



# PÓLMARATON GÓR STOŁOWYCH 2017

B4SPORT

**Wydarzenie:** Maraton Gór Stołowych  
**Organizator:** Stowarzyszenie TKKF Kompas  
**Data:** 2017-07-02  
**Miejsce:** Pasterka  
**Dystans:** 21 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	<b>BRYDL Pavel</b>	<b>266</b>		M-30	1	00:39:18	01:10:44	<b>01:45:22.75</b>	<b>01:45:24.35</b>		5:01	12 (100%)
2	<b>NÁPRAVNÍK Jan</b>	<b>236</b>		M-30	2	00:38:32	01:11:28	<b>01:46:00.95</b>	<b>01:46:02.85</b>	+00:00:38 (0.6%)	5:02	11.9 (99.2%)
3	<b>KRASULAK Daniel</b>	<b>268</b>	WKS ŚLĄSK WROCLAW	M-30	3	00:41:04	01:16:31	<b>01:54:10.20</b>	<b>01:54:11.80</b>	+00:08:47 (7.7%)	5:26	11 (91.7%)
4	<b>MIEDZIEJEWski Andrzej</b>	<b>25</b>	ABSOLUTEBIKETEAM	M-30	4	00:42:42	01:17:42	<b>01:55:03.50</b>	<b>01:55:06.60</b>	+00:09:42 (8.4%)	5:28	11 (91.7%)
5	<b>MYSZCZYSHYN Łukasz</b>	<b>174</b>	ANTRACYT	M-30	5	00:45:18	01:22:53	<b>02:01:46.05</b>	<b>02:01:48.25</b>	+00:16:23 (13.5%)	5:47	10.3 (85.8%)
6	<b>GÓROWSKI Mateusz</b>	<b>59</b>	BESKIDZKA 160 NA RATY	M-30	6	00:45:01	01:23:08	<b>02:02:18.75</b>	<b>02:02:21.40</b>	+00:16:57 (13.9%)	5:49	10.3 (85.8%)
7	<b>WOWER Bartłomiej</b>	<b>228</b>	CSC ADVENTURE ACADEMY	M-30	7	00:47:12	01:26:48	<b>02:06:31.75</b>	<b>02:06:34.35</b>	+00:21:10 (16.7%)	6:01	10 (83.3%)
8	<b>PĘKALA Krzysztof</b>	<b>237</b>		M-30	8	00:45:39	01:24:56	<b>02:07:10.15</b>	<b>02:07:13.40</b>	+00:21:49 (17.1%)	6:03	9.9 (82.5%)
9	<b>DETLAFF Mariusz</b>	<b>259</b>	ADIDAS RUNNERS WARSAW	M-30	9	00:47:00	01:27:20	<b>02:09:47.25</b>	<b>02:09:49.50</b>	+00:24:25 (18.8%)	6:10	9.7 (80.8%)
10	<b>SZUSZKIEWICZ Filip</b>	<b>147</b>	SMALL GIRL MEDIUM BOY	M-30	10	00:48:23	01:28:27	<b>02:10:49.60</b>	<b>02:10:53.65</b>	+00:25:29 (19.5%)	6:13	9.6 (80.0%)
11	<b>GREGULA Wojciech</b>	<b>217</b>	STRAŻ POŻARNA	M-30	11	00:47:58	01:28:54	<b>02:11:44.45</b>	<b>02:11:47.45</b>	+00:26:23 (20.0%)	6:16	9.6 (80.0%)
12	<b>NAWROT Wojciech</b>	<b>112</b>		M-30	12	00:49:14	01:30:20	<b>02:12:42.10</b>	<b>02:12:45.10</b>	+00:27:20 (20.6%)	6:19	9.5 (79.2%)
13	<b>KOCHANIAK Rafał</b>	<b>57</b>	SOLOIST	M-30	13	00:50:49	01:32:37	<b>02:16:10.20</b>	<b>02:16:16.10</b>	+00:30:51 (22.6%)	6:29	9.3 (77.5%)
14	<b>OLKIS Rafał</b>	<b>197</b>	PRZEBIEGA.PL	M-30	14	00:49:13	01:32:08	<b>02:19:04.85</b>	<b>02:19:09.20</b>	+00:33:44 (24.3%)	6:37	9.1 (75.8%)
