



ZIMOWY PÓLMARATON GÓR STOŁOWYCH 31 KM

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Wydarzenie: Zimowy Półmaraton Gór Stołowych
Organizator: Fundacja Maratony Górskie
Data: 2023-01-22
Miejsce: Karłów
Dystans: 31 km

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: M-30

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Parking pod Szczelińcem 7km | Błędne Skały 14km | Lisia Przełęcz 19.7km | Czas netto 31km | Czas brutto 31km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|-------------|---|-----------|------|-----------------------------------|-------------------------|-----------------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 1 | NORBERT Michał | 1057 | KB SOBÓTKA | M-30 | 1 | 00:43:04 | 01:22:15 | 02:01:24 | 03:18:33.20 | 03:18:33.20 | | 6:24 | 9.4 (100%) |
| 2 | STANKIEWICZ Tomasz | 1100 | PLANYBIEGOWE.PL | M-30 | 2 | 00:44:54 | 01:24:22 | 02:03:06 | 03:19:32.60 | 03:19:32.60 | +00:00:59 (0.5%) | 6:26 | 9.3 (98.9%) |
| 3 | KACZMARCZYK Łukasz | 1173 | ELITE RUNNERS | M-30 | 3 | 00:45:02 | 01:25:13 | 02:05:11 | 03:24:32.80 | 03:24:32.80 | +00:05:59 (2.9%) | 6:35 | 9.1 (96.8%) |
| 4 | PASTUSZKA Paweł | 1040 | EX TEAM | M-30 | 4 | 00:48:56 | 01:31:11 | 02:13:47 | 03:33:35.25 | 03:33:35.25 | +00:15:02 (7.0%) | 6:53 | 8.7 (92.6%) |
| 5 | MACH Tomasz | 1198 | SPORTFUEL.PL MTB TEAM & WWW.PORCELANAWALBRZYCH.PL | M-30 | 5 | 00:48:09 | 01:30:21 | 02:14:43 | 03:37:20.55 | 03:37:20.55 | +00:18:47 (8.6%) | 7:00 | 8.6 (91.5%) |
| 6 | TRZEPAK Łukasz | 1171 | | M-30 | 6 | 00:50:55 | 01:34:55 | 02:18:26 | 03:38:00.95 | 03:38:00.95 | +00:19:27 (8.9%) | 7:01 | 8.5 (90.4%) |
| 7 | RĘBIAŁKOWSKI Jakub | 1056 | RNB TEAM POLANICA ZDRÓJ | M-30 | 7 | 00:56:33 | 01:42:27 | 02:27:23 | 03:52:17.60 | 03:52:17.60 | +00:33:44 (14.5%) | 7:29 | 8 (85.1%) |
| 8 | MARCINIAK Jakub | 1086 | KOŹMIN BIEGA ULTRA RUNNERS | M-30 | 8 | 00:54:20 | 01:41:08 | 02:27:37 | 03:52:43.15 | 03:52:43.15 | +00:34:09 (14.7%) | 7:30 | 8 (85.1%) |
| 9 | ADAMCZAK Artur | 1050 | | M-30 | 9 | 00:49:36 | 01:32:12 | 02:17:40 | 03:54:55.95 | 03:54:55.95 | +00:36:22 (15.5%) | 7:34 | 7.9 (84.0%) |
| 10 | MAZIK Wojciech | 1021 | KW KRAKOW | M-30 | 10 | 00:50:53 | 01:35:43 | 02:22:02 | 03:55:50.45 | 03:55:50.45 | +00:37:17 (15.8%) | 7:36 | 7.9 (84.0%) |
| 11 | KACZOROWSKI Michał | 1162 | KWIDZYN BIEGA | M-30 | 11 | 00:55:57 | 01:42:51 | 02:30:02 | 03:57:55.95 | 03:57:55.95 | +00:39:22 (16.6%) | 7:40 | 7.8 (83.0%) |
| 12 | PĘCHRA Mateusz | 1090 | ULTRA TURY | M-30 | 12 | 00:56:45 | 01:47:05 | 02:34:32 | 04:07:52.75 | 04:07:52.75 | +00:49:19 (19.9%) | 7:59 | 7.5 (79.8%) |
| 13 | KRZESAK Damian | 1146 | ZAWISZA LEGNICA | M-30 | 13 | 01:00:58 | 01:49:52 | 02:37:55 | 04:08:03.40 | 04:08:03.40 | +00:49:30 (20.0%) | 8:00 | 7.5 (79.8%) |
| 14 | CHOWANIEC Sebastian | 1081 | SUNFIT STUDIO | M-30 | 14 | 00:56:16 | 01:45:10 | 02:34:10 | 04:08:13.40 | 04:08:13.40 | +00:49:40 (20.0%) | 8:00 | 7.5 (79.8%) |
| 15 | ŚWIAT Paweł | 1054 | RNB TEAM POLANICA ZDRÓJ | M-30 | 15 | 00:56:29 | 01:42:42 | 02:31:47 | 04:13:20.30 | 04:13:20.30 | +00:54:47 (21.6%) | 8:10 | 7.3 (77.7%) |
| 16 | MATCZAK Mateusz | 1071 | SH RUNNING TEAM | M-30 | 16 | 00:58:17 | 01:48:56 | 02:39:55 | 04:14:15.90 | 04:14:15.90 | +00:55:42 (21.9%) | 8:12 | 7.3 (77.7%) |

