



**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

CHOJNIK KARKONOSKI FESTIWAL BIEGOWY  
FUNDACJA PROFIT MARATON  
2022-09-03  
Sobieszów  
29 km

# PÓLMARATON Z GÓRKĄ

B4SPORT

**B4SPORT**  
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: M30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 10km	Droga pod Reglami 23km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
1	<b>GORZELAŃCZYK Jakub</b>	<b>759</b>	MKS SIECHNICE	M30	1	00:26:28	00:45:26	01:52:48	<b>02:21:49.05</b>	<b>02:21:49.05</b>		4:53	12.3 (100%)
2	<b>ANDRUSZKIEWICZ Paweł</b>	<b>706</b>		M30	2	00:32:01	00:54:24	02:13:58	<b>02:50:13.55</b>	<b>02:50:13.55</b>	+00:28:24 (16.7%)	5:52	10.2 (82.9%)
3	<b>OLCZYK Grzegorz</b>	<b>1009</b>	DRÄXLMAIER	M30	3	00:32:14	00:55:11	02:20:40	<b>02:59:05.40</b>	<b>02:59:05.40</b>	+00:37:16 (20.8%)	6:10	9.7 (78.9%)
4	<b>BOSAKIEWICZ Tomasz</b>	<b>725</b>		M30	4	00:34:49	00:59:31	02:26:42	<b>03:02:36.50</b>	<b>03:02:36.50</b>	+00:40:47 (22.3%)	6:17	9.5 (77.2%)
5	<b>CZARNY Jarosław</b>	<b>733</b>		M30	5	00:32:18	00:55:15	02:24:26	<b>03:07:57.30</b>	<b>03:07:57.30</b>	+00:46:08 (24.5%)	6:28	9.3 (75.6%)
6	<b>NOWAK Paweł</b>	<b>877</b>		M30	6	00:32:04	00:54:28	02:27:40	<b>03:08:04.15</b>	<b>03:08:04.15</b>	+00:46:15 (24.6%)	6:29	9.3 (75.6%)
7	<b>KOŹBIELSKI Szymon</b>	<b>813</b>	BŁK	M30	7	00:36:39	00:59:48	02:33:40	<b>03:11:14.75</b>	<b>03:11:14.75</b>	+00:49:25 (25.8%)	6:35	9.1 (74.0%)
8	<b>KACZMAREK Maciej</b>	<b>786</b>	POLEOHEL	M30	8	00:34:00	00:58:06	02:29:44	<b>03:14:16.75</b>	<b>03:14:16.75</b>	+00:52:27 (27.0%)	6:41	9 (73.2%)
9	<b>HOJAN Łukasz</b>	<b>773</b>	FEHLAU RUN TEAM	M30	9	00:36:22	01:02:37	02:35:54	<b>03:15:20.10</b>	<b>03:15:20.10</b>	+00:53:31 (27.4%)	6:44	8.9 (72.4%)
10	<b>WINTER Piotr</b>	<b>988</b>	NIGHT RUNNERS	M30	10	00:35:28	01:00:42	02:35:12	<b>03:16:55.40</b>	<b>03:16:55.40</b>	+00:55:06 (28.0%)	6:47	8.8 (71.5%)
11	<b>GOŁĘBIEWSKI Tytus</b>	<b>757</b>	ULTRA FALUBAZ	M30	11	00:32:23	00:55:32	02:32:17	<b>03:17:24.75</b>	<b>03:17:24.75</b>	+00:55:35 (28.2%)	6:48	8.8 (71.5%)
12	<b>MACHOWICZ Maciej</b>	<b>1012</b>	#BIEGAJLESZNO	M30	12	00:35:15	01:00:09	02:35:15	<b>03:19:19.35</b>	<b>03:19:19.35</b>	+00:57:30 (28.9%)	6:52	8.7 (70.7%)
13	<b>SALEJ Krzysztof</b>	<b>926</b>	REDKOT	M30	13	00:35:15	01:01:03	02:36:53	<b>03:20:42.95</b>	<b>03:20:42.95</b>	+00:58:53 (29.3%)	6:55	8.7 (70.7%)
