SILESIAN HIGHLAND MARATHON

Organizator: Qualifit
Data: 2016-07-30
Miejsce: Nowa Wieś
Dystans: 42 km

Klasyfikacja: M-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kary	Czas startu	9.5km	18km	32km	Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
1	**FARON Robert**	**236**	SALCO SPORT TEAM	M40	1		00:00:03	00:39:34	01:13:20	02:17:53	**03:07:55.30**	**03:07:58.55**		4:28	13.4 (100%)
2	**GORCZYCA Bartosz**	**73**	SALCO SPORT TEAM	M18	1		00:00:01	00:39:32	01:13:21	02:19:50	**03:11:31.15**	**03:11:32.60**	+00:03:35 (1.9%)	4:33	13.2 (98.5%)
3	**RYBAK Sergii**	**241**		M30	1		00:00:01	00:39:33	01:13:17	02:17:47	**03:13:42.95**	**03:13:44.20**	+00:05:47 (3.0%)	4:36	13 (97.0%)
4	**KUNERT Kamil**	**262**		M30	2		00:00:02	00:39:32	01:14:35	02:24:11	**03:15:20.10**	**03:15:22.20**	+00:07:24 (3.8%)	4:39	12.9 (96.3%)
5	**KOSEK Paweł**	**274**	WWW.PAWELKOSEK.COM	M18	2		00:00:00				**03:21:13.00**	**03:21:13.00**	+00:13:17 (6.6%)	4:47	12.5 (93.3%)
6	**JAGIEŁA Adam**	**206**	KRS TKKF JASTRZĄB RUDA ŚLĄSKA	M40	2		00:00:02	00:39:33	01:14:35	02:25:31	**03:24:54.60**	**03:24:57.30**	+00:16:59 (8.3%)	4:52	12.3 (91.8%)
7	**KASZUBA Michał**	**211**	GRUPA NOMAX	M40	3		00:00:03	00:39:36	01:21:28	02:32:45	**03:26:50.20**	**03:26:53.35**	+00:18:54 (9.1%)	4:55	12.2 (91.0%)
8	**GNIEWEK Jarek**	**278**	BESKRES	M30	3		00:00:01	00:39:34	01:14:16	02:23:15	**03:28:15.60**	**03:28:17.35**	+00:20:20 (9.8%)	4:57	12.1 (90.3%)
9	**STOLARZ Piotr**	**246**		M30	4		00:00:01	00:42:23	01:21:29	02:32:57	**03:33:11.45**	**03:33:13.35**	+00:25:16 (11.9%)	5:04	11.8 (88.1%)
10	**CICHOŃ Roman**	**137**		M30	5		00:00:09	00:42:20	01:21:22	02:32:50	**03:37:08.55**	**03:37:17.95**	+00:29:13 (13.5%)	5:10	11.6 (86.6%)
11	**KOZIOŁ Krzysztof**	**170**		M40	4		00:00:03	00:42:18	01:21:40	02:33:28	**03:49:52.80**	**03:49:56.05**	+00:41:57 (18.3%)	5:28	11 (82.1%)
12	**BŁAŻUTYCZ Paweł**	**208**	KS KROTOSZ - KROTOSZYN	M40	5		00:00:04	00:42:19	01:32:28	02:49:47	**03:50:41.90**	**03:50:46.20**	+00:42:46 (18.5%)	5:29	10.9 (81.3%)
13	**CZECH Robert**	**165**	AZS-AWF KRAKÓW MASTERS	M30	6		00:00:05	00:48:21	01:31:08	02:49:45	**03:52:54.50**	**03:53:00.00**	+00:44:59 (19.3%)	5:32	10.8 (80.6%)
14	**MAŁKIEWICZ Dariusz**	**160**	PGB SPORTOWA PACZKA	M40	6		00:00:06	00:45:10	01:32:28	02:53:15	**04:00:26.70**	**04:00:32.70**	+00:52:31 (21.8%)	5:43	10.5 (78.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kary	Czas startu	9.5km	18km	32km	Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