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|-----|---------------------------------|-------------|----------------------------------|-----------|------|-----------------------------------|-------------------------|-----------------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 17 | ROGOZIK Mariusz | 1150 | | M-30 | 17 | 00:59:25 | 01:52:10 | 02:43:49 | 04:25:23.60 | 04:25:23.60 | +01:06:50 (25.2%) | 8:33 | 7 (74.5%) |
| 18 | PABIN Paweł | 1107 | #PABINY | M-30 | 18 | 00:56:34 | 01:47:09 | 02:40:03 | 04:26:11.85 | 04:26:11.85 | +01:07:38 (25.4%) | 8:35 | 7 (74.5%) |
| 19 | TYŚ Radek | 1147 | NOWA RUDA BIEGA | M-30 | 19 | 01:04:16 | 01:57:31 | 02:49:18 | 04:27:47.65 | 04:27:47.65 | +01:09:14 (25.9%) | 8:38 | 6.9 (73.4%) |
| 20 | MIERCZAK Dawid | 1104 | PENDOLINO TEAM | M-30 | 20 | 01:01:31 | 01:54:49 | 02:47:51 | 04:29:27.45 | 04:29:27.45 | +01:10:54 (26.3%) | 8:41 | 6.9 (73.4%) |
| 21 | PIELATOWSKI Adam | 1001 | DIRTY SPARROWS | M-30 | 21 | 01:01:47 | 01:52:58 | 02:42:56 | 04:31:01.35 | 04:31:01.35 | +01:12:28 (26.7%) | 8:44 | 6.9 (73.4%) |
| 22 | KARKOSZ Andrzej | 1032 | | M-30 | 22 | 01:03:04 | 01:56:01 | 02:48:02 | 04:37:26.15 | 04:37:26.15 | +01:18:52 (28.4%) | 8:56 | 6.7 (71.3%) |
| 23 | PARZONKA Michał | 1028 | ŚWISZCZĄCY ŁAŃCUCH | M-30 | 23 | 01:03:00 | 01:55:55 | 02:50:31 | 04:39:55.70 | 04:39:55.70 | +01:21:22 (29.1%) | 9:01 | 6.6 (70.2%) |
| 24 | GONSIOR Tomasz | 1070 | | M-30 | 24 | 01:07:14 | 02:02:14 | 02:57:10 | 04:41:58.35 | 04:41:58.35 | +01:23:25 (29.6%) | 9:05 | 6.6 (70.2%) |
| 25 | CIEŚLA Bartosz | 1190 | MOCNOPRZYGODOWY.PL | M-30 | 25 | 01:01:13 | 01:55:04 | 02:47:29 | 04:42:01.60 | 04:42:01.60 | +01:23:28 (29.6%) | 9:05 | 6.6 (70.2%) |
| 26 | SYCHOWSKI Dawid | 1024 | | M-30 | 26 | 01:01:29 | 01:56:39 | 02:53:47 | 04:46:17.85 | 04:46:17.85 | +01:27:44 (30.6%) | 9:14 | 6.5 (69.1%) |
| 27 | WAJDA Maciej | 1076 | SPELEOCLUB WROCŁAW | M-30 | 27 | 01:05:32 | 02:01:59 | 02:56:55 | 04:46:42.65 | 04:46:42.65 | +01:28:09 (30.7%) | 9:14 | 6.5 (69.1%) |
| 28 | LEWANDOWSKI Wojciech | 1113 | ODRA TRAIL | M-30 | 28 | 01:13:14 | 02:13:06 | 03:05:41 | 04:52:50.40 | 04:52:50.40 | +01:34:17 (32.2%) | 9:26 | 6.4 (68.1%) |
