



SGS LIGHT PÓŁMARATON 23KM

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Supermaraton Gór Stołowych 2021
Fundacja Maratony Górskie
2021-06-27
Kartów
23 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

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	Czas netto	Różn	Tempo min/km	Tempo km/h
						14.4km	23.6km			
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	PRZEPLĄTA 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%)

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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)