



SGS LIGHT 21KM

B4SPORT

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



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	KOTARSKI Jarosław	2158	TRAIL IS OUR WAY	M-30	1	00:40:48	01:13:39	01:56:45.60	01:56:45.60		5:33	10.8 (100%)
2	NORBERT Michał	2274	KB SOBÓTKA	M-30	2	00:40:34	01:13:37	01:58:06.75	01:58:06.75	+00:01:21 (1.1%)	5:37	10.7 (99.1%)
3	GONCZAR Szymon	2286	INŻYNIERIA BIEGANIA	M-30	3	00:41:18	01:13:57	01:59:00.95	01:59:00.95	+00:02:15 (1.9%)	5:40	10.6 (98.1%)
4	TESLUK Kuba	2039	AW - SZYBCIEJ - TEAM	M-30	4	00:41:23	01:13:54	02:00:00.85	02:00:00.85	+00:03:15 (2.7%)	5:42	10.5 (97.2%)
5	SZYMAŃCZUK Jacek	2043	#BIEGIEMWLAS/NARAMOWICEBIEGAJĄ	M-30	5	00:40:40	01:14:29	02:02:28.50	02:02:28.50	+00:05:42 (4.7%)	5:49	10.3 (95.4%)
6	SAJDUDA Adam	2024	AW - SZYBCIEJ - TEAM	M-30	6	00:43:04	01:17:27	02:03:17.75	02:03:17.75	+00:06:32 (5.3%)	5:52	10.2 (94.4%)
7	STAWIŃSKI Michał	2110	AW SZYBCIEJ TEAM	M-30	7	00:43:50	01:19:46	02:08:11.35	02:08:11.35	+00:11:25 (8.9%)	6:06	9.8 (90.7%)
8	MALEK Tomasz	2340		M-30	8	00:46:33	01:22:38	02:16:35.30	02:16:35.30	+00:19:49 (14.5%)	6:30	9.2 (85.2%)
9	PAJĄK Alan	2250	ZIELONA MANUFAKTURA	M-30	9	00:48:24	01:25:57	02:17:50.55	02:17:50.55	+00:21:04 (15.3%)	6:33	9.1 (84.3%)
10	KOZANECKI Przemysław	2327	WYBIEGAĆ MARZENIA TEAM	M-30	10	00:48:49	01:26:17	02:17:52.85	02:17:52.85	+00:21:07 (15.3%)	6:33	9.1 (84.3%)
11	GĄSIOROWSKI Jarek	2354	DAREK KRUCZKOWSKI TEAM - ADDED VALUE NIERUCHOMOŚCI	M-30	11	00:49:19	01:28:16	02:18:46.70	02:18:46.70	+00:22:01 (15.9%)	6:36	9.1 (84.3%)
12	POCHYLSKI Radosław	2301	GRUNNERS	M-30	12	00:48:22	01:26:21	02:19:57.10	02:19:57.10	+00:23:11 (16.6%)	6:39	9 (83.3%)
13	ŚRÓBKA Mateusz	2294		M-30	13	00:51:20	01:31:18	02:25:19.90	02:25:19.90	+00:28:34 (19.7%)	6:55	8.7 (80.6%)
14	BŁASZCZAK Marek	2253	AW - SZYBCIEJ - TEAM	M-30	14	00:53:59	01:35:57	02:34:44.85	02:34:44.85	+00:37:59 (24.5%)	7:22	8.1 (75.0%)
15	TOMASZEWSKI Przemek	2281	RUN TEAM RYDZYNA	M-30	15	00:54:45	01:35:58	02:35:18.35	02:35:18.35	+00:38:32 (24.8%)	7:23	8.1 (75.0%)

