



SGS LIGHT PÓŁMARATON 23KM

B4SPORT

Wydarzenie: Supermaraton Gór Stołowych 2020
Organizator: Fundacja Maratony Górskie
Data: 2020-06-28
Miejsce: Kartów
Dystans: 23 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 14.4km	Czas netto 23.6km	Różn	Tempo min/km	Tempo km/h
1	NORBERT Michał	1	KB SOBÓTKA	M-30	1	01:11:00	02:06:04.75		5:20	11.2 (100%)
2	KWARTA Maciej	460	1BPANC K\$M	M-30	2	01:12:52	02:17:38.30	+00:11:33 (8.4%)	5:49	10.3 (92.0%)
3	ZATOŃ Cezary	73	TRIACTIV RIDLEY	M-30	3	01:21:06	02:25:03.55	+00:18:58 (13.1%)	6:08	9.8 (87.5%)
4	BALWIERCZAK Piotr	91	NIGHT RUNNERS WROCŁAW / RATEMYTRAIL.COM	M-30	4	01:21:23	02:25:06.10	+00:19:01 (13.1%)	6:08	9.8 (87.5%)
5	ZAKOWICZ Paweł	389		M-30	5	01:24:34	02:27:25.10	+00:21:20 (14.5%)	6:14	9.6 (85.7%)
6	WIŚNIEWSKI Paweł	465	KARKONOSZ RUNNING TEAM .	M-30	6	01:19:00	02:27:48.60	+00:21:43 (14.7%)	6:15	9.6 (85.7%)
7	PRZYBYSZEWSKI Łukasz	375		M-30	7	01:22:56	02:29:57.95	+00:23:53 (15.9%)	6:21	9.4 (83.9%)
8	FALANA Sebastian	270		M-30	8	01:18:46	02:31:07.40	+00:25:02 (16.6%)	6:24	9.4 (83.9%)
9	STANKIEWICZ Tomasz	121	PLANYBIEGOWE.PL	M-30	9	01:23:06	02:31:42.15	+00:25:37 (16.9%)	6:25	9.3 (83.0%)
10	ŁĄTKA Piotr	100		M-30	10	01:23:29	02:32:26.15	+00:26:21 (17.3%)	6:27	9.3 (83.0%)
11	SWORSKI Roman	508	KASTYO / VEGE RUNNERS	M-30	11	01:23:31	02:33:30.20	+00:27:25 (17.9%)	6:30	9.2 (82.1%)
12	MAJCHRZAK Maciej	10		M-30	12	01:27:12	02:35:27.85	+00:29:23 (18.9%)	6:35	9.1 (81.3%)
13	CYRAN Piotr	288		M-30	13	01:24:57	02:37:15.25	+00:31:10 (19.8%)	6:39	9 (80.4%)
14	PIETRZAK Daniel	518	DOGOŃ GRODZISK MAZOWIECKI	M-30	14	01:31:27	02:38:35.35	+00:32:30 (20.5%)	6:43	8.9 (79.5%)
15	NOWACKI Mateusz	479		M-30	15	01:27:24	02:38:56.10	+00:32:51 (20.7%)	6:44	8.9 (79.5%)
16	STARUCH Robert	117		M-30	16	01:28:23	02:39:01.30	+00:32:56 (20.7%)	6:44	8.9 (79.5%)
17	BRONISZEWSKI Łukasz	443	POWER TRAINING	M-30	17	01:28:53	02:39:22.95	+00:33:18 (20.9%)	6:45	8.9 (79.5%)
18	PŁONOWSKI Maciej	189		M-30	18	01:26:33	02:41:04.10	+00:34:59 (21.7%)	6:49	8.8 (78.6%)
19	GRAD Adam	257	DZIKA BANDA ŁAKOMCZUCHÓW	M-30	19	01:33:22	02:41:20.00	+00:35:15 (21.9%)	6:50	8.8 (78.6%)
20	NAWROT Wojciech Nawrot	4		M-30	20	01:31:41	02:41:44.40	+00:35:39 (22.0%)	6:51	8.8 (78.6%)
21	BOSAKIEWICZ Tomasz	47	OLAWS	M-30	21	01:29:41	02:42:47.75	+00:36:43 (22.6%)	6:53	8.7 (77.7%)
22	PIKOS Patryk	127		M-30	22	01:27:54	02:43:14.05	+00:37:09 (22.8%)	6:55	8.7 (77.7%)
