



**SUPERMARATON  
GÓR  
STOŁOWYCH**

**Event:** Supermaraton Gór Stołowych  
**Organiser:** Fundacja Maratony Górskie  
**Date:** 2023-06-25  
**Place:** Kartów  
**Distance:** 21 km

## SGS LIGHT 21KM

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Classification: M-30

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	<b>BONIEC Radosław</b>	<b>2255</b>	NADLEŚNICTWO LIPINKI/AW SZYBCIEJ TEAM	M-30	1	00:38:41	01:09:03	<b>01:51:00.60</b>	<b>01:51:00.60</b>		5:17	11.4 (100%)
2	<b>SZYMAŃCZUK Jacek</b>	<b>2074</b>	#BIEGIEMWLAS/NARAMOWICE BIEGAJĄ	M-30	2	00:39:55	01:12:36	<b>01:57:34.40</b>	<b>01:57:34.40</b>	+00:06:33 (5.6%)	5:35	10.7 (93.9%)
3	<b>ZARZYCKI Maciej</b>	<b>2120</b>	DOGOŃ GRODZISK MAZOWIECKI	M-30	3	00:39:03	01:11:52	<b>02:03:37.60</b>	<b>02:03:37.60</b>	+00:12:37 (10.2%)	5:53	10.2 (89.5%)
4	<b>TABIŚ Przemysław</b>	<b>2110</b>	PEGA RUNNERS	M-30	4	00:43:15	01:18:14	<b>02:04:41.50</b>	<b>02:04:41.50</b>	+00:13:40 (11.0%)	5:56	10.1 (88.6%)
5	<b>TESLUK Kuba</b>	<b>2181</b>		M-30	5	00:42:15	01:16:53	<b>02:05:12.90</b>	<b>02:05:12.90</b>	+00:14:12 (11.3%)	5:57	10.1 (88.6%)
6	<b>GONCZAR Szymon</b>	<b>2141</b>		M-30	6	00:41:35	01:17:07	<b>02:07:56.05</b>	<b>02:07:56.05</b>	+00:16:55 (13.2%)	6:05	9.8 (86.0%)
7	<b>PYZIK Krzysztof</b>	<b>2229</b>	VEGE SLONIK TEAM	M-30	7	00:44:28	01:20:26	<b>02:11:37.10</b>	<b>02:11:37.10</b>	+00:20:36 (15.7%)	6:16	9.6 (84.2%)
8	<b>CICHOWSKI Wojciech</b>	<b>2288</b>	AW - SZYBCIEJ - TEAM	M-30	8	00:45:53	01:23:38	<b>02:16:12.25</b>	<b>02:16:12.25</b>	+00:25:11 (18.5%)	6:29	9.3 (81.6%)
9	<b>BIELECKI Sławomir</b>	<b>2076</b>	NARAMOWICE BIEGAJĄ	M-30	9	00:46:13	01:24:47	<b>02:19:21.80</b>	<b>02:19:21.80</b>	+00:28:21 (20.3%)	6:38	9 (78.9%)
10	<b>PADEE Piotr</b>	<b>2291</b>	TRIGYM SZCZECIN	M-30	10	00:48:56	01:29:27	<b>02:26:10.10</b>	<b>02:26:10.10</b>	+00:35:09 (24.1%)	6:57	8.6 (75.4%)
11	<b>GAŁECKI Robert</b>	<b>2274</b>	HFB	M-30	11	00:49:42	01:32:38	<b>02:37:07.15</b>	<b>02:37:07.15</b>	+00:46:06 (29.3%)	7:28	8 (70.2%)
12	<b>OLĘDZKI Szymon</b>	<b>2031</b>		M-30	12	00:54:44	01:38:09	<b>02:41:01.50</b>	<b>02:41:01.50</b>	+00:50:00 (31.1%)	7:40	7.8 (68.4%)
13	<b>BAGSIK Lukasz</b>	<b>2236</b>		M-30	13	00:56:21	01:40:50	<b>02:42:46.50</b>	<b>02:42:46.50</b>	+00:51:45 (31.8%)	7:45	7.7 (67.5%)
14	<b>ŁUCZAK Paweł</b>	<b>2198</b>		M-30	14	00:56:47	01:40:38	<b>02:43:12.45</b>	<b>02:43:12.45</b>	+00:52:11 (32.0%)	7:46	7.7 (67.5%)
15	<b>MŁYNARCZYK Arkadiusz</b>	<b>2123</b>	PRZEDWOJEWSKI TEAM	M-30	15	00:55:30	01:40:34	<b>02:43:37.85</b>	<b>02:43:37.85</b>	+00:52:37 (32.2%)	7:47	7.7 (67.5%)

