



**SUPERMARATON  
GÓR  
STOŁOWYCH**

## SGS LIGHT 21KM

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

**Wydarzenie:** Supermaraton Gór Stołowych  
**Organizator:** Fundacja Maratony Górskie  
**Data:** 2023-06-25  
**Miejsce:** Karlów  
**Dystans:** 21 km

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>TOMASIAK Natalia</b>	<b>2242</b>	SALOMON TEAM	K-30	1	00:44:14	01:19:24	<b>02:09:09.25</b>	<b>02:09:09.25</b>		6:09	9.8 (100%)
2	<b>KULIK-GAWĘDA Iwona</b>	<b>2238</b>	KUDOWIANKA RUN	K-30	2	00:45:48	01:22:41	<b>02:15:36.30</b>	<b>02:15:36.30</b>	+00:06:27 (4.8%)	6:27	9.3 (94.9%)
3	<b>BABIŃSKA-POPIŁKA Ewelina</b>	<b>2001</b>		K-30	3	00:50:24	01:33:31	<b>02:34:08.30</b>	<b>02:34:08.30</b>	+00:24:59 (16.2%)	7:20	8.2 (83.7%)
4	<b>KUCZYŃSKA Wioletta</b>	<b>2283</b>	WIERZBICKI RUNNING PROJEKT	K-30	4	00:51:45	01:33:17	<b>02:35:45.25</b>	<b>02:35:45.25</b>	+00:26:36 (17.1%)	7:25	8.1 (82.7%)
5	<b>JÓZEFIAK Beata</b>	<b>2253</b>		K-30	5	00:57:18	01:41:21	<b>02:46:37.00</b>	<b>02:46:37.00</b>	+00:37:27 (22.5%)	7:56	7.6 (77.6%)
6	<b>RABIEJ-OLSZEWSKA Hanna</b>	<b>2164</b>		K-30	6	00:59:03	01:45:58	<b>02:51:14.35</b>	<b>02:51:14.35</b>	+00:42:05 (24.6%)	8:09	7.4 (75.5%)
7	<b>KRZYŻANOWSKA - KORZENIOWSKA Anna Maria</b>	<b>2234</b>	INFINITY-GYM ŁUKASZ SZAPORÓW	K-30	7	01:01:46	01:49:59	<b>02:59:42.80</b>	<b>02:59:42.80</b>	+00:50:33 (28.1%)	8:33	7 (71.4%)
8	<b>BUJALSKA Agata</b>	<b>2281</b>		K-30	8	01:04:02	01:53:16	<b>03:01:30.25</b>	<b>03:01:30.25</b>	+00:52:21 (28.8%)	8:38	6.9 (70.4%)
9	<b>KUKOBNIKAVA Vitaliya</b>	<b>2203</b>	BIEGACZE STU MOSTÓW	K-30	9	01:07:28	01:57:10	<b>03:07:09.50</b>	<b>03:07:09.50</b>	+00:58:00 (31.0%)	8:54	6.7 (68.4%)
10	<b>FRONCZKOWSKA Barbara</b>	<b>2309</b>		K-30	10	01:09:10	02:01:23	<b>03:12:52.10</b>	<b>03:12:52.10</b>	+01:03:42 (33.0%)	9:11	6.5 (66.3%)
11	<b>KUCZERA Natalia</b>	<b>2256</b>		K-30	11	01:04:08	01:58:08	<b>03:14:11.50</b>	<b>03:14:11.50</b>	+01:05:02 (33.5%)	9:14	6.5 (66.3%)
12	<b>CHEŁCHOWSKA Katarzyna</b>	<b>2168</b>	WAWRZYNTTEAM	K-30	12	01:06:31	02:00:19	<b>03:17:22.60</b>	<b>03:17:22.60</b>	+01:08:13 (34.6%)	9:23	6.4 (65.3%)
13	<b>JAKUBOWSKA Aurelia</b>	<b>2133</b>		K-30	13	01:09:49	02:05:18	<b>03:23:38.80</b>	<b>03:23:38.80</b>	+01:14:29 (36.6%)	9:41	6.2 (63.3%)
14	<b>WALIŃSKA Agata</b>	<b>2279</b>	WWW.SPRAWDZAMY-NIERUCHOMOSCI.PL	K-30	14	01:09:56	02:07:27	<b>03:24:50.20</b>	<b>03:24:50.20</b>	+01:15:40 (36.9%)	9:45	6.2 (63.3%)
15	<b>DROŹDZIEL Magdalena</b>	<b>2112</b>	KB HERMES GRYFINO	K-30	15	01:07:30	02:01:55	<b>03:27:47.75</b>	<b>03:27:47.75</b>	+01:18:38 (37.8%)	9:53	6.1 (62.2%)

