



**SUPERMARATON  
GÓR  
STOŁOWYCH**

# PÓŁMARATON 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-40

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>WŁODARKIEWICZ Dominik</b>	<b>252</b>	SQUEEZY POLAKA	M-40	1	00:41:24	01:17:27	<b>01:53:41.75</b>	<b>01:53:44.10</b>		5:24	11.1 (100%)
2	<b>KRUPA Marcin</b>	<b>207</b>	AKTYWNA NOWA RUDA	M-40	2	00:45:51	01:24:56	<b>02:05:22.30</b>	<b>02:05:25.80</b>	+00:11:41 (9.3%)	5:58	10.1 (91.0%)
3	<b>ADAMCZYK Przemysław</b>	<b>219</b>	ADIDAS RUNNERS WARSAW	M-40	3	00:50:57	01:31:52	<b>02:15:18.80</b>	<b>02:16:13.70</b>	+00:22:29 (16.5%)	6:26	9.3 (83.8%)
4	<b>NIEKRASZ Krzysztof</b>	<b>124</b>		M-40	4	00:54:43	01:38:06	<b>02:22:04.35</b>	<b>02:22:13.90</b>	+00:28:29 (20.0%)	6:45	8.9 (80.2%)
5	<b>ŚWITAŁA Marcin</b>	<b>150</b>		M-40	5	00:54:38	01:39:05	<b>02:24:20.40</b>	<b>02:24:33.20</b>	+00:30:49 (21.3%)	6:52	8.7 (78.4%)
6	<b>BINKOWSKI Marcin</b>	<b>64</b>	PAJĄCZEK	M-40	6	00:53:24	01:38:26	<b>02:24:52.80</b>	<b>02:24:56.55</b>	+00:31:12 (21.5%)	6:53	8.7 (78.4%)
7	<b>BORKOWSKI Adam</b>	<b>271</b>		M-40	7	00:54:57	01:40:52	<b>02:26:50.20</b>	<b>02:27:14.40</b>	+00:33:30 (22.8%)	6:59	8.6 (77.5%)
8	<b>FEODORÓW Wojciech</b>	<b>133</b>		M-40	8	00:55:09	01:40:43	<b>02:29:29.65</b>	<b>02:29:43.65</b>	+00:35:59 (24.0%)	7:07	8.4 (75.7%)
9	<b>SZOTA Wojciech</b>	<b>253</b>	MARATOŃCZYK.PL	M-40	9	00:56:27	01:41:39	<b>02:32:01.25</b>	<b>02:32:06.20</b>	+00:38:22 (25.2%)	7:14	8.3 (74.8%)
10	<b>ADAMIN Artur</b>	<b>221</b>		M-40	10	00:56:02	01:43:03	<b>02:32:50.45</b>	<b>02:32:56.90</b>	+00:39:12 (25.6%)	7:16	8.2 (73.9%)
11	<b>KOCIK Marcin</b>	<b>149</b>	FATBOY SPRINT	M-40	11	00:57:12	01:44:01	<b>02:33:33.45</b>	<b>02:33:42.10</b>	+00:39:58 (26.0%)	7:18	8.2 (73.9%)
12	<b>URBAŃSKI Robert</b>	<b>126</b>		M-40	12			<b>02:35:24.75</b>	<b>02:35:24.75</b>	+00:41:40 (26.8%)	7:24	8.1 (73.0%)
13	<b>SMYKOWSKI Marcin</b>	<b>171</b>		M-40	13	00:59:10	01:46:12	<b>02:35:46.25</b>	<b>02:36:02.10</b>	+00:42:18 (27.1%)	7:25	8.1 (73.0%)
14	<b>KUBERA Piotr</b>	<b>273</b>		M-40	14	00:58:18	01:47:06	<b>02:37:03.50</b>	<b>02:37:09.55</b>	+00:43:25 (27.6%)	7:28	8 (72.1%)
15	<b>MARDAUS Jarosław</b>	<b>211</b>	KŁODZKO PRZYTWIERDZA BIEGANIE	M-40	15	00:58:40	01:45:20	<b>02:37:33.35</b>	<b>02:37:39.05</b>	+00:43:54 (27.9%)	7:30	8 (72.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
16	WOJTANOWICZ Marcin	153		M-40	16	00:58:10	01:50:08	02:41:39.00	02:41:47.40	+00:48:03 (29.7%)	7:41	7.8 (70.3%)
17	PTASZYŃSKI Michał	274		M-40	17	00:59:59	01:49:01	02:44:46.50	02:44:53.10	+00:51:09 (31.0%)	7:50	7.6 (68.5%)
18	BIENIEK Łukasz	120		M-40	18	01:02:59	01:50:27	02:44:56.25	02:45:20.75	+00:51:36 (31.2%)	7:51	7.6 (68.5%)