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16	PILETSKI Maksim	2182		M-30	16	00:54:46	01:37:18	02:38:54.35	02:38:54.35	+00:42:08 (26.5%)	7:34	7.9 (73.1%)
17	WAKUŁA Bartłomiej	2135		M-30	17	00:57:43	01:37:08	02:40:50.55	02:40:50.55	+00:44:04 (27.4%)	7:39	7.8 (72.2%)
18	KULIKOWSKI Maciej	2352		M-30	18	00:59:26	01:41:37	02:43:16.90	02:43:16.90	+00:46:31 (28.5%)	7:46	7.7 (71.3%)
19	ŁUKASZEWSKI Kamil	2345	GB WIELKOPOLSCY BIEGACZE	M-30	19	00:59:28	01:42:52	02:43:40.25	02:43:40.25	+00:46:54 (28.7%)	7:47	7.7 (71.3%)
20	BOREK Jacek	2098		M-30	20	00:56:12	01:40:54	02:44:01.00	02:44:01.00	+00:47:15 (28.8%)	7:48	7.7 (71.3%)
21	FRANKOWSKI Andrzej	2246	FRANEK EXTREME TEAM	M-30	21	00:57:02	01:41:18	02:45:30.65	02:45:30.65	+00:48:45 (29.5%)	7:52	7.6 (70.4%)
22	GRZEGORZEWSKI Adrian	2257	MATNER RUNNING TEAM	M-30	22	00:59:45	01:44:41	02:46:16.00	02:46:16.00	+00:49:30 (29.8%)	7:55	7.6 (70.4%)
23	ŁATWIŃSKI Łukasz	2305		M-30	23	00:58:09	01:43:08	02:46:53.90	02:46:53.90	+00:50:08 (30.0%)	7:56	7.6 (70.4%)
24	SKOCZYLAS Mateusz	2285	AW SZYBCIEJ TEAM	M-30	24	00:58:59	01:45:17	02:47:06.70	02:47:06.70	+00:50:21 (30.1%)	7:57	7.5 (69.4%)
25	STIRBYS Vaclovas	2375	RUNFACE VASTI	M-30	25	00:53:00	01:45:30	02:47:52.35	02:47:52.35	+00:51:06 (30.4%)	7:59	7.5 (69.4%)
26	ULANOWSKI Dawid	2273	PIECHOTĄ PO SCHODACH	M-30	26	01:01:41	01:46:17	02:48:01.35	02:48:01.35	+00:51:15 (30.5%)	8:00	7.5 (69.4%)
27	PODGÓRNY Mariusz	2344	TEAM OZIMEK / UTRANIEPODLEGŁA	M-30	27	00:54:09	01:38:59	02:48:58.80	02:48:58.80	+00:52:13 (30.9%)	8:02	7.5 (69.4%)
28	KANIEWSKI Piotr	2091		M-30	28	00:59:07	01:44:45	02:49:56.90	02:49:56.90	+00:53:11 (31.3%)	8:05	7.4 (68.5%)
29	GOLEC Paweł	2048		M-30	29	00:57:20	01:43:16	02:50:52.70	02:50:52.70	+00:54:07 (31.7%)	8:08	7.4 (68.5%)
30	KOLASIŃSKI Jakub	2358	DIRTY SPARROWS	M-30	30	00:58:13	01:44:42	02:50:59.40	02:50:59.40	+00:54:13 (31.7%)	8:08	7.4 (68.5%)
31	BUGAJ Alan	2310		M-30	31	01:02:07	01:49:34	02:55:49.10	02:55:49.10	+00:59:03 (33.6%)	8:22	7.2 (66.7%)
32	PRZYBYLA Sebastian	2075		M-30	32	01:06:35	01:52:45	02:56:32.40	02:56:32.40	+00:59:46 (33.9%)	8:24	7.1 (65.7%)
33	KUBABSKI Patryk	2202		M-30	33	01:02:16	01:49:50	02:57:49.30	02:57:49.30	+01:01:03 (34.3%)	8:28	7.1 (65.7%)
34	LUKAS Robert	2369		M-30	34	01:06:43	01:52:06	03:02:27.35	03:02:27.35	+01:05:41 (36.0%)	8:41	6.9 (63.9%)
35	NOVÁK Martin	2085	NOWIS TRAILRUNNER	M-30	35	01:03:11	01:53:17	03:03:43.90	03:03:43.90	+01:06:58 (36.5%)	8:44	6.9 (63.9%)
36	ANDRZEJEWSKI Michał	2172	SOBANTEAM	M-30	36	01:02:23	01:50:55	03:05:02.90	03:05:02.90	+01:08:17 (36.9%)	8:48	6.8 (63.0%)
37	ZALEWSKI Piotr	2256	SLAVIC PAGAN	M-30	37	01:03:25	01:52:48	03:07:21.70	03:07:21.70	+01:10:36 (37.7%)	8:55	6.7 (62.0%)
38	WRZESZCZ Jakub	2326		M-30	38	01:07:03	01:57:37	03:07:22.70	03:07:22.70	+01:10:37 (37.7%)	8:55	6.7 (62.0%)

