



**SUPERMARATON
GÓR
STOŁOWYCH**

SGS LIGHT 21KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Event: Supermaraton Gór Stołowych 2022
Organiser: Fundacja Maratonu Górskie
Date: 2022-06-26
Place: Kartów
Distance: 21 km

Classification: K-40

Place	Participant	Number	Club	Category	MCat	Parking 7km	Błędne Skały 14km	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
1	ZWIERZYŃSKA Agnieszka	420		K-40	1	01:02:56	01:51:22	03:02:13.75	03:02:13.75		8:40	6.9 (100%)
2	GRABOŚ Nina	481		K-40	2	01:03:04	01:54:55	03:02:10.55	03:02:15.35	+00:00:01 (0.0%)	8:40	6.9 (100%)
3	KARATKÓW Ewa	134	LKS ISKRA JASZKOWA	K-40	3	01:03:30	01:53:46	03:03:07.35	03:03:19.05	+00:01:05 (0.6%)	8:43	6.9 (100%)
4	DZIARKOWSKA Edyta	337	RUNCROSS ROZGARTY	K-40	4	01:05:50	01:56:11	03:07:29.25	03:08:00.00	+00:05:46 (3.1%)	8:55	6.7 (97.1%)
5	LEŚNIEWSKA Justyna	103	AKTYWNA NOWA RUDA	K-40	5	00:58:43	01:52:13	03:08:35.15	03:08:38.30	+00:06:24 (3.4%)	8:58	6.7 (97.1%)
6	SZTYPKA Justyna	42	WKB MARATOŃCZYK WŁOCŁAWEK	K-40	6	01:12:34	02:03:48	03:10:43.20	03:11:23.05	+00:09:09 (4.8%)	9:04	6.6 (95.7%)
7	TRZEPACZ Dorota	381	KB LUPUS OLESNICA	K-40	7	01:05:06	01:56:10	03:12:14.70	03:12:38.95	+00:10:25 (5.4%)	9:09	6.6 (95.7%)
8	DZIADOWICZ Anna	82		K-40	8	01:06:29	01:57:04	03:12:54.45	03:13:24.40	+00:11:10 (5.8%)	9:11	6.5 (94.2%)
9	PAGACZ Joanna	362		K-40	9	01:12:57	02:05:31	03:17:28.95	03:17:58.10	+00:15:44 (8.0%)	9:24	6.4 (92.8%)
10	KOPCIUCH Anna	223	LACIE	K-40	10	01:06:54	01:57:19	03:18:51.40	03:19:17.55	+00:17:03 (8.6%)	9:28	6.3 (91.3%)
11	PAJĄK Monika	35	HERNIK TEAM	K-40	11	01:10:32	02:04:56	03:19:20.95	03:19:34.20	+00:17:20 (8.7%)	9:29	6.3 (91.3%)
12	CZAJKOWSKA Sylwia	286	#ŻÓŁTOKRÓLEWSCY	K-40	12	01:08:50	01:59:28	03:19:29.45	03:19:37.25	+00:17:23 (8.7%)	9:29	6.3 (91.3%)
13	WIETRZYŃSKA Agnieszka	175	SZTUKA RUCHU	K-40	13	01:10:07	02:06:14	03:22:39.50	03:22:42.95	+00:20:29 (10.1%)	9:39	6.2 (89.9%)
14	ŚLIWIŃSKA Ewelina	342		K-40	14	01:11:27	02:06:51	03:23:01.85	03:23:11.60	+00:20:57 (10.3%)	9:40	6.2 (89.9%)
15	KLIM Kasia	422		K-40	15	01:11:14	02:09:58	03:26:33.85	03:26:40.75	+00:24:27 (11.8%)	9:50	6.1 (88.4%)

