



**SUPERMARATON
GÓR
STOŁOWYCH**

SGS LIGHT 21KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

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

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	BABIŃSKA-POPIŁKA Ewelina	2367		K-40	1	00:48:52	01:31:06	02:28:52.70	02:28:52.70		7:05	8.5 (100%)
2	JAWORSKA Magdalena	2073	GB WIELKOPOLSCY BIEGACZE/TEAM HARD WORK BEATS TALENT	K-40	2	00:57:20	01:40:26	02:41:10.60	02:41:10.60	+00:12:17 (7.6%)	7:40	7.8 (91.8%)
3	SZTYPKA Justyna	2129	WKB MARATOŃCZYK WŁOCŁAWEK	K-40	3	00:58:07	01:42:52	02:45:08.60	02:45:08.60	+00:16:15 (9.8%)	7:51	7.6 (89.4%)
4	STACHOWIAK Kinga	2318		K-40	4	00:58:10	01:43:57	02:45:12.25	02:45:12.25	+00:16:19 (9.9%)	7:52	7.6 (89.4%)
5	ZACZYŃSKA-SKIBA Anna	2298	SALLER TEAM LEGNICA	K-40	5	00:59:22	01:44:00	02:47:48.55	02:47:48.55	+00:18:55 (11.3%)	7:59	7.5 (88.2%)
6	MAZUR Monika	2209	KATCROSS	K-40	6	00:57:56	01:44:09	02:50:49.80	02:50:49.80	+00:21:57 (12.9%)	8:08	7.4 (87.1%)
7	GRUDZIEN- JURKOWSKA Malgorzata	2196		K-40	7	01:01:37	01:50:26	02:56:31.60	02:56:31.60	+00:27:38 (15.7%)	8:24	7.1 (83.5%)
8	OLEJNIK Agnieszka	2350	ENDORFINY WĄSOSZ	K-40	8	01:06:38	01:54:58	03:01:05.70	03:01:05.70	+00:32:13 (17.8%)	8:37	7 (82.4%)
9	KRUPA Justyna	2106	AKTYWNA NOWA RUDA	K-40	9	01:01:13	01:52:05	03:02:44.60	03:02:44.60	+00:33:51 (18.5%)	8:42	6.9 (81.2%)
10	SOSNOWSKA-SMYK Joanna	2179	AUTOLIV RUN TEAM	K-40	10	01:01:36	01:51:50	03:03:20.95	03:03:20.95	+00:34:28 (18.8%)	8:43	6.9 (81.2%)
11	STOMAL Marzena	2226		K-40	11	01:07:28	01:57:28	03:09:06.15	03:09:06.15	+00:40:13 (21.3%)	9:00	6.7 (78.8%)
12	PAKULSKA-TOMZA Dorota	2010	SIŁA KOBIEC	K-40	12	01:08:26	02:01:22	03:11:15.95	03:11:15.95	+00:42:23 (22.2%)	9:06	6.6 (77.6%)
13	GRABIAS-MAZUR Krystyna	2236	TRIATHLON DĄBROWA GÓRNICZA	K-40	13	01:05:30	01:56:36	03:12:35.50	03:12:35.50	+00:43:42 (22.7%)	9:10	6.5 (76.5%)
14	CZUCHAJ Anna	2251		K-40	14	01:08:21	01:59:39	03:16:15.30	03:16:15.30	+00:47:22 (24.1%)	9:20	6.4 (75.3%)
15	BURZYŃSKA Ewelina	2008	SIŁA KOBIEC	K-40	15	01:08:26	02:00:48	03:16:17.90	03:16:17.90	+00:47:25 (24.2%)	9:20	6.4 (75.3%)

