



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-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 14.4km	Czas netto 23.6km	Różn	Tempo min/km	Tempo km/h
1	BRÝDL Pavel	201	SALOMON CZ/WILLA SPA SCALIANO	M-40	1	01:05:06	01:57:16.85		4:58	12.1 (100%)
2	KRUPA Marcin	2	AKTYWNA NOWA RUDA	M-40	2	01:13:40	02:15:47.95	+00:18:31 (13.6%)	5:45	10.4 (86.0%)
3	KMIECIK Tomasz	379		M-40	3	01:18:07	02:18:06.75	+00:20:49 (15.1%)	5:51	10.3 (85.1%)
4	KOZIEŁ Tomasz	260	KUDOWIANKA RUN	M-40	4	01:16:52	02:19:43.10	+00:22:26 (16.1%)	5:55	10.1 (83.5%)
5	SZCZĘŚNIAK Piotr	533	GVT	M-40	5	01:19:22	02:28:37.15	+00:31:20 (21.1%)	6:17	9.5 (78.5%)
6	KOKOCIŃSKI Dariusz	497		M-40	6	01:24:07	02:31:32.40	+00:34:15 (22.6%)	6:25	9.3 (76.9%)
7	KINAL Piotr	486		M-40	7	01:23:27	02:31:32.80	+00:34:15 (22.6%)	6:25	9.3 (76.9%)
8	GŁÓD Mateusz	78		M-40	8	01:25:14	02:32:50.60	+00:35:33 (23.3%)	6:28	9.3 (76.9%)
9	KORCZ Daniel	470		M-40	9	01:25:40	02:33:41.20	+00:36:24 (23.7%)	6:30	9.2 (76.0%)
10	FRANCZAK Mariusz	502	DTR BIEGA / MARIO TEAM	M-40	10	01:23:48	02:33:45.75	+00:36:28 (23.7%)	6:30	9.2 (76.0%)
11	KUBICKI Mariusz	44		M-40	11	01:26:28	02:36:48.30	+00:39:31 (25.2%)	6:38	9 (74.4%)
12	BEKAS Marcin	424		M-40	12	01:31:09	02:42:07.80	+00:44:50 (27.7%)	6:52	8.7 (71.9%)
13	GILEWSKI Artur	453		M-40	13	01:31:31	02:43:50.10	+00:46:33 (28.4%)	6:56	8.6 (71.1%)
14	KUJDA Arkadiusz	473	1 BRYGADA LOGISTYCZNA	M-40	14	01:30:36	02:44:19.40	+00:47:02 (28.6%)	6:57	8.6 (71.1%)
15	WRÓBLEWSKI Konrad	469		M-40	15	01:30:37	02:44:23.20	+00:47:06 (28.7%)	6:57	8.6 (71.1%)
16	KRZYSZTOFIK Piotr	205	CROSSFIT ETERNIA	M-40	16	01:31:24	02:45:19.10	+00:48:02 (29.1%)	7:00	8.6 (71.1%)
17	WINIECKI Tomasz	244		M-40	17	01:31:20	02:45:30.45	+00:48:13 (29.1%)	7:00	8.6 (71.1%)
18	WOJTIS Arkadiusz	258	DZIKA BANDA ŁAKOMCZUCHÓW	M-40	18	01:32:07	02:48:24.40	+00:51:07 (30.4%)	7:08	8.4 (69.4%)
19	MAJCHRZAK Marcin	484	DELOITTE ADVENTURE TEAM	M-40	19	01:29:28	02:49:26.35	+00:52:09 (30.8%)	7:10	8.4 (69.4%)
20	GRZĄBA Szymon	107		M-40	20	01:31:00	02:50:14.65	+00:52:57 (31.1%)	7:12	8.3 (68.6%)
21	BRUS Marcin	22		M-40	21	01:32:42	02:51:21.10	+00:54:04 (31.6%)	7:15	8.3 (68.6%)
22	KRAJKA Jarosław	342	UMCS BIEGA	M-40	22	01:34:42	02:52:15.65	+00:54:58 (31.9%)	7:17	8.2 (67.8%)