Place	Participant	Number	Club	Category	MCat	Parking 7km	Błędne Skały 14km	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
16	TKACZYK Katarzyna	34		K-40	16	01:14:04	02:09:28	03:26:58.00	03:27:18.30	+00:25:04 (12.1%)	9:51	6.1 (88.4%)
17	SZCZYRBA Iza	478	MIRAZ RACE TEAM	K-40	17	01:09:46	02:05:21	03:27:50.35	03:28:09.30	+00:25:55 (12.5%)	9:53	6.1 (88.4%)
18	MOSKAL Izabella	160	TKKF MPK POZNAŃ	K-40	18	01:08:13	02:05:32	03:28:35.00	03:28:42.20	+00:26:28 (12.7%)	9:55	6 (87.0%)
19	KMIECIK Roma	406	KUDOWIANKA RUN	K-40	19	01:09:35	02:08:02	03:28:56.85	03:29:04.35	+00:26:50 (12.8%)	9:56	6 (87.0%)
20	ŁASKAWSKA Justyna	477		K-40	20	01:12:52	02:09:46	03:28:43.55	03:29:05.95	+00:26:52 (12.9%)	9:56	6 (87.0%)
21	MAZUR Katarzyna	237	UMLAUT	K-40	21	01:11:36	02:09:47	03:29:27.25	03:29:30.45	+00:27:16 (13.0%)	9:58	6 (87.0%)
22	ŚWIERCZEK Marta	77	JURA.PL	K-40	22	01:12:56	02:09:15	03:29:09.45	03:29:31.85	+00:27:18 (13.0%)	9:57	6 (87.0%)
23	WYSOCKA Magdalena	285	PGB SPORTOWA PACZKA	K-40	23	01:14:04	02:10:53	03:31:28.90	03:31:36.95	+00:29:23 (13.9%)	10:04	6 (87.0%)
24	ŁĄŻEWSKA Sylwia	37		K-40	24	01:07:03	02:02:11	03:31:34.65	03:31:39.15	+00:29:25 (13.9%)	10:04	6 (87.0%)
25	MOTAŁA Kacha	351	MIEJSKA KONDYCJA	K-40	25	01:12:53	02:09:20	03:31:28.55	03:31:45.75	+00:29:32 (13.9%)	10:04	6 (87.0%)
26	MAJCHRZAK Agnieszka	182	NESSI TEAM	K-40	26	01:16:46	02:11:14	03:31:34.50	03:32:20.45	+00:30:06 (14.2%)	10:04	6 (87.0%)
27	BARTMAŃSKA Mirosława	150		K-40	27	01:13:16	02:08:14	03:31:57.85	03:32:21.50	+00:30:07 (14.2%)	10:05	5.9 (85.5%)
28	BADOWSKA Katarzyna	323		K-40	28	01:15:32	02:11:50	03:33:11.65	03:33:50.15	+00:31:36 (14.8%)	10:09	5.9 (85.5%)
29	KWIATKOWSKA Zuzanna	269	RNB TEAM POLANICA ZDRÓJ	K-40	29	01:16:08	02:13:19	03:33:55.80	03:34:46.10	+00:32:32 (15.2%)	10:11	5.9 (85.5%)
30	KOZAK Ewa	18	KOZAKI	K-40	30	01:13:38	02:11:32	03:35:05.35	03:35:21.45	+00:33:07 (15.4%)	10:14	5.9 (85.5%)
31	MYŚLICKA-PIWKO Marta	148	MOCNA GRUPA CEZARA	K-40	31	01:17:28	02:15:10	03:35:04.75	03:35:28.40	+00:33:14 (15.4%)	10:14	5.9 (85.5%)
32	CIOCHOŃ Agnieszka	144		K-40	32	01:18:38	02:17:11	03:35:44.65	03:36:00.45	+00:33:46 (15.6%)	10:16	5.8 (84.1%)
33	IWULSKA Joanna	485	MIRAZ RACE TEAM	K-40	33	01:15:04	02:17:20	03:36:58.70	03:37:15.90	+00:35:02 (16.1%)	10:19	5.8 (84.1%)
34	KWIATKOWSKA Marta	187		K-40	34	01:12:56	02:09:24	03:37:41.20	03:37:57.20	+00:35:43 (16.4%)	10:21	5.8 (84.1%)
35	BIAŁEK Kamila	278	DROGA DO ULTRA	K-40	35	01:18:57	02:19:13	03:38:27.80	03:38:32.35	+00:36:18 (16.6%)	10:24	5.8 (84.1%)
36	BOJUR Renata	176		K-40	36	01:17:01	02:14:33	03:38:36.00	03:38:56.25	+00:36:42 (16.8%)	10:24	5.8 (84.1%)
37	PAPROCKA Natalia	58		K-40	37	01:13:45	02:15:00	03:40:24.70	03:40:37.00	+00:38:23 (17.4%)	10:29	5.7 (82.6%)
38	BABICKA Sylwia	98	HARD BOX OTWOCK	K-40	38	01:20:49	02:20:16	03:40:08.20	03:40:39.30	+00:38:25 (17.4%)	10:28	5.7 (82.6%)

