



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Supermaraton Gór Stołowych 2019
Fundacja Maratony Górskie
2019-06-30
Kartów
21 km

LIGHT SGS 21KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas netto 20.3km	Czas brutto 20.3km	Różn	Tempo min/km	Tempo km/h
1	BRÝDL Pavel	293		M-30	1	00:36:44	01:10:01	01:45:29.50	01:45:31.55		5:11	11.5 (100%)
2	OLEKSIEWICZ Maurycy	502	TRUCHT/SZAKALE BAŁUT	M-30	2	00:37:08	01:11:46	01:47:46.40	01:47:48.60	+00:02:17 (2.1%)	5:18	11.3 (98.3%)
3	CHODOROWSKI Krzysztof	14	PRZEDWOJEWSKI MOUNTAIN TEAM	M-30	3	00:43:24	01:23:07	02:06:45.35	02:06:49.45	+00:21:17 (16.8%)	6:14	9.6 (83.5%)
4	NOWAK Mariusz	528		M-30	4	00:42:52	01:24:43	02:08:25.65	02:08:28.30	+00:22:56 (17.9%)	6:19	9.5 (82.6%)
5	PRZYBYSZEWSKI Łukasz	561	PCHSPORT COMPLEX	M-30	5	00:42:55	01:23:54	02:08:29.40	02:08:38.70	+00:23:07 (18.0%)	6:19	9.5 (82.6%)
6	OLKIS Rafał	118	RATEMYTRAIL.COM TEAM	M-30	6	00:43:11	01:25:23	02:10:50.45	02:10:53.55	+00:25:22 (19.4%)	6:26	9.3 (80.9%)
7	BORKOWSKI Mariusz	84	NAPRZÓD MŁOCINY	M-30	7	00:47:16		02:12:19.85	02:12:27.70	+00:26:56 (20.3%)	6:31	9.2 (80.0%)
8	MAZIARZ Artur	39	RUN FOR FUN	M-30	8	00:44:24	01:28:10	02:13:10.55	02:13:14.95	+00:27:43 (20.8%)	6:33	9.1 (79.1%)
9	PIKUL Piotr	555	ING RUNNING	M-30	9	00:48:05	01:33:32	02:18:33.05	02:18:35.10	+00:33:03 (23.9%)	6:49	8.8 (76.5%)
10	DETTLAFF Mariusz	499	AĘ TRI CLUB	M-30	10	00:47:32	01:32:13	02:20:41.80	02:20:47.95	+00:35:16 (25.1%)	6:55	8.7 (75.7%)
11	HOLYST Andrzej	81	AKTYWNA NOWA RUDA	M-30	11	00:48:02	01:34:05	02:20:50.80	02:20:53.60	+00:35:22 (25.1%)	6:56	8.6 (74.8%)
12	MIKA Andrzej	416		M-30	12	00:47:30	01:34:22	02:25:00.60	02:25:06.10	+00:39:34 (27.3%)	7:08	8.4 (73.0%)
13	ŁAŻNIEWSKI Dawid	63	EBIEGI.PL	M-30	13	00:48:47	01:35:37	02:25:57.95	02:26:01.85	+00:40:30 (27.7%)	7:11	8.3 (72.2%)
14	BOSAKIEWICZ Tomasz	500	OLAWS ZŁOTORYJA	M-30	14	00:48:42	01:34:36	02:26:13.35	02:26:19.10	+00:40:47 (27.9%)	7:12	8.3 (72.2%)
15	OPAŁKA Damian	489	MYRACE	M-30	15	00:48:34	01:36:55	02:30:53.10	02:30:58.55	+00:45:27 (30.1%)	7:25	8.1 (70.4%)
16	CHRZANOWSKI Paweł	145		M-30	16	00:50:42	01:39:51	02:31:40.00	02:31:50.90	+00:46:19 (30.5%)	7:28	8 (69.6%)

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17	PIKOS Patryk	353		M-30	17	00:51:50	01:39:14	02:31:32.55	02:32:04.95	+00:46:33 (30.6%)	7:27	8 (69.6%)
