



**SUPERMARATON  
GÓR  
STOŁOWYCH**

## SGS LIGHT 21KM

B4SPORT

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

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

Klasyfikacja: M-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skąły 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	<b>BRÝDL Pavel</b>	<b>2370</b>	SALOMON CZ	M-40	1	00:39:04	01:11:24	<b>01:56:08.15</b>	<b>01:56:08.15</b>		5:31	10.8 (100%)
2	<b>KAMIŃSKI Artur</b>	<b>2188</b>	PRZEDWOJEWSKI TEAM	M-40	2	00:43:52		<b>02:10:05.00</b>	<b>02:10:05.00</b>	+00:13:56 (10.7%)	6:11	9.7 (89.8%)
3	<b>SZUKALSKI Krzysztof</b>	<b>2287</b>	DTR BIEGA MARIO TEAM	M-40	3	00:46:55	01:25:36	<b>02:19:14.10</b>	<b>02:19:14.10</b>	+00:23:05 (16.6%)	6:37	9 (83.3%)
4	<b>PRZERWANEK Marek</b>	<b>2174</b>		M-40	4	00:44:39	01:30:06	<b>02:22:44.25</b>	<b>02:22:44.25</b>	+00:26:36 (18.6%)	6:47	8.8 (81.5%)
5	<b>SZCZENIOWSKI Jacek</b>	<b>2325</b>	GOPR SUDETY	M-40	5	00:48:23	01:27:50	<b>02:23:13.00</b>	<b>02:23:13.00</b>	+00:27:04 (18.9%)	6:49	8.8 (81.5%)
6	<b>KURAS Szymon</b>	<b>2145</b>	NKB CHYŻY NOWY TOMYŚL	M-40	6	00:47:18	01:26:05	<b>02:24:11.45</b>	<b>02:24:11.45</b>	+00:28:03 (19.5%)	6:51	8.7 (80.6%)
7	<b>CHAMALA Krzysztof</b>	<b>2063</b>	WEEGREE	M-40	7	00:51:15	01:29:32	<b>02:26:28.70</b>	<b>02:26:28.70</b>	+00:30:20 (20.7%)	6:58	8.6 (79.6%)
8	<b>KŁODNICKI Krzysztof</b>	<b>2329</b>		M-40	8	00:48:15	01:27:48	<b>02:29:00.00</b>	<b>02:29:00.00</b>	+00:32:51 (22.1%)	7:05	8.5 (78.7%)
9	<b>KURZYŃSKI Piotr</b>	<b>2055</b>	TEAM BEROTU	M-40	9	00:50:56	01:31:15	<b>02:32:25.20</b>	<b>02:32:25.20</b>	+00:36:17 (23.8%)	7:15	8.3 (76.9%)
10	<b>PIWOŃSKI Adam</b>	<b>2359</b>	TEAM#R	M-40	10	00:54:55	01:36:10	<b>02:33:58.40</b>	<b>02:33:58.40</b>	+00:37:50 (24.6%)	7:19	8.2 (75.9%)
11	<b>WRÓBEL Marcin</b>	<b>2237</b>		M-40	11	00:54:43	01:36:59	<b>02:35:25.30</b>	<b>02:35:25.30</b>	+00:39:17 (25.3%)	7:24	8.1 (75.0%)
12	<b>KONIECZNY Wojciech</b>	<b>2183</b>	SII RUNNING TEAM	M-40	12	00:54:41	01:36:53	<b>02:38:47.50</b>	<b>02:38:47.50</b>	+00:42:39 (26.9%)	7:33	7.9 (73.1%)
13	<b>SKAŁACKI Krzysztof</b>	<b>2330</b>		M-40	13	00:54:28	01:36:44	<b>02:40:16.00</b>	<b>02:40:16.00</b>	+00:44:07 (27.5%)	7:37	7.9 (73.1%)