19	FATYGA Rafal	229	CSC ADVENTURE ACADEMY	M-40	19	01:01:08	01:52:58	02:46:32.80	02:46:43.85	+00:52:59 (31.8%)	7:55	7.6 (68.5%)
20	TOMCZAK Mariusz	107		M-40	20	01:02:25	01:53:27	02:47:19.00	02:47:26.00	+00:53:41 (32.1%)	7:58	7.5 (67.6%)
21	BALCERZAK Robert	202		M-40	21	00:57:30	01:50:12	02:48:01.85	02:48:07.10	+00:54:23 (32.3%)	8:00	7.5 (67.6%)
22	STACHURSKI Daniel	55		M-40	22	00:58:52	01:53:23	02:48:10.55	02:48:16.15	+00:54:32 (32.4%)	8:00	7.5 (67.6%)
23	WIŚNIEWSKI Radek	235		M-40	23	00:59:24	01:53:38	02:48:15.85	02:48:20.70	+00:54:36 (32.4%)	8:00	7.5 (67.6%)
24	ROSŁOWSKI Grzegorz	58	DRUŻYNA SZPIKU SITECH	M-40	24	01:00:05	01:50:10	02:49:49.10	02:50:10.45	+00:56:26 (33.2%)	8:05	7.4 (66.7%)
25	KADŁUBOWSKI Piotr	32	KOTWICA BRZEGAUTOGAZEXPERT RUNNERS TEAM	M-40	25	01:04:58	01:56:07	02:50:12.95	02:50:35.45	+00:56:51 (33.3%)	8:06	7.4 (66.7%)
26	BISKUPSKI Jakub	244		M-40	26	01:04:33	01:56:32	02:52:05.55	02:52:18.15	+00:58:34 (34.0%)	8:11	7.3 (65.8%)
27	ANTONIUK Adam	111		M-40	27	01:01:08	01:57:35	02:53:54.40	02:54:06.75	+01:00:22 (34.7%)	8:16	7.2 (64.9%)
28	RADAJEWSKI Arkadiusz	204	CROSS KRAPKOWICE	M-40	28			02:54:32.75	02:54:32.75	+01:00:48 (34.8%)	8:18	7.2 (64.9%)
29	MATYASZEK Marek	114		M-40	29	01:06:45	01:58:21	02:55:24.30	02:55:30.80	+01:01:46 (35.2%)	8:21	7.2 (64.9%)
30	FRANKIEWICZ Jakub	16		M-40	30	01:09:22	01:59:50	02:56:14.00	02:56:31.80	+01:02:47 (35.6%)	8:23	7.1 (64.0%)
31	DZIEWOŃSKI Konrad	243		M-40	31	01:07:17	02:01:00	02:56:37.40	02:56:53.95	+01:03:09 (35.7%)	8:24	7.1 (64.0%)
32	SOKOLOWSKI Norbert	45		M-40	32	01:03:20	01:58:12	02:58:23.90	02:58:27.95	+01:04:43 (36.3%)	8:29	7.1 (64.0%)
33	KANAR Sławomir	27	OŁAWA GRUPA BIEGOWA	M-40	33	01:08:54	02:02:52	02:58:21.25	02:58:29.35	+01:04:45 (36.3%)	8:29	7.1 (64.0%)
34	STEPOWICZ Marek	35	VEGE RUNNERS	M-40	34	01:10:03	02:00:53	02:58:07.20	02:58:31.10	+01:04:47 (36.3%)	8:28	7.1 (64.0%)
35	KONIECZNY Andrzej	222		M-40	35	01:08:30	02:02:52	02:58:12.75	02:58:32.20	+01:04:48 (36.3%)	8:29	7.1 (64.0%)
36	GIERAS Mirosław	132		M-40	36	01:08:35	02:04:45	03:04:12.55	03:04:25.60	+01:10:41 (38.3%)	8:46	6.8 (61.3%)
37	SZYMCZYNA Marcin	47	OŁAWSKA GRUPA BIEGOWA	M-40	37	01:09:31	02:05:27	03:04:45.90	03:04:53.60	+01:11:09 (38.5%)	8:47	6.8 (61.3%)
38	TĘCZA Robert	162		M-40	38	01:09:57	02:04:18	03:05:47.35	03:05:54.75	+01:12:10 (38.8%)	8:50	6.8 (61.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
39	<b>NOWAK Daniel</b>	<b>77</b>		M-40	39	01:07:08	02:03:47	<b>03:09:30.30</b>	<b>03:09:40.20</b>	+01:15:56 (40.0%)	9:01	6.6 (59.5%)
40	<b>MARCHEWICZ Jacek</b>	<b>188</b>	LENKA I DOBRA SPÓŁKA	M-40	40	01:06:05	02:05:09	<b>03:11:06.25</b>	<b>03:11:14.55</b>	+01:17:30 (40.5%)	9:06	6.6 (59.5%)
41	<b>TALMA Paweł</b>	<b>218</b>	LUBARTÓWBIEGA.PL	M-40	41	01:10:55	02:08:54	<b>03:10:56.80</b>	<b>03:11:15.95</b>	+01:17:31 (40.5%)	9:05	6.6 (59.5%)
