



ZIMOWY PÓLMARATON GÓR STOŁOWYCH 31 KM

B4SPORT

Wydarzenie: Zimowy Półmaraton Gór Stołowych
Organizator: Fundacja Maratony Górskie
Data: 2022-01-23
Miejsce: Kartów
Dystans: 31 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: M-30

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Parking pod Szczelińcem 7km | Błędne Skały 14km | Lisia Przełęcz 19.7km | Kara/ bonifikata | Czas netto 31km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------|------------|---|-----------|------|-----------------------------|-------------------|-----------------------|------------------|--------------------|-------------------|--------------|-------------|
| 1 | RAJCA Michał | 241 | TRIMP | M-30 | 1 | 00:41:10 | 01:18:42 | 02:02:06 | | 03:02:31.50 | | 5:53 | 10.2 (100%) |
| 2 | NORBERT Michał | 206 | KB SOBÓTKA | M-30 | 2 | 00:43:55 | 01:24:26 | 02:05:03 | | 03:13:07.20 | +00:10:35 (5.5%) | 6:13 | 9.6 (94.1%) |
| 3 | RACZAK Maciej | 240 | 42K PRO TEAM | M-30 | 3 | 00:47:44 | 01:32:03 | 02:14:15 | | 03:28:12.75 | +00:25:41 (12.3%) | 6:42 | 8.9 (87.3%) |
| 4 | PASTUSZKA Paweł | 221 | EX TEAM | M-30 | 4 | 00:45:31 | 01:29:44 | 02:14:41 | | 03:29:27.45 | +00:26:55 (12.9%) | 6:45 | 8.9 (87.3%) |
| 5 | URBAŃCZYK Grzegorz | 297 | FOR RUN TEAM & ADRUNALINE | M-30 | 5 | 00:46:27 | 01:28:51 | 02:11:13 | 00:10:00 | 03:31:57.70 | +00:29:26 (13.9%) | 6:30 | 9.2 (90.2%) |
| 6 | MACH Tomasz | 170 | SPORTFUEL.PL MTB TEAM & PORCELANAWALBRZYCH.PL | M-30 | 6 | 00:46:31 | 01:31:18 | 02:16:55 | | 03:34:33.60 | +00:32:02 (14.9%) | 6:55 | 8.7 (85.3%) |
| 7 | BIENIEK Grzegorz | 12 | APEX.INFO | M-30 | 7 | 00:50:09 | 01:34:48 | 02:20:02 | | 03:35:31.00 | +00:32:59 (15.3%) | 6:57 | 8.6 (84.3%) |
| 8 | SOCHA Seweryn | 335 | | M-30 | 8 | 00:48:40 | 01:36:27 | 02:21:31 | | 03:36:52.10 | +00:34:20 (15.8%) | 6:59 | 8.6 (84.3%) |
| 9 | BIENIAS Łukasz | 11 | BIELAWSKA AKADEMIA BIEGANIA | M-30 | 9 | 00:52:35 | 01:41:45 | 02:28:20 | | 03:47:58.05 | +00:45:26 (19.9%) | 7:21 | 8.2 (80.4%) |
| 10 | POLIŃSKI Robert | 231 | TRAINING LAB | M-30 | 10 | 00:53:13 | 01:44:19 | 02:30:39 | | 03:51:22.15 | +00:48:50 (21.1%) | 7:27 | 8 (78.4%) |
| 11 | GUSTAW Łukasz | 75 | | M-30 | 11 | 00:51:28 | 01:43:04 | 02:36:59 | | 04:00:28.75 | +00:57:57 (24.1%) | 7:45 | 7.7 (75.5%) |
| 12 | LUBAŃSKI Mateusz | 164 | KS BARYCZ MILICZ | M-30 | 12 | 00:56:13 | 01:50:23 | 02:38:12 | | 04:00:31.40 | +00:57:59 (24.1%) | 7:45 | 7.7 (75.5%) |
| 13 | TOMCZAK Dariusz | 294 | | M-30 | 13 | 00:57:02 | 01:52:47 | 02:45:17 | | 04:07:39.65 | +01:05:08 (26.3%) | 7:59 | 7.5 (73.5%) |
| 14 | PIECUCH Marcin | 225 | | M-30 | 14 | 00:57:45 | 01:49:19 | 02:37:56 | | 04:09:36.20 | +01:07:04 (26.9%) | 8:03 | 7.5 (73.5%) |
| 15 | KOZAK Vlad | 140 | HUTINPUJ | M-30 | 15 | 00:58:52 | 01:58:37 | 02:47:38 | | 04:12:50.45 | +01:10:18 (27.8%) | 8:09 | 7.4 (72.5%) |