23	ZAWADA Michał	398	SPRYTNE WIEWIÓRKI	M-40	23	01:34:09	02:52:34.55	+00:55:17 (32.0%)	7:18	8.2 (67.8%)
24	SZARANIEC Sebastian	410	T-MOBILE SPORT TEAM	M-40	24	01:33:40	02:55:11.90	+00:57:55 (33.1%)	7:25	8.1 (66.9%)
25	ŚLEZIAK Jarosław	489	RUNNING MATNER TEAM	M-40	25	01:29:12	02:55:59.45	+00:58:42 (33.4%)	7:27	8 (66.1%)
26	NARUCKI Wojciech	184		M-40	26	01:39:19	02:56:02.40	+00:58:45 (33.4%)	7:27	8 (66.1%)
27	PAŻUCHA Wojciech	354	ACID MANIAXXX	M-40	27	01:35:01	02:56:34.15	+00:59:17 (33.6%)	7:28	8 (66.1%)
28	RATYMIŃSKI Wojciech	463	#SOBASTEAM	M-40	28	01:33:56	02:56:45.45	+00:59:28 (33.6%)	7:29	8 (66.1%)
29	HACUŚ Tomasz	110		M-40	29	01:38:52	02:57:26.30	+01:00:09 (33.9%)	7:31	8 (66.1%)

Czas										
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 14.4km	Czas netto 23.6km	Różn	Tempo min/km	Tempo km/h
30	BIŁAN Paweł	283		M-40	30	01:30:51	02:58:04.70	+01:00:47 (34.1%)	7:32	8 (66.1%)
31	SURGIENIEWICZ Marcin	130	DZIKI WORKOUT CZARNY BÓR	M-40	31	01:36:59	02:59:14.35	+01:01:57 (34.6%)	7:35	7.9 (65.3%)
32	SUCHOWIECKI Wojciech	147	ORTOEYETEAM	M-40	32	01:34:25	02:59:22.10	+01:02:05 (34.6%)	7:36	7.9 (65.3%)
33	ANDRZEJEWSKI Przemysław	76	WK POZNAŃ	M-40	33	01:36:11	03:00:04.15	+01:02:47 (34.9%)	7:37	7.9 (65.3%)
34	JEŻEWSKI Sławomir	344	GRZMOT KOMORNIKI	M-40	34	01:38:47	03:01:26.25	+01:04:09 (35.4%)	7:41	7.8 (64.5%)
35	BIECUSZEK Tomasz	457	AKTYWNA NOWA RUDA	M-40	35	01:35:56	03:01:56.05	+01:04:39 (35.5%)	7:42	7.8 (64.5%)
36	MARUSZAK Darek	216	DOGOŃ GRODZISK MAZOWIECKI	M-40	36	01:41:41	03:03:01.60	+01:05:44 (35.9%)	7:45	7.7 (63.6%)
37	BRONCZAK Tomasz	64		M-40	37	01:41:47	03:05:53.45	+01:08:36 (36.9%)	7:52	7.6 (62.8%)
38	ZATOŃ Adrian	81		M-40	38	01:43:27	03:06:32.00	+01:09:15 (37.1%)	7:54	7.6 (62.8%)
39	TATKA Marcin	526		M-40	39	01:41:25	03:06:33.50	+01:09:16 (37.1%)	7:54	7.6 (62.8%)
40	GAJEWSKI Jacek	377	DOGOŃ GRODZISK MAZOWIECKI	M-40	40	01:42:22	03:07:12.35	+01:09:55 (37.4%)	7:55	7.6 (62.8%)
41	CHMURA Jarosław	393		M-40	41	01:41:51	03:08:02.75	+01:10:45 (37.6%)	7:58	7.5 (62.0%)
42	ANDRZEJEWSKI Krystian	308	MOGILNO TEAM	M-40	42	01:46:32	03:10:22.00	+01:13:05 (38.4%)	8:03	7.4 (61.2%)
43	ROSZCZYK Michał	143	ORTOEYETEAM	M-40	43	01:38:18	03:10:56.30	+01:13:39 (38.6%)	8:05	7.4 (61.2%)
44	DOLATA Maciej	83		M-40	44	01:46:53	03:11:11.15	+01:13:54 (38.7%)	8:06	7.4 (61.2%)
