



ZIMOWY PÓLMARATON GÓR STOŁOWYCH 21 KM

B4SPORT

Wydarzenie: Zimowy Półmaraton Gór Stołowych
Organizator: Fundacja Maratony Górskie
Data: 2022-01-22
Miejsce: Kartów
Dystans: 21 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Kara/ bonifikata	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
1	JUREK Michał	196	RMT TEAM PRO	M-30	1	NIE	00:43:10	01:26:09		02:05:40.35		5:59	10 (100%)
2	GORZELAŃCZYK Jakub	142	MKS SIECHNICE	M-30	2	NIE	00:43:32	01:27:12		02:07:43.15	+00:02:02 (1.6%)	6:04	9.9 (99.0%)
3	KOŚCIUCZYK- MENDYK Michał	229	SPELOCLUB WROCŁAW	M-30	3	TAK	00:47:55	01:35:22		02:17:56.15	+00:12:15 (8.9%)	6:34	9.1 (91.0%)
4	BORZYSTOWSKI Patryk	54	#ZALINIAMETYTEAM	M-30	4	TAK	00:48:42	01:37:30		02:20:11.45	+00:14:31 (10.4%)	6:40	9 (90.0%)
5	GRZESIEK Góral	154	HEEJ HEJ GURALU	M-30	5	NIE	00:50:01	01:37:53		02:21:03.65	+00:15:23 (10.9%)	6:43	8.9 (89.0%)
6	ZIOBER Zbigniew	571	EX TEAM	M-30	6	NIE	00:48:31	01:36:55		02:23:04.55	+00:17:24 (12.2%)	6:48	8.8 (88.0%)
7	ROSKOSZ Bartosz	425	JELCZ TRIATHLON PROJECT	M-30	7	TAK	00:49:29	01:38:35		02:25:37.00	+00:19:56 (13.7%)	6:56	8.7 (87.0%)
8	POCIECHA Patryk	401		M-30	8	NIE	00:49:57	01:39:09		02:26:06.90	+00:20:26 (14.0%)	6:57	8.6 (86.0%)
9	MAJCHRZAK Maciej	301	140MINUT.PL	M-30	9	NIE	00:49:18	01:40:45		02:26:20.80	+00:20:40 (14.1%)	6:58	8.6 (86.0%)
10	GRUND Marek	150	MAFIA TEAM LUBLINIEC	M-30	10	NIE	00:49:28	01:40:20		02:27:41.75	+00:22:01 (14.9%)	7:01	8.5 (85.0%)
11	WRZESIŃSKI Michał	550	KSG DIRETA/SKLEP GÓRSKI TATERNIK	M-30	11	TAK	00:54:07	01:46:53		02:35:14.50	+00:29:34 (19.0%)	7:23	8.1 (81.0%)
12	FRANKIEWICZ Artur	127		M-30	12	TAK	00:56:14	01:49:41		02:37:21.10	+00:31:40 (20.1%)	7:29	8 (80.0%)
13	PŁONOWSKI Maciej	400	PSZCZÓŁKOWSKI TEAM	M-30	13	NIE	00:54:34	01:48:46		02:37:42.80	+00:32:02 (20.3%)	7:30	8 (80.0%)
14	NOWACKI Mateusz	352	PRZEDWOJEWSKI TEAM	M-30	14	NIE	00:50:28	01:42:43		02:38:42.15	+00:33:01 (20.8%)	7:33	7.9 (79.0%)
15	BOSAKIEWICZ Tomasz	55	OLAWS	M-30	15	NIE	00:54:23	01:50:08		02:41:17.95	+00:35:37 (22.1%)	7:40	7.8 (78.0%)

											Czas netto 21km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Kara/ bonifikata					
16	MICHALSKI Piotr	324		M-30	16	NIE	00:56:13	01:50:34			02:42:37.70	+00:36:57 (22.7%)	7:44	7.7 (77.0%)