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>MODERACKA Małgorzata</b>	<b>2033</b>		K-30	16	01:14:21	02:09:40	<b>03:28:17.60</b>	<b>03:28:17.60</b>	+01:19:08 (38.0%)	9:55	6 (61.2%)
17	<b>SKWAREK Agnieszka</b>	<b>2299</b>	DZIKIE ŚWINIE	K-30	17	01:13:21	02:10:42	<b>03:32:31.50</b>	<b>03:32:31.50</b>	+01:23:22 (39.2%)	10:07	5.9 (60.2%)
18	<b>GACZOŁ Klaudia</b>	<b>2147</b>	STRAIGHT OUTTA SCRANTON	K-30	18	01:09:14	02:09:04	<b>03:35:44.40</b>	<b>03:35:44.40</b>	+01:26:35 (40.1%)	10:16	5.8 (59.2%)
19	<b>PLESIŃSKA Joanna</b>	<b>2063</b>		K-30	19	01:20:46	02:17:00	<b>03:40:02.00</b>	<b>03:40:02.00</b>	+01:30:52 (41.3%)	10:28	5.7 (58.2%)
20	<b>IVANOVA Alina</b>	<b>2154</b>		K-30	20	01:18:06	02:18:14	<b>03:41:00.70</b>	<b>03:41:00.70</b>	+01:31:51 (41.6%)	10:31	5.7 (58.2%)
21	<b>TRZASKO Ania</b>	<b>2176</b>	ADIDAS RUNNERS WARSAW	K-30	21	01:18:51	02:18:56	<b>03:41:31.70</b>	<b>03:41:31.70</b>	+01:32:22 (41.7%)	10:32	5.7 (58.2%)
22	<b>MAJCHRZAK Magdalena</b>	<b>2109</b>		K-30	22	01:18:38	02:16:27	<b>03:43:25.70</b>	<b>03:43:25.70</b>	+01:34:16 (42.2%)	10:38	5.6 (57.1%)
23	<b>POŹNIAK-STYCZYŃSKA Maja</b>	<b>2012</b>	DDC	K-30	23	01:16:26	02:19:36	<b>03:50:14.65</b>	<b>03:50:14.65</b>	+01:41:05 (43.9%)	10:57	5.5 (56.1%)
24	<b>KRZESZOWSKA Adrianna</b>	<b>2271</b>	ROWERY MAŁGOŚKA	K-30	24	01:20:15	02:23:47	<b>03:55:17.30</b>	<b>03:55:17.30</b>	+01:46:08 (45.1%)	11:12	5.4 (55.1%)
25	<b>NOWAK - KASPRZAK Anna</b>	<b>2276</b>		K-30	25	01:20:01	02:23:44	<b>03:55:18.70</b>	<b>03:55:18.70</b>	+01:46:09 (45.1%)	11:12	5.4 (55.1%)
26	<b>SZPLIT Agata</b>	<b>2056</b>	KORONA PABIANICE	K-30	26	01:22:20	02:27:55	<b>04:05:44.50</b>	<b>04:05:44.50</b>	+01:56:35 (47.4%)	11:42	5.1 (52.0%)
27	<b>BOŹEK Aleksandra</b>	<b>2100</b>	TEAM ZABIEGANEDNI	K-30	27	01:24:39	02:27:57	<b>04:05:46.85</b>	<b>04:05:46.85</b>	+01:56:37 (47.5%)	11:42	5.1 (52.0%)
28	<b>KOWALCZYK Aleksandra</b>	<b>2121</b>		K-30	28	01:26:35	02:34:58	<b>04:07:08.35</b>	<b>04:07:08.35</b>	+01:57:59 (47.7%)	11:46	5.1 (52.0%)
29	<b>KRAWCZYK Beata</b>	<b>2113</b>	PIECHOTĄ PO SCHODACH	K-30	29	01:17:21	02:26:36	<b>04:09:06.65</b>	<b>04:09:06.65</b>	+01:59:57 (48.2%)	11:51	5.1 (52.0%)
30	<b>JANISZEWSKA Emilia</b>	<b>2114</b>	PIECHOTĄ PO SCHODACH	K-30	30	01:17:17	02:26:36	<b>04:09:06.70</b>	<b>04:09:06.70</b>	+01:59:57 (48.2%)	11:51	5.1 (52.0%)
31	<b>JASIŃSKA Marzena</b>	<b>2077</b>	PIECHOTĄ PO SCHODACH	K-30	31	01:17:19	02:26:37	<b>04:09:06.90</b>	<b>04:09:06.90</b>	+01:59:57 (48.2%)	11:51	5.1 (52.0%)
	<b>MICHALIK-KWAŚNICKA Katarzyna</b>	<b>2022</b>	PRECEL RACING TEAM	K-30		01:48:19 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 32 wynik(ów)