



ZIMOWY PÓLMARATON GÓR STOŁOWYCH 31 KM

B4SPORT

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

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: M-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking pod Szczelińcem 7km	Błędne Skąły 14km	Lisia Przetęcz 19.7km	Czas netto 31km	Czas brutto 31km	Różn	Tempo min/km	Tempo km/h
1	BRÝDL Pavel	2172	SALOMON CZ	M-40	1	00:45:15	01:26:48	02:04:24	03:18:14.00	03:18:14.00		6:23	9.4 (100%)
2	PILARSKI Tomasz	2195	MARCIN ŚWIERC TEAM	M-40	2	00:47:07	01:31:40	02:12:31	03:31:20.50	03:31:21.00	+00:13:07 (6.2%)	6:49	8.8 (93.6%)
3	KOŁODZIEJ Roman	2199	MARCIN ŚWIERC TEAM	M-40	3	00:48:46	01:35:12	02:18:20	03:42:23.10	03:42:23.10	+00:24:09 (10.9%)	7:10	8.4 (89.4%)
4	RINK Jan	2165		M-40	4	00:51:43		02:23:06	03:46:26.00	03:46:26.00	+00:28:12 (12.5%)	7:18	8.2 (87.2%)
5	KRUPA Marcin	2102	AKTYWNA NOWA RUDA	M-40	5	00:50:18	01:38:13	02:22:44	03:47:15.90	03:47:17.10	+00:29:03 (12.8%)	7:19	8.2 (87.2%)
6	ADAMCZYK Maciej	2069	SKS OBORNIKI	M-40	6	00:50:00	01:37:33	02:21:49	03:47:30.90	03:47:30.90	+00:29:16 (12.9%)	7:20	8.2 (87.2%)
7	ŚWIĄTEK Paweł	2167	HRW	M-40	7	00:55:19	01:43:43	02:29:36	03:56:54.50	03:57:00.55	+00:38:46 (16.4%)	7:38	7.9 (84.0%)
8	HOŁYST Andrzej	2019	TRIMP	M-40	8	00:55:49	01:46:27	02:33:12	03:58:40.05	03:58:42.00	+00:40:28 (17.0%)	7:41	7.8 (83.0%)
9	SZCZENIOWSKI Jacek	2100	GOPR SUDETY	M-40	9	00:52:16	01:41:38	02:28:09	04:00:48.80	04:00:51.40	+00:42:37 (17.7%)	7:46	7.7 (81.9%)
10	FRANKIEWICZ Artur	2157		M-40	10	00:55:50	01:46:23	02:32:18	04:02:21.45	04:02:25.10	+00:44:11 (18.2%)	7:49	7.7 (81.9%)
11	KUŹMIAK Stanisław	2089	ULTRA SPAM ŻARY	M-40	11	01:01:18	01:51:53	02:37:58	04:07:15.95	04:07:25.60	+00:49:11 (19.9%)	7:58	7.5 (79.8%)
12	STACHOWIAK Grzegorz	2093	HULTAJ TEAM	M-40	12	00:54:27	01:44:46	02:32:45	04:09:10.25	04:09:11.30	+00:50:57 (20.4%)	8:02	7.5 (79.8%)
13	KARPOWICZ Rafal	2177		M-40	13	00:59:22	01:49:47	02:38:37	04:11:30.85	04:11:39.10	+00:53:25 (21.2%)	8:06	7.4 (78.7%)
14	CIURASZKIEWICZ Andrzej	2030		M-40	14	01:00:50	01:51:56	02:41:06	04:15:23.05	04:15:28.40	+00:57:14 (22.4%)	8:14	7.3 (77.7%)
15	PAŹUCHA Wojciech	2147		M-40	15	01:02:56	01:54:28	02:42:51	04:17:31.00	04:17:35.40	+00:59:21 (23.0%)	8:18	7.2 (76.6%)
16	OSTROWSKI Sławomir	2045	BIEGAJĄCE KREJZOLE	M-40	16	00:58:16	01:51:56	02:42:11	04:17:49.85	04:17:51.40	+00:59:37 (23.1%)	8:19	7.2 (76.6%)