17	ŚNIERZYŃSKI Robert	493		M-30	17	NIE	00:59:46	01:54:36			02:42:45.60	+00:37:05 (22.8%)	7:45	7.7 (77.0%)
18	ORACZ Mateusz	370	BEZ LITOŚCI	M-30	18	NIE	00:56:25	01:53:49			02:43:19.85	+00:37:39 (23.1%)	7:46	7.7 (77.0%)
19	SANKOWSKI Paweł	438	PLACKI TEAM	M-30	19	NIE	00:56:44	01:52:38			02:43:31.70	+00:37:51 (23.1%)	7:47	7.7 (77.0%)
20	MAJCHRZAK Bartosz	300	PKO BANK POLSKI	M-30	20	NIE	00:56:42	01:53:52			02:45:02.50	+00:39:22 (23.9%)	7:51	7.6 (76.0%)
21	CIEŻKI Konrad	89	EVERRUN	M-30	21	NIE	00:58:22	01:54:52			02:45:24.40	+00:39:44 (24.0%)	7:52	7.6 (76.0%)
22	GULCZYŃSKI Tomasz	156		M-30	22	NIE	00:56:32	01:53:47			02:46:26.15	+00:40:45 (24.5%)	7:55	7.6 (76.0%)
23	ŁAŻNIEWSKI Dawid	288	KUDOWIANKA RUN	M-30	23	NIE	00:55:10	01:53:18			02:46:46.90	+00:41:06 (24.6%)	7:56	7.6 (76.0%)
24	LUBAŃSKI Mateusz	283	KS BARYCZ MILICZ	M-30	24	NIE	00:57:01	01:54:22			02:46:47.70	+00:41:07 (24.7%)	7:56	7.6 (76.0%)
25	WINTER Piotr	538	NIGHT RUNNERS	M-30	25	NIE	00:59:00	01:56:11			02:49:05.05	+00:43:24 (25.7%)	8:03	7.5 (75.0%)
26	TYŚ Radek	515	NOWA RUDA BIEGA	M-30	26	NIE	00:56:39	01:53:36			02:49:35.80	+00:43:55 (25.9%)	8:04	7.4 (74.0%)
27	SZALA Krzysztof	476	80DNI.PL	M-30	27	NIE	01:00:21	01:58:21			02:50:16.65	+00:44:36 (26.2%)	8:06	7.4 (74.0%)
28	ZAWOJAK Aleksander	561	RONAL POLSKA RUN	M-30	28	NIE	00:59:54	01:54:15			02:52:51.35	+00:47:11 (27.3%)	8:13	7.3 (73.0%)
29	KARASIAK Piotr	204		M-30	29	NIE	00:55:54	01:57:06			02:53:22.45	+00:47:42 (27.5%)	8:15	7.3 (73.0%)
30	GRZESIAK Grzegorz	153	BIEGNIJ OŁAWO	M-30	30	NIE	00:57:12	01:59:06			02:55:37.80	+00:49:57 (28.4%)	8:21	7.2 (72.0%)
31	LACHOWSKI Robert	272	ROSSMANN	M-30	31	NIE	01:01:27	02:01:30			02:56:34.30	+00:50:53 (28.8%)	8:24	7.1 (71.0%)
32	MÓLL Mateusz	335	#SOBASTEAM	M-30	32	NIE	00:55:03	01:56:34			02:56:41.85	+00:51:01 (28.9%)	8:24	7.1 (71.0%)
33	URBAŃSKI Michał	517		M-30	33	NIE	01:00:38	02:01:54			02:58:06.80	+00:52:26 (29.4%)	8:28	7.1 (71.0%)
34	JAKUS Michał	176	OTM.B	M-30	34	NIE	00:59:51	02:00:24			03:01:05.90	+00:55:25 (30.6%)	8:37	7 (70.0%)
35	HETMAŃCZYK Jakub	160	XIN CHAO	M-30	35	TAK	01:00:12	02:03:06			03:02:07.55	+00:56:27 (31.0%)	8:40	6.9 (69.0%)
36	NOWAK Marcin	354	TIMJESTTIM	M-30	36	NIE	01:04:24	02:06:46			03:03:48.25	+00:58:07 (31.6%)	8:45	6.9 (69.0%)