15	<b>CIEŚLAR Marcin</b>	<b>68</b>		M-30	15	00:52:20	01:35:48	<b>02:23:13.45</b>	<b>02:23:17.25</b>	+00:37:52 (26.4%)	6:49	8.8 (73.3%)
16	<b>PAŁYS Marcin</b>	<b>205</b>	AKTYWNA NOWA RUDA	M-30	16	00:51:06	01:35:03	<b>02:23:23.15</b>	<b>02:23:27.95</b>	+00:38:03 (26.5%)	6:49	8.8 (73.3%)
17	<b>TEŚIOROWSKI Mariusz</b>	<b>209</b>	OLIMPIA SYCÓW	M-30	17	00:54:00	01:37:21	<b>02:23:38.15</b>	<b>02:23:59.20</b>	+00:38:34 (26.8%)	6:50	8.8 (73.3%)
18	<b>JAROSZYŃSKI Piotr</b>	<b>234</b>	MTS DRUŻYNA SZPIKU KGHM	M-30	18	00:55:12	01:38:37	<b>02:24:30.00</b>	<b>02:24:49.15</b>	+00:39:24 (27.2%)	6:52	8.7 (72.5%)
19	<b>WYWROT Grzegorz</b>	<b>70</b>		M-30	19	00:53:14	01:40:41	<b>02:28:17.60</b>	<b>02:28:20.70</b>	+00:42:56 (28.9%)	7:03	8.5 (70.8%)
20	<b>WALESIAK Wojciech</b>	<b>29</b>	REMBERTÓW TEAM	M-30	20	00:57:12	01:41:54	<b>02:28:54.85</b>	<b>02:29:16.40</b>	+00:43:52 (29.4%)	7:05	8.5 (70.8%)
21	<b>KSIĄŻKIEWICZ Jacek</b>	<b>175</b>	CITY TRAIL TEAM	M-30	21	00:54:14	01:40:02	<b>02:29:25.75</b>	<b>02:29:30.85</b>	+00:44:06 (29.5%)	7:06	8.4 (70.0%)
22	<b>STRYCHARSKI Krystian</b>	<b>238</b>		M-30	22	00:57:26	01:43:01	<b>02:31:05.30</b>	<b>02:31:14.85</b>	+00:45:50 (30.3%)	7:11	8.3 (69.2%)
23	<b>MŁODOŻENIEC Mirosław</b>	<b>220</b>	REMBERTÓW TEAM	M-30	23	00:56:55	01:42:22	<b>02:31:26.35</b>	<b>02:31:48.50</b>	+00:46:24 (30.6%)	7:12	8.3 (69.2%)
24	<b>KUTYBA Mariusz</b>	<b>67</b>	WOLNE ŚLIMAKI	M-30	24	00:56:28	01:43:07	<b>02:31:47.45</b>	<b>02:31:51.60</b>	+00:46:27 (30.6%)	7:13	8.3 (69.2%)
25	<b>KOŻBIELSKI Szymon</b>	<b>164</b>	3M SANESCOBARRUNNERS	M-30	25	00:57:43	01:43:23	<b>02:35:37.50</b>	<b>02:36:00.20</b>	+00:50:35 (32.4%)	7:24	8.1 (67.5%)
26	<b>KIELAR Daniel</b>	<b>168</b>	ŁAŃCUT	M-30	26	00:57:43	01:43:20	<b>02:35:36.65</b>	<b>02:36:00.65</b>	+00:50:36 (32.4%)	7:24	8.1 (67.5%)
27	<b>WOŹNIAK Piotr</b>	<b>117</b>		M-30	27	00:57:15	01:45:01	<b>02:36:55.25</b>	<b>02:37:00.85</b>	+00:51:36 (32.9%)	7:28	8 (66.7%)
28	<b>SZCZĘŚNIAK Piotr</b>	<b>189</b>		M-30	28	01:01:55	01:49:25	<b>02:39:16.00</b>	<b>02:39:36.70</b>	+00:54:12 (34.0%)	7:35	7.9 (65.8%)
29	<b>PORĘBSKI Łukasz</b>	<b>203</b>	STOWARZYSZENIE PROSHARE CYCLING TEAM	M-30	29			<b>02:39:09.00</b>	<b>02:39:40.00</b>	+00:54:15 (34.0%)	7:34	7.9 (65.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
30	<b>KAMIŃSKI Piotr</b>	<b>170</b>	GEOTECHNICA	M-30	30	01:01:37	01:49:20	<b>02:40:39.45</b>	<b>02:40:58.25</b>	+00:55:33 (34.5%)	7:39	7.8 (65.0%)
