



**SUPERMARATON
GÓR
STOŁOWYCH**

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

SGS LIGHT 21KM

B4SPORT

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-40

| 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 | BAŁYS Katarzyna | 2311 | HERCOG RUNNING TEAM | K-40 | 1 | 00:48:53 | 01:29:23 | 02:26:57.95 | 02:26:57.95 | | 6:59 | 8.6 (100%) |
| 2 | JARZĘBOWICZ Beata | 2065 | ZADYSZKA OŚWIĘCIM | K-40 | 2 | 00:52:59 | 01:35:49 | 02:35:58.20 | 02:35:58.20 | +00:09:00 (5.8%) | 7:25 | 8.1 (94.2%) |
| 3 | JAWORSKA Magdalena | 2017 | GB WIELKOPOLSCY BIEGACZE/TEAM HWBT | K-40 | 3 | 00:56:18 | 01:40:35 | 02:40:31.20 | 02:40:31.20 | +00:13:33 (8.4%) | 7:38 | 7.8 (90.7%) |
| 4 | MAZIAREK Adela | 2165 | | K-40 | 4 | 00:59:36 | 01:45:13 | 02:53:37.10 | 02:53:37.10 | +00:26:39 (15.4%) | 8:16 | 7.3 (84.9%) |
| 5 | LEŚNIEWSKA Justyna | 2151 | AKTYWNA NOWA RUDA | K-40 | 5 | 00:56:47 | 01:45:15 | 02:54:53.70 | 02:54:53.70 | +00:27:55 (16.0%) | 8:19 | 7.2 (83.7%) |
| 6 | STANKIEWICZ Anna | 2191 | DOGOŃ GRODZISK MAZOWIECKI | K-40 | 6 | 01:00:41 | 01:51:23 | 02:57:15.85 | 02:57:15.85 | +00:30:17 (17.1%) | 8:26 | 7.1 (82.6%) |
| 7 | OWCZAREK Izabela | 2273 | SLEZAKTEAM | K-40 | 7 | 01:02:23 | 01:51:35 | 03:01:31.05 | 03:01:31.05 | +00:34:33 (19.0%) | 8:38 | 6.9 (80.2%) |
| 8 | ZWIERZYŃSKA Agnieszka | 2252 | | K-40 | 8 | 01:02:37 | 01:53:07 | 03:01:34.70 | 03:01:34.70 | +00:34:36 (19.1%) | 8:38 | 6.9 (80.2%) |
| 9 | SMOTER Ania | 2118 | SMOLECKA ZADYSZKA | K-40 | 9 | 01:03:47 | 01:52:26 | 03:02:12.10 | 03:02:12.10 | +00:35:14 (19.3%) | 8:40 | 6.9 (80.2%) |
| 10 | SZTYPKA Justyna | 2082 | WKB MARATOŃCZYK WŁOCLAWEK | K-40 | 10 | 01:02:42 | 01:53:33 | 03:04:04.50 | 03:04:04.50 | +00:37:06 (20.2%) | 8:45 | 6.8 (79.1%) |
| 11 | GRUDZIEN-JURKOWSKA Malgorzata | 2163 | | K-40 | 11 | 01:05:44 | 01:55:06 | 03:05:53.40 | 03:05:53.40 | +00:38:55 (20.9%) | 8:51 | 6.8 (79.1%) |
| 12 | DZIARKOWSKA Edyta | 2098 | RUNCROSS ROZGARTY | K-40 | 12 | 01:04:27 | 01:53:55 | 03:06:48.45 | 03:06:48.45 | +00:39:50 (21.3%) | 8:53 | 6.7 (77.9%) |
| 13 | KONDRACKA Agnieszka | 2128 | KUNA W AGREŚCIE | K-40 | 13 | 01:03:47 | 01:55:27 | 03:08:05.75 | 03:08:05.75 | +00:41:07 (21.9%) | 8:57 | 6.7 (77.9%) |
| 14 | WAWRZYNIAK Ilona | 2265 | NORBULLO TEAM | K-40 | 14 | 01:05:42 | 02:00:25 | 03:16:18.05 | 03:16:18.05 | +00:49:20 (25.1%) | 9:20 | 6.4 (74.4%) |
| 15 | KOZDRÓJ Wioletta | 2104 | DOGOŃ GRODZISK MAZOWIECKI/DŻAKARTA RUN TEAM | K-40 | 15 | 01:07:18 | 02:02:59 | 03:18:55.75 | 03:18:55.75 | +00:51:57 (26.1%) | 9:28 | 6.3 (73.3%) |

