

# SGS LABIRYNT RUN 4KM

B4SPORT



**Wydarzenie:** Supermaraton Gór Stołowych  
**Organizator:** Fundacja Maratony Górskie  
**Data:** 2023-06-23  
**Miejsce:** Karłów  
**Dystans:** 4 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN

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>3047</b>	SALOMON CZ	OPEN	1	<b>00:21:16.40</b>	<b>00:21:16.40</b>		5:19	11.3 (100%)
2	<b>BONIEC Radosław</b>	<b>3044</b>	NADLEŚNICTWO LIPINKI/AW SZYBCIEJ TEAM	OPEN	2	<b>00:21:45.05</b>	<b>00:21:45.05</b>	+00:00:28 (2.2%)	5:26	11 (97.3%)
3	<b>SZYMAŃCZUK Jacek</b>	<b>3015</b>	#BIEGIEMWLAS/NARAMOWICE BIEGAJĄ	OPEN	3	<b>00:21:47.10</b>	<b>00:21:47.10</b>	+00:00:30 (2.3%)	5:26	11 (97.3%)
4	<b>SADZIK Robert</b>	<b>3054</b>	NEOPROFIL	OPEN	4	<b>00:22:37.70</b>	<b>00:22:37.70</b>	+00:01:21 (6.0%)	5:39	10.6 (93.8%)
5	<b>KAMIŃSKI Artur</b>	<b>3004</b>	PRZEDWOJEWSKI TEAM / KS BODZANÓW-NOWY ŚWIĘTÓW	OPEN	5	<b>00:24:19.00</b>	<b>00:24:19.00</b>	+00:03:02 (12.5%)	6:04	9.9 (87.6%)
6	<b>ŚWIĄTKOWSKI Paweł</b>	<b>3012</b>		OPEN	6	<b>00:24:48.50</b>	<b>00:24:48.50</b>	+00:03:32 (14.2%)	6:12	9.7 (85.8%)
7	<b>TOMASIAK Natalia</b>	<b>3042</b>	SALOMON TEAM	OPEN Kobiet	1	<b>00:25:02.45</b>	<b>00:25:02.45</b>	+00:03:46 (15.0%)	6:15	9.6 (85.0%)
8	<b>BIELECKI Sławomir</b>	<b>3018</b>	NARAMOWICE BIEGAJĄ	OPEN	7	<b>00:25:21.00</b>	<b>00:25:21.00</b>	+00:04:04 (16.1%)	6:20	9.5 (84.1%)
9	<b>FERENC-SZMUC Edyta</b>	<b>3040</b>	KUDOWIANKA RUN	OPEN Kobiet	2	<b>00:25:41.00</b>	<b>00:25:41.00</b>	+00:04:24 (17.2%)	6:25	9.3 (82.3%)
10	<b>KURASZ Szymon</b>	<b>3033</b>	NKB CHYŻY NOWY TOMYŚL	OPEN	8	<b>00:25:42.20</b>	<b>00:25:42.20</b>	+00:04:25 (17.2%)	6:25	9.3 (82.3%)
11	<b>BABIŃSKA-POPIŁKA Ewelina</b>	<b>3019</b>		OPEN Kobiet	3	<b>00:25:59.05</b>	<b>00:25:59.05</b>	+00:04:42 (18.1%)	6:29	9.2 (81.4%)
12	<b>KŁAKOWICZ Mariusz</b>	<b>3041</b>		OPEN	9	<b>00:26:12.90</b>	<b>00:26:12.90</b>	+00:04:56 (18.9%)	6:33	9.2 (81.4%)
13	<b>BONIKOWSKI Tomasz</b>	<b>3050</b>		OPEN	10	<b>00:26:55.35</b>	<b>00:26:55.35</b>	+00:05:38 (21.0%)	6:43	8.9 (78.8%)