15	**ZIUZIAŃSKI Roman**	**167**		M30	7		00:00:03	00:45:06	01:32:31	02:50:24	**04:00:58.50**	**04:01:02.05**	+00:53:03 (22.0%)	5:44	10.5 (78.4%)
16	**LASKA Michał**	**141**	NIGHT RUNNERS GLIWICE	M18	3		00:00:09	00:49:05	01:32:50		**04:02:45.00**	**04:02:54.40**	+00:54:49 (22.6%)	5:46	10.4 (77.6%)
17	**GAWEŁ Bogdan**	**186**	FESTIWAL BIEGOWY W KRYNICY-ZDRÓJ	M60	1		00:00:02	00:50:13	01:35:07	02:57:24	**04:03:08.65**	**04:03:11.30**	+00:55:13 (22.7%)	5:47	10.4 (77.6%)
18	**BIELIŃSKI Piotr**	**260**		M18	4		00:00:02	00:41:14	01:32:26	02:48:03	**04:04:12.80**	**04:04:15.15**	+00:56:17 (23.1%)	5:48	10.3 (76.9%)
19	**SOBCZAK Mirosław**	**245**		M50	1		00:00:05	00:47:45	01:31:03	02:53:34	**04:04:16.35**	**04:04:21.65**	+00:56:21 (23.1%)	5:48	10.3 (76.9%)
20	**WĘGLARCZYK Krzysztof**	**187**	FORMA WODZISŁAW ŚLĄSKI	M30	8		00:00:04	00:50:24	01:35:17	02:57:13	**04:05:05.55**	**04:05:09.75**	+00:57:10 (23.3%)	5:50	10.3 (76.9%)
21	**WYLĘŻEK Paweł**	**198**	SPORTOWE PIEKARY	M18	5		00:00:07	00:43:50	01:32:26	02:53:34	**04:07:16.40**	**04:07:23.70**	+00:59:21 (24.0%)	5:53	10.2 (76.1%)
22	**WYŁUPEK Tomasz**	**142**	POZYTYWNIE ZAKRĘCENI	M40	7		00:00:10	00:51:15		03:02:50	**04:08:19.45**	**04:08:29.50**	+01:00:24 (24.3%)	5:54	10.1 (75.4%)
23	**SKWORC Grzegorz**	**169**		M18	6		00:00:03	00:44:51	01:32:33	03:01:21	**04:09:47.70**	**04:09:50.75**	+01:01:52 (24.8%)	5:56	10.1 (75.4%)
24	**KLIMCZEWSKI Andrzej**	**122**	FOREVER YOUNG ŁÓDŹ	M50	2		00:00:03	00:48:56	01:32:55	02:58:54	**04:09:51.25**	**04:09:54.90**	+01:01:55 (24.8%)	5:56	10.1 (75.4%)
25	**DOBIJA Andrzej**	**193**	NIEZRZESZONY	M50	3		00:00:02	00:42:58	01:27:15	02:57:52	**04:14:17.10**	**04:14:19.80**	+01:06:21 (26.1%)	6:03	9.9 (73.9%)
26	**ALKER Adam**	**180**		M30	9		00:00:02	00:40:23	01:19:01	03:00:42	**04:17:50.15**	**04:17:52.55**	+01:09:54 (27.1%)	6:08	9.8 (73.1%)
27	**GRUND Marek**	**205**	MAFIA TEAM LUBLINIEC	M18	7		00:00:03	00:44:01	01:32:57	03:05:23	**04:20:47.40**	**04:20:50.45**	+01:12:52 (27.9%)	6:12	9.7 (72.4%)
28	**KWIECIAK Jarosław**	**195**	POGORIA BIEGA	M60	2		00:00:04	00:42:24	01:21:36	02:40:19	**04:21:26.10**	**04:21:30.30**	+01:13:30 (28.1%)	6:13	9.6 (71.6%)
29	**PERYKASZA Paweł**	**189**	NR+	M30	10		00:00:04	00:46:17	01:31:09	03:03:44	**04:23:37.15**	**04:23:41.95**	+01:15:41 (28.7%)	6:16	9.6 (71.6%)