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	ŁAMPIKA Kinga	2168	GOOD MOVE	K-40	16	01:12:05	02:06:02	03:18:15.00	03:18:15.00	+00:49:22 (24.9%)	9:26	6.4 (75.3%)
17	DZIARKOWSKA Edyta	2137	RUNCROSS ROZGARTY	K-40	17	01:08:49	02:02:39	03:18:25.55	03:18:25.55	+00:49:32 (25.0%)	9:26	6.4 (75.3%)
18	ANDRZEJEWSKA Anna	2163		K-40	18	01:06:31	02:02:23	03:20:56.10	03:20:56.10	+00:52:03 (25.9%)	9:34	6.3 (74.1%)
19	STOCHNIJ Katarzyna	2243	ING BANK ŚLĄSKI	K-40	19	01:12:34	02:05:02	03:21:36.60	03:21:36.60	+00:52:43 (26.2%)	9:36	6.3 (74.1%)
20	SUCHORSKA- PRZERWANEK Anna	2175		K-40	20	01:10:52	02:03:19	03:22:24.65	03:22:24.65	+00:53:31 (26.4%)	9:38	6.2 (72.9%)
21	KOZDRÓJ Wioletta	2028	DOGOŃ GRODZISK MAZOWIECKI/DŻAKARTA RUN TEAM	K-40	21	01:13:11	02:09:58	03:26:57.30	03:26:57.30	+00:58:04 (28.1%)	9:51	6.1 (71.8%)
22	ŠERKŠNAITĖ Odeta	2374	WILD SOULS	K-40	22	01:16:50	02:12:31	03:27:32.10	03:27:32.10	+00:58:39 (28.3%)	9:52	6.1 (71.8%)
23	KWIATKOWSKA Marta	2153		K-40	23	01:12:19	02:06:00	03:27:56.75	03:27:56.75	+00:59:04 (28.4%)	9:54	6.1 (71.8%)
24	JAGODZIŃSKA Aleksandra	2154	JAGODA TEAM	K-40	24	01:14:18	02:09:32	03:28:48.90	03:28:48.90	+00:59:56 (28.7%)	9:56	6 (70.6%)
25	WIŚNIEWSKA Justyna	2335		K-40	25	01:13:55	02:11:34	03:30:08.00	03:30:08.00	+01:01:15 (29.2%)	10:00	6 (70.6%)
26	ŁĄZEWSKA Sylwia	2180		K-40	26	01:12:17	02:09:19	03:31:52.10	03:31:52.10	+01:02:59 (29.7%)	10:05	5.9 (69.4%)
27	DUTKOWIAK Aleksandra	2232	PIĄTKOWO NA BIEGOWO	K-40	27	01:15:15	02:13:22	03:32:16.95	03:32:16.95	+01:03:24 (29.9%)	10:06	5.9 (69.4%)
28	TROCKA Luiza	2258	TROCCY BIEGAJĄ	K-40	28	01:14:57	02:09:52	03:33:39.20	03:33:39.20	+01:04:46 (30.3%)	10:10	5.9 (69.4%)
29	JAKUBOWSKA Marta	2016		K-40	29	01:13:07	02:12:33	03:34:03.05	03:34:03.05	+01:05:10 (30.4%)	10:11	5.9 (69.4%)
30	KAŃDUŁA Klaudia	2266		K-40	30	01:16:32	02:15:06	03:35:08.45	03:35:08.45	+01:06:15 (30.8%)	10:14	5.9 (69.4%)
31	KACZOROWSKA Dorota	2156		K-40	31	01:19:11	02:13:52	03:35:31.90	03:35:31.90	+01:06:39 (30.9%)	10:15	5.8 (68.2%)
32	MINIAJLUK- LEWANDOWSKA Kamila	2177		K-40	32	01:15:18	02:13:44	03:37:41.80	03:37:41.80	+01:08:49 (31.6%)	10:21	5.8 (68.2%)
33	WRÓBLEWSKA Anna	2223	KLUB BIEGACZA KAMIEŃ POMORSK	K-40	33	01:17:14	02:15:27	03:40:14.50	03:40:14.50	+01:11:21 (32.4%)	10:29	5.7 (67.1%)
34	MAŚNICA-SZYMAŃSKA Joanna	2212	WOLSZTYŃSKI KLUB BIEGOWY	K-40	34	01:09:01	02:13:41	03:42:11.20	03:42:11.20	+01:13:18 (33.0%)	10:34	5.7 (67.1%)
35	KACZYŃSKA-BRONISZ Justyna	2103	DUSZKI GORZÓW WLKP	K-40	35	01:16:25	02:17:15	03:43:40.65	03:43:40.65	+01:14:47 (33.4%)	10:39	5.6 (65.9%)
36	DUBIŃSKA Wioletta	2336	BBL ZDUŃSKA WOLA	K-40	36	01:15:57	02:15:18	03:44:27.10	03:44:27.10	+01:15:34 (33.7%)	10:41	5.6 (65.9%)
37	KRÓL-PIDANTY Marzena	2011		K-40	37	01:18:56	02:19:46	03:44:47.45	03:44:47.45	+01:15:54 (33.8%)	10:42	5.6 (65.9%)
38	NAPIERAŁA Katarzyna	2003		K-40	38	01:20:46	02:22:41	03:51:12.90	03:51:12.90	+01:22:20 (35.6%)	11:00	5.4 (63.5%)

