



# ZŁOTY PÓLMARATON - 21 KM

B4SPORT

**Wydarzenie:** Dolnośląski Festiwal Biegów Górskich  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2023-07-13  
**Miejsce:** Łądek-Zdrój  
**Dystans:** 21 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Weteran I M - 50

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	<b>PLESIŃSKI Mariusz</b>	<b>7962</b>	17 WIELKOPOLSKA BRYGADA ZMECHANIZOWANA	Weteran I M - 50	1	01:02:10	<b>01:51:53.75</b>	<b>01:51:55.35</b>		5:19	11.3 (100%)
2	<b>CHMIELEWSKI Tomasz</b>	<b>7342</b>	PTTK ŚWIDNICA	Weteran I M - 50	2	01:12:23	<b>02:10:07.70</b>	<b>02:10:09.40</b>	+00:18:14 (14.0%)	6:11	9.7 (85.8%)
3	<b>NIEZGÓDKA Tomasz</b>	<b>37</b>	DFBG TEAM	Weteran I M - 50	3	01:13:43	<b>02:12:41.15</b>	<b>02:12:43.80</b>	+00:20:48 (15.7%)	6:19	9.5 (84.1%)
4	<b>FURICH Dariusz</b>	<b>7400</b>	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	Weteran I M - 50	4	01:18:40	<b>02:15:42.65</b>	<b>02:16:17.40</b>	+00:24:22 (17.9%)	6:27	9.3 (82.3%)
5	<b>ZANDECKI Maciej</b>	<b>7148</b>	PARKRUN JEZIORO SWARZĘDZKIE	Weteran I M - 50	5	01:14:30	<b>02:18:11.45</b>	<b>02:18:16.00</b>	+00:26:20 (19.1%)	6:34	9.1 (80.5%)
6	<b>ZIÓŁKOWSKI Marek</b>	<b>7374</b>	OBORYGENI	Weteran I M - 50	6	01:17:46	<b>02:19:21.00</b>	<b>02:19:44.95</b>	+00:27:49 (19.9%)	6:38	9 (79.6%)
7	<b>DORNIAC Jarosław</b>	<b>7226</b>	PZU SPORT TEAM	Weteran I M - 50	7	01:20:02	<b>02:20:27.00</b>	<b>02:20:34.65</b>	+00:28:39 (20.4%)	6:41	9 (79.6%)
8	<b>CHORBOTOWICZ Tomasz</b>	<b>7641</b>	DZG RUNNERS ZGORZELEC	Weteran I M - 50	8	01:21:32	<b>02:24:17.25</b>	<b>02:24:37.55</b>	+00:32:42 (22.6%)	6:52	8.7 (77.0%)
9	<b>IWASZKOWSKI Andrzej</b>	<b>7019</b>		Weteran I M - 50	9	01:19:38	<b>02:27:34.50</b>	<b>02:28:01.95</b>	+00:36:06 (24.4%)	7:01	8.5 (75.2%)
10	<b>GOLA Henryk</b>	<b>7851</b>		Weteran I M - 50	10	01:25:45	<b>02:32:07.55</b>	<b>02:32:41.35</b>	+00:40:46 (26.7%)	7:14	8.3 (73.5%)
11	<b>BRASEL Marcin</b>	<b>7430</b>	TRIGYM	Weteran I M - 50	11	01:25:05	<b>02:34:03.80</b>	<b>02:34:50.75</b>	+00:42:55 (27.7%)	7:20	8.2 (72.6%)
12	<b>RADECKI Wojciech</b>	<b>7815</b>		Weteran I M - 50	12	01:28:23	<b>02:36:03.00</b>	<b>02:36:29.20</b>	+00:44:33 (28.5%)	7:25	8.1 (71.7%)
13	<b>ZWIERZCHOWSKI Andrzej</b>	<b>7955</b>		Weteran I M - 50	13	01:29:23	<b>02:37:03.95</b>	<b>02:39:18.90</b>	+00:47:23 (29.7%)	7:28	8 (70.8%)