14	<b>WIERZBICKI Krzysztof</b>	<b>987</b>	WIERZBICKI RUNNING PROJECT	M30	14	00:34:19	00:58:05	02:39:10	<b>03:23:08.20</b>	<b>03:23:08.20</b>	+01:01:19 (30.2%)	7:00	8.6 (69.9%)
15	<b>SZUTA Maciej</b>	<b>965</b>		M30	15	00:36:31	01:01:13	02:41:00	<b>03:26:43.30</b>	<b>03:26:43.30</b>	+01:04:54 (31.4%)	7:07	8.4 (68.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 10km	Droga pod Reglami 23km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
16	<b>MIELNIK Michał</b>	<b>860</b>		M30	16	00:39:40	01:06:35	02:42:30	<b>03:30:17.65</b>	<b>03:30:17.65</b>	+01:08:28 (32.6%)	7:15	8.3 (67.5%)
17	<b>TKOCZ Adam</b>	<b>973</b>		M30	17	00:37:08	01:03:37	02:40:06	<b>03:31:49.25</b>	<b>03:31:49.25</b>	+01:10:00 (33.0%)	7:18	8.2 (66.7%)
18	<b>BOBORYCKI Rafał</b>	<b>719</b>	MOCNA GRUPA CEZARA	M30	18	00:39:51	01:06:45	02:47:36	<b>03:32:39.75</b>	<b>03:32:39.75</b>	+01:10:50 (33.3%)	7:19	8.2 (66.7%)
19	<b>KOŁAKOWSKI Tomasz</b>	<b>805</b>		M30	19	00:35:58	01:00:11	02:45:54	<b>03:32:53.00</b>	<b>03:32:53.00</b>	+01:11:03 (33.4%)	7:20	8.2 (66.7%)
20	<b>KIELAR Daniel</b>	<b>795</b>	SIEMANKO_KARKONOSKI_PORANKU	M30	20	00:37:57	01:04:21	02:49:45	<b>03:34:15.55</b>	<b>03:34:15.55</b>	+01:12:26 (33.8%)	7:23	8.1 (65.9%)
21	<b>MARIN Alberto</b>	<b>850</b>		M30	21	00:38:25	01:04:51	02:48:33	<b>03:34:39.70</b>	<b>03:34:39.70</b>	+01:12:50 (33.9%)	7:24	8.1 (65.9%)
22	<b>ZBOROWSKI Marcin</b>	<b>1006</b>	ADIENT RUNNING TEAM	M30	22	00:39:59	01:05:54	02:48:03	<b>03:35:40.05</b>	<b>03:35:40.05</b>	+01:13:51 (34.2%)	7:26	8.1 (65.9%)
23	<b>TOMKOWIAK Sławomir</b>	<b>977</b>		M30	23	00:39:41	01:06:34	02:49:37	<b>03:38:32.30</b>	<b>03:38:32.30</b>	+01:16:43 (35.1%)	7:32	8 (65.0%)
24	<b>MALINA Michał</b>	<b>847</b>		M30	24	00:39:23	01:06:32	02:51:01	<b>03:39:02.95</b>	<b>03:39:02.95</b>	+01:17:13 (35.3%)	7:33	7.9 (64.2%)
25	<b>PODGRUSZECKI Michał</b>	<b>1011</b>		M30	25	00:42:13	01:09:52	02:52:34	<b>03:41:31.25</b>	<b>03:41:31.25</b>	+01:19:42 (36.0%)	7:38	7.9 (64.2%)
26	<b>GRELAK Adam</b>	<b>766</b>	WOLSZTYN BIEGA	M30	26	00:39:04	01:04:23	02:57:10	<b>03:44:21.45</b>	<b>03:44:21.45</b>	+01:22:32 (36.8%)	7:44	7.8 (63.4%)
27	<b>STĘSIK Tomasz</b>	<b>951</b>		M30	27	00:47:03	01:19:07	02:59:12	<b>03:45:27.00</b>	<b>03:45:27.00</b>	+01:23:37 (37.1%)	7:46	7.7 (62.6%)