14	<b>BUSS Jakub</b>	<b>3049</b>	KUDOWIANKA RUN	OPEN	11	<b>00:27:41.75</b>	<b>00:27:41.75</b>	+00:06:25 (23.2%)	6:55	8.7 (77.0%)
15	<b>GILEWSKI Artur</b>	<b>3057</b>	CYKLON PROAL TEAM	OPEN	12	<b>00:28:23.75</b>	<b>00:28:23.75</b>	+00:07:07 (25.1%)	7:05	8.5 (75.2%)
16	<b>STASZEWSKI Dariusz</b>	<b>3066</b>		OPEN	13	<b>00:28:39.85</b>	<b>00:28:39.85</b>	+00:07:23 (25.8%)	7:09	8.4 (74.3%)
17	<b>PIATEK Michał</b>	<b>3022</b>		OPEN	14	<b>00:29:45.15</b>	<b>00:29:45.15</b>	+00:08:28 (28.5%)	7:26	8.1 (71.7%)
18	<b>SALIŃSKI Bartosz</b>	<b>3067</b>		OPEN	15	<b>00:30:10.40</b>	<b>00:30:10.40</b>	+00:08:54 (29.5%)	7:32	8 (70.8%)
19	<b>MAZIAREK Adela</b>	<b>3032</b>		OPEN Kobiet	4	<b>00:30:29.15</b>	<b>00:30:29.15</b>	+00:09:12 (30.2%)	7:37	7.9 (69.9%)
20	<b>MAZIAREK Michał</b>	<b>3037</b>		OPEN	16	<b>00:30:53.10</b>	<b>00:30:53.10</b>	+00:09:36 (31.1%)	7:43	7.8 (69.0%)
21	<b>STANKIEWICZ Anna</b>	<b>3035</b>	DOGOŃ GRODZISK MAZOWIECKI	OPEN Kobiet	5	<b>00:30:58.15</b>	<b>00:30:58.15</b>	+00:09:41 (31.3%)	7:44	7.8 (69.0%)
22	<b>ZAJĄC Nicole</b>	<b>3064</b>		OPEN Kobiet	6	<b>00:31:05.05</b>	<b>00:31:05.05</b>	+00:09:48 (31.6%)	7:46	7.7 (68.1%)
23	<b>SZAL Małgorzata</b>	<b>3053</b>	TENIS CENTRUM AS	OPEN Kobiet	7	<b>00:31:30.30</b>	<b>00:31:30.30</b>	+00:10:13 (32.5%)	7:52	7.6 (67.3%)
24	<b>CHEŁCHOWSKI Mateusz</b>	<b>3039</b>		OPEN	17	<b>00:31:32.60</b>	<b>00:31:32.60</b>	+00:10:16 (32.6%)	7:53	7.6 (67.3%)
25	<b>CZEKALSKA Magdalena</b>	<b>3002</b>	NARAMOWICE BIEGAJĄ	OPEN Kobiet	8	<b>00:32:21.00</b>	<b>00:32:21.00</b>	+00:11:04 (34.2%)	8:05	7.4 (65.5%)
26	<b>GILEWSKA Renata</b>	<b>3058</b>	CYKLON PROAL TEAM	OPEN Kobiet	9	<b>00:32:58.45</b>	<b>00:32:58.45</b>	+00:11:42 (35.5%)	8:14	7.3 (64.6%)
27	<b>MAZIAKOWSKA Agnieszka</b>	<b>3065</b>	MYWEEK.PL	OPEN Kobiet	10	<b>00:33:19.55</b>	<b>00:33:19.55</b>	+00:12:03 (36.2%)	8:19	7.2 (63.7%)
28	<b>CHEŁCHOWSKA Katarzyna</b>	<b>3000</b>		OPEN Kobiet	11	<b>00:33:36.25</b>	<b>00:33:36.25</b>	+00:12:19 (36.7%)	8:24	7.1 (62.8%)
29	<b>KAPUŚCIŃSKA Agnieszka</b>	<b>3029</b>		OPEN Kobiet	12	<b>00:34:15.70</b>	<b>00:34:15.70</b>	+00:12:59 (37.9%)	8:33	7 (61.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 4km	Czas brutto 4km	Różn	Tempo min/km	Tempo km/h
