

ZŁOTY PÓŁMARATON - 21 KM

B4SPORT

Event: Dolnośląski Festiwal Biegów Górskich
Organiser: Fundacja MARATONY GÓRSKIE
Date: 2020-07-16
Place: Łądek-Zdrój
Distance: 21 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Classification: Masters M - 40

Place	Participant	Number	Club	Category	MCat	B1 10.3km	Net time 21km	Gap	Pace min/km	Pace km/h
1	DAWIDZIUK Maciej	7537	OLAWS ZŁOTORYJA	Masters M - 40	1	01:03:37	01:47:43.60		5:07	11.7 (100%)
2	STRZELCZAK Robert	7463	BBL OPOLE	Masters M - 40	2	01:09:14	01:58:50.20	+00:11:06 (9.3%)	5:39	10.6 (90.6%)
3	KOWALIK Andrzej	7544	SALMING RUNNING POLSKA	Masters M - 40	3	01:08:29	01:58:58.45	+00:11:14 (9.5%)	5:39	10.6 (90.6%)
4	WOJTKOWIAK Stefan	7130	PIĄTKOWO NA BIEGOWO	Masters M - 40	4	01:13:17	02:00:44.30	+00:13:00 (10.8%)	5:45	10.4 (88.9%)
5	KUTYBA Mariusz	7195	WOLNE ŚLIMAKI	Masters M - 40	5	01:13:40	02:00:57.90	+00:13:14 (10.9%)	5:45	10.4 (88.9%)
6	HUCAŁ Tomasz	7243		Masters M - 40	6	01:18:11	02:07:31.20	+00:19:47 (15.5%)	6:04	9.9 (84.6%)
7	KRZYSZTOFIK Piotr	7133	CROSSFIT ETERNIA	Masters M - 40	7	01:16:29	02:08:55.25	+00:21:11 (16.4%)	6:08	9.8 (83.8%)
8	ZĄBEK Łukasz	7279	140MINUT.PL	Masters M - 40	8	01:15:32	02:08:56.10	+00:21:12 (16.4%)	6:08	9.8 (83.8%)
9	KURZYŃSKI Piotr	7198	TEAM BEROTU	Masters M - 40	9	01:16:45	02:10:29.00	+00:22:45 (17.4%)	6:12	9.7 (82.9%)
10	CICHOŃ Piotr	7496	BIELAWSKA AKADEMIA BIEGANIA	Masters M - 40	10	01:20:35	02:11:37.05	+00:23:53 (18.2%)	6:16	9.6 (82.1%)
11	GROLEWSKI Karol	7408	ISKRA TEAM	Masters M - 40	11	01:18:20	02:12:30.60	+00:24:47 (18.7%)	6:18	9.5 (81.2%)
12	DENYSIUK Marek	7134	WATAHA	Masters M - 40	12	01:17:00	02:13:11.00	+00:25:27 (19.1%)	6:20	9.5 (81.2%)
13	ŚCISŁO Przemysław	7436		Masters M - 40	13	01:23:55	02:15:33.35	+00:27:49 (20.5%)	6:27	9.3 (79.5%)
14	KOBUSZEWSKI Artur	7414	SBRT WARSZAWA	Masters M - 40	14	01:26:15	02:17:46.10	+00:30:02 (21.8%)	6:33	9.1 (77.8%)
15	CISZEWSKI Roman	7278		Masters M - 40	15	01:24:06	02:18:40.70	+00:30:57 (22.3%)	6:36	9.1 (77.8%)
16	POJDA Grzegorz	7072	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Masters M - 40	16	01:22:08	02:20:12.95	+00:32:29 (23.2%)	6:40	9 (76.9%)
17	GIBAS Rafał	7519		Masters M - 40	17	01:21:08	02:20:32.90	+00:32:49 (23.4%)	6:41	9 (76.9%)
