ZIMOWY PÓŁMARATON GÓR STOŁOWYCH 21 KM

Wydarzenie: Zimowy Półmaraton Gór Stołowych
Organizator: Fundacja Maratony Górskie
Data: 2022-01-22
Miejsce: Karłów
Dystans: 21 km

Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Kara/ bonifikata	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
1	**JUREK Michał**	**196**	RMT TEAM PRO	M-30	1	NIE	00:43:10	01:26:09		**02:05:40.35**		5:59	10 (100%)
2	**GORZELAŃCZYK Jakub**	**142**	MKS SIECHNICE	M-30	2	NIE	00:43:32	01:27:12		**02:07:43.15**	+00:02:02 (1.6%)	6:04	9.9 (99.0%)
3	**KOŚCIUCZYK-MENDYK Michał**	**229**	SPELOCLUB WROCŁAW	M-30	3	TAK	00:47:55	01:35:22		**02:17:56.15**	+00:12:15 (8.9%)	6:34	9.1 (91.0%)
4	**BORZYSTOWSKI Patryk**	**54**	#ZALINIAMETYTEAM	M-30	4	TAK	00:48:42	01:37:30		**02:20:11.45**	+00:14:31 (10.4%)	6:40	9 (90.0%)
5	**GRZESIEK Góral**	**154**	HEEJ HEJ GURALU	M-30	5	NIE	00:50:01	01:37:53		**02:21:03.65**	+00:15:23 (10.9%)	6:43	8.9 (89.0%)
6	**ZIOBER Zbigniew**	**571**	EX TEAM	M-30	6	NIE	00:48:31	01:36:55		**02:23:04.55**	+00:17:24 (12.2%)	6:48	8.8 (88.0%)
7	**ROSKOSZ Bartosz**	**425**	JELCZ TRIATHLON PROJECT	M-30	7	TAK	00:49:29	01:38:35		**02:25:37.00**	+00:19:56 (13.7%)	6:56	8.7 (87.0%)
8	**POCIECHA Patryk**	**401**		M-30	8	NIE	00:49:57	01:39:09		**02:26:06.90**	+00:20:26 (14.0%)	6:57	8.6 (86.0%)
9	**MAJCHRZAK Maciej**	**301**	140MINUT.PL	M-30	9	NIE	00:49:18	01:40:45		**02:26:20.80**	+00:20:40 (14.1%)	6:58	8.6 (86.0%)
10	**GRUND Marek**	**150**	MAFIA TEAM LUBLINIEC	M-30	10	NIE	00:49:28	01:40:20		**02:27:41.75**	+00:22:01 (14.9%)	7:01	8.5 (85.0%)
11	**WRZESIŃSKI Michał**	**550**	KSG DIRETA/SKLEP GÓRSKI TATERNIK	M-30	11	TAK	00:54:07	01:46:53		**02:35:14.50**	+00:29:34 (19.0%)	7:23	8.1 (81.0%)
12	**FRANKIEWICZ Artur**	**127**		M-30	12	TAK	00:56:14	01:49:41		**02:37:21.10**	+00:31:40 (20.1%)	7:29	8 (80.0%)
13	**PŁONOWSKI Maciej**	**400**	PSZCZÓŁKOWSKI TEAM	M-30	13	NIE	00:54:34	01:48:46		**02:37:42.80**	+00:32:02 (20.3%)	7:30	8 (80.0%)
14	**NOWACKI Mateusz**	**352**	PRZEDWOJEWSKI TEAM	M-30	14	NIE	00:50:28	01:42:43		**02:38:42.15**	+00:33:01 (20.8%)	7:33	7.9 (79.0%)
15	**BOSAKIEWICZ Tomasz**	**55**	OLAWS	M-30	15	NIE	00:54:23	01:50:08		**02:41:17.95**	+00:35:37 (22.1%)	7:40	7.8 (78.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Kara/ bonifikata	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
16	**MICHALSKI Piotr**	**324**		M-30	16	NIE	00:56:13	01:50:34		**02:42:37.70**	+00:36:57 (22.7%)	7:44	7.7 (77.0%)