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|-----|-----------------------------|------------|----------------------------|-----------|------|-----------------------------|-------------------|-----------------------|------------------|--------------------|-------------------|--------------|-------------|
| 16 | NIEDZIELAK Łukasz | 200 | BHT PETRA PŁOCK | M-30 | 16 | 00:57:22 | 01:48:03 | 02:36:49 | | 04:12:58.60 | +01:10:27 (27.8%) | 8:09 | 7.4 (72.5%) |
| 17 | PRUCIAK Krzysztof | 234 | ADRUNALINE TEAM | M-30 | 17 | 00:56:13 | 01:54:30 | 02:47:22 | | 04:14:40.85 | +01:12:09 (28.3%) | 8:12 | 7.3 (71.6%) |
| 18 | KEPARA Marcin | 117 | ADVA OPTICAL NETWORKING | M-30 | 18 | 01:00:57 | 01:57:45 | 02:48:37 | | 04:17:32.60 | +01:15:01 (29.1%) | 8:18 | 7.2 (70.6%) |
| 19 | FRIDRICH Marcin | 52 | | M-30 | 19 | 00:57:39 | 01:55:38 | 02:46:39 | | 04:22:53.35 | +01:20:21 (30.6%) | 8:28 | 7.1 (69.6%) |
| 20 | ŚWIAT Paweł | 288 | RNB TEAM POLANICA ZDRÓJ | M-30 | 20 | | 01:55:02 | 02:47:27 | | 04:23:43.70 | +01:21:12 (30.8%) | 8:30 | 7.1 (69.6%) |
| 21 | MICHALAK Dawid | 183 | NIAGARA | M-30 | 21 | 00:53:15 | 01:50:40 | 02:42:52 | | 04:24:23.85 | +01:21:52 (31.0%) | 8:31 | 7 (68.6%) |
| 22 | JANUSZEWSKI Karol | 95 | BIEGAM U KOLESI | M-30 | 22 | 01:00:47 | 01:55:50 | 02:48:06 | | 04:27:15.20 | +01:24:43 (31.7%) | 8:37 | 7 (68.6%) |
| 23 | MALCZEWSKI Daniel | 177 | WIECZORNE BIEGANIE W OPOLU | M-30 | 23 | | 01:50:46 | 02:42:49 | | 04:27:25.85 | +01:24:54 (31.7%) | 8:37 | 7 (68.6%) |
| 24 | JURDZIAK Jakub | 108 | | M-30 | 24 | 01:01:39 | 01:58:22 | 02:52:14 | | 04:29:18.80 | +01:26:47 (32.2%) | 8:41 | 6.9 (67.6%) |
| 25 | POLKOWSKI Piotr | 232 | | M-30 | 25 | 01:05:06 | 02:13:00 | 03:03:58 | | 04:33:34.35 | +01:31:02 (33.3%) | 8:49 | 6.8 (66.7%) |