45	ČERVENÝ David	157		M-40	45	01:46:11	03:13:19.25	+01:16:02 (39.3%)	8:11	7.3 (60.3%)
46	KUCZYŃSKI Szymon	429	ZAWONIA	M-40	46	01:43:27	03:13:21.95	+01:16:05 (39.3%)	8:11	7.3 (60.3%)
47	BADOWSKI Sebastian	417	ZAWONIA TEAM	M-40	47	01:43:35	03:13:55.90	+01:16:39 (39.5%)	8:13	7.3 (60.3%)
48	WIERZCHOWSKI Adam	336	BASTER TEAM	M-40	48	01:45:40	03:15:46.75	+01:18:29 (40.1%)	8:17	7.2 (59.5%)
49	KAPALA Adrian	382	NATALIA TOMASIAK GÓRSKI STYL	M-40	49	01:48:52	03:17:25.70	+01:20:08 (40.6%)	8:21	7.2 (59.5%)
50	DOLIWKA Paweł	74	LUBAWA KOCHA BIEGAĆ	M-40	50	01:44:55	03:17:35.45	+01:20:18 (40.6%)	8:22	7.2 (59.5%)
51	SZUBARSKI Krzysztof	378	PARKRUN CIESZYN	M-40	51	01:48:36	03:22:56.95	+01:25:40 (42.2%)	8:35	7 (57.9%)
52	PAWIŃSKI Artur	402	ADIDAS RUNNERS WARSAW	M-40	52	01:47:17	03:24:56.85	+01:27:40 (42.8%)	8:41	6.9 (57.0%)
53	BABINEK Adam	406		M-40	53	01:45:48	03:25:50.15	+01:28:33 (43.0%)	8:43	6.9 (57.0%)
54	SZANIEWSKI Mirosław	504	BIEGAMDŁAZDROWIA.PL	M-40	54	01:48:37	03:27:02.60	+01:29:45 (43.4%)	8:46	6.8 (56.2%)
55	ŁAŻEWSKI Marcin	452		M-40	55	01:57:41	03:29:26.10	+01:32:09 (44.0%)	8:52	6.8 (56.2%)
56	BUSS Jakub	30	KUDOWIANKA RUN	M-40	56	01:59:24	03:31:04.85	+01:33:48 (44.4%)	8:56	6.7 (55.4%)
57	DUDEK Przemysław	512	PARKRUN SŁODOWO WŁOCŁAWEK	M-40	57	01:51:33	03:31:19.15	+01:34:02 (44.5%)	8:57	6.7 (55.4%)
58	ŚWITAŁA Marcin	300	KB SPARTAKUS	M-40	58	01:52:50	03:31:40.80	+01:34:23 (44.6%)	8:58	6.7 (55.4%)
59	BARCZAK Tomasz	478	RUN TEAM MILEJÓW	M-40	59	01:51:07	03:31:54.30	+01:34:37 (44.7%)	8:58	6.7 (55.4%)
60	GABRYSIAK Mariusz	422	WIELUŃ BIEGA	M-40	60	01:51:14	03:34:07.55	+01:36:50 (45.2%)	9:04	6.6 (54.5%)
61	GÓRECKI Rafał	250		M-40	61	01:54:49	03:34:16.55	+01:36:59 (45.3%)	9:04	6.6 (54.5%)
62	JAGIEŁŁO Konrad	476	RUN TEAM MILEJÓW	M-40	62	01:48:15	03:35:11.00	+01:37:54 (45.5%)	9:07	6.6 (54.5%)
63	KRZEŚNIEWSKI Marcin	539		M-40	63	01:57:03	03:35:50.00	+01:38:33 (45.7%)	9:08	6.6 (54.5%)
64	POPEK Maciej	515	ANETA TEAM	M-40	64	01:54:46	03:37:10.05	+01:39:53 (46.0%)	9:12	6.5 (53.7%)
65	SIENKIEWICZ Paweł	521	DECEPTICON GYM	M-40	65	02:00:36	03:38:11.25	+01:40:54 (46.2%)	9:14	6.5 (53.7%)
66	LĘGA Wiesław	421	K.S. TĘCZA	M-40	66	01:49:26	03:39:42.90	+01:42:26 (46.6%)	9:18	6.4 (52.9%)
67	ROLIŃSKI Radosław	29		M-40	67	01:54:54	03:39:47.80	+01:42:30 (46.6%)	9:18	6.4 (52.9%)