28	<b>SZCZĘSNY Paweł</b>	<b>959</b>		M30	28	00:40:40	01:09:49	02:57:15	<b>03:46:51.95</b>	<b>03:46:51.95</b>	+01:25:02 (37.5%)	7:49	7.7 (62.6%)
29	<b>POLAK Bartosz</b>	<b>901</b>		M30	29	00:39:50	01:06:53	02:56:06	<b>03:47:23.85</b>	<b>03:47:23.85</b>	+01:25:34 (37.6%)	7:50	7.7 (62.6%)
30	<b>SOBAŃSKI Bartosz</b>	<b>937</b>	DZIKIE ŻYCIE RUNTEAM	M30	30	00:42:43	01:10:35	03:03:23	<b>03:50:53.65</b>	<b>03:50:53.65</b>	+01:29:04 (38.6%)	7:57	7.5 (61.0%)
31	<b>LEWANDOWSKI Piotr</b>	<b>832</b>	AKTYWNY DOLNOŚLĄZAK	M30	31	00:40:56	01:08:50	03:03:24	<b>03:54:05.65</b>	<b>03:54:05.65</b>	+01:32:16 (39.4%)	8:04	7.4 (60.2%)
32	<b>ROKSELA Paweł</b>	<b>919</b>		M30	32	00:42:18	01:09:48	03:05:28	<b>03:54:34.25</b>	<b>03:54:34.25</b>	+01:32:45 (39.5%)	8:05	7.4 (60.2%)
33	<b>TORZEWSKI Przemysław</b>	<b>978</b>		M30	33	00:42:25	01:10:50	03:04:30	<b>03:56:10.80</b>	<b>03:56:10.80</b>	+01:34:21 (40.0%)	8:08	7.4 (60.2%)
34	<b>ROMANIUK Bartosz</b>	<b>921</b>		M30	34	00:44:40	01:15:10	03:08:29	<b>03:57:35.60</b>	<b>03:57:35.60</b>	+01:35:46 (40.3%)	8:11	7.3 (59.3%)
35	<b>ŚLIPKO Szymon</b>	<b>969</b>		M30	35	00:41:43	01:10:09	03:04:39	<b>03:59:39.65</b>	<b>03:59:39.65</b>	+01:37:50 (40.8%)	8:15	7.3 (59.3%)
36	<b>BUGAJ Alan</b>	<b>726</b>		M30	36	00:44:26	01:15:20	03:06:17	<b>03:59:44.30</b>	<b>03:59:44.30</b>	+01:37:55 (40.8%)	8:16	7.3 (59.3%)
37	<b>WIŚNICKI Michał</b>	<b>989</b>		M30	37	00:44:10	01:17:22	03:12:13	<b>03:59:54.25</b>	<b>03:59:54.25</b>	+01:38:05 (40.9%)	8:16	7.3 (59.3%)
38	<b>GROBELNY Szymon</b>	<b>767</b>		M30	38	00:39:35	01:06:01	03:02:28	<b>04:00:12.15</b>	<b>04:00:12.15</b>	+01:38:23 (41.0%)	8:16	7.2 (58.5%)

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39	KACZOR Paweł	788		M30	39	00:40:53	01:07:25	03:06:22	<b>04:03:33.10</b>	<b>04:03:33.10</b>	+01:41:44 (41.8%)	8:23	7.1 (57.7%)
40	PISKORSKI Łukasz	897		M30	40	00:41:59	01:12:26	03:10:44	<b>04:05:32.45</b>	<b>04:05:32.45</b>	+01:43:43 (42.2%)	8:28	7.1 (57.7%)
41	WALKOWIAK Damian	1017	#BIEGAJLESZNO	M30	41	00:41:35	01:09:55	03:12:15	<b>04:05:32.50</b>	<b>04:05:32.50</b>	+01:43:43 (42.2%)	8:28	7.1 (57.7%)
42	STASIAK Łukasz	949		M30	42	00:44:11	01:17:08	03:14:42	<b>04:06:33.85</b>	<b>04:06:33.85</b>	+01:44:44 (42.5%)	8:30	7.1 (57.7%)
43	WRÓBLEWSKI Wojciech	1001		M30	43	00:39:08	01:07:43	03:10:45	<b>04:07:33.45</b>	<b>04:07:33.45</b>	+01:45:44 (42.7%)	8:32	7 (56.9%)
