



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

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

ZŁOTY MARATON - 45 KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

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INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Weteran I M - 50

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0km	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
1	BRZOZA Adam	5449	NG POLAND	Weteran I M - 50	1	00:00:06	01:08:26	02:28:05	03:37:33	04:44:09.60	04:44:09.60		6:18	9.5 (100%)
2	GREIVELDINGER Gilles	5622	FEHLAU RUN TEAM	Weteran I M - 50	2	00:00:14	01:04:50	02:25:12	03:41:31	04:45:33.35	04:45:33.35	+00:01:23 (0.5%)	6:20	9.5 (100%)
3	WALASIK Jarosław	5054	42K PRO TEAM	Weteran I M - 50	3	00:00:04	01:07:10	02:30:05	03:45:03	04:54:22.45	04:54:22.45	+00:10:12 (3.5%)	6:32	9.2 (96.8%)
4	GAWLIK Tomasz	5521		Weteran I M - 50	4	00:00:55	01:13:03	02:43:28	04:00:56	05:11:04.75	05:11:04.75	+00:26:55 (8.7%)	6:54	8.7 (91.6%)
5	BROK Jacek	5096		Weteran I M - 50	5	00:00:36	01:17:01	02:46:19	04:10:27	05:28:58.15	05:28:58.15	+00:44:48 (13.6%)	7:18	8.2 (86.3%)
6	BANDUROWSKI Andrzej	5366	KB SPOCENI NOWA SÓL	Weteran I M - 50	6	00:00:30	01:20:00	02:50:15	04:15:25	05:32:33.10	05:32:33.10	+00:48:23 (14.6%)	7:23	8.1 (85.3%)
7	ZGRAJ Leszek	5659	STS BIEGATON	Weteran I M - 50	7	00:00:19	01:18:23	02:53:07	04:18:47	05:36:03.40	05:36:03.40	+00:51:53 (15.4%)	7:28	8 (84.2%)
8	KĘDZIA Dominik	5553		Weteran I M - 50	8	00:00:54	01:17:02	02:50:28	04:21:09	05:46:33.95	05:46:33.95	+01:02:24 (18.0%)	7:42	7.8 (82.1%)
9	BIELECKI Robert	5582	KEEN ON RUNNING	Weteran I M - 50	9	00:00:05	01:18:57	02:57:48	04:27:53	05:49:00.95	05:49:00.95	+01:04:51 (18.6%)	7:45	7.7 (81.1%)
10	SIEWKO Piotr	5269	SZWAGRY TEAM	Weteran I M - 50	10	00:00:58	01:18:08	02:53:59	04:27:10	05:49:20.55	05:49:20.55	+01:05:10 (18.7%)	7:45	7.7 (81.1%)
11	BORDYCH Jacek	5674	BOREL MARATHON TEAM	Weteran I M - 50	11	00:01:29	01:23:07	03:01:58	04:32:15	05:54:53.25	05:54:53.25	+01:10:43 (19.9%)	7:53	7.6 (80.0%)
12	KOBYŁKA Marek	5392	SUPERMARATON KALISZ	Weteran I M - 50	12	00:01:49	01:25:37	03:03:32	04:33:47	05:58:29.55	05:58:29.55	+01:14:19 (20.7%)	7:57	7.5 (78.9%)
13	GROCHOLEWSKI Włodzimierz	5402	MOTOR LUBON TEAM	Weteran I M - 50	13	00:02:00	01:28:20	03:02:33	04:36:55	06:01:59.45	06:01:59.45	+01:17:49 (21.5%)	8:02	7.5 (78.9%)