14	<b>BRONISZ Maciej</b>	<b>2104</b>	DUSZKI GORZÓW WLKP	M-40	14	00:56:31	01:39:05	<b>02:42:09.80</b>	<b>02:42:09.80</b>	+00:46:01 (28.4%)	7:43	7.8 (72.2%)
15	<b>STEC Adam</b>	<b>2279</b>		M-40	15	00:57:15	01:41:35	<b>02:43:33.10</b>	<b>02:43:33.10</b>	+00:47:24 (29.0%)	7:47	7.7 (71.3%)
16	<b>SMOTER Wojciech</b>	<b>2368</b>	STAL NYSA	M-40	16	00:57:17	01:42:23	<b>02:44:31.30</b>	<b>02:44:31.30</b>	+00:48:23 (29.4%)	7:50	7.7 (71.3%)
17	<b>STACHOWIAK Jacek</b>	<b>2030</b>		M-40	17	00:59:42	01:42:34	<b>02:45:59.10</b>	<b>02:45:59.10</b>	+00:49:50 (30.0%)	7:54	7.6 (70.4%)
18	<b>PANUFNIK Tomasz</b>	<b>2317</b>	AKS POLONIA WARSZAWA	M-40	18	01:04:08	01:46:49	<b>02:46:02.80</b>	<b>02:46:02.80</b>	+00:49:54 (30.1%)	7:54	7.6 (70.4%)
19	<b>TROCKI Grzegorz</b>	<b>2261</b>	TROCCYBIEGAJĄ	M-40	19	00:58:49	01:43:07	<b>02:46:51.65</b>	<b>02:46:51.65</b>	+00:50:43 (30.4%)	7:56	7.6 (70.4%)
20	<b>ČERVENÝ David</b>	<b>2207</b>		M-40	20	00:58:07	01:44:40	<b>02:49:06.95</b>	<b>02:49:06.95</b>	+00:52:58 (31.3%)	8:03	7.5 (69.4%)
21	<b>ŽUREK Stanisław</b>	<b>2248</b>		M-40	21	01:04:15	01:47:48	<b>02:49:42.70</b>	<b>02:49:42.70</b>	+00:53:34 (31.6%)	8:04	7.4 (68.5%)
22	<b>PARDAŁA Wojciech</b>	<b>2029</b>		M-40	22	00:57:42	01:42:34	<b>02:49:44.45</b>	<b>02:49:44.45</b>	+00:53:36 (31.6%)	8:04	7.4 (68.5%)
23	<b>NUREK Łukasz</b>	<b>2065</b>	PIWNE BRZUSZKI RACE TEAM	M-40	23	01:02:45	01:47:51	<b>02:51:00.80</b>	<b>02:51:00.80</b>	+00:54:52 (32.1%)	8:08	7.4 (68.5%)
24	<b>BIALIK Jędrzej</b>	<b>2364</b>	RUNNERS TEAM NYSA	M-40	24	00:59:22	01:46:04	<b>02:51:11.80</b>	<b>02:51:11.80</b>	+00:55:03 (32.2%)	8:09	7.4 (68.5%)
25	<b>FEICHTINGER Marek</b>	<b>2131</b>		M-40	25	00:59:24	01:46:42	<b>02:51:54.50</b>	<b>02:51:54.50</b>	+00:55:46 (32.4%)	8:11	7.3 (67.6%)
26	<b>CYBUL Marek</b>	<b>2027</b>	TEAM DALI-DALI	M-40	26	00:59:44	01:44:47	<b>02:51:55.10</b>	<b>02:51:55.10</b>	+00:55:46 (32.4%)	8:11	7.3 (67.6%)
27	<b>MAZUR Patryk</b>	<b>2215</b>	AKADEMIA RUCHU	M-40	27	00:57:18	01:43:03	<b>02:52:22.15</b>	<b>02:52:22.15</b>	+00:56:14 (32.6%)	8:12	7.3 (67.6%)
28	<b>BRONCZAK Tomasz</b>	<b>2225</b>	LUBIĘPODGÓRKĘ	M-40	28	00:59:04	01:44:15	<b>02:52:33.35</b>	<b>02:52:33.35</b>	+00:56:25 (32.7%)	8:13	7.3 (67.6%)
