ZIMOWY PÓŁMARATON GÓR STOŁOWYCH 31 KM

Wydarzenie: Zimowy Półmaraton Gór Stołowych
Organizator: Fundacja Maratony Górskie
Data: 2023-01-22
Miejsce: Karłów
Dystans: 31 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Lisia Przełęcz 19.7km	Czas netto 31km	Czas brutto 31km	Różn	Tempo min/km	Tempo km/h
1	**PETR Jiří**	**1168**	SALOMON	M-40	1	00:40:00	01:15:15	01:50:23	**02:56:01.55**	**02:56:01.55**		5:40	10.6 (100%)
2	**KRUPA Marcin**	**1115**	AKTYWNA NOWA RUDA	M-40	2	00:48:10	01:30:22	02:13:21	**03:30:48.80**	**03:30:48.80**	+00:34:47 (16.5%)	6:48	8.8 (83.0%)
3	**ADAMCZYK Maciej**	**1106**	SKS OBORNIKI	M-40	3	00:48:42	01:30:54	02:13:53	**03:35:44.40**	**03:35:44.40**	+00:39:42 (18.4%)	6:57	8.6 (81.1%)
4	**NADKIERNICZNY Zbyszek**	**1118**	GRYFUS SZCZECIN	M-40	4	00:55:00	01:40:26	02:22:48	**03:39:58.30**	**03:39:58.30**	+00:43:56 (20.0%)	7:05	8.5 (80.2%)
5	**CIURASZKIEWICZ Andrzej**	**1153**		M-40	5	00:54:10	01:40:23	02:26:06	**03:52:20.95**	**03:52:20.95**	+00:56:19 (24.2%)	7:29	8 (75.5%)
6	**HOŁYST Andrzej**	**1010**	GT RAT	M-40	6	00:52:46	01:39:48	02:25:51	**03:55:54.15**	**03:55:54.15**	+00:59:52 (25.4%)	7:36	7.9 (74.5%)
7	**SMOTER Damian**	**1120**		M-40	7	00:53:27	01:39:58	02:24:37	**03:56:31.90**	**03:56:31.90**	+01:00:30 (25.6%)	7:37	7.9 (74.5%)
8	**HERCHEL Arkadiusz**	**1061**		M-40	8	00:54:43	01:42:35	02:30:29	**03:57:04.15**	**03:57:04.15**	+01:01:02 (25.7%)	7:38	7.8 (73.6%)
9	**ROGÓRZ Piotr**	**1195**		M-40	9	00:55:17	01:44:40	02:32:00	**03:58:07.45**	**03:58:07.45**	+01:02:05 (26.1%)	7:40	7.8 (73.6%)
10	**MOKRYCKI Krystian**	**1194**		M-40	10	00:59:22	01:48:58	02:33:42	**03:58:10.45**	**03:58:10.45**	+01:02:08 (26.1%)	7:40	7.8 (73.6%)
11	**DUC-SYPOSZ Aureliusz**	**1023**		M-40	11	00:56:32	01:45:01	02:33:38	**04:02:23.00**	**04:02:23.00**	+01:06:21 (27.4%)	7:49	7.7 (72.6%)
12	**PIWOWOŃSKI Paweł**	**1200**		M-40	12	00:57:26	01:44:41	02:32:21	**04:03:56.40**	**04:03:56.40**	+01:07:54 (27.8%)	7:52	7.6 (71.7%)
13	**RUSOŁ Tomasz**	**1138**		M-40	13	00:53:17	01:40:08	02:29:51	**04:04:38.05**	**04:04:38.05**	+01:08:36 (28.0%)	7:53	7.6 (71.7%)
14	**WOŁOSZYN Konrad**	**1165**	BRACIAKTRANS	M-40	14	00:59:20	01:48:46	02:35:18	**04:07:17.30**	**04:07:17.30**	+01:11:15 (28.8%)	7:58	7.5 (70.8%)
15	**SIKORSKI Dariusz**	**1121**	INSERT TEAM	M-40	15	01:06:56	01:55:14	02:41:50	**04:09:15.90**	**04:09:15.90**	+01:13:14 (29.4%)	8:02	7.5 (70.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Lisia Przełęcz 19.7km	Czas netto 31km	Czas brutto 31km	Różn	Tempo min/km	Tempo km/h
