

ZŁOTY MARATON - 45 KM

B4SPORT

Event: Dolnośląski Festiwal Biegów Górskich
Organiser: Fundacja MARATONY GÓRSKIE
Date: 2019-07-18
Place: Łądek-Zdrój
Distance: 45 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Classification: Weteran I M - 50

Place	Participant	Number	Club	Category	MCat	B1 10km	B2 22km	A15 33km	Net time 45km	Czas brutto 45km	Gap	Pace min/km	Pace km/h
1	PAWŁOWSKI Marek	5348		Weteran I M - 50	1	01:10:52	02:39:59	03:50:55	05:07:43.15	05:08:11.15		6:50	8.8 (100%)
2	WILK Jacek	5433		Weteran I M - 50	2	01:11:42	02:44:23	04:02:16	05:25:13.50	05:25:20.15	+00:17:09 (5.3%)	7:13	8.3 (94.3%)
3	CZYCZERSKI Jacek	5188	GRUPA BIEGOWA BEZ GRANIC	Weteran I M - 50	3	01:14:25	02:50:06	04:30:51	06:09:51.15	06:10:36.30	+01:02:25 (16.8%)	8:13	7.3 (83.0%)
4	KUŹMA Przemysław	5156		Weteran I M - 50	4	01:21:35	03:04:21	04:37:57	06:10:25.40	06:10:41.30	+01:02:30 (16.9%)	8:13	7.3 (83.0%)
5	BIELECKI Robert	5004	KEEN ON RUNNING	Weteran I M - 50	5	01:18:47	03:03:04	04:40:28	06:13:48.35	06:14:30.65	+01:06:19 (17.7%)	8:18	7.2 (81.8%)
6	LESZCZYŃSKI Paweł	5440	LASY WAWERSKIE	Weteran I M - 50	6	01:36:27	03:23:19	04:55:11	06:24:52.60	06:25:33.05	+01:17:21 (20.1%)	8:33	7 (79.5%)
7	CHOJNOWSKI Andrzej	5034		Weteran I M - 50	7	01:27:50	03:18:32	04:59:31	06:35:28.40	06:36:16.50	+01:28:05 (22.2%)	8:47	6.8 (77.3%)
8	DRABIK Jacek	5283		Weteran I M - 50	8	01:31:51	03:32:46	05:08:22	06:43:19.05	06:43:33.95	+01:35:22 (23.6%)	8:57	6.7 (76.1%)
9	WOLENTARSKI Roman	5179		Weteran I M - 50	9	01:33:06	03:23:36	05:00:27	06:52:12.55	06:53:21.15	+01:45:10 (25.4%)	9:09	6.5 (73.9%)
10	PASTUSZKA Mirosław	5329	RUN ŁDZ	Weteran I M - 50	10	01:29:45	03:33:42	05:16:00	06:54:14.90	06:55:16.90	+01:47:05 (25.8%)	9:12	6.5 (73.9%)
11	OLCZYK Andrzej	5097		Weteran I M - 50	11	01:35:47	03:47:15	05:31:57	07:19:54.80	07:20:56.70	+02:12:45 (30.1%)	9:46	6.1 (69.3%)
12	PAKUŁA Grzegorz	5293		Weteran I M - 50	12			05:32:19	07:31:20.20	07:31:36.20	+02:23:25 (31.8%)	10:01	6 (68.2%)
13	NEUMANN Jacek	5152	CENTRUM ŁĄKOWA 1	Weteran I M - 50	13	01:37:46	03:50:53	05:40:21	07:33:36.20	07:34:48.15	+02:26:37 (32.2%)	10:04	6 (68.2%)
14	ZAPIÓR Marek	5382	ZET	Weteran I M - 50	14	01:38:23	03:55:43	05:45:49	07:36:49.70	07:37:40.55	+02:29:29 (32.7%)	10:09	5.9 (67.0%)
15	SZCZEPANIAK Grzegorz	5284	BOŚ	Weteran I M - 50	15	01:35:49	03:42:20	05:45:53	07:41:49.90	07:42:52.50	+02:34:41 (33.4%)	10:15	5.8 (65.9%)
16	JAWORSKI Bartłomiej	5351		Weteran I M - 50	16	01:29:00	03:51:00	05:45:54	07:52:13.45	07:52:20.25	+02:44:09 (34.8%)	10:29	5.7 (64.8%)
17	PIETROWICZ Marek	5359		Weteran I M - 50	17	01:51:16	04:17:12	06:06:10	08:06:43.60	08:07:16.85	+02:59:05 (36.8%)	10:48	5.5 (62.5%)
18	IZDEBSKI Marek	5292	SPARTA ZIĘBICE	Weteran I M - 50	18	01:52:43	04:34:02	06:35:44	08:40:10.90	08:40:40.85	+03:32:29 (40.8%)	11:33	5.2 (59.1%)
19	GRZELCZAK Tomasz	5332	PMM	Weteran I M - 50	19	01:48:42	04:56:54	06:58:15	08:54:25.35	08:55:20.00	+03:47:08 (42.4%)	11:52	5.1 (58.0%)

Total 19 results.