

# SGS LABIRYNT RUN 4KM

B4SPORT



**Wydarzenie:** Supermaraton Gór Stołowych 2022  
**Organizator:** Fundacja Maratony Górskie  
**Data:** 2022-06-24  
**Miejsce:** Kartów  
**Dystans:** 4 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 4km	Czas brutto 4km	Różn	Tempo min/km	Tempo km/h
1	<b>BRÝDL Pavel</b>	<b>84</b>	SPA SCALIANO - KUDOWA ZDROJ	OPEN	1	<b>00:20:48.45</b>	<b>00:20:49.05</b>		5:12	11.5 (100%)
2	<b>SADZIK Robert</b>	<b>100</b>	NEOPROFIL	OPEN	2	<b>00:21:33.15</b>	<b>00:21:33.75</b>	+00:00:44 (3.5%)	5:23	11.1 (96.5%)
3	<b>SZYMAŃCZUK Jacek</b>	<b>5</b>	NARAMOWICE BIEGAJA/#BIEGIEMWLAS	OPEN	3	<b>00:22:44.65</b>	<b>00:22:45.80</b>	+00:01:56 (8.5%)	5:41	10.6 (92.2%)
4	<b>KRUPA Marcin</b>	<b>28</b>	AKTYWNA NOWA RUDA	OPEN	4	<b>00:23:08.20</b>	<b>00:23:09.10</b>	+00:02:20 (10.1%)	5:47	10.4 (90.4%)
5	<b>KUSAL Tomasz</b>	<b>63</b>		OPEN	5	<b>00:25:21.80</b>	<b>00:25:22.95</b>	+00:04:33 (18.0%)	6:20	9.5 (82.6%)
6	<b>PIKOS Patryk</b>	<b>22</b>		OPEN	6	<b>00:26:18.00</b>	<b>00:26:20.90</b>	+00:05:31 (21.0%)	6:34	9.1 (79.1%)
7	<b>TELEJKO Łukasz</b>	<b>80</b>	RUN BYDGOSZCZ	OPEN	7	<b>00:26:23.90</b>	<b>00:26:23.90</b>	+00:05:34 (21.1%)	6:35	9.1 (79.1%)
8	<b>BABIŃSKA-POPIŁKA Ewelina</b>	<b>94</b>		OPEN Kobiet	1	<b>00:26:23.35</b>	<b>00:26:25.05</b>	+00:05:36 (21.2%)	6:35	9.1 (79.1%)
9	<b>MIKOŁAJCZYK Mirosław</b>	<b>97</b>	MIRAZ RACE TEAM	OPEN	8	<b>00:26:24.90</b>	<b>00:26:26.05</b>	+00:05:37 (21.2%)	6:36	9.1 (79.1%)
10	<b>FUKS Szymon</b>	<b>7</b>	MCBIEGACZE	OPEN	9	<b>00:26:29.40</b>	<b>00:26:31.75</b>	+00:05:42 (21.5%)	6:37	9.1 (79.1%)
11	<b>ŚLADCZYK Seweryn</b>	<b>96</b>	MKST ITF	OPEN	10	<b>00:27:57.20</b>	<b>00:28:04.15</b>	+00:07:15 (25.8%)	6:59	8.6 (74.8%)
12	<b>ŚLADCZYK Dominik</b>	<b>92</b>	MKST ITF	OPEN	11	<b>00:28:13.65</b>	<b>00:28:13.65</b>	+00:07:24 (26.3%)	7:03	8.5 (73.9%)
13	<b>KUBIAK Karolina</b>	<b>41</b>	EXCALIBUR	OPEN Kobiet	2	<b>00:28:12.70</b>	<b>00:28:14.40</b>	+00:07:25 (26.3%)	7:03	8.5 (73.9%)
14	<b>KORONA-SIERADZKA Bogusława</b>	<b>95</b>		OPEN Kobiet	3	<b>00:28:19.90</b>	<b>00:28:21.75</b>	+00:07:32 (26.6%)	7:04	8.5 (73.9%)
