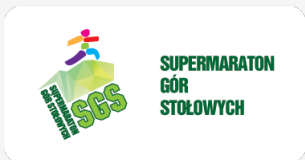


# SGS LIGHT 21KM

B4SPORT



**Wydarzenie:** Supermaraton Gór Stołowych  
**Organizator:** Fundacja Maratony Górskie  
**Data:** 2024-06-22  
**Miejsce:** Kartów  
**Dystans:** 23 km

**B4SPORT**  
 INTELIGENTNE 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>GÓRAL Karolina</b>	<b>2259</b>	HEJ HEJ GÓRALU	K-30	1	00:45:18	01:22:28	<b>02:13:41.30</b>	<b>02:13:41.30</b>		6:21	9.4 (100%)
2	<b>PERON Anita</b>	<b>2270</b>		K-30	2	00:48:51	01:27:54	<b>02:24:10.00</b>	<b>02:24:10.00</b>	+00:10:28 (7.3%)	6:51	8.7 (92.6%)
3	<b>SOBCZAK-PAŁASZEWSKA Karolina</b>	<b>2083</b>		K-30	3	00:51:32	01:29:42	<b>02:25:29.35</b>	<b>02:25:29.35</b>	+00:11:48 (8.1%)	6:55	8.7 (92.6%)
4	<b>SZYMAŃSKA Brygida</b>	<b>2348</b>	EERLE SPORTSWEAR RUNNING TEAM / STRZEGOMSKA DWUNASTKA	K-30	4	00:55:28	01:37:24	<b>02:33:43.45</b>	<b>02:33:43.45</b>	+00:20:02 (13.0%)	7:19	8.2 (87.2%)
5	<b>NADOLSKA-BOCHEŃSKA Barbara</b>	<b>2351</b>	SKS OBORNIKI	K-30	5	00:57:13	01:38:39	<b>02:38:06.80</b>	<b>02:38:06.80</b>	+00:24:25 (15.4%)	7:31	8 (85.1%)
6	<b>BIHUN-GRYSZKIEWICZ Natalia</b>	<b>2233</b>	ANNA HALSKA COACHING	K-30	6	00:53:04	01:45:14	<b>02:40:54.20</b>	<b>02:40:54.20</b>	+00:27:12 (16.9%)	7:39	7.8 (83.0%)
7	<b>KRAKOWSKA Anna</b>	<b>2264</b>		K-30	7	00:55:44	01:39:40	<b>02:43:14.25</b>	<b>02:43:14.25</b>	+00:29:32 (18.1%)	7:46	7.7 (81.9%)
8	<b>ORŁOWSKA Katarzyna</b>	<b>2328</b>		K-30	8	00:59:07	01:43:24	<b>02:44:22.00</b>	<b>02:44:22.00</b>	+00:30:40 (18.7%)	7:49	7.7 (81.9%)
9	<b>PRYŚKO-GROBELNA Małgorzata</b>	<b>2306</b>	USTAW SIĘ NA BIEGANIE	K-30	9	01:01:34	01:46:51	<b>02:48:36.90</b>	<b>02:48:36.90</b>	+00:34:55 (20.7%)	8:01	7.5 (79.8%)
10	<b>SZUKALSKA Milena</b>	<b>2255</b>	DTR BIEGA MARIO TEAM	K-30	10	00:58:15	01:43:51	<b>02:48:46.15</b>	<b>02:48:46.15</b>	+00:35:04 (20.8%)	8:02	7.5 (79.8%)
11	<b>PONIATOWSKA Justyna</b>	<b>2309</b>	TEBIA RUNNERS	K-30	11	01:01:01	01:47:43	<b>02:54:02.00</b>	<b>02:54:02.00</b>	+00:40:20 (23.2%)	8:17	7.2 (76.6%)
12	<b>PIECUCH Karolina</b>	<b>2067</b>		K-30	12	01:01:21	01:49:21	<b>02:55:54.60</b>	<b>02:55:54.60</b>	+00:42:13 (24.0%)	8:22	7.2 (76.6%)
13	<b>OPIAŁ Michalina</b>	<b>2262</b>		K-30	13	01:02:23	01:50:56	<b>02:58:26.55</b>	<b>02:58:26.55</b>	+00:44:45 (25.1%)	8:29	7.1 (75.5%)
14	<b>KUKOBNIKAVA Vitaliya</b>	<b>2164</b>		K-30	14	01:11:41	02:03:05	<b>03:14:07.65</b>	<b>03:14:07.65</b>	+01:00:26 (31.1%)	9:14	6.5 (69.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
15	<b>KRYSIAK Marlena</b>	<b>2044</b>		K-30	15	01:10:52	02:02:41	<b>03:15:06.85</b>	<b>03:15:06.85</b>	+01:01:25 (31.5%)	9:17	6.5 (69.1%)
16	<b>WESOŁEK Paula</b>	<b>2150</b>	ADIDAS RUNNERS POZNAŃ	K-30	16	01:11:38	02:02:01	<b>03:15:15.55</b>	<b>03:15:15.55</b>	+01:01:34 (31.5%)	9:17	6.5 (69.1%)
17	<b>SUWALSKA Julia</b>	<b>2241</b>		K-30	17	01:10:57	02:01:40	<b>03:17:41.50</b>	<b>03:17:41.50</b>	+01:04:00 (32.4%)	9:24	6.4 (68.1%)
18	<b>BARAN Paulina</b>	<b>2360</b>		K-30	18	01:09:17	02:03:48	<b>03:18:03.05</b>	<b>03:18:03.05</b>	+01:04:21 (32.5%)	9:25	6.4 (68.1%)
