

ZŁOTY MARATON - 45 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2021-07-15
Miejsce: Łądek-Zdrój
Dystans: 45 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Weteran I M - 50

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
1	GREIVELDINGER Gilles	5534	ŚWIAT BIEGACZA FEHLAU RUN TEAM	Weteran I M - 50	1	01:06:28	02:24:51	03:36:02	04:38:46.05		6:11	9.7 (100%)
2	NOWAK Jacek	5386	LESZNO LIMITS RUNNERS	Weteran I M - 50	2	01:22:58	03:01:31	04:33:40	05:56:29.10	+01:17:43 (21.8%)	7:55	7.6 (78.4%)
3	KINCEL Krzysztof	5755		Weteran I M - 50	3	01:28:01	03:01:40	04:31:39	05:56:38.55	+01:17:52 (21.8%)	7:55	7.6 (78.4%)
4	GIDEL Witold	5397		Weteran I M - 50	4	01:23:39	03:01:02	04:40:44	05:59:39.10	+01:20:53 (22.5%)	7:59	7.5 (77.3%)
5	KOTARSKI Marek	5632	KRS TKKF RELAKS WODZISŁAW ŚLĄSKI	Weteran I M - 50	5	01:22:11	03:09:01	04:38:36	06:01:47.10	+01:23:01 (22.9%)	8:02	7.5 (77.3%)
6	RADECKI Wojciech	5707	NIEPOŁOMICE BIEGAJĄ	Weteran I M - 50	6	01:29:54	03:14:10	04:51:19	06:20:58.60	+01:42:12 (26.8%)	8:27	7.1 (73.2%)
7	SKOKOWSKI Jacek	5251		Weteran I M - 50	7	01:33:20	03:26:07	05:07:24	06:35:24.85	+01:56:38 (29.5%)	8:47	6.8 (70.1%)
8	DOMAŃSKI Henryk	5284	STAN UMYSŁU LEWIN BIEGA	Weteran I M - 50	8	01:31:37	03:19:46	05:07:26	06:39:09.65	+02:00:23 (30.2%)	8:52	6.8 (70.1%)
9	NEUMANN Jacek	5249	CENTRUM ŁĄKOWA 1	Weteran I M - 50	9	01:31:50	03:20:26	05:07:14	06:40:00.85	+02:01:14 (30.3%)	8:53	6.8 (70.1%)
10	WĘDRYCHOWICZ Grzegorz	5440	JASZCZUR RUN4FUN	Weteran I M - 50	10	01:26:35	03:23:27	05:11:07	06:54:24.45	+02:15:38 (32.7%)	9:12	6.5 (67.0%)
11	TULIK Przemysław	5363		Weteran I M - 50	11	01:33:24	03:24:56	05:09:21	06:57:02.05	+02:18:16 (33.2%)	9:16	6.5 (67.0%)
12	KOWALSKI Ireneusz	5015	SLOW NIE SLOW RUN	Weteran I M - 50	12	01:33:38	03:33:32	05:31:12	07:10:13.70	+02:31:27 (35.2%)	9:33	6.3 (64.9%)
13	KAMYSZ Robert	5533	KW KRAKÓW	Weteran I M - 50	13	01:36:52	03:36:56	05:31:09	07:10:21.15	+02:31:35 (35.2%)	9:33	6.3 (64.9%)
14	KARDAS Piotr	5201		Weteran I M - 50	14	01:33:13	03:30:20	05:26:30	07:12:43.65	+02:33:57 (35.6%)	9:36	6.2 (63.9%)
15	BRUSS Krzysztof	5105	DRUŻYNA SZPIKU	Weteran I M - 50	15	01:37:15	03:39:01	05:36:06	07:15:28.15	+02:36:42 (36.0%)	9:40	6.2 (63.9%)
16	KOWALEWSKI Dariusz	5224	CAŁA OLEŚNICA BIEGA	Weteran I M - 50	16	01:33:53	03:38:51	05:28:11	07:16:54.60	+02:38:08 (36.2%)	9:42	6.2 (63.9%)