15	<b>PARANDYK Krystian</b>	<b>55</b>	MCBIEGACZE	OPEN	12	<b>00:29:02.90</b>	<b>00:29:04.90</b>	+00:08:15 (28.4%)	7:15	8.3 (72.2%)
16	<b>UPTAS Tomasz</b>	<b>11</b>	CROSS STRACEŃCÓW TEAM	OPEN	13	<b>00:29:06.25</b>	<b>00:29:09.45</b>	+00:08:20 (28.6%)	7:16	8.2 (71.3%)
17	<b>ZAJĄC Andrzej</b>	<b>67</b>		OPEN	14	<b>00:29:31.00</b>	<b>00:29:38.20</b>	+00:08:49 (29.8%)	7:22	8.1 (70.4%)
18	<b>JAŚKIEWICZ Rafał</b>	<b>2</b>	COYOTE TEAM	OPEN	15	<b>00:29:42.60</b>	<b>00:29:42.60</b>	+00:08:53 (29.9%)	7:25	8.1 (70.4%)
19	<b>GÓRKA Piotr</b>	<b>65</b>		OPEN	16	<b>00:29:55.20</b>	<b>00:29:57.65</b>	+00:09:08 (30.5%)	7:28	8 (69.6%)
20	<b>GAŁASZKIEWICZ Grzegorz</b>	<b>17</b>	LINDON TEAM	OPEN	17	<b>00:31:23.70</b>	<b>00:31:27.55</b>	+00:10:38 (33.8%)	7:50	7.6 (66.1%)
21	<b>WOJCIESZAK Klaudia</b>	<b>9</b>	BRAVEHEARTS LEGIONOWO	OPEN Kobiet	4	<b>00:31:34.65</b>	<b>00:31:36.95</b>	+00:10:47 (34.2%)	7:53	7.6 (66.1%)
22	<b>MAKARENKOV Sergii</b>	<b>15</b>	DOGOŃ GRODZISK MAZOWIECKI	OPEN	18	<b>00:31:34.65</b>	<b>00:31:37.25</b>	+00:10:48 (34.2%)	7:53	7.6 (66.1%)
23	<b>KLIN Robert</b>	<b>34</b>	WATAHA	OPEN	19	<b>00:31:55.05</b>	<b>00:31:59.60</b>	+00:11:10 (34.9%)	7:58	7.5 (65.2%)
24	<b>MUSZALA Dawid</b>	<b>38</b>	BDB TEAM	OPEN	20	<b>00:32:42.15</b>	<b>00:32:44.75</b>	+00:11:55 (36.4%)	8:10	7.3 (63.5%)
25	<b>OPIŁEK Dorota</b>	<b>1</b>	BDB TEAM	OPEN Kobiet	5	<b>00:32:42.30</b>	<b>00:32:44.80</b>	+00:11:55 (36.4%)	8:10	7.3 (63.5%)
26	<b>INDRASZAK Adam</b>	<b>75</b>	SILESIA MARATHON CLUB	OPEN	21	<b>00:32:46.25</b>	<b>00:32:49.95</b>	+00:12:00 (36.6%)	8:11	7.3 (63.5%)
27	<b>MAZIAKOWSKA Agnieszka</b>	<b>104</b>	MYWEEK	OPEN Kobiet	6	<b>00:33:19.00</b>	<b>00:33:20.50</b>	+00:12:31 (37.6%)	8:19	7.2 (62.6%)
28	<b>GRABIŃSKA Gizela</b>	<b>64</b>	ZAŁOGA GÓRSKA	OPEN Kobiet	7	<b>00:33:37.70</b>	<b>00:33:40.50</b>	+00:12:51 (38.2%)	8:24	7.1 (61.7%)
29	<b>CHEŁCHOWSKA Katarzyna</b>	<b>89</b>		OPEN Kobiet	8	<b>00:34:00.95</b>	<b>00:34:04.45</b>	+00:13:15 (38.9%)	8:30	7.1 (61.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 4km	Czas brutto 4km	Różn	Tempo min/km	Tempo km/h
