



**SUPERMARATON  
GÓR  
STOŁOWYCH**

## SGS LIGHT 21KM

B4SPORT

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

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-50

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	<b>TRZECIAKIEWICZ Mieczysław</b>	<b>50</b>	INŻYNIERIA BIEGANIA	M-50	1	00:48:52	01:28:23	<b>02:24:30.90</b>	<b>02:24:34.05</b>		6:52	8.7 (100%)
2	<b>PAPRZYCKI Romuald</b>	<b>419</b>	NORBULLO TEAM BIEGA NATURALNIE	M-50	2	00:58:18	01:45:28	<b>02:49:58.05</b>	<b>02:50:09.15</b>	+00:25:35 (15.0%)	8:05	7.4 (85.1%)
3	<b>BLICHARZ Jarosław</b>	<b>274</b>	MKJ POLICE	M-50	3	01:00:38	01:49:10	<b>03:00:26.65</b>	<b>03:00:26.65</b>	+00:35:52 (19.9%)	8:35	7 (80.5%)
4	<b>GASIECKI Andrzej</b>	<b>53</b>	PIASKOWY DZIADEK	M-50	4	01:02:34	01:52:03	<b>03:00:44.70</b>	<b>03:00:50.50</b>	+00:36:16 (20.1%)	8:36	7 (80.5%)
5	<b>BYLINA Bartosz</b>	<b>165</b>		M-50	5	01:04:08	01:53:59	<b>03:02:02.45</b>	<b>03:02:13.00</b>	+00:37:38 (20.7%)	8:40	6.9 (79.3%)
6	<b>ŁOBOS Mariusz</b>	<b>214</b>		M-50	6	01:00:40	01:48:37	<b>03:02:31.65</b>	<b>03:02:43.15</b>	+00:38:09 (20.9%)	8:41	6.9 (79.3%)
7	<b>BASTA Grzegorz</b>	<b>367</b>	ZADYSZKA OŚWIĘCIM	M-50	7	01:04:22	01:54:21	<b>03:05:46.20</b>	<b>03:05:52.70</b>	+00:41:18 (22.2%)	8:50	6.8 (78.2%)
8	<b>KOŁODZIEJ Tomasz</b>	<b>404</b>	STG WARSZAWA	M-50	8	01:05:56	01:57:32	<b>03:10:14.10</b>	<b>03:10:25.50</b>	+00:45:51 (24.1%)	9:03	6.6 (75.9%)
9	<b>LUBELCZYK Grzegorz</b>	<b>186</b>	SPELEOCLUB WROCŁAW	M-50	9	01:09:03	02:00:26	<b>03:12:39.15</b>	<b>03:14:09.25</b>	+00:49:35 (25.5%)	9:10	6.5 (74.7%)
10	<b>TENDAJ Daniel</b>	<b>225</b>		M-50	10	01:15:17	02:08:31	<b>03:19:49.85</b>	<b>03:21:25.50</b>	+00:56:51 (28.2%)	9:30	6.3 (72.4%)
11	<b>TURKOWSKI Maciej</b>	<b>196</b>		M-50	11	01:11:11	02:07:00	<b>03:22:32.80</b>	<b>03:22:40.20</b>	+00:58:06 (28.7%)	9:38	6.2 (71.3%)
12	<b>WALCZAK Tadeusz</b>	<b>273</b>		M-50	12	01:09:45	02:06:02	<b>03:28:24.60</b>	<b>03:28:34.85</b>	+01:04:00 (30.7%)	9:55	6 (69.0%)
13	<b>SIKORSKI Cezary</b>	<b>238</b>	BBL	M-50	13	01:11:34	02:09:45	<b>03:29:25.95</b>	<b>03:29:30.40</b>	+01:04:56 (31.0%)	9:58	6 (69.0%)
14	<b>WOJTYSIAK Wojciech</b>	<b>268</b>		M-50	14	01:12:12	02:07:23	<b>03:39:59.35</b>	<b>03:40:26.95</b>	+01:15:52 (34.4%)	10:28	5.7 (65.5%)
15	<b>PATYNOWSKI Tomasz</b>	<b>447</b>	DOGOŃ GRODZISK MAZOWIECKI	M-50	15	01:11:41	02:15:31	<b>03:50:31.00</b>	<b>03:50:44.30</b>	+01:26:10 (37.3%)	10:58	5.5 (63.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
