



PÓŁMARATON GÓR STOŁOWYCH 2018

B4SPORT

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INTELIĞENTNE ZAWODY SPORTOWE

Event: Maraton Gór Stołowych 2018
Organiser: Fundacja Maratony Górskie
Date: 2018-07-01
Place: Karłów
Distance: 21 km

Classification: M-40

Place	Participant	Number	Club	Category	MCat	Parking 7km	Skaly 14km	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
1	WŁODARKIEWICZ Dominik	487		M-40	1	00:37:32	01:12:10	01:47:26.65	01:47:29.30		5:07	11.7 (100%)
2	KRUPA Marcin	211	AKTYWNA NOWA RUDA	M-40	2	00:40:50	01:20:11	02:00:19.60	02:00:24.00	+00:12:54 (10.7%)	5:43	10.5 (89.7%)
3	JACHYMCZYK Norbert	474	KB MCKIS JAWORZNO	M-40	3	00:42:49	01:22:09	02:02:27.60	02:02:31.00	+00:15:01 (12.3%)	5:49	10.3 (88.0%)
4	PIECHA Artur	334	HERCOG RUNNING TEAM	M-40	4	00:45:01	01:23:29	02:03:20.10	02:03:24.75	+00:15:55 (12.9%)	5:52	10.2 (87.2%)
5	RAKOWSKI David	395	KMF	M-40	5	00:47:12	01:29:55	02:12:59.15	02:13:10.20	+00:25:40 (19.3%)	6:19	9.5 (81.2%)
6	DOROTA Zbyszek	27	RUN RUN OLESZYCE	M-40	6	00:49:21	01:33:00	02:17:04.30	02:17:04.30	+00:29:35 (21.6%)	6:31	9.2 (78.6%)
7	WIKTOROWICZ Tomasz	227		M-40	7	00:49:13	01:33:43	02:18:36.85	02:18:50.90	+00:31:21 (22.6%)	6:36	9.1 (77.8%)
8	WOSZEK Tomasz	176	STOWARZYSZENIE PRZYJACIÓŁ GRUDZIC	M-40	8	00:50:24	01:33:41	02:20:19.85	02:20:33.40	+00:33:04 (23.5%)	6:40	9 (76.9%)
9	MIAZGA Michał	386		M-40	9	00:48:58	01:32:55	02:21:27.65	02:21:45.00	+00:34:15 (24.2%)	6:44	8.9 (76.1%)
10	DROZD Maciej	312	DREAM RUN	M-40	10	00:49:47	01:35:23	02:22:16.80	02:22:25.60	+00:34:56 (24.5%)	6:46	8.9 (76.1%)
11	UCIEKŁAK Dominik	475		M-40	11	00:50:45	01:36:20	02:23:03.05	02:23:15.50	+00:35:46 (25.0%)	6:48	8.8 (75.2%)
12	PRZYBYŁ Piotr	409	EASY RUNNERS	M-40	12	00:51:30	01:37:48	02:23:09.80	02:23:19.40	+00:35:50 (25.0%)	6:49	8.8 (75.2%)
13	SZCZEŚNIAK Mikołaj	332	RANKOR	M-40	13	00:52:31	01:38:04	02:24:11.80	02:24:36.55	+00:37:07 (25.7%)	6:52	8.7 (74.4%)
14	KŁOSOWSKI Seweryn	272		M-40	14	00:51:45	01:37:53	02:24:39.00	02:24:49.30	+00:37:20 (25.8%)	6:53	8.7 (74.4%)
15	ROSOCHACZ Krzysztof	237		M-40	15	00:48:31	01:33:46	02:24:58.90	02:25:12.95	+00:37:43 (26.0%)	6:54	8.7 (74.4%)
16	MONTALVA Enrique	370	WWW.MYTEAMGROUP.PL	M-40	16	00:49:59	01:36:31	02:25:08.00	02:25:13.45	+00:37:44 (26.0%)	6:54	8.7 (74.4%)