14	MAŁYSZKA Krzysztof	5126	KRIS TRANS MAŁYSZKA	Weteran I M - 50	14	00:00:07	01:17:54	02:58:51	04:32:29	06:04:56.45	06:04:56.45	+01:20:46 (22.1%)	8:06	7.4 (77.9%)
15	RADECKI Wojciech	5495	NIEPOŁOMICE BIEGAJĄ	Weteran I M - 50	15	00:00:53	01:33:23	03:16:41	04:46:29	06:11:32.30	06:11:32.30	+01:27:22 (23.5%)	8:15	7.3 (76.8%)
16	WYRZYKOWSKI Andrzej	5311	GRUPA BIEGOWA 65	Weteran I M - 50	16	00:01:21	01:32:01	03:13:55	04:51:54	06:13:19.95	06:13:19.95	+01:29:10 (23.9%)	8:17	7.2 (75.8%)
17	SMIERZCHAŁA Adam	5517		Weteran I M - 50	17	00:00:49	01:29:37	03:16:09	04:54:33	06:16:55.20	06:16:55.20	+01:32:45 (24.6%)	8:22	7.2 (75.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Ładek 0km	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
18	FEODORÓW Wojciech	5667	RESHAPE RUNNERS	Weteran I M - 50	18	00:00:15	01:20:49	03:05:46	04:44:56	06:17:30.35	06:17:30.35	+01:33:20 (24.7%)	8:23	7.2 (75.8%)
19	LASKOWSKI Krzysztof	5344		Weteran I M - 50	19	00:00:52	01:26:37	03:13:16	04:50:24	06:20:46.60	06:20:46.60	+01:36:37 (25.4%)	8:27	7.1 (74.7%)
20	KUBISIAK Dariusz	5605		Weteran I M - 50	20	00:02:47	01:37:20	03:22:26	04:57:41	06:21:17.65	06:21:17.65	+01:37:08 (25.5%)	8:28	7.1 (74.7%)
21	RZECZYCKI Dariusz	5034		Weteran I M - 50	21	00:00:32	01:29:04	03:17:14	04:58:54	06:26:11.55	06:26:11.55	+01:42:01 (26.4%)	8:34	7 (73.7%)
22	BIK Andrzej	5165		Weteran I M - 50	22	00:01:05	01:31:09	03:14:44	04:56:29	06:26:20.75	06:26:20.75	+01:42:11 (26.4%)	8:35	7 (73.7%)
23	SZARADOWSKI Piotr	5101	140 MINUT	Weteran I M - 50	23	00:01:16	01:29:10	03:24:36	05:04:30	06:29:24.85	06:29:24.85	+01:45:15 (27.0%)	8:39	6.9 (72.6%)
24	KALISZEWSKI Adam	5626	MPK POZNAŃ	Weteran I M - 50	24	00:01:20	01:38:05	03:28:18	05:10:07	06:42:33.80	06:42:33.80	+01:58:24 (29.4%)	8:56	6.7 (70.5%)
25	SPÓLNY Robert	5669		Weteran I M - 50	25	00:00:46	01:33:29	03:32:27	05:20:19	06:49:22.95	06:49:22.95	+02:05:13 (30.6%)	9:05	6.6 (69.5%)
26	RUCIŃSKI Adam	5178		Weteran I M - 50	26	00:02:09	01:43:42	03:35:52	05:17:14	06:49:32.60	06:49:32.60	+02:05:23 (30.6%)	9:06	6.6 (69.5%)
27	KLABIK Maciej	5498	EL RAPIDO	Weteran I M - 50	27	00:01:00	01:33:59	03:29:38	05:19:04	06:50:47.80	06:50:47.80	+02:06:38 (30.8%)	9:07	6.6 (69.5%)
28	POJDA Grzegorz	5133	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Weteran I M - 50	28	00:02:25	01:37:11	03:31:35	05:29:49	06:52:36.55	06:52:36.55	+02:08:26 (31.1%)	9:10	6.5 (68.4%)