14	<b>CHANCEREL Stephane</b>	<b>7959</b>		Weteran I M - 50	14	01:33:56	<b>02:39:12.15</b>	<b>02:40:22.90</b>	+00:48:27 (30.2%)	7:34	7.9 (69.9%)
15	<b>WOŹNIAK Tomasz</b>	<b>7556</b>	DOMDATA RUN TEAM	Weteran I M - 50	15	01:23:03	<b>02:39:12.60</b>	<b>02:40:25.35</b>	+00:48:30 (30.2%)	7:34	7.9 (69.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
16	<b>PAŁAC Piotr</b>	<b>7559</b>		Weteran I M - 50	16	01:24:21	<b>02:40:10.50</b>	<b>02:40:57.85</b>	+00:49:02 (30.5%)	7:37	7.9 (69.9%)
17	<b>MACHULA Arkadiusz</b>	<b>7827</b>	LEKKOATLETYCZNY KLUB SPORTOWY ZIĘBICE	Weteran I M - 50	17	01:35:48	<b>02:42:54.60</b>	<b>02:43:54.20</b>	+00:51:58 (31.7%)	7:45	7.7 (68.1%)
18	<b>REDLICKI Dariusz</b>	<b>7927</b>		Weteran I M - 50	18	01:31:09	<b>02:43:12.10</b>	<b>02:44:12.00</b>	+00:52:16 (31.8%)	7:46	7.7 (68.1%)
19	<b>STARCZEWSKI Grzegorz</b>	<b>7716</b>		Weteran I M - 50	19	01:32:28	<b>02:41:54.10</b>	<b>02:44:38.85</b>	+00:52:43 (32.0%)	7:42	7.8 (69.0%)
20	<b>MODZELEWSKI Piotr</b>	<b>7069</b>	TARNOWO PODGÓRNE BIEGA	Weteran I M - 50	20	01:33:19	<b>02:45:37.50</b>	<b>02:46:09.15</b>	+00:54:13 (32.6%)	7:53	7.6 (67.3%)
21	<b>KAYSIEWICZ Maciej</b>	<b>7491</b>	NATURAL BORN RUNNERS TEAM	Weteran I M - 50	21		<b>02:46:18.65</b>	<b>02:46:43.20</b>	+00:54:47 (32.9%)	7:55	7.6 (67.3%)
22	<b>LESZCZYŃSKI Grzegorz</b>	<b>7480</b>		Weteran I M - 50	22	01:29:45	<b>02:45:59.20</b>	<b>02:47:47.20</b>	+00:55:51 (33.3%)	7:54	7.6 (67.3%)
23	<b>KASZUBA Jacek</b>	<b>7753</b>		Weteran I M - 50	23	01:32:39	<b>02:48:42.05</b>	<b>02:48:57.45</b>	+00:57:02 (33.8%)	8:02	7.5 (66.4%)
24	<b>ZGOŁA Przemysław</b>	<b>7257</b>	TARNOWO PODGÓRNE BIEGA	Weteran I M - 50	24	01:33:22	<b>02:48:37.05</b>	<b>02:49:09.30</b>	+00:57:13 (33.8%)	8:01	7.5 (66.4%)
25	<b>ABULEWICZ Wojciech</b>	<b>7535</b>	TRENING STUDIO 17	Weteran I M - 50	25	01:29:36	<b>02:48:48.50</b>	<b>02:49:11.30</b>	+00:57:15 (33.8%)	8:02	7.5 (66.4%)
26	<b>OLEKSA Robert</b>	<b>7689</b>		Weteran I M - 50	26	01:31:08	<b>02:48:46.50</b>	<b>02:49:33.50</b>	+00:57:38 (34.0%)	8:02	7.5 (66.4%)
27	<b>KLUZA Piotr</b>	<b>7121</b>	WKTJ	Weteran I M - 50	27	01:34:08	<b>02:48:30.65</b>	<b>02:49:44.80</b>	+00:57:49 (34.1%)	8:01	7.5 (66.4%)
28	<b>GIEDRYS Wojciech</b>	<b>7654</b>	3:33 TEAM	Weteran I M - 50	28	01:34:31	<b>02:49:01.80</b>	<b>02:49:50.80</b>	+00:57:55 (34.1%)	8:02	7.5 (66.4%)