44	BUSZEWSKI Zbyszek	728		M30	44	00:45:12	01:16:34	03:12:33	<b>04:08:15.95</b>	<b>04:08:15.95</b>	+01:46:26 (42.9%)	8:33	7 (56.9%)
45	BIELAWSKI Paweł	717		M30	45	00:40:44	01:11:13	03:13:17	<b>04:09:24.35</b>	<b>04:09:24.35</b>	+01:47:35 (43.1%)	8:36	7 (56.9%)
46	KĘDZIERSKI Michał	792		M30	46	00:43:25	01:12:03	03:14:07	<b>04:11:28.40</b>	<b>04:11:28.40</b>	+01:49:39 (43.6%)	8:40	6.9 (56.1%)
47	KONIECZNY Marcin	806	NOA	M30	47	00:45:46	01:16:07	03:15:30	<b>04:11:31.25</b>	<b>04:11:31.25</b>	+01:49:42 (43.6%)	8:40	6.9 (56.1%)
48	MATYŚKIEWICZ Mateusz	854		M30	48	00:46:33	01:17:10	03:16:01	<b>04:12:38.40</b>	<b>04:12:38.40</b>	+01:50:49 (43.9%)	8:42	6.9 (56.1%)
49	RADOSZ Filip	913		M30	49	00:45:43	01:15:07	03:16:59	<b>04:14:01.85</b>	<b>04:14:01.85</b>	+01:52:12 (44.2%)	8:45	6.8 (55.3%)
50	MORAWSKI Wojciech	870		M30	50	00:43:59	01:14:50	03:12:39	<b>04:16:40.00</b>	<b>04:16:40.00</b>	+01:54:50 (44.7%)	8:51	6.8 (55.3%)
51	KALEŃSKI-JAŚKIEWICZ Łukasz	790	J&J&J	M30	51	00:43:19	01:13:03	03:18:51	<b>04:16:45.70</b>	<b>04:16:45.70</b>	+01:54:56 (44.8%)	8:51	6.8 (55.3%)
52	SZCZEPANSKI Bartosz	954	REBELS SOFTWARE	M30	52	00:40:24	01:09:53	03:19:57	<b>04:17:32.75</b>	<b>04:17:32.75</b>	+01:55:43 (44.9%)	8:52	6.8 (55.3%)
53	IGNASZEWSKI Łukasz	776		M30	53	00:42:22	01:12:53	03:23:42	<b>04:19:59.80</b>	<b>04:19:59.80</b>	+01:58:10 (45.5%)	8:57	6.7 (54.5%)
54	WALIGÓRSKI Łukasz	982		M30	54	00:47:15	01:17:44	03:25:03	<b>04:20:45.75</b>	<b>04:20:45.75</b>	+01:58:56 (45.6%)	8:59	6.7 (54.5%)
55	RABENDA Paweł	912		M30	55	00:44:07	01:14:20	03:25:38	<b>04:25:45.05</b>	<b>04:25:45.05</b>	+02:03:56 (46.6%)	9:09	6.5 (52.8%)
56	KOWNACKI Krzysztof	810	KISZOL TEAM	M30	56	00:42:34	01:11:53	03:18:05	<b>04:28:54.55</b>	<b>04:28:54.55</b>	+02:07:05 (47.3%)	9:16	6.5 (52.8%)
57	SOWIŃSKI Konrad	940		M30	57	00:42:23	01:12:09	03:22:49	<b>04:30:49.45</b>	<b>04:30:49.45</b>	+02:09:00 (47.6%)	9:20	6.4 (52.0%)
58	KNĄBER Piotr	802		M30	58	00:48:08	01:21:18	03:34:43	<b>04:33:09.90</b>	<b>04:33:09.90</b>	+02:11:20 (48.1%)	9:25	6.4 (52.0%)
59	WIŚNIEWSKI Rafał	991	KWP POZNAŃ	M30	59	00:44:14	01:15:30	03:32:24	<b>04:34:01.15</b>	<b>04:34:01.15</b>	+02:12:12 (48.2%)	9:26	6.3 (51.2%)
60	KIKUT Marcin	796		M30	60	00:52:50	01:28:00	03:40:08	<b>04:34:25.40</b>	<b>04:34:25.40</b>	+02:12:36 (48.3%)	9:27	6.3 (51.2%)
