



ZIMOWY PÓLMARATON GÓR STOŁOWYCH 31 KM

B4SPORT

Wydarzenie: Zimowy Półmaraton Gór Stołowych
Organizator: Fundacja Maratony Górskie
Data: 2024-01-20
Miejsce: Kartów
Dystans: 31 km

B4SPORT
INTELIĞENTNE 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	MAŁYGA Grzegorz	2183	RMT TEAM PRO	M-30	1	00:45:17	01:28:38	02:08:53	03:26:29.65	03:26:29.90		6:39	9 (100%)
2	SARNOWSKI Paweł	2192	BUDIO.PL	M-30	2	00:48:25	01:32:32	02:14:05	03:34:15.00	03:34:15.50	+00:07:45 (3.6%)	6:54	8.7 (96.7%)
3	MARCINIAK Jakub	2109	TLENOWA RADOŚĆ TEAM	M-30	3	00:55:34	01:43:36	02:29:28	03:55:30.85	03:55:35.90	+00:29:06 (12.4%)	7:35	7.9 (87.8%)
4	WYRODEK Jakub	2200	TURBOPTYSIE	M-30	4	01:01:47	01:50:47	02:35:13	04:02:06.20	04:02:28.35	+00:35:58 (14.8%)	7:48	7.7 (85.6%)
5	SANKOWSKI Jacek	2191	PLACKI TEAM	M-30	5	00:59:32	01:50:12	02:38:55	04:13:44.30	04:13:59.30	+00:47:29 (18.7%)	8:11	7.3 (81.1%)
6	FIJAŁKOWSKI Sebastian	2096		M-30	6	00:59:46	01:50:49	02:39:45	04:17:28.25	04:17:34.40	+00:51:04 (19.8%)	8:18	7.2 (80.0%)
7	TYŚ Radek	2098	NOWA RUDA BIEGA	M-30	7	00:56:55	01:49:41	02:40:27	04:21:24.75	04:21:29.05	+00:54:59 (21.0%)	8:25	7.1 (78.9%)
8	MROCZKOWSKI Piotr	2021	MASZERUJ ALBO GIŃ	M-30	8	01:01:22	01:55:25	02:46:29	04:25:09.50	04:25:14.10	+00:58:44 (22.1%)	8:33	7 (77.8%)
9	NIEDZIELAK Łukasz	2025	BHT PETRA PŁOCK	M-30	9	00:57:45	01:47:27	02:35:39	04:27:11.85	04:27:16.40	+01:00:46 (22.7%)	8:37	7 (77.8%)
10	SZCZERBAKOWICZ Kamil	2014		M-30	10	01:03:08	02:01:32	02:54:42	04:28:20.05	04:28:23.85	+01:01:53 (23.1%)	8:39	6.9 (76.7%)
11	KOWALCZYK Krzysztof	2071		M-30	11	01:06:30	02:00:00	02:52:08	04:34:50.10	04:35:13.45	+01:08:43 (25.0%)	8:51	6.8 (75.6%)
12	BRONISZEWSKI Łukasz	2160		M-30	12	01:02:48	02:01:21	02:57:09	04:45:06.35	04:45:09.25	+01:18:39 (27.6%)	9:11	6.5 (72.2%)
13	FIJOLEK Tomek	2146	FIZJOTRAIL HD	M-30	13	01:15:02	02:14:30	03:06:52	04:45:56.50	04:46:00.00	+01:19:30 (27.8%)	9:13	6.5 (72.2%)
14	KRYSINSKI Maciej	2184		M-30	14	00:58:53	01:54:39	02:53:18	04:49:50.60	04:49:53.50	+01:23:23 (28.8%)	9:20	6.4 (71.1%)
15	REBIAŁKOWSKI Jakub	2203	RNB TEAM POLANICA ZDROJ	M-30	15	01:13:04	02:08:22	03:02:59	04:52:12.50	04:52:41.05	+01:26:11 (29.4%)	9:25	6.4 (71.1%)

