



ZIMOWY PÓLMARATON GÓR STOŁOWYCH 31 KM

B4SPORT

Event: Zimowy Półmaraton Gór Stołowych
Organiser: Fundacja Maratony Górskie
Date: 2022-01-23
Place: Karłów
Distance: 31 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: M-40

Place	Participant	Number	Club	Category	MCat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Lisia Przełęcz 19.7km	Penalty/ bonus	Net time 31km	Gap	Pace min/km	Pace km/h
1	KITA Michał	119	PĘDZĄCY W MIEJSCU	M-40	1	00:44:21	01:26:21	02:06:46		03:16:41.70		6:20	9.5 (100%)
2	WILK Maciej	341		M-40	2	00:45:29	01:28:51	02:09:30		03:18:07.75	+00:01:26 (0.7%)	6:23	9.4 (98.9%)
3	GOŚCINIEWICZ Paweł	64	ZIEMOWIT TEAM	M-40	3	00:46:54	01:30:01	02:10:34		03:20:13.30	+00:03:31 (1.8%)	6:27	9.3 (97.9%)
4	JUDA Witold	107		M-40	4		01:27:35	02:10:48		03:21:25.05	+00:04:43 (2.3%)	6:29	9.2 (96.8%)
5	HOŁYST Andrzej	82	GT RAT	M-40	5	00:47:59	01:32:44	02:16:47		03:30:18.05	+00:13:36 (6.5%)	6:47	8.8 (92.6%)
6	KLIMCEWICZ Cezary	336		M-40	6	00:47:37		02:18:40		03:31:57.75	+00:15:16 (7.2%)	6:50	8.8 (92.6%)
7	DANAK Przemek	37		M-40	7	00:53:24	01:42:35	02:27:25		03:41:11.90	+00:24:30 (11.1%)	7:08	8.4 (88.4%)
8	KRUPA Marcin	147	AKTYWNA NOWA RUDA	M-40	8	00:50:00	01:37:31	02:25:11		03:42:01.40	+00:25:19 (11.4%)	7:09	8.4 (88.4%)
9	CZOSNOWSKI Krzysztof	36	KB HERMES GRZYFINO	M-40	9	00:51:42	01:42:41	02:27:15		03:46:00.20	+00:29:18 (13.0%)	7:17	8.2 (86.3%)
10	GRYGIEL Marek	72	JACEKBIEGA RUNNING TEAM	M-40	10	00:51:41	01:40:50	02:28:27		03:46:45.70	+00:30:04 (13.3%)	7:18	8.2 (86.3%)
11	KARPOWICZ Rafal	114		M-40	11	00:48:47	01:35:31	02:23:42		03:48:17.70	+00:31:36 (13.8%)	7:21	8.1 (85.3%)
12	CIURASZKIEWICZ Andrzej	30		M-40	12	00:56:32	01:48:04	02:36:59		03:51:51.65	+00:35:09 (15.2%)	7:28	8 (84.2%)
13	MISTYGACZ Jakub	192	ANTONTEAM ACTIVDIAB	M-40	13	00:54:56	01:43:48	02:30:25		03:53:13.60	+00:36:31 (15.7%)	7:31	8 (84.2%)
14	GOSTYŃSKI Krzysztof	63	RUCZAJ ULTRA TEAM	M-40	14	00:59:28	01:49:46	02:34:44		03:53:36.15	+00:36:54 (15.8%)	7:32	8 (84.2%)
15	WOŁOSZYN Konrad	316	ADRENALINA TEAM	M-40	15	00:53:32	01:46:25	02:34:17		03:53:53.15	+00:37:11 (15.9%)	7:32	8 (84.2%)