29	<b>SZYMAŃSKI Roman</b>	<b>7113</b>	BUKOWSKI KLUB BIEGACZA	Weteran I M - 50	29	01:34:13	<b>02:48:33.90</b>	<b>02:49:59.00</b>	+00:58:03 (34.2%)	8:01	7.5 (66.4%)
30	<b>ZAGROBELNY Radosław</b>	<b>7404</b>	MONKO COFFEE	Weteran I M - 50	30	01:34:41	<b>02:55:15.85</b>	<b>02:55:37.20</b>	+01:03:41 (36.3%)	8:20	7.2 (63.7%)
31	<b>WACHOWSKI Wiesław</b>	<b>7471</b>		Weteran I M - 50	31	01:41:40	<b>02:55:02.45</b>	<b>02:57:32.45</b>	+01:05:37 (37.0%)	8:20	7.2 (63.7%)
32	<b>PIECYK Tomasz</b>	<b>31</b>		Weteran I M - 50	32	01:36:25	<b>02:57:27.40</b>	<b>03:00:05.75</b>	+01:08:10 (37.9%)	8:27	7.1 (62.8%)
33	<b>TERLECKI Marcin</b>	<b>7715</b>	TERLO	Weteran I M - 50	33	01:38:34	<b>03:00:30.35</b>	<b>03:02:28.45</b>	+01:10:33 (38.7%)	8:35	7 (61.9%)
34	<b>SZCZEPAŃSKI Rafał</b>	<b>7848</b>	SAMEKONIE	Weteran I M - 50	34	01:36:04	<b>03:03:08.10</b>	<b>03:03:22.65</b>	+01:11:27 (39.0%)	8:43	6.9 (61.1%)
35	<b>KROSZKA Krzysztof</b>	<b>25</b>	STEPSTONE RUNNING TEAM	Weteran I M - 50	35	01:46:43	<b>03:06:03.80</b>	<b>03:07:55.20</b>	+01:15:59 (40.4%)	8:51	6.8 (60.2%)
36	<b>JEKA Piotr</b>	<b>7856</b>	JEKA TEAM	Weteran I M - 50	36	01:42:22	<b>03:08:59.40</b>	<b>03:09:48.90</b>	+01:17:53 (41.0%)	8:59	6.7 (59.3%)
37	<b>IMIŃSKI Cezary</b>	<b>7248</b>		Weteran I M - 50	37	01:43:17	<b>03:10:22.00</b>	<b>03:10:45.35</b>	+01:18:50 (41.3%)	9:03	6.6 (58.4%)
38	<b>PRZYBYLSKI Krzysztof</b>	<b>7756</b>	Q-TEAM	Weteran I M - 50	38	01:46:14	<b>03:08:55.80</b>	<b>03:11:07.10</b>	+01:19:11 (41.4%)	8:59	6.7 (59.3%)

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39	<b>WOJTYSIAK Wojciech</b>	<b>7179</b>	HANIA TEAM MATEO	Weteran I M - 50	39	01:53:29	<b>03:08:52.40</b>	<b>03:11:24.85</b>	+01:19:29 (41.5%)	8:59	6.7 (59.3%)
40	<b>CAŁKA Robert</b>	<b>7911</b>	BBL BOGDANIECKIE LASY	Weteran I M - 50	40	01:45:33	<b>03:11:23.60</b>	<b>03:11:45.85</b>	+01:19:50 (41.6%)	9:06	6.6 (58.4%)
41	<b>SZUMSKI Zbigniew</b>	<b>7157</b>		Weteran I M - 50	41	01:55:08	<b>03:10:59.35</b>	<b>03:11:50.90</b>	+01:19:55 (41.7%)	9:05	6.6 (58.4%)
42	<b>KARON Krzysztof</b>	<b>7976</b>		Weteran I M - 50	42	01:46:32	<b>03:10:31.90</b>	<b>03:12:27.25</b>	+01:20:31 (41.8%)	9:04	6.6 (58.4%)
43	<b>SZCZEPAŃSKI Piotr</b>	<b>7488</b>		Weteran I M - 50	43	01:50:00	<b>03:11:50.45</b>	<b>03:13:47.50</b>	+01:21:52 (42.2%)	9:08	6.6 (58.4%)