30	<b>KORNAŚ Marcin</b>	<b>103</b>	GÓRYLASY	OPEN	22	<b>00:34:11.70</b>	<b>00:34:12.75</b>	+00:13:23 (39.2%)	8:32	7 (60.9%)
31	<b>SICZEK Siergiej</b>	<b>87</b>	MELO RUNNERS CLUB	OPEN	23	<b>00:34:19.65</b>	<b>00:34:23.60</b>	+00:13:34 (39.5%)	8:34	7 (60.9%)
32	<b>PRZYK Krzysztof</b>	<b>53</b>	RUN-LOG.COM	OPEN	24	<b>00:34:20.55</b>	<b>00:34:24.35</b>	+00:13:35 (39.5%)	8:35	7 (60.9%)
33	<b>CICHOŃ Elżbieta</b>	<b>77</b>	STRZEGOMSKA DWUNASTKA	OPEN Kobiet	9	<b>00:34:19.90</b>	<b>00:34:24.65</b>	+00:13:35 (39.5%)	8:34	7 (60.9%)
34	<b>BRZEZIŃSKI Andrzej</b>	<b>43</b>	LANRUNS	OPEN	25	<b>00:35:26.60</b>	<b>00:35:30.40</b>	+00:14:41 (41.4%)	8:51	6.8 (59.1%)
35	<b>CHEŁCHOWSKI Mateusz</b>	<b>90</b>		OPEN	26	<b>00:35:42.95</b>	<b>00:35:48.75</b>	+00:14:59 (41.9%)	8:55	6.7 (58.3%)
36	<b>MALINOWSKI Paweł</b>	<b>47</b>	LIVERPOOL FC PL	OPEN	27	<b>00:35:55.00</b>	<b>00:36:02.30</b>	+00:15:13 (42.2%)	8:58	6.7 (58.3%)
37	<b>WAŁEK Piotr</b>	<b>18</b>	VELO ŁOSIE NA SZOSIE	OPEN	28	<b>00:36:09.85</b>	<b>00:36:14.60</b>	+00:15:25 (42.6%)	9:02	6.6 (57.4%)
38	<b>CZURYŃSKA Wiolka</b>	<b>93</b>	POKOCHAJ BIEGANIE	OPEN Kobiet	10	<b>00:36:59.65</b>	<b>00:37:04.90</b>	+00:16:15 (43.9%)	9:14	6.5 (56.5%)
39	<b>CZURYŃSKI Mariusz</b>	<b>62</b>	TRENUJĘ Z WIOLKĄ	OPEN	29	<b>00:36:59.50</b>	<b>00:37:05.15</b>	+00:16:16 (43.9%)	9:14	6.5 (56.5%)
40	<b>KAISER-SZMIDT Paweł</b>	<b>91</b>		OPEN	30	<b>00:37:33.00</b>	<b>00:37:39.10</b>	+00:16:50 (44.7%)	9:23	6.4 (55.7%)
41	<b>CZERNEK Mateusz</b>	<b>59</b>		OPEN	31	<b>00:37:30.90</b>	<b>00:37:40.90</b>	+00:16:51 (44.8%)	9:22	6.4 (55.7%)
42	<b>OPIŁEK Marek</b>	<b>4</b>	BDB TEAM	OPEN	32	<b>00:37:35.50</b>	<b>00:37:44.60</b>	+00:16:55 (44.8%)	9:23	6.4 (55.7%)
43	<b>KOCOT Magdalena</b>	<b>82</b>	META NADARZYN	OPEN Kobiet	11	<b>00:37:42.65</b>	<b>00:37:47.70</b>	+00:16:58 (44.9%)	9:25	6.4 (55.7%)
44	<b>SZCZYRBA Izabela</b>	<b>98</b>	MIRAZ RACE TEAM	OPEN Kobiet	12	<b>00:37:44.60</b>	<b>00:37:48.55</b>	+00:16:59 (44.9%)	9:26	6.4 (55.7%)