18	CITKO Maciej	530	BIEG OPOLSKI	M-30	18	00:52:36	01:39:33	02:32:29.05	02:32:40.65	+00:47:09 (30.9%)	7:30	8 (69.6%)
19	SZYMANOWSKI Paweł	435		M-30	19	00:52:30	01:41:01	02:33:33.35	02:33:41.20	+00:48:09 (31.3%)	7:33	7.9 (68.7%)
20	CHOROSTKOWSKI Bartosz	177	CHATA BIEGACZA K34 ZAKOPANE	M-30	20	00:55:09	01:43:26	02:33:20.20	02:33:46.45	+00:48:14 (31.4%)	7:33	7.9 (68.7%)
21	DROBCZYŃSKI Bartosz	537	PUSZCZYK BUKOWY	M-30	21	00:51:37	01:39:23	02:33:21.35	02:33:53.30	+00:48:21 (31.4%)	7:33	7.9 (68.7%)
22	GAJEWSKI Marek	556		M-30	22	00:52:20	01:41:09	02:33:25.35	02:34:20.00	+00:48:48 (31.6%)	7:33	7.9 (68.7%)
23	SIWEK Piotr	132		M-30	23	00:52:50	01:42:05	02:34:13.85	02:34:39.00	+00:49:07 (31.8%)	7:35	7.9 (68.7%)
24	JAKUBOWSKI Marcin	437	GRUNWALD TEAM POZNAŃ	M-30	24	00:51:03	01:40:23	02:35:07.15	02:35:10.75	+00:49:39 (32.0%)	7:38	7.9 (68.7%)
25	PAWELEC Mariusz	450	KUDOWIANKA RUN	M-30	25	00:56:14	01:44:56	02:35:04.80	02:35:13.30	+00:49:41 (32.0%)	7:38	7.9 (68.7%)
26	RYCERSKI Rafał	169		M-30	26	00:51:43	01:42:19	02:35:38.55	02:35:43.20	+00:50:11 (32.2%)	7:40	7.8 (67.8%)
27	GRZEGORCZYK Wojciech	429	TRIACTIV RIDLEY	M-30	27	00:53:22	01:43:30	02:35:38.30	02:35:46.90	+00:50:15 (32.3%)	7:40	7.8 (67.8%)
28	KUSZELA Mateusz	562		M-30	28	00:52:35	01:44:04	02:36:36.60	02:36:45.25	+00:51:13 (32.7%)	7:42	7.8 (67.8%)
29	OSTROUCH Tymon	403		M-30	29	01:01:04		02:38:47.00	02:38:47.00	+00:53:15 (33.5%)	7:49	7.7 (67.0%)
30	WYWROT Grzegorz	188		M-30	30	00:55:02	01:46:31	02:39:05.20	02:39:35.00	+00:54:03 (33.9%)	7:50	7.7 (67.0%)
31	BRODA Dominik	11		M-30	31	00:56:21	01:47:09	02:40:12.50	02:40:20.85	+00:54:49 (34.2%)	7:53	7.6 (66.1%)
32	POPIELA Sebastian	491		M-30	32	00:54:31	01:45:08	02:40:49.05	02:41:32.70	+00:56:01 (34.7%)	7:55	7.6 (66.1%)
33	RZESZOT Łukasz	475	BIEGNĘ ŻEBY BARTEK MÓGL BIEGAĆ	M-30	33			02:44:14.85	02:44:37.10	+00:59:05 (35.9%)	8:05	7.4 (64.3%)
34	ŁASZCZYŃSKI Szymon	18		M-30	34	00:58:50	01:51:27	02:45:05.70	02:46:01.05	+01:00:29 (36.4%)	8:07	7.4 (64.3%)
35	GÓRKA Piotr	332		M-30	35	00:53:32	01:47:45	02:47:22.90	02:47:34.20	+01:02:02 (37.0%)	8:14	7.3 (63.5%)
36	PIĄTKOWSKI Wojciech	304		M-30	36	00:56:29	01:47:39	02:46:57.05	02:47:38.00	+01:02:06 (37.0%)	8:13	7.3 (63.5%)