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|-----|----------------------------------|-------------|-------------------------------|-----------|------|----------------|-------------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 16 | URBAŃSKA Magdalena | 2103 | HAPPY RUNNERS | K-40 | 16 | 01:06:31 | 02:05:18 | 03:19:14.10 | 03:19:14.10 | +00:52:16 (26.2%) | 9:29 | 6.3 (73.3%) |
| 17 | WĘGRZYNEK Mirka | 2162 | AR WARSAW | K-40 | 17 | 01:09:36 | 02:04:33 | 03:23:25.30 | 03:23:25.30 | +00:56:27 (27.8%) | 9:41 | 6.2 (72.1%) |
| 18 | BADOWSKA Katarzyna | 2146 | | K-40 | 18 | 01:13:11 | 02:07:51 | 03:25:51.40 | 03:25:51.40 | +00:58:53 (28.6%) | 9:48 | 6.1 (70.9%) |
| 19 | RÓŻAŃSKA Magdalena | 2007 | | K-40 | 19 | 01:12:23 | 02:09:31 | 03:28:05.70 | 03:28:05.70 | +01:01:07 (29.4%) | 9:54 | 6.1 (70.9%) |
| 20 | LEDNICKA Lidia | 2284 | | K-40 | 20 | 01:15:45 | 02:10:53 | 03:28:51.20 | 03:28:51.20 | +01:01:53 (29.6%) | 9:56 | 6 (69.8%) |
| 21 | NOWAK Marta | 2016 | NARAMOWICE BIEGAJĄ | K-40 | 21 | 01:09:00 | 02:05:06 | 03:28:57.20 | 03:28:57.20 | +01:01:59 (29.7%) | 9:57 | 6 (69.8%) |
| 22 | KWIATKOWSKA Marta | 2134 | | K-40 | 22 | 01:08:55 | 02:04:57 | 03:30:17.60 | 03:30:17.60 | +01:03:19 (30.1%) | 10:00 | 6 (69.8%) |
| 23 | KUBIAK Anna | 2084 | STRZEGOMSKA DWUNASTKA | K-40 | 23 | 01:17:55 | 02:11:30 | 03:30:19.30 | 03:30:19.30 | +01:03:21 (30.1%) | 10:00 | 6 (69.8%) |
| 24 | PRAWDZIK Renata | 2248 | SUPER DRUŻYNA EŁK | K-40 | 24 | 01:14:22 | 02:11:09 | 03:32:25.75 | 03:32:25.75 | +01:05:27 (30.8%) | 10:06 | 5.9 (68.6%) |
| 25 | BORMANN Margrit | 2067 | ZADYSZKA OŚWIĘCIM/KS KANDAHAR | K-40 | 25 | 01:13:29 | 02:12:11 | 03:33:39.85 | 03:33:39.85 | +01:06:41 (31.2%) | 10:10 | 5.9 (68.6%) |
| 26 | TYŃSKA - SITEK Aleksandra | 2310 | | K-40 | 26 | 01:15:56 | 02:11:57 | 03:34:02.30 | 03:34:02.30 | +01:07:04 (31.3%) | 10:11 | 5.9 (68.6%) |
| 27 | DUBIEL Monika | 2124 | KUNA W AGREŚCIE | K-40 | 27 | 01:13:07 | 02:09:50 | 03:34:07.95 | 03:34:07.95 | +01:07:10 (31.4%) | 10:11 | 5.9 (68.6%) |
| 28 | CZUBALA Beata | 2148 | LKS ZIĘBICE | K-40 | 28 | 01:17:30 | 02:15:46 | 03:34:08.70 | 03:34:08.70 | +01:07:10 (31.4%) | 10:11 | 5.9 (68.6%) |
| 29 | GIDASZEWSKA Jolanta | 2158 | GIDOLKI | K-40 | 29 | 01:16:08 | 02:14:26 | 03:34:11.60 | 03:34:11.60 | +01:07:13 (31.4%) | 10:11 | 5.9 (68.6%) |
| 30 | KACZOROWSKA Dorota | 2059 | | K-40 | 30 | 01:16:01 | 02:12:27 | 03:36:23.85 | 03:36:23.85 | +01:09:25 (32.1%) | 10:18 | 5.8 (67.4%) |
| 31 | PAPROCKA Natalia | 2057 | | K-40 | 31 | 01:16:14 | 02:15:27 | 03:41:25.55 | 03:41:25.55 | +01:14:27 (33.6%) | 10:32 | 5.7 (66.3%) |
| 32 | PIOTROWSKA Edyta | 2039 | BRACTWO BIEGOWE BGK | K-40 | 32 | 01:13:41 | 02:15:08 | 03:42:25.00 | 03:42:25.00 | +01:15:27 (33.9%) | 10:35 | 5.7 (66.3%) |
| 33 | KAŃDUŁA Klaudia | 2185 | LION GROUP | K-40 | 33 | 01:18:50 | 02:18:28 | 03:42:27.20 | 03:42:27.20 | +01:15:29 (33.9%) | 10:35 | 5.7 (66.3%) |
| 34 | WIEWIÓRA Agata | 2107 | | K-40 | 34 | 01:18:49 | 02:16:27 | 03:43:26.00 | 03:43:26.00 | +01:16:28 (34.2%) | 10:38 | 5.6 (65.1%) |
| 35 | DOLECKA Elżbieta | 2204 | NKB CHYŻY NOWY TOMYŚL | K-40 | 35 | 01:14:45 | 02:16:03 | 03:44:24.40 | 03:44:24.40 | +01:17:26 (34.5%) | 10:41 | 5.6 (65.1%) |
| 36 | ŁAŻEWSKA Sylwia | 2011 | | K-40 | 36 | 01:11:11 | 02:10:49 | 03:44:36.05 | 03:44:36.05 | +01:17:38 (34.6%) | 10:41 | 5.6 (65.1%) |
| 37 | GUZIŃSKA Ola | 2034 | | K-40 | 37 | 01:18:02 | 02:18:35 | 03:44:36.15 | 03:44:36.15 | +01:17:38 (34.6%) | 10:41 | 5.6 (65.1%) |
| 38 | CEBULAK Katarzyna | 2174 | COFFEE AND GO | K-40 | 38 | 01:19:35 | 02:19:50 | 03:46:56.25 | 03:46:56.25 | +01:19:58 (35.2%) | 10:48 | 5.6 (65.1%) |