| 26 | SZCZERBAKOWICZ Kamil | 275 | | M-30 | 26 | 01:02:58 | 02:03:53 | 02:59:25 | | 04:33:57.25 | +01:31:25 (33.4%) | 8:50 | 6.8 (66.7%) |
| 27 | SZWARC Grzegorz | 284 | ARVATO S.C. REP | M-30 | 27 | 01:07:09 | 02:09:26 | 03:06:05 | | 04:37:42.05 | +01:35:10 (34.3%) | 8:57 | 6.7 (65.7%) |
| 28 | PIOTR Odolak | 226 | STANWEX II | M-30 | 28 | 00:57:00 | 02:00:06 | 03:00:15 | | 04:38:51.60 | +01:36:20 (34.5%) | 8:59 | 6.7 (65.7%) |
| 29 | ZAJĄCZKOWSKI Paweł | 318 | POWER TRAINING | M-30 | 29 | 01:00:51 | 02:05:16 | 02:59:53 | | 04:39:03.35 | +01:36:31 (34.6%) | 9:00 | 6.7 (65.7%) |
| 30 | STUDZIŃSKI Mateusz | 272 | ***** *** | M-30 | 30 | 00:59:14 | 01:57:09 | 02:47:27 | | 04:39:31.35 | +01:36:59 (34.7%) | 9:01 | 6.7 (65.7%) |
| 31 | JONCZYK Erwin | 105 | STANWEX II | M-30 | 31 | 01:04:31 | 02:04:49 | 03:00:02 | | 04:39:50.35 | +01:37:18 (34.8%) | 9:01 | 6.6 (64.7%) |
| 32 | JAKUBIEC Bartłomiej | 89 | ROZPIERDOLSI | M-30 | 32 | 01:09:39 | 02:14:18 | 03:06:57 | | 04:42:40.70 | +01:40:09 (35.4%) | 9:07 | 6.6 (64.7%) |
| 33 | KONIUSZKO Marcin | 127 | | M-30 | 33 | 01:03:31 | 02:05:51 | 03:03:07 | | 04:42:40.75 | +01:40:09 (35.4%) | 9:07 | 6.6 (64.7%) |
| 34 | LEŚNIAK Marcin | 163 | STANWEX II | M-30 | 34 | 01:04:28 | 02:07:11 | 03:05:57 | | 04:42:48.45 | +01:40:16 (35.5%) | 9:07 | 6.6 (64.7%) |
| 35 | SYCHOWSKI Dawid | 273 | | M-30 | 35 | 01:02:16 | 02:00:53 | 03:04:54 | | 04:45:21.40 | +01:42:49 (36.0%) | 9:12 | 6.5 (63.7%) |
| 36 | MACHALSKI Mateusz | 171 | ASP WARSZAWA | M-30 | 36 | 01:26:49 | | 03:25:44 | | 04:45:37.00 | +01:43:05 (36.1%) | 9:12 | 6.5 (63.7%) |
| 37 | JASIAK Karol | 98 | NIE WIEM GDZIE JESTEM | M-30 | 37 | 00:58:45 | 02:06:11 | 02:58:26 | | 04:46:18.90 | +01:43:47 (36.3%) | 9:14 | 6.5 (63.7%) |
| 38 | POŁOM Rafał | 233 | NOA | M-30 | 38 | 01:01:23 | 02:05:24 | 03:02:39 | | 04:47:30.75 | +01:44:59 (36.5%) | 9:16 | 6.5 (63.7%) |

