



SUPERMARATON  
GÓR  
STOŁOWYCH

# SGS LIGHT 21KM

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

**Event:** Supermaraton Gór Stołowych  
**Organiser:** Fundacja Maratonu Górskie  
**Date:** 2024-06-22  
**Place:** Kartów  
**Distance:** 23 km

Classification: K-50

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	WOJTKOWIAK Renata	2035	PIĄTKOWO NA BIEGOWO	K-50	1	00:59:02	01:44:41	02:48:24.55	02:48:24.55		8:01	7.5 (100%)
2	WAWRZYNIAK Lidia	2235	WYPOŻYCZALNIA SKRZYDEŁ	K-50	2	01:05:08	01:55:44	03:08:15.20	03:08:15.20	+00:19:50 (10.5%)	8:57	6.7 (89.3%)
3	PAWLIKOWSKA Anna	2210		K-50	3	01:13:03	02:07:50	03:26:27.20	03:26:27.20	+00:38:02 (18.4%)	9:49	6.1 (81.3%)
4	FELKEL Ewa	2025	PIĄTKOWO NA BIEGOWO	K-50	4	01:15:09	02:12:38	03:27:33.35	03:27:33.35	+00:39:08 (18.9%)	9:53	6.1 (81.3%)
5	NAWROCKA Sylwia	2338	MAMA W BIEGU	K-50	5	01:15:07	02:11:33	03:29:34.70	03:29:34.70	+00:41:10 (19.6%)	9:58	6 (80.0%)
6	HEJNA Małgorzata	2303		K-50	6	01:12:16	02:10:02	03:33:06.50	03:33:06.50	+00:44:41 (21.0%)	10:08	5.9 (78.7%)
7	GNATOWICZ-CZARNOŁĘSKA Beata	2218	ZAKOCHAJ SIĘ W BIEGANIU	K-50	7	01:13:07	02:09:19	03:33:10.15	03:33:10.15	+00:44:45 (21.0%)	10:09	5.9 (78.7%)
8	SARNA Beata	2118		K-50	8	01:19:21	02:17:18	03:36:26.45	03:36:26.45	+00:48:01 (22.2%)	10:18	5.8 (77.3%)
9	SAJKOWSKA Gabriela	2102	DUSZKI GORZÓW WLKP	K-50	9	01:16:18	02:17:02	03:43:40.80	03:43:40.80	+00:55:16 (24.7%)	10:39	5.6 (74.7%)
10	KONKIEWICZ Katarzyna	2366	ULTRAPYRY	K-50	10	01:24:34	02:24:34	03:48:20.05	03:48:20.05	+00:59:55 (26.2%)	10:52	5.5 (73.3%)
11	KABZIŃSKA Dagmara	2047	UNIWERSYTECKI KLUB ALPINISTYCZNY	K-50	11	01:23:52	02:25:15	03:51:19.95	03:51:19.95	+01:02:55 (27.2%)	11:00	5.4 (72.0%)
12	WĄSIK Izabela	2037	BEMOWO BIEGA	K-50	12	01:23:49	02:27:14	03:54:56.80	03:54:56.80	+01:06:32 (28.3%)	11:11	5.4 (72.0%)
13	BIRECKA Kamilla	2165		K-50	13	01:23:46	02:26:12	03:58:38.25	03:58:38.25	+01:10:13 (29.4%)	11:21	5.3 (70.7%)
14	JASTRZĘBSKA-DEMCZAR Aneta	2078		K-50	14	01:25:08	02:29:40	04:05:46.70	04:05:46.70	+01:17:22 (31.5%)	11:42	5.1 (68.0%)
15	GIZELSKA Agnieszka	2084	PIĄTKOWO NA BIEGOWO	K-50	15	01:22:46	02:27:07	04:07:01.20	04:07:01.20	+01:18:36 (31.8%)	11:45	5.1 (68.0%)

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16	<b>NIEWCZAS-STEFAŃSKA</b> Agnieszka	<b>2018</b>		K-50	16	01:29:36	02:40:13	<b>04:27:15.60</b>	<b>04:27:15.60</b>	+01:38:51 (37.0%)	12:43	4.7 (62.7%)
17	<b>PRYSZCZEWSKA</b> Katarzyna	<b>2229</b>		K-50	17	01:32:03	02:43:56	<b>04:31:27.05</b>	<b>04:31:27.05</b>	+01:43:02 (38.0%)	12:55	4.6 (61.3%)
18	<b>DAWID</b> Katarzyna	<b>2299</b>	HAPPY RUNNERS	K-50	18	01:31:35	02:46:45	<b>04:37:18.00</b>	<b>04:37:18.00</b>	+01:48:53 (39.3%)	13:12	4.5 (60.0%)
<b>Przekroczony limit czasu: 05:00:00</b>												
19	<b>SYGUŁA</b> Katarzyna	<b>2023</b>		K-50	19	01:49:47	03:11:58	<b>05:04:42.80</b>	<b>05:04:42.80</b>	+02:16:18 (44.7%)	14:30	4.1 (54.7%)
20	<b>STAJER</b> Małgorzata	<b>2116</b>		K-50	20	01:49:47	03:15:50	<b>05:10:29.90</b>	<b>05:10:29.90</b>	+02:22:05 (45.8%)	14:47	4.1 (54.7%)

Total 20 results.