18	BARWICKI Marcin	7395		Masters M - 40	18	01:24:20	02:21:12.45	+00:33:28 (23.7%)	6:43	8.9 (76.1%)
19	ŁOPATYŃSKI Irek	7462	REMA SPORTEAM	Masters M - 40	19	01:19:35	02:22:17.40	+00:34:33 (24.3%)	6:46	8.9 (76.1%)
20	NIKOLIN Przemysław	7434		Masters M - 40	20	01:23:27	02:22:39.75	+00:34:56 (24.5%)	6:47	8.8 (75.2%)
21	KOTOWICZ Tomasz	7479	PRZEDWOJEWSKI MOUNTAIN TEAM	Masters M - 40	21	01:20:57	02:22:50.55	+00:35:06 (24.6%)	6:48	8.8 (75.2%)
22	ZGARDA Jacek	7424	TMTEAM	Masters M - 40	22	01:22:43	02:24:41.45	+00:36:57 (25.5%)	6:53	8.7 (74.4%)
23	HADAM Michał	7476	KB MANIAC POZNAŃ	Masters M - 40	23	01:27:42	02:25:12.90	+00:37:29 (25.8%)	6:54	8.7 (74.4%)
24	SOŁTYSIAK Karol	7368		Masters M - 40	24	01:27:21	02:25:38.50	+00:37:54 (26.0%)	6:56	8.7 (74.4%)
25	URBANIAK Daniel	7044		Masters M - 40	25	01:32:14	02:27:17.85	+00:39:34 (26.9%)	7:00	8.6 (73.5%)
26	NOWAK Ireneusz	7124		Masters M - 40	26	01:25:02	02:29:14.40	+00:41:30 (27.8%)	7:06	8.4 (71.8%)
27	MUĆKA Paweł	7282		Masters M - 40	27	01:28:34	02:29:26.30	+00:41:42 (27.9%)	7:06	8.4 (71.8%)
28	RADOMSKI Grzegorz	7373	RUN MOKRE	Masters M - 40	28	01:27:42	02:29:47.40	+00:42:03 (28.1%)	7:07	8.4 (71.8%)
29	TELEON Piotr	7087	JACEKBIEGA RUNNING TEAM	Masters M - 40	29	01:27:29	02:30:11.80	+00:42:28 (28.3%)	7:09	8.4 (71.8%)

Place	Participant	Number	Club	Category	MCat	B1 10.3km	Net time		Pace min/km	Pace km/h
							21km	Gap		
30	LEWIŃSKI Filip	7499	OBORYGENI	Masters M - 40	30	01:29:11	02:31:00.85	+00:43:17 (28.7%)	7:11	8.3 (70.9%)
31	WASILEWSKI Michał	7494		Masters M - 40	31	01:33:36	02:32:11.80	+00:44:28 (29.2%)	7:14	8.3 (70.9%)
32	GAŁĘZYKA Rafał	7475	ONE MAN TEAM	Masters M - 40	32	01:29:13	02:32:17.75	+00:44:34 (29.3%)	7:15	8.3 (70.9%)
33	PIÓRKOWSKI Jarosław	7122	KOŁO BIEGA	Masters M - 40	33	01:30:31	02:34:27.00	+00:46:43 (30.3%)	7:21	8.2 (70.1%)
34	ŁUCZAK Maciej	7552		Masters M - 40	34	01:29:38	02:34:40.95	+00:46:57 (30.4%)	7:21	8.1 (69.2%)
35	MAZAN Przemysław	7069	VEGE RUNNERS	Masters M - 40	35	01:30:22	02:34:44.15	+00:47:00 (30.4%)	7:22	8.1 (69.2%)
36	KUNKEL Mariusz	7316	SMARUJ NA TRENING TEAM	Masters M - 40	36	01:34:01	02:36:57.40	+00:49:13 (31.4%)	7:28	8 (68.4%)
37	NOWOPOLSKI Leszek	7394		Masters M - 40	37	01:32:28	02:40:07.40	+00:52:23 (32.7%)	7:37	7.9 (67.5%)
