



SILESIA HIGHLAND MARATHON

B4SPORT

Organiser:
Date:
Place:
Distance:

Qualifit
2016-07-30
Nowa Wieś
42 km

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Classification: M30

Place	Participant	Number	Club	Category	MCat	Kary	Start time	9.5km	18km	32km	Net time 42km	Czas brutto 42km	Gap	Pace min/km	Pace km/h
1	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		4:36	13 (100%)
2	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	+00:01:37 (0.8%)	4:39	12.9 (99.2%)
3	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	+00:14:32 (7.0%)	4:57	12.1 (93.1%)
4	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	+00:19:28 (9.1%)	5:04	11.8 (90.8%)
5	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	+00:23:25 (10.8%)	5:10	11.6 (89.2%)
6	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	+00:39:11 (16.8%)	5:32	10.8 (83.1%)
7	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	+00:47:15 (19.6%)	5:44	10.5 (80.8%)
8	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	+00:51:22 (21.0%)	5:50	10.3 (79.2%)
9	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	+01:04:07 (24.9%)	6:08	9.8 (75.4%)
10	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	+01:09:54 (26.5%)	6:16	9.6 (73.8%)
11	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	+01:12:30 (27.2%)	6:20	9.5 (73.1%)
12	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	+01:23:42 (30.2%)	6:36	9.1 (70.0%)
13	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	+01:24:53 (30.5%)	6:38	9 (69.2%)
14	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	+01:32:30 (32.3%)	6:48	8.8 (67.7%)

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15	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	+01:44:42 (35.1%)	7:06	8.4 (64.6%)
16	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	+01:44:52 (35.1%)	7:06	8.4 (64.6%)
17	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	+01:47:05 (35.6%)	7:09	8.4 (64.6%)
18	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	+01:50:49 (36.4%)	7:15	8.3 (63.8%)
19	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	+01:52:18 (36.7%)	7:17	8.2 (63.1%)
20	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	+01:53:48 (37.0%)	7:19	8.2 (63.1%)
21	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	+02:00:04 (38.3%)	7:28	8 (61.5%)
22	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	+02:00:43 (38.4%)	7:29	8 (61.5%)
23	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	+02:10:41 (40.3%)	7:43	7.8 (60.0%)
24	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	+02:16:26 (41.3%)	7:51	7.6 (58.5%)
25	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	+02:20:51 (42.1%)	7:57	7.5 (57.7%)
26	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	+02:24:50 (42.8%)	8:03	7.4 (56.9%)
27	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	+02:28:20 (43.4%)	8:08	7.4 (56.9%)

Total 27 results.