31	<b>FEDER Marcin</b>	<b>141</b>		M-30	31	00:59:05	01:47:15	<b>02:42:45.25</b>	<b>02:42:54.20</b>	+00:57:29 (35.3%)	7:45	7.7 (64.2%)
32	<b>NOWAK Michał</b>	<b>125</b>	DRUŻYNA SZPIKU	M-30	32	01:02:09	01:50:48	<b>02:43:22.40</b>	<b>02:43:44.30</b>	+00:58:19 (35.6%)	7:46	7.7 (64.2%)
33	<b>NOWAK Paweł</b>	<b>42</b>		M-30	33	01:02:08	01:50:36	<b>02:43:51.10</b>	<b>02:44:09.10</b>	+00:58:44 (35.8%)	7:48	7.7 (64.2%)
34	<b>STARUCH Robert</b>	<b>31</b>		M-30	34	00:57:35	01:47:02	<b>02:44:41.10</b>	<b>02:44:45.30</b>	+00:59:20 (36.0%)	7:50	7.7 (64.2%)
35	<b>PIOTRKOWSKI Rafael</b>	<b>192</b>		M-30	35	00:57:16	01:44:49	<b>02:46:03.35</b>	<b>02:46:09.70</b>	+01:00:45 (36.6%)	7:54	7.6 (63.3%)
36	<b>MELNYK Ivan</b>	<b>275</b>		M-30	36	01:01:43	01:52:46	<b>02:46:27.05</b>	<b>02:46:38.20</b>	+01:01:13 (36.7%)	7:55	7.6 (63.3%)
37	<b>MAJKOWSKI Michał</b>	<b>131</b>		M-30	37	01:06:52	01:59:50	<b>02:48:21.55</b>	<b>02:48:34.15</b>	+01:03:09 (37.5%)	8:01	7.5 (62.5%)
38	<b>PYTKO Jarosław</b>	<b>98</b>		M-30	38	00:59:52	01:51:30	<b>02:48:36.90</b>	<b>02:48:51.80</b>	+01:03:27 (37.6%)	8:01	7.5 (62.5%)
39	<b>EMMER Vladimir</b>	<b>172</b>		M-30	39	01:03:10	01:56:44	<b>02:52:38.00</b>	<b>02:52:48.45</b>	+01:07:24 (39.0%)	8:13	7.3 (60.8%)
40	<b>RELEWICZ Maciej</b>	<b>69</b>	WOLNE ŚLIMAKI	M-30	40	01:02:30	01:59:10	<b>02:56:21.80</b>	<b>02:56:26.35</b>	+01:11:02 (40.3%)	8:23	7.1 (59.2%)
41	<b>RADECKI Paweł</b>	<b>198</b>		M-30	41	01:00:15	01:52:06	<b>02:56:44.50</b>	<b>02:56:56.50</b>	+01:11:32 (40.4%)	8:24	7.1 (59.2%)
42	<b>CZARNIECKI Daniel</b>	<b>9</b>	TIE-RUN	M-30	42	00:55:51	01:56:33	<b>02:56:59.05</b>	<b>02:57:06.20</b>	+01:11:41 (40.5%)	8:25	7.1 (59.2%)
43	<b>IWIŃSKI Marcin</b>	<b>8</b>	WOLNE ŚLIMAKI	M-30	43	01:06:29	02:00:05	<b>02:58:21.10</b>	<b>02:58:25.65</b>	+01:13:01 (40.9%)	8:29	7.1 (59.2%)
44	<b>TOMCZYK Andrzej</b>	<b>92</b>		M-30	44	01:06:56	02:01:46	<b>03:01:01.65</b>	<b>03:01:24.70</b>	+01:16:00 (41.9%)	8:37	7 (58.3%)
45	<b>BLACHA Jarosław</b>	<b>180</b>	BIŁGORAJ BIEGA	M-30	45	01:07:17	02:02:39	<b>03:01:30.55</b>	<b>03:01:37.35</b>	+01:16:13 (42.0%)	8:38	6.9 (57.5%)
46	<b>TELEGUJ Michał</b>	<b>66</b>	PZU SPORT TEAM	M-30	46	01:09:07	02:03:02	<b>03:03:39.80</b>	<b>03:03:46.80</b>	+01:18:22 (42.6%)	8:44	6.9 (57.5%)
47	<b>JĘDRZEJEK Beniamin</b>	<b>28</b>	VEGE RUNNERS	M-30	47	01:10:51	02:05:18	<b>03:06:08.40</b>	<b>03:06:31.50</b>	+01:21:07 (43.5%)	8:51	6.8 (56.7%)