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39	PODZEREK Iwona	19	BRIDGESTONE	K-40	39	01:23:37	02:19:36	03:40:14.60	03:42:47.30	+00:40:33 (18.2%)	10:29	5.7 (82.6%)
40	BERNAS-KUJAWIŃSKA Magdalena	38	MARCHEWKA	K-40	40	01:17:41	02:20:07	03:43:27.20	03:43:32.15	+00:41:18 (18.5%)	10:38	5.6 (81.2%)
41	JAWORSKA Magdalena	40	GB WIELKOPOLSCY BIEGACZE/TEAM KGB	K-40	41	01:24:55	02:25:20	03:42:44.45	03:44:04.85	+00:41:51 (18.7%)	10:36	5.7 (82.6%)
42	JARZĘBOWICZ Beata	272	ZADYSZKA OŚWIĘCIM	K-40	42	01:19:57	02:20:35	03:45:06.95	03:45:14.75	+00:43:01 (19.1%)	10:43	5.6 (81.2%)
43	BORMANN Margrit	185	ZADYSZKA OŚWIĘCIM / KS KANDAHAR	K-40	43	01:19:52	02:18:31	03:47:25.05	03:47:38.00	+00:45:24 (19.9%)	10:49	5.5 (79.7%)
44	NOWAK Marta	31	NARAMOWICE BIEGAJĄ	K-40	44	01:21:07	02:22:00	03:49:00.50	03:49:41.55	+00:47:27 (20.7%)	10:54	5.5 (79.7%)
45	PTAK Monika	125		K-40	45	01:24:43	02:26:17	03:49:42.95	03:50:31.95	+00:48:18 (21.0%)	10:56	5.5 (79.7%)
46	WOJCIECHOWSKA Dorota	394	DOGOŃ GRODZISK MAZOWIECKI	K-40	46	01:21:47	02:23:23	03:50:20.15	03:50:45.00	+00:48:31 (21.0%)	10:58	5.5 (79.7%)
47	GRZELAK Izabella	316		K-40	47	01:19:27	02:22:18	03:50:53.10	03:51:21.30	+00:49:07 (21.2%)	10:59	5.5 (79.7%)
48	BARTOSZEWSKA Katarzyna	241	TEAM RÓŻOWEJ PELERYNKI	K-40	48	01:20:39	02:24:27	03:52:10.80	03:53:01.65	+00:50:47 (21.8%)	11:03	5.4 (78.3%)
49	MATUSZEWSKA Elżbieta	262	MARATOŃCZYK WŁOCŁAWEK	K-40	49	01:22:40	02:27:05	03:52:17.80	03:53:02.10	+00:50:48 (21.8%)	11:03	5.4 (78.3%)
50	BUCZAK-MROZIŃSKA Paulina	307		K-40	50	01:25:07	02:28:18	03:51:43.30	03:53:07.15	+00:50:53 (21.8%)	11:02	5.4 (78.3%)
51	CEMPURA Małgorzata	279	KS POSNANIA	K-40	51	01:24:24	02:24:50	03:52:41.20	03:53:20.45	+00:51:06 (21.9%)	11:04	5.4 (78.3%)
51	WOJTKOWIAK Renata	282	PIĄTKOWO NA BIEGOWO	K-40	51	01:24:23	02:24:49	03:52:40.90	03:53:20.45	+00:51:06 (21.9%)	11:04	5.4 (78.3%)
53	OLEKSIEWICZ Beata	421	SZAKALE BAŁUT ŁÓDŹ	K-40	53	01:20:54	02:23:50	03:54:01.00	03:54:07.40	+00:51:53 (22.2%)	11:08	5.4 (78.3%)
54	KWIATKOWSKA Anna	65		K-40	54	01:23:54	02:26:34	03:53:48.95	03:54:32.15	+00:52:18 (22.3%)	11:08	5.4 (78.3%)
55	SOROKA Monika	330	PASTERKA PANY	K-40	55	01:23:53	02:29:41	03:54:00.85	03:54:47.80	+00:52:34 (22.4%)	11:08	5.4 (78.3%)
56	ZAJĄCZKOWSKA Beata	216		K-40	56	01:24:56	02:27:40	03:55:53.95	03:56:07.55	+00:53:53 (22.8%)	11:13	5.3 (76.8%)
57	NAWROCKA Sylwia	63	MAMA W BIEGU	K-40	57	01:26:41	02:27:45	03:55:38.80	03:56:12.70	+00:53:58 (22.9%)	11:13	5.3 (76.8%)
58	ZDUNEK Małgorzata	171		K-40	58	01:22:46	02:29:23	03:59:12.50	03:59:15.65	+00:57:01 (23.8%)	11:23	5.3 (76.8%)
59	RYPIŃSKA Magdalena	356		K-40	59	01:23:35	02:28:10	03:58:19.70	03:59:17.45	+00:57:03 (23.8%)	11:20	5.3 (76.8%)
60	MAKIEŁA Katarzyna	409		K-40	60	01:20:03	02:26:53	03:59:08.95	03:59:20.75	+00:57:07 (23.9%)	11:23	5.3 (76.8%)
61	SKRZYPIŃSKA Agnieszka	143	PSI PATROL	K-40	61	01:23:36	02:32:28	03:59:03.25	03:59:25.65	+00:57:11 (23.9%)	11:23	5.3 (76.8%)