17	**ŚNIERZYŃSKI Robert**	**493**		M-30	17	NIE	00:59:46	01:54:36		**02:42:45.60**	+00:37:05 (22.8%)	7:45	7.7 (77.0%)
18	**ORACZ Mateusz**	**370**	BEZ LITOŚCI	M-30	18	NIE	00:56:25	01:53:49		**02:43:19.85**	+00:37:39 (23.1%)	7:46	7.7 (77.0%)
19	**SANKOWSKI Paweł**	**438**	PLACKI TEAM	M-30	19	NIE	00:56:44	01:52:38		**02:43:31.70**	+00:37:51 (23.1%)	7:47	7.7 (77.0%)
20	**MAJCHRZAK Bartosz**	**300**	PKO BANK POLSKI	M-30	20	NIE	00:56:42	01:53:52		**02:45:02.50**	+00:39:22 (23.9%)	7:51	7.6 (76.0%)
21	**CIĘŻKI Konrad**	**89**	EVERRUN	M-30	21	NIE	00:58:22	01:54:52		**02:45:24.40**	+00:39:44 (24.0%)	7:52	7.6 (76.0%)
22	**GULCZYŃSKI Tomasz**	**156**		M-30	22	NIE	00:56:32	01:53:47		**02:46:26.15**	+00:40:45 (24.5%)	7:55	7.6 (76.0%)
23	**ŁAŹNIOWSKI Dawid**	**288**	KUDOWIANKA RUN	M-30	23	NIE	00:55:10	01:53:18		**02:46:46.90**	+00:41:06 (24.6%)	7:56	7.6 (76.0%)
24	**LUBAŃSKI Mateusz**	**283**	KS BARYCZ MILICZ	M-30	24	NIE	00:57:01	01:54:22		**02:46:47.70**	+00:41:07 (24.7%)	7:56	7.6 (76.0%)
25	**WINTER Piotr**	**538**	NIGHT RUNNERS	M-30	25	NIE	00:59:00	01:56:11		**02:49:05.05**	+00:43:24 (25.7%)	8:03	7.5 (75.0%)
26	**TYŚ Radek**	**515**	NOWA RUDA BIEGA	M-30	26	NIE	00:56:39	01:53:36		**02:49:35.80**	+00:43:55 (25.9%)	8:04	7.4 (74.0%)
27	**SZALA Krzysztof**	**476**	80DNI.PL	M-30	27	NIE	01:00:21	01:58:21		**02:50:16.65**	+00:44:36 (26.2%)	8:06	7.4 (74.0%)
28	**ZAWOJAK Aleksander**	**561**	RONAL POLSKA RUN	M-30	28	NIE	00:59:54	01:54:15		**02:52:51.35**	+00:47:11 (27.3%)	8:13	7.3 (73.0%)
29	**KARASIAK Piotr**	**204**		M-30	29	NIE	00:55:54	01:57:06		**02:53:22.45**	+00:47:42 (27.5%)	8:15	7.3 (73.0%)
30	**GRZESIAK Grzegorz**	**153**	BIEGNIJ OŁAWO	M-30	30	NIE	00:57:12	01:59:06		**02:55:37.80**	+00:49:57 (28.4%)	8:21	7.2 (72.0%)
31	**LACHOWSKI Robert**	**272**	ROSSMANN	M-30	31	NIE	01:01:27	02:01:30		**02:56:34.30**	+00:50:53 (28.8%)	8:24	7.1 (71.0%)
32	**MÓLL Mateusz**	**335**	#SOBASTEAM	M-30	32	NIE	00:55:03	01:56:34		**02:56:41.85**	+00:51:01 (28.9%)	8:24	7.1 (71.0%)
33	**URBAŃSKI Michał**	**517**		M-30	33	NIE	01:00:38	02:01:54		**02:58:06.80**	+00:52:26 (29.4%)	8:28	7.1 (71.0%)
34	**JAKUS Michał**	**176**	OTM.B	M-30	34	NIE	00:59:51	02:00:24		**03:01:05.90**	+00:55:25 (30.6%)	8:37	7 (70.0%)
35	**HETMAŃCZYK Jakub**	**160**	XIN CHAO	M-30	35	TAK	01:00:12	02:03:06		**03:02:07.55**	+00:56:27 (31.0%)	8:40	6.9 (69.0%)
36	**NOWAK Marcin**	**354**	TIMJESTTIM	M-30	36	NIE	01:04:24	02:06:46		**03:03:48.25**	+00:58:07 (31.6%)	8:45	6.9 (69.0%)
