SGS LIGHT PÓŁMARATON 23KM

Wydarzenie: Supermaraton Gór Stołowych 2021
Organizator: Fundacja Maratony Górskie
Data: 2021-06-27
Miejsce: Karłów
Dystans: 23 km

Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pasterka 14.4km	Czas netto 23.6km	Różn	Tempo min/km	Tempo km/h
1	**ZARZYCKI Maciej**	**294**	DOGOŃ GRODZISK MAZOWIECKI	M-30	1	01:09:40	**02:12:21.20**		5:36	10.7 (100%)
2	**NORBERT Michał**	**101**	KB SOBÓTKA	M-30	2	01:12:18	**02:12:58.85**	+00:00:37 (0.5%)	5:38	10.6 (99.1%)
3	**KOPYCZOK Michał**	**554**	DABEX BOLT	M-30	3	01:20:13	**02:26:42.45**	+00:14:21 (9.8%)	6:12	9.7 (90.7%)
4	**MAJCHRZAK Maciej**	**301**	140MINUT.PL	M-30	4	01:23:19	**02:28:19.35**	+00:15:58 (10.8%)	6:17	9.5 (88.8%)
5	**SZYMAŃCZUK Jacek**	**214**	NARAMOWICE BIEGAJĄ	M-30	5	01:14:47	**02:28:55.20**	+00:16:34 (11.1%)	6:18	9.5 (88.8%)
6	**STAŃKO Krystian**	**556**	OBORNICKI KLUB LEKKOATLETYCZNY	M-30	6	01:21:34	**02:31:24.30**	+00:19:03 (12.6%)	6:24	9.4 (87.9%)
7	**STARUCH Robert**	**348**	KUDOWIANKA RUN	M-30	7	01:19:06	**02:31:25.65**	+00:19:04 (12.6%)	6:24	9.4 (87.9%)
8	**LITWIN Michał**	**221**	LITEWIN	M-30	8	01:22:16	**02:31:39.05**	+00:19:17 (12.7%)	6:25	9.3 (86.9%)
9	**JACHYMSKI Krzysztof**	**310**	VEGE RUNNERS	M-30	9	01:22:51	**02:34:47.95**	+00:22:26 (14.5%)	6:33	9.1 (85.0%)
10	**OPAŁKA Damian**	**62**	MYRACE	M-30	10	01:23:33	**02:40:52.00**	+00:28:30 (17.7%)	6:48	8.8 (82.2%)
11	**MÓLL Mateusz**	**74**	#SOBASTEAM	M-30	11	01:22:18	**02:41:09.15**	+00:28:47 (17.9%)	6:49	8.8 (82.2%)
12	**POLIŃSKI Robert**	**55**	TRAINING LAB	M-30	12	01:29:15	**02:44:47.50**	+00:32:26 (19.7%)	6:58	8.6 (80.4%)
13	**BOSAKIEWICZ Tomasz**	**153**	OLAWS ZŁOTORYJA	M-30	13	01:26:53	**02:45:03.70**	+00:32:42 (19.8%)	6:59	8.6 (80.4%)
14	**GONCZAR Szymon**	**508**	KW GLIWICE	M-30	14	01:25:46	**02:46:00.65**	+00:33:39 (20.3%)	7:02	8.5 (79.4%)
15	**BIELECKI Sławomir**	**450**	NARAMOWICE BIEGAJĄ	M-30	15	01:27:28	**02:46:39.45**	+00:34:18 (20.6%)	7:03	8.5 (79.4%)
16	**KOTYRBA Tomasz**	**272**		M-30	16	01:32:23	**02:49:47.15**	+00:37:25 (22.0%)	7:11	8.3 (77.6%)
17	**WALIGÓRA Mateusz**	**440**		M-30	17	01:29:17	**02:51:57.10**	+00:39:35 (23.0%)	7:17	8.2 (76.6%)
18	**KURZAWIAK Grzegorz**	**218**	KUDOWIANKA RUN	M-30	18	01:30:55	**02:52:30.85**	+00:40:09 (23.3%)	7:18	8.2 (76.6%)
