

# ZŁOTY PÓLMARATON - 21 KM

B4SPORT

**Event:** Dolnośląski Festiwal Biegów Górskich  
**Organiser:** Fundacja MARATONY GÓRSKIE  
**Date:** 2018-07-19  
**Place:** Łądek-Zdrój  
**Distance:** 21 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Classification: Senior I M - 20

Place	Participant	Number	Club	Category	MCat	B1 10km	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
1	<b>RAJCA Michał</b>	<b>668</b>	GT RAT	Senior I M - 20	1	00:52:37	<b>01:32:58.40</b>	<b>01:32:58.95</b>		4:25	13.6 (100%)
2	<b>ZDANOWSKI Łukasz</b>	<b>653</b>	LEKI POLSKA	Senior I M - 20	2	00:55:47	<b>01:39:36.65</b>	<b>01:39:37.50</b>	+00:06:38 (6.7%)	4:44	12.6 (92.6%)
3	<b>BONIEC Radosław</b>	<b>4</b>		Senior I M - 20	3	00:58:04	<b>01:42:33.70</b>	<b>01:42:34.05</b>	+00:09:35 (9.3%)	4:53	12.3 (90.4%)
4	<b>ŻAKOWSKI Adrian</b>	<b>343</b>	KALENJI BY DECATHLON TEAM	Senior I M - 20	4	00:59:08	<b>01:44:37.20</b>	<b>01:44:37.75</b>	+00:11:38 (11.1%)	4:58	12 (88.2%)
5	<b>NIEWIEJSKI Nikodem</b>	<b>584</b>		Senior I M - 20	5	01:04:57	<b>01:53:40.20</b>	<b>01:54:17.75</b>	+00:21:18 (18.6%)	5:24	11.1 (81.6%)
6	<b>BRZĄKALSKI Krzysiek</b>	<b>193</b>	ADIDAS RUNNERS WARSAW	Senior I M - 20	6	01:03:44	<b>01:55:15.80</b>	<b>01:55:18.35</b>	+00:22:19 (19.4%)	5:29	10.9 (80.1%)
7	<b>GRABIŃSKI Wojciech</b>	<b>325</b>	GRUNWALD TEAM POZNAŃ	Senior I M - 20	7	01:06:05	<b>01:57:06.60</b>	<b>01:57:11.85</b>	+00:24:12 (20.7%)	5:34	10.8 (79.4%)
8	<b>ŁĘŻNIAK Aleksander</b>	<b>526</b>	MONK SANDALS TEAM	Senior I M - 20	8	01:05:28	<b>01:59:54.85</b>	<b>01:59:59.55</b>	+00:27:00 (22.5%)	5:42	10.5 (77.2%)
9	<b>ŻWIRSKI Marcin</b>	<b>644</b>		Senior I M - 20	9	01:07:13	<b>01:58:44.55</b>	<b>02:00:16.20</b>	+00:27:17 (22.7%)	5:39	10.6 (77.9%)
10	<b>LASEK Jakub</b>	<b>521</b>	CHICKS&SPORT TEAM	Senior I M - 20	10	01:08:33	<b>02:01:54.30</b>	<b>02:01:56.55</b>	+00:28:57 (23.7%)	5:48	10.3 (75.7%)
11	<b>SUCHY Roland</b>	<b>219</b>		Senior I M - 20	11	01:08:45	<b>02:04:35.90</b>	<b>02:05:54.55</b>	+00:32:55 (26.2%)	5:56	10.1 (74.3%)
12	<b>PIENIAŻEK Patryk</b>	<b>190</b>	KGHM ZG RUN	Senior I M - 20	12	01:10:48	<b>02:06:46.50</b>	<b>02:06:47.75</b>	+00:33:48 (26.7%)	6:02	9.9 (72.8%)
13	<b>KWIECIEŃ Sławomir</b>	<b>402</b>	KW KRAKÓW	Senior I M - 20	13	01:12:39	<b>02:10:57.10</b>	<b>02:11:05.75</b>	+00:38:06 (29.1%)	6:14	9.6 (70.6%)