37	GIEL Jarosław	393		M-30	37	01:00:18	01:51:29	02:50:47.20	02:51:22.30	+01:05:50 (38.4%)	8:24	7.1 (61.7%)
38	SKAŁECKI Przemysław Skałeczki	3	WIERZBICKI RUNNING PROJECT	M-30	38	01:00:57	01:56:44	02:51:27.50	02:51:33.85	+01:06:02 (38.5%)	8:26	7.1 (61.7%)
39	ZIEWIEC Marcin	541		M-30	39	01:00:55	01:52:20	02:51:15.05	02:51:53.80	+01:06:22 (38.6%)	8:26	7.1 (61.7%)

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40	BIEDRZYŃSKI Michał	97		M-30	40	01:02:09	01:55:58	02:53:06.85	02:53:38.15	+01:08:06 (39.2%)	8:31	7 (60.9%)
41	GAJDOWSKI Przemysław	536		M-30	41	01:01:47	01:54:17	02:53:01.55	02:53:41.85	+01:08:10 (39.2%)	8:31	7 (60.9%)
42	SIEJKOWSKI Krzysztof	342		M-30	42	01:00:13	01:57:10	02:56:53.55	02:57:31.90	+01:12:00 (40.6%)	8:42	6.9 (60.0%)
43	CHUDY Ariel	79	R-TEAM	M-30	43	01:04:15	01:58:42	02:58:21.90	02:59:06.05	+01:13:34 (41.1%)	8:47	6.8 (59.1%)
44	DOBROCHOWSKI Marek	2	STRZEGOMSKA DWUNASTKA	M-30	44	01:00:12	01:56:43	02:59:56.60	03:00:49.95	+01:15:18 (41.6%)	8:51	6.8 (59.1%)
45	PAŹDZIOR Wojciech	515	ACTIVE STRATEGY	M-30	45	01:02:09	01:59:07	03:02:26.25	03:03:08.80	+01:17:37 (42.4%)	8:59	6.7 (58.3%)
46	WIŚNIEWSKI Rafał	372		M-30	46	01:02:14	01:59:50	03:03:12.90	03:03:34.55	+01:18:03 (42.5%)	9:01	6.6 (57.4%)
47	NOWAK Łukasz	60	#CZELADZBIEGA	M-30	47	01:03:36	02:02:43	03:05:17.55	03:05:43.50	+01:20:11 (43.2%)	9:07	6.6 (57.4%)
48	FURMANIAK Mateusz	248	HUSARIA RACE TEAM	M-30	48	01:02:34	02:02:08	03:06:22.10	03:06:32.70	+01:21:01 (43.4%)	9:10	6.5 (56.5%)
49	ROKOSZ Robert	324	BBKTS	M-30	49	01:05:12	02:02:49	03:06:35.50	03:07:14.10	+01:21:42 (43.6%)	9:11	6.5 (56.5%)
50	MIKOŁAJCZYK Sławomir	139		M-30	50	01:06:22	02:05:37	03:10:14.90	03:10:47.75	+01:25:16 (44.7%)	9:22	6.4 (55.7%)
51	WOŹNIAK Łukasz	363	NIGHT RUNNERS	M-30	51	01:08:55	02:10:56	03:10:32.05	03:11:06.55	+01:25:35 (44.8%)	9:23	6.4 (55.7%)
52	KAZIMIERCZAK Filip	458		M-30	52	01:05:36	02:05:31	03:11:45.90	03:11:57.50	+01:26:25 (45.0%)	9:26	6.4 (55.7%)
53	LECH Marcin	308		M-30	53	01:08:44	02:08:39	03:12:31.45	03:13:13.90	+01:27:42 (45.4%)	9:29	6.3 (54.8%)
54	KOŁODZIEJCZYK Adam	246	#CZELADZBIEGA	M-30	54	01:01:25	02:01:04	03:13:57.95	03:14:23.85	+01:28:52 (45.7%)	9:33	6.3 (54.8%)
55	POMIANOWSKI Szymon	95	KURACJUSZE	M-30	55	01:08:17	02:09:54	03:14:12.35	03:15:02.00	+01:29:30 (45.9%)	9:34	6.3 (54.8%)