29	<b>KŁODAWSKI Marek</b>	<b>2247</b>		M-40	29	00:57:14	01:44:40	<b>02:53:43.15</b>	<b>02:53:43.15</b>	+00:57:35 (33.1%)	8:16	7.3 (67.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skąły 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
30	KUTARBA Dawid	2128	BRAK	M-40	30	01:01:00	01:47:01	02:53:44.45	02:53:44.45	+00:57:36 (33.2%)	8:16	7.3 (67.6%)
31	SOBAŃSKI Leszek	2171	SOBANTEAM	M-40	31	01:02:06	01:48:52	02:53:54.75	02:53:54.75	+00:57:46 (33.2%)	8:16	7.2 (66.7%)
32	JAZ Ernest	2311	ENDORFINY WAŚOSZ	M-40	32	01:00:30	01:48:01	02:55:12.75	02:55:12.75	+00:59:04 (33.7%)	8:20	7.2 (66.7%)
33	SZULC Marcin	2308	BOLI BOLI	M-40	33	00:58:50	01:42:40	02:55:26.50	02:55:26.50	+00:59:18 (33.8%)	8:21	7.2 (66.7%)
34	PRZYBYLSKI Paweł	2362		M-40	34	01:02:03	01:51:29	03:00:39.25	03:00:39.25	+01:04:31 (35.7%)	8:36	7 (64.8%)
35	HAIDA Marcin	2052		M-40	35	01:00:47	01:49:49	03:02:03.80	03:02:03.80	+01:05:55 (36.2%)	8:40	6.9 (63.9%)
36	MIEDZIŃSKI Michał	2159	JKS SALAMANDRA	M-40	36	01:00:58	01:50:32	03:02:31.15	03:02:31.15	+01:06:23 (36.4%)	8:41	6.9 (63.9%)
37	SMYK Sylwester	2178	AUTOLIV RUN TEAM	M-40	37	01:01:39	01:51:48	03:03:20.75	03:03:20.75	+01:07:12 (36.7%)	8:43	6.9 (63.9%)
38	STASIAK Łukasz	2280		M-40	38	01:03:12	01:53:28	03:05:04.65	03:05:04.65	+01:08:56 (37.3%)	8:48	6.8 (63.0%)
39	LING Robert	2149		M-40	39	01:04:33	01:53:50	03:05:51.40	03:05:51.40	+01:09:43 (37.5%)	8:51	6.8 (63.0%)
40	GRUCHOT Waldemar	2157		M-40	40	01:10:41	01:58:37	03:06:01.40	03:06:01.40	+01:09:53 (37.6%)	8:51	6.8 (63.0%)
41	WAWRZYŃIAK Robert	2014	#BIEGIEMWLAS	M-40	41	01:08:59	01:58:21	03:06:41.30	03:06:41.30	+01:10:33 (37.8%)	8:53	6.7 (62.0%)
42	CIEŚLAK Krystian	2302		M-40	42	01:03:03	01:53:27	03:06:45.05	03:06:45.05	+01:10:36 (37.8%)	8:53	6.7 (62.0%)
43	WYRWICKI Przemek	2224		M-40	43	01:06:40	01:59:53	03:10:54.70	03:10:54.70	+01:14:46 (39.2%)	9:05	6.6 (61.1%)
44	CUBER Michał	2230		M-40	44	01:07:03	01:57:51	03:13:00.45	03:13:00.45	+01:16:52 (39.8%)	9:11	6.5 (60.2%)
45	ŻUREK Damian	2152	SPINKO LESZNO	M-40	45	01:12:14	02:09:53	03:13:03.10	03:13:03.10	+01:16:54 (39.8%)	9:11	6.5 (60.2%)
46	HYŻY Krzysztof	2068	PIWNE BRZUSZKI RACE TEAM	M-40	46	01:12:24	02:03:51	03:14:37.80	03:14:37.80	+01:18:29 (40.3%)	9:16	6.5 (60.2%)
47	IGRAS Łukasz	2276		M-40	47	01:13:15	02:05:32	03:16:01.40	03:16:01.40	+01:19:53 (40.8%)	9:20	6.4 (59.3%)