38	BOROWSKI Marcin	7516		Masters M - 40	38	01:33:29	02:40:47.40	+00:53:03 (33.0%)	7:39	7.8 (66.7%)
39	PIETRZAK Marek	7202		Masters M - 40	39	01:36:13	02:41:30.65	+00:53:47 (33.3%)	7:41	7.8 (66.7%)
40	FIĄCEK Adam	7375	HARTUJĘ CHARTA	Masters M - 40	40	01:32:02	02:42:58.55	+00:55:14 (33.9%)	7:45	7.7 (65.8%)
41	KASZUBSKI Marek	7126		Masters M - 40	41	01:40:30	02:44:20.25	+00:56:36 (34.4%)	7:49	7.7 (65.8%)
42	TRZCINOWICZ Maciej	7366	OPTOMI	Masters M - 40	42	01:31:11	02:45:01.60	+00:57:18 (34.7%)	7:51	7.6 (65.0%)
43	ŁAGOWSKI Dariusz	7500	TKKF MPK POZNAŃ	Masters M - 40	43	01:38:08	02:45:49.90	+00:58:06 (35.0%)	7:53	7.6 (65.0%)
44	SOJKA Przemek	7329	ORANGE POLSKA	Masters M - 40	44	01:38:06	02:48:01.85	+01:00:18 (35.9%)	8:00	7.5 (64.1%)
45	MATUSZCZYK Marek	7250	RYBNICKA GRUPA BIEGOWA	Masters M - 40	45	01:38:57	02:48:22.60	+01:00:39 (36.0%)	8:01	7.5 (64.1%)
46	IZDEBSKI Tomasz	7488	NBS	Masters M - 40	46	01:37:25	02:48:38.80	+01:00:55 (36.1%)	8:01	7.5 (64.1%)
47	PARZYCH Wojciech	7005	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Masters M - 40	47	01:39:16	02:48:41.75	+01:00:58 (36.1%)	8:01	7.5 (64.1%)
48	HELMAN Jarosław	7452		Masters M - 40	48	01:36:09	02:48:47.55	+01:01:03 (36.2%)	8:02	7.5 (64.1%)
49	KOWALSKI Krzysztof	7374	STS BIEGATON	Masters M - 40	49	01:41:24	02:49:42.00	+01:01:58 (36.5%)	8:04	7.4 (63.2%)
50	HANYŻ Mateusz	7551		Masters M - 40	50	01:44:03	02:50:50.50	+01:03:06 (36.9%)	8:08	7.4 (63.2%)
51	MIKUŁA Grzegorz	7361		Masters M - 40	51	01:40:35	02:51:11.85	+01:03:28 (37.1%)	8:09	7.4 (63.2%)
52	ROSOLSKI Paweł	7301	WSOWA	Masters M - 40	52	01:37:06	02:51:38.15	+01:03:54 (37.2%)	8:10	7.3 (62.4%)
53	MAJ Marek	7393	ŚLĘZAK TEAM	Masters M - 40	53	01:40:34	02:51:59.65	+01:04:16 (37.4%)	8:11	7.3 (62.4%)
54	KOPYŚCIAŃSKI Aleksander	7111	LEGNICKIE MORSY	Masters M - 40	54	01:42:14	02:52:47.10	+01:05:03 (37.7%)	8:13	7.3 (62.4%)
55	SZKUDLAREK Arkadiusz	7437		Masters M - 40	55	01:38:55	02:52:48.55	+01:05:04 (37.7%)	8:13	7.3 (62.4%)
56	LUBELCZYK Grzegorz	7426	SPELEOCLUB WROCŁAW	Masters M - 40	56	01:42:53	02:53:17.95	+01:05:34 (37.8%)	8:15	7.3 (62.4%)
57	MICHALSKI Grzegorz	7364		Masters M - 40	57	01:41:32	02:54:32.25	+01:06:48 (38.3%)	8:18	7.2 (61.5%)