37	PANZ Krzysztof	379		M-30	37	TAK	01:01:08	02:04:31			03:04:12.95	+00:58:32 (31.8%)	8:46	6.8 (68.0%)
38	POŁCZYŃSKI Paweł	407	STALOWA ŁYDA	M-30	38	NIE	01:01:22	02:04:36			03:04:19.15	+00:58:38 (31.8%)	8:46	6.8 (68.0%)

											Czas netto 21km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Kara/ bonifikata					
39	HOJAN Lukasz	164		M-30	39	NIE	01:05:08	02:08:12			03:04:47.75	+00:59:07 (32.0%)	8:47	6.8 (68.0%)
40	MADERA Michał	298	LECIMY TUTAJ	M-30	40	NIE	00:59:54	02:04:43			03:04:49.20	+00:59:08 (32.0%)	8:48	6.8 (68.0%)
41	ZIELIŃSKI Dominik	568		M-30	41	NIE	01:03:56	02:08:01			03:04:51.05	+00:59:10 (32.0%)	8:48	6.8 (68.0%)
42	DATA Marek	100	KUGUAR XTREME RUNNERS	M-30	42	NIE	01:01:14	02:07:39			03:07:13.60	+01:01:33 (32.9%)	8:54	6.7 (67.0%)
43	KRYSIŃSKI Maciej	251		M-30	43	NIE	01:02:28	02:07:15			03:07:49.00	+01:02:08 (33.1%)	8:56	6.7 (67.0%)
44	LUBIK Adam	285		M-30	44	TAK	01:05:42	02:12:21			03:09:02.30	+01:03:21 (33.5%)	9:00	6.7 (67.0%)
45	BIAŁEK Paweł	31	KB HERMES GRYFINO	M-30	45	TAK	01:07:05	02:12:52			03:09:05.65	+01:03:25 (33.5%)	9:00	6.7 (67.0%)
46	PAPROCKI Michał	380		M-30	46	NIE	00:58:16	02:01:58			03:09:26.75	+01:03:46 (33.7%)	9:01	6.7 (67.0%)
47	GALIŃSKI Kamil	130		M-30	47	NIE	01:04:36	02:09:51			03:09:35.25	+01:03:54 (33.7%)	9:01	6.6 (66.0%)
48	BIEL Łukasz	35		M-30	48	NIE	01:11:02	02:15:58			03:11:49.00	+01:06:08 (34.5%)	9:08	6.6 (66.0%)
49	FLASZEWSKI Adam	125	SPORTOWY KAŻMIERZ	M-30	49	NIE	01:02:18	02:03:36	00:10:00		03:11:54.30	+01:06:13 (34.5%)	8:39	6.9 (69.0%)
50	GINTER Grzegorz	137	AZS COLLEGIUM MEDICUM UJ	M-30	50	NIE	01:06:20	02:11:46			03:12:27.70	+01:06:47 (34.7%)	9:09	6.5 (65.0%)
51	WITEK Tomasz	539		M-30	51	NIE	01:09:33	02:17:32			03:15:21.55	+01:09:41 (35.7%)	9:18	6.4 (64.0%)
52	PONIATOWSKI Seweryn	409	TROPEM ULTRA	M-30	52	NIE	01:04:04	02:12:47			03:15:26.30	+01:09:45 (35.7%)	9:18	6.4 (64.0%)
53	ROJEWSKI Paweł	421	EVERRUN	M-30	53	NIE	01:04:44	02:12:53			03:15:38.10	+01:09:57 (35.8%)	9:18	6.4 (64.0%)
54	KURZYNIEC Łukasz	269		M-30	54	TAK	01:10:29	02:18:57			03:16:03.65	+01:10:23 (35.9%)	9:20	6.4 (64.0%)
55	TRZPIOLA Tycjan	509		M-30	55		01:06:51	02:14:30			03:17:06.85	+01:11:26 (36.2%)	9:23	6.4 (64.0%)