29	ROLIŃSKI Radosław	5643		Weteran I M - 50	29	00:01:33	01:43:46	03:43:56	05:30:44	07:00:49.85	07:00:49.85	+02:16:40 (32.5%)	9:21	6.4 (67.4%)
30	LEWARDOWSKI Konrad	5689	KTB KUNY	Weteran I M - 50	30	00:01:38	01:45:02	03:40:31	05:30:11	07:07:29.65	07:07:29.65	+02:23:20 (33.5%)	9:29	6.3 (66.3%)
31	BUSZTA Robert	5060		Weteran I M - 50	31	00:05:03	01:44:37	03:45:40	05:46:28	07:13:23.25	07:13:23.25	+02:29:13 (34.4%)	9:37	6.2 (65.3%)
32	BUDZIŃSKI Krzysztof	5662	STOWARZYSZENIE SPORTOWE FENIKS PRZY ELEKTROWNI OPOLE	Weteran I M - 50	32	00:01:11	01:42:23	03:46:36	05:43:25	07:13:32.80	07:13:32.80	+02:29:23 (34.5%)	9:38	6.2 (65.3%)
33	DATA Dariusz	5027	KUGUAR XTREME RUNNERS	Weteran I M - 50	33	00:01:12	01:41:18	03:36:27	05:31:28	07:14:13.15	07:14:13.15	+02:30:03 (34.6%)	9:38	6.2 (65.3%)
34	WIĘCKOWSKI Tomasz	5373	ORANGE POLSKA	Weteran I M - 50	34	00:00:50	01:43:05	04:09:18	05:44:34	07:15:11.45	07:15:11.45	+02:31:01 (34.7%)	9:40	6.2 (65.3%)
35	KĄDZIÓŁKA Jan	5414	K2	Weteran I M - 50	35	00:01:46	01:42:35	03:46:09	05:45:55	07:16:58.60	07:16:58.60	+02:32:49 (35.0%)	9:42	6.2 (65.3%)
36	SZYMCZAK Tomasz	5204	PRATT & WHITNEY KALISZ	Weteran I M - 50	36	00:00:49	01:39:32	03:46:13	05:42:12	07:19:53.75	07:19:53.75	+02:35:44 (35.4%)	9:46	6.1 (64.2%)
37	SZYSZKOWSKI Włodzimierz	5550	DUKE NUKEM PRINCE OF WARSAW	Weteran I M - 50	37	00:00:55	01:36:20	03:41:10	05:36:31	07:26:02.95	07:26:02.95	+02:41:53 (36.3%)	9:54	6.1 (64.2%)
38	SZOPA Grzegorz	5183		Weteran I M - 50	38	00:00:30	01:37:29	03:46:05	05:47:03	07:27:06.85	07:27:06.85	+02:42:57 (36.4%)	9:56	6 (63.2%)
39	OLECH Witold	5572		Weteran I M - 50	39	00:01:05	01:43:39	03:50:34	05:52:13	07:35:28.30	07:35:28.30	+02:51:18 (37.6%)	10:07	5.9 (62.1%)
40	JOŃCZYK Jerzy	5248	TUP TUP	Weteran I M - 50	40	00:01:34	01:44:15	03:57:18	05:59:35	07:36:18.60	07:36:18.60	+02:52:09 (37.7%)	10:08	5.9 (62.1%)
41	GAJEWSKI Paweł	5663	BEAUTY SPORT	Weteran I M - 50	41	00:01:47	01:53:01	04:14:59	06:06:34	07:41:46.25	07:41:46.25	+02:57:36 (38.5%)	10:15	5.8 (61.1%)
42	CZAJKA Piotr	5279	CZAJKI	Weteran I M - 50	42	00:02:01	01:45:20	03:59:46	05:58:23	07:42:44.70	07:42:44.70	+02:58:35 (38.6%)	10:16	5.8 (61.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0km	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
43	OCHLIŃSKI Tomasz	5287	JARACZEWO BIEGA	Weteran I M - 50	43	00:00:01		03:45:27	05:54:35	07:42:49.85	07:42:49.85	+02:58:40 (38.6%)	10:17	5.8 (61.1%)