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16	KAPŁOWSKI Jerzy	112		M-40	16	00:57:36	01:49:47	02:37:11		03:58:15.75	+00:41:34 (17.4%)	7:41	7.8 (82.1%)
17	WEINERT Artur	306	RUNNER'S POWER	M-40	17	00:56:50	01:48:31	02:37:12		03:59:21.65	+00:42:39 (17.8%)	7:43	7.8 (82.1%)
18	KRÓL Marcin	146		M-40	18	00:57:31	01:51:46	02:40:02		04:03:19.20	+00:46:37 (19.2%)	7:50	7.6 (80.0%)
19	MIKOŁAJCZYK Tomasz	189		M-40	19	00:50:21	01:37:22	02:26:24		04:03:53.55	+00:47:11 (19.4%)	7:52	7.6 (80.0%)
20	SIKORSKI Szymon	262	NOA	M-40	20	00:55:08	01:47:34	02:38:26		04:06:22.25	+00:49:40 (20.2%)	7:56	7.5 (78.9%)
21	ROGÓRZ Piotr	243		M-40	21	00:53:04	01:48:06	02:39:33		04:06:43.75	+00:50:02 (20.3%)	7:57	7.5 (78.9%)
22	KURZAWIAK Grzegorz	157	KUDOWIANKARUN	M-40	22	00:53:58	01:46:45	02:38:00		04:08:02.90	+00:51:21 (20.7%)	8:00	7.5 (78.9%)
23	ROLICZ Marcin	244		M-40	23	00:55:18	01:47:00	02:37:07		04:08:42.85	+00:52:01 (20.9%)	8:01	7.5 (78.9%)
24	MOKRYCKI Krystian	195		M-40	24	01:03:27	01:59:12	02:47:57		04:09:16.40	+00:52:34 (21.1%)	8:02	7.5 (78.9%)
25	WITCZAK Jacek	311		M-40	25	00:56:25	01:49:24	02:42:47		04:12:12.30	+00:55:30 (22.0%)	8:08	7.4 (77.9%)
26	BUDNIAK Tomasz	19	RUNNERS TEAM	M-40	26	00:53:12	01:48:37	02:38:38		04:12:13.05	+00:55:31 (22.0%)	8:08	7.4 (77.9%)
27	CHORZĘPA Jakub	25		M-40	27	01:00:06	01:55:16	02:46:42		04:13:21.30	+00:56:39 (22.4%)	8:10	7.3 (76.8%)
28	PTASIŃSKI Tomasz	237	CZAJKERSI	M-40	28	00:57:06	01:52:31	02:44:26		04:14:12.90	+00:57:31 (22.6%)	8:12	7.3 (76.8%)
29	GŁUCHOWSKI Przemysław	59		M-40	29	00:56:52	01:55:20	02:46:27		04:15:31.20	+00:58:49 (23.0%)	8:14	7.3 (76.8%)
30	SMOTER Damian	265		M-40	30	00:57:48		02:49:02		04:16:31.00	+00:59:49 (23.3%)	8:16	7.3 (76.8%)
31	JACHYMEK Bartłomiej	88	JACEKBIEGA RUNNING TEAM	M-40	31	01:02:02	01:56:30	02:47:22		04:18:38.75	+01:01:57 (24.0%)	8:20	7.2 (75.8%)
32	RABIEGA Marcin	238	OWOCBIEGA TEAM	M-40	32		01:52:15	02:43:14		04:20:01.20	+01:03:19 (24.4%)	8:23	7.2 (75.8%)
33	KOŁODZIEJSKI Jarek	126	ZDZISŁAW I GRAŻYNKA	M-40	33	00:58:56	01:55:28	02:46:40		04:20:29.15	+01:03:47 (24.5%)	8:24	7.1 (74.7%)
34	KOTRA Jacek	136	POLA&GAJA	M-40	34	01:01:34	02:02:30	02:53:41		04:22:05.15	+01:05:23 (25.0%)	8:27	7.1 (74.7%)
35	ZIEMKIEWICZ Jarek	324	2 KROKI DO METY	M-40	35	00:59:54	02:01:21	02:53:33		04:22:15.50	+01:05:33 (25.0%)	8:27	7.1 (74.7%)
36	PAŻUCHA Wojciech	224		M-40	36	01:02:02	01:55:19	02:48:02		04:23:14.40	+01:06:32 (25.3%)	8:29	7.1 (74.7%)
37	JANKOWSKI Rafał	93		M-40	37	00:55:49	01:47:55	02:43:37		04:23:50.75	+01:07:09 (25.5%)	8:30	7 (73.7%)
38	CHRZANOWSKI Paweł	26		M-40	38	00:56:46	01:53:58	02:47:23		04:25:01.60	+01:08:19 (25.8%)	8:32	7 (73.7%)

