



**ZIMOWY
PÓLMARATON
GÓR STOŁOWYCH**

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

ZIMOWY PÓLMARATON GÓR STOŁOWYCH 31 KM

B4SPORT

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: M-40

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	PETR Jiří	1168	SALOMON	M-40	1	00:40:00	01:15:15	01:50:23	02:56:01.55	02:56:01.55		5:40	10.6 (100%)
2	KRUPA Marcin	1115	AKTYWNA NOWA RUDA	M-40	2	00:48:10	01:30:22	02:13:21	03:30:48.80	03:30:48.80	+00:34:47 (16.5%)	6:48	8.8 (83.0%)
3	ADAMCZYK Maciej	1106	SKS OBORNIKI	M-40	3	00:48:42	01:30:54	02:13:53	03:35:44.40	03:35:44.40	+00:39:42 (18.4%)	6:57	8.6 (81.1%)
4	NADKIERNICZNY Zbyszek	1118	GRYFUS SZCZECIN	M-40	4	00:55:00	01:40:26	02:22:48	03:39:58.30	03:39:58.30	+00:43:56 (20.0%)	7:05	8.5 (80.2%)
5	CIURASZKIEWICZ Andrzej	1153		M-40	5	00:54:10	01:40:23	02:26:06	03:52:20.95	03:52:20.95	+00:56:19 (24.2%)	7:29	8 (75.5%)
6	HOLYST Andrzej	1010	GT RAT	M-40	6	00:52:46	01:39:48	02:25:51	03:55:54.15	03:55:54.15	+00:59:52 (25.4%)	7:36	7.9 (74.5%)
7	SMOTER Damian	1120		M-40	7	00:53:27	01:39:58	02:24:37	03:56:31.90	03:56:31.90	+01:00:30 (25.6%)	7:37	7.9 (74.5%)
8	HERCHEL Arkadiusz	1061		M-40	8	00:54:43	01:42:35	02:30:29	03:57:04.15	03:57:04.15	+01:01:02 (25.7%)	7:38	7.8 (73.6%)
9	ROGÓRZ Piotr	1195		M-40	9	00:55:17	01:44:40	02:32:00	03:58:07.45	03:58:07.45	+01:02:05 (26.1%)	7:40	7.8 (73.6%)
10	MOKRYCKI Krystian	1194		M-40	10	00:59:22	01:48:58	02:33:42	03:58:10.45	03:58:10.45	+01:02:08 (26.1%)	7:40	7.8 (73.6%)
11	DUC-SYPOSZ Aureliusz	1023		M-40	11	00:56:32	01:45:01	02:33:38	04:02:23.00	04:02:23.00	+01:06:21 (27.4%)	7:49	7.7 (72.6%)
12	PIWOWOŃSKI Paweł	1200		M-40	12	00:57:26	01:44:41	02:32:21	04:03:56.40	04:03:56.40	+01:07:54 (27.8%)	7:52	7.6 (71.7%)
13	RUSOŁ Tomasz	1138		M-40	13	00:53:17	01:40:08	02:29:51	04:04:38.05	04:04:38.05	+01:08:36 (28.0%)	7:53	7.6 (71.7%)
14	WOŁOSZYN Konrad	1165	BRACIAKTRANS	M-40	14	00:59:20	01:48:46	02:35:18	04:07:17.30	04:07:17.30	+01:11:15 (28.8%)	7:58	7.5 (70.8%)
15	SIKORSKI Dariusz	1121	INSERT TEAM	M-40	15	01:06:56	01:55:14	02:41:50	04:09:15.90	04:09:15.90	+01:13:14 (29.4%)	8:02	7.5 (70.8%)