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|-----|---------------------------------|------------|-----------------------------|-----------|------|-----------------------------|-------------------|-----------------------|------------------|--------------------|-------------------|--------------|-------------|
| 39 | MIŚ Piotr | 193 | DIEHL CONTROLS RUNNING TEAM | M-30 | 39 | 01:08:51 | 02:14:16 | 03:10:51 | | 04:53:10.60 | +01:50:39 (37.7%) | 9:27 | 6.3 (61.8%) |
| 40 | KOSTRZEWSKI Maciej | 132 | | M-30 | 40 | 01:11:42 | 02:13:30 | 03:12:46 | | 04:55:46.65 | +01:53:15 (38.3%) | 9:32 | 6.3 (61.8%) |
| 41 | ZIEWIEC Marcin | 327 | | M-30 | 41 | 01:04:14 | 02:11:02 | 03:07:57 | | 04:58:29.55 | +01:55:58 (38.9%) | 9:37 | 6.2 (60.8%) |
| 42 | TURNIAK Miłosz | 296 | | M-30 | 42 | 01:06:48 | 02:12:04 | 03:12:22 | | 04:58:56.05 | +01:56:24 (38.9%) | 9:38 | 6.2 (60.8%) |
| 43 | WAJDA Maciej | 301 | SPELEOCLUB WROCŁAW | M-30 | 43 | 01:01:17 | 02:04:19 | 03:03:58 | | 04:59:05.60 | +01:56:34 (39.0%) | 9:38 | 6.2 (60.8%) |
| 44 | MELNYK Ivan | 182 | | M-30 | 44 | 01:09:28 | 02:18:15 | 03:12:50 | | 04:59:32.10 | +01:57:00 (39.1%) | 9:39 | 6.2 (60.8%) |
| 45 | DAWIDOWICZ Wojciech | 38 | | M-30 | 45 | 01:06:55 | 02:12:34 | 03:10:15 | 00:10:00 | 05:02:07.95 | +01:59:36 (39.6%) | 9:25 | 6.4 (62.7%) |
| 46 | KACZMAREK Mirosław | 110 | RUNNER'S POWER ŚREM | M-30 | 46 | 01:12:51 | 02:24:48 | 03:24:19 | | 05:05:36.85 | +02:03:05 (40.3%) | 9:51 | 6.1 (59.8%) |
| 47 | GRZELIŃSKI Michał | 73 | □ | M-30 | 47 | 01:09:01 | 02:17:44 | 03:16:35 | | 05:06:15.60 | +02:03:44 (40.4%) | 9:52 | 6.1 (59.8%) |
| 48 | KAŁKA Marcin | 332 | | M-30 | 48 | 01:08:20 | 02:15:26 | 03:13:25 | | 05:06:26.10 | +02:03:54 (40.4%) | 9:53 | 6.1 (59.8%) |
| 49 | WOJCIECHOWSKI Aleksander | 314 | ROWERY MAŁGOŚKA | M-30 | 49 | 01:07:38 | 02:15:16 | 03:17:31 | | 05:07:17.45 | +02:04:45 (40.6%) | 9:54 | 6.1 (59.8%) |
| 50 | GAJDOWSKI Przemysław | 54 | | M-30 | 50 | 01:14:43 | 02:27:03 | 03:24:19 | | 05:07:33.80 | +02:05:02 (40.7%) | 9:55 | 6 (58.8%) |
| 51 | WOJCIECHOWICZ Leszek | 313 | DZIECI KOTANA | M-30 | 51 | 01:07:20 | 02:17:40 | 03:15:37 | | 05:07:54.75 | +02:05:23 (40.7%) | 9:55 | 6 (58.8%) |
| 52 | MACIEJOWICZ Michał | 173 | | M-30 | 52 | 01:09:22 | 02:15:58 | 03:19:14 | | 05:08:38.15 | +02:06:06 (40.9%) | 9:57 | 6 (58.8%) |
| 53 | GRZYWIŃSKI Wojtek | 74 | | M-30 | 53 | 01:10:32 | 02:16:51 | 03:16:27 | | 05:10:15.80 | +02:07:44 (41.2%) | 10:00 | 6 (58.8%) |
| 54 | FILIPOWICZ Dominik | 48 | | M-30 | 54 | 01:16:10 | 02:28:13 | 03:31:29 | | 05:21:50.00 | +02:19:18 (43.3%) | 10:22 | 5.8 (56.9%) |
| 55 | MIKOLAJEC Piotr | 188 | | M-30 | 55 | 01:16:46 | 02:34:00 | 03:33:42 | | 05:29:27.60 | +02:26:56 (44.6%) | 10:37 | 5.6 (54.9%) |
| 56 | NOWAK Łukasz | 207 | WIECZORNE BIEGANIE W OPOLU | M-30 | 56 | 01:16:49 | 02:33:01 | 03:38:34 | | 05:33:39.65 | +02:31:08 (45.3%) | 10:45 | 5.6 (54.9%) |
| 57 | MIELNIK Krzysztof | 185 | DC TRIATHLON TEAM | M-30 | 57 | 01:34:19 | 03:07:24 | 04:19:57 | | 06:03:25.60 | +03:00:54 (49.8%) | 11:43 | 5.1 (50.0%) |
| 58 | KRYSZEWSKI Artur | 150 | | M-30 | 58 | 01:30:03 | 02:58:14 | 04:12:55 | | 06:30:01.50 | +03:27:30 (53.2%) | 12:34 | 4.8 (47.1%) |
| 59 | JURKIEWICZ Dominik | 109 | | M-30 | 59 | 01:28:54 | 02:53:35 | 04:07:34 | | 06:35:19.40 | +03:32:47 (53.8%) | 12:45 | 4.7 (46.1%) |

Znaleziono 59 wynik(ów)