19	**PRZYMUSIŃSKI Damian**	**105**	OKL	M-30	19	01:31:53	**02:53:50.10**	+00:41:28 (23.9%)	7:21	8.1 (75.7%)
20	**PIKOS Patryk**	**118**		M-30	20	01:28:41	**02:56:12.00**	+00:43:50 (24.9%)	7:27	8 (74.8%)
21	**GRAD Adam**	**293**	DZIKA BANDA ŁAKOMCZUCHÓW	M-30	21	01:36:31	**02:56:25.75**	+00:44:04 (25.0%)	7:28	8 (74.8%)
22	**KNEBLOCH Kasper**	**435**	DZIK KOMANDO	M-30	22	01:35:44	**02:57:10.55**	+00:44:49 (25.3%)	7:30	8 (74.8%)
23	**PAWLIK Arkadiusz**	**171**	OBORNICKI KLUB LEKKOATLETYCZNY	M-30	23	01:31:53	**03:01:01.75**	+00:48:40 (26.9%)	7:40	7.8 (72.9%)
24	**JARZĄBEK Michał**	**532**		M-30	24	01:37:00	**03:01:14.40**	+00:48:53 (27.0%)	7:40	7.8 (72.9%)
25	**FRIDRICH Marcin**	**190**	TRAINING LAB	M-30	25	01:35:09	**03:08:40.40**	+00:56:19 (29.9%)	7:59	7.5 (70.1%)
26	**HACUŚ Jacek**	**512**	JACEK HACUŚ	M-30	26	01:45:14	**03:10:18.90**	+00:57:57 (30.5%)	8:03	7.4 (69.2%)
27	**OLEJNIK Marcin**	**530**		M-30	27	01:40:56	**03:11:35.20**	+00:59:14 (30.9%)	8:07	7.4 (69.2%)
28	**TOPOROWSKI Kamil**	**323**	BIEGAJĄCY ŚWIDNIK	M-30	28	01:39:48	**03:12:17.40**	+00:59:56 (31.2%)	8:08	7.4 (69.2%)
29	**STEFANISZYN Marcin**	**340**	SZTUKA RUCHU	M-30	29	01:36:53	**03:13:35.45**	+01:01:14 (31.6%)	8:12	7.3 (68.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pasterka 14.4km	Czas netto 23.6km	Różn	Tempo min/km	Tempo km/h
30	**PISULA Łukasz**	**458**		M-30	30	01:41:46	**03:15:53.10**	+01:03:31 (32.4%)	8:18	7.2 (67.3%)
31	**SIEMIOŃCZYK Jan**	**526**		M-30	31	01:35:19	**03:15:53.50**	+01:03:32 (32.4%)	8:18	7.2 (67.3%)
32	**PRZEPŁATA Jarosław**	**542**	STRZEGOMSKA DWUNASTKA	M-30	32	01:42:42	**03:16:18.70**	+01:03:57 (32.6%)	8:19	7.2 (67.3%)
33	**MIELNIK Michał**	**506**		M-30	33	01:42:42	**03:17:45.15**	+01:05:23 (33.1%)	8:22	7.2 (67.3%)
34	**STELMACH Mariusz**	**271**		M-30	34	01:39:43	**03:17:49.60**	+01:05:28 (33.1%)	8:22	7.2 (67.3%)
35	**KRUPIANIK Tomasz**	**517**		M-30	35	01:44:58	**03:18:10.50**	+01:05:49 (33.2%)	8:23	7.1 (66.4%)
36	**BICZKOWSKI Konrad**	**421**	SUT STRASZNY BIEGA	M-30	36	01:43:58	**03:18:16.10**	+01:05:54 (33.2%)	8:24	7.1 (66.4%)
37	**BARYSKI Maciej**	**531**		M-30	37	01:42:17	**03:21:21.90**	+01:09:00 (34.3%)	8:31	7 (65.4%)
38	**SUDER Kamil**	**539**	STRZEGOMSKA DWUNASTKA	M-30	38	01:45:03	**03:21:38.80**	+01:09:17 (34.4%)	8:32	7 (65.4%)
39	**ŚWINIARSKI Michał**	**474**	KWAŚNE ŻELKI	M-30	39	01:46:16	**03:21:40.75**	+01:09:19 (34.4%)	8:32	7 (65.4%)