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39	KUDREJ Grzegorz	2260		M-30	39	01:03:59	01:56:13	03:08:16.40	03:08:16.40	+01:11:30 (38.0%)	8:57	6.7 (62.0%)
40	KIELISZEK Dariusz	2222		M-30	40	01:09:47	01:59:13	03:09:56.95	03:09:56.95	+01:13:11 (38.5%)	9:02	6.6 (61.1%)
41	BRODA Dominik	2322		M-30	41	01:04:20	01:56:12	03:11:20.40	03:11:20.40	+01:14:34 (39.0%)	9:06	6.6 (61.1%)
42	WÓJCICKI Piotr	2121	WIERZBICKI RUNNING PROJECT	M-30	42	01:09:11	02:02:33	03:15:25.00	03:15:25.00	+01:18:39 (40.3%)	9:18	6.4 (59.3%)
43	WESOŁEK Daniel	2166	ADIDAS RUNNERS POZNAŃ	M-30	43	01:10:34	02:02:02	03:15:32.05	03:15:32.05	+01:18:46 (40.3%)	9:18	6.4 (59.3%)
44	SKOWROŃSKI Bartosz	2244	KAMIL LEŚNIAK TEAM	M-30	44	01:05:51	01:59:51	03:16:13.30	03:16:13.30	+01:19:27 (40.5%)	9:20	6.4 (59.3%)
45	NOWAK Krystian	2314	NKB CHYŻY NOWY TOMYŚL	M-30	45	01:05:24	01:58:20	03:16:13.40	03:16:13.40	+01:19:27 (40.5%)	9:20	6.4 (59.3%)
46	CHEŁCHOWSKI Mateusz	2315		M-30	46	01:09:07	02:01:44	03:17:42.95	03:17:42.95	+01:20:57 (40.9%)	9:24	6.4 (59.3%)
47	GANOWICZ Marcin	2053		M-30	47	01:08:25	02:05:00	03:18:17.60	03:18:17.60	+01:21:32 (41.1%)	9:26	6.4 (59.3%)
48	KIEŁPIŃSKI Wojciech	2148		M-30	48	01:08:09	02:02:33	03:19:19.70	03:19:19.70	+01:22:34 (41.4%)	9:29	6.3 (58.3%)
49	NOWAK Patryk	2312		M-30	49	01:04:43	01:57:54	03:21:33.70	03:21:33.70	+01:24:48 (42.1%)	9:35	6.3 (58.3%)
50	CZERWIŃSKI Paweł	2054	PSY PECONA	M-30	50	01:35:01	02:02:40	03:21:43.40	03:21:43.40	+01:24:57 (42.1%)	9:36	6.2 (57.4%)
51	ZAGÓRSKI Yann	2080	SZWAGROPOL	M-30	51	01:14:02	02:10:15	03:27:41.35	03:27:41.35	+01:30:55 (43.8%)	9:53	6.1 (56.5%)
52	WELS Mariusz	2275		M-30	52	01:12:14	02:06:04	03:31:37.85	03:31:37.85	+01:34:52 (44.8%)	10:04	6 (55.6%)
53	STANIEWSKI Michał	2161		M-30	53	01:16:35	02:12:30	03:33:08.30	03:33:08.30	+01:36:22 (45.2%)	10:08	5.9 (54.6%)
54	MARKOWSKI Mateusz	2100	TRIGYM SZCZECIN	M-30	54	01:16:36	02:11:36	03:35:50.85	03:35:50.85	+01:39:05 (45.9%)	10:16	5.8 (53.7%)
55	BŁASZCZYK Łukasz	2006		M-30	55	01:19:03	02:15:03	03:43:37.40	03:43:37.40	+01:46:51 (47.8%)	10:38	5.6 (51.9%)
56	SZPERNALOWSKI Grzegorz	2238	ING BANK ŚLĄSKI	M-30	56	01:13:36	02:14:49	03:47:43.10	03:47:43.10	+01:50:57 (48.7%)	10:50	5.5 (50.9%)
57	MIKOŁAJCZAK Tomasz	2151	SPINKO LESZNO	M-30	57	01:12:47	02:11:59	03:51:18.80	03:51:18.80	+01:54:33 (49.5%)	11:00	5.4 (50.0%)
58	WALISZEWSKI Jakub	2292	ROWERY MAŁGOŚKA	M-30	58	01:25:14	02:29:02	04:01:55.95	04:01:55.95	+02:05:10 (51.7%)	11:31	5.2 (48.1%)
59	MÓLL Mateusz	2342		M-30	59	01:11:02	02:28:31	04:06:57.00	04:06:57.00	+02:10:11 (52.7%)	11:45	5.1 (47.2%)
60	KOZŁOWSKI Krzysztof	2020	RUNCROSS ROZGARTY	M-30	60	01:31:51	02:41:17	04:21:24.25	04:21:24.25	+02:24:38 (55.3%)	12:26	4.8 (44.4%)
61	RYBAK Remigiusz	2197		M-30	61	01:31:10	02:44:51	04:23:52.00	04:23:52.00	+02:27:06 (55.8%)	12:33	4.8 (44.4%)

Total 61 results.