44	<b>BOMBOLA Bogumił</b>	<b>7712</b>	TARNOWO PODGÓRNE BIEGA	Weteran I M - 50	44	01:48:19	<b>03:12:36.05</b>	<b>03:15:21.20</b>	+01:23:25 (42.7%)	9:10	6.5 (57.5%)
45	<b>MURANOWICZ Marek</b>	<b>7320</b>		Weteran I M - 50	45	01:52:42	<b>03:13:19.90</b>	<b>03:16:30.15</b>	+01:24:34 (43.0%)	9:12	6.5 (57.5%)
46	<b>NIERADKO Arkadiusz</b>	<b>7347</b>		Weteran I M - 50	46	01:49:06	<b>03:16:57.05</b>	<b>03:19:08.80</b>	+01:27:13 (43.8%)	9:22	6.4 (56.6%)
47	<b>BŁACHNIO Krzysztof</b>	<b>7605</b>	RAZ SZCZECIN	Weteran I M - 50	47	01:41:18	<b>03:19:17.60</b>	<b>03:20:20.05</b>	+01:28:24 (44.1%)	9:29	6.3 (55.8%)
48	<b>JASICZAK Andrzej</b>	<b>7464</b>		Weteran I M - 50	48	01:54:38	<b>03:23:22.20</b>	<b>03:24:56.55</b>	+01:33:01 (45.4%)	9:41	6.2 (54.9%)
49	<b>PIJANKA Mariusz</b>	<b>7252</b>		Weteran I M - 50	49	01:46:20	<b>03:23:31.10</b>	<b>03:25:58.35</b>	+01:34:03 (45.7%)	9:41	6.2 (54.9%)
50	<b>ZAWIS Marek</b>	<b>7181</b>		Weteran I M - 50	50	01:52:47	<b>03:25:19.60</b>	<b>03:26:41.70</b>	+01:34:46 (45.9%)	9:46	6.1 (54.0%)
51	<b>JAGIELSKI Piotr</b>	<b>7765</b>		Weteran I M - 50	51	01:52:41	<b>03:24:45.50</b>	<b>03:28:14.80</b>	+01:36:19 (46.3%)	9:45	6.2 (54.9%)
52	<b>GALEWSKI Mariusz</b>	<b>7135</b>	KOTLIN	Weteran I M - 50	52	01:53:59	<b>03:26:48.90</b>	<b>03:29:13.30</b>	+01:37:17 (46.5%)	9:50	6.1 (54.0%)
53	<b>GAZDECKI Jacek</b>	<b>7112</b>		Weteran I M - 50	53	01:54:15	<b>03:28:22.15</b>	<b>03:29:54.70</b>	+01:37:59 (46.7%)	9:55	6 (53.1%)
54	<b>BASTA Grzegorz</b>	<b>7086</b>	BBL LASY BOGDANIEC, BASTA TEAM	Weteran I M - 50	54	01:56:38	<b>03:33:06.25</b>	<b>03:35:37.20</b>	+01:43:41 (48.1%)	10:08	5.9 (52.2%)
55	<b>DUNOWSKI Przemysław</b>	<b>7091</b>		Weteran I M - 50	55	01:59:21	<b>03:33:25.75</b>	<b>03:35:59.60</b>	+01:44:04 (48.2%)	10:09	5.9 (52.2%)
56	<b>KOROŃSKI Tadeusz</b>	<b>7294</b>		Weteran I M - 50	56	01:49:14	<b>03:34:51.90</b>	<b>03:36:54.30</b>	+01:44:58 (48.4%)	10:13	5.9 (52.2%)
57	<b>BORYSIONEK Jarosław</b>	<b>7243</b>		Weteran I M - 50	57	01:53:57	<b>03:34:18.40</b>	<b>03:36:55.45</b>	+01:45:00 (48.4%)	10:12	5.9 (52.2%)
58	<b>COPIJA Jarosław</b>	<b>7324</b>	TKKF MPK POZNAŃ	Weteran I M - 50	58	02:03:41	<b>03:43:55.80</b>	<b>03:44:38.40</b>	+01:52:43 (50.2%)	10:39	5.6 (49.6%)