30	**SUROWIEC Michał**	**171**	RUNNERS WOJKOWICE TEAM	M30	11		00:00:04	00:44:17	01:27:07	03:08:00	**04:26:13.30**	**04:26:17.40**	+01:18:18 (29.4%)	6:20	9.5 (70.9%)
31	**KOBYLIŃSKI Tomasz**	**140**	WKB META LUBLINIEC	M40	8		00:00:09	00:48:12	01:31:17	02:57:34	**04:33:01.10**	**04:33:11.00**	+01:25:05 (31.2%)	6:30	9.2 (68.7%)
32	**MADEJCZYK Karol**	**125**		M18	8		00:00:05	00:53:33	01:41:28	03:14:21	**04:36:48.70**	**04:36:54.25**	+01:28:53 (32.1%)	6:35	9.1 (67.9%)
33	**SINDERA Mirosław**	**164**	TKKF CZELADŹ	M50	4		00:00:02	00:52:36	01:41:31	03:14:26	**04:37:15.15**	**04:37:17.85**	+01:29:19 (32.2%)	6:36	9.1 (67.9%)
34	**ABRAHAMOWICZ Jakub**	**194**	RYBNICKA GRUPA BIEGOWA	M18	9		00:00:06	00:51:09	01:38:14	03:11:43	**04:37:25.35**	**04:37:32.00**	+01:29:30 (32.3%)	6:36	9.1 (67.9%)
35	**MAŚLANKA Marcin**	**202**		M30	12		00:00:05	00:46:20	01:33:21	03:12:51	**04:37:25.45**	**04:37:31.05**	+01:29:30 (32.3%)	6:36	9.1 (67.9%)
36	**MICHALSKI Jarosław**	**199**	HETMAN TARNOWSKIE GÓRY	M30	13		00:00:11	00:55:11	01:51:04	03:27:15	**04:38:36.70**	**04:38:48.05**	+01:30:41 (32.6%)	6:38	9 (67.2%)
37	**BRODA Wojciech**	**197**		M40	9		00:00:04	00:48:25	01:35:50	03:17:34	**04:42:31.05**	**04:42:35.75**	+01:34:35 (33.5%)	6:43	8.9 (66.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kary	Czas startu	9.5km	18km	32km	Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
38	**KAJDAK Dawid**	**131**		M30	14		00:00:08	00:51:28	01:50:24	03:30:13	**04:46:13.50**	**04:46:22.05**	+01:38:18 (34.3%)	6:48	8.8 (65.7%)
39	**TRZEPIZUR Dominik**	**253**		M18	10		00:00:03	00:44:17	01:33:47	03:24:37	**04:51:04.15**	**04:51:07.45**	+01:43:08 (35.4%)	6:55	8.7 (64.9%)
40	**PITAS Andrzej**	**201**	ZAPIERDALACZE	M40	10		00:00:17	00:50:07	01:35:21	03:24:15	**04:51:21.85**	**04:51:39.25**	+01:43:26 (35.5%)	6:56	8.6 (64.2%)
41	**URBAŃCZYK Karol**	**120**	NIGHT RUNNERS GLIWICE	M18	11		00:00:08	00:49:07	01:35:54	03:18:36	**04:51:40.25**	**04:51:49.20**	+01:43:44 (35.6%)	6:56	8.6 (64.2%)
42	**GUTOWSKI Dariusz**			M40	11		00:00:04	00:50:16	01:38:14	03:24:41	**04:53:49.85**	**04:53:53.95**	+01:45:54 (36.0%)	6:59	8.6 (64.2%)
43	**KARWAT Robert**	**204**	AT SPORT	M40	12		00:00:12	00:53:29	01:42:15	03:24:01	**04:53:51.55**	**04:54:03.80**	+01:45:56 (36.1%)	6:59	8.6 (64.2%)
44	**KOŹLIK Jacek**	**127**		M40	13		00:00:07	00:50:26	01:35:44	03:36:53	**04:56:26.45**	**04:56:33.90**	+01:48:31 (36.6%)	7:03	8.5 (63.4%)
