



SUPERMARATON
GÓR
STOŁOWYCH

SGS LIGHT 21KM

B4SPORT

Wydarzenie: Supermaraton Gór Stołowych 2022
Organizator: Fundacja Maratony Górskie
Data: 2022-06-26
Miejsce: Karłów
Dystans: 21 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: M-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	SZYMAŃCZUK Jacek	30	NARAMOWICE BIEGAJA/#BIEGIEMWLAS	M-30	1	00:41:03	01:14:10	02:05:35.05	02:05:36.05		5:58	10 (100%)
2	STOŚ Paweł	430	LISIOGON	M-30	2	00:44:35	01:20:31	02:14:14.40	02:14:15.45	+00:08:39 (6.4%)	6:23	9.4 (94.0%)
3	GONCZAR Szymon	375		M-30	3	00:47:27	01:25:04	02:18:46.60	02:18:50.85	+00:13:14 (9.5%)	6:36	9.1 (91.0%)
4	CEPIELIK Wojciech	315		M-30	4	00:48:10	01:28:26	02:24:45.20	02:24:55.35	+00:19:19 (13.3%)	6:53	8.7 (87.0%)
5	BOSAKIEWICZ Tomasz	386		M-30	5	00:48:18	01:28:08	02:25:29.75	02:25:31.95	+00:19:55 (13.7%)	6:55	8.7 (87.0%)
6	CIEPŁY Kamil	355	GARMIN WROCŁAW	M-30	6	00:51:07	01:32:16	02:28:49.55	02:28:58.65	+00:23:22 (15.7%)	7:05	8.5 (85.0%)
7	POSADOWSKI Szymon	455		M-30	7	00:52:04	01:33:13	02:28:59.40	02:29:02.30	+00:23:26 (15.7%)	7:05	8.5 (85.0%)
8	ZIELIŃSKI Piotr	80		M-30	8	00:51:09	01:33:35	02:30:33.80	02:30:36.65	+00:25:00 (16.6%)	7:10	8.4 (84.0%)
9	WOLSKI Marcin	140		M-30	9	00:48:09	01:29:25	02:31:14.00	02:31:15.60	+00:25:39 (17.0%)	7:12	8.3 (83.0%)
10	CHAMALA Krzysztof	91	WEEGREE	M-30	10	00:54:09	01:33:29	02:31:29.40	02:31:50.15	+00:26:14 (17.3%)	7:12	8.3 (83.0%)
11	FILIPIUK Tomasz	321	POWIAT ŚWIDNICKI	M-30	11	00:52:09	01:33:46	02:33:53.70	02:33:58.85	+00:28:22 (18.4%)	7:19	8.2 (82.0%)
12	CZAPIGA Grzegorz	300	BURZA BORECZEK	M-30	12	00:51:32	01:34:50	02:35:18.05	02:35:23.65	+00:29:47 (19.2%)	7:23	8.1 (81.0%)
13	STAŃKO Krystian	242	OBORNICKI KLUB LEKKOATLETYCZNY	M-30	13	00:45:33	01:33:01	02:36:04.65	02:36:05.70	+00:30:29 (19.5%)	7:25	8.1 (81.0%)
14	ŚWIAT Paweł	347	RNB TEAM POLANICA ZDRÓJ	M-30	14	00:50:46	01:35:29	02:39:06.90	02:39:15.55	+00:33:39 (21.1%)	7:34	7.9 (79.0%)
15	PRZEPŁATA Jarosław	400	STRZEGOMSKA DWUNASTKA	M-30	15	00:55:19	01:38:56	02:40:47.40	02:40:52.15	+00:35:16 (21.9%)	7:39	7.8 (78.0%)
16	KRAWCZYK Michał	454		M-30	16	00:52:38	01:38:37	02:41:19.80	02:41:21.30	+00:35:45 (22.2%)	7:40	7.8 (78.0%)
17	PIKOS Patryk	88		M-30	17	00:51:59	01:36:55	02:46:15.75	02:46:20.30	+00:40:44 (24.5%)	7:55	7.6 (76.0%)
18	WALIGÓRA Mateusz	33		M-30	18	00:57:01	01:41:02	02:47:11.60	02:47:39.70	+00:42:03 (25.1%)	7:57	7.5 (75.0%)
19	PARANDYK Krystian	280	MCBIEGACZE	M-30	19	00:58:39	01:46:07	02:51:52.75	02:51:52.75	+00:46:16 (26.9%)	8:11	7.3 (73.0%)
20	PRZYMUSIŃSKI Damian	236	OBORNICKI KLUB LEKKOATLETYCZNY	M-30	20	00:55:00	01:41:46	02:51:52.05	02:51:55.05	+00:46:19 (26.9%)	8:11	7.3 (73.0%)