16	<b>ANTKOWIAK Mirosław</b>	<b>289</b>	BBL KROSNO ODRZAŃSKIE	M-50	16	01:19:10	02:22:54	<b>03:53:05.60</b>	<b>03:53:08.15</b>	+01:28:34 (38.0%)	11:05	5.4 (62.1%)
17	<b>KUNIGOWSKI Piotr</b>	<b>178</b>	LINCOLN ELECTRIC BESTER RUN TEAM BIELAWA	M-50	17	01:21:55	02:24:38	<b>03:55:01.20</b>	<b>03:56:10.90</b>	+01:31:36 (38.8%)	11:11	5.4 (62.1%)
18	<b>NAWROCKI Marek</b>	<b>61</b>	TATA W BIEGU	M-50	18	01:27:11	02:27:41	<b>03:55:40.60</b>	<b>03:56:14.00</b>	+01:31:39 (38.8%)	11:13	5.3 (60.9%)
19	<b>STAMM Tomasz</b>	<b>146</b>		M-50	19	01:23:57	02:31:14	<b>03:59:13.30</b>	<b>04:00:05.70</b>	+01:35:31 (39.8%)	11:23	5.3 (60.9%)
20	<b>ADAMCZUK Feliks</b>	<b>220</b>		M-50	20	01:27:40	02:34:02	<b>04:00:51.70</b>	<b>04:01:07.45</b>	+01:36:33 (40.0%)	11:28	5.2 (59.8%)
21	<b>KAWECKI Dariusz</b>	<b>89</b>	ETISOFT RUNNING TEAM	M-50	21	01:17:04	02:26:31	<b>04:01:32.95</b>	<b>04:01:44.35</b>	+01:37:10 (40.2%)	11:30	5.2 (59.8%)
22	<b>KLIMCZAK Arkadiusz</b>	<b>418</b>	KLUB BIEGACZA RTV EURO AGD	M-50	22	01:26:04	02:28:28	<b>04:01:35.55</b>	<b>04:02:35.55</b>	+01:38:01 (40.4%)	11:30	5.2 (59.8%)
23	<b>RYBARZ Artur</b>	<b>152</b>	ZADYSZKA OŚWIĘCIM	M-50	23	01:25:23	02:31:47	<b>04:07:58.50</b>	<b>04:08:11.45</b>	+01:43:37 (41.8%)	11:48	5.1 (58.6%)
24	<b>DYR Jerzy</b>	<b>360</b>		M-50	24	01:25:26	02:36:01	<b>04:16:14.00</b>	<b>04:16:23.95</b>	+01:51:49 (43.6%)	12:12	4.9 (56.3%)
25	<b>KLINIKOWSKI Jacek</b>	<b>147</b>	KOCHAM ŻYCIE I...	M-50	25	01:23:05	02:37:11	<b>04:17:13.50</b>	<b>04:17:26.75</b>	+01:52:52 (43.8%)	12:14	4.9 (56.3%)
26	<b>WAŁEK Piotr</b>	<b>75</b>	VELO ŁOSIE NA SZOSIE	M-50	26	01:25:32	02:36:40	<b>04:18:24.45</b>	<b>04:19:01.95</b>	+01:54:27 (44.2%)	12:18	4.9 (56.3%)
27	<b>JAROSŁAWSKI Mariusz</b>	<b>417</b>	BIEGNIJ OŁAWO	M-50	27	01:28:34	02:44:49	<b>04:23:55.60</b>	<b>04:24:37.55</b>	+02:00:03 (45.4%)	12:34	4.8 (55.2%)
28	<b>LEŚNIEWSKI Sławomir</b>	<b>120</b>	PARKRUN SŁODOWO, WŁOCŁAWEK	M-50	28	01:36:44	03:04:16	<b>04:51:29.60</b>	<b>04:52:11.90</b>	+02:27:37 (50.5%)	13:52	4.3 (49.4%)
<b>Przekroczony limit czasu: 05:00:00</b>												
LIM	<b>KLOC Adam</b>	<b>71</b>		M-50		01:47:24		<b>05:14:51.70</b>	<b>05:16:00.00</b>		0:00	4 (46.0%)
	<b>KACZMARCZYK Mariusz</b>	<b>270</b>	REXER	M-50		DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 30 wynik(ów)