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16	PARWA Michał	2119	MAGAZYN NA SZCZYCIE	M-30	16	01:13:05	02:15:36	03:10:02	04:55:17.85	04:55:24.90	+01:28:55 (30.1%)	9:31	6.3 (70.0%)
17	BUGAJ Alan	2154		M-30	17	01:10:52	02:11:26	03:10:14	04:55:49.30	04:56:07.50	+01:29:37 (30.3%)	9:32	6.3 (70.0%)
18	RUDZKI Martin	2155	PIAST LUTYNIA	M-30	18	01:03:57	02:02:24		04:58:49.45	04:58:58.30	+01:32:28 (30.9%)	9:38	6.2 (68.9%)
19	BUGAJ Krzysztof	2142	NIENAŻARTE MISIE	M-30	19	01:13:53	02:17:33	03:17:45	05:00:50.75	05:01:09.40	+01:34:39 (31.4%)	9:42	6.2 (68.9%)
20	GRZYWACZ Rafał	2131	NIGHT RUNNERS	M-30	20	01:13:37	02:15:00	03:13:28	05:03:19.95	05:04:00.95	+01:37:31 (32.1%)	9:47	6.1 (67.8%)
21	CHADUŁA Adrian	2092	NIENAŻARTE MISIE	M-30	21	01:13:30	02:18:51	03:15:44	05:05:22.00	05:05:39.10	+01:39:09 (32.4%)	9:51	6.1 (67.8%)
22	LASKOWSKI Lukasz	2153	SZYBKIE PEDAŁY	M-30	22	01:13:51	02:15:08	03:14:29	05:05:07.00	05:05:40.45	+01:39:10 (32.4%)	9:50	6.1 (67.8%)
23	JASIOROWSKI Michał	2081	PĘDZĄCE ŻELKI	M-30	23	01:07:57	02:07:54	03:06:42	05:06:10.30	05:06:16.25	+01:39:46 (32.6%)	9:52	6.1 (67.8%)
24	LEJA Wojciech	2127	ŚLĘZAK TEAM	M-30	24	01:06:22	02:02:23	03:02:11	05:06:25.70	05:06:56.80	+01:40:26 (32.7%)	9:53	6.1 (67.8%)
25	CIEPŁY Kamil	2033	AW - SZYBCIEJ - TEAM	M-30	25	01:12:06	02:12:34	03:11:02	05:07:53.65	05:08:05.30	+01:41:35 (33.0%)	9:55	6 (66.7%)
26	SZAMBELAN Arkadiusz	2004		M-30	26	01:05:02	02:02:42	03:05:23	05:09:40.55	05:09:49.25	+01:43:19 (33.3%)	9:59	6 (66.7%)
27	GAJDOWSKI Przemysław	2087	ANIA & PRZEMO TEAM	M-30	27	01:06:16	02:10:09	03:10:20	05:14:48.65	05:14:51.55	+01:48:21 (34.4%)	10:09	5.9 (65.6%)
28	TURNIAK Miłosz	2073		M-30	28	01:13:30	02:16:06	03:17:39	05:15:38.60	05:15:52.40	+01:49:22 (34.6%)	10:10	5.9 (65.6%)
28	BAKOWSKI Adam	2074		M-30	28	01:13:27	02:16:00	03:17:30	05:15:35.45	05:15:52.40	+01:49:22 (34.6%)	10:10	5.9 (65.6%)
30	ROGUZ Łukasz	2059		M-30	30	01:13:06	02:14:16	03:16:44	05:16:39.35	05:17:06.40	+01:50:36 (34.9%)	10:12	5.9 (65.6%)
31	CZERKAWSKI Paweł	2016	AWESOMENOMAD	M-30	31	01:18:04	02:20:46	03:25:11	05:30:30.80	05:30:30.80	+02:04:00 (37.5%)	10:39	5.6 (62.2%)
32	BŁAŻEWICZ Paweł	2162	WMKS WYDRY OLSZTYN	M-30	32	01:23:35	02:28:17	03:32:05	05:30:59.20	05:31:19.40	+02:04:49 (37.7%)	10:40	5.6 (62.2%)
33	MELNYK Ivan	2164		M-30	33	01:26:11	02:33:53	03:46:41	05:40:15.45	05:40:52.25	+02:14:22 (39.4%)	10:58	5.5 (61.1%)
34	TREGUB Igor	2116	KUKURUDZA	M-30	34	01:26:09	02:33:50	03:46:32	05:48:38.55	05:49:16.90	+02:22:47 (40.9%)	11:14	5.3 (58.9%)
35	FRACKOWIAK Dominik	2036		M-30	35	01:20:30	02:29:35	03:41:33	05:53:07.70	05:53:33.20	+02:27:03 (41.6%)	11:23	5.3 (58.9%)
36	JURKIEWICZ Dominik	2198		M-30	36	01:23:13	02:37:13	03:46:04	05:59:18.80	05:59:42.35	+02:33:12 (42.6%)	11:35	5.2 (57.8%)
37	ŻEBRACKI Wojtek	2091	ILE SIĘ MOGŁO TYLE SIĘ BIEGŁO :)	M-30	37	01:25:47	02:37:26	03:48:40	06:01:27.25	06:01:54.40	+02:35:24 (42.9%)	11:39	5.1 (56.7%)
38	SALSKI Jarosław	2161		M-30	38	01:31:25	02:46:32	03:58:21	06:33:39.20	06:34:09.60	+03:07:39 (47.6%)	12:41	4.7 (52.2%)

Znaleziono 38 wynik(ów)