59	<b>GŁĄBICA Adam</b>	<b>7377</b>		Weteran I M - 50	59	02:03:50	<b>03:52:04.40</b>	<b>03:53:31.95</b>	+02:01:36 (52.1%)	11:03	5.4 (47.8%)
60	<b>MODRAK Maciej</b>	<b>7264</b>	PARKRUN GRUDZIĄDZ	Weteran I M - 50	60	02:07:09	<b>03:55:29.45</b>	<b>03:58:54.35</b>	+02:06:59 (53.2%)	11:12	5.4 (47.8%)
61	<b>MIKOŁAJCZAK Jaromir</b>	<b>7367</b>	NIGHT RUNNERS	Weteran I M - 50	61	02:12:19	<b>03:57:18.95</b>	<b>04:00:35.50</b>	+02:08:40 (53.5%)	11:18	5.3 (46.9%)

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62	<b>PRZYSMAK Piotr</b>	<b>7585</b>		Weteran I M - 50	62	02:10:15	<b>04:02:02.90</b>	<b>04:04:33.30</b>	+02:12:37 (54.2%)	11:31	5.2 (46.0%)
63	<b>WYPCHOŁ Piotr</b>	<b>7487</b>	BIEGAJ Z TRENERAMI	Weteran I M - 50	63	02:08:55	<b>04:13:07.05</b>	<b>04:14:45.00</b>	+02:22:49 (56.1%)	12:03	5 (44.2%)
64	<b>BARSZCZEWSKI Stanisław</b>	<b>7703</b>	BIEGACZE ŚWINOUJŚCIE	Weteran I M - 50	64	02:22:31	<b>04:14:39.40</b>	<b>04:17:57.60</b>	+02:26:02 (56.6%)	12:07	4.9 (43.4%)
65	<b>CZERCZAK Andrzej</b>	<b>7606</b>		Weteran I M - 50	65	02:22:18	<b>04:15:18.65</b>	<b>04:18:16.35</b>	+02:26:21 (56.7%)	12:09	4.9 (43.4%)
66	<b>KRUSZEWSKI Józef</b>	<b>7525</b>	EUROPOL GAZ S.A.	Weteran I M - 50	66	02:19:39	<b>04:16:11.00</b>	<b>04:19:19.70</b>	+02:27:24 (56.8%)	12:11	4.9 (43.4%)
67	<b>BAJERSKI Arkadiusz</b>	<b>7341</b>	GRUPA BIEGOWA ENERGY KACZORY	Weteran I M - 50	67	02:15:11	<b>04:16:58.45</b>	<b>04:20:29.55</b>	+02:28:34 (57.0%)	12:14	4.9 (43.4%)
68	<b>SOWA Grzegorz</b>	<b>7557</b>		Weteran I M - 50	68	02:16:44	<b>04:18:56.70</b>	<b>04:22:33.60</b>	+02:30:38 (57.4%)	12:19	4.9 (43.4%)
69	<b>RÓŻAŃSKI Robert</b>	<b>7068</b>		Weteran I M - 50	69	02:25:27	<b>04:24:45.40</b>	<b>04:27:11.35</b>	+02:35:16 (58.1%)	12:36	4.8 (42.5%)
70	<b>WALCZAK Sławomir</b>	<b>7250</b>		Weteran I M - 50	70	02:26:27	<b>04:32:47.30</b>	<b>04:34:26.55</b>	+02:42:31 (59.2%)	12:59	4.6 (40.7%)
71	<b>WRÓBEL Zbigniew</b>	<b>7241</b>	TARNOWO PODGÓRNE BIEGA	Weteran I M - 50	71	01:56:14	<b>04:38:28.05</b>	<b>04:41:17.40</b>	+02:49:22 (60.2%)	13:15	4.5 (39.8%)
<b>Przekroczony limit czasu: 05:00:00</b>											
72	<b>NIEZGODA Adam</b>	<b>7159</b>		Weteran I M - 50	72	02:26:15	<b>05:29:15.95</b>	<b>05:30:57.55</b>	+03:39:02 (66.2%)	15:40	3.8 (33.6%)
	<b>SIP Mirosław</b>	<b>7125</b>		Weteran I M - 50		02:08:03 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 73 wynik(ów)