



**ZIMOWY  
PÓLMARATON  
GÓR STOŁOWYCH**

**Organiser:** Stowarzyszenie TKKF Kompas  
**Date:** 2017-01-21  
**Place:** Pasterka  
**Distance:** 21 km

# ZIMOWY PÓLMARATON GÓR STOŁOWYCH 2017

B4SPORT

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INTELIGENTNE ZAWODY SPORTOWE

Classification: M-50

Place	Participant	Number	Club	Category	MCat	Alpinista	Parking 7km	Skaly 14km	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
1	LUBAŃSKI Robert	252		M-50	1	NIE	01:11:33	02:11:52	<b>03:22:58.10</b>	<b>03:23:03.45</b>		9:39	6.2 (100%)
2	SUJAK Mirosław	209	MKB DREPTAK	M-50	2	NIE	01:16:11	02:23:45	<b>03:41:03.10</b>	<b>03:41:10.35</b>	+00:18:06 (8.2%)	10:31	5.7 (91.9%)
3	CISZYŃSKI Marek	247	START KATOWICE	M-50	3	NIE	01:24:13	02:30:06	<b>03:46:53.95</b>	<b>03:47:18.85</b>	+00:24:15 (10.7%)	10:48	5.6 (90.3%)
4	SIEJA Marcin	430	SPELEOKLUB BOBRY ŻAGAŃ	M-50	4	TAK	01:22:01	02:30:59	<b>03:59:06.90</b>	<b>03:59:31.85</b>	+00:36:28 (15.2%)	11:23	5.3 (85.5%)
5	GERUS Wiesław	439	PRO-RUN WROCŁAW	M-50	5	NIE	01:29:01	02:39:43	<b>04:03:07.10</b>	<b>04:03:26.55</b>	+00:40:23 (16.6%)	11:34	5.2 (83.9%)
6	SKUDLARSKI Kamil	278	PRO-RUN WROCŁAW, WKW	M-50	6	TAK	01:31:37	02:42:38	<b>04:03:28.20</b>	<b>04:03:59.85</b>	+00:40:56 (16.8%)	11:35	5.2 (83.9%)
7	KASIŃSKI Wojciech	349		M-50	7	NIE	01:34:43	02:47:11	<b>04:10:03.35</b>	<b>04:10:20.00</b>	+00:47:16 (18.9%)	11:54	5 (80.6%)
8	ZAŁUSKI Darek	3	POLSKI HIMALAIZM ZIMOWY IM. ARTURA HAJZERA	M-50	8	TAK	01:36:36	02:46:44	<b>04:13:17.65</b>	<b>04:13:17.65</b>	+00:50:14 (19.8%)	12:03	5 (80.6%)
9	WOLSKI Piotr	461	AKG ŁÓDŹ	M-50	9	TAK	01:32:06	02:44:58	<b>04:14:48.90</b>	<b>04:14:58.90</b>	+00:51:55 (20.4%)	12:08	4.9 (79.0%)
10	MICHALCZYK Artur	342		M-50	10	NIE	01:33:07	02:50:18	<b>04:16:41.90</b>	<b>04:17:00.10</b>	+00:53:56 (21.0%)	12:13	4.9 (79.0%)
11	JABŁCZYŃSKI Paweł	345		M-50	11	TAK	01:26:06	02:48:04	<b>04:18:38.80</b>	<b>04:18:48.45</b>	+00:55:45 (21.5%)	12:19	4.9 (79.0%)
12	FURTAK Krzysztof	335	KTOŚ MUSI BYĆ OSTATNI	M-50	12	NIE	01:34:29	02:49:48	<b>04:18:43.30</b>	<b>04:18:51.45</b>	+00:55:48 (21.6%)	12:19	4.9 (79.0%)
13	KOPEĆ Dariusz	151		M-50	13	TAK	01:26:33	02:48:45	<b>04:18:57.40</b>	<b>04:19:23.35</b>	+00:56:19 (21.7%)	12:19	4.9 (79.0%)
14	MICHAJLUK Bogdan	530	SŁUŻBA CELNA	M-50	14	NIE	01:32:28	02:51:08	<b>04:21:15.20</b>	<b>04:21:55.10</b>	+00:58:51 (22.5%)	12:26	4.8 (77.4%)
15	BEDNARCZYK Bogusław	444	PRO-RUN WROCŁAW	M-50	15	NIE	01:39:47	02:52:36	<b>04:21:41.80</b>	<b>04:22:24.60</b>	+00:59:21 (22.6%)	12:27	4.8 (77.4%)
16	KUBOWICZ Zbigniew	514		M-50	16	NIE	01:36:02	02:51:13	<b>04:22:42.05</b>	<b>04:23:22.25</b>	+01:00:18 (22.9%)	12:30	4.8 (77.4%)