40	**GŁUCHY Marek**	**206**	OBORNICKI KLUB LEKKOATLETYCZNY	M-30	40	01:44:02	**03:22:16.75**	+01:09:55 (34.6%)	8:34	7 (65.4%)
41	**MISTUR Szymon**	**439**		M-30	41	01:46:17	**03:24:05.10**	+01:11:43 (35.1%)	8:38	6.9 (64.5%)
42	**ZAŃKO Rafał**	**324**		M-30	42	01:46:23	**03:26:50.40**	+01:14:29 (36.0%)	8:45	6.8 (63.6%)
43	**BURACZYŃSKI Adam**	**76**	VEGE RUNNERS / HYDROMOC	M-30	43	01:53:10	**03:28:26.35**	+01:16:05 (36.5%)	8:49	6.8 (63.6%)
44	**WRÓBLEWSKI Witold**	**61**		M-30	44	01:46:43	**03:29:37.25**	+01:17:16 (36.9%)	8:52	6.8 (63.6%)
45	**DOMAŃSKI Mieczysław**	**342**		M-30	45	01:48:40	**03:29:57.95**	+01:17:36 (37.0%)	8:53	6.7 (62.6%)
46	**SURMIŃSKI Marcin**	**472**		M-30	46	01:47:22	**03:30:53.55**	+01:18:32 (37.2%)	8:56	6.7 (62.6%)
47	**ROGOWSKI Tomasz**	**276**	UMLAUT	M-30	47	01:49:36	**03:31:16.85**	+01:18:55 (37.4%)	8:57	6.7 (62.6%)
48	**NOWAK Tomasz**	**45**		M-30	48	01:46:18	**03:33:30.95**	+01:21:09 (38.0%)	9:02	6.6 (61.7%)
49	**KAMIŃSKI Robert**	**317**		M-30	49	01:47:23	**03:35:42.55**	+01:23:21 (38.6%)	9:08	6.6 (61.7%)
50	**POHLAND Paweł**	**347**		M-30	50	01:54:26	**03:38:58.55**	+01:26:37 (39.6%)	9:16	6.5 (60.7%)
51	**MILA Marceli**	**510**		M-30	51	01:57:22	**03:39:47.15**	+01:27:25 (39.8%)	9:18	6.4 (59.8%)
52	**MAKARENKO Sergii**	**79**		M-30	52	01:56:41	**03:39:54.10**	+01:27:32 (39.8%)	9:19	6.4 (59.8%)
53	**SOBOTA Paweł**	**356**		M-30	53	01:56:17	**03:43:05.10**	+01:30:43 (40.7%)	9:27	6.3 (58.9%)
54	**PRZEDASZEK Łukasz**	**27**	2 OREL DZIWNÓW	M-30	54	02:03:40	**03:45:03.35**	+01:32:42 (41.2%)	9:32	6.3 (58.9%)
55	**ŻEMOJDZIN Marcin**	**53**	PIWNE BRZUSZKI RACE TEAM	M-30	55	01:56:13	**03:47:22.85**	+01:35:01 (41.8%)	9:38	6.2 (57.9%)
56	**ŁUKASZCZYK Łukasz**	**211**	4FITER	M-30	56	01:58:47	**03:50:42.25**	+01:38:21 (42.6%)	9:46	6.1 (57.0%)
57	**KIEDROWSKI Łukasz**	**280**		M-30	57	01:56:54	**03:50:56.15**	+01:38:34 (42.7%)	9:47	6.1 (57.0%)
58	**GRZYWACZ Karol**	**461**		M-30	58	02:03:13	**03:51:16.10**	+01:38:54 (42.8%)	9:47	6.1 (57.0%)
59	**ŚWIERDZEWSKI Grzegorz**	**325**		M-30	59	02:01:18	**03:52:49.30**	+01:40:28 (43.2%)	9:51	6.1 (57.0%)
60	**BARTOSIK Tomek**	**297**		M-30	60	01:57:15	**03:58:50.25**	+01:46:29 (44.6%)	10:07	5.9 (55.1%)
61	**PATYRA Łukasz**	**9**	GOMIND	M-30	61	02:03:40	**04:06:07.35**	+01:53:46 (46.2%)	10:25	5.8 (54.2%)