14	<b>WITKOWSKI Piotr</b>	<b>541</b>	VEGE RUNNERS	Senior I M - 20	14	01:14:05	<b>02:10:30.95</b>	<b>02:11:09.10</b>	+00:38:10 (29.1%)	6:12	9.7 (71.3%)
15	<b>SABAT Kamil</b>	<b>168</b>		Senior I M - 20	15	01:15:22	<b>02:11:38.55</b>	<b>02:11:49.25</b>	+00:38:50 (29.5%)	6:16	9.6 (70.6%)
16	<b>JANISZEWSKI Wiktor</b>	<b>446</b>		Senior I M - 20	16	01:10:47	<b>02:11:32.85</b>	<b>02:12:23.85</b>	+00:39:24 (29.8%)	6:15	9.6 (70.6%)
17	<b>NETOLICKÝ Kamil</b>	<b>39</b>	SRTG VYŠKOV	Senior I M - 20	17	01:13:04	<b>02:14:43.05</b>	<b>02:15:45.40</b>	+00:42:46 (31.5%)	6:24	9.4 (69.1%)
18	<b>JAGŁA Kamil</b>	<b>287</b>	GRUNWALD TEAM POZNAŃ	Senior I M - 20	18	01:16:34	<b>02:18:17.90</b>	<b>02:18:24.15</b>	+00:45:25 (32.8%)	6:35	9.1 (66.9%)
19	<b>REMPUSZEWSKI Mateusz</b>	<b>236</b>		Senior I M - 20	19	01:15:34	<b>02:18:36.90</b>	<b>02:18:47.85</b>	+00:45:48 (33.0%)	6:36	9.1 (66.9%)
20	<b>GRAMALA Mateusz</b>	<b>218</b>	ŻEBY BIEGAĆ TRZEBA BIEGAĆ	Senior I M - 20	20	01:17:02	<b>02:18:01.65</b>	<b>02:19:18.95</b>	+00:46:20 (33.3%)	6:34	9.1 (66.9%)
21	<b>MIKOŁAJCZYK Piotr</b>	<b>342</b>	KALENJI BY DECATHLON	Senior I M - 20	21	01:18:13	<b>02:20:24.60</b>	<b>02:20:33.75</b>	+00:47:34 (33.8%)	6:41	9 (66.2%)
22	<b>KRAWCZYK Tomasz</b>	<b>349</b>		Senior I M - 20	22	01:13:44	<b>02:21:32.50</b>	<b>02:21:38.30</b>	+00:48:39 (34.4%)	6:44	8.9 (65.4%)
23	<b>SAŁEK Mateusz</b>	<b>367</b>	ADIDAS RUNNERS WARSAW	Senior I M - 20	23	01:18:05	<b>02:21:42.80</b>	<b>02:21:49.45</b>	+00:48:50 (34.4%)	6:44	8.9 (65.4%)
24	<b>PERENC Michał</b>	<b>281</b>	HUSARIA RACE TEAM	Senior I M - 20	24	01:19:39	<b>02:22:50.95</b>	<b>02:22:58.65</b>	+00:49:59 (35.0%)	6:48	8.8 (64.7%)
25	<b>MIELNIK Michał</b>	<b>266</b>		Senior I M - 20	25	01:20:57	<b>02:23:10.65</b>	<b>02:24:12.15</b>	+00:51:13 (35.5%)	6:49	8.8 (64.7%)
26	<b>SAFARYN Dariusz</b>	<b>470</b>		Senior I M - 20	26	01:18:35	<b>02:24:32.45</b>	<b>02:24:53.25</b>	+00:51:54 (35.8%)	6:53	8.7 (64.0%)
27	<b>ŚWIERCZYŃSKI Radosław</b>	<b>179</b>	BIEGIEM PO PIWO	Senior I M - 20	27	01:18:08	<b>02:25:17.30</b>	<b>02:25:27.20</b>	+00:52:28 (36.1%)	6:55	8.7 (64.0%)
28	<b>PASZKE Maciej</b>	<b>357</b>		Senior I M - 20	28	01:24:10	<b>02:27:56.25</b>	<b>02:29:17.95</b>	+00:56:19 (37.7%)	7:02	8.5 (62.5%)
29	<b>ORDYNIEC Sławomir</b>	<b>151</b>	KB LEROY MERLIN	Senior I M - 20	29	01:18:55	<b>02:29:55.85</b>	<b>02:30:08.40</b>	+00:57:09 (38.1%)	7:08	8.4 (61.8%)