58	KOŚNY Damian	7027	GIT	Masters M - 40	58	01:39:58	02:55:10.50	+01:07:26 (38.5%)	8:20	7.2 (61.5%)
59	ZATAJ Igor	7144	KB MANIAC /CHARTY CHARTOWO	Masters M - 40	59	01:42:49	02:56:16.60	+01:08:33 (38.9%)	8:23	7.1 (60.7%)
60	DUMIŃSKI Tomasz	7289	STRZEGOMSKA DWUNASTKA	Masters M - 40	60	01:39:41	02:56:36.50	+01:08:52 (39.0%)	8:24	7.1 (60.7%)
61	HELLWING Wojciech	7048	POLSKIE TOWARZYSTWO ASTRONOMICZNE	Masters M - 40	61	01:43:46	02:56:48.25	+01:09:04 (39.1%)	8:25	7.1 (60.7%)
62	SAMBORSKI Daniel	7397	BIEGACZE W RADOMSKU / WIECZORNE BIEGANIE W OPOLU	Masters M - 40	62	01:46:36	02:57:39.30	+01:09:55 (39.4%)	8:27	7.1 (60.7%)
63	SZTACHELSKI Krzysztof	7297	SIWY TEAM	Masters M - 40	63	01:41:07	02:57:51.80	+01:10:08 (39.4%)	8:28	7.1 (60.7%)
64	JAROCIŃSKI Michał	7484	JANUSZE PRZYGODY	Masters M - 40	64	01:45:33	02:57:54.00	+01:10:10 (39.4%)	8:28	7.1 (60.7%)
65	KUTRZYK Przemysław	7376		Masters M - 40	65	01:42:50	02:59:26.85	+01:11:43 (40.0%)	8:32	7 (59.8%)
66	SZCZEPANOWSKI Andrzej	7063	ŚRUNDUNIA SZCZECIN	Masters M - 40	66	01:47:37	03:00:36.10	+01:12:52 (40.4%)	8:36	7 (59.8%)
67	JERSZ Bartosz	7447		Masters M - 40	67	01:51:18	03:00:39.85	+01:12:56 (40.4%)	8:36	7 (59.8%)
68	RYBICKI Przemysław	7353	SKLEP BIEGACZA	Masters M - 40	68	01:44:02	03:01:34.05	+01:13:50 (40.7%)	8:38	6.9 (59.0%)
69	RATAJ Robert	7208	PIĄTKOWO NA BIEGOWO - POZNAŃ	Masters M - 40	69	01:56:54	03:02:04.40	+01:14:20 (40.8%)	8:40	6.9 (59.0%)
70	JAGUSIAK Piotr	7281		Masters M - 40	70	01:52:22	03:03:32.85	+01:15:49 (41.3%)	8:44	6.9 (59.0%)
71	KOZŁOWSKI Piotr	7150	KS HUSARIA SZCZECINEK	Masters M - 40	71	01:48:34	03:05:01.25	+01:17:17 (41.8%)	8:48	6.8 (58.1%)
72	KRÓL Karol	7226		Masters M - 40	72	01:51:12	03:05:16.05	+01:17:32 (41.9%)	8:49	6.8 (58.1%)
73	NIERADKO Arkadiusz	7115		Masters M - 40	73	01:52:21	03:05:44.30	+01:18:00 (42.0%)	8:50	6.8 (58.1%)

Place	Participant	Number	Club	Category	MCat	B1 10.3km	Net	Gap	Pace min/km	Pace km/h
							time 21km			
74	KAPELSKI Michał	7152		Masters M - 40	74	01:49:19	03:06:10.80	+01:18:27 (42.1%)	8:51	6.8 (58.1%)
75	CIEMNY Wojciech	7077	NIGHT RUNNERS PYSKOWICE	Masters M - 40	75	01:50:01	03:07:53.95	+01:20:10 (42.7%)	8:56	6.7 (57.3%)