30	<b>NOWAK Marta</b>	<b>3003</b>	NARAMOWICE BIEGAJA	OPEN Kobiet	13	<b>00:34:19.25</b>	<b>00:34:19.25</b>	+00:13:02 (38.0%)	8:34	7 (61.9%)
31	<b>MICHAŁOWSKI Jan</b>	<b>3026</b>	KB HERMES GRYFINO	OPEN	18	<b>00:34:52.90</b>	<b>00:34:52.90</b>	+00:13:36 (39.0%)	8:43	6.9 (61.1%)
32	<b>KULAK Paweł</b>	<b>3048</b>		OPEN	19	<b>00:35:21.55</b>	<b>00:35:21.55</b>	+00:14:05 (39.8%)	8:50	6.8 (60.2%)
33	<b>RÓŻAŃSKA Magdalena</b>	<b>3001</b>		OPEN Kobiet	14	<b>00:37:31.85</b>	<b>00:37:31.85</b>	+00:16:15 (43.3%)	9:22	6.4 (56.6%)
34	<b>BRZEZIŃSKI Andrzej</b>	<b>3036</b>	LANRUNS	OPEN	20	<b>00:37:38.95</b>	<b>00:37:38.95</b>	+00:16:22 (43.5%)	9:24	6.4 (56.6%)
35	<b>JACKOWSKA Roksana</b>	<b>3062</b>		OPEN Kobiet	15	<b>00:37:52.25</b>	<b>00:37:52.25</b>	+00:16:35 (43.8%)	9:28	6.3 (55.8%)
35	<b>OBSTARCZYK Daria</b>	<b>3061</b>		OPEN Kobiet	15	<b>00:37:52.25</b>	<b>00:37:52.25</b>	+00:16:35 (43.8%)	9:28	6.3 (55.8%)
37	<b>KARPIŃSKI Rafał</b>	<b>3014</b>		OPEN	21	<b>00:38:05.40</b>	<b>00:38:05.40</b>	+00:16:49 (44.1%)	9:31	6.3 (55.8%)
38	<b>PTAK Monika</b>	<b>3013</b>		OPEN Kobiet	17	<b>00:38:05.70</b>	<b>00:38:05.70</b>	+00:16:49 (44.2%)	9:31	6.3 (55.8%)
39	<b>DOSKOCZ Elżbieta</b>	<b>3060</b>		OPEN Kobiet	18	<b>00:38:10.10</b>	<b>00:38:10.10</b>	+00:16:53 (44.3%)	9:32	6.3 (55.8%)
40	<b>JANUSZ Tomasz</b>	<b>3011</b>		OPEN	22	<b>00:38:22.05</b>	<b>00:38:22.05</b>	+00:17:05 (44.6%)	9:35	6.3 (55.8%)
41	<b>BONIEC Aleksander</b>	<b>3045</b>	NADLEŚNICTWO LIPINKI	OPEN	23	<b>00:38:38.55</b>	<b>00:38:38.55</b>	+00:17:22 (44.9%)	9:39	6.2 (54.9%)
42	<b>KARAŚ Magda</b>	<b>3007</b>		OPEN Kobiet	19	<b>00:40:03.70</b>	<b>00:40:03.70</b>	+00:18:47 (46.9%)	10:00	6 (53.1%)
43	<b>TRZASKO Ania</b>	<b>3046</b>	ADIDAS RUNNERS WARSAW	OPEN Kobiet	20	<b>00:40:05.45</b>	<b>00:40:05.45</b>	+00:18:49 (46.9%)	10:01	6 (53.1%)
44	<b>ZAJĄC Andrzej</b>	<b>3006</b>		OPEN	24	<b>00:40:07.20</b>	<b>00:40:07.20</b>	+00:18:50 (47.0%)	10:01	6 (53.1%)
45	<b>SZYMANIK Paweł</b>	<b>3043</b>		OPEN	25	<b>00:40:08.00</b>	<b>00:40:08.00</b>	+00:18:51 (47.0%)	10:02	6 (53.1%)
