



**SUPERMARATON  
GÓR  
STOŁOWYCH**

**Wydarzenie:** Supermaraton Gór Stołowych 2022  
**Organizator:** Fundacja Maratony Górskie  
**Data:** 2022-06-26  
**Miejsce:** Karłów  
**Dystans:** 21 km

## SGS LIGHT 21KM

B4SPORT

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: K-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	<b>GRZYWACZEWSKA Justyna</b>	<b>408</b>	CITY TRAIL TEAM	K-30	1	00:47:09	01:25:20	<b>02:18:58.95</b>	<b>02:19:00.70</b>		6:37	9.1 (100%)
2	<b>FICNER Anna</b>	<b>479</b>	OLAWS ZŁOTORYJA MKS SIECHNICE	K-30	2	00:44:08	01:43:07	<b>02:31:54.05</b>	<b>02:31:56.25</b>	+00:12:55 (8.5%)	7:14	8.3 (91.2%)
3	<b>NOWAKOWSKA Anna</b>	<b>437</b>	1BLOG BYDGOSZCZ	K-30	3	00:50:35	01:33:11	<b>02:32:52.85</b>	<b>02:32:54.55</b>	+00:13:53 (9.1%)	7:16	8.2 (90.1%)
4	<b>KORONA-SIERADZKA Bogusława</b>	<b>275</b>		K-30	4	00:53:43	01:37:01	<b>02:40:49.25</b>	<b>02:40:51.25</b>	+00:21:50 (13.6%)	7:39	7.8 (85.7%)
5	<b>MROCZEK Justyna</b>	<b>482</b>		K-30	5	00:56:26	01:40:43	<b>02:40:43.05</b>	<b>02:40:51.70</b>	+00:21:51 (13.6%)	7:39	7.8 (85.7%)
6	<b>BABIŃSKA- POPIŁKA Ewelina</b>	<b>4</b>		K-30	6	00:53:25	01:40:27	<b>02:49:27.15</b>	<b>02:49:28.95</b>	+00:30:28 (18.0%)	8:04	7.4 (81.3%)
7	<b>DYJA Magdalena</b>	<b>436</b>	RNB TEAM POLANICA-ZDROJ	K-30	7	00:57:25	01:45:00	<b>02:51:47.85</b>	<b>02:51:56.20</b>	+00:32:55 (19.1%)	8:10	7.3 (80.2%)
8	<b>KOLANKO Sylwia</b>	<b>161</b>	NYSA BIEGA	K-30	8	00:57:22	01:45:49	<b>02:54:56.10</b>	<b>02:54:58.00</b>	+00:35:57 (20.5%)	8:19	7.2 (79.1%)
9	<b>LUBISZEWSKA Daria</b>	<b>431</b>		K-30	9	01:00:34	01:47:07	<b>02:58:15.75</b>	<b>02:58:22.55</b>	+00:39:21 (22.1%)	8:29	7.1 (78.0%)
10	<b>ULIKOWSKA Martyna</b>	<b>68</b>	ZĄŁOGA GÓRSKA	K-30	10	00:58:31	01:47:50	<b>02:59:10.25</b>	<b>02:59:15.40</b>	+00:40:14 (22.5%)	8:31	7 (76.9%)
11	<b>NOWAK Katarzyna</b>	<b>317</b>	TIM JEST TIM	K-30	11	01:06:14	01:57:29	<b>03:05:23.55</b>	<b>03:05:31.90</b>	+00:46:31 (25.1%)	8:49	6.8 (74.7%)
12	<b>NOWAK Paulina</b>	<b>110</b>		K-30	12	01:09:49	01:58:58	<b>03:08:58.35</b>	<b>03:09:30.75</b>	+00:50:30 (26.6%)	8:59	6.7 (73.6%)
13	<b>JARZĄBEK Magdalena</b>	<b>206</b>		K-30	13	01:02:36	01:55:20	<b>03:11:50.05</b>	<b>03:11:55.65</b>	+00:52:54 (27.6%)	9:08	6.6 (72.5%)
14	<b>MOKRZYCKA Weronika</b>	<b>346</b>		K-30	14	01:07:27	01:59:17	<b>03:15:32.00</b>	<b>03:15:53.20</b>	+00:56:52 (29.0%)	9:18	6.4 (70.3%)
15	<b>CIEŚLIŃSKA Elżbieta</b>	<b>107</b>		K-30	15	01:12:00	02:03:27	<b>03:15:50.40</b>	<b>03:16:10.35</b>	+00:57:09 (29.1%)	9:19	6.4 (70.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
16	<b>KNAP Anna</b>	<b>167</b>	NOA	K-30	16	01:16:21	02:08:07	<b>03:20:07.35</b>	<b>03:20:34.75</b>	+01:01:34 (30.7%)	9:31	6.3 (69.2%)
