



# ZIMOWY PÓLMARATON GÓR STOŁOWYCH 31 KM

B4SPORT

**Event:** Zimowy Półmaraton Gór Stołowych  
**Organiser:** Fundacja Maratony Górskie  
**Date:** 2024-01-20  
**Place:** Karłów  
**Distance:** 31 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Classification: M-50

Place	Participant	Number	Club	Category	M	MCat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Lisia Przełęcz 19.7km	Net time 31km	Czas brutto 31km	Gap	Pace min/km	Pace km/h
1	JUDA Witold	2143		M-50	1		00:52:13	01:37:16	02:19:52	<b>03:39:24.70</b>	<b>03:39:27.00</b>		7:04	8.5 (100%)
2	BEDNARZ Sebastian	2055	OTM.B	M-50	2		00:54:19	01:43:47	02:30:43	<b>04:01:40.80</b>	<b>04:01:42.45</b>	+00:22:15 (9.2%)	7:47	7.7 (90.6%)
3	SZOPA Marek	2028	DZIKIE DZIKI GORZÓW	M-50	3		00:58:16	01:47:34	02:35:22	<b>04:07:59.35</b>	<b>04:08:03.55</b>	+00:28:36 (11.5%)	7:59	7.5 (88.2%)
4	MICHAŁKIEWICZ Wojciech	2182	AKADEMIA WOJSK ŁĄDOWYCH	M-50	4		00:57:53	01:48:34	02:37:58	<b>04:14:14.35</b>	<b>04:14:14.35</b>	+00:34:47 (13.7%)	8:12	7.3 (85.9%)
5	WILK Jacek	2152		M-50	5		00:58:45	01:50:29	02:40:14	<b>04:14:34.25</b>	<b>04:14:37.50</b>	+00:35:10 (13.8%)	8:12	7.3 (85.9%)
6	KARCZEWSKI Sławomir	2117		M-50	6		00:55:32	01:47:20	02:37:47	<b>04:22:17.10</b>	<b>04:22:19.75</b>	+00:42:52 (16.3%)	8:27	7.1 (83.5%)
7	KONIECZNY Zenon	2139	TS OPATRUNKI TORUŃ	M-50	7		01:09:52	02:04:34	02:55:29	<b>04:31:34.95</b>	<b>04:31:55.45</b>	+00:52:28 (19.3%)	8:45	6.8 (80.0%)
8	ZARODA Zbigniew	2049	TRITON KONIN	M-50	8		00:59:17	01:55:02	02:47:41	<b>04:32:50.75</b>	<b>04:32:53.20</b>	+00:53:26 (19.6%)	8:48	6.8 (80.0%)
9	BASTER Krzysztof	2197	MATNER RUNNIG TEAM	M-50	9		01:08:41	02:03:23	03:00:33	<b>04:43:40.40</b>	<b>04:43:57.65</b>	+01:04:30 (22.7%)	9:09	6.6 (77.6%)
10	SIEMIĘCZUK Robert	2180	BLACK HAT ULTRA	M-50	10		01:09:32	02:07:57	03:04:06	<b>04:45:20.55</b>	<b>04:45:26.95</b>	+01:05:59 (23.1%)	9:12	6.5 (76.5%)
11	JARUS Andrzej	2196	POLISH_WINGS	M-50	11		01:06:10	02:04:33	03:00:38	<b>04:46:53.60</b>	<b>04:47:00.45</b>	+01:07:33 (23.5%)	9:15	6.5 (76.5%)
12	LUBELCZYK Grzegorz	2101	SPELEOCLUB WROCŁAW	M-50	12		01:09:15	02:09:06	03:09:35	<b>05:03:56.40</b>	<b>05:04:14.40</b>	+01:24:47 (27.9%)	9:48	6.1 (71.8%)
13	BYLINA Bartosz	2095	TRI FOR ME	M-50	13		01:10:29	02:09:17	03:08:04	<b>05:12:13.10</b>	<b>05:12:29.55</b>	+01:33:02 (29.8%)	10:04	6 (70.6%)
14	BARANOWSKI Robert	2040		M-50	14		01:16:29	02:17:42	03:17:05	<b>05:13:04.25</b>	<b>05:13:37.10</b>	+01:34:10 (30.0%)	10:05	5.9 (69.4%)
15	SZYMKOWIAK Mariusz	2123		M-50	15		01:17:05	02:19:39	03:21:03	<b>05:17:30.80</b>	<b>05:17:56.00</b>	+01:38:29 (31.0%)	10:14	5.9 (69.4%)