45	<b>PIOTROWSKA Anna</b>	<b>81</b>		OPEN Kobiet	13	<b>00:37:44.35</b>	<b>00:37:53.15</b>	+00:17:04 (45.1%)	9:26	6.4 (55.7%)
46	<b>IWULSKA Joanna</b>	<b>105</b>		OPEN Kobiet	14	<b>00:37:50.25</b>	<b>00:37:54.15</b>	+00:17:05 (45.1%)	9:27	6.3 (54.8%)
47	<b>KAPUŚCIŃSKA Agnieszka</b>	<b>71</b>		OPEN Kobiet	15	<b>00:37:44.85</b>	<b>00:37:54.70</b>	+00:17:05 (45.1%)	9:26	6.4 (55.7%)
48	<b>CHORZĘPA Wojciech</b>	<b>85</b>		OPEN	33	<b>00:37:52.60</b>	<b>00:37:55.80</b>	+00:17:06 (45.1%)	9:28	6.3 (54.8%)
49	<b>KARAŚ Magda</b>	<b>66</b>		OPEN Kobiet	16	<b>00:37:56.40</b>	<b>00:38:06.05</b>	+00:17:17 (45.4%)	9:29	6.3 (54.8%)
50	<b>FAJNAS Katarzyna</b>	<b>57</b>	DANFOSS / DOGOŃ GRODZISK MAZOWIECKI	OPEN Kobiet	17	<b>00:38:18.80</b>	<b>00:38:23.55</b>	+00:17:34 (45.8%)	9:34	6.3 (54.8%)
51	<b>PRUCHNIEWICZ Adam</b>	<b>58</b>	DANFOSS / DOGOŃ GRODZISK MAZOWIECKI	OPEN	34	<b>00:38:18.85</b>	<b>00:38:23.80</b>	+00:17:34 (45.8%)	9:34	6.3 (54.8%)
52	<b>PIWOWARCZYK Bartosz</b>	<b>60</b>	ORZEŁ PIASKI WIELKIE	OPEN	35	<b>00:38:20.95</b>	<b>00:38:29.40</b>	+00:17:40 (45.9%)	9:35	6.3 (54.8%)
53	<b>COLAUTTI Michał</b>	<b>106</b>	BAD ORGANIZER TEAM	OPEN	36	<b>00:38:22.95</b>	<b>00:38:32.90</b>	+00:17:43 (46.0%)	9:35	6.3 (54.8%)
54	<b>TELEJKO Zbigniew</b>	<b>35</b>		OPEN	37	<b>00:38:36.40</b>	<b>00:38:39.30</b>	+00:17:50 (46.1%)	9:39	6.2 (53.9%)
55	<b>CHORZĘPA Wioleta</b>	<b>76</b>	AKTYWNA NOWA RUDA	OPEN Kobiet	18	<b>00:38:42.15</b>	<b>00:38:45.40</b>	+00:17:56 (46.3%)	9:40	6.2 (53.9%)
56	<b>SZATAN Jowita</b>	<b>107</b>	KOTWICA BRZEG	OPEN Kobiet	19	<b>00:38:48.40</b>	<b>00:38:53.45</b>	+00:18:04 (46.5%)	9:42	6.2 (53.9%)
57	<b>HULBOJ Marlena</b>	<b>42</b>	AKTYWNA NOWA RUDA	OPEN Kobiet	20	<b>00:38:50.25</b>	<b>00:38:53.50</b>	+00:18:04 (46.5%)	9:42	6.2 (53.9%)
58	<b>NOWICKA-GAŁASZKIEWICZ Katarzyna</b>	<b>21</b>	LINDON TEAM	OPEN Kobiet	21	<b>00:39:23.40</b>	<b>00:39:28.55</b>	+00:18:39 (47.3%)	9:50	6.1 (53.0%)
59	<b>KOWALCZYK Beata</b>	<b>40</b>	KĘCKIE HARPAGANY	OPEN Kobiet	22	<b>00:39:44.85</b>	<b>00:39:46.85</b>	+00:18:57 (47.7%)	9:56	6 (52.2%)
