



**SUPERMARATON
GÓR
STOŁOWYCH**

SGS LIGHT 21KM

B4SPORT

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INTELIĞENTNE ZAWODY SPORTOWE

Wydarzenie: Supermaraton Gór Stołowych
Organizator: Fundacja Maratony Górskie
Data: 2023-06-25
Miejsce: Kartów
Dystans: 21 km

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	HÁJEK Jakub	2268		M-50	1	00:48:34	01:27:08	02:20:56.60	02:20:56.60		6:42	8.9 (100%)
2	KOTULA Joachim	2089		M-50	2	00:53:18	01:33:57	02:31:51.70	02:31:51.70	+00:10:55 (7.2%)	7:13	8.3 (93.3%)
3	MAŚLANKA Jarosław	2153	PEGA RUNNERS	M-50	3	00:50:14	01:34:14	02:37:24.15	02:37:24.15	+00:16:27 (10.5%)	7:29	8 (89.9%)
4	ŁAŻEWSKI Marcin	2023		M-50	4	00:58:18	01:42:14	02:43:50.40	02:43:50.40	+00:22:53 (14.0%)	7:48	7.7 (86.5%)
5	BLICHARZ Jarosław	2030	MKJ POLICE	M-50	5	00:56:44	01:41:54	02:51:43.35	02:51:43.35	+00:30:46 (17.9%)	8:10	7.3 (82.0%)
6	PAPRZYCKI Romuald	2189	ROMUALD PAPRZYCKI	M-50	6	01:00:13	01:48:36	02:54:59.35	02:54:59.35	+00:34:02 (19.5%)	8:19	7.2 (80.9%)
7	BURKOWSKI Jarosław	2254	BIEGAJ LESZNO	M-50	7	01:03:46	01:51:29	02:57:21.80	02:57:21.80	+00:36:25 (20.5%)	8:26	7.1 (79.8%)
8	KAYSIEWICZ Maciej	2139	NATURAL BORN RUNNERS TEAM	M-50	8	00:58:31	01:47:20	02:58:11.40	02:58:11.40	+00:37:14 (20.9%)	8:29	7.1 (79.8%)
9	PAPROCKI Krzysztof	2058		M-50	9	01:01:23	01:49:13	03:01:10.40	03:01:10.40	+00:40:13 (22.2%)	8:37	7 (78.7%)
10	OLEKSA Robert	2221		M-50	10	00:57:03	01:48:01	03:02:02.40	03:02:02.40	+00:41:05 (22.6%)	8:40	6.9 (77.5%)
11	KOŻŁOWSKI Tomasz	2237	LESZNO LIMITS RUNNERS	M-50	11	01:02:45	01:52:43	03:08:32.55	03:08:32.55	+00:47:35 (25.2%)	8:58	6.7 (75.3%)
12	BARANOWSKI Robert	2227		M-50	12	01:05:19	01:58:27	03:08:39.70	03:08:39.70	+00:47:43 (25.3%)	8:59	6.7 (75.3%)
13	GASIECKI Andrzej	2020	PIASKOWY DZIADEK	M-50	13	01:02:09	01:55:05	03:09:08.00	03:09:08.00	+00:48:11 (25.5%)	9:00	6.7 (75.3%)
14	BEDNARCZYK Bogusław	2222	PRO - RUN WROCLAW	M-50	14	01:06:34	01:58:49	03:13:59.80	03:13:59.80	+00:53:03 (27.3%)	9:14	6.5 (73.0%)
15	RZEPKA Remigiusz	2298	GREENBUD	M-50	15	01:04:44	02:00:24	03:16:04.55	03:16:04.55	+00:55:07 (28.1%)	9:20	6.4 (71.9%)
16	MIKLASZEWSKI Rad	2263	NORBULLO TEAM	M-50	16	01:09:41	02:05:11	03:23:19.75	03:23:19.75	+01:02:23 (30.7%)	9:40	6.2 (69.7%)
17	BONIKOWSKI Tomasz	2300		M-50	17	01:16:09	02:12:23	03:23:40.10	03:23:40.10	+01:02:43 (30.8%)	9:41	6.2 (69.7%)
18	DZICZEK Ireneusz	2132	RAZ SZCZECIN	M-50	18	01:04:46	02:01:16	03:27:04.40	03:27:04.40	+01:06:07 (31.9%)	9:51	6.1 (68.5%)
19	SIKORSKI Cezary	2306	BBL GUBIN	M-50	19	01:11:49	02:09:36	03:30:57.05	03:30:57.05	+01:10:00 (33.2%)	10:02	6 (67.4%)
20	KUNIGOWSKI Piotr	2066	LINCOLN ELECTRIC BESTER RUN BIELAWA	M-50	20	01:14:29	02:14:35	03:43:21.50	03:43:21.50	+01:22:24 (36.9%)	10:38	5.6 (62.9%)
21	MORAWSKI Marcin	2152	RANGER SURVIVAL CLUB	M-50	21	01:15:02	02:18:05	03:48:31.00	03:48:31.00	+01:27:34 (38.3%)	10:52	5.5 (61.8%)
22	SZYMANIK Paweł	2272		M-50	22	01:18:56	02:23:13	03:50:42.95	03:50:42.95	+01:29:46 (38.9%)	10:59	5.5 (61.8%)
23	PATYNOWSKI Tomasz	2149	DOGOŃ GRODZISK MAZOWIECKI	M-50	23	01:13:24	02:17:37	03:58:23.25	03:58:23.25	+01:37:26 (40.9%)	11:21	5.3 (59.6%)
24	STAMM Tomasz	2116		M-50	24	01:16:13	02:23:16	04:07:29.50	04:07:29.50	+01:46:32 (43.1%)	11:47	5.1 (57.3%)
25	FIRLIK Mirosław	2052	KB KAMIEŃ POMORSKI	M-50	25	01:25:15	02:36:06	04:26:36.65	04:26:36.65	+02:05:40 (47.1%)	12:41	4.7 (52.8%)
26	KOSTRUBIEC Mariusz	2209		M-50	26	01:31:08	02:46:15	04:41:31.00	04:41:31.00	+02:20:34 (49.9%)	13:24	4.5 (50.6%)
Przekroczony limit czasu: 05:00:00												
27	LEŚNIEWSKI Sławomir	2048	PARKRUN SŁODOWO, WŁOCŁAWEK	M-50	27	01:42:01	03:06:57	05:06:48.40	05:06:48.40	+02:45:51 (54.1%)	14:36	4.1 (46.1%)

