



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

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

## ZŁOTY MARATON - 45 KM

B4SPORT

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Senior I M - 20

| Msc | Zawodnik                | Numer | Klub                                   | Kategoria          | Mkat | Start<br>Łądek<br>0km | B1<br>10km | B2<br>22km | A15<br>33km | Czas<br>netto<br>45km | Czas<br>brutto<br>45km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-------------------------|-------|----------------------------------------|--------------------|------|-----------------------|------------|------------|-------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 1   | SZKOŁUDA Miłosz         | 5390  | BIEGOLAS KOSZALIN                      | Senior I M<br>- 20 | 1    | 00:00:05              | 00:54:45   | 02:02:29   | 03:05:58    | 04:06:13.70           | 04:06:13.70            |                      | 5:28            | 11<br>(100%)   |
| 2   | DASZEWSKI Filip         | 5048  | ICT POLAND                             | Senior I M<br>- 20 | 2    | 00:00:06              | 01:06:48   | 02:28:32   | 03:46:54    | 04:53:16.85           | 04:53:16.85            | +00:47:03<br>(16.0%) | 6:31            | 9.2<br>(83.6%) |
| 3   | PIEKARSKI Jakub         | 5116  | HURAGAN LIGOTA                         | Senior I M<br>- 20 | 3    | 00:00:12              | 01:04:29   | 02:21:42   | 03:39:29    | 04:56:21.45           | 04:56:21.45            | +00:50:07<br>(16.9%) | 6:35            | 9.1<br>(82.7%) |
| 4   | KOZANECKI<br>Przemysław | 5132  | WYBIEGAĆ MARZENIA TEAM                 | Senior I M<br>- 20 | 4    | 00:00:38              | 01:07:11   | 02:26:36   | 03:49:15    | 05:07:51.20           | 05:07:51.20            | +01:01:37<br>(20.0%) | 6:50            | 8.8<br>(80.0%) |
| 5   | JAWORSKI Marek          | 5314  |                                        | Senior I M<br>- 20 | 5    | 00:01:26              | 01:16:36   | 02:40:46   | 03:58:07    | 05:10:09.95           | 05:10:09.95            | +01:03:56<br>(20.6%) | 6:53            | 8.7<br>(79.1%) |
| 6   | KOZIOŁ Kacper           | 5267  | #CHASETHATWOLF                         | Senior I M<br>- 20 | 6    | 00:01:27              | 01:18:34   | 02:46:20   | 04:07:34    | 05:27:27.40           | 05:27:27.40            | +01:21:13<br>(24.8%) | 7:16            | 8.2<br>(74.5%) |
| 7   | RYSZAWY Mikołaj         | 5167  |                                        | Senior I M<br>- 20 | 7    | 00:01:15              | 01:15:24   | 02:43:11   | 04:14:09    | 05:29:00.35           | 05:29:00.35            | +01:22:46<br>(25.2%) | 7:18            | 8.2<br>(74.5%) |
| 8   | KUSAL Tomasz            | 5076  |                                        | Senior I M<br>- 20 | 8    | 00:00:03              | 01:05:12   | 02:29:06   | 03:56:21    | 05:29:36.45           | 05:29:36.45            | +01:23:22<br>(25.3%) | 7:19            | 8.2<br>(74.5%) |
| 9   | DROGOŚ Kajetan          | 5516  | BOWIE TO SUPER PIESEK                  | Senior I M<br>- 20 | 9    | 00:02:30              | 01:23:36   | 02:53:08   | 04:15:47    | 05:30:47.00           | 05:30:47.00            | +01:24:33<br>(25.6%) | 7:21            | 8.2<br>(74.5%) |
| 10  | SKARŻYŃSKI<br>Kamil     | 5083  | PLANYBIEGOWE.PL / WLKP MOUNTAINS ULTRA | Senior I M<br>- 20 | 10   | 00:00:39              | 01:23:59   | 02:59:55   | 04:23:26    | 05:40:42.25           | 05:40:42.25            | +01:34:28<br>(27.7%) | 7:34            | 7.9<br>(71.8%) |
| 11  | JESIONKOWSKI<br>Paweł   | 5567  | #BIEGIEMWLAS                           | Senior I M<br>- 20 | 11   | 00:00:25              | 01:15:41   | 02:48:28   | 04:27:43    | 05:47:37.00           | 05:47:37.00            | +01:41:23<br>(29.2%) | 7:43            | 7.8<br>(70.9%) |
| 12  | KORYTKOWSKI<br>Jakub    | 5411  |                                        | Senior I M<br>- 20 | 12   | 00:01:20              | 01:26:33   | 03:03:01   | 04:37:09    | 05:50:22.05           | 05:50:22.05            | +01:44:08<br>(29.7%) | 7:47            | 7.7<br>(70.0%) |
| 13  | BIELECKI Tomasz         | 5513  |                                        | Senior I M<br>- 20 | 13   | 00:00:39              | 01:20:03   | 02:56:01   | 04:24:08    | 05:56:37.30           | 05:56:37.30            | +01:50:23<br>(31.0%) | 7:55            | 7.6<br>(69.1%) |
| 14  | PAŁYSA Robert           | 5161  | STANWEX II                             | Senior I M<br>- 20 | 14   | 00:02:26              | 01:31:12   | 03:08:19   | 04:38:12    | 05:58:51.90           | 05:58:51.90            | +01:52:38<br>(31.4%) | 7:58            | 7.5<br>(68.2%) |
| 15  | DARUL Albert            | 5676  | KUPIEC TEAM                            | Senior I M<br>- 20 | 15   | 00:01:29              | 01:29:50   | 03:08:29   | 04:46:56    | 06:06:21.10           | 06:06:21.10            | +02:00:07<br>(32.8%) | 8:08            | 7.4<br>(67.3%) |