60	<b>KOWALCZYK Paweł</b>	<b>8</b>	KĘCKIE HARPAGANY	OPEN	38	<b>00:39:45.35</b>	<b>00:39:47.05</b>	+00:18:58 (47.7%)	9:56	6 (52.2%)
61	<b>KEMPISTY Anna</b>	<b>102</b>	12TRI.PL	OPEN Kobiet	23	<b>00:39:56.85</b>	<b>00:40:04.10</b>	+00:19:15 (48.0%)	9:59	6 (52.2%)
62	<b>NIEMIEC Łukasz</b>	<b>24</b>		OPEN	39	<b>00:39:54.80</b>	<b>00:40:05.05</b>	+00:19:16 (48.1%)	9:58	6 (52.2%)
63	<b>MIĄSKO Renata</b>	<b>44</b>	12TRI.PL	OPEN Kobiet	24	<b>00:40:47.85</b>	<b>00:40:54.45</b>	+00:20:05 (49.1%)	10:11	5.9 (51.3%)
64	<b>MUSZALA Anna</b>	<b>37</b>	BDB TEAM	OPEN Kobiet	25	<b>00:40:47.95</b>	<b>00:40:56.35</b>	+00:20:07 (49.2%)	10:11	5.9 (51.3%)
65	<b>JACH Martyna</b>	<b>109</b>		OPEN Kobiet	26	<b>00:40:59.35</b>	<b>00:41:06.85</b>	+00:20:17 (49.4%)	10:14	5.9 (51.3%)
66	<b>ADAMCZUK Feliks</b>	<b>108</b>		OPEN	40	<b>00:41:01.85</b>	<b>00:41:10.95</b>	+00:20:21 (49.5%)	10:15	5.9 (51.3%)
67	<b>WILMAŃSKI Dariusz</b>	<b>33</b>	PARKRUN SŁODOWO WŁOCŁAWEK	OPEN	41	<b>00:42:10.50</b>	<b>00:42:17.10</b>	+00:21:28 (50.8%)	10:32	5.7 (49.6%)
68	<b>STANKIEWICZ Ilona</b>	<b>20</b>	FUCK THE PESEL	OPEN Kobiet	27	<b>00:42:33.90</b>	<b>00:42:41.45</b>	+00:21:52 (51.2%)	10:38	5.6 (48.7%)
69	<b>FRĄCZAK Piotr</b>	<b>68</b>		OPEN	42	<b>00:43:22.55</b>	<b>00:43:28.40</b>	+00:22:39 (52.1%)	10:50	5.5 (47.8%)
70	<b>KWIATKOWSKA Anna</b>	<b>6</b>		OPEN Kobiet	28	<b>00:43:24.85</b>	<b>00:43:32.85</b>	+00:22:43 (52.2%)	10:51	5.5 (47.8%)
71	<b>SYGUŁA Monika</b>	<b>70</b>		OPEN Kobiet	29	<b>00:43:41.35</b>	<b>00:43:46.00</b>	+00:22:56 (52.4%)	10:55	5.5 (47.8%)
72	<b>DOBROWOLSKA Karolina</b>	<b>69</b>		OPEN Kobiet	30	<b>00:43:40.15</b>	<b>00:43:46.10</b>	+00:22:57 (52.4%)	10:55	5.5 (47.8%)
73	<b>WEBER Agata</b>	<b>78</b>	VELO ŁOSIE NA SZOSIE	OPEN Kobiet	31	<b>00:43:51.10</b>	<b>00:43:55.40</b>	+00:23:06 (52.6%)	10:57	5.5 (47.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 4km	Czas brutto 4km	Różn	Tempo min/km	Tempo km/h
74	<b>DĘBSKA Marzena</b>	<b>46</b>		OPEN Kobiet	32	<b>00:43:59.60</b>	<b>00:44:02.35</b>	+00:23:13 (52.7%)	10:59	5.5 (47.8%)