17	<b>DROŻYŃSKA Iwona</b>	<b>470</b>	LUCEKPAZUR TEAM	K-30	17	01:13:18	02:06:15	<b>03:23:21.25</b>	<b>03:24:24.35</b>	+01:05:23 (32.0%)	9:41	6.2 (68.1%)
18	<b>NOWAK Dorota</b>	<b>357</b>		K-30	18	01:14:56	02:10:30	<b>03:25:56.20</b>	<b>03:26:10.85</b>	+01:07:10 (32.6%)	9:48	6.1 (67.0%)
19	<b>JARONIEC Małgorzata</b>	<b>329</b>		K-30	19	01:14:21	02:12:20	<b>03:26:01.10</b>	<b>03:26:12.55</b>	+01:07:11 (32.6%)	9:48	6.1 (67.0%)
20	<b>RONKOWSKA Małgorzata</b>	<b>370</b>	POLKA SPORT	K-30	20	01:14:12	02:12:42	<b>03:29:49.20</b>	<b>03:30:59.90</b>	+01:11:59 (34.1%)	9:59	6 (65.9%)
21	<b>NARKUN Ewa</b>	<b>384</b>		K-30	21	01:13:38	02:14:06	<b>03:32:14.45</b>	<b>03:32:26.85</b>	+01:13:26 (34.6%)	10:06	5.9 (64.8%)
22	<b>OCZKOWICZ Beata</b>	<b>253</b>	MOCNA GRUPA CEZAEA	K-30	22	01:13:55	02:11:42	<b>03:32:13.95</b>	<b>03:32:38.70</b>	+01:13:38 (34.6%)	10:06	5.9 (64.8%)
23	<b>GONTARZ Olga</b>	<b>204</b>		K-30	23	01:21:42	02:18:57	<b>03:34:27.05</b>	<b>03:36:17.95</b>	+01:17:17 (35.7%)	10:12	5.9 (64.8%)
24	<b>CHEŁCHOWSKA Katarzyna</b>	<b>1</b>		K-30	24	01:16:16	02:14:33	<b>03:36:24.40</b>	<b>03:36:44.45</b>	+01:17:43 (35.9%)	10:18	5.8 (63.7%)
25	<b>BÓBSKA Alicja</b>	<b>92</b>		K-30	25	01:20:13	02:17:28	<b>03:36:29.40</b>	<b>03:37:24.85</b>	+01:18:24 (36.1%)	10:18	5.8 (63.7%)
26	<b>SIEDLIK Małgorzata</b>	<b>205</b>	SPORTOWA INICJATYWA	K-30	26	01:22:49	02:18:56	<b>03:36:44.15</b>	<b>03:38:34.00</b>	+01:19:33 (36.4%)	10:19	5.8 (63.7%)
27	<b>BIEŃ Katarzyna</b>	<b>353</b>		K-30	27	01:22:13	02:20:03	<b>03:40:26.70</b>	<b>03:41:09.00</b>	+01:22:08 (37.1%)	10:29	5.7 (62.6%)
28	<b>STANKIEWICZ Ilona</b>	<b>85</b>	FUCK THE PESEL	K-30	28	01:21:23	02:20:44	<b>03:42:44.00</b>	<b>03:43:31.60</b>	+01:24:30 (37.8%)	10:36	5.7 (62.6%)
29	<b>MODERACKA Małgorzata</b>	<b>74</b>		K-30	29	01:22:04	02:24:00	<b>03:45:08.85</b>	<b>03:45:25.15</b>	+01:26:24 (38.3%)	10:43	5.6 (61.5%)
30	<b>WACHOWSKA Katarzyna</b>	<b>446</b>	SMOK TRÓJGŁOWY	K-30	30	01:18:12	02:25:44	<b>03:45:07.40</b>	<b>03:45:31.55</b>	+01:26:30 (38.4%)	10:43	5.6 (61.5%)
31	<b>BRUCH Katarzyna</b>	<b>36</b>		K-30	31	01:24:38	02:23:06	<b>03:44:14.05</b>	<b>03:46:02.25</b>	+01:27:01 (38.5%)	10:40	5.6 (61.5%)
32	<b>GOSK Urszula</b>	<b>64</b>		K-30	32	01:24:23	02:27:40	<b>03:54:35.55</b>	<b>03:55:40.20</b>	+01:36:39 (41.0%)	11:10	5.4 (59.3%)
33	<b>KLEPACZ Karolina</b>	<b>155</b>		K-30	33	01:24:18	02:25:54	<b>03:55:04.80</b>	<b>03:56:04.35</b>	+01:37:03 (41.1%)	11:11	5.4 (59.3%)
34	<b>GAJEWSKA-BROZYNA Kamila</b>	<b>484</b>	KLUB BIEGACZA WARTA	K-30	34	01:26:28	02:31:35	<b>03:56:01.95</b>	<b>03:56:59.95</b>	+01:37:59 (41.3%)	11:14	5.3 (58.2%)
35	<b>KOWALCZYK Aleksandra</b>	<b>179</b>		K-30	35	01:25:39	02:32:21	<b>03:57:11.75</b>	<b>03:58:57.05</b>	+01:39:56 (41.8%)	11:17	5.3 (58.2%)