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16	<b>POLIWOZAK Patryk</b>	<b>2054</b>		M-30	16	00:55:27	01:39:48	<b>02:44:04.65</b>	<b>02:44:04.65</b>	+00:53:04 (32.3%)	7:48	7.7 (67.5%)
17	<b>PILETSKI Maksim</b>	<b>2205</b>	BIEGACZE STU MOSTÓW	M-30	17	00:56:26	01:41:51	<b>02:44:06.05</b>	<b>02:44:06.05</b>	+00:53:05 (32.4%)	7:48	7.7 (67.5%)
18	<b>HACUŚ Jacek</b>	<b>2246</b>		M-30	18	00:55:37	01:42:27	<b>02:45:41.55</b>	<b>02:45:41.55</b>	+00:54:40 (33.0%)	7:53	7.6 (66.7%)
19	<b>BOROWCZAK Marcin</b>	<b>2262</b>	PARKRUN SŁODOWO, WŁOCŁAWEK	M-30	19	00:58:14	01:41:57	<b>02:46:36.40</b>	<b>02:46:36.40</b>	+00:55:35 (33.4%)	7:56	7.6 (66.7%)
20	<b>BOLISĘGA Wojciech</b>	<b>2260</b>		M-30	20	00:54:40	01:40:01	<b>02:49:05.65</b>	<b>02:49:05.65</b>	+00:58:05 (34.4%)	8:03	7.5 (65.8%)
21	<b>KURZYNICZ Łukasz</b>	<b>2041</b>		M-30	21	00:57:48	01:44:04	<b>02:49:37.10</b>	<b>02:49:37.10</b>	+00:58:36 (34.6%)	8:04	7.4 (64.9%)
22	<b>CIEPŁY Kamil</b>	<b>2194</b>	AW - SZYBCIEJ - TEAM	M-30	22	00:58:49	01:47:23	<b>02:51:18.35</b>	<b>02:51:18.35</b>	+01:00:17 (35.2%)	8:09	7.4 (64.9%)
23	<b>SZYMAŃSKI Paweł</b>	<b>2193</b>		M-30	23	00:58:21	01:42:58	<b>02:53:45.20</b>	<b>02:53:45.20</b>	+01:02:44 (36.1%)	8:16	7.3 (64.0%)
24	<b>SZPILSKI Piotr</b>	<b>2005</b>		M-30	24	00:58:17	01:45:02	<b>02:55:18.35</b>	<b>02:55:18.35</b>	+01:04:17 (36.7%)	8:20	7.2 (63.2%)
25	<b>BŁAŻ Tomasz</b>	<b>2143</b>	LEPSZE ŻBIKI	M-30	25	00:59:59	01:47:43	<b>02:56:21.00</b>	<b>02:56:21.00</b>	+01:05:20 (37.1%)	8:23	7.1 (62.3%)
26	<b>SOKOŁOWSKI Tomasz</b>	<b>2216</b>	KLINIKA TRIATHLONU	M-30	26	00:57:53	01:47:37	<b>02:56:24.70</b>	<b>02:56:24.70</b>	+01:05:24 (37.1%)	8:24	7.1 (62.3%)
27	<b>KONIECZNY Wojciech</b>	<b>2214</b>	SII RUNNING TEAM	M-30	27	01:05:53	01:51:25	<b>02:57:11.25</b>	<b>02:57:11.25</b>	+01:06:10 (37.3%)	8:26	7.1 (62.3%)
28	<b>KAŻMIERCZAK Mariusz</b>	<b>2019</b>		M-30	28	01:01:48	01:48:43	<b>02:57:35.10</b>	<b>02:57:35.10</b>	+01:06:34 (37.5%)	8:27	7.1 (62.3%)
29	<b>NOVÁK Martin</b>	<b>2275</b>	NOWIS TRAILRUNNER	M-30	29	00:59:44	01:48:52	<b>03:00:47.00</b>	<b>03:00:47.00</b>	+01:09:46 (38.6%)	8:36	7 (61.4%)
30	<b>KALEMBA Tomasz</b>	<b>2224</b>		M-30	30	00:59:59	01:48:18	<b>03:05:39.35</b>	<b>03:05:39.35</b>	+01:14:38 (40.2%)	8:50	6.8 (59.6%)
31	<b>PODSIADŁO Wiktor</b>	<b>2232</b>		M-30	31	01:02:49	01:53:43	<b>03:07:57.95</b>	<b>03:07:57.95</b>	+01:16:57 (40.9%)	8:57	6.7 (58.8%)
32	<b>STASZEWSKI Dariusz</b>	<b>2167</b>		M-30	32	01:02:50	01:55:10	<b>03:09:59.20</b>	<b>03:09:59.20</b>	+01:18:58 (41.6%)	9:02	6.6 (57.9%)
33	<b>ZYGOŃ Artur</b>	<b>2108</b>		M-30	33	00:59:26	01:52:08	<b>03:10:48.40</b>	<b>03:10:48.40</b>	+01:19:47 (41.8%)	9:05	6.6 (57.9%)
34	<b>PRZYBUŁEK Tomasz</b>	<b>2142</b>		M-30	34	01:06:22	01:59:27	<b>03:16:52.30</b>	<b>03:16:52.30</b>	+01:25:51 (43.6%)	9:22	6.4 (56.1%)
35	<b>WALISZEWSKI Jakub</b>	<b>2308</b>	ROWERY MAŁGOŚKA	M-30	35	01:05:17	01:57:10	<b>03:17:28.35</b>	<b>03:17:28.35</b>	+01:26:27 (43.8%)	9:24	6.4 (56.1%)
36	<b>KOSTOWSKI Roman</b>	<b>2172</b>		M-30	36	01:05:28	01:59:38	<b>03:19:06.80</b>	<b>03:19:06.80</b>	+01:28:06 (44.2%)	9:28	6.3 (55.3%)
37	<b>PIÓRKOWSKI Paweł</b>	<b>2130</b>		M-30	37	01:13:18	02:04:43	<b>03:21:58.20</b>	<b>03:21:58.20</b>	+01:30:57 (45.0%)	9:37	6.2 (54.4%)
38	<b>PYĆ Andrzej</b>	<b>2175</b>		M-30	38	01:11:03	02:04:07	<b>03:21:58.80</b>	<b>03:21:58.80</b>	+01:30:58 (45.0%)	9:37	6.2 (54.4%)