76	PAWLAK Gabriel	7002		Masters M - 40	76	01:52:59	03:08:54.90	+01:21:11 (43.0%)	8:59	6.7 (57.3%)
77	GRABOWSKI Adam	7223		Masters M - 40	77	01:50:36	03:09:30.70	+01:21:47 (43.2%)	9:01	6.6 (56.4%)
78	JAKUBOWSKI Rafał	7065	R-TEAM RYDZYNA	Masters M - 40	78	01:54:50	03:09:55.90	+01:22:12 (43.3%)	9:02	6.6 (56.4%)
79	WITKOWSKI Marek	7032		Masters M - 40	79	01:58:44	03:11:58.60	+01:24:15 (43.9%)	9:08	6.6 (56.4%)
80	BARAŃSKI Rafał	7456	BIEGA BO MUSZĘ	Masters M - 40	80	01:53:36	03:14:06.20	+01:26:22 (44.5%)	9:14	6.5 (55.6%)
81	WALKOWIAK Marek	7244	PECNA TEAM	Masters M - 40	81	01:52:57	03:14:12.80	+01:26:29 (44.5%)	9:14	6.5 (55.6%)
82	CZUCHWICKI Marek	7006		Masters M - 40	82	01:54:37	03:14:30.10	+01:26:46 (44.6%)	9:15	6.5 (55.6%)
83	BŁASZCZYK Jacek	7229		Masters M - 40	83	01:58:50	03:14:54.60	+01:27:11 (44.7%)	9:16	6.5 (55.6%)
84	JĘDRYCHOWSKI Przemysław	7252		Masters M - 40	84	01:54:49	03:17:14.95	+01:29:31 (45.4%)	9:23	6.4 (54.7%)
85	GAJDECKI Tomek	7224	ACCENTURE	Masters M - 40	85	01:57:19	03:18:15.50	+01:30:31 (45.7%)	9:26	6.4 (54.7%)
86	POKORNY Tomasz	7191	ZAKOCHAJ SIĘ W BIEGANIU	Masters M - 40	86	02:04:41	03:21:08.90	+01:33:25 (46.4%)	9:34	6.3 (53.8%)
87	KRYSIAK Łukasz	7023	PIĄTKOWO NA BIEGOWO	Masters M - 40	87	02:02:03	03:22:16.70	+01:34:33 (46.7%)	9:37	6.2 (53.0%)
88	DUBIŃSKI Przemysław	7132	PRZEMEK DUBIŃSKI - BIEGIEMPRZEZŚWIAT	Masters M - 40	88	02:10:43	03:22:35.25	+01:34:51 (46.8%)	9:38	6.2 (53.0%)
89	KONCA Mariusz	7215	KB OŻARÓW MAZOWIECKI BIEGA	Masters M - 40	89	02:20:11	03:32:40.90	+01:44:57 (49.3%)	10:07	5.9 (50.4%)
90	SOBCZYK Marek	7213	KB OŻARÓW MAZOWIECKI BIEGA	Masters M - 40	90	02:20:19	03:38:09.35	+01:50:25 (50.6%)	10:23	5.8 (49.6%)
91	KORYBSKI Tomasz	7431		Masters M - 40	91	02:14:56	03:38:47.55	+01:51:03 (50.8%)	10:25	5.8 (49.6%)
92	SARNOWSKI Maciej	7040	TKKF MPK POZNAŃ	Masters M - 40	92	02:05:31	03:38:54.75	+01:51:11 (50.8%)	10:25	5.8 (49.6%)
93	NAMYŚLAK Radosław	7482	KOŁO BIEGA	Masters M - 40	93	02:10:29	03:46:00.45	+01:58:16 (52.3%)	10:45	5.6 (47.9%)
94	KNOSOWSKI Sławomir	7085	HEKI TEAM	Masters M - 40	94	02:29:57	04:11:55.95	+02:24:12 (57.2%)	11:59	5 (42.7%)
95	WÓJCIK Jacek	7117		Masters M - 40	95	02:32:43	04:32:09.25	+02:44:25 (60.4%)	12:57	4.6 (39.3%)

Total 95 results.