48	MIODEK Adrian	2288	DIRTY SPARROWS	M-40	48	01:06:17	01:58:39	03:16:05.95	03:16:05.95	+01:19:57 (40.8%)	9:20	6.4 (59.3%)
49	RUSZKIEWICZ Marcin	2214	ING BANK ŚLĄSKI	M-40	49	01:06:50	01:59:31	03:16:13.80	03:16:13.80	+01:20:05 (40.8%)	9:20	6.4 (59.3%)
50	BAL Tomasz	2031		M-40	50	01:07:11	01:58:14	03:18:27.20	03:18:27.20	+01:22:19 (41.5%)	9:27	6.3 (58.3%)
51	ŻEMOJDZIN Marcin	2066	PIWNE BRZUSZKI RACE TEAM	M-40	51	01:12:21	02:05:16	03:19:57.60	03:19:57.60	+01:23:49 (41.9%)	9:31	6.3 (58.3%)
52	BELICA Daniel	2022		M-40	52	01:11:03	02:05:59	03:21:42.00	03:21:42.00	+01:25:33 (42.4%)	9:36	6.2 (57.4%)
53	JOPEK Tomasz	2101		M-40	53	01:01:21	01:50:04	03:21:43.10	03:21:43.10	+01:25:34 (42.4%)	9:36	6.2 (57.4%)
54	SKRUDLIK Wojciech	2033	NIGHT RUNNERS	M-40	54	01:08:27	02:02:49	03:21:44.70	03:21:44.70	+01:25:36 (42.4%)	9:36	6.2 (57.4%)
55	DZIEJMA Wojciech	2252	MAXI PULPETOS	M-40	55	01:10:03	02:04:36	03:23:18.90	03:23:18.90	+01:27:10 (42.9%)	9:40	6.2 (57.4%)
56	SZYMAŃSKI Wojciech	2071		M-40	56	01:16:10	02:10:02	03:23:29.25	03:23:29.25	+01:27:21 (42.9%)	9:41	6.2 (57.4%)
57	MICIUK Marcin	2271		M-40	57	01:11:09	02:04:24	03:26:15.40	03:26:15.40	+01:30:07 (43.7%)	9:49	6.1 (56.5%)
58	FISZER Jakub	2138	RUNCROSS ROZGARTY	M-40	58	01:08:49	02:02:29	03:27:01.15	03:27:01.15	+01:30:53 (43.9%)	9:51	6.1 (56.5%)
59	MATEJKO Radek	2144	GB GOPR	M-40	59	01:11:01	02:05:40	03:27:06.50	03:27:06.50	+01:30:58 (43.9%)	9:51	6.1 (56.5%)
60	KARCZEWSKI Daniel	2111		M-40	60	01:16:13	02:10:11	03:27:07.95	03:27:07.95	+01:30:59 (43.9%)	9:51	6.1 (56.5%)
61	ZYCH Krystian	2056		M-40	61	01:11:39	02:07:40	03:27:13.95	03:27:13.95	+01:31:05 (44.0%)	9:52	6.1 (56.5%)
62	PIETRYGAŁA Robert	2092	-	M-40	62	01:07:01	02:05:55	03:28:48.30	03:28:48.30	+01:32:40 (44.4%)	9:56	6 (55.6%)
63	TOWPIK Piotr	2081		M-40	63	01:08:23	02:05:23	03:28:50.60	03:28:50.60	+01:32:42 (44.4%)	9:56	6 (55.6%)
64	STUPAK Paweł	2173		M-40	64	01:13:55	02:11:38	03:29:09.90	03:29:09.90	+01:33:01 (44.5%)	9:57	6 (55.6%)
65	RADZIWANOWSKI Leszek	2341	LIPOWA 1	M-40	65	01:13:09	02:09:29	03:30:48.70	03:30:48.70	+01:34:40 (44.9%)	10:02	6 (55.6%)
66	MARCISZ Karol	2190	KROTOSZYŃSKA GRUPA BIEGOWA	M-40	66	01:13:43	02:09:05	03:31:33.10	03:31:33.10	+01:35:24 (45.1%)	10:04	6 (55.6%)