42	<b>SIWIASZCZYK Tomasz</b>	<b>62</b>		M-40	42	01:12:46	02:09:33	<b>03:12:21.55</b>	<b>03:12:35.20</b>	+01:18:51 (40.9%)	9:09	6.5 (58.6%)
43	<b>ORŁOWSKI Daniel</b>	<b>163</b>	BESTWHISKYMARKET.COM	M-40	43	01:12:48	02:11:58	<b>03:13:14.95</b>	<b>03:13:33.25</b>	+01:19:49 (41.2%)	9:12	6.5 (58.6%)
44	<b>PAROL Grzegorz</b>	<b>116</b>		M-40	44	01:08:41	02:09:12	<b>03:14:39.45</b>	<b>03:14:45.40</b>	+01:21:01 (41.6%)	9:16	6.5 (58.6%)
45	<b>SZCZEPAŃSKI Piotr</b>	<b>34</b>	PW	M-40	45	01:12:03	02:14:01	<b>03:17:56.00</b>	<b>03:18:05.40</b>	+01:24:21 (42.6%)	9:25	6.4 (57.7%)
46	<b>PRZYBYL Tomasz</b>	<b>246</b>	NIGHT RUNERS OSTRÓW WLKP	M-40	46	01:11:34	02:14:53	<b>03:18:54.20</b>	<b>03:19:26.65</b>	+01:25:42 (43.0%)	9:28	6.3 (56.8%)
47	<b>STANIEK Maciej</b>	<b>214</b>		M-40	47	01:12:13	02:11:22	<b>03:21:12.30</b>	<b>03:21:30.15</b>	+01:27:46 (43.6%)	9:34	6.3 (56.8%)
48	<b>NOWAK Marcin</b>	<b>121</b>		M-40	48	01:16:47	02:14:31	<b>03:23:45.85</b>	<b>03:24:03.95</b>	+01:30:19 (44.3%)	9:42	6.2 (55.9%)
49	<b>FILIPIAK Paweł</b>	<b>185</b>		M-40	49	01:12:22	02:16:02	<b>03:25:05.80</b>	<b>03:25:21.75</b>	+01:31:37 (44.6%)	9:46	6.1 (55.0%)
50	<b>GNIADK Tomasz</b>	<b>226</b>	DABEX-BOLT	M-40	50	01:17:01	02:21:18	<b>03:28:10.65</b>	<b>03:28:21.55</b>	+01:34:37 (45.4%)	9:54	6.1 (55.0%)
51	<b>KLIKS Adam</b>	<b>105</b>		M-40	51	01:20:35	02:28:12	<b>03:38:27.10</b>	<b>03:38:27.10</b>	+01:44:43 (47.9%)	10:24	5.8 (52.3%)
52	<b>MAJKOWSKI Tomasz</b>	<b>265</b>		M-40	52	01:19:35	02:29:07	<b>03:38:14.75</b>	<b>03:38:28.25</b>	+01:44:44 (47.9%)	10:23	5.8 (52.3%)
53	<b>MURAWIEC Krzysztof</b>	<b>233</b>		M-40	53	01:17:38	02:24:23	<b>03:39:07.90</b>	<b>03:39:21.10</b>	+01:45:37 (48.1%)	10:26	5.7 (51.4%)
54	<b>NAZIMEK Mariusz</b>	<b>161</b>		M-40	54	01:22:34	02:31:27	<b>03:40:56.50</b>	<b>03:41:18.35</b>	+01:47:34 (48.6%)	10:31	5.7 (51.4%)
55	<b>STANISŁAWSKI Piotr</b>	<b>165</b>		M-40	55	01:19:16	02:27:42	<b>03:42:12.95</b>	<b>03:42:35.05</b>	+01:48:50 (48.9%)	10:34	5.7 (51.4%)
56	<b>STEFANOWSKI Marcin</b>	<b>138</b>	BIEGOLUDKI	M-40	56	01:23:17	02:33:42	<b>03:46:19.50</b>	<b>03:46:25.85</b>	+01:52:41 (49.8%)	10:46	5.6 (50.5%)
57	<b>ŚWIĄTEK Maciej</b>	<b>142</b>	KS MARATON	M-40	57	01:27:40	02:37:58	<b>03:56:20.85</b>	<b>03:56:39.65</b>	+02:02:55 (51.9%)	11:15	5.3 (47.7%)
58	<b>SPYRKA Wojciech</b>	<b>151</b>	LICA TEAM	M-40	58	01:27:48	02:43:53	<b>04:08:44.65</b>	<b>04:08:57.15</b>	+02:15:13 (54.3%)	11:50	5.1 (45.9%)
59	<b>BARTYZEL Marek</b>	<b>139</b>		M-40	59	01:39:50	03:02:36	<b>04:26:31.95</b>	<b>04:26:48.80</b>	+02:33:04 (57.4%)	12:41	4.7 (42.3%)
60	<b>NOWICKI Andrzej</b>	<b>272</b>		M-40	60	01:44:26	03:16:31	<b>04:56:03.45</b>	<b>04:56:25.70</b>	+03:02:41 (61.6%)	14:05	4.3 (38.7%)