37	**PANZ Krzysztof**	**379**		M-30	37	TAK	01:01:08	02:04:31		**03:04:12.95**	+00:58:32 (31.8%)	8:46	6.8 (68.0%)
38	**POŁCZYŃSKI Paweł**	**407**	STALOWA ŁYDA	M-30	38	NIE	01:01:22	02:04:36		**03:04:19.15**	+00:58:38 (31.8%)	8:46	6.8 (68.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Kara/ bonifikata	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
39	**HOJAN Lukasz**	**164**		M-30	39	NIE	01:05:08	02:08:12		**03:04:47.75**	+00:59:07 (32.0%)	8:47	6.8 (68.0%)
40	**MADERA Michał**	**298**	LECIMY TUTAJ	M-30	40	NIE	00:59:54	02:04:43		**03:04:49.20**	+00:59:08 (32.0%)	8:48	6.8 (68.0%)
41	**ZIELIŃSKI Dominik**	**568**		M-30	41	NIE	01:03:56	02:08:01		**03:04:51.05**	+00:59:10 (32.0%)	8:48	6.8 (68.0%)
42	**DATA Marek**	**100**	KUGUAR XTREME RUNNERS	M-30	42	NIE	01:01:14	02:07:39		**03:07:13.60**	+01:01:33 (32.9%)	8:54	6.7 (67.0%)
43	**KRYSIŃSKI Maciej**	**251**		M-30	43	NIE	01:02:28	02:07:15		**03:07:49.00**	+01:02:08 (33.1%)	8:56	6.7 (67.0%)
44	**LUBIK Adam**	**285**		M-30	44	TAK	01:05:42	02:12:21		**03:09:02.30**	+01:03:21 (33.5%)	9:00	6.7 (67.0%)
45	**BIAŁEK Paweł**	**31**	KB HERMES GRYFINO	M-30	45	TAK	01:07:05	02:12:52		**03:09:05.65**	+01:03:25 (33.5%)	9:00	6.7 (67.0%)
46	**PAPROCKI Michał**	**380**		M-30	46	NIE	00:58:16	02:01:58		**03:09:26.75**	+01:03:46 (33.7%)	9:01	6.7 (67.0%)
47	**GALIŃSKI Kamil**	**130**		M-30	47	NIE	01:04:36	02:09:51		**03:09:35.25**	+01:03:54 (33.7%)	9:01	6.6 (66.0%)
48	**BIEL Łukasz**	**35**		M-30	48	NIE	01:11:02	02:15:58		**03:11:49.00**	+01:06:08 (34.5%)	9:08	6.6 (66.0%)
49	**FLASZEWSKI Adam**	**125**	SPORTOWY KAŹMIERZ	M-30	49	NIE	01:02:18	02:03:36	00:10:00	**03:11:54.30**	+01:06:13 (34.5%)	8:39	6.9 (69.0%)
50	**GINTER Grzegorz**	**137**	AZS COLLEGIUM MEDICUM UJ	M-30	50	NIE	01:06:20	02:11:46		**03:12:27.70**	+01:06:47 (34.7%)	9:09	6.5 (65.0%)
51	**WITEK Tomasz**	**539**		M-30	51	NIE	01:09:33	02:17:32		**03:15:21.55**	+01:09:41 (35.7%)	9:18	6.4 (64.0%)
52	**PONIATOWSKI Seweryn**	**409**	TROPEM ULTRA	M-30	52	NIE	01:04:04	02:12:47		**03:15:26.30**	+01:09:45 (35.7%)	9:18	6.4 (64.0%)
53	**ROJEWSKI Paweł**	**421**	EVERRUN	M-30	53	NIE	01:04:44	02:12:53		**03:15:38.10**	+01:09:57 (35.8%)	9:18	6.4 (64.0%)
54	**KURZYNIEC Łukasz**	**269**		M-30	54	TAK	01:10:29	02:18:57		**03:16:03.65**	+01:10:23 (35.9%)	9:20	6.4 (64.0%)
55	**TRZPIOLA Tycjan**	**509**		M-30	55		01:06:51	02:14:30		**03:17:06.85**	+01:11:26 (36.2%)	9:23	6.4 (64.0%)