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30	<b>KRAWCZYK Konrad</b>	<b>606</b>		Senior   M - 20	30	01:24:10	<b>02:29:57.80</b>	<b>02:31:20.90</b>	+00:58:21 (38.6%)	7:08	8.4 (61.8%)
31	<b>PARKITNY Mikolaj</b>	<b>515</b>		Senior   M - 20	31	01:21:30	<b>02:31:14.80</b>	<b>02:31:34.60</b>	+00:58:35 (38.7%)	7:12	8.3 (61.0%)
32	<b>MAZUR Rafał</b>	<b>358</b>		Senior   M - 20	32	01:17:50	<b>02:33:15.25</b>	<b>02:33:18.55</b>	+01:00:19 (39.3%)	7:17	8.2 (60.3%)
33	<b>GORZELANCZYK Marek</b>	<b>590</b>		Senior   M - 20	33	01:22:05	<b>02:32:55.45</b>	<b>02:33:34.60</b>	+01:00:35 (39.5%)	7:16	8.2 (60.3%)
34	<b>WAŚACZ Arkadiusz</b>	<b>565</b>		Senior   M - 20	34	01:23:34	<b>02:35:31.30</b>	<b>02:35:45.00</b>	+01:02:46 (40.3%)	7:24	8.1 (59.6%)
35	<b>KMIECIAK Stanisław</b>	<b>522</b>	NIGHT RUNNERS	Senior   M - 20	35	01:24:46	<b>02:36:42.25</b>	<b>02:37:17.10</b>	+01:04:18 (40.9%)	7:27	8 (58.8%)
36	<b>NOWICKI Kamil</b>	<b>334</b>		Senior   M - 20	36	01:25:38	<b>02:36:47.50</b>	<b>02:37:17.90</b>	+01:04:18 (40.9%)	7:27	8 (58.8%)
37	<b>TYSZER Łukasz</b>	<b>514</b>	HAPPY SMILE	Senior   M - 20	37	01:25:51	<b>02:37:23.50</b>	<b>02:37:28.65</b>	+01:04:29 (41.0%)	7:29	8 (58.8%)
38	<b>RZOŃCA Michał</b>	<b>282</b>		Senior   M - 20	38	01:26:54	<b>02:37:14.15</b>	<b>02:38:30.05</b>	+01:05:31 (41.3%)	7:29	8 (58.8%)
39	<b>NOWICKI Daniel</b>	<b>600</b>	SPORTOWY CZŁUCHÓW	Senior   M - 20	39	01:31:13	<b>02:41:18.40</b>	<b>02:42:04.55</b>	+01:09:05 (42.6%)	7:40	7.8 (57.4%)
40	<b>KULESZA Paweł</b>	<b>203</b>		Senior   M - 20	40	01:23:46	<b>02:41:47.40</b>	<b>02:42:33.55</b>	+01:09:34 (42.8%)	7:42	7.8 (57.4%)
41	<b>DROŹDŹ Krzysztof</b>	<b>669</b>		Senior   M - 20	41	01:29:14	<b>02:41:57.25</b>	<b>02:42:35.40</b>	+01:09:36 (42.8%)	7:42	7.8 (57.4%)
42	<b>WISTUBA Łukasz</b>	<b>506</b>		Senior   M - 20	42	01:27:59	<b>02:47:03.65</b>	<b>02:47:54.20</b>	+01:14:55 (44.6%)	7:57	7.5 (55.1%)
43	<b>SAWALA Eryk</b>	<b>137</b>	TRANCE ONLY	Senior   M - 20	43	01:32:36	<b>02:52:51.15</b>	<b>02:53:54.35</b>	+01:20:55 (46.5%)	8:13	7.3 (53.7%)
44	<b>GACEK Mariusz</b>	<b>205</b>		Senior   M - 20	44	01:36:37	<b>02:56:15.75</b>	<b>02:57:05.60</b>	+01:24:06 (47.5%)	8:23	7.1 (52.2%)
45	<b>ZAWORONEK Marcin</b>	<b>395</b>		Senior   M - 20	45	01:35:37	<b>02:57:43.90</b>	<b>02:58:18.75</b>	+01:25:19 (47.9%)	8:27	7.1 (52.2%)
46	<b>WRĘCZYCKI Łukasz</b>	<b>350</b>		Senior   M - 20	46	01:34:38	<b>02:59:03.85</b>	<b>02:59:28.40</b>	+01:26:29 (48.2%)	8:31	7 (51.5%)
47	<b>WRÓBEL Paweł</b>	<b>303</b>		Senior   M - 20	47	01:37:44	<b>03:01:00.30</b>	<b>03:02:05.45</b>	+01:29:06 (48.9%)	8:37	7 (51.5%)
48	<b>SOKOŁOWSKI Szymon</b>	<b>354</b>		Senior   M - 20	48	01:42:34	<b>03:07:01.15</b>	<b>03:08:27.05</b>	+01:35:28 (50.7%)	8:54	6.7 (49.3%)
49	<b>CICHOŃ Rafał</b>	<b>277</b>	ORANGE IRON TEAM	Senior   M - 20	49	01:41:18	<b>03:10:02.45</b>	<b>03:11:05.25</b>	+01:38:06 (51.3%)	9:03	6.6 (48.5%)
50	<b>CHOJNACKI Kamil</b>	<b>463</b>	LIDER WINNICA	Senior   M - 20	50	01:52:43	<b>03:13:42.25</b>	<b>03:13:50.95</b>	+01:40:52 (52.0%)	9:13	6.5 (47.8%)
51	<b>RAKOWSKI Damian</b>	<b>525</b>		Senior   M - 20	51	01:44:33	<b>03:17:01.95</b>	<b>03:18:29.10</b>	+01:45:30 (53.2%)	9:22	6.4 (47.1%)
52	<b>BUŁAJ Bartosz</b>	<b>405</b>	RUNFORDREAMS	Senior   M - 20	52	01:51:36	<b>03:24:55.40</b>	<b>03:26:17.65</b>	+01:53:18 (54.9%)	9:45	6.1 (44.9%)

Total 52 results.