



SUPERMARATON  
GÓR  
STOŁOWYCH

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

## SGS LIGHT 21KM

B4SPORT

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INTELEGNTE ZAWODY SPORTOWE

Classification: M-50

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>RYŁKO Krzysztof</b>	<b>2371</b>	ZADYSZKA OŚWIĘCIM	M-50	1	00:45:59	01:25:55	<b>02:17:31.15</b>	<b>02:17:31.15</b>		6:32	9.2 (100%)
2	<b>MARSZAŁEK Kazimierz</b>	<b>2249</b>	ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO	M-50	2	00:48:50	01:27:30	<b>02:21:44.65</b>	<b>02:21:44.65</b>	+00:04:13 (3.0%)	6:44	8.9 (96.7%)
3	<b>HÁJEK Jakub</b>	<b>2268</b>		M-50	3	00:51:50	01:31:12	<b>02:24:12.75</b>	<b>02:24:12.75</b>	+00:06:41 (4.6%)	6:52	8.7 (94.6%)
4	<b>WOJTKOWIAK Stefan</b>	<b>2036</b>	PIĄTKOWO NA BIEGOWO	M-50	4	00:51:36	01:32:52	<b>02:28:09.60</b>	<b>02:28:09.60</b>	+00:10:38 (7.2%)	7:03	8.5 (92.4%)
5	<b>ŁĄŻEWSKI Marcin</b>	<b>2181</b>		M-50	5	00:53:07	01:35:24	<b>02:34:20.20</b>	<b>02:34:20.20</b>	+00:16:49 (10.9%)	7:20	8.2 (89.1%)
6	<b>HÁJEK Jan</b>	<b>2283</b>		M-50	6	00:54:50	01:37:48	<b>02:38:49.20</b>	<b>02:38:49.20</b>	+00:21:18 (13.4%)	7:33	7.9 (85.9%)
7	<b>KORZENIOWSKI Wojciech</b>	<b>2088</b>		M-50	7	00:53:06	01:36:47	<b>02:40:48.00</b>	<b>02:40:48.00</b>	+00:23:16 (14.5%)	7:39	7.8 (84.8%)
8	<b>MOCHEGANI Andrea</b>	<b>2337</b>		M-50	8	00:56:49	01:39:23	<b>02:42:03.90</b>	<b>02:42:03.90</b>	+00:24:32 (15.1%)	7:43	7.8 (84.8%)
9	<b>KARWACKI Grzegorz</b>	<b>2208</b>	KATCROS WAŁBRZYCH	M-50	9	00:56:53	01:41:24	<b>02:45:55.20</b>	<b>02:45:55.20</b>	+00:28:24 (17.1%)	7:54	7.6 (82.6%)
10	<b>JAGODZIŃSKI Robert</b>	<b>2155</b>	JAGODA TEAM	M-50	10	01:03:15	01:47:23	<b>02:46:33.00</b>	<b>02:46:33.00</b>	+00:29:01 (17.4%)	7:55	7.6 (82.6%)
11	<b>JĘDRZEJCZAK Wojciech</b>	<b>2361</b>		M-50	11	00:59:40	01:45:26	<b>02:47:54.60</b>	<b>02:47:54.60</b>	+00:30:23 (18.1%)	7:59	7.5 (81.5%)
12	<b>RZECZKOWSKI Zbigniew</b>	<b>2355</b>	WKS JB	M-50	12	00:55:41	01:40:57	<b>02:49:15.15</b>	<b>02:49:15.15</b>	+00:31:44 (18.7%)	8:03	7.4 (80.4%)
13	<b>CICHOŃ Maciej</b>	<b>2062</b>		M-50	13	01:01:19	01:46:40	<b>02:50:37.40</b>	<b>02:50:37.40</b>	+00:33:06 (19.4%)	8:07	7.4 (80.4%)
14	<b>MAGIER Jerzy</b>	<b>2132</b>		M-50	14	00:51:58	01:38:58	<b>02:51:21.00</b>	<b>02:51:21.00</b>	+00:33:49 (19.7%)	8:09	7.4 (80.4%)
15	<b>PAWELEC Mariusz</b>	<b>2221</b>	KB FORREST GUMP	M-50	15	01:00:54	01:49:31	<b>02:58:25.05</b>	<b>02:58:25.05</b>	+00:40:53 (22.9%)	8:29	7.1 (77.2%)