75	<b>PIETROWSKA Hallik</b>	<b>14</b>		OPEN Kobiet	33	<b>00:44:11.45</b>	<b>00:44:19.30</b>	+00:23:30 (53.0%)	11:02	5.4 (47.0%)
76	<b>PIETROWSKI Mariusz</b>	<b>16</b>		OPEN	43	<b>00:44:11.30</b>	<b>00:44:19.45</b>	+00:23:30 (53.0%)	11:02	5.4 (47.0%)
77	<b>CHWIAŁKOWSKA Elżbieta</b>	<b>13</b>		OPEN Kobiet	34	<b>00:45:39.95</b>	<b>00:45:47.30</b>	+00:24:58 (54.5%)	11:24	5.3 (46.1%)
78	<b>PRZYBYŁ Jolanta</b>	<b>110</b>		OPEN Kobiet	35	<b>00:48:48.95</b>	<b>00:48:55.35</b>	+00:28:06 (57.4%)	12:12	4.9 (42.6%)
79	<b>KOKOSZEWSKA Agnieszka</b>	<b>51</b>		OPEN Kobiet	36	<b>00:57:01.30</b>	<b>00:57:06.40</b>	+00:36:17 (63.5%)	14:15	4.2 (36.5%)
80	<b>BUJANOWSKI Adam</b>	<b>50</b>		OPEN	44	<b>00:57:01.15</b>	<b>00:57:07.50</b>	+00:36:18 (63.6%)	14:15	4.2 (36.5%)
81	<b>JABŁOŃSKI Kazimierz</b>	<b>99</b>	SPRINTER PRĄDY	OPEN	45	<b>00:57:49.20</b>	<b>00:57:58.60</b>	+00:37:09 (64.1%)	14:27	4.2 (36.5%)
82	<b>NOWAK Ewa</b>	<b>48</b>		OPEN Kobiet	37	<b>00:58:34.90</b>	<b>00:58:39.65</b>	+00:37:50 (64.5%)	14:38	4.1 (35.7%)
83	<b>RUDOL Damian</b>	<b>49</b>		OPEN	46	<b>00:58:33.30</b>	<b>00:58:39.95</b>	+00:37:50 (64.5%)	14:38	4.1 (35.7%)
84	<b>WILMAŃSKA Aleksandra</b>	<b>32</b>	PARKRUN SŁODOWO WŁOCŁAWEK	OPEN Kobiet	38	<b>01:04:30.35</b>	<b>01:04:39.10</b>	+00:43:50 (67.8%)	16:07	3.7 (32.2%)
85	<b>WRÓBEL Mateusz</b>	<b>86</b>	IRON HOUSE TRIATHLON WŁOCŁAWEK	OPEN	47	<b>01:04:29.95</b>	<b>01:04:40.25</b>	+00:43:51 (67.8%)	16:07	3.7 (32.2%)
86	<b>LEŚNIEWSKI Sławomir</b>	<b>29</b>	PARKRUN SŁODOWO, WŁOCŁAWEK	OPEN	48	<b>01:04:29.95</b>	<b>01:04:40.55</b>	+00:43:51 (67.8%)	16:07	3.7 (32.2%)
87	<b>POPEK Maciej</b>	<b>12</b>	IRON HOUSE TRIATHLON WŁOCŁAWEK	OPEN	49	<b>01:04:38.75</b>	<b>01:04:47.90</b>	+00:43:58 (67.9%)	16:09	3.7 (32.2%)
88	<b>OKRÓJ-POPEK Aneta</b>	<b>27</b>	IRON HOUSE TRIATHLON WŁOCŁAWEK	OPEN Kobiet	39	<b>01:04:39.55</b>	<b>01:04:48.40</b>	+00:43:59 (67.9%)	16:09	3.7 (32.2%)
DQ	<b>MAJ Magdalena</b>	<b>3</b>	GRAŻYNKI OCR	OPEN Kobiet		<b>00:30:01.30 DQ</b>	<b>DQ</b>		0:00	8 (69.6%)
	<b>MICHALIK Adrian</b>	<b>61</b>		OPEN		<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 90 wynik(ów)