45	**BOROJA Drago**	**273**	40LATEK ELMAX	M60	3		00:00:02	00:54:57	01:48:56	03:30:26	**04:56:38.85**	**04:56:41.20**	+01:48:43 (36.7%)	7:03	8.5 (63.4%)
46	**KUBISZ Tomasz**	**1976**		M40	14		00:00:11	00:51:32	01:51:24	03:34:12	**04:57:07.75**	**04:57:19.60**	+01:49:12 (36.8%)	7:04	8.5 (63.4%)
47	**GRUSZKA Paweł**	**181**		M40	15		00:00:09	00:55:11	01:49:49	03:30:13	**04:58:10.20**	**04:58:20.00**	+01:50:14 (37.0%)	7:05	8.5 (63.4%)
48	**ŁYSCARZ Józef**	**134**	WSKRZESZENIE NIC MARATONU	M30	15		00:00:14	00:56:48	01:48:40	03:32:37	**04:58:25.35**	**04:58:40.25**	+01:50:30 (37.0%)	7:06	8.4 (62.7%)
49	**CISEK Mirosław Tomasz**	**143**	KONDYCJA	M40	16		00:00:05	00:53:55	01:41:57	03:16:30	**04:58:27.65**	**04:58:33.25**	+01:50:32 (37.0%)	7:06	8.4 (62.7%)
50	**GŁODKOWSKI Łukasz**	**155**		M30	16		00:00:05	00:55:05	01:44:44	03:28:37	**04:58:35.30**	**04:58:40.30**	+01:50:40 (37.1%)	7:06	8.4 (62.7%)
51	**POTĘGA Grzegorz**	**136**		M40	17		00:00:04	00:54:13	01:44:45	03:28:41	**04:58:46.30**	**04:58:50.85**	+01:50:51 (37.1%)	7:06	8.4 (62.7%)
52	**CAŁKIEWICZ Marcin**	**116**	POWER TRAINING	M40	18		00:00:12	00:54:27	01:51:57	03:36:51	**05:00:02.70**	**05:00:15.60**	+01:52:07 (37.4%)	7:08	8.4 (62.7%)
53	**OKAJ Krzysztof**	**148**	RUNAWAYS	M30	17		00:00:09	00:56:06	01:51:05	03:37:46	**05:00:48.35**	**05:00:57.40**	+01:52:53 (37.5%)	7:09	8.4 (62.7%)
54	**KURZEJA Artur**	**124**	G.A.K.	M40	19		00:00:13	00:57:21	01:51:56	03:34:51	**05:01:07.30**	**05:01:20.35**	+01:53:12 (37.6%)	7:10	8.4 (62.7%)
55	**MAKOS Adam**	**161**	SILESIA RUNNING TEAM	M40	20		00:00:16	00:56:26	01:48:07	03:34:57	**05:04:09.95**	**05:04:26.15**	+01:56:14 (38.2%)	7:14	8.3 (61.9%)
56	**PRACKI Dariusz**	**177**	-	M30	18		00:00:11	00:56:49	01:51:18	03:37:18	**05:04:32.70**	**05:04:43.80**	+01:56:37 (38.3%)	7:15	8.3 (61.9%)
57	**ROSIŃSKI Zbigniew**	**256**		M50	5		00:00:12	01:01:47	01:58:27	03:43:12	**05:04:53.85**	**05:05:06.60**	+01:56:58 (38.4%)	7:15	8.3 (61.9%)
58	**KAWIAK Wojciech**	**150**		M30	19		00:00:14	00:56:02	01:50:55	03:24:01	**05:06:01.05**	**05:06:15.45**	+01:58:05 (38.6%)	7:17	8.2 (61.2%)
59	**LIGUDZIŃSKI Andrzej**	**188**	ZA GARŚĆ BANANÓW	M40	21		00:00:17	00:55:50	01:51:02	03:43:00	**05:06:54.20**	**05:07:11.65**	+01:58:58 (38.8%)	7:18	8.2 (61.2%)
60	**KĘSICKI Robert**	**279**		M30	20		00:00:05	00:50:12	01:35:52	03:20:10	**05:07:31.25**	**05:07:36.65**	+01:59:35 (38.9%)	7:19	8.2 (61.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kary	Czas startu	9.5km	18km	32km	Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