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17	SZCZEPANIK Robert	387		M-40	17	00:50:08	01:34:41	02:25:20.55	02:25:37.60	+00:38:08 (26.2%)	6:55	8.7 (74.4%)
18	SZOTA Wojciech	497	MARATOŃCZYK.PL	M-40	18	00:49:50	01:36:03	02:26:01.65	02:26:08.75	+00:38:39 (26.5%)	6:57	8.6 (73.5%)
19	FEICHTINGER Marek	303		M-40	19	00:54:00	01:40:33	02:27:37.80	02:28:02.80	+00:40:33 (27.4%)	7:01	8.5 (72.6%)
20	PANEK Krzysztof	343		M-40	20	00:51:29	01:40:05	02:28:24.55	02:28:31.50	+00:41:02 (27.6%)	7:04	8.5 (72.6%)
21	ŁĄK Tomasz	206		M-40	21	00:51:48	01:39:49	02:30:17.50	02:30:27.40	+00:42:58 (28.6%)	7:09	8.4 (71.8%)
22	DAMM Zbigniew	21	DAMMTEAMRUNNERS	M-40	22	00:52:37	01:41:07	02:31:23.50	02:31:32.40	+00:44:03 (29.1%)	7:12	8.3 (70.9%)
23	PAŚ Tomasz	477	PASIOŁ TEAM WROCŁAW	M-40	23	00:54:34	01:43:52	02:32:30.55	02:32:40.40	+00:45:11 (29.6%)	7:15	8.3 (70.9%)
24	FRYBEL Damian	464	WOLSZTYŃSKA AKADEMIA BIEGOWA	M-40	24	00:55:52	01:44:19	02:34:03.75	02:34:13.15	+00:46:43 (30.3%)	7:20	8.2 (70.1%)
25	KOS Robert	117		M-40	25	00:55:48	01:44:24	02:34:07.60	02:34:22.25	+00:46:52 (30.4%)	7:20	8.2 (70.1%)
26	MILKA Mirosław	443		M-40	26	00:52:53	01:41:14	02:34:38.30	02:34:41.65	+00:47:12 (30.5%)	7:21	8.1 (69.2%)
27	GĄTKIEWICZ Paweł	406	ESKADRA KRAKÓW	M-40	27	00:53:29	01:41:38	02:34:56.85	02:35:05.65	+00:47:36 (30.7%)	7:22	8.1 (69.2%)
28	WACHOWIAK Karol	270		M-40	28	00:56:43	01:45:12	02:34:31.40	02:35:06.50	+00:47:37 (30.7%)	7:21	8.2 (70.1%)
29	BABIARZ Andrzej	311		M-40	29	00:55:00	01:43:59	02:34:51.30	02:35:08.95	+00:47:39 (30.7%)	7:22	8.1 (69.2%)
30	PRZYBYLSKI Bartłomiej	289		M-40	30	00:56:01	01:42:40	02:35:09.45	02:35:17.40	+00:47:48 (30.8%)	7:23	8.1 (69.2%)
31	ADAM Piotr	382	WROCLAW MARATHON TEAM	M-40	31	00:55:26	01:44:06	02:36:33.55	02:37:03.65	+00:49:34 (31.6%)	7:27	8 (68.4%)
32	BULTROWICZ Marcin	352	BEIERSDORF SPORT TEAM	M-40	32	00:57:43	01:47:09	02:37:07.55	02:37:29.70	+00:50:00 (31.8%)	7:28	8 (68.4%)
33	KUCHARSKI Piotr	256	AMATOR - NIEZRZESZONY, CZYLI WSZYSTKO MOGĘ... NIC NIE MUSZĘ...!	M-40	33	00:55:52	01:47:01	02:37:46.80	02:37:55.00	+00:50:25 (31.9%)	7:30	8 (68.4%)
34	WYBRANOWSKI Sylwester	45	DOM DEVELOPMENT ADENTURE TEAM	M-40	34	00:56:23	01:47:15	02:39:03.10	02:39:06.85	+00:51:37 (32.4%)	7:34	7.9 (67.5%)
35	KADŁUBOWSKI Piotr	49	KOTWICA BRZEG / AUTOGAZEXPERT RUNNERS TEAM	M-40	35	00:56:24	01:47:01	02:40:33.25	02:40:44.20	+00:53:14 (33.1%)	7:38	7.8 (66.7%)
36	DOBEK Tomasz	394		M-40	36	00:59:16	01:48:14	02:41:15.90	02:41:30.40	+00:54:01 (33.4%)	7:40	7.8 (66.7%)
37	GAWRON Bartłomiej	40		M-40	37	00:55:35	01:47:35	02:41:30.40	02:41:48.25	+00:54:18 (33.6%)	7:41	7.8 (66.7%)
38	PIETRUSZKA Wojtek	411	BIEGAJ ZAPOBIEGAJ	M-40	38	01:00:00	01:49:14	02:42:56.55	02:42:56.55	+00:55:27 (34.0%)	7:45	7.7 (65.8%)
39	POPIELA Mirosław	489	FITBULL TEAM	M-40	39	00:56:46	01:47:04	02:43:05.70	02:43:16.35	+00:55:47 (34.2%)	7:46	7.7 (65.8%)