16	**KARPOWICZ Rafal**	**1191**		M-40	16	00:54:58	01:43:18	02:32:04	**04:10:06.10**	**04:10:06.10**	+01:14:04 (29.6%)	8:04	7.4 (69.8%)
17	**KRÓL Marcin**	**1157**		M-40	17	01:03:25	01:53:12	02:41:26	**04:10:48.40**	**04:10:48.40**	+01:14:46 (29.8%)	8:05	7.4 (69.8%)
18	**NAPIERAŁA Tomasz**	**1078**		M-40	18	00:59:33	01:48:45	02:37:35	**04:11:05.25**	**04:11:05.25**	+01:15:03 (29.9%)	8:05	7.4 (69.8%)
19	**MICHALAK Dawid**	**1143**	NIAGARA	M-40	19	00:54:12	01:44:58	02:36:21	**04:11:57.35**	**04:11:57.35**	+01:15:55 (30.1%)	8:07	7.4 (69.8%)
20	**ZIOBROWSKI Łukasz**	**1199**	SZTUKA RUCHU	M-40	20	00:58:28	01:48:41	02:38:12	**04:13:57.55**	**04:13:57.55**	+01:17:56 (30.7%)	8:11	7.3 (68.9%)
21	**VISENTIN □□ Eric □**	**1018**	NOA	M-40	21	00:59:21	01:50:42	02:40:45	**04:15:26.25**	**04:15:26.25**	+01:19:24 (31.1%)	8:14	7.3 (68.9%)
22	**FIGEL Michał**	**1008**	MIKI TEAM	M-40	22	00:57:21	01:48:25	02:37:48	**04:15:57.40**	**04:15:57.40**	+01:19:55 (31.2%)	8:15	7.3 (68.9%)
23	**SZKÓDLIŃSKI Bartosz**	**1102**	ODDYCHAJSWOBODNIE.PL	M-40	23	00:59:19	01:49:25	02:40:07	**04:17:07.70**	**04:17:07.70**	+01:21:06 (31.5%)	8:17	7.2 (67.9%)
24	**JAZ Ernest**	**1183**	ENDORFINY WĄSOSZ	M-40	24	00:59:15	01:52:11	02:41:45	**04:20:43.80**	**04:20:43.80**	+01:24:42 (32.5%)	8:24	7.1 (67.0%)
25	**WIECZOREK Piotr**	**1093**	SULEJOWSKIE MORSY	M-40	25	01:06:50	01:58:36	02:46:15	**04:23:34.65**	**04:23:34.65**	+01:27:33 (33.2%)	8:30	7.1 (67.0%)
26	**CHRZANOWSKI Paweł**	**1017**		M-40	26	00:55:17	01:45:46	02:36:11	**04:26:05.15**	**04:26:05.15**	+01:30:03 (33.8%)	8:35	7 (66.0%)
27	**KRÓL Marcin**	**1058**		M-40	27	01:01:34	01:55:08	02:46:11	**04:26:42.35**	**04:26:42.35**	+01:30:40 (34.0%)	8:36	7 (66.0%)
28	**CZYRNIA Andrzej**	**1099**	ULTRA TURY	M-40	28	00:59:34	01:53:11	02:45:55	**04:27:42.65**	**04:27:42.65**	+01:31:41 (34.2%)	8:38	6.9 (65.1%)
29	**BIECUSZEK Tomasz**	**1096**	AKTYWNA NOWA RUDA	M-40	29	00:56:43	01:49:24	02:43:55	**04:28:00.15**	**04:28:00.15**	+01:31:58 (34.3%)	8:38	6.9 (65.1%)
30	**MARIANOWSKI Krzysztof**	**1112**	KWIDZYN BIEGA	M-40	30	01:03:03	01:58:35	02:51:25	**04:28:46.50**	**04:28:46.50**	+01:32:44 (34.5%)	8:40	6.9 (65.1%)
31	**HETMAN Łukasz**	**1139**		M-40	31	00:58:02	01:48:42	02:41:34	**04:31:02.60**	**04:31:02.60**	+01:35:01 (35.1%)	8:44	6.9 (65.1%)
32	**WESOŁOWSKI Krzysztof**	**1085**	LASKOWE LUDKI	M-40	32	00:54:36	01:44:57	02:37:57	**04:32:12.60**	**04:32:12.60**	+01:36:11 (35.3%)	8:46	6.8 (64.2%)
33	**KADYS Łukasz**	**1169**	LKS ISKRA JASZKOWA	M-40	33	01:01:35	01:53:31	02:41:12	**04:32:44.35**	**04:32:44.35**	+01:36:42 (35.5%)	8:47	6.8 (64.2%)