61	**BACIA Błażej**	**135**	RUNNERS WOJKOWICE TEAM	M18	12		00:00:03	00:51:04	01:47:33	03:43:22	**05:07:57.65**	**05:08:01.35**	+02:00:02 (39.0%)	7:19	8.2 (61.2%)
62	**GOŁĄBEK Piotr**	**115**		M30	21		00:00:12	00:56:07	01:48:38	03:38:07	**05:13:47.30**	**05:14:00.20**	+02:05:52 (40.1%)	7:28	8 (59.7%)
63	**BOROWIAK Piotr**	**145**		M40	22		00:00:10	00:55:25	01:51:30	03:37:48	**05:13:49.90**	**05:13:59.90**	+02:05:54 (40.1%)	7:28	8 (59.7%)
64	**GABAŁA Michał**	**184**	W POGONI ZA DUCHEM	M30	22		00:00:08	00:55:23	01:51:06	03:37:07	**05:14:26.55**	**05:14:35.00**	+02:06:31 (40.2%)	7:29	8 (59.7%)
65	**KRYZIA Grzegorz**	**159**	W POGONI ZA DUCHEM	M40	23		00:00:08	00:55:45	01:51:03	03:37:10	**05:14:26.80**	**05:14:34.95**	+02:06:31 (40.2%)	7:29	8 (59.7%)
66	**ZOK Karol**	**139**		M30	23		00:00:14	00:53:54	01:51:00	03:49:15	**05:24:24.50**	**05:24:38.55**	+02:16:29 (42.1%)	7:43	7.8 (58.2%)
67	**GUBAŁA Krzysztof**	**152**	MORSY Z CHECHŁA RODEM	M40	24		00:00:11	00:55:05	01:51:30	03:43:11	**05:27:22.75**	**05:27:34.70**	+02:19:27 (42.6%)	7:47	7.7 (57.5%)
68	**KUROWSKI Michał**	**146**	NIGHT RUNNERS GLIWICE	M18	13		00:00:11	01:08:16	02:11:31	03:58:55	**05:28:30.85**	**05:28:42.05**	+02:20:35 (42.8%)	7:49	7.7 (57.5%)
69	**PODOLSKI Bartłomiej**	**200**	TS GWAREK	M30	24		00:00:11	00:55:10	01:51:04	03:37:50	**05:30:09.30**	**05:30:21.00**	+02:22:14 (43.1%)	7:51	7.6 (56.7%)
70	**NOWAK Bartosz**	**149**		M30	25		00:00:16	00:56:54	01:56:53	03:54:20	**05:34:34.45**	**05:34:51.20**	+02:26:39 (43.8%)	7:57	7.5 (56.0%)
71	**GAIDA Jan**	**121**	BIEGAM BO CHCĘ	M50	6		00:00:11	00:56:44	01:51:04	03:58:18	**05:34:53.15**	**05:35:04.50**	+02:26:57 (43.9%)	7:58	7.5 (56.0%)
72	**KRAUSE Dariusz**	**119**	RADLINIOKI W BIEGU	M40	25		00:00:05	00:57:23	01:57:25	04:03:00	**05:35:42.20**	**05:35:48.10**	+02:27:46 (44.0%)	7:59	7.5 (56.0%)
73	**WOLNY Maciej**	**129**	PANEWNICKIE LISY	M40	26		00:00:05	00:57:12	01:51:05	03:43:16	**05:38:32.05**	**05:38:37.90**	+02:30:36 (44.5%)	8:03	7.4 (55.2%)
74	**FURMAN Paweł**	**174**	PANEWNICKIE LISY	M30	26		00:00:04	00:57:14	01:51:02	03:43:16	**05:38:33.10**	**05:38:37.95**	+02:30:37 (44.5%)	8:03	7.4 (55.2%)
75	**WASIOŁKA Adam**	**151**		M40	27		00:00:04	00:57:16	01:50:59	03:43:19	**05:38:33.20**	**05:38:38.05**	+02:30:37 (44.5%)	8:03	7.4 (55.2%)