62	**TURSKI Damian**	**463**		M-30	62	02:04:41	**04:06:50.25**	+01:54:29 (46.4%)	10:27	5.7 (53.3%)
63	**NAJDUK Daniel**	**90**	ROZBIEGANI CHOJNÓW	M-30	63	02:08:40	**04:07:16.40**	+01:54:55 (46.5%)	10:28	5.7 (53.3%)
64	**WOLANO Marcin**	**58**	HATTON DARTS	M-30	64	02:05:09	**04:08:28.55**	+01:56:07 (46.7%)	10:31	5.7 (53.3%)
65	**KRAWCZYK Marcin**	**233**		M-30	65	02:11:55	**04:12:09.70**	+01:59:48 (47.5%)	10:41	5.6 (52.3%)
66	**MIRKIEWICZ Marcin**	**351**	#CZELADŹBIEGA	M-30	66	02:13:54	**04:13:06.20**	+02:00:45 (47.7%)	10:43	5.6 (52.3%)
67	**KASPERCZYK Michał**	**377**	BRZYSKI TRI TEAM	M-30	67	02:13:58	**04:13:12.55**	+02:00:51 (47.7%)	10:43	5.6 (52.3%)
68	**SZCZAPA Karol**	**529**	12TRI.PL	M-30	68	02:12:58	**04:17:17.90**	+02:04:56 (48.6%)	10:54	5.5 (51.4%)
69	**IWIŃSKI Marcin**	**547**	WOLNE ŚLIMAKI	M-30	69	02:07:54	**04:18:02.45**	+02:05:41 (48.7%)	10:56	5.5 (51.4%)
70	**MIŚ Piotr**	**220**	DIEHL RUNNING TEAM	M-30	70	02:15:47	**04:18:05.90**	+02:05:44 (48.7%)	10:56	5.5 (51.4%)
71	**SKOWRONEK Tomasz**	**81**		M-30	71	02:09:55	**04:19:30.85**	+02:07:09 (49.0%)	10:59	5.5 (51.4%)
72	**GÓRNIAK Jarosław**	**402**	JARBUD	M-30	72	02:08:05	**04:19:35.25**	+02:07:14 (49.0%)	10:59	5.5 (51.4%)
73	**KOZŁOWSKI Piotr**	**483**		M-30	73	02:09:40	**04:24:28.00**	+02:12:06 (50.0%)	11:12	5.4 (50.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pasterka 14.4km	Czas netto 23.6km	Różn	Tempo min/km	Tempo km/h
74	**MOŚ Rafał**	**560**	B4SPORT RUNERS	M-30	74	02:20:30	**04:25:49.70**	+02:13:28 (50.2%)	11:15	5.3 (49.5%)
75	**PRĘDKI Jarosław**	**361**		M-30	75	02:12:40	**04:37:50.70**	+02:25:29 (52.4%)	11:46	5.1 (47.7%)
76	**BILIŃSKI Lesław**	**258**	FUN TRI	M-30	76	02:24:29	**04:39:22.35**	+02:27:01 (52.6%)	11:50	5.1 (47.7%)
77	**RUTKOWSKI Konrad**	**475**		M-30	77	02:19:45	**04:41:24.25**	+02:29:03 (53.0%)	11:55	5 (46.7%)
78	**GAUDYN Marcin**	**312**	BIEGAM BO SYLWIA MI KAŻE	M-30	78	02:13:54	**04:42:15.90**	+02:29:54 (53.1%)	11:57	5 (46.7%)
79	**KRAWIEC Marcin**	**287**		M-30	79	02:03:09	**04:43:48.10**	+02:31:26 (53.4%)	12:01	5 (46.7%)
80	**ŁĘGA Tomasz**	**235**		M-30	80	02:12:42	**04:53:27.20**	+02:41:06 (54.9%)	12:26	4.8 (44.9%)
81	**SOJKA Michał**	**491**		M-30	81	02:47:19	**05:25:19.85**	+03:12:58 (59.3%)	13:47	4.4 (41.1%)

Znaleziono 81 wynik(ów)