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17	NOWAKOWSKI Paweł	2111	ULTRA SPAM ŻARY	M-40	17	01:01:47	01:53:39	02:42:30	04:21:17.80	04:21:32.00	+01:03:18 (24.2%)	8:25	7.1 (75.5%)
18	OPOWICZ Rafał	2178	P-M-A	M-40	18	00:54:16	01:47:25	02:39:14	04:23:02.35	04:23:03.80	+01:04:49 (24.6%)	8:29	7.1 (75.5%)
19	STRZYGOCKI Maciej	2008	BLACKDEVILS	M-40	19	01:02:33	01:57:28	02:48:28	04:24:04.45	04:24:09.80	+01:05:55 (25.0%)	8:31	7 (74.5%)
20	HRAB Wojciech	2037	NIGHT RUNNERS / BIEGAJĄCY KREJZOLE	M-40	20	01:03:04	02:00:07	02:50:12	04:24:24.20	04:24:42.85	+01:06:28 (25.1%)	8:31	7 (74.5%)
21	NAGLAK Łukasz	2170	KOŹMIN BIEGA ULTRA RUNNERS / TLENOWA RADOŚĆ TEAM	M-40	21	01:02:56	01:57:54	02:49:53	04:27:29.30	04:27:36.80	+01:09:22 (25.9%)	8:37	7 (74.5%)
22	KRÓL Marcin	2133		M-40	22	01:01:36	01:56:26	02:47:57	04:27:37.35	04:27:41.50	+01:09:27 (25.9%)	8:37	7 (74.5%)
23	SZKÓDLIŃSKI Bartosz	2038	NARAMOWICE BIEGAJĄ	M-40	23	00:59:52	01:53:46	02:47:46	04:27:55.70	04:27:59.55	+01:09:45 (26.0%)	8:38	6.9 (73.4%)
24	MAGDA Łukasz	2190	DRUŻYNA ORZECHA	M-40	24	01:06:43	01:59:45	02:50:02	04:28:43.35	04:28:52.20	+01:10:38 (26.3%)	8:40	6.9 (73.4%)
25	WINIARSKI Jarosław	2166	S.C. REP ARVATO	M-40	25	01:03:44	01:57:25		04:28:45.55	04:28:53.35	+01:10:39 (26.3%)	8:40	6.9 (73.4%)
26	KONSTANCIUK Dariusz	2060	JAZDA Z KURAMI	M-40	26	00:59:06	01:52:59	02:46:22	04:29:13.45	04:29:15.60	+01:11:01 (26.4%)	8:41	6.9 (73.4%)
27	SAWCZYN Tomasz	2171	DBS	M-40	27	01:02:28	01:56:03	02:46:38	04:31:18.95	04:31:25.90	+01:13:11 (27.0%)	8:45	6.9 (73.4%)
28	TOŚ Sebastian	2005		M-40	28	01:06:03	02:03:07	02:57:30	04:36:20.05	04:36:28.20	+01:18:14 (28.3%)	8:54	6.7 (71.3%)
29	PARUCKI Michał	2186	VEGE RUNNERS / MJP DRUK	M-40	29	01:05:22	02:03:07	02:58:01	04:46:41.35	04:46:48.60	+01:28:34 (30.9%)	9:14	6.5 (69.1%)
30	CHRZANOWSKI Paweł	2076		M-40	30	00:58:11	01:55:22	02:50:45	04:48:04.90	04:48:07.50	+01:29:53 (31.2%)	9:17	6.5 (69.1%)
31	DRABIK Dawid	2163		M-40	31	01:11:36	02:08:23	03:06:05	04:48:39.50	04:49:09.90	+01:30:55 (31.4%)	9:18	6.4 (68.1%)
32	ROZMIAREK Przemysław	2068	BIEGAJĄCE KREJZOLE	M-40	32	01:10:14	02:08:54	03:04:48	04:51:11.80	04:51:16.95	+01:33:02 (31.9%)	9:23	6.4 (68.1%)
33	SIKORSKI Dariusz	2122	INSERT TEAM	M-40	33	01:17:39	02:13:54	03:08:46	04:55:09.85	04:55:50.35	+01:37:36 (33.0%)	9:31	6.3 (67.0%)
34	LUBELSKI Adam	2079	JOGIBABUU	M-40	34	01:01:43	01:59:39	02:57:48	04:58:11.65	04:58:19.75	+01:40:05 (33.6%)	9:37	6.2 (66.0%)
35	WRZESIŃSKI Łukasz	2130	POWER&PAKER	M-40	35	01:16:20	02:17:22	03:15:03	04:57:39.80	04:58:22.95	+01:40:08 (33.6%)	9:36	6.2 (66.0%)
36	SOBCZYK Grzegorz	2084	WIELUŃ BIEGA	M-40	36	01:12:16	02:12:58	03:09:34	04:58:36.75	04:58:59.90	+01:40:45 (33.7%)	9:37	6.2 (66.0%)
37	BIECHOŃSKI Jarek	2083		M-40	37	01:08:31	02:07:09	03:04:08	05:02:40.70	05:02:50.80	+01:44:36 (34.5%)	9:45	6.1 (64.9%)
38	KIERZKOWSKI Piotr	2149		M-40	38	01:12:10	02:12:23	03:12:03	05:07:10.80	05:07:30.55	+01:49:16 (35.5%)	9:54	6.1 (64.9%)
39	CHLUDZIŃSKI Patryk	2140	ARVATO S.C. REP	M-40	39	01:13:49	02:14:28	03:11:23	05:10:26.30	05:10:37.55	+01:52:23 (36.2%)	10:00	6 (63.8%)
40	LEŚNIAK Grzegorz	2077	DIRTY SPARROWS	M-40	40	01:02:44	02:04:48	03:09:43	05:10:41.05	05:10:44.55	+01:52:30 (36.2%)	10:01	6 (63.8%)