23	BRZOZOWSKI Filip	471	SPARTA RUNNERS	M-30	23	01:22:10	02:45:17.00	+00:39:12 (23.7%)	7:00	8.6 (76.8%)
24	KOPCZYŃSKI Łukasz	511	K-TEAM	M-30	24	01:28:29	02:45:51.00	+00:39:46 (24.0%)	7:01	8.5 (75.9%)
25	KOTYRBA Tomasz	284	K_T_R_B	M-30	25	01:33:18	02:48:12.60	+00:42:07 (25.0%)	7:07	8.4 (75.0%)
26	WIERZBICKI Witold	500		M-30	26	01:29:40	02:48:44.95	+00:42:40 (25.3%)	7:09	8.4 (75.0%)
27	OLKIS Rafał	345	RMT TEAM / RATEMYTRAIL.COM	M-30	27	01:28:21	02:49:33.65	+00:43:28 (25.6%)	7:11	8.4 (75.0%)
28	KOLEŚNIK Kamil	240		M-30	28	01:35:12	02:50:39.05	+00:44:34 (26.1%)	7:13	8.3 (74.1%)
29	OPAŁKA Damian	129	MYRACE	M-30	29	01:27:10	02:51:13.00	+00:45:08 (26.4%)	7:15	8.3 (74.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 14.4km	Czas netto 23.6km	Różn	Tempo min/km	Tempo km/h
30	BRODA Dominik	455		M-30	30	01:32:15	02:52:25.80	+00:46:21 (26.9%)	7:18	8.2 (73.2%)
31	ZIELIŃSKI Dominik	466		M-30	31	01:33:18	02:54:05.85	+00:48:01 (27.6%)	7:22	8.1 (72.3%)
32	GONCZAR Szymon	411		M-30	32		02:54:49.00	+00:48:44 (27.9%)	7:24	8.1 (72.3%)
33	SALWA Emil	514		M-30	33	01:37:16	03:01:01.25	+00:54:56 (30.4%)	7:40	7.8 (69.6%)
34	ŁAŻNIEWSKI Dariusz	101	OLSZYNA BIEGA	M-30	34	01:39:00	03:03:21.95	+00:57:17 (31.2%)	7:46	7.7 (68.8%)
35	LAZAROWICZ Krzysztof	65		M-30	35	01:39:46	03:04:06.20	+00:58:01 (31.5%)	7:48	7.7 (68.8%)
36	GŁUCHY Marek	322	OBORNICKI KLUB LEKKOATLETYCZNY	M-30	36	01:42:21	03:08:34.85	+01:02:30 (33.1%)	7:59	7.5 (67.0%)
37	MIĘSOWICZ Mirosław	301		M-30	37	01:40:32	03:09:10.65	+01:03:05 (33.4%)	8:00	7.5 (67.0%)
38	MARTEKLAS Jan	139	NIGHT RUNNERS WROCŁAW	M-30	38	01:43:35	03:11:25.05	+01:05:20 (34.1%)	8:06	7.4 (66.1%)
39	TOPOROWSKI Kamil	85	BIEGAJĄCY ŚWIDNIK	M-30	39	01:43:37	03:11:54.55	+01:05:49 (34.3%)	8:07	7.4 (66.1%)
40	STĘPEL Marek	442	GRUPA NOMAX	M-30	40	01:40:40	03:12:16.10	+01:06:11 (34.4%)	8:08	7.4 (66.1%)
41	PANKOWSKI Jerzy	324		M-30	41	01:52:28	03:12:50.10	+01:06:45 (34.6%)	8:10	7.3 (65.2%)
42	SOBKOWIAK Marcin	454		M-30	42	01:44:03	03:16:15.05	+01:10:10 (35.8%)	8:18	7.2 (64.3%)
43	GÓRKA Piotr	259		M-30	43	01:47:46	03:17:20.70	+01:11:15 (36.1%)	8:21	7.2 (64.3%)
44	CHLEWIŃSKI Łukasz	182		M-30	44	01:37:03	03:20:21.80	+01:14:17 (37.1%)	8:29	7.1 (63.4%)
45	WIERTEL Łukasz	430	DIETETYK ŁUKASZ WIERTEL	M-30	45	01:44:49	03:21:42.60	+01:15:37 (37.5%)	8:32	7 (62.5%)
46	WITOR Marcin	295	CZERWONAK BIEGA	M-30	46	01:43:39	03:24:21.50	+01:18:16 (38.3%)	8:39	6.9 (61.6%)
47	WOLNY Marcin	185	WIELUŃ BIEGA	M-30	47	01:51:04	03:25:00.95	+01:18:56 (38.5%)	8:41	6.9 (61.6%)