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39	PAPROCKI Krzysztof	219		M-40	39	01:03:02	02:00:29	02:53:44		04:26:54.75	+01:10:13 (26.3%)	8:36	7 (73.7%)
40	HAJDUGA Łukasz	79	WIECZORNE BIEGANIE W OPOLU	M-40	40	01:01:12	01:58:41	02:50:58		04:27:25.65	+01:10:43 (26.4%)	8:37	7 (73.7%)
41	PRZYBYSZEWSKI Łukasz	235		M-40	41	00:52:02	01:43:16	02:32:12	00:30:00	04:29:00.15	+01:12:18 (26.9%)	7:42	7.8 (82.1%)
42	BLONDYN BEZ GRZEBIENIA Łysy	125	PERFEKTA KARŁOWICE	M-40	42	00:58:48	01:58:35	02:53:05		04:29:02.05	+01:12:20 (26.9%)	8:40	6.9 (72.6%)
43	FIGEL Michał	47	MIKI TEAM	M-40	43	01:06:38	02:05:29	03:01:29		04:29:12.00	+01:12:30 (26.9%)	8:41	6.9 (72.6%)
44	KOWALCZYK Paweł	137	KĘCKIE HARPAGANY	M-40	44	01:02:39	02:04:03	02:57:19		04:32:08.75	+01:15:27 (27.7%)	8:46	6.8 (71.6%)
45	WINIAREK Leszek	310	TEAMDKMS	M-40	45	00:56:34	01:54:51	02:51:08		04:33:41.45	+01:16:59 (28.1%)	8:49	6.8 (71.6%)
46	SIERŻANT Paweł	259		M-40	46	01:01:37	02:01:44	02:55:54		04:35:16.05	+01:18:34 (28.5%)	8:52	6.8 (71.6%)
47	BAKAŁA Łukasz	8		M-40	47	01:01:27	02:00:37	02:52:51		04:39:59.95	+01:23:18 (29.8%)	9:01	6.6 (69.5%)
48	SIKORSKI Dariusz	260	INSERT TEAM	M-40	48	01:02:41	02:07:24	02:57:52	00:10:00	04:41:30.15	+01:24:48 (30.1%)	8:45	6.9 (72.6%)
49	JABŁOŃSKI Bartosz	87		M-40	49	01:07:52	02:20:10	03:13:13		04:42:32.60	+01:25:50 (30.4%)	9:06	6.6 (69.5%)
50	BAKAŁA Marcin	7		M-40	50	01:00:39	02:00:43	02:54:35		04:42:37.55	+01:25:55 (30.4%)	9:07	6.6 (69.5%)
51	KUCHARSKI Dariusz	153		M-40	51	01:08:10	02:10:37	03:05:10		04:42:37.90	+01:25:56 (30.4%)	9:07	6.6 (69.5%)
52	SZCZUREK Mariusz	276	AGROAS TEAM	M-40	52	01:01:25	02:02:20	02:58:54		04:42:45.75	+01:26:04 (30.4%)	9:07	6.6 (69.5%)
53	SOBKOWIAK Kamil	266		M-40	53	01:07:27	02:10:04	03:05:00		04:44:25.00	+01:27:43 (30.8%)	9:10	6.5 (68.4%)
54	WESOŁEK Paweł	307	RUNNER'S POWER ŚREM	M-40	54	01:05:11	02:09:01	03:04:02		04:46:49.10	+01:30:07 (31.4%)	9:15	6.5 (68.4%)
55	KÓZKA Przem	143	BIEGAM, BO NIE LUBIĘ	M-40	55	01:05:53	02:10:46	03:06:27		04:47:37.40	+01:30:55 (31.6%)	9:16	6.5 (68.4%)
56	SŁOWIK Grzegorz	264	NIE WIEM GDZIE JESTEM	M-40	56	00:58:43	02:06:13	02:58:27		04:47:46.70	+01:31:05 (31.7%)	9:16	6.5 (68.4%)
57	ZAWADKA Darek	322		M-40	57	01:03:27	02:09:04	03:08:24		04:48:47.55	+01:32:05 (31.9%)	9:18	6.4 (67.4%)
58	WOŹNIAK Paweł	317	LESZ NO LIMITS RUNNERS	M-40	58	01:03:04	02:06:49	03:01:46		04:48:50.10	+01:32:08 (31.9%)	9:19	6.4 (67.4%)
59	KOŁODZIEJ Mariusz	124	FUNTRI	M-40	59	01:04:36	02:07:03	03:03:49		04:49:23.35	+01:32:41 (32.0%)	9:20	6.4 (67.4%)
60	HACHOŁ Tomasz	77		M-40	60	01:05:31	02:04:15	03:00:36		04:50:34.35	+01:33:52 (32.3%)	9:22	6.4 (67.4%)
61	ROSZYK Tomasz	247	DRUŻYNA SZPIKU	M-40	61	01:09:35	02:15:20	03:10:01		04:51:17.80	+01:34:36 (32.5%)	9:23	6.4 (67.4%)