Place	Participant	Number	Club	Category	MCat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Lisia Przełęcz 19.7km	Net time 31km	Czas brutto 31km	Gap	Pace min/km	Pace km/h
16	<b>KOZŁOWSKI Wojciech</b>	<b>2062</b>		M-50	16	01:08:34	02:12:36	03:18:47	<b>05:34:05.20</b>	<b>05:34:10.45</b>	+01:54:43 (34.3%)	10:46	5.6 (65.9%)
17	<b>KRACZOWSKI Mirosław</b>	<b>2023</b>		M-50	17	01:24:13	02:34:20	03:38:55	<b>05:41:36.10</b>	<b>05:41:56.85</b>	+02:02:29 (35.8%)	11:01	5.4 (63.5%)
18	<b>BUSZKOWSKI Filip</b>	<b>2176</b>	SPORTOWY KAZMIERZ	M-50	18	01:26:23	02:33:06	03:41:02	<b>05:42:32.75</b>	<b>05:42:53.50</b>	+02:03:26 (36.0%)	11:02	5.4 (63.5%)
19	<b>KACZMAREK Tomasz</b>	<b>2158</b>	SPORTOWY KAŻMIERZ	M-50	19	01:26:40	02:33:15	03:00:22	<b>05:43:21.65</b>	<b>05:43:38.20</b>	+02:04:11 (36.1%)	11:04	5.4 (63.5%)
20	<b>LEWANDOWSKI Janusz</b>	<b>2121</b>		M-50	20	01:17:32	02:24:32	03:31:50	<b>05:45:18.65</b>	<b>05:45:28.65</b>	+02:06:01 (36.5%)	11:08	5.4 (63.5%)
21	<b>MONIAKOWSKI Adam</b>	<b>2027</b>	BUTTON TEAM	M-50	21	01:17:43	02:25:42	03:34:54	<b>05:47:32.35</b>	<b>05:47:43.55</b>	+02:08:16 (36.9%)	11:12	5.4 (63.5%)
22	<b>STAMM Tomasz</b>	<b>2054</b>		M-50	22	01:18:22	02:28:37	03:35:53	<b>05:47:31.70</b>	<b>05:47:55.25</b>	+02:08:28 (36.9%)	11:12	5.4 (63.5%)
23	<b>TOKARZ Robert</b>	<b>2112</b>		M-50	23	01:15:31	02:28:19	03:37:18	<b>05:51:19.55</b>	<b>05:51:24.80</b>	+02:11:57 (37.6%)	11:19	5.3 (62.4%)
24	<b>PODLASZEWSKI Jacek</b>	<b>2090</b>	SPC	M-50	24	01:18:22	02:28:39	03:39:25	<b>05:52:51.90</b>	<b>05:53:10.20</b>	+02:13:43 (37.9%)	11:22	5.3 (62.4%)
25	<b>ŻURAWSKI Arkadiusz</b>	<b>2099</b>		M-50	25	01:20:57	02:29:00	03:37:46	<b>05:54:50.15</b>	<b>05:55:31.70</b>	+02:16:04 (38.3%)	11:26	5.2 (61.2%)
26	<b>BAKA Marcin</b>	<b>2018</b>		M-50	26	01:17:02	02:27:23	03:37:02	<b>05:57:58.65</b>	<b>05:58:12.75</b>	+02:18:45 (38.7%)	11:32	5.2 (61.2%)
27	<b>MORAWSKI Marcin</b>	<b>2029</b>		M-50	27	01:19:20	02:33:13	03:43:34	<b>05:58:02.90</b>	<b>05:58:14.10</b>	+02:18:47 (38.7%)	11:32	5.2 (61.2%)
28	<b>WIECZOREK Sławomir</b>	<b>2067</b>		M-50	28	01:34:57	02:46:39	03:58:38	<b>06:33:35.20</b>	<b>06:34:08.25</b>	+02:54:41 (44.3%)	12:41	4.7 (55.3%)
29	<b>BASTA Grzegorz</b>	<b>2035</b>	BIEGAM BO LUBIĘ LASY BOGDANIEC, BASTA TEAM	M-50	29	01:27:55	02:49:48	04:05:54	<b>06:35:25.30</b>	<b>06:35:45.95</b>	+02:56:18 (44.6%)	12:45	4.7 (55.3%)
30	<b>DUNOWSKI Przemysław</b>	<b>2047</b>	BBL LASY BOGDANIEC	M-50	30	01:35:53	03:02:57	04:23:36	<b>06:56:14.90</b>	<b>06:56:37.85</b>	+03:17:10 (47.3%)	13:25	4.5 (52.9%)

Total 30 results.