34	**FORTUNA Marcin**	**1033**	ANTONTEAM/ŚWISZCZĄCY ŁAŃCUCH	M-40	34	01:02:47	01:57:07	02:49:35	**04:32:49.30**	**04:32:49.30**	+01:36:47 (35.5%)	8:48	6.8 (64.2%)
35	**DUNAJ Paweł**	**1029**		M-40	35	01:07:49	02:06:04	03:00:13	**04:34:06.85**	**04:34:06.85**	+01:38:05 (35.8%)	8:50	6.8 (64.2%)
36	**GÓRECKI Marcin**	**1179**	WIR	M-40	36	01:02:23	01:57:39	02:52:14	**04:36:48.35**	**04:36:48.35**	+01:40:46 (36.4%)	8:55	6.7 (63.2%)
37	**PAWLAK Sylwester**	**1188**		M-40	37	01:04:03	01:58:20	02:54:06	**04:42:02.00**	**04:42:02.00**	+01:46:00 (37.6%)	9:05	6.6 (62.3%)
38	**STANKOWSKI Przemysław**	**1013**		M-40	38	01:07:34	02:05:54	02:58:26	**04:42:07.05**	**04:42:07.05**	+01:46:05 (37.6%)	9:06	6.6 (62.3%)

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39	**SAWCZYN Tomasz**	**1052**	DWÓJKA BEZ SERNIKA	M-40	39	01:03:41	02:00:33	02:54:19	**04:45:39.20**	**04:45:39.20**	+01:49:37 (38.4%)	9:12	6.5 (61.3%)
40	**JASIŃSKI Marcin**	**1051**		M-40	40	01:03:05	01:57:40	02:49:51	**04:47:28.45**	**04:47:28.45**	+01:51:26 (38.8%)	9:16	6.5 (61.3%)
41	**SIKORA Michał**	**1030**	PASTERKA PANY	M-40	41	01:07:43	02:05:14	03:01:14	**04:48:50.75**	**04:48:50.75**	+01:52:49 (39.1%)	9:19	6.4 (60.4%)
42	**SOBKOWIAK Kamil**	**1154**	ZESPÓŁ SZKÓŁ RATAJE	M-40	42	01:05:30	02:00:31	02:57:35	**04:49:32.45**	**04:49:32.45**	+01:53:30 (39.2%)	9:20	6.4 (60.4%)
43	**KONSTANCIUK Dariusz**	**1059**	JAZDA	M-40	43	00:57:57	01:53:10	02:52:01	**04:53:00.30**	**04:53:00.30**	+01:56:58 (39.9%)	9:27	6.3 (59.4%)
44	**GAŁEK Wojciech**	**1003**	NO PAIN NO GAIN	M-40	44	01:12:42	02:12:59	03:10:27	**04:58:30.05**	**04:58:30.05**	+02:02:28 (41.0%)	9:37	6.2 (58.5%)
45	**STASIAK Łukasz**	**1019**		M-40	45	01:13:04	02:13:47	03:11:13	**04:58:36.15**	**04:58:36.15**	+02:02:34 (41.1%)	9:37	6.2 (58.5%)
46	**JASICKI Krzysztof**	**1116**	RUNHOGS	M-40	46	01:11:55	02:13:03	03:12:31	**04:58:38.05**	**04:58:38.05**	+02:02:36 (41.1%)	9:38	6.2 (58.5%)
47	**BALCERZAK Robert**	**1117**	KLUB BIEGACZA WARTA	M-40	47	01:03:11	02:02:46	03:02:37	**05:01:23.05**	**05:01:23.05**	+02:05:21 (41.6%)	9:43	6.2 (58.5%)
48	**RADWANSKI Tomasz**	**1177**	PIECHOTĄ PO SCHODACH	M-40	48	01:06:13	02:04:28	03:05:47	**05:03:26.75**	**05:03:26.75**	+02:07:25 (42.0%)	9:47	6.1 (57.5%)
49	**IWACHÓW Sławomir**	**1082**	MXTECH	M-40	49	01:09:57	02:12:57	03:11:18	**05:04:36.85**	**05:04:36.85**	+02:08:35 (42.2%)	9:49	6.1 (57.5%)
50	**ZAMYŚLEWSKI Krzysztof**	**1155**	KWIDZYN BIEGA	M-40	50	01:09:29	02:11:45	03:11:15	**05:06:09.45**	**05:06:09.45**	+02:10:07 (42.5%)	9:52	6.1 (57.5%)