56	**MAJCHRZYCKI Sławomir**	**302**	TKKF MPK POZNAŃ	M-30	56	NIE	01:08:04	02:16:06		**03:18:40.65**	+01:13:00 (36.7%)	9:27	6.3 (63.0%)
57	**HACUŚ Jacek**	**157**		M-30	57	NIE	01:06:17	02:16:08		**03:18:44.80**	+01:13:04 (36.8%)	9:27	6.3 (63.0%)
58	**CHUDY Tobiasz**	**83**	RUN TEAM RYDZYNA	M-30	58	NIE	01:09:22	02:21:26		**03:19:19.40**	+01:13:39 (37.0%)	9:29	6.3 (63.0%)
59	**SOKOŁOWSKI Marcin**	**454**		M-30	59	NIE	01:08:21	02:23:20		**03:21:54.40**	+01:16:14 (37.8%)	9:36	6.2 (62.0%)
60	**ŻAK Piotr**	**573**	FARTY PUSZCZY	M-30	60	NIE	01:13:39	02:20:48		**03:21:57.40**	+01:16:17 (37.8%)	9:37	6.2 (62.0%)
61	**ŚWIĄTEK Łukasz**	**496**	GVT	M-30	61	NIE	01:11:06	02:22:39		**03:22:03.10**	+01:16:22 (37.8%)	9:37	6.2 (62.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Kara/ bonifikata	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
62	**KOWANSKI Jacek**	**232**		M-30	62	NIE	01:07:32	02:15:31		**03:22:16.20**	+01:16:35 (37.9%)	9:37	6.2 (62.0%)
63	**PAWLAK Mateusz**	**382**	BIEGNIJ OŁAWO	M-30	63	NIE	01:10:05	02:18:36		**03:23:20.65**	+01:17:40 (38.2%)	9:40	6.2 (62.0%)
64	**WESOŁEK Daniel**	**531**		M-30	64	NIE	01:02:25	02:14:36		**03:24:28.60**	+01:18:48 (38.5%)	9:44	6.2 (62.0%)
65	**STASZEWSKI Dariusz**	**466**	7.BKPOW	M-30	65	NIE	01:09:32	02:20:25		**03:24:44.00**	+01:19:03 (38.6%)	9:44	6.2 (62.0%)
66	**ŻYLAK Marek**	**576**		M-30	66	NO	01:09:31	02:17:32		**03:25:16.15**	+01:19:35 (38.8%)	9:46	6.1 (61.0%)
67	**SZYSZKO Stanisław**	**492**	12 WIELKOPOLSKA BRYGADA OBRONY TERYTORIALNEJ	M-30	67	NIE	01:10:35	02:24:58		**03:25:34.00**	+01:19:53 (38.9%)	9:47	6.1 (61.0%)
68	**DREAS Jakub**	**108**	WĘDZIKOWSKI TEAM / DZIKIE BOBRY	M-30	68	NIE	01:13:41	02:25:59		**03:26:15.10**	+01:20:34 (39.1%)	9:49	6.1 (61.0%)
69	**JANOWICZ Wojtek**	**179**		M-30	69	NIE	01:09:54	02:20:31		**03:27:51.00**	+01:22:10 (39.5%)	9:53	6.1 (61.0%)
70	**JANOWSKI Michał**	**180**		M-30	70	NIE	01:02:41	02:16:22		**03:30:25.20**	+01:24:44 (40.3%)	10:01	6 (60.0%)
71	**CHUDY Ariel**	**84**	RUN TEAM RYDZYNA	M-30	71	NIE	01:09:26	02:21:33		**03:30:53.25**	+01:25:12 (40.4%)	10:02	6 (60.0%)
72	**KACZMAREK Mirosław**	**200**	RUNNER'S POWER ŚREM	M-30	72	NIE	01:14:05	02:27:01		**03:31:55.55**	+01:26:15 (40.7%)	10:05	5.9 (59.0%)
73	**POMIANOWSKI Szymon**	**408**	KURACJUSZE	M-30	73	NIE	01:08:35	02:30:27		**03:33:30.15**	+01:27:49 (41.1%)	10:10	5.9 (59.0%)