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40	FRANKIEWICZ Jakub	481		M-40	40	00:58:44	01:49:13	02:43:45.15	02:44:21.50	+00:56:52 (34.6%)	7:47	7.7 (65.8%)
41	PTAK Jarosław	274		M-40	41	00:56:16	01:48:52	02:44:12.10	02:44:48.40	+00:57:19 (34.8%)	7:49	7.7 (65.8%)
42	HABAS Paweł	372		M-40	42	00:57:48	01:51:46	02:45:59.20	02:46:25.30	+00:58:56 (35.4%)	7:54	7.6 (65.0%)
43	SEICHTER Adam	401	PRORUNNING PROMOTION	M-40	43	00:58:46	01:52:35	02:47:04.60	02:47:08.50	+00:59:39 (35.7%)	7:57	7.5 (64.1%)
44	STROJEK Grzegorz	388		M-40	44	00:53:45	01:46:52	02:48:36.85	02:48:43.55	+01:01:14 (36.3%)	8:01	7.5 (64.1%)
45	SZYMCZYNA Marcin	258	OŁAWSKA GRUPA BIEGOWA	M-40	45	01:01:12	01:52:48	02:48:22.35	02:48:49.50	+01:01:20 (36.3%)	8:01	7.5 (64.1%)
46	RADAJEWSKI Arkadiusz	304	CROSS KRAPKOWICE	M-40	46	00:57:54	01:52:06	02:48:44.30	02:48:58.45	+01:01:29 (36.4%)	8:02	7.5 (64.1%)
47	BISKUPSKI Jakub	491		M-40	47	01:03:08	01:56:53	02:49:19.00	02:49:40.40	+01:02:11 (36.6%)	8:03	7.4 (63.2%)
48	GROMALA Tomasz	412		M-40	48	01:03:36	01:55:38	02:51:12.80	02:51:12.80	+01:03:43 (37.2%)	8:09	7.4 (63.2%)
49	TOMCZAK Marcin	79		M-40	49	01:02:21	01:53:33	02:50:54.50	02:51:26.10	+01:03:56 (37.3%)	8:08	7.4 (63.2%)
50	DOMIŃCZYK Rafał	129		M-40	50	01:04:23	01:56:03	02:51:12.25	02:51:45.40	+01:04:16 (37.4%)	8:09	7.4 (63.2%)
51	FILIPIAK Michał	285	WIELKOPOLSKI KLUB TATERNICTWA JASKINIOWEGO	M-40	51	01:02:20	01:57:11	02:53:35.05	02:54:13.00	+01:06:43 (38.3%)	8:16	7.3 (62.4%)
52	TOMCZAK Tomasz	264	NARAMOWICE BIEGAJĄ	M-40	52	01:02:11	02:00:47	02:56:57.65	02:57:37.50	+01:10:08 (39.5%)	8:25	7.1 (60.7%)
53	ZIMOŃ Adam	223	RKB BROKERZY WROCŁAW	M-40	53	01:06:59	02:03:21	02:57:27.30	02:57:59.00	+01:10:29 (39.6%)	8:27	7.1 (60.7%)
54	KLUSKA Krzysztof	355		M-40	54	01:04:38	01:59:25	02:57:42.60	02:58:21.05	+01:10:51 (39.7%)	8:27	7.1 (60.7%)
55	DUBIŃSKI Jarosław	144	BBL ZDUŃSKA WOLA	M-40	55	01:10:00	02:04:02	02:58:46.70	02:58:46.70	+01:11:17 (39.9%)	8:30	7 (59.8%)
56	CZACHOWSKI Michał	421	ZWAWĘ ZOLWIE	M-40	56	01:10:42	02:05:49	03:00:11.50	03:00:11.50	+01:12:42 (40.3%)	8:34	7 (59.8%)
57	SIWIASZCZYK Tomasz	16		M-40	57	01:05:24	02:00:50	03:03:19.00	03:04:03.05	+01:16:33 (41.6%)	8:43	6.9 (59.0%)
58	DOROT Mariusz	42		M-40	58	01:06:25	02:04:25	03:03:40.80	03:04:14.65	+01:16:45 (41.7%)	8:44	6.9 (59.0%)
59	PELCNER Marcin	71	KLUB BIEGAJĄCYCH LEŚNIKÓW	M-40	59	01:02:43	02:01:41	03:04:17.95	03:04:25.20	+01:16:55 (41.7%)	8:46	6.8 (58.1%)
60	JĘDRZEJAS Piotr	253		M-40	60	01:06:16	02:03:34	03:05:12.55	03:05:38.90	+01:18:09 (42.1%)	8:49	6.8 (58.1%)
61	SZARLIK Przemysław	252		M-40	61	01:05:29	02:05:15	03:06:16.10	03:06:47.55	+01:19:18 (42.5%)	8:52	6.8 (58.1%)
62	JASIŃSKI Marcin	371	ROGOZIŃSKI KLUB BIEGACZA	M-40	62	01:09:19	02:08:18	03:08:19.65	03:08:19.65	+01:20:50 (42.9%)	8:58	6.7 (57.3%)