56	OKRASKA Grzegorz	258		M-30	56	01:08:52		03:14:51.70	03:15:34.85	+01:30:03 (46.0%)	9:35	6.3 (54.8%)
57	PYREK Krzysztof	1	1 RBLOG	M-30	57	01:08:23	02:10:25	03:16:11.25	03:16:32.70	+01:31:01 (46.3%)	9:39	6.2 (53.9%)
58	DOŁASIŃSKI Jarek	154	RUNATTACK CHOCIANÓW	M-30	58	01:08:27		03:17:56.65	03:18:40.60	+01:33:09 (46.9%)	9:45	6.2 (53.9%)
59	PACIOREK Paweł	436	BIEGAJ POD OKIEM TRENERA	M-30	59	01:04:27	02:07:50	03:19:45.20	03:19:51.05	+01:34:19 (47.2%)	9:50	6.1 (53.0%)
60	RADECKI Adam	430		M-30	60	01:10:45	02:13:31	03:19:25.05	03:20:19.70	+01:34:48 (47.3%)	9:49	6.1 (53.0%)
61	DURNOWSKI Paweł	329		M-30	61	01:10:46	02:12:14	03:19:37.40	03:20:24.00	+01:34:52 (47.3%)	9:50	6.1 (53.0%)
62	KRAWIEC Piotr	263	KOTWICA BRZEG	M-30	62	01:10:54		03:20:50.90	03:21:27.05	+01:35:55 (47.6%)	9:53	6.1 (53.0%)

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63	JASICKI Krzysztof	331		M-30	63	01:08:47		03:21:25.50	03:21:38.25	+01:36:06 (47.7%)	9:55	6 (52.2%)
64	FIJAK Remigiusz	220		M-30	64	01:12:14	02:13:24	03:22:22.75	03:22:49.30	+01:37:17 (48.0%)	9:58	6 (52.2%)
65	NAPIERAŁA Marcin	361	PIĄTKOWO NA BIEGOWO	M-30	65	01:09:07	02:20:44	03:22:36.70	03:22:58.65	+01:37:27 (48.0%)	9:58	6 (52.2%)
66	GAPSKI Piotr	524	LOFTTEAMEXTREME	M-30	66	01:14:30		03:23:40.10	03:24:23.75	+01:38:52 (48.4%)	10:01	6 (52.2%)
67	MICHAŁOWSKI Marcin	19		M-30	67	01:09:51	02:13:09	03:24:10.65	03:25:02.45	+01:39:30 (48.5%)	10:03	6 (52.2%)
68	STRAMEK Łukasz	501		M-30	68	01:09:17	02:13:52	03:25:06.35	03:25:23.85	+01:39:52 (48.6%)	10:06	5.9 (51.3%)
69	PRZEMYSŁAW Żetobowski	441		M-30	69	01:09:20	02:17:21	03:26:02.70	03:26:42.10	+01:41:10 (48.9%)	10:09	5.9 (51.3%)
70	KĘPSKI Grzegorz	62		M-30	70	01:06:52	02:11:39	03:27:28.65	03:27:58.10	+01:42:26 (49.3%)	10:13	5.9 (51.3%)
71	STAŃCZYK Sławomir	367	STARGARD. JA SIĘ NIE ŚCIGAM	M-30	71	01:17:12	02:22:25	03:28:33.95	03:29:28.10	+01:43:56 (49.6%)	10:16	5.8 (50.4%)
72	OLESEK Krzysztof	549	STARGARD JA SIĘ NIE ŚCIGAM	M-30	72	01:16:40	02:22:33	03:28:32.95	03:29:28.70	+01:43:57 (49.6%)	10:16	5.8 (50.4%)
73	SKRZYPIEC Karol	80	ŻARÓW BIEGA	M-30	73	01:09:11	02:12:13	03:29:15.90	03:29:37.60	+01:44:06 (49.7%)	10:18	5.8 (50.4%)
74	MONASTYRSKYI Mykola	232		M-30	74	01:13:18	02:17:22	03:29:10.60	03:29:40.50	+01:44:08 (49.7%)	10:18	5.8 (50.4%)