76	**POPIELNICKI Marcin**	**173**	CIASTKI TEAM	M40	28		00:00:08	00:57:48	01:56:40	03:57:44	**05:41:15.15**	**05:41:24.00**	+02:33:19 (44.9%)	8:07	7.4 (55.2%)
77	**LIGOCKI Szymon**	**132**	CARAVAN OF DREAMS	M18	14		00:00:06	00:55:59	01:51:07	03:54:29	**05:41:20.95**	**05:41:26.95**	+02:33:25 (44.9%)	8:07	7.4 (55.2%)
78	**FRUCZ Jacek**	**162**		M40	29		00:00:07	00:58:08	02:00:40	04:03:43	**05:41:33.20**	**05:41:40.75**	+02:33:37 (45.0%)	8:07	7.4 (55.2%)
79	**KUGLARZ Ryszard**	**203**	#NAZWA?	M30	27		00:00:07	00:51:22	01:41:09	03:38:04	**05:42:03.70**	**05:42:11.55**	+02:34:08 (45.1%)	8:08	7.4 (55.2%)
80	**SMUDA Ryszard**	**130**		M50	7		00:00:13	01:02:03	01:59:48	03:59:15	**05:45:46.70**	**05:46:00.15**	+02:37:51 (45.7%)	8:13	7.3 (54.5%)
81	**BYLICA Tomasz**	**154**		M40	30		00:00:10	01:04:23	02:12:13	04:07:02	**05:49:22.90**	**05:49:33.70**	+02:41:27 (46.2%)	8:19	7.2 (53.7%)
82	**HYPŚ Waldemar**	**176**		M50	8		00:00:07	01:04:43	02:09:36	04:14:18	**05:53:32.65**	**05:53:39.90**	+02:45:37 (46.8%)	8:25	7.1 (53.0%)
83	**BIELICKI Miro**	**213**	ULTRAS RUN	M40	31		00:00:15	01:01:49	02:15:21	04:23:46	**06:03:37.25**	**06:03:52.45**	+02:55:41 (48.3%)	8:39	6.9 (51.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kary	Czas startu	9.5km	18km	32km	Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
84	**KORUMBEL Artur**	**114**	AMBITNI AMATORZY	M40	32		00:00:16	01:04:19	02:08:41	04:21:45	**06:04:01.65**	**06:04:18.15**	+02:56:06 (48.4%)	8:40	6.9 (51.5%)
85	**URBAŃSKI Józef**	**196**	KKB MOSIR KROSNO	M50	9		00:00:14	01:01:11	02:13:57	04:24:16	**06:07:18.30**	**06:07:32.70**	+02:59:23 (48.8%)	8:44	6.9 (51.5%)
86	**MICHALAK Marcin**	**163**	CZORNE HANYSY	M40	33		00:00:13	01:00:48	02:15:21	04:29:19	**06:22:42.40**	**06:22:56.15**	+03:14:47 (50.9%)	9:06	6.6 (49.3%)
87	**TWARDZIK Grzegorz**	**257**		M40	34		00:00:15	01:01:48	02:15:22	04:34:01	**06:28:10.80**	**06:28:26.40**	+03:20:15 (51.6%)	9:14	6.5 (48.5%)
88	**SZATON Bogusław**	**138**	MOSIR TKKF SATURN CZELADŹ	M40	35		00:00:09	01:03:40	02:11:02	04:34:08	**06:28:17.55**	**06:28:26.65**	+03:20:22 (51.6%)	9:14	6.5 (48.5%)
89	**MADEJ Józef**	**192**	ZADYSZKA OŚWIĘCIM	M60	4		00:00:08	01:15:23	02:31:20	04:55:24	**06:52:30.85**	**06:52:38.90**	+03:44:35 (54.4%)	9:49	6.1 (45.5%)
	MUSTAPHA El Ouartassy	**230**		M18			DNF	00:39:32 DNF	01:13:17 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)

Znaleziono 90 wynik(ów)