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63	BORUTA Marcin	6	#CZELADZBIEGA	M-40	63	01:05:49	02:05:22	03:09:00.25	03:09:32.35	+01:22:03 (43.3%)	9:00	6.7 (57.3%)
64	KOŚCIELNIAK Szymon	453	CZERWONAK BIEGA	M-40	64	01:08:14	02:07:56	03:09:57.70	03:10:37.55	+01:23:08 (43.6%)	9:02	6.6 (56.4%)
65	KOŚCIELAK Michał	10		M-40	65	01:07:01	02:07:51	03:10:42.60	03:11:22.30	+01:23:53 (43.8%)	9:04	6.6 (56.4%)
66	KRZECZKOWSKI Roman	190	BIEGOWA ŚWIDNICA	M-40	66	01:05:59	02:08:58	03:11:46.05	03:12:10.60	+01:24:41 (44.1%)	9:07	6.6 (56.4%)
67	KORNAŚ Marcin	433	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	M-40	67	01:06:14	02:07:13	03:11:53.85	03:12:33.95	+01:25:04 (44.2%)	9:08	6.6 (56.4%)
68	BAZYDŁO Krzysztof	482		M-40	68	01:09:05	02:16:37	03:13:34.90	03:14:03.65	+01:26:34 (44.6%)	9:13	6.5 (55.6%)
69	SOKOŁOWSKI Artur	136	TEAM ZABIEGANE DNI	M-40	69	01:05:29	02:09:01	03:14:26.45	03:14:39.20	+01:27:09 (44.8%)	9:15	6.5 (55.6%)
70	STANISŁAWSKI Piotr	278		M-40	70	01:09:05	02:13:09	03:14:31.40	03:14:50.65	+01:27:21 (44.8%)	9:15	6.5 (55.6%)
71	PRZYBYŁO Leonard	161	STALOWE ŁYDKI	M-40	71	01:08:37	02:11:34	03:14:35.10	03:15:02.85	+01:27:33 (44.9%)	9:15	6.5 (55.6%)
72	LASOŃ Paweł	399		M-40	72	01:04:11	02:09:28	03:14:55.40	03:15:17.35	+01:27:48 (45.0%)	9:16	6.5 (55.6%)
73	KALMARCZYK Piotr	377	KLUB SPORTOWY FABRYKA BIEGANIA W OSTROWIE WIELKOPOLSKIM	M-40	73	01:11:12	02:18:23	03:27:20.90	03:27:31.80	+01:40:02 (48.2%)	9:52	6.1 (52.1%)
74	NAJBOR Rafał	199	#CZELADZBIEGA	M-40	74	01:14:27	02:18:19	03:28:26.00	03:28:58.40	+01:41:29 (48.6%)	9:55	6 (51.3%)
75	JAMRÓZ Robert	218	JAMERKI	M-40	75	01:14:28	02:22:48	03:28:40.00	03:29:02.25	+01:41:32 (48.6%)	9:56	6 (51.3%)
76	BOMBAŁA Tomasz	179	TATUSIOWIE	M-40	76	01:16:29	02:24:52	03:33:06.65	03:33:45.20	+01:46:15 (49.7%)	10:08	5.9 (50.4%)
77	WARA- WĄSOWSKI Maciej	82		M-40	77	01:15:59	02:24:32	03:38:59.80	03:39:26.40	+01:51:57 (51.0%)	10:25	5.8 (49.6%)
78	BAJAK Mirosław	128		M-40	78	01:22:40	02:35:40	03:51:11.10	03:51:27.90	+02:03:58 (53.6%)	11:00	5.5 (47.0%)
79	MAZURKIEWICZ Michał	495		M-40	79	01:17:48	02:36:26	03:52:07.05	03:52:16.20	+02:04:46 (53.7%)	11:03	5.4 (46.2%)
80	ŚCISŁY Darek	116	ZWIERZAKI	M-40	80	01:26:35	02:45:11	04:21:16.45	04:21:41.15	+02:34:11 (58.9%)	12:26	4.8 (41.0%)

Total 80 results.