44	KANIOWSKI Wojciech	5583		Weteran I M - 50	44	00:01:03	01:41:27	04:01:09	06:11:40	07:46:41.10	07:46:41.10	+03:02:31 (39.1%)	10:22	5.8 (61.1%)
45	CHŁADZYŃSKI Piotr	5323		Weteran I M - 50	45	00:02:18	01:43:43	03:46:06	05:51:05	07:48:27.90	07:48:27.90	+03:04:18 (39.3%)	10:24	5.8 (61.1%)
46	HELIŃSKI Jacek	5307	DZIKIE ŻYCIE RUN TEAM	Weteran I M - 50	46	00:00:35	01:35:37	03:55:02	06:11:41	07:49:12.10	07:49:12.10	+03:05:02 (39.4%)	10:25	5.8 (61.1%)
47	BEDNARSKI Krzysztof	5658	KLUCZBORSKA GRUPA BIEGOWA	Weteran I M - 50	47	00:01:07	01:43:48	03:55:44	06:04:50	07:50:51.90	07:50:51.90	+03:06:42 (39.7%)	10:27	5.7 (60.0%)
48	KARDAS Piotr	5240		Weteran I M - 50	48	00:01:23	01:39:34	03:46:53	06:07:04	07:54:19.15	07:54:19.15	+03:10:09 (40.1%)	10:32	5.7 (60.0%)
49	BAK Bogdan	5443		Weteran I M - 50	49	00:01:54	01:41:11	03:50:29	06:01:31	07:55:15.80	07:55:15.80	+03:11:06 (40.2%)	10:33	5.7 (60.0%)
50	DEMCZAR Jacek	5112		Weteran I M - 50	50	00:01:59	01:49:57	04:09:46	06:16:24	08:00:14.05	08:00:14.05	+03:16:04 (40.8%)	10:40	5.6 (58.9%)
51	MAKOWSKI Dariusz	5216	KM TEAM	Weteran I M - 50	51	00:02:21	01:54:20	04:11:49	06:21:59	08:06:57.20	08:06:57.20	+03:22:47 (41.6%)	10:49	5.5 (57.9%)
52	JÓZEFIAK Grzegorz	5297		Weteran I M - 50	52	00:01:23	01:55:29	04:20:30	06:30:10	08:21:53.25	08:21:53.25	+03:37:43 (43.4%)	11:09	5.4 (56.8%)
53	KOTLIŃSKI Tomasz	5030	KB SZAMOTUŁY	Weteran I M - 50	53	00:01:11	01:55:11	04:19:36	06:27:57	08:23:15.20	08:23:15.20	+03:39:05 (43.5%)	11:11	5.4 (56.8%)
54	LUTOMSKI Dariusz	5427		Weteran I M - 50	54	00:01:33	01:58:06	04:32:11	06:54:32	08:44:10.80	08:44:10.80	+04:00:01 (45.8%)	11:38	5.2 (54.7%)
55	NOWAK Piotr	5524		Weteran I M - 50	55	00:00:01		04:25:01		08:53:03.00	08:53:03.00	+04:08:53 (46.7%)	11:50	5.1 (53.7%)
56	DENKOWSKI Wojciech	5169	BP RUNNING TEAM GLIWICE	Weteran I M - 50	56	00:02:23	02:20:15	04:57:21	07:19:43	08:57:27.45	08:57:27.45	+04:13:17 (47.1%)	11:56	5 (52.6%)
Przekroczony limit czasu: 09:00:00														
57	PROCHOŃ Krzysztof	5231		Weteran I M - 50	57	00:00:40	02:19:41	05:16:15		09:39:11.00	09:39:11.00	+04:55:01 (50.9%)	12:52	4.7 (49.5%)
	POKORNY Tomasz	5256		Weteran I M - 50		00:01:34 DNF	01:59:47 DNF	04:51:04 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	NOWICKI Jarosław	5442		Weteran I M - 50		00:01:54 DNF	02:14:45 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	GRYGORUK Cezary	5360		Weteran I M - 50		00:00:05 DNF	DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 60 wynik(ów)