| 29 | SZCZEPAŃSKI Marcin | 1067 | STRZELIŃSKI KLUB BIEGACZA GRANIT | M-30 | 29 | 01:06:48 | 02:05:59 | 03:02:29 | 04:54:38.60 | 04:54:38.60 | +01:36:05 (32.6%) | 9:30 | 6.3 (67.0%) |
| 30 | KOSTOWSKI Roman | 1097 | | M-30 | 30 | 01:04:33 | 02:03:21 | 03:01:00 | 04:55:14.85 | 04:55:14.85 | +01:36:41 (32.8%) | 9:31 | 6.3 (67.0%) |
| 31 | MACIEJOWICZ Michał | 1044 | VEGERUNNERS | M-30 | 31 | 01:02:32 | 01:57:55 | 02:58:05 | 05:00:37.80 | 05:00:37.80 | +01:42:04 (34.0%) | 9:41 | 6.2 (66.0%) |
| 32 | DIERING Tomasz | 1065 | ROWERY MAŁGOŚKA | M-30 | 32 | 01:10:37 | 02:10:49 | 03:08:46 | 05:03:36.40 | 05:03:36.40 | +01:45:03 (34.6%) | 9:47 | 6.1 (64.9%) |
| 32 | WALISZEWSKI Jakub | 1166 | ROWERY MAŁGOŚKA | M-30 | 32 | 01:10:23 | 02:10:47 | 03:08:34 | 05:03:36.40 | 05:03:36.40 | +01:45:03 (34.6%) | 9:47 | 6.1 (64.9%) |
| 34 | KRÓL Jakub | 1114 | | M-30 | 34 | 00:58:38 | 01:57:30 | 02:59:26 | 05:07:20.10 | 05:07:20.10 | +01:48:46 (35.4%) | 9:54 | 6.1 (64.9%) |
| 35 | TRZCIŃSKI Robert | 1055 | SSW TEAM KROŚNICE | M-30 | 35 | 01:16:43 | 02:19:51 | 03:18:57 | 05:14:19.05 | 05:14:19.05 | +01:55:45 (36.8%) | 10:08 | 5.9 (62.8%) |
| 36 | FOKT Rafał | 1092 | | M-30 | 36 | 01:04:12 | 02:10:25 | 03:24:48 | 05:49:58.75 | 05:49:58.75 | +02:31:25 (43.3%) | 11:17 | 5.3 (56.4%) |
| 37 | FRĄCKOWIAK Dominik | 1133 | | M-30 | 37 | 01:14:51 | 02:24:35 | 03:36:30 | 05:51:29.00 | 05:51:29.00 | +02:32:55 (43.5%) | 11:20 | 5.3 (56.4%) |
| 38 | JURKIEWICZ Dominik | 1144 | | M-30 | 38 | 01:13:38 | 02:24:37 | 03:36:14 | 05:52:50.30 | 05:52:50.30 | +02:34:17 (43.7%) | 11:22 | 5.3 (56.4%) |
| 39 | GAŚIOR Paweł | 1174 | ROZBIEGANY SUSZ | M-30 | 39 | 01:17:39 | 02:27:17 | 03:39:14 | 06:00:22.25 | 06:00:22.25 | +02:41:49 (44.9%) | 11:37 | 5.2 (55.3%) |
| 40 | KOŁODZIEJCZYK Łukasz | 1163 | | M-30 | 40 | 01:23:37 | 02:31:33 | 03:41:09 | 06:04:46.80 | 06:04:46.80 | +02:46:13 (45.6%) | 11:46 | 5.1 (54.3%) |

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|-----|-------------------|-------------|------|-----------|------|-----------------------------------|-------------------------|-----------------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 41 | BIEŃ Piotr | 1004 | | M-30 | 41 | 01:26:44 | 02:50:29 | 04:06:33 | 06:32:39.95 | 06:32:39.95 | +03:14:06 (49.4%) | 12:39 | 4.7 (50.0%) |

Znaleziono 41 wynik(ów)