48	POŁOM Rafał	289	NOA	M-30	48	01:45:43	03:25:55.80	+01:19:51 (38.8%)	8:43	6.9 (61.6%)
49	KRUPIEŃCZYK Michał	459		M-30	49	01:49:08	03:26:34.95	+01:20:30 (39.0%)	8:45	6.9 (61.6%)
50	GAŚSIOROWSKI Grzegorz	306	:)	M-30	50	01:57:20	03:26:55.80	+01:20:51 (39.1%)	8:46	6.8 (60.7%)
51	WOLSKI Kamil	272	RACEFIGHTER GOSIR DĘBE WIELKIE	M-30	51	01:53:31	03:27:19.85	+01:21:15 (39.2%)	8:47	6.8 (60.7%)
52	STELMACH Mariusz	146		M-30	52	01:52:16	03:28:20.20	+01:22:15 (39.5%)	8:49	6.8 (60.7%)
53	PAŹDZIÓR Wojciech	229	ACTIVE STRATEGY	M-30	53	01:47:21	03:28:45.00	+01:22:40 (39.6%)	8:50	6.8 (60.7%)
54	DURMAN Sławomir	207	ZW DWKP-W	M-30	54	01:56:07	03:29:04.05	+01:22:59 (39.7%)	8:51	6.8 (60.7%)
55	BUSS Konrad	35	KUDOWIANKA RUN	M-30	55	01:59:12	03:30:57.40	+01:24:52 (40.2%)	8:56	6.7 (59.8%)
56	KUDŁA Jakub	507		M-30	56	01:51:29	03:32:14.10	+01:26:09 (40.6%)	8:59	6.7 (59.8%)
57	PIÓRKO Piotr	128	LESZ NO LIMITS RUNNERS	M-30	57	01:51:52	03:32:18.70	+01:26:13 (40.6%)	8:59	6.7 (59.8%)
58	ZAŃKO Rafał	169		M-30	58	01:54:27	03:32:39.30	+01:26:34 (40.7%)	9:00	6.7 (59.8%)
59	MHADHBI Hatem	293		M-30	59	01:51:23	03:32:47.85	+01:26:43 (40.8%)	9:01	6.7 (59.8%)
60	KRAWIEC Piotr	181	KOTWICA BRZEG	M-30	60	01:51:37	03:33:46.55	+01:27:41 (41.0%)	9:03	6.6 (58.9%)
61	ŁUKASZCZYK Łukasz	198	4FITER	M-30	61	01:53:28	03:34:20.30	+01:28:15 (41.2%)	9:04	6.6 (58.9%)
62	SZŁOSEK Łukasz	519		M-30	62	01:52:26	03:34:24.35	+01:28:19 (41.2%)	9:05	6.6 (58.9%)
63	ODZIMKOWSKI Marcin	364		M-30	63	01:49:48	03:35:53.95	+01:29:49 (41.6%)	9:08	6.6 (58.9%)
64	KAWA Michał	418		M-30	64	01:55:42	03:38:22.00	+01:32:17 (42.3%)	9:15	6.5 (58.0%)
65	CZOSKA Przemysław	249	JARBUD	M-30	65	01:55:45	03:38:25.75	+01:32:21 (42.3%)	9:15	6.5 (58.0%)
66	GÓRNIAK Jarosław	242	JARBUD	M-30	66	01:55:45	03:38:30.05	+01:32:25 (42.3%)	9:15	6.5 (58.0%)
67	KARWACKI Szymon	334		M-30	67	01:56:17	03:38:57.15	+01:32:52 (42.4%)	9:16	6.5 (58.0%)
68	JANUS Marcin	404	WIELUŃ BIEGA	M-30	68	01:53:37	03:40:50.80	+01:34:46 (42.9%)	9:21	6.4 (57.1%)
69	SZYLBERG Piotr	173	TEAM ZABIEGANEDNI	M-30	69	02:00:44	03:40:56.65	+01:34:51 (42.9%)	9:21	6.4 (57.1%)
70	SOBCZYK Grzesiu	154	WIELUŃ BIEGA	M-30	70	01:53:54	03:41:15.75	+01:35:11 (43.0%)	9:22	6.4 (57.1%)
71	PISULA Łukasz	383		M-30	71	02:08:55	03:47:29.55	+01:41:24 (44.6%)	9:38	6.2 (55.4%)
72	SUDÓŁ Robert	115	KOTWICA BRZEG	M-30	72	01:59:37	03:48:03.95	+01:41:59 (44.7%)	9:39	6.2 (55.4%)