75	TYRAŁA Gawel	395		M-30	75	01:14:45	02:19:35	03:32:52.80	03:33:36.25	+01:48:04 (50.6%)	10:29	5.7 (49.6%)
76	STASZAK Szymon	303	ODLOTY KRUSZYN KRAJEŃSKI	M-30	76	01:15:26	02:19:48	03:34:13.10	03:35:10.20	+01:49:38 (51.0%)	10:33	5.7 (49.6%)
77	BABICKI Adam	147		M-30	77	01:15:05	02:21:33	03:36:22.55	03:36:41.00	+01:51:09 (51.3%)	10:39	5.6 (48.7%)
78	BŁAŻEJEWSKI Kacper	276	CB163	M-30	78	01:13:54	02:20:23	03:37:32.05	03:38:22.60	+01:52:51 (51.7%)	10:42	5.6 (48.7%)
79	RAJCZAK Łukasz	214		M-30	79	01:07:05	02:07:52	03:42:13.75	03:42:27.60	+01:56:56 (52.6%)	10:56	5.5 (47.8%)
80	KRZESIMOWSKI Damian	454		M-30	80	01:10:24	02:21:00	03:42:43.15	03:43:11.00	+01:57:39 (52.7%)	10:58	5.5 (47.8%)
81	WYSOCKI Marek	487		M-30	81	01:17:13	02:28:27	03:49:01.25	03:49:53.20	+02:04:21 (54.1%)	11:16	5.3 (46.1%)
82	KOPCZYŃSKI Michał	7		M-30	82	01:16:44	02:26:28	03:49:01.25	03:49:57.30	+02:04:25 (54.1%)	11:16	5.3 (46.1%)
83	KOPKA Tomasz	365		M-30	83	01:21:44	02:41:58	03:51:36.70	03:52:15.35	+02:06:43 (54.6%)	11:24	5.3 (46.1%)
84	SZYSZKA Konrad	82	WIECZORNE BIEGANIE W SZCZECINIE	M-30	84	01:21:53	02:36:10	03:52:04.80	03:52:15.60	+02:06:44 (54.6%)	11:25	5.2 (45.2%)
85	GOLON Leszek	88	KRAV MAGA	M-30	85	01:20:58	02:36:14	03:52:36.05	03:53:13.90	+02:07:42 (54.8%)	11:27	5.2 (45.2%)

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86	MACH Dawid	271	ONE PERSON TEAM	M-30	86	01:21:32	02:34:35	03:52:40.50	03:53:26.90	+02:07:55 (54.8%)	11:27	5.2 (45.2%)
87	KAMIŃSKI Łukasz	222		M-30	87	01:22:33	02:35:41	03:58:48.40	03:59:35.70	+02:14:04 (56.0%)	11:45	5.1 (44.3%)
88	SUDÓŁ Robert	483	KOTWICA BRZEG	M-30	88	01:20:24	02:34:42	04:04:04.85	04:04:40.55	+02:19:09 (56.9%)	12:01	5 (43.5%)
89	KRAWIEC Marcin	89		M-30	89	01:16:01	02:36:33	04:05:34.15	04:05:55.25	+02:20:23 (57.1%)	12:05	5 (43.5%)
90	BROKOS Tomasz	510	DCT DRUŻYNA BIEGOWA	M-30	90	01:21:42	02:36:43	04:05:34.00	04:06:24.70	+02:20:53 (57.2%)	12:05	5 (43.5%)
91	SZENKIN Michał	509	SKURCZE ŁYDEK	M-30	91	01:22:08	02:34:18	04:06:27.45	04:07:17.25	+02:21:45 (57.3%)	12:08	4.9 (42.6%)
92	CISZOWSKI Łukasz	262	#CZELADZBIEGA	M-30	92	01:25:51	02:48:07	04:09:26.70	04:10:06.10	+02:24:34 (57.8%)	12:17	4.9 (42.6%)
93	URBANOWICZ Andrzej	193		M-30	93		02:14:02			+01:03:59	10:03	6 (52.2%)
	NOWICKI Kamil	143		M-30		00:52:39 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 94 wynik(ów)