Place	Participant	Number	Club	Category	MCat	Alpinista	Parking 7km	Skaly 14km	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
17	<b>BRODZIK Przemysław</b>	<b>91</b>	PRZED SIEBIE	M-50	17	NIE	01:31:04	02:51:02	<b>04:23:12.00</b>	<b>04:23:23.90</b>	+01:00:20 (22.9%)	12:32	4.8 (77.4%)
18	<b>NEUMANN Jacek</b>	<b>169</b>		M-50	18	NIE	01:38:12	02:55:19	<b>04:26:13.40</b>	<b>04:26:59.25</b>	+01:03:55 (23.9%)	12:40	4.7 (75.8%)
19	<b>CHORZĘPA Adam</b>	<b>143</b>		M-50	19	TAK	01:25:26	02:50:54	<b>04:27:33.05</b>	<b>04:27:40.60</b>	+01:04:37 (24.1%)	12:44	4.7 (75.8%)
20	<b>JUSZCZAK Zbigniew</b>	<b>75</b>	NIEZRZESZONY	M-50	20	NIE	01:31:34	02:52:38	<b>04:28:45.95</b>	<b>04:29:03.40</b>	+01:05:59 (24.5%)	12:47	4.7 (75.8%)
21	<b>WARZOCHA Ryszard</b>	<b>479</b>	IRON BALLS RUNNERS CLUB	M-50	21	NIE	01:29:38	02:54:37	<b>04:29:41.85</b>	<b>04:30:22.85</b>	+01:07:19 (24.9%)	12:50	4.7 (75.8%)
22	<b>SZYDŁOWSKI Wiesław</b>	<b>270</b>		M-50	22	NIE	01:26:57	02:51:32	<b>04:30:54.55</b>	<b>04:31:27.75</b>	+01:08:24 (25.2%)	12:54	4.7 (75.8%)
23	<b>BULKOWSKI Waldemar</b>	<b>504</b>		M-50	23	NIE	01:41:16	03:03:21	<b>04:36:32.90</b>	<b>04:37:17.70</b>	+01:14:14 (26.8%)	13:10	4.6 (74.2%)
24	<b>BAKA Marcin</b>	<b>180</b>	GTS TRADYCJA	M-50	24	NIE	01:44:07	03:08:05	<b>04:45:54.95</b>	<b>04:46:41.10</b>	+01:23:37 (29.2%)	13:36	4.4 (71.0%)
25	<b>WODECKI Krzysztof</b>	<b>260</b>		M-50	25	NIE	01:39:58	03:10:31	<b>04:48:53.20</b>	<b>04:49:40.65</b>	+01:26:37 (29.9%)	13:45	4.4 (71.0%)
26	<b>BŁOŃSKI Zbigniew</b>	<b>521</b>	POLSKIE STOWARYSZENIE SPORTU PO TRANSPLANTACJI	M-50	26	NIE	01:40:56	03:16:09	<b>04:51:18.55</b>	<b>04:51:50.65</b>	+01:28:47 (30.4%)	13:52	4.3 (69.4%)
27	<b>BIERNACIK Jacek</b>	<b>510</b>		M-50	27	NIE	01:51:25	03:20:33	<b>04:56:55.45</b>	<b>04:57:54.40</b>	+01:34:50 (31.8%)	14:08	4.2 (67.7%)
28	<b>MIROŚLAW Ropel</b>	<b>567</b>	KIS TRANSPORT	M-50	28	NIE	01:47:28	03:19:13	<b>04:57:52.50</b>	<b>04:58:40.15</b>	+01:35:36 (32.0%)	14:11	4.2 (67.7%)
29	<b>PODSIADŁY Robert</b>	<b>112</b>	CHATA BIEGACZA K34	M-50	29	NIE	01:46:04	03:19:34	<b>04:58:49.00</b>	<b>04:59:43.10</b>	+01:36:39 (32.3%)	14:13	4.2 (67.7%)
30	<b>BOROŃ Ryszard</b>	<b>44</b>		M-50	30	NIE	01:49:47	03:19:28	<b>05:04:23.05</b>	<b>05:05:15.55</b>	+01:42:12 (33.5%)	14:29	4.1 (66.1%)
31	<b>SZCZĘSNY Marek</b>	<b>103</b>	PRZED SIEBIE	M-50	31	NIE	01:47:25	03:19:20	<b>05:06:10.00</b>	<b>05:06:25.90</b>	+01:43:22 (33.7%)	14:34	4.1 (66.1%)
32	<b>KACZMARCZYK Wojciech</b>	<b>113</b>		M-50	32	NIE	01:32:58	03:07:33	<b>05:13:20.60</b>	<b>05:14:03.25</b>	+01:50:59 (35.3%)	14:55	4 (64.5%)
33	<b>KOTLIŃSKI Jarosław</b>	<b>523</b>		M-50	33	NIE	01:45:28	03:24:02	<b>05:14:26.50</b>	<b>05:15:02.95</b>	+01:51:59 (35.5%)	14:58	4 (64.5%)

Total 33 results.