21	SALWA Emil	365	MOZAIKA ZAWONIA TEAM	M-30	21	00:59:36	01:46:23	02:53:40.40	02:55:05.30	+00:49:29 (28.3%)	8:16	7.3 (73.0%)
22	SURUS Artur	397	KONIU SQUAD	M-30	22	00:59:25	01:46:51	02:56:32.25	02:56:54.65	+00:51:18 (29.0%)	8:24	7.1 (71.0%)
23	RUSZCZEWSKI Andrzej	244	VEGE RUNNERS / 140MINUT.PL	M-30	23	01:00:33	01:49:45	02:57:17.55	02:57:21.20	+00:51:45 (29.2%)	8:26	7.1 (71.0%)
24	SYCHOWSKI Dawid	132		M-30	24	01:05:10	01:52:47	02:59:48.50	03:00:32.45	+00:54:56 (30.4%)	8:33	7 (70.0%)
25	RYT Artur	398		M-30	25	01:03:49	01:52:05	03:01:15.55	03:02:14.55	+00:56:38 (31.1%)	8:37	7 (70.0%)
26	ŚRODA Maciej	22		M-30	26	00:57:58	01:48:46	03:03:01.65	03:03:05.60	+00:57:29 (31.4%)	8:42	6.9 (69.0%)
27	KARKOSZ Andrzej	410		M-30	27	01:09:33	01:56:37	03:03:39.00	03:03:55.00	+00:58:18 (31.7%)	8:44	6.9 (69.0%)
28	NOWAK Konrad	131		M-30	28	00:57:41	01:45:12	03:06:00.75	03:06:06.25	+01:00:30 (32.5%)	8:51	6.8 (68.0%)
29	PAWLEWICZ Paweł	249		M-30	29	01:00:35	01:50:52	03:08:27.75	03:08:41.35	+01:03:05 (33.4%)	8:58	6.7 (67.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
30	JANKOWSKI Krzysztof	163		M-30	30	01:08:54	01:59:35	03:09:09.90	03:09:34.30	+01:03:58 (33.7%)	9:00	6.7 (67.0%)
31	STASZEWSKI Dariusz	464	7.BKPOW	M-30	31	01:05:36	01:58:04	03:10:21.70	03:10:28.60	+01:04:52 (34.1%)	9:03	6.6 (66.0%)
32	KUREK Paweł	207	#WALKING DAD	M-30	32	01:08:47	01:58:42	03:11:43.15	03:12:17.25	+01:06:41 (34.7%)	9:07	6.6 (66.0%)
33	ZIEWIEC Marcin	456		M-30	33	01:11:40	02:04:34	03:15:03.50	03:16:00.35	+01:10:24 (35.9%)	9:17	6.5 (65.0%)
34	FORTAK Rafał	106		M-30	34	01:12:00	02:03:27	03:15:50.05	03:16:09.70	+01:10:33 (36.0%)	9:19	6.4 (64.0%)
35	SOBOTA Paweł	6		M-30	35	01:10:32	02:02:04	03:15:46.45	03:16:11.50	+01:10:35 (36.0%)	9:19	6.4 (64.0%)
36	NOWAK Marcin	334	TIM JEST TIM	M-30	36	01:07:35	02:03:28	03:16:11.00	03:16:19.65	+01:10:43 (36.0%)	9:20	6.4 (64.0%)
37	WACHNIENKO Błażej	191	ŚLĘZAK TEAM	M-30	37	01:13:03	02:05:06	03:17:35.45	03:17:46.15	+01:12:10 (36.5%)	9:24	6.4 (64.0%)
38	KOSTRZEWSKI Maciej	401		M-30	38	01:13:07	02:05:38	03:20:43.90	03:21:04.90	+01:15:28 (37.5%)	9:33	6.3 (63.0%)
39	KOWALIK Tomasz	349	ŚWISZCZĄCE SZPRYCHY	M-30	39	01:12:01	02:06:32	03:20:55.90	03:21:22.20	+01:15:46 (37.6%)	9:34	6.3 (63.0%)
40	ZIELEZINSKI Łukasz	296	HURAGAN LIGOTA	M-30	40	01:11:19	02:04:09	03:20:48.80	03:21:24.95	+01:15:48 (37.6%)	9:33	6.3 (63.0%)
41	ZAJĄC Andrzej	277		M-30	41	01:14:40	02:07:51	03:21:04.30	03:21:54.35	+01:16:18 (37.8%)	9:34	6.3 (63.0%)
42	BASEK Damian	90	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M-30	42	01:19:30	02:15:20	03:19:56.60	03:22:24.95	+01:16:48 (37.9%)	9:31	6.3 (63.0%)