56	MAJCHRZYCKI Sławomir	302	TKKF MPK POZNAŃ	M-30	56	NIE	01:08:04	02:16:06			03:18:40.65	+01:13:00 (36.7%)	9:27	6.3 (63.0%)
57	HACUŚ Jacek	157		M-30	57	NIE	01:06:17	02:16:08			03:18:44.80	+01:13:04 (36.8%)	9:27	6.3 (63.0%)
58	CHUDY Tobiasz	83	RUN TEAM RYDZYNA	M-30	58	NIE	01:09:22	02:21:26			03:19:19.40	+01:13:39 (37.0%)	9:29	6.3 (63.0%)
59	SOKOŁOWSKI Marcin	454		M-30	59	NIE	01:08:21	02:23:20			03:21:54.40	+01:16:14 (37.8%)	9:36	6.2 (62.0%)
60	ŻAK Piotr	573	FARTY PUSZCZY	M-30	60	NIE	01:13:39	02:20:48			03:21:57.40	+01:16:17 (37.8%)	9:37	6.2 (62.0%)
61	ŚWIĄTEK Łukasz	496	GVT	M-30	61	NIE	01:11:06	02:22:39			03:22:03.10	+01:16:22 (37.8%)	9:37	6.2 (62.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking		Bledne_Skaly	Kara/ bonifikata	Czas	Różn	Tempo min/km	Tempo km/h
							7km	14km			netto 21km			
62	KOWANSKI Jacek	232		M-30	62	NIE	01:07:32	02:15:31			03:22:16.20	+01:16:35 (37.9%)	9:37	6.2 (62.0%)
63	PAWLAK Mateusz	382	BIEGNIJ OŁAWO	M-30	63	NIE	01:10:05	02:18:36			03:23:20.65	+01:17:40 (38.2%)	9:40	6.2 (62.0%)
64	WESOŁEK Daniel	531		M-30	64	NIE	01:02:25	02:14:36			03:24:28.60	+01:18:48 (38.5%)	9:44	6.2 (62.0%)
65	STASZEWSKI Dariusz	466	7.BKPOW	M-30	65	NIE	01:09:32	02:20:25			03:24:44.00	+01:19:03 (38.6%)	9:44	6.2 (62.0%)
66	ŻYLAK Marek	576		M-30	66	NO	01:09:31	02:17:32			03:25:16.15	+01:19:35 (38.8%)	9:46	6.1 (61.0%)
67	SZYSZKO Stanisław	492	12 WIELKOPOLSKA BRYGADA OBRONY TERYTORIALNEJ	M-30	67	NIE	01:10:35	02:24:58			03:25:34.00	+01:19:53 (38.9%)	9:47	6.1 (61.0%)
68	DREAS Jakub	108	WĘDZIKOWSKI TEAM / DZIKIE BOBRY	M-30	68	NIE	01:13:41	02:25:59			03:26:15.10	+01:20:34 (39.1%)	9:49	6.1 (61.0%)
69	JANOWICZ Wojtek	179		M-30	69	NIE	01:09:54	02:20:31			03:27:51.00	+01:22:10 (39.5%)	9:53	6.1 (61.0%)
70	JANOWSKI Michał	180		M-30	70	NIE	01:02:41	02:16:22			03:30:25.20	+01:24:44 (40.3%)	10:01	6 (60.0%)
71	CHUDY Ariel	84	RUN TEAM RYDZYNA	M-30	71	NIE	01:09:26	02:21:33			03:30:53.25	+01:25:12 (40.4%)	10:02	6 (60.0%)
72	KACZMAREK Mirosław	200	RUNNER'S POWER ŚREM	M-30	72	NIE	01:14:05	02:27:01			03:31:55.55	+01:26:15 (40.7%)	10:05	5.9 (59.0%)
73	POMIANOWSKI Szymon	408	KURACJUSZE	M-30	73	NIE	01:08:35	02:30:27			03:33:30.15	+01:27:49 (41.1%)	10:10	5.9 (59.0%)