74	**ANDRYSZCZAK Łukasz**	**5**	BMW KLUB POZNAŃ	M-30	74	NIE	01:14:46	02:30:58		**03:35:01.55**	+01:29:21 (41.6%)	10:14	5.9 (59.0%)
75	**TARNOWSKI Maciej**	**499**	NIGHT RUNNERS WROCŁAW	M-30	75	NIE	01:16:57	02:33:11		**03:37:21.85**	+01:31:41 (42.2%)	10:21	5.8 (58.0%)
76	**JĘDRZEJCZYK Łukasz**	**191**		M-30	76	NIE	01:12:29	02:27:08		**03:37:35.95**	+01:31:55 (42.2%)	10:21	5.8 (58.0%)
77	**JAMROZ Bartosz**	**177**		M-30	77	NIE	01:12:07	02:27:54		**03:37:37.25**	+01:31:56 (42.3%)	10:21	5.8 (58.0%)
78	**KAWA Krzysztof**	**206**		M-30	78	NIE	01:11:09	02:26:16		**03:38:29.20**	+01:32:48 (42.5%)	10:24	5.8 (58.0%)
79	**MATYLA Roman**	**319**	FUNTRI	M-30	79	NIE	01:10:45	02:28:27		**03:44:13.90**	+01:38:33 (44.0%)	10:40	5.6 (56.0%)
80	**BARANOWSKI Szymon**	**20**		M-30	80	TAK	01:20:26	02:39:18		**03:51:25.95**	+01:45:45 (45.7%)	11:01	5.4 (54.0%)
81	**MAKOWSKI Tomasz**	**306**	NIGHT RUNNERS	M-30	81	NIE	01:19:02	02:34:13		**03:55:46.30**	+01:50:05 (46.7%)	11:13	5.3 (53.0%)
82	**CZERWONKA Zbigniew**	**95**	ESKADRA ŁÓDŹ	M-30	82	NO	01:22:32	02:50:42		**04:01:22.80**	+01:55:42 (47.9%)	11:29	5.2 (52.0%)
83	**SIEPIELSKI Damian**	**442**		M-30	83	NIE	01:11:26	02:35:32	00:20:00	**04:02:13.35**	+01:56:33 (48.1%)	10:34	5.7 (57.0%)
84	**BUSS Konrad**	**69**	KUDOWIANKA RUN	M-30	84	NIE	01:20:06	02:42:51		**04:03:21.35**	+01:57:41 (48.4%)	11:35	5.2 (52.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Kara/ bonifikata	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
85	**BYKS Tomasz**	**71**		M-30	85	NIE	01:20:44	02:50:27		**04:09:05.70**	+02:03:25 (49.5%)	11:51	5.1 (51.0%)
86	**CHUDAŃSKI Jakub**	**82**		M-30	86	NIE	01:21:55	02:53:00		**04:10:31.55**	+02:04:51 (49.8%)	11:55	5 (50.0%)
87	**SAWICZ Piotr**	**439**		M-30	87	NIE	01:52:08	03:05:03		**04:11:34.05**	+02:05:53 (50.0%)	11:58	5 (50.0%)
88	**STRAMEK Lukasz**	**470**		M-30	88	NO	01:25:48	02:58:21		**04:20:40.50**	+02:15:00 (51.8%)	12:24	4.8 (48.0%)
89	**JAWORSKI Jarosław**	**184**	LOVELY MOUNTAINS WINTER RUNNING	M-30	89	NIE	01:28:12	03:01:28		**04:23:19.85**	+02:17:39 (52.3%)	12:32	4.8 (48.0%)
90	**STYPUŁA Michał**	**472**	TE CONNECTIVITY	M-30	90	NIE	01:33:31	03:12:57		**04:29:33.60**	+02:23:53 (53.4%)	12:50	4.7 (47.0%)
91	**TURKIEWICZ Dawid**	**512**	WOLIBÓRZ W BIEGU	M-30	91	NIE	01:31:56	03:12:02		**04:40:15.30**	+02:34:34 (55.2%)	13:20	4.5 (45.0%)
92	**KĘPSKI Grzegorz**	**207**		M-30	92	NIE	01:54:19	03:40:56		**05:08:26.05**	+03:02:45 (59.3%)	14:41	4.1 (41.0%)

Znaleziono 92 wynik(ów)