36	<b>CHWASTYK Ewa</b>	<b>73</b>		K-30	36	01:24:23	02:27:39	<b>03:58:12.05</b>	<b>03:59:18.30</b>	+01:40:17 (41.9%)	11:20	5.3 (58.2%)
37	<b>FASZCZA Agnieszka</b>	<b>116</b>	MARATOŃCZYK POZNAŃ	K-30	37	01:28:08	02:33:40	<b>04:02:27.45</b>	<b>04:02:55.65</b>	+01:43:54 (42.8%)	11:32	5.2 (57.1%)
38	<b>MAJ Magdalena</b>	<b>5</b>	GRAŻYŃKI OCR	K-30	38	01:27:17	02:38:17	<b>04:10:26.10</b>	<b>04:10:46.45</b>	+01:51:45 (44.6%)	11:55	5 (54.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
39	<b>HULBOJ</b> Marlena	<b>463</b>	AKTYWNA NOWA RUDA	K-30	39	01:28:37	02:37:23	<b>04:11:28.30</b>	<b>04:11:28.30</b>	+01:52:27 (44.7%)	11:58	5 (54.9%)
40	<b>WOŹNA-KACZMAREK</b> Serafina	<b>17</b>	EPIC TEAM	K-30	40	01:32:04	02:39:44	<b>04:14:05.25</b>	<b>04:14:31.75</b>	+01:55:31 (45.4%)	12:05	5 (54.9%)
41	<b>NOWAK</b> Paulina	<b>3</b>	EPIC TEAM / ADIDAS RUNNERS POZNAŃ	K-30	41	01:31:57	02:39:37	<b>04:13:58.85</b>	<b>04:14:32.05</b>	+01:55:31 (45.4%)	12:05	5 (54.9%)
42	<b>DANYLOVA</b> Alina	<b>429</b>		K-30	42	01:30:16	02:45:30	<b>04:26:19.25</b>	<b>04:27:45.75</b>	+02:08:45 (48.1%)	12:40	4.7 (51.6%)
43	<b>CYKULSKA</b> Milena	<b>124</b>		K-30	43	01:38:56	02:50:22	<b>04:27:21.70</b>	<b>04:29:45.45</b>	+02:10:44 (48.5%)	12:43	4.7 (51.6%)
44	<b>MALISZAK</b> Agnieszka	<b>94</b>	BBL LEGNICA	K-30	44	01:33:11	02:46:19	<b>04:29:25.15</b>	<b>04:29:57.35</b>	+02:10:56 (48.5%)	12:49	4.7 (51.6%)
45	<b>FIORENZA-GOLISZ</b> Katarzyna	<b>10</b>	MUD FOXES	K-30	45	01:38:53	02:54:43	<b>04:36:17.10</b>	<b>04:38:38.90</b>	+02:19:38 (50.1%)	13:09	4.6 (50.5%)
46	<b>STUDZIŃSKA</b> Karina	<b>21</b>	OFIARY SPORTU	K-30	46	01:36:24	02:53:48	<b>04:39:46.65</b>	<b>04:40:48.00</b>	+02:21:47 (50.5%)	13:19	4.5 (49.5%)
47	<b>BARAŃSKA</b> Marta	<b>442</b>		K-30	47	01:39:06	02:56:48	<b>04:43:19.50</b>	<b>04:44:21.05</b>	+02:25:20 (51.1%)	13:29	4.4 (48.4%)
48	<b>BANICKA</b> Agata	<b>312</b>		K-30	48	01:39:08	02:56:49	<b>04:43:20.60</b>	<b>04:44:21.35</b>	+02:25:20 (51.1%)	13:29	4.4 (48.4%)
49	<b>FIJAŁKOWSKA</b> Karolina	<b>313</b>		K-30	49	01:41:23	02:59:28	<b>04:49:58.25</b>	<b>04:51:01.20</b>	+02:32:00 (52.2%)	13:48	4.3 (47.3%)
50	<b>SZCZĘSNA</b> Anna	<b>326</b>		K-30	50	01:41:40	02:59:27	<b>04:50:01.70</b>	<b>04:51:07.35</b>	+02:32:06 (52.2%)	13:48	4.3 (47.3%)
51	<b>MICHALAK</b> Paulina	<b>93</b>	HARD BOX OTWOCK	K-30	51	01:45:50	03:07:12	<b>04:57:49.70</b>	<b>04:58:39.00</b>	+02:39:38 (53.5%)	14:10	4.2 (46.2%)
<b>Przekroczony limit czasu: 05:00:00</b>												
LIM	<b>GAGASZKA</b> Agnieszka	<b>158</b>	HARD BOX OTWOCK	K-30		01:46:33	03:07:56	<b>05:02:52.95</b>	<b>05:02:52.95</b>		0:00	4.2 (46.2%)
LIM	<b>WALCZAK</b> Faustyna	<b>70</b>		K-30		01:47:23	03:15:54	<b>05:13:46.90</b>	<b>05:14:56.40</b>		0:00	4 (44.0%)

Znaleziono 53 wynik(ów)