68	FILIPIAK Michał	32	WIELKOPOLSKI KLUB TATERNICTWA JASKINIOWEGO	M-40	68	01:58:34	03:41:53.15	+01:44:36 (47.1%)	9:24	6.4 (52.9%)
69	KÓŁKIEWICZ Jakub	252		M-40	69	02:03:58	03:42:16.90	+01:45:00 (47.2%)	9:25	6.4 (52.9%)
70	BISKUPSKI Jakub	290		M-40	70	02:03:32	03:43:30.20	+01:46:13 (47.5%)	9:28	6.3 (52.1%)
71	PRZYBYŁ Tomasz	496	NIGHT RUNNERS	M-40	71	01:59:54	03:44:13.45	+01:46:56 (47.7%)	9:30	6.3 (52.1%)
72	SMUSZ Grzegorz	352		M-40	72	01:56:03	03:44:20.45	+01:47:03 (47.7%)	9:30	6.3 (52.1%)
73	WIŚNIEWSKI Tomasz	348		M-40	73	02:02:00	03:46:40.35	+01:49:23 (48.3%)	9:36	6.2 (51.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 14.4km	Czas netto 23.6km	Różn	Tempo min/km	Tempo km/h
74	KADŁUBOWSKI Piotr	55	SRC TEAM KOTWICA BRZEG	M-40	74	02:00:21	03:48:18.05	+01:51:01 (48.6%)	9:40	6.2 (51.2%)
75	ORŁOWSKI Daniel	141		M-40	75	02:01:24	03:48:18.85	+01:51:02 (48.6%)	9:40	6.2 (51.2%)
76	WRÓBLEWSKI Jarosław	225	RAZ SZCZECIN	M-40	76	01:56:56	03:50:02.60	+01:52:45 (49.0%)	9:44	6.2 (51.2%)
77	WRZESIŃSKI Piotr	174	GAPPAG TEAM	M-40	77	01:56:15	03:51:14.60	+01:53:57 (49.3%)	9:47	6.1 (50.4%)
78	RADAJEWSKI Arkadiusz	390	CROSS KRAPKOWICE	M-40	78	02:00:53	03:52:17.15	+01:55:00 (49.5%)	9:50	6.1 (50.4%)
79	WOŁOWIEC Krzysztof	280	LABORATORYJNIE.PL	M-40	79	02:02:56	03:52:25.90	+01:55:09 (49.5%)	9:50	6.1 (50.4%)
80	GANC Marcin	307		M-40	80	02:09:54	03:52:59.55	+01:55:42 (49.7%)	9:52	6.1 (50.4%)
81	BEDNAREK Dariusz	315	PLAN EMERYTALNY	M-40	81	02:02:20	03:53:12.10	+01:55:55 (49.7%)	9:52	6.1 (50.4%)
82	MARCZEWSKI Marcin	235	RESILIA BEMOWO GROTY	M-40	82	02:02:43	03:53:44.80	+01:56:27 (49.8%)	9:54	6.1 (50.4%)
83	NOSARZEWSKI Mariusz	309	GB PRESS	M-40	83	01:58:57	03:53:44.95	+01:56:28 (49.8%)	9:54	6.1 (50.4%)
84	BOŹKIEWICZ Jacek	103		M-40	84	02:05:08	03:53:45.15	+01:56:28 (49.8%)	9:54	6.1 (50.4%)
85	GODLEWSKI Adam	180		M-40	85	01:57:14	03:53:51.95	+01:56:35 (49.9%)	9:54	6.1 (50.4%)
86	KURKUS Aleksander	391	DOGOŃ GRODZISK MAZOWIECKI	M-40	86	02:07:18	03:54:24.15	+01:57:07 (50.0%)	9:55	6 (49.6%)
87	NIEDŹWIEDŹ Grzegorz	237	STS BIEGATON	M-40	87	02:03:26	03:54:51.90	+01:57:35 (50.1%)	9:57	6 (49.6%)
88	RESPONDEK Dariusz	261		M-40	88	02:04:50	03:57:52.35	+02:00:35 (50.7%)	10:04	6 (49.6%)