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16	KARPOWICZ Rafal	1191		M-40	16	00:54:58	01:43:18	02:32:04	04:10:06.10	04:10:06.10	+01:14:04 (29.6%)	8:04	7.4 (69.8%)
17	KRÓL Marcin	1157		M-40	17	01:03:25	01:53:12	02:41:26	04:10:48.40	04:10:48.40	+01:14:46 (29.8%)	8:05	7.4 (69.8%)
18	NAPIERAŁA Tomasz	1078		M-40	18	00:59:33	01:48:45	02:37:35	04:11:05.25	04:11:05.25	+01:15:03 (29.9%)	8:05	7.4 (69.8%)
19	MICHALAK Dawid	1143	NIAGARA	M-40	19	00:54:12	01:44:58	02:36:21	04:11:57.35	04:11:57.35	+01:15:55 (30.1%)	8:07	7.4 (69.8%)
20	ZIOBROWSKI Łukasz	1199	SZTUKA RUCHU	M-40	20	00:58:28	01:48:41	02:38:12	04:13:57.55	04:13:57.55	+01:17:56 (30.7%)	8:11	7.3 (68.9%)
21	VISENTIN  Eric 	1018	NOA	M-40	21	00:59:21	01:50:42	02:40:45	04:15:26.25	04:15:26.25	+01:19:24 (31.1%)	8:14	7.3 (68.9%)
22	FIGEL Michał	1008	MIKI TEAM	M-40	22	00:57:21	01:48:25	02:37:48	04:15:57.40	04:15:57.40	+01:19:55 (31.2%)	8:15	7.3 (68.9%)
23	SZKÓDLIŃSKI Bartosz	1102	ODDYCHAJSWOBODNIE.PL	M-40	23	00:59:19	01:49:25	02:40:07	04:17:07.70	04:17:07.70	+01:21:06 (31.5%)	8:17	7.2 (67.9%)
24	JAZ Ernest	1183	ENDORFINY WĄSOSZ	M-40	24	00:59:15	01:52:11	02:41:45	04:20:43.80	04:20:43.80	+01:24:42 (32.5%)	8:24	7.1 (67.0%)
25	WIECZOREK Piotr	1093	SULEJOWSKIE MORSY	M-40	25	01:06:50	01:58:36	02:46:15	04:23:34.65	04:23:34.65	+01:27:33 (33.2%)	8:30	7.1 (67.0%)
26	CHRZANOWSKI Paweł	1017		M-40	26	00:55:17	01:45:46	02:36:11	04:26:05.15	04:26:05.15	+01:30:03 (33.8%)	8:35	7 (66.0%)
27	KRÓL Marcin	1058		M-40	27	01:01:34	01:55:08	02:46:11	04:26:42.35	04:26:42.35	+01:30:40 (34.0%)	8:36	7 (66.0%)
28	CZYRNIA Andrzej	1099	ULTRA TURZY	M-40	28	00:59:34	01:53:11	02:45:55	04:27:42.65	04:27:42.65	+01:31:41 (34.2%)	8:38	6.9 (65.1%)
29	BIECUSZEK Tomasz	1096	AKTYWNA NOWA RUDA	M-40	29	00:56:43	01:49:24	02:43:55	04:28:00.15	04:28:00.15	+01:31:58 (34.3%)	8:38	6.9 (65.1%)
30	MARIANOWSKI Krzysztof	1112	KWIDZYN BIEGA	M-40	30	01:03:03	01:58:35	02:51:25	04:28:46.50	04:28:46.50	+01:32:44 (34.5%)	8:40	6.9 (65.1%)
31	HETMAN Łukasz	1139		M-40	31	00:58:02	01:48:42	02:41:34	04:31:02.60	04:31:02.60	+01:35:01 (35.1%)	8:44	6.9 (65.1%)
32	WESOŁOWSKI Krzysztof	1085	LASKOWE LUDKI	M-40	32	00:54:36	01:44:57	02:37:57	04:32:12.60	04:32:12.60	+01:36:11 (35.3%)	8:46	6.8 (64.2%)
33	KADYS Łukasz	1169	LKS ISKRA JASZKOWA	M-40	33	01:01:35	01:53:31	02:41:12	04:32:44.35	04:32:44.35	+01:36:42 (35.5%)	8:47	6.8 (64.2%)
34	FORTUNA Marcin	1033	ANTONTEAM/ŚWISZCZĄCY ŁAŃCUCH	M-40	34	01:02:47	01:57:07	02:49:35	04:32:49.30	04:32:49.30	+01:36:47 (35.5%)	8:48	6.8 (64.2%)
35	DUNAJ Paweł	1029		M-40	35	01:07:49	02:06:04	03:00:13	04:34:06.85	04:34:06.85	+01:38:05 (35.8%)	8:50	6.8 (64.2%)
36	GÓRECKI Marcin	1179	WIR	M-40	36	01:02:23	01:57:39	02:52:14	04:36:48.35	04:36:48.35	+01:40:46 (36.4%)	8:55	6.7 (63.2%)
37	PAWLAK Sylwester	1188		M-40	37	01:04:03	01:58:20	02:54:06	04:42:02.00	04:42:02.00	+01:46:00 (37.6%)	9:05	6.6 (62.3%)
38	STANKOWSKI Przemysław	1013		M-40	38	01:07:34	02:05:54	02:58:26	04:42:07.05	04:42:07.05	+01:46:05 (37.6%)	9:06	6.6 (62.3%)