| Msc | Zawodnik           | Numer | Klub              | Kategoria          | Mkat | Start<br>Łądek<br>0km | B1<br>10km      | B2<br>22km      | A15<br>33km     | Czas<br>netto<br>45km | Czas<br>brutto<br>45km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|--------------------|-------|-------------------|--------------------|------|-----------------------|-----------------|-----------------|-----------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 16  | BROŻYNA Miłosz     | 5278  |                   | Senior I M<br>- 20 | 16   | 00:00:59              | 01:22:38        | 03:05:50        | 04:39:20        | 06:09:50.25           | 06:09:50.25            | +02:03:36<br>(33.4%) | 8:13            | 7.3<br>(66.4%) |
| 17  | KATRYCZ Krzysztof  | 5571  |                   | Senior I M<br>- 20 | 17   | 00:02:32              | 01:33:26        | 03:10:26        | 04:47:26        | 06:13:44.05           | 06:13:44.05            | +02:07:30<br>(34.1%) | 8:18            | 7.2<br>(65.5%) |
| 18  | HRONOWSKI Jakub    | 5203  |                   | Senior I M<br>- 20 | 18   | 00:01:28              | 01:29:19        | 03:07:21        | 04:39:32        | 06:14:35.10           | 06:14:35.10            | +02:08:21<br>(34.3%) | 8:19            | 7.2<br>(65.5%) |
| 19  | SZYMAŃSKI Jarosław | 5174  |                   | Senior I M<br>- 20 | 19   | 00:00:47              | 01:27:33        | 03:19:49        | 04:54:35        | 06:15:50.90           | 06:15:50.90            | +02:09:37<br>(34.5%) | 8:21            | 7.2<br>(65.5%) |
| 20  | DUBILIS Mateusz    | 5525  |                   | Senior I M<br>- 20 | 20   | 00:02:12              | 01:36:48        | 03:19:47        | 05:03:15        | 06:35:32.90           | 06:35:32.90            | +02:29:19<br>(37.8%) | 8:47            | 6.8<br>(61.8%) |
| 21  | MICHOŃ Kacper      | 5527  | NIGHT RUNNERS     | Senior I M<br>- 20 | 21   | 00:00:04              | 01:30:25        | 03:19:57        | 05:02:29        | 06:37:14.65           | 06:37:14.65            | +02:31:00<br>(38.0%) | 8:49            | 6.8<br>(61.8%) |
| 22  | KUREK Damian       | 5324  |                   | Senior I M<br>- 20 | 22   | 00:02:29              | 01:38:06        | 03:27:26        | 05:13:18        | 06:38:35.20           | 06:38:35.20            | +02:32:21<br>(38.2%) | 8:51            | 6.8<br>(61.8%) |
| 23  | HANSZ Donat        | 5288  | NETBOX BIEGA      | Senior I M<br>- 20 | 23   | 00:01:06              | 01:31:06        | 03:23:20        | 05:12:46        | 06:50:16.00           | 06:50:16.00            | +02:44:02<br>(40.0%) | 9:07            | 6.6<br>(60.0%) |
| 24  | SZARSKI Jacek      | 5074  | KAPCIOCHY         | Senior I M<br>- 20 | 24   | 00:00:49              | 01:31:54        | 03:30:08        | 05:28:18        | 06:59:43.85           | 06:59:43.85            | +02:53:30<br>(41.3%) | 9:19            | 6.4<br>(58.2%) |
| 25  | GŁOWACKI Radosław  | 5363  |                   | Senior I M<br>- 20 | 25   | 00:01:55              | 01:35:10        | 03:29:31        | 05:34:07        | 07:07:53.55           | 07:07:53.55            | +03:01:39<br>(42.5%) | 9:30            | 6.3<br>(57.3%) |
| 26  | WYSMOLIŃSKI Jan    | 5479  |                   | Senior I M<br>- 20 | 26   | 00:01:23              | 01:43:45        | 03:48:13        | 05:41:40        | 07:13:51.00           | 07:13:51.00            | +03:07:37<br>(43.2%) | 9:38            | 6.2<br>(56.4%) |
| 27  | BOBER Sebastian    | 5580  | SPORTOWY KAŻMIERZ | Senior I M<br>- 20 | 27   | 00:01:50              | 01:42:38        | 03:48:09        | 05:47:31        | 07:25:42.60           | 07:25:42.60            | +03:19:28<br>(44.8%) | 9:54            | 6.1<br>(55.5%) |
| 28  | PŁOCIŃSKI Norbert  | 5325  |                   | Senior I M<br>- 20 | 28   | 00:02:05              | 01:46:34        | 04:04:11        | 06:09:36        | 08:04:24.25           | 08:04:24.25            | +03:58:10<br>(49.2%) | 10:45           | 5.6<br>(50.9%) |
|     | PODGÓRNY Mariusz   | 5540  | TEAM OZIMEK       | Senior I M<br>- 20 |      | 00:00:30<br>DNF       | 01:21:40<br>DNF | 03:09:27<br>DNF | 05:33:28<br>DNF | DNF                   | DNF                    |                      | -               | -<br>(0.0%)    |
|     | BOCHYŃSKI Adam     | 5347  |                   | Senior I M<br>- 20 |      | 00:02:42<br>DNF       | 01:50:07<br>DNF | 04:03:57<br>DNF | DNF             | DNF                   | DNF                    |                      | -               | -<br>(0.0%)    |

Znaleziono 30 wynik(ów)