89	SERWADCZAK Piotr	266	P+E	M-40	89	02:01:54	03:58:45.65	+02:01:28 (50.9%)	10:07	5.9 (48.8%)
90	SERAFIN Robert	41		M-40	90	02:01:00	04:00:36.60	+02:03:19 (51.3%)	10:11	5.9 (48.8%)
91	TYCHOWICZ Robert	414	BUTTON'S TEAM	M-40	91	02:03:10	04:00:50.60	+02:03:33 (51.3%)	10:12	5.9 (48.8%)
92	ŻYTNIK Piotr	413	BUTTON'S TEAM	M-40	92	02:03:17	04:00:58.65	+02:03:41 (51.3%)	10:12	5.9 (48.8%)
93	STAMM Tomasz	528		M-40	93	02:08:44	04:01:32.15	+02:04:15 (51.4%)	10:14	5.9 (48.8%)
94	PLASZCZAK Jarosław	6		M-40	94	02:09:23	04:02:08.55	+02:04:51 (51.6%)	10:15	5.8 (47.9%)
95	PRZESPOLEWSKI Rafał	341	WRZOSOWA STUDZIENIEC	M-40	95	02:08:13	04:02:48.35	+02:05:31 (51.7%)	10:17	5.8 (47.9%)
96	SIWIASZCZYK Tomasz	236		M-40	96	02:03:54	04:02:56.00	+02:05:39 (51.7%)	10:17	5.8 (47.9%)
97	WYRWICKI Przemek	112		M-40	97	02:07:41	04:03:08.85	+02:05:52 (51.8%)	10:18	5.8 (47.9%)
98	FISZER Jakub	339	#TEAMDKMS	M-40	98	02:22:32	04:06:21.10	+02:09:04 (52.4%)	10:26	5.7 (47.1%)
99	MALINOWSKI Paweł	243	MPK-ŁÓDŹ	M-40	99	02:01:01	04:08:11.35	+02:10:54 (52.7%)	10:30	5.7 (47.1%)
100	CZEKAŁSKI Tomasz	246	NARAMOWICE BIEGAJĄ	M-40	100	02:05:33	04:14:08.90	+02:16:52 (53.9%)	10:46	5.6 (46.3%)
101	KRAIŃSKI Piotr	114	#CZELADZBIEGA	M-40	101	02:09:12	04:17:13.45	+02:19:56 (54.4%)	10:53	5.5 (45.5%)
102	MZYK Fabian	305	STS BIEGATON	M-40	102	02:13:29	04:17:40.80	+02:20:23 (54.5%)	10:55	5.5 (45.5%)
103	OGÓREK Artur	268	KB SPARTAKUS BEŁCHATÓW	M-40	103	02:19:55	04:19:15.95	+02:21:59 (54.8%)	10:59	5.5 (45.5%)
104	KACZMAREK Krzysztof	52	K2	M-40	104	02:14:54	04:20:35.05	+02:23:18 (55.0%)	11:02	5.4 (44.6%)
105	KRYSIĄK Łukasz	8	PIĄTKOWO NA BIEGOWO	M-40	105	02:06:14	04:23:36.05	+02:26:19 (55.5%)	11:10	5.4 (44.6%)
106	BĄK Bogdan	340		M-40	106	02:16:04	04:25:51.05	+02:28:34 (55.9%)	11:15	5.3 (43.8%)
107	CZUCHWICKI Marek	15		M-40	107	02:17:36	04:31:15.40	+02:33:58 (56.8%)	11:29	5.2 (43.0%)
108	FILIPOWIAK Bartosz	294	SPARTA TEAM	M-40	108	02:15:33	04:33:39.70	+02:36:22 (57.1%)	11:35	5.2 (43.0%)
109	KOCZOROWSKI Marcin	314	TEAM ZABIEGANEDNI	M-40	109	02:23:25	04:33:46.40	+02:36:29 (57.2%)	11:36	5.2 (43.0%)
110	PAWŁAK Krzysztof	286		M-40	110	02:21:05	04:35:14.75	+02:37:57 (57.4%)	11:39	5.1 (42.1%)
111	ADAMCZUK Piotr	371		M-40	111	02:20:52	04:51:21.10	+02:54:04 (59.7%)	12:20	4.9 (40.5%)

Znaleziono 111 wynik(ów)