61	SZCZUREK Michał	960		M30	61	00:47:37	01:19:44	03:34:45	<b>04:37:06.55</b>	<b>04:37:06.55</b>	+02:15:17 (48.8%)	9:33	6.3 (51.2%)

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62	<b>CHABER Tomasz</b>	<b>729</b>	TOMASZ CHABER	M30	62	00:47:48	01:22:05	03:38:44	<b>04:37:39.20</b>	<b>04:37:39.20</b>	+02:15:50 (48.9%)	9:34	6.3 (51.2%)
63	<b>KUBIK Mateusz</b>	<b>821</b>	FIZJOBIEGACZE SZCZECIN	M30	63	00:46:07	01:19:00	03:38:27	<b>04:40:21.85</b>	<b>04:40:21.85</b>	+02:18:32 (49.4%)	9:40	6.2 (50.4%)
64	<b>MATKOWSKI Wiktor</b>	<b>1045</b>	RENA WYKROTY	M30	64	00:41:41	01:12:57	03:26:46	<b>04:42:51.30</b>	<b>04:42:51.30</b>	+02:21:02 (49.9%)	9:45	6.2 (50.4%)
65	<b>KĘPSKI Grzegorz</b>	<b>1046</b>		M30	65	00:47:06	01:21:00	03:40:06	<b>04:44:52.60</b>	<b>04:44:52.60</b>	+02:23:03 (50.2%)	9:49	6.1 (49.6%)
66	<b>SKOWRONEK Tomasz</b>	<b>934</b>		M30	66	00:42:40	01:12:20	03:41:16	<b>04:54:12.15</b>	<b>04:54:12.15</b>	+02:32:23 (51.8%)	10:08	5.9 (48.0%)
67	<b>GARCZYK Przemek</b>	<b>749</b>		M30	67	00:45:45	01:19:34	03:48:39	<b>04:59:09.70</b>	<b>04:59:09.70</b>	+02:37:20 (52.6%)	10:18	5.8 (47.2%)
68	<b>ROSZKOWSKI Marcin</b>	<b>922</b>		M30	68	00:50:04	01:25:18	03:51:47	<b>05:02:16.80</b>	<b>05:02:16.80</b>	+02:40:27 (53.1%)	10:25	5.8 (47.2%)
69	<b>HARASZCZUK Krystian</b>	<b>769</b>		M30	69	00:49:41	01:23:38	03:52:46	<b>05:05:10.05</b>	<b>05:05:10.05</b>	+02:43:21 (53.5%)	10:31	5.7 (46.3%)
70	<b>GOTTFRIED Leszek</b>	<b>761</b>	EY RUN4FUN	M30	70	00:52:20	01:27:44	03:51:02	<b>05:05:37.75</b>	<b>05:05:37.75</b>	+02:43:48 (53.6%)	10:32	5.7 (46.3%)
71	<b>KŁUJSZO Darek</b>	<b>799</b>		M30	71	00:52:21	01:29:32	04:11:00	<b>05:20:56.45</b>	<b>05:20:56.45</b>	+02:59:07 (55.8%)	11:04	5.4 (43.9%)
72	<b>CZACZYK Lukasz</b>	<b>731</b>		M30	72	00:48:55	01:23:25	04:08:02	<b>05:26:15.10</b>	<b>05:26:15.10</b>	+03:04:26 (56.5%)	11:15	5.3 (43.1%)
73	<b>GARSTKA Paweł</b>	<b>750</b>	KAMA RUN CZARNKÓW	M30	73	00:52:12	01:29:51	04:28:24	<b>05:40:37.25</b>	<b>05:40:37.25</b>	+03:18:48 (58.4%)	11:44	5.1 (41.5%)
74	<b>SIWA Michał</b>	<b>932</b>		M30	74	00:53:04	01:31:45	04:27:40	<b>05:45:21.20</b>	<b>05:45:21.20</b>	+03:23:32 (58.9%)	11:54	5 (40.7%)
75	<b>PNIEWSKI Sławomir</b>	<b>1015</b>		M30	75	01:01:23		05:07:47	<b>06:50:40.80</b>	<b>06:50:40.80</b>	+04:28:51 (65.5%)	14:09	4.2 (34.1%)

Znaleziono 75 wynik(ów)