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39	<b>KIEŁPIŃSKI Wojciech</b>	<b>2101</b>		M-30	39	01:09:45	02:01:24	<b>03:22:46.70</b>	<b>03:22:46.70</b>	+01:31:46 (45.3%)	9:39	6.2 (54.4%)
40	<b>MARKOWSKI Mateusz</b>	<b>2024</b>		M-30	40	01:07:51	02:02:30	<b>03:30:01.05</b>	<b>03:30:01.05</b>	+01:39:00 (47.1%)	10:00	6 (52.6%)
41	<b>KOZŁOWSKI Krzysztof</b>	<b>2093</b>	RUNCROSS ROZGARTY	M-30	41	01:13:20	02:07:32	<b>03:30:17.00</b>	<b>03:30:17.00</b>	+01:39:16 (47.2%)	10:00	6 (52.6%)
42	<b>MARIN Alberto</b>	<b>2261</b>		M-30	42	01:07:51	02:06:18	<b>03:33:35.20</b>	<b>03:33:35.20</b>	+01:42:34 (48.0%)	10:10	5.9 (51.8%)
43	<b>KUCZEWSKI Marek</b>	<b>2169</b>		M-30	43	01:09:47	02:08:21	<b>03:33:38.75</b>	<b>03:33:38.75</b>	+01:42:38 (48.0%)	10:10	5.9 (51.8%)
44	<b>KASPRZAK Łukasz</b>	<b>2277</b>		M-30	44	01:20:34	02:23:45	<b>03:55:19.30</b>	<b>03:55:19.30</b>	+02:04:18 (52.8%)	11:12	5.4 (47.4%)
45	<b>SKOWROŃSKI Bartosz</b>	<b>2138</b>		M-30	45	01:24:40	02:31:26	<b>04:02:09.90</b>	<b>04:02:09.90</b>	+02:11:09 (54.2%)	11:31	5.2 (45.6%)
46	<b>STYPUŁA Michał</b>	<b>2013</b>		M-30	46	01:19:08	02:28:19	<b>04:05:48.50</b>	<b>04:05:48.50</b>	+02:14:47 (54.8%)	11:42	5.1 (44.7%)
47	<b>TARNOWSKI Paweł</b>	<b>2122</b>	HAPPY RUNNERS	M-30	47	01:25:16	02:33:24	<b>04:07:52.75</b>	<b>04:07:52.75</b>	+02:16:52 (55.2%)	11:48	5.1 (44.7%)
48	<b>FIORENZA Roberto</b>	<b>2119</b>	MUD FOXES	M-30	48	01:18:45	02:25:20	<b>04:08:54.55</b>	<b>04:08:54.55</b>	+02:17:53 (55.4%)	11:51	5.1 (44.7%)
49	<b>SZYMAŃSKI Marek</b>	<b>2051</b>	KB KAMIEŃ POMORSKI	M-30	49	01:26:46	02:37:59	<b>04:26:36.65</b>	<b>04:26:36.65</b>	+02:35:36 (58.4%)	12:41	4.7 (41.2%)
50	<b>WOŹNIAK Marcin</b>	<b>2233</b>		M-30	50	01:33:03	02:48:59	<b>04:35:40.35</b>	<b>04:35:40.35</b>	+02:44:39 (59.7%)	13:07	4.6 (40.4%)
	<b>ŁUKASZEWSKI Szymon</b>	<b>2266</b>	ANDRZEJ WITEK - SZYBCIEJ	M-30		00:43:14 DNF	01:18:46 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>MÓLL Mateusz</b>	<b>2070</b>	#SOBASTEAM	M-30		00:59:05 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Total 52 results.