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62	NIKODEM Klaudiusz	203	CZAJKERSI	M-40	62	01:05:09	02:07:19	03:05:01		04:51:59.85	+01:35:18 (32.6%)	9:25	6.4 (67.4%)
63	ANDRZEJCZAK Paweł	3		M-40	63	01:02:31	02:10:08	03:06:31		04:52:44.20	+01:36:02 (32.8%)	9:26	6.4 (67.4%)
64	GAWRON Bartłomiej	58		M-40	64	01:03:38	02:09:55	03:06:35		04:52:58.10	+01:36:16 (32.9%)	9:27	6.3 (66.3%)
65	DOLIWKA Paweł	40	LUBAWA KOCHA BIEGAĆ/BIEGAM U KOLESI	M-40	65	01:12:20	02:16:17	03:15:16		04:58:15.55	+01:41:33 (34.1%)	9:37	6.2 (65.3%)
66	GRABOWICZ Paweł	67		M-40	66	01:08:05	02:12:27	03:06:49	00:10:00	04:58:19.95	+01:41:38 (34.1%)	9:18	6.5 (68.4%)
67	PTAK Tomasz	236	KLUB BIEGACZA WARTA	M-40	67	00:59:30	02:15:52	03:12:15		04:59:16.10	+01:42:34 (34.3%)	9:39	6.2 (65.3%)
68	MRUSZCZYK Jacek	197	KLUB BIEGACZA WARTA	M-40	68	01:04:26	02:15:54	03:12:16		04:59:17.10	+01:42:35 (34.3%)	9:39	6.2 (65.3%)
69	BARANOWSKI Filip	6	PĘDZĄCE BARANKI	M-40	69	01:08:35	02:13:27	03:13:39		05:03:23.30	+01:46:41 (35.2%)	9:47	6.1 (64.2%)
70	LEDNICKI Michał	162	ARVATO S.C. REP	M-40	70	01:10:27	02:16:54	03:14:27		05:03:23.55	+01:46:41 (35.2%)	9:47	6.1 (64.2%)
71	JASICKI Krzysztof	99	RUNHOGS TYCHY	M-40	71	01:12:18	02:20:27	03:18:43		05:05:19.30	+01:48:37 (35.6%)	9:50	6.1 (64.2%)
72	SAMOLAK Maciek	254		M-40	72	01:05:10	02:09:33	03:08:29	00:10:00	05:06:17.70	+01:49:36 (35.8%)	9:33	6.3 (66.3%)
73	KUROWSKI Aleksander	156		M-40	73	01:05:05	02:09:15	03:08:28	00:10:00	05:07:46.45	+01:51:04 (36.1%)	9:36	6.2 (65.3%)
74	POGONOWSKI Tomasz	230	BIEGACZE Z PRZYLESIA	M-40	74	01:07:19	02:17:43	03:15:36		05:07:55.25	+01:51:13 (36.1%)	9:55	6 (63.2%)
75	ZUBRZAK Jacek	329		M-40	75	01:05:29	02:11:05	03:12:32		05:08:58.70	+01:52:17 (36.3%)	9:58	6 (63.2%)
76	JÓZEFOWICZ Sebastian	106		M-40	76	01:05:32	02:11:06	03:12:33		05:08:59.00	+01:52:17 (36.3%)	9:58	6 (63.2%)
77	KUBIAK Przemysław	151	STRZEGOMSKA DWUNASTKA	M-40	77	01:09:59	02:23:12	03:22:31		05:12:50.95	+01:56:09 (37.1%)	10:05	5.9 (62.1%)
78	BŁACHNO Marcin	14		M-40	78	01:13:31	02:23:29	03:24:49		05:14:27.30	+01:57:45 (37.4%)	10:08	5.9 (62.1%)
79	MIGDAL Adrian	186		M-40	79	01:13:41	02:20:10	03:22:16		05:14:27.90	+01:57:46 (37.5%)	10:08	5.9 (62.1%)
80	ROGÓRZ Andrzej	242		M-40	80	01:03:09	02:15:51	03:19:48		05:14:39.30	+01:57:57 (37.5%)	10:09	5.9 (62.1%)
81	ZAJĄCZKOWSKI Damian	319	OUTSIDERS	M-40	81	01:05:07	02:11:06	03:12:55		05:16:01.90	+01:59:20 (37.8%)	10:11	5.9 (62.1%)
82	JASIŃSKI Marcin	100	ROGOŹIŃSKI KLUB BIEGACZA	M-40	82	01:26:53	02:33:38	03:30:54		05:16:41.85	+02:00:00 (37.9%)	10:12	5.9 (62.1%)
83	SIWEK Grzegorz	338		M-40	83	01:11:56	02:21:30	03:20:08		05:17:25.45	+02:00:43 (38.0%)	10:14	5.9 (62.1%)
84	SZYMCZAK Marcin	286		M-40	84	01:06:20	02:17:46	03:20:58		05:17:41.00	+02:00:59 (38.1%)	10:14	5.9 (62.1%)