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39	SAWCZYN Tomasz	1052	DWÓJKA BEZ SERNIKA	M-40	39	01:03:41	02:00:33	02:54:19	04:45:39.20	04:45:39.20	+01:49:37 (38.4%)	9:12	6.5 (61.3%)
40	JASIŃSKI Marcin	1051		M-40	40	01:03:05	01:57:40	02:49:51	04:47:28.45	04:47:28.45	+01:51:26 (38.8%)	9:16	6.5 (61.3%)
41	SIKORA Michał	1030	PASTERKA PANY	M-40	41	01:07:43	02:05:14	03:01:14	04:48:50.75	04:48:50.75	+01:52:49 (39.1%)	9:19	6.4 (60.4%)
42	SOBKOWIAK Kamil	1154	ZESPÓŁ SZKÓŁ RATAJE	M-40	42	01:05:30	02:00:31	02:57:35	04:49:32.45	04:49:32.45	+01:53:30 (39.2%)	9:20	6.4 (60.4%)
43	KONSTANCIUK Dariusz	1059	JAZDA	M-40	43	00:57:57	01:53:10	02:52:01	04:53:00.30	04:53:00.30	+01:56:58 (39.9%)	9:27	6.3 (59.4%)
44	GAŁEK Wojciech	1003	NO PAIN NO GAIN	M-40	44	01:12:42	02:12:59	03:10:27	04:58:30.05	04:58:30.05	+02:02:28 (41.0%)	9:37	6.2 (58.5%)
45	STASIAK Łukasz	1019		M-40	45	01:13:04	02:13:47	03:11:13	04:58:36.15	04:58:36.15	+02:02:34 (41.1%)	9:37	6.2 (58.5%)
46	JASICKI Krzysztof	1116	RUNHOGS	M-40	46	01:11:55	02:13:03	03:12:31	04:58:38.05	04:58:38.05	+02:02:36 (41.1%)	9:38	6.2 (58.5%)
47	BALCERZAK Robert	1117	KLUB BIEGACZA WARTA	M-40	47	01:03:11	02:02:46	03:02:37	05:01:23.05	05:01:23.05	+02:05:21 (41.6%)	9:43	6.2 (58.5%)
48	RADWANSKI Tomasz	1177	PIECHOTĄ PO SCHODACH	M-40	48	01:06:13	02:04:28	03:05:47	05:03:26.75	05:03:26.75	+02:07:25 (42.0%)	9:47	6.1 (57.5%)
49	IWACHÓW Sławomir	1082	MXTECH	M-40	49	01:09:57	02:12:57	03:11:18	05:04:36.85	05:04:36.85	+02:08:35 (42.2%)	9:49	6.1 (57.5%)
50	ZAMYŚLEWSKI Krzysztof	1155	KWIDZYN BIEGA	M-40	50	01:09:29	02:11:45	03:11:15	05:06:09.45	05:06:09.45	+02:10:07 (42.5%)	9:52	6.1 (57.5%)
51	RADZIWOŃ Krzysztof	1109	GRUPA NIENACHALNIE HEROICZNA	M-40	51	01:12:19	02:13:34	03:14:29	05:09:09.00	05:09:09.00	+02:13:07 (43.1%)	9:58	6 (56.6%)
52	BOBERSKI Maciej	1073		M-40	52	01:14:49	02:18:31	03:21:40	05:20:14.20	05:20:14.20	+02:24:12 (45.0%)	10:19	5.8 (54.7%)
53	KOPYCZYŃSKI Tomasz	1074		M-40	53	01:15:32	02:18:34	03:21:44	05:20:14.40	05:20:14.40	+02:24:12 (45.0%)	10:19	5.8 (54.7%)
54	SUCHORSKI Sebastian	1158	KOSTRZYŃSKI KLUB SPORTOWY DO CELU	M-40	54	01:10:12	02:11:43	03:14:33	05:21:32.95	05:21:32.95	+02:25:31 (45.3%)	10:22	5.8 (54.7%)
55	PISKORSKI Łukasz	1130		M-40	55	01:12:05	02:16:32	03:19:19	05:27:24.35	05:27:24.35	+02:31:22 (46.2%)	10:33	5.7 (53.8%)
56	FILIPIAK Sebastian	1015	EKIPA LIPA	M-40	56	01:13:51	02:20:15	03:25:48	05:30:12.75	05:30:12.75	+02:34:11 (46.7%)	10:39	5.6 (52.8%)
57	HERZOG Dobromir	1172	LEŚNE ULTRA DZIADY	M-40	57	01:12:15	02:19:50	03:24:58	05:38:38.75	05:38:38.75	+02:42:37 (48.0%)	10:55	5.5 (51.9%)
58	SZYMAŃSKI Arkadiusz	1141	BIEGIEM RADOM!	M-40	58	01:16:36	02:20:37	03:26:42	05:42:30.00	05:42:30.00	+02:46:28 (48.6%)	11:02	5.4 (50.9%)
59	DRACHAL Krzysztof	1181		M-40	59	01:15:48	02:15:19	03:27:29	05:55:19.15	05:55:19.15	+02:59:17 (50.5%)	11:27	5.2 (49.1%)
60	KUBIAK Przemysław	1136	STRZEGOMSKA DWUNASTKA	M-40	60	01:18:57	02:26:00	03:34:15	05:56:36.25	05:56:36.25	+03:00:34 (50.6%)	11:30	5.2 (49.1%)
61	ŁYSAKOWSKI Marek	1022		M-40	61	01:19:22	02:28:29	03:35:13	05:56:46.90	05:56:46.90	+03:00:45 (50.7%)	11:30	5.2 (49.1%)