74	ANDRYSZCZAK Łukasz	5	BMW KLUB POZNAŃ	M-30	74	NIE	01:14:46	02:30:58			03:35:01.55	+01:29:21 (41.6%)	10:14	5.9 (59.0%)
75	TARNOWSKI Maciej	499	NIGHT RUNNERS WROCŁAW	M-30	75	NIE	01:16:57	02:33:11			03:37:21.85	+01:31:41 (42.2%)	10:21	5.8 (58.0%)
76	JĘDRZEJCZYK Łukasz	191		M-30	76	NIE	01:12:29	02:27:08			03:37:35.95	+01:31:55 (42.2%)	10:21	5.8 (58.0%)
77	JAMROZ Bartosz	177		M-30	77	NIE	01:12:07	02:27:54			03:37:37.25	+01:31:56 (42.3%)	10:21	5.8 (58.0%)
78	KAWA Krzysztof	206		M-30	78	NIE	01:11:09	02:26:16			03:38:29.20	+01:32:48 (42.5%)	10:24	5.8 (58.0%)
79	MATYLA Roman	319	FUNTRI	M-30	79	NIE	01:10:45	02:28:27			03:44:13.90	+01:38:33 (44.0%)	10:40	5.6 (56.0%)
80	BARANOWSKI Szymon	20		M-30	80	TAK	01:20:26	02:39:18			03:51:25.95	+01:45:45 (45.7%)	11:01	5.4 (54.0%)
81	MAKOWSKI Tomasz	306	NIGHT RUNNERS	M-30	81	NIE	01:19:02	02:34:13			03:55:46.30	+01:50:05 (46.7%)	11:13	5.3 (53.0%)
82	CZERWONKA Zbigniew	95	ESKADRA ŁÓDŹ	M-30	82	NO	01:22:32	02:50:42			04:01:22.80	+01:55:42 (47.9%)	11:29	5.2 (52.0%)
83	SIEPIELSKI Damian	442		M-30	83	NIE	01:11:26	02:35:32		00:20:00	04:02:13.35	+01:56:33 (48.1%)	10:34	5.7 (57.0%)
84	BUSS Konrad	69	KUDOWIANKA RUN	M-30	84	NIE	01:20:06	02:42:51			04:03:21.35	+01:57:41 (48.4%)	11:35	5.2 (52.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Kara/ bonifikata	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
85	BYKS Tomasz	71		M-30	85	NIE	01:20:44	02:50:27		04:09:05.70	+02:03:25 (49.5%)	11:51	5.1 (51.0%)
86	CHUDAŃSKI Jakub	82		M-30	86	NIE	01:21:55	02:53:00		04:10:31.55	+02:04:51 (49.8%)	11:55	5 (50.0%)
87	SAWICZ Piotr	439		M-30	87	NIE	01:52:08	03:05:03		04:11:34.05	+02:05:53 (50.0%)	11:58	5 (50.0%)
88	STRAMEK Lukasz	470		M-30	88	NO	01:25:48	02:58:21		04:20:40.50	+02:15:00 (51.8%)	12:24	4.8 (48.0%)
89	JAWORSKI Jarosław	184	LOVELY MOUNTAINS WINTER RUNNING	M-30	89	NIE	01:28:12	03:01:28		04:23:19.85	+02:17:39 (52.3%)	12:32	4.8 (48.0%)
90	STYPUŁA Michał	472	TE CONNECTIVITY	M-30	90	NIE	01:33:31	03:12:57		04:29:33.60	+02:23:53 (53.4%)	12:50	4.7 (47.0%)
91	TURKIEWICZ Dawid	512	WOLIBÓRZ W BIEGU	M-30	91	NIE	01:31:56	03:12:02		04:40:15.30	+02:34:34 (55.2%)	13:20	4.5 (45.0%)
92	KĘPSKI Grzegorz	207		M-30	92	NIE	01:54:19	03:40:56		05:08:26.05	+03:02:45 (59.3%)	14:41	4.1 (41.0%)

Znaleziono 92 wynik(ów)