



**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

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

# SGS LIGHT PÓŁMARATON 23KM

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-50

| Msc | Zawodnik                  | Numer | Klub                     | Kategoria | Mkat | Pasterka<br>14.4km | Czas<br>netto<br>23.6km | Różn              | Tempo<br>min/km | Tempo<br>km/h |
|-----|---------------------------|-------|--------------------------|-----------|------|--------------------|-------------------------|-------------------|-----------------|---------------|
| 1   | DĄBROWSKI Michał          | 465   | CINCLUS                  | M-50      | 1    | 01:26:55           | <b>02:40:46.10</b>      |                   | 6:48            | 8.8 (100%)    |
| 2   | TRZECIAKIEWICZ Mieczysław | 283   | MLKS RADKÓW              | M-50      | 2    | 01:34:44           | <b>02:53:31.75</b>      | +00:12:45 (7.4%)  | 7:21            | 8.2 (93.2%)   |
| 3   | KOWALCZYK Marek           | 441   | KB TKKF PROMYK CIECHANÓW | M-50      | 3    | 01:41:05           | <b>03:09:14.95</b>      | +00:28:28 (15.0%) | 8:01            | 7.5 (85.2%)   |
| 4   | GUTOWSKI Dariusz          | 304   | BIEGAMDLAZDROWIA.PL      | M-50      | 4    | 01:38:32           | <b>03:12:54.35</b>      | +00:32:08 (16.7%) | 8:10            | 7.3 (83.0%)   |
| 5   | SUCHANEK Radosław         | 481   |                          | M-50      | 5    | 01:40:29           | <b>03:13:05.10</b>      | +00:32:19 (16.7%) | 8:10            | 7.3 (83.0%)   |
| 6   | GASIECKI Andrzej          | 459   |                          | M-50      | 6    | 01:43:35           | <b>03:15:48.55</b>      | +00:35:02 (17.9%) | 8:17            | 7.2 (81.8%)   |
| 7   | MARKOWSKI Zbigniew        | 208   | BIEGAMDLAZDROWIA.PL      | M-50      | 7    | 01:41:33           | <b>03:16:31.05</b>      | +00:35:44 (18.2%) | 8:19            | 7.2 (81.8%)   |
| 8   | ZYSK Paweł                | 477   |                          | M-50      | 8    | 01:40:48           | <b>03:18:18.25</b>      | +00:37:32 (18.9%) | 8:24            | 7.1 (80.7%)   |
| 9   | BOGDAŁ Jacek              | 417   | ŻERZUSZYCE               | M-50      | 9    | 01:47:38           | <b>03:20:22.75</b>      | +00:39:36 (19.8%) | 8:29            | 7.1 (80.7%)   |
| 10  | PŁOK Krzysztof            | 289   | TEAMPŁOK                 | M-50      | 10   | 01:45:00           | <b>03:22:55.00</b>      | +00:42:08 (20.8%) | 8:35            | 7 (79.5%)     |
| 11  | SZMAGIEREWSKI Wojciech    | 403   |                          | M-50      | 11   | 01:47:40           | <b>03:24:46.40</b>      | +00:44:00 (21.5%) | 8:40            | 6.9 (78.4%)   |
| 12  | SIKORSKI Cezary           | 31    | BBL GUBIN                | M-50      | 12   | 01:45:25           | <b>03:28:07.25</b>      | +00:47:21 (22.8%) | 8:49            | 6.8 (77.3%)   |
| 13  | RATAJCZAK Grzegorz        | 447   |                          | M-50      | 13   | 01:54:35           | <b>03:38:43.40</b>      | +00:57:57 (26.5%) | 9:16            | 6.5 (73.9%)   |
| 14  | SERAFIN Robert            | 262   |                          | M-50      | 14   | 01:49:47           | <b>03:42:01.65</b>      | +01:01:15 (27.6%) | 9:24            | 6.4 (72.7%)   |
| 15  | TENDAJ Daniel             | 454   |                          | M-50      | 15   | 02:01:33           | <b>03:59:02.80</b>      | +01:18:16 (32.7%) | 10:07           | 5.9 (67.0%)   |
| 16  | DZIEDZIC Paweł            | 371   |                          | M-50      | 16   | 01:57:24           | <b>04:03:21.50</b>      | +01:22:35 (33.9%) | 10:18           | 5.8 (65.9%)   |
| 17  | BĄK Bogdan                | 381   |                          | M-50      | 17   | 02:02:15           | <b>04:06:08.25</b>      | +01:25:22 (34.7%) | 10:25           | 5.8 (65.9%)   |
| 18  | LUPA Mirosław             | 183   | LUPUSTEAM                | M-50      | 18   | 02:04:06           | <b>04:07:12.20</b>      | +01:26:26 (35.0%) | 10:28           | 5.7 (64.8%)   |
| 19  | ADAMCZUK Feliks           | 432   | SZCZECIN                 | M-50      | 19   | 02:04:47           | <b>04:07:32.15</b>      | +01:26:46 (35.1%) | 10:29           | 5.7 (64.8%)   |
| 20  | MODRZYŃSKI Przemysław     | 464   | NGT PROBAR               | M-50      | 20   | 02:11:16           | <b>04:08:54.45</b>      | +01:28:08 (35.4%) | 10:32           | 5.7 (64.8%)   |
| 21  | BISKUPSKI Andrzej         | 321   |                          | M-50      | 21   | 02:03:12           | <b>04:09:05.25</b>      | +01:28:19 (35.5%) | 10:33           | 5.7 (64.8%)   |
| 22  | KEGEL Zbigniew            | 250   | PIĄTKOWO NA BIEGOWO      | M-50      | 22   | 02:06:14           | <b>04:09:08.10</b>      | +01:28:22 (35.5%) | 10:33           | 5.7 (64.8%)   |
| 23  | NOWICKI Jarosław          | 382   |                          | M-50      | 23   | 02:02:16           | <b>04:13:04.55</b>      | +01:32:18 (36.5%) | 10:43           | 5.6 (63.6%)   |
| 24  | POCHWAŁA Piotr            | 223   |                          | M-50      | 24   | 02:15:27           | <b>04:29:06.50</b>      | +01:48:20 (40.3%) | 11:24           | 5.3 (60.2%)   |
| 25  | SZYMCAK Jarosław Szymczak | 149   |                          | M-50      | 25   | 02:29:11           | <b>04:55:32.75</b>      | +02:14:46 (45.6%) | 12:31           | 4.8 (54.5%)   |
| 26  | PIETROWSKI Mariusz        | 121   |                          | M-50      | 26   | 02:40:02           | <b>05:15:01.35</b>      | +02:34:15 (49.0%) | 13:20           | 4.5 (51.1%)   |

Znaleziono 26 wynik(ów)