48	<b>FORNAL Paweł</b>	<b>187</b>	22KBPG	M-30	48	01:01:27	02:00:03	<b>03:07:33.60</b>	<b>03:07:38.55</b>	+01:22:14 (43.8%)	8:55	6.7 (55.8%)
49	<b>WYBRANOWSKI Sylwester</b>	<b>38</b>		M-30	49	01:08:48	02:05:59	<b>03:10:53.50</b>	<b>03:11:09.50</b>	+01:25:45 (44.9%)	9:05	6.6 (55.0%)
50	<b>JASIŃSKI Mateusz</b>	<b>194</b>		M-30	50	01:08:35	02:05:09	<b>03:11:38.85</b>	<b>03:11:57.85</b>	+01:26:33 (45.1%)	9:07	6.6 (55.0%)
51	<b>STRUŻYNA Maciej</b>	<b>73</b>		M-30	51	01:13:43	02:12:07	<b>03:12:59.40</b>	<b>03:13:16.70</b>	+01:27:52 (45.5%)	9:11	6.5 (54.2%)
52	<b>WOŹNY Maciej</b>	<b>11</b>	ADIDAS RUNNERS WARSAW	M-30	52	01:04:22	02:01:12	<b>03:13:09.50</b>	<b>03:13:28.10</b>	+01:28:03 (45.5%)	9:11	6.5 (54.2%)
53	<b>BŁACHNO Marcin</b>	<b>17</b>		M-30	53	01:14:50	02:13:11	<b>03:16:44.00</b>	<b>03:17:00.65</b>	+01:31:36 (46.5%)	9:22	6.4 (53.3%)
54	<b>KRAWIEC Marcin</b>	<b>195</b>		M-30	54	01:08:40	02:10:40	<b>03:18:13.40</b>	<b>03:18:24.80</b>	+01:33:00 (46.9%)	9:26	6.4 (53.3%)
55	<b>ORZECZOWSKI Daniel</b>	<b>250</b>	I-SPORT	M-30	55	01:12:42	02:11:55	<b>03:18:29.90</b>	<b>03:18:50.00</b>	+01:33:25 (47.0%)	9:27	6.3 (52.5%)
56	<b>KONEFAŁ Włodzimierz</b>	<b>106</b>	REMBERTÓW TEAM	M-30	56	01:15:21	02:15:14	<b>03:19:08.30</b>	<b>03:19:29.15</b>	+01:34:04 (47.2%)	9:29	6.3 (52.5%)
57	<b>WALENTOWSKI Maciej</b>	<b>24</b>	2H2S	M-30	57	01:10:53	02:14:40	<b>03:20:32.10</b>	<b>03:20:43.85</b>	+01:35:19 (47.5%)	9:32	6.3 (52.5%)
58	<b>KRZESIMOWSKI Damian</b>	<b>118</b>		M-30	58	01:17:53	02:17:08	<b>03:21:44.30</b>	<b>03:22:08.65</b>	+01:36:44 (47.9%)	9:36	6.2 (51.7%)
59	<b>KOZIKOWSKI Łukasz</b>	<b>184</b>		M-30	59	01:13:45	02:17:02	<b>03:26:24.80</b>	<b>03:26:41.05</b>	+01:41:16 (49.0%)	9:49	6.1 (50.8%)
60	<b>SROKA Jacek</b>	<b>158</b>		M-30	60	01:15:06	02:19:29	<b>03:30:55.65</b>	<b>03:31:10.20</b>	+01:45:45 (50.1%)	10:02	6 (50.0%)
61	<b>WATŁY Jarosław</b>	<b>129</b>		M-30	61	01:25:37	02:30:56	<b>03:44:58.85</b>	<b>03:45:25.50</b>	+02:00:01 (53.2%)	10:42	5.6 (46.7%)
62	<b>SZYMAŃSKI Paweł</b>	<b>63</b>	605938297	M-30	62	01:25:23	02:35:06	<b>03:48:55.70</b>	<b>03:49:16.55</b>	+02:03:52 (54.0%)	10:54	5.5 (45.8%)
63	<b>WOŹNY Łukasz</b>	<b>109</b>		M-30	63	01:17:58	02:33:50	<b>04:01:01.60</b>	<b>04:01:18.20</b>	+02:15:53 (56.3%)	11:28	5.2 (43.3%)

Znaleziono 63 wynik(ów)