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17	MAKOWSKI Dariusz	5135	KM TEAM	Weteran I M - 50	17	01:38:09	03:44:15	05:38:41	07:19:12.00	+02:40:25 (36.5%)	9:45	6.1 (62.9%)
18	MROZIK Adam Mrozik	5422	FOREST GANG	Weteran I M - 50	18	01:41:35	03:41:21	05:35:51	07:23:51.05	+02:45:05 (37.2%)	9:51	6.1 (62.9%)
19	ZABROCKI Andrzej	5031	PODLASIAKI TEAM	Weteran I M - 50	19	01:32:39	03:38:33	05:33:29	07:23:56.25	+02:45:10 (37.2%)	9:51	6.1 (62.9%)
20	WITKOWSKI Marek	5126		Weteran I M - 50	20	01:43:23	03:50:58	05:41:59	07:25:51.05	+02:47:05 (37.5%)	9:54	6.1 (62.9%)
21	MADAJ Paweł	5387	MADGOLD TEAM	Weteran I M - 50	21	01:40:53	03:50:05	05:44:29	07:30:57.45	+02:52:11 (38.2%)	10:01	6 (61.9%)
22	CHŁADZYŃSKI Piotr	5686	OLD BOXING CLUB	Weteran I M - 50	22	01:36:46	03:44:05	05:44:51	07:45:40.85	+03:06:54 (40.1%)	10:20	5.8 (59.8%)
23	JESSA Andrzej	5062	BIEGACZE JÓZEFA NOJI	Weteran I M - 50	23	01:39:44	03:54:45	05:58:20	07:47:12.50	+03:08:26 (40.3%)	10:22	5.8 (59.8%)
24	WOŹNIAK Marek	5739		Weteran I M - 50	24	01:43:26	03:52:37	05:55:44	07:50:21.90	+03:11:35 (40.7%)	10:27	5.7 (58.8%)
25	MODRZYŃSKI Przemysław	5324	NGT PROBAR	Weteran I M - 50	25	01:45:13	04:03:10	06:10:56	07:54:04.00	+03:15:17 (41.2%)	10:32	5.7 (58.8%)
26	MARCZEWSKI Tomasz	5091	GORZÓW	Weteran I M - 50	26	01:32:18	03:48:07	05:55:38	07:54:23.10	+03:15:37 (41.2%)	10:32	5.7 (58.8%)
27	GAŁECKI Tomasz	5592		Weteran I M - 50	27	01:45:48	03:58:00	06:11:21	07:57:43.35	+03:18:57 (41.6%)	10:36	5.7 (58.8%)
28	GAWŁOWSKI Arkadiusz	5096	CZMOŃ NIGHT RUNNERS	Weteran I M - 50	28	01:42:23	03:53:59	06:05:01	07:58:39.85	+03:19:53 (41.8%)	10:38	5.6 (57.7%)
29	KEGEL Zbigniew	5147	PIĄTKOWO NA BIEGOWO	Weteran I M - 50	29	01:51:30	04:06:40	06:12:58	08:03:54.45	+03:25:08 (42.4%)	10:45	5.6 (57.7%)
30	BUDZIŃSKI Krzysztof	5554		Weteran I M - 50	30	01:41:07	03:43:37	05:45:55	08:05:40.55	+03:26:54 (42.6%)	10:47	5.6 (57.7%)
31	SCHMIDT Jacek	5011		Weteran I M - 50	31	01:42:51	04:03:45	06:15:10	08:11:02.55	+03:32:16 (43.2%)	10:54	5.5 (56.7%)
32	GŁĄBICA Adam	5241		Weteran I M - 50	32	01:43:57	04:02:58	06:13:45	08:11:04.65	+03:32:18 (43.2%)	10:54	5.5 (56.7%)
33	CIUK Bartosz	5065	BP RUNNING TEAM GLIWICE	Weteran I M - 50	33	01:46:49	04:14:07	06:23:07	08:21:38.25	+03:42:52 (44.4%)	11:08	5.4 (55.7%)
34	IWAŃCZUK Zbigniew	5579		Weteran I M - 50	34	01:34:21	03:53:24	06:18:37	08:22:30.60	+03:43:44 (44.5%)	11:10	5.4 (55.7%)
35	MARCINKOWSKI Piotr	5463		Weteran I M - 50	35	01:59:04	04:26:11	06:30:20	08:23:46.85	+03:45:00 (44.7%)	11:11	5.4 (55.7%)
36	PYSZNY Mirosław	5428	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Weteran I M - 50	36	01:47:57	04:19:23	06:41:04	08:39:19.30	+04:00:33 (46.3%)	11:32	5.2 (53.6%)
37	MURZYNIEC Adam Murzyniec	5196		Weteran I M - 50	37	01:44:12	04:10:08	06:31:51	08:45:05.05	+04:06:19 (46.9%)	11:40	5.1 (52.6%)