Place	Participant	Number	Club	Category	MCat	Parking 7km	Błędne Skały 14km	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
16	<b>KURIATA Bartłomiej</b>	<b>2372</b>		M-50	16	01:04:43	01:53:07	<b>03:01:01.30</b>	<b>03:01:01.30</b>	+00:43:30 (24.0%)	8:37	7 (76.1%)
17	<b>BRASEL Marcin</b>	<b>2220</b>	FIZJOBIEGACZE	M-50	17	01:06:42	01:55:52	<b>03:06:22.30</b>	<b>03:06:22.30</b>	+00:48:51 (26.2%)	8:52	6.8 (73.9%)
18	<b>COLAUTTI Enrico</b>	<b>2365</b>	BAD ORGANIZER TEAM	M-50	18	01:05:06	01:56:27	<b>03:07:10.05</b>	<b>03:07:10.05</b>	+00:49:38 (26.5%)	8:54	6.7 (72.8%)
19	<b>HOLAK Tomasz</b>	<b>2284</b>	PAN KRACY ENTERTIMENT	M-50	19	01:05:04	01:55:28	<b>03:08:09.80</b>	<b>03:08:09.80</b>	+00:50:38 (26.9%)	8:57	6.7 (72.8%)
20	<b>OLEJNIK Tomasz</b>	<b>2124</b>		M-50	20	01:06:37	01:58:22	<b>03:10:53.70</b>	<b>03:10:53.70</b>	+00:53:22 (28.0%)	9:05	6.6 (71.7%)
21	<b>MIERZEJEWSKI Robert</b>	<b>2097</b>	CENTRUM SZKOLENIA WOJSK LĄDOWYCH W POZNANIU	M-50	21	01:09:15	02:01:46	<b>03:13:36.75</b>	<b>03:13:36.75</b>	+00:56:05 (29.0%)	9:13	6.5 (70.7%)
22	<b>OLEKSA Robert</b>	<b>2339</b>		M-50	22	01:06:53	01:58:43	<b>03:14:00.30</b>	<b>03:14:00.30</b>	+00:56:29 (29.1%)	9:14	6.5 (70.7%)
23	<b>WALCZAK Tadeusz</b>	<b>2050</b>	GAPS POLICE	M-50	23	01:06:45	02:02:13	<b>03:17:44.70</b>	<b>03:17:44.70</b>	+01:00:13 (30.5%)	9:24	6.4 (69.6%)
24	<b>BISKUPSKI Jakub</b>	<b>2332</b>		M-50	24	01:10:26	02:06:00	<b>03:22:04.10</b>	<b>03:22:04.10</b>	+01:04:32 (31.9%)	9:37	6.2 (67.4%)
25	<b>WILMAŃSKI Arkadiusz</b>	<b>2086</b>		M-50	25	01:10:59	02:06:59	<b>03:22:11.10</b>	<b>03:22:11.10</b>	+01:04:39 (32.0%)	9:37	6.2 (67.4%)
26	<b>OLSEN Helge</b>	<b>2300</b>		M-50	26	01:18:10	02:15:21	<b>03:25:35.90</b>	<b>03:25:35.90</b>	+01:08:04 (33.1%)	9:47	6.1 (66.3%)
27	<b>GWIOŹDZIK Sławek</b>	<b>2239</b>	ING BANK ŚLĄSKI	M-50	27	01:09:08	02:07:07	<b>03:30:03.55</b>	<b>03:30:03.55</b>	+01:12:32 (34.5%)	10:00	6 (65.2%)
28	<b>LOBA Damian</b>	<b>2058</b>	ŚWIERCZEWO RUN	M-50	28	01:17:41	02:15:36	<b>03:39:24.90</b>	<b>03:39:24.90</b>	+01:21:53 (37.3%)	10:26	5.7 (62.0%)
