



# ZIMOWY PÓLMARATON GÓR STOŁOWYCH 31 KM

B4SPORT

**Wydarzenie:** Zimowy Półmaraton Gór Stołowych  
**Organizator:** Fundacja Maratony Górskie  
**Data:** 2022-01-23  
**Miejsce:** Karłów  
**Dystans:** 31 km

**B4SPORT**  
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: M-50

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Lisia Przełęcz 19.7km	Czas netto 31km	Różn	Tempo min/km	Tempo km/h
1	<b>RUDZIŃSKI Jacek</b>	<b>250</b>	KB HERMES GRYFINO	M-50	1	00:47:16	01:32:16	02:13:30	<b>03:21:23.00</b>		6:29	9.2 (100%)
2	<b>NIEZGÓDKA Tomasz</b>	<b>340</b>		M-50	2	00:52:06	01:40:29	02:23:42	<b>03:39:16.65</b>	+00:17:53 (8.2%)	7:04	8.5 (92.4%)
3	<b>BEDNARZ Sebastian</b>	<b>9</b>	OTM.B	M-50	3	00:50:23	01:37:53	02:23:11	<b>03:44:22.65</b>	+00:22:59 (10.2%)	7:14	8.3 (90.2%)
4	<b>JANCZ Tomasz</b>	<b>92</b>		M-50	4	00:56:57	01:47:04	02:37:14	<b>03:55:51.45</b>	+00:34:28 (14.6%)	7:36	7.9 (85.9%)
5	<b>ZERZUT Jarosław</b>	<b>323</b>	FARTY PUSZCZY	M-50	5	00:59:04	01:52:21	02:43:45	<b>04:04:08.45</b>	+00:42:45 (17.5%)	7:52	7.6 (82.6%)
6	<b>FIEBIG Stefan</b>	<b>46</b>	WWW.FIEBIG.PL	M-50	6	00:53:12	01:43:28	02:35:37	<b>04:07:41.15</b>	+00:46:18 (18.7%)	7:59	7.5 (81.5%)
7	<b>MATUSZEWSKI Marek</b>	<b>181</b>	RUNNER'S POWER SREM	M-50	7	00:56:48	01:50:51	02:41:37	<b>04:08:10.25</b>	+00:46:47 (18.9%)	8:00	7.5 (81.5%)
8	<b>CUPRIAK Daniel</b>	<b>31</b>	AGROAS TEAM	M-50	8	00:56:52	01:53:59	02:46:36	<b>04:11:24.15</b>	+00:50:01 (19.9%)	8:06	7.4 (80.4%)
9	<b>ZARODA Zbigniew</b>	<b>321</b>	ALOHA DZIKU!	M-50	9	01:01:53	01:57:16	02:48:36	<b>04:14:56.90</b>	+00:53:33 (21.0%)	8:13	7.3 (79.3%)
10	<b>OLSZAK Zenon</b>	<b>211</b>	WARSAW RUN CLUB	M-50	10	01:00:15	01:56:20	02:47:45	<b>04:17:34.95</b>	+00:56:11 (21.8%)	8:18	7.2 (78.3%)
11	<b>KONKIEWICZ Robert</b>	<b>128</b>	GRODZISKI KLUB BIEGACZA	M-50	11	01:00:08	01:58:36	02:54:49	<b>04:30:26.20</b>	+01:09:03 (25.5%)	8:43	6.9 (75.0%)
12	<b>BUSS Jakub</b>	<b>21</b>	KUDOWIANKA RUN	M-50	12	01:04:40	02:11:35	03:06:40	<b>04:35:28.70</b>	+01:14:05 (26.9%)	8:53	6.8 (73.9%)
13	<b>SZCZUKA Leszek</b>	<b>337</b>		M-50	13	01:02:43	02:03:29	02:57:22	<b>04:41:49.30</b>	+01:20:26 (28.5%)	9:05	6.6 (71.7%)
14	<b>NEUMANN Jacek</b>	<b>199</b>	CENTRUM ŁĄKOWA 1	M-50	14	01:04:46	02:06:57	03:03:10	<b>04:43:44.00</b>	+01:22:21 (29.0%)	9:09	6.6 (71.7%)
15	<b>MIKSA Sławomir</b>	<b>205</b>		M-50	15	01:07:54	02:12:00	03:07:24	<b>04:49:39.55</b>	+01:28:16 (30.5%)	9:20	6.4 (69.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking pod Szczelińcem 7km	Błędne Skąły 14km	Lisia Przełęcz 19.7km	Czas netto 31km	Różn	Tempo min/km	Tempo km/h
16	<b>SERAFIN Robert</b>	<b>257</b>		M-50	16	01:08:01	02:12:19	03:08:23	<b>04:49:54.50</b>	+01:28:31 (30.5%)	9:21	6.4 (69.6%)
17	<b>KAŹMIERCZAK Krzysztof</b>	<b>116</b>	KB HERMES GRYFINO	M-50	17	01:11:39	02:15:17	03:10:41	<b>04:50:19.00</b>	+01:28:56 (30.6%)	9:21	6.4 (69.6%)
18	<b>SZMAGIEREWSKI Wojciech</b>	<b>279</b>		M-50	18	01:10:27	02:15:12	03:17:55	<b>05:05:18.30</b>	+01:43:55 (34.0%)	9:50	6.1 (66.3%)
19	<b>RUCIŃSKI Adam</b>	<b>249</b>		M-50	19	01:10:06	02:17:11	03:19:43	<b>05:14:24.60</b>	+01:53:01 (35.9%)	10:08	5.9 (64.1%)
20	<b>URBAŃSKI Rafał</b>	<b>300</b>		M-50	20	01:05:25	02:15:40	03:18:42	<b>05:19:06.95</b>	+01:57:43 (36.9%)	10:17	5.8 (63.0%)
21	<b>SZYNKLEWSKI Maciej</b>	<b>287</b>	QUAY POZNAŃ	M-50	21	01:19:43	02:32:20	03:31:55	<b>05:19:16.20</b>	+01:57:53 (36.9%)	10:17	5.8 (63.0%)
22	<b>KRUZEL Rafał</b>	<b>149</b>	BIEGOWE MISIE	M-50	22	01:19:26	02:36:08	03:40:14	<b>05:34:42.70</b>	+02:13:19 (39.8%)	10:47	5.6 (60.9%)
23	<b>JESIOŁOWSKI Robert</b>	<b>103</b>		M-50	23	01:19:05	02:41:10	03:45:47	<b>05:42:21.60</b>	+02:20:58 (41.2%)	11:02	5.4 (58.7%)
24	<b>GARBACZ Marek</b>	<b>56</b>	LEŚNE ULTRA DZIADY	M-50	24	01:17:45	02:40:42	03:50:19	<b>06:01:44.70</b>	+02:40:21 (44.3%)	11:40	5.1 (55.4%)
25	<b>STRZELECKI Krzysztof</b>	<b>271</b>	LEŚNE ULTRA DZIADY	M-50	25	01:17:36	02:40:40	03:51:00	<b>06:03:09.85</b>	+02:41:46 (44.5%)	11:42	5.1 (55.4%)
26	<b>KAWAŁKO Ryszard</b>	<b>115</b>	WOLNY RYŚ 8*	M-50	26	01:24:34	02:56:07	04:12:20	<b>06:44:01.00</b>	+03:22:38 (50.2%)	13:01	4.6 (50.0%)

Znaleziono 26 wynik(ów)