46	<b>PRUSZANOW Marcin</b>	<b>3025</b>	KB HERMES GRYFINO	OPEN	26	<b>00:40:14.70</b>	<b>00:40:14.70</b>	+00:18:58 (47.1%)	10:03	6 (53.1%)
47	<b>SZLACHCIKOWSKI Bartosz</b>	<b>3059</b>		OPEN	27	<b>00:40:36.60</b>	<b>00:40:36.60</b>	+00:19:20 (47.6%)	10:09	5.9 (52.2%)
48	<b>BANAŚ Natalia</b>	<b>3055</b>		OPEN Kobiet	21	<b>00:41:00.65</b>	<b>00:41:00.65</b>	+00:19:44 (48.1%)	10:15	5.9 (52.2%)
49	<b>POGORZELSKI Adam</b>	<b>3052</b>	EVERYFACEOF_RUNNING	OPEN	28	<b>00:43:14.00</b>	<b>00:43:14.00</b>	+00:21:57 (50.8%)	10:48	5.6 (49.6%)
50	<b>BENTKOWSKI Jacek</b>	<b>3063</b>		OPEN	29	<b>00:46:55.70</b>	<b>00:46:55.70</b>	+00:25:39 (54.7%)	11:43	5.1 (45.1%)
51	<b>ZAJĄCZKOWSKI Wojciech</b>	<b>3005</b>	POWER TRAINING	OPEN	30	<b>00:49:56.80</b>	<b>00:49:56.80</b>	+00:28:40 (57.4%)	12:29	4.8 (42.5%)
51	<b>ZAJĄCZKOWSKI Paweł</b>	<b>3008</b>	POWER TRAINING	OPEN	30	<b>00:49:56.80</b>	<b>00:49:56.80</b>	+00:28:40 (57.4%)	12:29	4.8 (42.5%)
53	<b>MĄDRA Hanna</b>	<b>3038</b>	AKTYWNI RAZEM	OPEN Kobiet	22	<b>00:49:59.30</b>	<b>00:49:59.30</b>	+00:28:42 (57.4%)	12:29	4.8 (42.5%)
54	<b>KĄŁUSKI Jan</b>	<b>3017</b>	AKTYWNI RAZEM	OPEN	32	<b>00:54:40.20</b>	<b>00:54:40.20</b>	+00:33:23 (61.1%)	13:40	4.4 (38.9%)
55	<b>KONIECZNA Karolina</b>	<b>3016</b>		OPEN Kobiet	23	<b>00:55:24.50</b>	<b>00:55:24.50</b>	+00:34:08 (61.6%)	13:51	4.3 (38.1%)
56	<b>POPEK Maciej</b>	<b>3009</b>	PARKRUN SŁODOWO WŁOCLAWEK	OPEN	33	<b>00:55:37.80</b>	<b>00:55:37.80</b>	+00:34:21 (61.8%)	13:54	4.3 (38.1%)
57	<b>OKRÓJ-POPEK Aneta</b>	<b>3010</b>	PARKRUN SŁODOWO WŁOCLAWEK	OPEN Kobiet	24	<b>00:55:38.25</b>	<b>00:55:38.25</b>	+00:34:21 (61.8%)	13:54	4.3 (38.1%)
58	<b>BARTKOWIAK Izabela</b>	<b>3021</b>	AKTYWNI RAZEM	OPEN Kobiet	25	<b>01:06:15.80</b>	<b>01:06:15.80</b>	+00:44:59 (67.9%)	16:33	3.6 (31.9%)
59	<b>MOSLER Martyna</b>	<b>3034</b>		OPEN Kobiet	26	<b>01:19:10.70</b>	<b>01:19:10.70</b>	+00:57:54 (73.1%)	19:47	3 (26.5%)
60	<b>FLORKIEWICZ Sławomir</b>	<b>3027</b>		OPEN	34	<b>01:19:12.55</b>	<b>01:19:12.55</b>	+00:57:56 (73.1%)	19:48	3 (26.5%)

Znaleziono 60 wynik(ów)