67	CHORAZEWICZ Michał	2045		M-40	67	01:10:53	02:08:48	03:34:06.70	03:34:06.70	+01:37:58 (45.8%)	10:11	5.9 (54.6%)
68	PALUSZKIEWICZ Rafał	2057	ŚWIERCZEWO RUN / SPP TEAM	M-40	68	01:17:33	02:15:40	03:39:25.00	03:39:25.00	+01:43:16 (47.1%)	10:26	5.7 (52.8%)
69	KAWALA Grzegorz	2139	ŚWIERCZEWO RUN	M-40	69	01:17:34	02:15:39	03:40:01.40	03:40:01.40	+01:43:53 (47.2%)	10:28	5.7 (52.8%)
70	SZYMAŃSKI Sławomir	2213	WKB	M-40	70	01:16:33	02:15:52	03:42:10.90	03:42:10.90	+01:46:02 (47.7%)	10:34	5.7 (52.8%)
71	LEWANDOWSKI Artur	2176		M-40	71	01:16:52	02:15:12	03:44:27.35	03:44:27.35	+01:48:19 (48.3%)	10:41	5.6 (51.9%)
72	KRAWIEC Piotr	2297		M-40	72	01:17:22	02:16:59	03:44:55.10	03:44:55.10	+01:48:46 (48.4%)	10:42	5.6 (51.9%)
73	MAJAK Wojciech	2293		M-40	73	01:11:28	02:12:10	03:49:37.45	03:49:37.45	+01:53:29 (49.4%)	10:56	5.5 (50.9%)

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74	<b>WIECZOREK Artur</b>	<b>2282</b>	BIEGACZE Z PODLESIA.	M-40	74	01:17:23	02:25:16	<b>03:53:05.60</b>	<b>03:53:05.60</b>	+01:56:57 (50.2%)	11:05	5.4 (50.0%)
75	<b>ORŁOWSKI Daniel</b>	<b>2134</b>	MILLSIDE DISTILLERY	M-40	75	01:21:03	02:25:00	<b>03:57:47.20</b>	<b>03:57:47.20</b>	+02:01:39 (51.2%)	11:19	5.3 (49.1%)
76	<b>KRUSZKA Stanisław</b>	<b>2069</b>		M-40	76	01:25:57	02:30:47	<b>04:05:01.95</b>	<b>04:05:01.95</b>	+02:08:53 (52.6%)	11:40	5.1 (47.2%)
77	<b>KONIECZNY Marek</b>	<b>2143</b>		M-40	77	01:23:07	02:29:05	<b>04:09:57.30</b>	<b>04:09:57.30</b>	+02:13:49 (53.5%)	11:54	5 (46.3%)
78	<b>SOBCZAK Aleksander</b>	<b>2184</b>	BIELAWSKA AKADEMIA BIEGANIA	M-40	78	01:22:57	02:33:36	<b>04:13:34.20</b>	<b>04:13:34.20</b>	+02:17:26 (54.2%)	12:04	5 (46.3%)
79	<b>ADAMCZUK Piotr</b>	<b>2194</b>		M-40	79	01:25:01	02:34:55	<b>04:15:57.80</b>	<b>04:15:57.80</b>	+02:19:49 (54.6%)	12:11	4.9 (45.4%)
80	<b>SZYMAŃSKI Marek</b>	<b>2117</b>	KB KAMIEŃ POMORSKI	M-40	80	01:27:42	02:35:53	<b>04:16:14.30</b>	<b>04:16:14.30</b>	+02:20:06 (54.7%)	12:12	4.9 (45.4%)
81	<b>TOKARZ Paweł</b>	<b>2363</b>		M-40	81	01:35:46	02:48:42	<b>04:34:34.50</b>	<b>04:34:34.50</b>	+02:38:26 (57.7%)	13:04	4.6 (42.6%)
	<b>BUDZAJ Robert</b>	<b>2001</b>		M-40		01:54:44 DNF	03:29:52 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 82 wynik(ów)