73	ILNICKI Bronisław	164		M-30	73	01:43:08	03:48:25.75	+01:42:21 (44.8%)	9:40	6.2 (55.4%)

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74	JANUSZEWSKI Karol	373	BIEGAM U KOLESİ	M-30	74	02:02:55	03:48:49.85	+01:42:45 (44.9%)	9:41	6.2 (55.4%)
75	BRUZI Kacper	461		M-30	75	01:56:04	03:49:28.40	+01:43:23 (45.1%)	9:43	6.2 (55.4%)
76	OKRASKA Grzegorz	90		M-30	76	01:59:56	03:50:08.25	+01:44:03 (45.2%)	9:45	6.2 (55.4%)
77	MORAWSKI Ryszard	197	RMT	M-30	77	02:02:07	03:50:59.35	+01:44:54 (45.4%)	9:47	6.1 (54.5%)
78	MAKARENKOV Sergii	211	DOGOŃ GRODZISK MAZOWIECKI	M-30	78	02:01:17	03:53:19.35	+01:47:14 (46.0%)	9:53	6.1 (54.5%)
79	CHĘC Tomasz	317		M-30	79	01:58:44	03:53:34.75	+01:47:30 (46.0%)	9:53	6.1 (54.5%)
80	KLIMECKI Michał	349	ZABIEGANI GOLENIÓW	M-30	80	02:03:08	03:54:58.90	+01:48:54 (46.3%)	9:57	6 (53.6%)
81	KRZESIMOWSKI Damian	271		M-30	81	02:00:33	03:55:07.85	+01:49:03 (46.4%)	9:57	6 (53.6%)
82	KOSIŃSKI Aleksander	441		M-30	82	01:59:00	03:55:52.55	+01:49:47 (46.5%)	9:59	6 (53.6%)
83	KOZIOŁ Paweł	20		M-30	83	02:08:35	03:56:04.35	+01:49:59 (46.6%)	10:00	6 (53.6%)
84	SZYSZKA Marek	304	STS BIEGATON MIKOŁÓW	M-30	84	02:02:04	03:58:23.50	+01:52:18 (47.1%)	10:06	5.9 (52.7%)
85	HENSZKE Waldemar	66		M-30	85	02:00:03	04:03:10.85	+01:57:06 (48.2%)	10:18	5.8 (51.8%)
86	SKOWRONEK Tomasz	7		M-30	86	02:01:11	04:07:14.55	+02:01:09 (49.0%)	10:28	5.7 (50.9%)
87	KRAWIEC Marcin	183		M-30	87	02:11:08	04:08:07.85	+02:02:03 (49.2%)	10:30	5.7 (50.9%)
88	GIBEK Paweł	503		M-30	88	02:06:33	04:12:07.85	+02:06:03 (50.0%)	10:41	5.6 (50.0%)
89	SIBILA Dawid	94		M-30	89	02:09:40	04:13:04.15	+02:06:59 (50.2%)	10:43	5.6 (50.0%)
90	BZOWSKI Marcin	360		M-30	90	02:09:09	04:14:34.30	+02:08:29 (50.5%)	10:47	5.6 (50.0%)
91	DUNAL Tomasz	116	SZ JAK GEPARD	M-30	91	02:08:30	04:22:57.30	+02:16:52 (52.1%)	11:08	5.4 (48.2%)
92	CELICHOWSKI Stanisław	451		M-30	92	02:24:18	04:27:55.00	+02:21:50 (52.9%)	11:21	5.3 (47.3%)
93	STRZECHOWSKI Dariusz	108	RAJSPOORT ACTIVE	M-30	93	02:27:17	04:32:55.90	+02:26:51 (53.8%)	11:33	5.2 (46.4%)
94	KOZIEŁ Piotr	365	DOGOŃ GRODZISK MAZOWIECKI	M-30	94	02:21:11	04:35:46.95	+02:29:42 (54.3%)	11:41	5.1 (45.5%)
95	MAJEROWSKI Mateusz	285		M-30	95	02:18:54	04:37:32.50	+02:31:27 (54.6%)	11:45	5.1 (45.5%)
96	MATEJKA Łukasz	273	BIEGAM NA TARCHOMINIE	M-30	96	02:46:43	05:19:26.35	+03:13:21 (60.5%)	13:32	4.4 (39.3%)
97	MIŚKIEWICZ Wojciech	531		M-30	97	02:57:15	05:28:45.00	+03:22:40 (61.6%)	13:55	4.3 (38.4%)

Znaleziono 97 wynik(ów)