51	**RADZIWOŃ Krzysztof**	**1109**	GRUPA NIENACHALNIE HEROICZNA	M-40	51	01:12:19	02:13:34	03:14:29	**05:09:09.00**	**05:09:09.00**	+02:13:07 (43.1%)	9:58	6 (56.6%)
52	**BOBERSKI Maciej**	**1073**		M-40	52	01:14:49	02:18:31	03:21:40	**05:20:14.20**	**05:20:14.20**	+02:24:12 (45.0%)	10:19	5.8 (54.7%)
53	**KOPYCZYŃSKI Tomasz**	**1074**		M-40	53	01:15:32	02:18:34	03:21:44	**05:20:14.40**	**05:20:14.40**	+02:24:12 (45.0%)	10:19	5.8 (54.7%)
54	**SUCHORSKI Sebastian**	**1158**	KOSTRZYNSKI KLUB SPORTOWY DO CELU	M-40	54	01:10:12	02:11:43	03:14:33	**05:21:32.95**	**05:21:32.95**	+02:25:31 (45.3%)	10:22	5.8 (54.7%)
55	**PISKORSKI Łukasz**	**1130**		M-40	55	01:12:05	02:16:32	03:19:19	**05:27:24.35**	**05:27:24.35**	+02:31:22 (46.2%)	10:33	5.7 (53.8%)
56	**FILIPIAK Sebastian**	**1015**	EKIPA LIPA	M-40	56	01:13:51	02:20:15	03:25:48	**05:30:12.75**	**05:30:12.75**	+02:34:11 (46.7%)	10:39	5.6 (52.8%)
57	**HERZOG Dobromir**	**1172**	LEŚNE ULTRA DZIADY	M-40	57	01:12:15	02:19:50	03:24:58	**05:38:38.75**	**05:38:38.75**	+02:42:37 (48.0%)	10:55	5.5 (51.9%)
58	**SZYMAŃSKI Arkadiusz**	**1141**	BIEGIEM RADOM!	M-40	58	01:16:36	02:20:37	03:26:42	**05:42:30.00**	**05:42:30.00**	+02:46:28 (48.6%)	11:02	5.4 (50.9%)
59	**DRACHAL Krzysztof**	**1181**		M-40	59	01:15:48	02:15:19	03:27:29	**05:55:19.15**	**05:55:19.15**	+02:59:17 (50.5%)	11:27	5.2 (49.1%)
60	**KUBIAK Przemysław**	**1136**	STRZEGOMSKA DWUNASTKA	M-40	60	01:18:57	02:26:00	03:34:15	**05:56:36.25**	**05:56:36.25**	+03:00:34 (50.6%)	11:30	5.2 (49.1%)
61	**ŁYSAKOWSKI Marek**	**1022**		M-40	61	01:19:22	02:28:29	03:35:13	**05:56:46.90**	**05:56:46.90**	+03:00:45 (50.7%)	11:30	5.2 (49.1%)

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62	**ROGÓRZ Andrzej**	**1135**	LOTNIK WROCŁAW	M-40	62	01:13:19	02:22:48	03:37:00	**06:06:36.70**	**06:06:36.70**	+03:10:35 (52.0%)	11:49	5.1 (48.1%)
63	**MACIOŁ Sebastian**	**1189**	TTA BIERUŃ	M-40	63	01:30:23	02:39:53	03:52:27	**06:13:39.35**	**06:13:39.35**	+03:17:37 (52.9%)	12:03	5 (47.2%)
64	**KRZYSZTOFOWICZ Andrzej**	**1185**	ULTRASY	M-40	64	01:26:25	02:48:59	04:04:53	**06:38:35.00**	**06:38:35.00**	+03:42:33 (55.8%)	12:51	4.7 (44.3%)
65	**KOŚCIELNIAK Marek**	**1126**	M&M BIEGAMY RAZEM	M-40	65	01:29:07	02:43:52	04:04:10	**06:44:31.95**	**06:44:31.95**	+03:48:30 (56.5%)	13:02	4.6 (43.4%)
66	**PALUSZKIEWICZ Rafał**	**1125**	ŚWIERCZEWO RUN	M-40	66	01:28:44	02:44:00	04:04:06	**06:44:36.15**	**06:44:36.15**	+03:48:34 (56.5%)	13:03	4.6 (43.4%)
67	**LOSOR Andrzej**	**1182**		M-40	67	01:29:56	02:52:33	04:20:19	**06:57:11.00**	**06:57:11.00**	+04:01:09 (57.8%)	13:27	4.5 (42.5%)

Znaleziono 67 wynik(ów)