43	MARTINEZ Sergio	324		M-30	43	01:14:49	02:10:10	03:22:21.10	03:22:42.20	+01:17:06 (38.0%)	9:38	6.2 (62.0%)
44	MARIN Alberto	322		M-30	44	01:14:46	02:09:58	03:22:18.75	03:22:42.50	+01:17:06 (38.0%)	9:38	6.2 (62.0%)
45	ZAWIDZKI Jarosław	465		M-30	45	01:03:08	01:58:37	03:23:49.00	03:23:52.65	+01:18:16 (38.4%)	9:42	6.2 (62.0%)
46	POMORSKI Łukasz	427		M-30	46	01:07:42	02:00:22	03:24:12.45	03:24:59.00	+01:19:22 (38.7%)	9:43	6.2 (62.0%)
47	GIERŁACHOWSKI Jakub	426		M-30	47	01:13:50	02:11:08	03:25:01.25	03:25:58.50	+01:20:22 (39.0%)	9:45	6.1 (61.0%)
48	MALOTTA Konrad	332	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M-30	48	01:14:35	02:10:09	03:26:23.60	03:26:49.75	+01:21:13 (39.3%)	9:49	6.1 (61.0%)
49	POLIWOZAK Patryk	59	WILKI GÓR	M-30	49	00:58:34	01:51:04	03:32:58.90	03:33:08.60	+01:27:32 (41.1%)	10:08	5.9 (59.0%)
50	ZYGOŃ Artur	115		M-30	50	01:11:07	02:10:46	03:30:55.60	03:33:23.25	+01:27:47 (41.1%)	10:02	6 (60.0%)
51	MAKARENKOV Sergii	54	DOGOŃ GRODZISK MAZOWIECKI	M-30	51	01:12:37	02:17:28	03:36:39.70	03:37:13.85	+01:31:37 (42.2%)	10:19	5.8 (58.0%)
52	RĄCZKOWIAK Mateusz	290	USZŁO POWIETRZE Z DĘTKI	M-30	52	01:13:07	02:13:07	03:41:01.20	03:41:15.05	+01:35:39 (43.2%)	10:31	5.7 (57.0%)
53	ZAJDEL Szczepan	366		M-30	53	01:19:17	02:15:54	03:42:16.70	03:43:29.30	+01:37:53 (43.8%)	10:35	5.7 (57.0%)
54	NOWAK Filip	363		M-30	54	01:19:16	02:16:03	03:42:17.25	03:43:30.75	+01:37:54 (43.8%)	10:35	5.7 (57.0%)
55	CHORZĘPA Wojciech	432		M-30	55	01:18:46	02:21:48	03:49:26.80	03:49:34.30	+01:43:58 (45.3%)	10:55	5.5 (55.0%)
56	KIEŁPIŃSKI Wojciech	283		M-30	56	01:07:50	02:02:04	03:48:22.70	03:50:48.70	+01:45:12 (45.6%)	10:52	5.5 (55.0%)
57	BIEŃ Piotr	11		M-30	57	01:26:43	02:32:24	04:05:39.75	04:06:26.65	+02:00:50 (49.0%)	11:41	5.1 (51.0%)
58	CZERNECKI Jacek	452	CARBON SILESIA SPORT	M-30	58	01:27:18	02:38:17	04:10:27.70	04:10:47.05	+02:05:11 (49.9%)	11:55	5 (50.0%)
59	ŚWIĄTEK Jarek	448		M-30	59	01:30:18	02:44:19	04:32:04.30	04:33:02.60	+02:27:26 (54.0%)	12:57	4.6 (46.0%)
60	SZCZĘSNY Daniel	327		M-30	60	01:41:52	02:59:53	04:49:57.85	04:51:07.55	+02:45:31 (56.9%)	13:48	4.3 (43.0%)
61	KOŁTOWSKI Michał	441		M-30	61	01:38:50	03:00:14	04:52:41.05	04:54:08.10	+02:48:32 (57.3%)	13:56	4.3 (43.0%)
Przekroczony limit czasu: 05:00:00												
LIM	FRAŃCZAK Piotr	399		M-30		01:49:27	03:14:57	05:00:21.55	05:01:12.75		0:00	4.2 (42.0%)
	CYKULSKI Piotr	258		M-30		01:39:23	DNF DNF	DNF	DNF		-	- (0.0%)
	MÓLL Mateusz	60	#SOBASTEAM	M-30		DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 64 wynik(ów)