29	<b>GRABARA Adam</b>	<b>2321</b>	ING BANK ŚLĄSKI	M-50	29	01:17:19	02:19:05	<b>03:42:33.40</b>	<b>03:42:33.40</b>	+01:25:02 (38.2%)	10:35	5.7 (62.0%)
30	<b>DON Robert</b>	<b>2108</b>		M-50	30	01:16:30	02:15:54	<b>03:45:44.40</b>	<b>03:45:44.40</b>	+01:28:13 (39.1%)	10:44	5.6 (60.9%)
31	<b>BASTA Grzegorz</b>	<b>2186</b>	BIEGAM BO LUBIĘ LASY BOGDANIEC	M-50	31	01:16:41	02:18:33	<b>03:46:24.00</b>	<b>03:46:24.00</b>	+01:28:52 (39.3%)	10:46	5.6 (60.9%)
32	<b>STACHOWIAK Krzysztof</b>	<b>2015</b>		M-50	32	01:21:48	02:21:29	<b>03:47:46.20</b>	<b>03:47:46.20</b>	+01:30:15 (39.6%)	10:50	5.5 (59.8%)
33	<b>SZPAKOWSKI Michał</b>	<b>2242</b>	ING BANK ŚLĄSKI	M-50	33	01:13:53	02:15:30	<b>03:48:07.40</b>	<b>03:48:07.40</b>	+01:30:36 (39.7%)	10:51	5.5 (59.8%)
34	<b>STAWARZ Paweł</b>	<b>2343</b>	ELITARNY KLUB BIEGACZA	M-50	34	01:19:07	02:20:21	<b>03:53:08.80</b>	<b>03:53:08.80</b>	+01:35:37 (41.0%)	11:06	5.4 (58.7%)
35	<b>BURCHARDT Sławomir</b>	<b>2079</b>	CENTRUM SZKOLENIA WOJSK LĄDOWYCH W POZNANIU	M-50	35	01:18:07	02:21:17	<b>03:54:32.45</b>	<b>03:54:32.45</b>	+01:37:01 (41.4%)	11:10	5.4 (58.7%)
36	<b>KULAK Paweł</b>	<b>2263</b>		M-50	36	01:16:51	02:23:06	<b>03:55:39.40</b>	<b>03:55:39.40</b>	+01:38:08 (41.6%)	11:13	5.3 (57.6%)
37	<b>POKORNY Tomasz</b>	<b>2272</b>	ZAKOCHAJ SIĘ W BIEGANIU	M-50	37	01:21:52	02:25:04	<b>03:58:06.75</b>	<b>03:58:06.75</b>	+01:40:35 (42.2%)	11:20	5.3 (57.6%)
38	<b>DEMCZAR Jacek</b>	<b>2077</b>	W STRONĘ ULTRA	M-50	38	01:25:03	02:29:40	<b>04:05:47.60</b>	<b>04:05:47.60</b>	+01:48:16 (44.1%)	11:42	5.1 (55.4%)

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39	<b>NOWAKOWSKI Robert</b>	<b>2216</b>	BBL LEGNICA	M-50	39	01:29:08	02:35:26	<b>04:16:15.05</b>	<b>04:16:15.05</b>	+01:58:43 (46.3%)	12:12	4.9 (53.3%)
40	<b>KOZANECKI Adam</b>	<b>2122</b>	SUPERMARATOŃCZYK KALISZ	M-50	40	01:25:57	02:37:27	<b>04:26:00.40</b>	<b>04:26:00.40</b>	+02:08:29 (48.3%)	12:40	4.7 (51.1%)
41	<b>DOLICHER Robert</b>	<b>2109</b>		M-50	41		02:49:52	<b>04:58:01.35</b>	<b>04:58:01.35</b>	+02:40:30 (53.9%)	14:11	4.2 (45.7%)
	<b>JASICZAK Andrzej</b>	<b>2107</b>		M-50		DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Total 42 results.