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39	OPASKA Katarzyna	2201		K-40	39	01:22:50	02:25:14	03:53:05.00	03:53:05.00	+01:24:12 (36.1%)	11:05	5.4 (63.5%)
40	SWICARZ Monika	2191		K-40	40	01:21:53	02:24:36	03:54:01.85	03:54:01.85	+01:25:09 (36.4%)	11:08	5.4 (63.5%)
41	GUZIŃSKA Ola	2038	BIEGAM BO LUBIĘ ZĄBKI TEAM	K-40	41	01:23:50	02:27:15	03:54:58.25	03:54:58.25	+01:26:05 (36.6%)	11:11	5.4 (63.5%)
42	MOSPINEK Ewa	2146	SZAKALE BAŁUT ŁÓDŹ	K-40	42	01:27:45	02:32:54	03:58:15.30	03:58:15.30	+01:29:22 (37.5%)	11:20	5.3 (62.4%)
43	FRANKIEWICZ Ludwika	2147		K-40	43	01:27:48	02:32:55	03:58:38.90	03:58:38.90	+01:29:46 (37.6%)	11:21	5.3 (62.4%)
44	KOZŁOWSKA Magdalena	2277	RUNNERS KONIN	K-40	44	01:24:52	02:28:51	04:01:37.70	04:01:37.70	+01:32:45 (38.4%)	11:30	5.2 (61.2%)
45	JĘDRZEJEK Kinga	2095	HAPPY RUNNERS	K-40	45	01:24:47	02:32:24	04:05:02.90	04:05:02.90	+01:36:10 (39.2%)	11:40	5.1 (60.0%)
46	KOZIARSKA Ewa	2189		K-40	46	01:27:37	02:32:32	04:05:03.15	04:05:03.15	+01:36:10 (39.2%)	11:40	5.1 (60.0%)
47	ROSIŃSKA Agnieszka	2072	ŚWIERCZEWO RUN	K-40	47	01:25:09	02:31:05	04:06:08.70	04:06:08.70	+01:37:16 (39.5%)	11:43	5.1 (60.0%)
48	RĘKOSIEWICZ-TOKARZ Monika	2206	MONIKA RĘKOSIEWICZ- TOKARZ	K-40	48	01:28:51	02:36:18	04:07:03.75	04:07:03.75	+01:38:11 (39.7%)	11:45	5.1 (60.0%)
49	JARCZYNSKA Adriana	2269		K-40	49	01:31:10	02:38:32	04:09:19.70	04:09:19.70	+01:40:27 (40.3%)	11:52	5.1 (60.0%)
50	KONIECZNY Izabella	2142		K-40	50	01:27:32	02:33:22	04:09:58.50	04:09:58.50	+01:41:05 (40.4%)	11:54	5 (58.8%)
51	ADAMIAK Marta	2228	RUN4GOLD	K-40	51	01:29:44	02:41:50	04:20:18.30	04:20:18.30	+01:51:25 (42.8%)	12:23	4.8 (56.5%)
52	WALENTYN Katarzyna	2019	RUNCROSS ROZGARTY	K-40	52	01:31:56	02:41:18	04:21:22.40	04:21:22.40	+01:52:29 (43.0%)	12:26	4.8 (56.5%)
53	GŁOWACKA Karolina	2373		K-40	53	01:31:19	02:44:54	04:23:51.40	04:23:51.40	+01:54:58 (43.6%)	12:33	4.8 (56.5%)
54	SUTA Anna	2013		K-40	54	01:23:02	02:32:44	04:28:21.05	04:28:21.05	+01:59:28 (44.5%)	12:46	4.7 (55.3%)
55	SZKUDLARZ Agata	2012		K-40	55	01:28:14	02:40:02	04:28:21.10	04:28:21.10	+01:59:28 (44.5%)	12:46	4.7 (55.3%)
56	ZAWADZKA Kinga	2353		K-40	56	01:34:43	02:48:57	04:32:22.35	04:32:22.35	+02:03:29 (45.3%)	12:58	4.6 (54.1%)
57	ŁUCIÓW Agnieszka	2333		K-40	57	01:32:47	02:45:56	04:35:16.10	04:35:16.10	+02:06:23 (45.9%)	13:06	4.6 (54.1%)
58	BADOWSKA Katarzyna	2126		K-40	58					+00:00:20	366:40	0.2 (2.4%)

Znaleziono 58 wynik(ów)