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85	PODULKA Grzegorz	229		M-40	85	01:11:16	02:21:09	03:22:59		05:21:33.80	+02:04:52 (38.8%)	10:22	5.8 (61.1%)
86	KOSTYK Grzegorz	133		M-40	86	01:17:44	02:28:15	03:33:30		05:23:05.40	+02:06:23 (39.1%)	10:25	5.8 (61.1%)
87	KOWALSKI Szymon	139	HTF LUDWIK SIKORSKI	M-40	87	01:19:03	02:35:39	03:38:39		05:24:03.90	+02:07:22 (39.3%)	10:27	5.7 (60.0%)
88	CYWIŃSKI Paweł	33	AKG ŁÓDŹ / HTF	M-40	88	01:18:55	02:37:05	03:38:48		05:31:52.05	+02:15:10 (40.7%)	10:42	5.6 (58.9%)
89	GÓRECKI Marcin	65	DZIK KOMANDO	M-40	89	01:14:32	02:33:48	03:39:12		05:34:43.95	+02:18:02 (41.2%)	10:47	5.6 (58.9%)
90	KOZAK Bartosz	141	KOZAKI	M-40	90	01:08:09	02:28:01	03:34:40		05:37:12.65	+02:20:30 (41.7%)	10:52	5.5 (57.9%)
91	OCHOCKI Marcin	209	DZIK KOMANDO	M-40	91	01:23:25	02:42:30	03:47:40		05:43:18.85	+02:26:37 (42.7%)	11:04	5.4 (56.8%)
92	MACIOŁ Sebastian	174	TTA BIERUŃ	M-40	92	01:12:19	02:33:27	03:43:42		05:54:05.50	+02:37:23 (44.5%)	11:25	5.3 (55.8%)
93	ŁACKI Łukasz	165	MUD FOXES	M-40	93	01:16:23	02:38:01	03:47:08		05:58:51.15	+02:42:09 (45.2%)	11:34	5.2 (54.7%)
94	HOFFMANN Grzegorz	81	KOŚCIAN TEAM	M-40	94	01:26:32	02:56:13	04:06:08		06:22:54.30	+03:06:12 (48.6%)	12:21	4.9 (51.6%)
95	JAKUBOWSKI Wojciech	91	KB GEOTERMIA UNIEJÓW	M-40	95	01:13:45	02:37:01	04:00:06		06:29:35.70	+03:12:54 (49.5%)	12:34	4.8 (50.5%)
96	DONAJ Adam	42		M-40	96	01:53:15	03:24:24	04:49:19		07:03:36.50	+03:46:54 (53.6%)	13:39	4.4 (46.3%)
	KOCIOŁEK Zbigniew	121		M-40		01:18:14 DNF	02:42:10 DNF	04:00:59 DNF		DNF		-	- (0.0%)

Total 97 results.