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|-----|-------------------------------------|-------------|---------------------------|-----------|------|----------------|-------------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 39 | JAKUBOWSKA Marta | 2083 | NESSI TIME KALISZ | K-40 | 39 | 01:20:18 | 02:19:51 | 03:48:06.90 | 03:48:06.90 | +01:21:08 (35.6%) | 10:51 | 5.5 (64.0%) |
| 40 | KABZIŃSKA Dagmara | 2086 | | K-40 | 40 | 01:20:19 | 02:21:54 | 03:51:45.60 | 03:51:45.60 | +01:24:47 (36.6%) | 11:02 | 5.4 (62.8%) |
| 41 | KOZŁOWSKA Magdalena | 2187 | RUNNERS KONIN | K-40 | 41 | 01:18:04 | 02:23:43 | 03:55:17.00 | 03:55:17.00 | +01:28:19 (37.5%) | 11:12 | 5.4 (62.8%) |
| 42 | PTAK Monika | 2073 | | K-40 | 42 | 01:20:26 | 02:23:59 | 03:55:31.70 | 03:55:31.70 | +01:28:33 (37.6%) | 11:12 | 5.3 (61.6%) |
| 43 | SKARŻEŃSKA-SOKOŁOWSKA Jagoda | 2303 | NIEZWYCIĘŻENI Z WRZOSOWEJ | K-40 | 43 | 01:18:30 | 02:23:52 | 03:58:08.10 | 03:58:08.10 | +01:31:10 (38.3%) | 11:20 | 5.3 (61.6%) |
| 44 | KRZYSZTOFOWICZ Karolina | 2294 | ULTRASY | K-40 | 44 | 01:24:03 | 02:30:53 | 04:03:44.75 | 04:03:44.75 | +01:36:46 (39.7%) | 11:36 | 5.2 (60.5%) |
| 45 | KACZMAREK Monika | 2201 | NKB CHYŻY NOWY TOMYŚL | K-40 | 45 | 01:19:34 | 02:28:31 | 04:05:43.05 | 04:05:43.05 | +01:38:45 (40.2%) | 11:42 | 5.1 (59.3%) |
| 46 | JĘDRZEJEK Kinga | 2115 | HAPPY RUNNERS | K-40 | 46 | 01:24:43 | 02:33:23 | 04:07:52.30 | 04:07:52.30 | +01:40:54 (40.7%) | 11:48 | 5.1 (59.3%) |
| 47 | WIRA Barbara | 2095 | | K-40 | 47 | 01:26:31 | 02:32:37 | 04:08:54.85 | 04:08:54.85 | +01:41:56 (41.0%) | 11:51 | 5.1 (59.3%) |
| 48 | RADWAŃSKA Aneta | 2117 | PIECHOTĄ PO SCHODACH | K-40 | 48 | 01:17:23 | 02:26:37 | 04:09:07.60 | 04:09:07.60 | +01:42:09 (41.0%) | 11:51 | 5.1 (59.3%) |
| 49 | KOZIARSKA Ewa | 2071 | | K-40 | 49 | 01:25:56 | 02:38:10 | 04:24:52.60 | 04:24:52.60 | +01:57:54 (44.5%) | 12:36 | 4.8 (55.8%) |
| 50 | WALENTYN Katarzyna | 2078 | RUNCROSS ROZGARTY | K-40 | 50 | 01:33:02 | 02:44:23 | 04:26:30.85 | 04:26:30.85 | +01:59:32 (44.9%) | 12:41 | 4.7 (54.7%) |
| 51 | ADAMIAK Marta | 2270 | RUN4GOLD | K-40 | 51 | 01:38:45 | 03:05:43 | 04:55:26.90 | 04:55:26.90 | +02:28:28 (50.3%) | 14:04 | 4.3 (50.0%) |
| 52 | PAŁASZYŃSKA Beata | 2245 | MUD FOXES | K-40 | 52 | 01:40:20 | 03:05:45 | 04:56:43.80 | 04:56:43.80 | +02:29:45 (50.5%) | 14:07 | 4.2 (48.8%) |

Znaleziono 52 wynik(ów)