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41	GÓRECKI Marcin	2064	ALETEAM	M-40	41	01:12:29	02:16:38	03:17:29	05:10:40.60	05:10:45.20	+01:52:31 (36.2%)	10:01	6 (63.8%)
42	LIGUS Maciej	2012		M-40	42	01:17:19	02:18:14	03:17:30	05:10:29.30	05:10:58.20	+01:52:44 (36.3%)	10:00	6 (63.8%)
43	RADWANSKI Tomasz	2185		M-40	43	01:16:09	02:15:25	03:17:09	05:10:02.50	05:11:01.10	+01:52:47 (36.3%)	10:00	6 (63.8%)
44	CHŁAP Ireneusz	2107	HUSARIA SUDETY	M-40	44	01:09:02	02:06:38	03:09:44	05:10:50.50	05:11:09.30	+01:52:55 (36.3%)	10:01	6 (63.8%)
45	GODLEWSKI Tomasz	2058	SŁYNNI KENIJCZYCY	M-40	45	01:13:24	02:14:30	03:13:13	05:14:51.15	05:15:17.25	+01:57:03 (37.1%)	10:09	5.9 (62.8%)
46	WĘGLARZ Sławowir	2053		M-40	46	01:15:45	02:15:00	03:14:00	05:14:53.35	05:15:20.30	+01:57:06 (37.1%)	10:09	5.9 (62.8%)
47	JOHNA Adam	2110	PRESS GLASS BIEGAMY I WSPIERAMY/ SPORT AND SUPPORT	M-40	47	01:08:44	02:12:07	03:14:15	05:15:23.20	05:15:39.55	+01:57:25 (37.2%)	10:10	5.9 (62.8%)
48	POŁCZYŃSKI Maciej	2031	STALOWA ŁYDA	M-40	48	01:19:55	02:27:16	03:30:20	05:24:03.10	05:24:26.55	+02:06:12 (38.9%)	10:27	5.7 (60.6%)
49	PIGŁA Michał	2193	SPORTOWY KAŻMIERZ	M-40	49	01:26:35	02:28:52	03:29:59	05:24:29.60	05:24:50.00	+02:06:36 (39.0%)	10:28	5.7 (60.6%)
50	OCHOCKI Marcin	2051	WIR	M-40	50	01:09:40	02:12:32	03:17:22	05:30:38.80	05:30:42.60	+02:12:28 (40.1%)	10:39	5.6 (59.6%)
51	KONIECZNY Wojciech	2124	SII RUNNING TEAM	M-40	51	01:12:45	02:13:41	03:15:01	05:33:05.80	05:33:57.50	+02:15:43 (40.6%)	10:44	5.6 (59.6%)
52	PIOTRKOWSKI Rafael	2129		M-40	52	01:17:25	02:21:45	03:25:29	05:34:11.75	05:34:59.30	+02:16:45 (40.8%)	10:46	5.6 (59.6%)
53	GMYREK Jacek	2202		M-40	53	01:20:02	02:28:38	03:32:14	05:36:09.05	05:36:33.50	+02:18:19 (41.1%)	10:50	5.5 (58.5%)
54	STOŁOWSKI Robert	2065		M-40	54	01:34:54	02:46:27	03:52:38	05:57:51.70	05:58:22.55	+02:40:08 (44.7%)	11:32	5.2 (55.3%)
55	WIDERA Adrian	2174	CHOOSE YOURSELF JAWORZNO	M-40	55	01:16:08	02:25:03	03:37:43	06:01:47.15	06:01:51.40	+02:43:37 (45.2%)	11:40	5.1 (54.3%)
56	FRAŃCZEK Michał	2013	BRONOWICE TEŻ BIEGAJĄ	M-40	56	01:23:07	02:38:01	03:48:27	06:02:43.20	06:03:07.50	+02:44:53 (45.4%)	11:42	5.1 (54.3%)
57	DYMOWSKI Piotr	2126		M-40	57	01:21:24	02:30:00	03:43:20	06:02:38.00	06:03:17.60	+02:45:03 (45.4%)	11:41	5.1 (54.3%)
58	CZEKALSKI Tomasz	2075	NARAMOWICE BIEGAJĄ	M-40	58	01:26:29	02:40:09	03:56:50	06:06:46.70	06:07:23.90	+02:49:09 (46.0%)	11:49	5.1 (54.3%)
59	ZAJĄC Krzysztof	2002	BEZULTRADZIKI/ZAJĄCEHASAJĄCE/WKURW_TEAM	M-40	59	01:29:14	02:44:19	03:57:12	06:25:35.10	06:26:37.30	+03:08:23 (48.7%)	12:26	4.8 (51.1%)
60	MICHAŁKIEWICZ Marek	2010		M-40	60	01:30:22	02:51:20	04:15:08	06:39:42.30	06:39:52.50	+03:21:38 (50.4%)	12:53	4.7 (50.0%)

Znaleziono 60 wynik(ów)