Place	Participant	Number	Club	Category	MCat	Parking 7km	Błędne Skały 14km	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
62	BĄCIK Aneta	287		K-40	62	01:27:33	02:32:01	03:59:07.20	04:00:22.20	+00:58:08 (24.2%)	11:23	5.3 (76.8%)
63	KUSIEWICZ Agnieszka	379	PUSZCZYK BUKOWY	K-40	63	01:25:28	02:33:49	04:01:26.50	04:01:48.50	+00:59:34 (24.6%)	11:29	5.2 (75.4%)
64	BIEŃ Małgorzata	14		K-40	64	01:26:47	02:32:27	04:05:44.55	04:06:26.90	+01:04:13 (26.1%)	11:42	5.1 (73.9%)
65	KOCOT Magdalena	443	META NADARZYN	K-40	65	01:24:21	02:34:39	04:06:42.80	04:06:49.00	+01:04:35 (26.2%)	11:44	5.1 (73.9%)
66	KACZMAREK Karolina	267	PIĄTKOWO NA BIEGOWO	K-40	66	01:27:24	02:33:52	04:07:52.15	04:08:25.65	+01:06:11 (26.6%)	11:48	5.1 (73.9%)
67	SWORNOWSKA Anna	52	NARAMOWICE BIEGAJĄ	K-40	67	01:34:25	02:40:04	04:09:28.10	04:10:12.95	+01:07:59 (27.2%)	11:52	5.1 (73.9%)
68	WOJCIESZAK Klaudia	24	BRAVEHEARTS LEGIONOWO	K-40	68	01:33:22	02:43:16	04:13:30.35	04:13:58.75	+01:11:45 (28.3%)	12:04	5 (72.5%)
69	OCHNIO Ewa	2	DALEKA DROGA	K-40	69	01:31:36	02:42:11	04:16:48.15	04:18:05.40	+01:15:51 (29.4%)	12:13	4.9 (71.0%)
70	KÜCHLER Małgorzata	8	JARBUD	K-40	70	01:35:12	02:44:55	04:23:20.75	04:23:40.60	+01:21:26 (30.9%)	12:32	4.8 (69.6%)
71	JĘDZURA Agnieszka	460		K-40	71	01:33:03	02:50:03	04:33:24.35	04:33:26.55	+01:31:12 (33.4%)	13:01	4.6 (66.7%)
72	BOROWIEC-RÓŻYCKA Magdalena	314	BIEGAJĄCY ŚWIDNIK	K-40	72	01:39:34	02:54:28	04:33:27.60	04:34:34.65	+01:32:20 (33.6%)	13:01	4.6 (66.7%)
73	BŁĘDOWSKA Sylwia	137	COYOTE TEAM	K-40	73	01:36:56	03:03:43	04:51:39.10	04:52:09.95	+01:49:56 (37.6%)	13:53	4.3 (62.3%)
74	KOZIARA Agnieszka	428		K-40	74	01:51:50	03:08:44	04:54:19.95	04:54:31.65	+01:52:17 (38.1%)	14:00	4.3 (62.3%)
75	MUSIALSKA Anna	265	PIĄTKOWO NA BIEGOWO	K-40	75	01:45:41	03:11:28	04:54:37.90	04:55:13.65	+01:52:59 (38.3%)	14:01	4.3 (62.3%)
76	PASIEKA Magda	221		K-40	76	01:46:01	03:15:32	04:59:42.30	04:59:56.15	+01:57:42 (39.2%)	14:16	4.2 (60.9%)
Przekroczony limit czasu: 05:00:00												
LIM	POGORZELSKA Bogusia	151	ŻÓŁTOKRÓLEWSCY	K-40		01:46:02	03:15:22	05:00:00.90	05:00:15.05		0:00	4.2 (60.9%)
LIM	SYGUŁA Monika	377		K-40		01:49:27	03:19:09	05:15:19.70	05:16:12.25		0:00	4 (58.0%)
LIM	DOBROWOLSKA Karolina	376		K-40		01:49:30	03:19:10	05:15:23.15	05:16:12.75		0:00	4 (58.0%)
LIM	KOZA Agnieszka	200	ZRYW PARZYMIECHY	K-40		01:53:16	03:24:01	05:25:10.65	05:26:03.95		0:00	3.9 (56.5%)

Total 80 results.