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62	ROGÓRZ Andrzej	1135	LOTNIK WROCŁAW	M-40	62	01:13:19	02:22:48	03:37:00	06:06:36.70	06:06:36.70	+03:10:35 (52.0%)	11:49	5.1 (48.1%)
63	MACIOŁ Sebastian	1189	TTA BIERUŃ	M-40	63	01:30:23	02:39:53	03:52:27	06:13:39.35	06:13:39.35	+03:17:37 (52.9%)	12:03	5 (47.2%)
64	KRZYSZTOFOWICZ Andrzej	1185	ULTRASY	M-40	64	01:26:25	02:48:59	04:04:53	06:38:35.00	06:38:35.00	+03:42:33 (55.8%)	12:51	4.7 (44.3%)
65	KOŚCIELNIAK Marek	1126	M&M BIEGAMY RAZEM	M-40	65	01:29:07	02:43:52	04:04:10	06:44:31.95	06:44:31.95	+03:48:30 (56.5%)	13:02	4.6 (43.4%)
66	PALUSZKIEWICZ Rafał	1125	ŚWIERCZEWO RUN	M-40	66	01:28:44	02:44:00	04:04:06	06:44:36.15	06:44:36.15	+03:48:34 (56.5%)	13:03	4.6 (43.4%)
67	LOSOR Andrzej	1182		M-40	67	01:29:56	02:52:33	04:20:19	06:57:11.00	06:57:11.00	+04:01:09 (57.8%)	13:27	4.5 (42.5%)

Znaleziono 67 wynik(ów)