19	<b>STYBEL Anna</b>	<b>2112</b>	GORZOWSKASIŁA /PARKRUNGORZÓW/BBL LASY BOGDANIEC	K-30	19	01:08:36	02:05:00	<b>03:20:58.40</b>	<b>03:20:58.40</b>	+01:07:17 (33.5%)	9:34	6.3 (67.0%)
20	<b>JANOWSKA- JASICZAK Ewa</b>	<b>2032</b>		K-30	20	01:13:12	02:07:18	<b>03:22:44.40</b>	<b>03:22:44.40</b>	+01:09:03 (34.1%)	9:39	6.2 (66.0%)
21	<b>KAPUŚCIŃSKA Agnieszka</b>	<b>2185</b>		K-30	21	01:15:54	02:10:13	<b>03:24:13.70</b>	<b>03:24:13.70</b>	+01:10:32 (34.5%)	9:43	6.2 (66.0%)
22	<b>JACH Paulina</b>	<b>2205</b>		K-30	22	01:16:18	02:10:59	<b>03:29:24.30</b>	<b>03:29:24.30</b>	+01:15:43 (36.2%)	9:58	6 (63.8%)
23	<b>KAMIŃSKA Sandra</b>	<b>2356</b>	GRUPA OTMUCHÓW SPORT TEAM	K-30	23	01:14:35	02:11:30	<b>03:33:19.30</b>	<b>03:33:19.30</b>	+01:19:38 (37.3%)	10:09	5.9 (62.8%)
24	<b>MODERACKA Małgorzata</b>	<b>2096</b>		K-30	24	01:16:47	02:14:59	<b>03:36:50.05</b>	<b>03:36:50.05</b>	+01:23:08 (38.3%)	10:19	5.8 (61.7%)
25	<b>ZALEWSKA Ewa</b>	<b>2254</b>		K-30	25	01:19:11	02:15:14	<b>03:37:07.20</b>	<b>03:37:07.20</b>	+01:23:25 (38.4%)	10:20	5.8 (61.7%)
26	<b>BŁASZCZYK Małgorzata</b>	<b>2007</b>		K-30	26	01:19:02	02:16:31	<b>03:43:37.60</b>	<b>03:43:37.60</b>	+01:29:56 (40.2%)	10:38	5.6 (59.6%)
27	<b>BLACHA Małgorzata</b>	<b>2140</b>		K-30	27	01:22:54	02:22:39	<b>03:48:32.00</b>	<b>03:48:32.00</b>	+01:34:50 (41.5%)	10:52	5.5 (58.5%)
28	<b>APANOVA Ekaterina</b>	<b>2203</b>		K-30	28	01:17:17	02:21:08	<b>03:51:17.05</b>	<b>03:51:17.05</b>	+01:37:35 (42.2%)	11:00	5.4 (57.4%)
29	<b>GONTARZ Olga</b>	<b>2090</b>		K-30	29	01:21:06	02:28:10	<b>03:55:57.60</b>	<b>03:55:57.60</b>	+01:42:16 (43.3%)	11:14	5.3 (56.4%)
30	<b>ŚRÓBKA Weronika</b>	<b>2295</b>		K-30	30	01:21:51	02:25:09	<b>03:56:13.30</b>	<b>03:56:13.30</b>	+01:42:32 (43.4%)	11:14	5.3 (56.4%)
31	<b>PLESIŃSKA Joanna</b>	<b>2136</b>		K-30	31	01:29:34	02:29:10	<b>03:56:38.50</b>	<b>03:56:38.50</b>	+01:42:57 (43.5%)	11:16	5.3 (56.4%)
32	<b>SIEDLIK Małgorzata</b>	<b>2089</b>	SPORTOWA INICJATYWA	K-30	32	01:25:45	02:28:58	<b>03:57:53.45</b>	<b>03:57:53.45</b>	+01:44:12 (43.8%)	11:19	5.3 (56.4%)
33	<b>WALISZEWSKA Adrianna</b>	<b>2291</b>	ROWERY MAŁGOŚKA	K-30	33	01:24:51	02:29:03	<b>04:01:55.90</b>	<b>04:01:55.90</b>	+01:48:14 (44.7%)	11:31	5.2 (55.3%)
34	<b>GOLISZ-FIORENZA Katarzyna</b>	<b>2267</b>	MUD FOXES	K-30	34	01:28:19	02:33:26	<b>04:09:02.30</b>	<b>04:09:02.30</b>	+01:55:21 (46.3%)	11:51	5.1 (54.3%)
35	<b>BIEŃ Katarzyna</b>	<b>2324</b>		K-30	35	01:29:37	02:33:21	<b>04:09:22.45</b>	<b>04:09:22.45</b>	+01:55:41 (46.4%)	11:52	5.1 (54.3%)
36	<b>BAK Tatiana</b>	<b>2127</b>		K-30	36	01:35:32	02:45:00	<b>04:26:00.45</b>	<b>04:26:00.45</b>	+02:12:19 (49.7%)	12:40	4.7 (50.0%)
37	<b>NOWAK - KASPRZAK Anna</b>	<b>2334</b>		K-30	37	01:32:39	02:45:39	<b>04:33:35.70</b>	<b>04:33:35.70</b>	+02:19:54 (51.1%)	13:01	4.6 (48.9%)

Przekroczony limit czasu: 05:00:00

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
38	<b>KOSTULSKA Olga</b>	<b>2307</b>	WKURW_TEAM	K-30	38	01:54:28	03:25:34	<b>05:38:11.35</b>	<b>05:38:11.35</b>	+03:24:30 (60.5%)	16:06	3.7 (39.4%)

Znaleziono 38 wynik(ów)