

# 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: Weteran I M - 50

| Msc | Zawodnik                   | Numer       | Klub                                       | Kategoria        | Mkat | 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   | <b>LUBAŃSKI Robert</b>     | <b>3126</b> |  | Weteran I M - 50 | 1    | 01:10:05   | 02:30:16   | 03:51:13    | <b>05:14:47.45</b>    | <b>05:14:49.50</b>     |                      | 6:59            | 8.6<br>(100%)  |
| 2   | <b>GARDENER Jacek</b>      | <b>3300</b> | ALPIN SPORT TEAM / JACEKBIEGA RUNNING TEAM | Weteran I M - 50 | 2    | 01:07:49   | 02:23:50   | 03:49:56    | <b>05:18:12.80</b>    | <b>05:18:15.95</b>     | +00:03:26<br>(1.1%)  | 7:04            | 8.5<br>(98.8%) |
| 3   | <b>MYSZKOWSKI Jan</b>      | <b>3223</b> |  | Weteran I M - 50 | 3    | 01:08:12   | 02:28:22   | 03:55:18    | <b>05:19:07.05</b>    | <b>05:19:11.25</b>     | +00:04:21<br>(1.4%)  | 7:05            | 8.5<br>(98.8%) |
| 4   | <b>MICIAK Krzysztof</b>    | <b>3074</b> |  | Weteran I M - 50 | 4    | 01:17:48   | 02:49:36   | 04:24:28    | <b>05:53:28.55</b>    | <b>05:53:32.65</b>     | +00:38:43<br>(11.0%) | 7:51            | 7.6<br>(88.4%) |
| 5   | <b>JURCZAK Roman</b>       | <b>3241</b> |  | Weteran I M - 50 | 5    | 01:20:41   | 02:54:17   | 04:35:24    | <b>06:12:10.45</b>    | <b>06:12:12.20</b>     | +00:57:22<br>(15.4%) | 8:16            | 7.3<br>(84.9%) |
| 6   | <b>ŁYCZYWEK Marcin</b>     | <b>3199</b> |  | Weteran I M - 50 | 6    | 01:29:01   | 02:58:32   | 04:45:04    | <b>06:22:59.95</b>    | <b>06:23:24.70</b>     | +01:08:35<br>(17.9%) | 8:30            | 7<br>(81.4%)   |
| 7   | <b>MICHALAK Sławomir</b>   | <b>3157</b> | INZYNIER.EU NOSI TRAILOWE BOTKI            | Weteran I M - 50 | 7    | 01:30:10   | 03:09:58   | 04:50:55    | <b>06:25:36.80</b>    | <b>06:26:01.90</b>     | +01:11:12<br>(18.4%) | 8:34            | 7<br>(81.4%)   |
| 8   | <b>MAJEWSKI Maciej</b>     | <b>3088</b> |  | Weteran I M - 50 | 8    | 01:19:30   | 03:00:29   | 04:49:34    | <b>06:25:54.50</b>    | <b>06:26:05.55</b>     | +01:11:16<br>(18.5%) | 8:34            | 7<br>(81.4%)   |
| 9   | <b>KOTYSZ Waldemar</b>     | <b>3174</b> | BBL OPOLE                                  | Weteran I M - 50 | 9    | 01:22:03   | 03:03:37   | 04:53:33    | <b>06:32:23.05</b>    | <b>06:32:26.40</b>     | +01:17:36<br>(19.8%) | 8:43            | 6.9<br>(80.2%) |
| 10  | <b>PYTLARZ Waldemar</b>    | <b>3050</b> | 4RUN TEAM PIŁA                             | Weteran I M - 50 | 10   | 01:31:30   | 03:10:30   | 04:55:21    | <b>06:37:20.55</b>    | <b>06:37:44.15</b>     | +01:22:54<br>(20.8%) | 8:49            | 6.8<br>(79.1%) |
| 11  | <b>LESZCZYŃSKI Paweł</b>   | <b>3293</b> | LASY WAWERSKIE                             | Weteran I M - 50 | 11   | 01:29:02   | 03:09:22   | 04:55:03    | <b>06:37:47.60</b>    | <b>06:38:07.60</b>     | +01:23:18<br>(20.9%) | 8:50            | 6.8<br>(79.1%) |
| 12  | <b>LESZCZYŃSKI Wacław</b>  | <b>3122</b> |  | Weteran I M - 50 | 12   | 01:32:35   | 03:16:52   | 05:03:46    | <b>06:43:34.20</b>    | <b>06:44:06.60</b>     | +01:29:17<br>(22.1%) | 8:58            | 6.7<br>(77.9%) |
| 13  | <b>BARANIECKI Zbigniew</b> | <b>3250</b> | BRYLANT KÖRNIK                             | Weteran I M - 50 | 13   | 01:37:20   | 03:23:28   | 05:24:03    | <b>07:11:03.95</b>    | <b>07:11:43.00</b>     | +01:56:53<br>(27.1%) | 9:34            | 6.3<br>(73.3%) |
| 14  | <b>PIECH Jarek</b>         | <b>3239</b> |  | Weteran I M - 50 | 14   | 01:30:37   | 03:16:59   | 05:22:39    | <b>07:14:02.10</b>    | <b>07:14:13.80</b>     | +01:59:24<br>(27.5%) | 9:38            | 6.2<br>(72.1%) |
| 15  | <b>GALASIŃSKI Andrzej</b>  | <b>3139</b> |  | Weteran I M - 50 | 15   | 01:32:21   | 03:20:32   | 05:33:46    | <b>07:38:17.95</b>    | <b>07:38:37.20</b>     | +02:23:47<br>(31.4%) | 10:11           | 5.9<br>(68.6%) |

| Msc | Zawodnik                    | Numer       | Klub               | Kategoria           | Mkat | 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  | <b>SIWEK Krzysztof</b>      | <b>3240</b> |                    | Weteran I M -<br>50 | 16   | 01:48:46        | 03:46:09   | 05:51:36    | <b>07:44:26.05</b>    | <b>07:44:37.60</b>     | +02:29:48<br>(32.2%) | 10:19           | 5.8<br>(67.4%) |
| 17  | <b>DOBREK Wojtek</b>        | <b>3152</b> | WIECZORNE BIEGANIE | Weteran I M -<br>50 | 17   | 01:45:48        |            | 06:00:59    | <b>08:05:36.75</b>    | <b>08:05:41.30</b>     | +02:50:51<br>(35.2%) | 10:47           | 5.6<br>(65.1%) |
|     | <b>SZCZEPANIAK Sławomir</b> | <b>3047</b> | K.S.LENIWIEC KĘPNO | Weteran I M -<br>50 |      | 01:58:11<br>DNF | DNF        | DNF         | <b>DNF</b>            | <b>DNF</b>             |                      | -               | -<br>(0.0%)    |
|     | <b>JANUSZEWSKI Tomasz</b>   | <b>3143</b> |                    | Weteran I M -<br>50 |      | DNF             | DNF        | DNF         | <b>DNF</b>            | <b>DNF</b>             |                      | -               | -<br>(0.0%)    |

Znaleziono 19 wynik(ów)