	05:22:15	07:30:39.20	07:30:46.60	+03:23:30 (45.1%)	10:00	6 (55.0%)
50	BADOWSKI Rafal	3270	WSZYSTKO JEST W GŁOWIE!	Masters M - 40	50	01:28:30	03:15:48	05:25:33	07:31:29.50	07:31:45.70	+03:24:29 (45.3%)	10:01	6 (55.0%)
51	CHABKO Jacek	3072	2. WOJSKOWY ODDZIAŁ GOSPODARCZY	Masters M - 40	51	01:29:56	03:28:34	05:37:00	07:31:48.75	07:32:20.15	+03:25:03 (45.3%)	10:02	6 (55.0%)
52	KOZŁOWSKI Artur	3029		Masters M - 40	52	01:32:39	03:30:28	05:32:29	07:38:02.25	07:38:24.25	+03:31:07 (46.1%)	10:10	5.9 (54.1%)
53	PIETRZAK Dariusz	3097		Masters M - 40	53	01:47:26	03:47:21	05:47:24	07:41:45.55	07:42:06.35	+03:34:49 (46.5%)	10:15	5.8 (53.2%)
54	KLIMCZAK Arkadiusz	3150	KLUB BIEGACZA RTV EURO AGD	Masters M - 40	54	01:44:54	03:34:00	05:54:07	07:47:41.00	07:47:56.30	+03:40:39 (47.2%)	10:23	5.8 (53.2%)
55	HEJMAN Maciej	3196	WKURW_TEAM	Masters M - 40	55	01:41:29	03:40:40	05:49:25	07:50:56.65	07:51:29.30	+03:44:12 (47.6%)	10:27	5.7 (52.3%)
56	BLAJCHERT Adam	3069	4RUN TEAM PIŁA	Masters M - 40	56	01:43:28		06:03:17	07:52:48.50	07:53:12.00	+03:45:55 (47.7%)	10:30	5.7 (52.3%)
57	GAŁAT Jakub	3032	BCPLUS.PL	Masters M - 40	57	01:48:21		06:13:32	08:11:36.30	08:11:43.70	+04:04:27 (49.7%)	10:55	5.5 (50.5%)
58	KLIKS Adam	3137		Masters M - 40	58	01:49:12	03:48:19		08:14:59.75	08:15:29.70	+04:08:13 (50.1%)	11:00	5.5 (50.5%)
59	GMEREK Pawel	3254		Masters M - 40	59	01:49:11	03:48:19		08:15:00.10	08:15:30.10	+04:08:13 (50.1%)	11:00	5.5 (50.5%)
	WŁODARKIEWICZ Dominik	3200	SQUEEZY POLSKA	Masters M - 40		01:01:04 DNF	02:15:31 DNF	DNF	DNF	DNF		-	- (0.0%)
	MICHALAK Tomasz	3058	TEAM BIEGAJ POD OKIEM TRENERA	Masters M - 40		01:33:22 DNF	03:28:55 DNF	DNF	DNF	DNF		-	- (0.0%)

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	BIENIAS Piotr	3214		Masters M - 40		01:34:31 DNF	03:38:45 DNF	DNF	DNF	DNF		-	- (0.0%)
	WAŁEK Piotr	3001	RUNNING TEAM QUIBL	Masters M - 40		01:39:27 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 63 wynik(ów)