



SGS ULTRA 50KM

B4SPORT

Event: Supermaraton Gór Stołowych 2021
Organiser: Fundacja Maratony Górskie
Date: 2021-06-26
Place: Kartów
Distance: 50 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: K-40

Place	Participant	Number	Club	Category	MCat	Pasterka 14.4km	Parking Kształna Łąka 27.3km	Batorow 37.9km	Net time 50km	Gap	Pace min/km	Pace km/h
1	WINIARSKA Katarzyna	493		K-40	1	01:23:10	02:50:04	03:58:53	05:38:49.55		6:46	8.9 (100%)
2	MOCZULSKA Małgorzata	525		K-40	2	01:23:25	02:55:50	04:14:51	05:57:23.30	+00:18:33 (5.2%)	7:08	8.4 (94.4%)
3	WOSZEK Marzena	479	RUNNING.CHEF TEAM	K-40	3	01:30:08	03:05:29	04:25:42	06:22:15.35	+00:43:25 (11.4%)	7:38	7.8 (87.6%)
4	ESZNER Agnieszka	134		K-40	4	01:36:03	03:13:25	04:34:24	06:22:26.85	+00:43:37 (11.4%)	7:38	7.8 (87.6%)
5	BIAŁEK Beata	241	KB HERMES GRYFINO	K-40	5	01:24:15	02:57:36	04:17:18	06:28:55.30	+00:50:05 (12.9%)	7:46	7.7 (86.5%)
6	BEDNARZ Marta	225	ADIDAS RUNNERS WARSAW	K-40	6	01:32:14	03:10:12	04:30:52	06:31:04.65	+00:52:15 (13.4%)	7:49	7.7 (86.5%)
7	BEDNARSKA Kaśka	347	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	K-40	7	01:39:32	03:19:07	04:41:30	06:41:07.30	+01:02:17 (15.5%)	8:01	7.5 (84.3%)
8	GRABOŚ Nina	178		K-40	8	01:36:21	03:21:44	04:47:51	06:42:21.20	+01:03:31 (15.8%)	8:02	7.5 (84.3%)
9	WANŻEWICZ-UZNAŃSKA Agnieszka	517	UKS MUFLON	K-40	9	01:41:10	03:26:47	04:52:13	06:55:52.40	+01:17:02 (18.5%)	8:19	7.2 (80.9%)
10	HAKKE Gosia	10	BIEGAMDLAZDROWIA.PL	K-40	10	01:37:40	03:26:01	04:57:47	07:01:45.70	+01:22:56 (19.7%)	8:26	7.1 (79.8%)
11	BOROWSKA-NAJDEREK Paulina	311	WLKP ULTRA MOUNTAINS /FREE RUN	K-40	11	01:36:53	03:26:32	05:00:26	07:14:36.95	+01:35:47 (22.0%)	8:41	6.9 (77.5%)
12	ŁYSIAK Sylwia	264	ROZBIEGANY RAWICZ	K-40	12	01:43:02	03:36:20	05:07:29	07:15:34.00	+01:36:44 (22.2%)	8:42	6.9 (77.5%)
13	CYMBORSKA Jolanta	432	WARSAW RUN CLUB	K-40	13	01:41:40	03:38:26	05:12:09	07:19:44.90	+01:40:55 (23.0%)	8:47	6.8 (76.4%)
14	STAWARSKA Elżbieta	18	MARMEL TORUŃ	K-40	14	01:40:58	03:27:39	05:01:38	07:23:02.80	+01:44:13 (23.5%)	8:51	6.8 (76.4%)
15	PASECKA Sylwia	269		K-40	15	01:47:29	03:42:52	05:16:05	07:28:04.80	+01:49:15 (24.4%)	8:57	6.7 (75.3%)

Place	Participant	Number	Club	Category	MCat	Parking			Net time 50km	Gap	Pace min/km	Pace km/h
						Pasterka 14.4km	Kształtna Łąka 27.3km	Batorow 37.9km				
16	FAJ Sylwia	60	INŻYNIERIA BIEGANIA	K-40	16	01:47:26	03:42:43	05:16:04	07:28:05.30	+01:49:15 (24.4%)	8:57	6.7 (75.3%)
17	ZIELIŃSKA Justyna	514	KS POSNANIA TRIATHLON	K-40	17	01:48:37	03:46:58	05:24:34	07:41:42.20	+02:02:52 (26.6%)	9:14	6.5 (73.0%)
18	GOLON Marlena	197		K-40	18	01:49:45	03:53:54	05:31:13	07:44:29.80	+02:05:40 (27.1%)	9:17	6.5 (73.0%)
19	RADZIWOŃ Anna	429	GRUPA NIENACHALNIE HEROICZNA	K-40	19	01:50:39	03:53:31	05:32:01	07:44:36.80	+02:05:47 (27.1%)	9:17	6.5 (73.0%)
20	WIERZBIŃSKA Edyta	196	ULTRADZICZKI I ULTRALISICZKI	K-40	20	01:52:33	03:56:46	05:35:27	07:47:16.70	+02:08:27 (27.5%)	9:20	6.4 (71.9%)
21	AUGUSTYNIAK Małgorzata	214		K-40	21	01:47:48	03:50:31	05:30:08	07:48:42.10	+02:09:52 (27.7%)	9:22	6.4 (71.9%)
22	PIETRZAK Agnieszka	290	DOGOŃ GRODZISK MAZOWIECKI	K-40	22	01:50:50	03:54:12	05:36:33	07:51:41.75	+02:12:52 (28.2%)	9:26	6.4 (71.9%)
23	ŁATAK - SKRABUT Basia	277	MUSTANGI GLIWICE	K-40	23	02:03:16	04:00:19	05:39:19	07:54:17.50	+02:15:27 (28.6%)	9:29	6.3 (70.8%)
24	BOĆKO Ewa	278	DTR BIEGA/ MARIO TEAM	K-40	24	01:43:38	03:37:31	05:30:54	07:54:40.35	+02:15:50 (28.6%)	9:29	6.3 (70.8%)
25	FARION Marzena	452	THE FARIONS	K-40	25	01:44:58	03:47:01	05:32:15	08:02:03.20	+02:23:13 (29.7%)	9:38	6.2 (69.7%)
26	GOKIERT-SKRENTNA Justyna	351	GÓRSKIE KOZICE	K-40	26	01:55:45	03:59:24	05:41:12	08:02:15.20	+02:23:25 (29.7%)	9:38	6.2 (69.7%)
27	MICHALIK Joanna	448		K-40	27	01:50:50	03:54:17	05:38:50	08:05:30.50	+02:26:40 (30.2%)	9:42	6.2 (69.7%)
28	STARZYK Ewa	343		K-40	28	01:51:04	03:57:23	05:44:14	08:15:22.15	+02:36:32 (31.6%)	9:54	6.1 (68.5%)
29	KUBIAK Karolina	145		K-40	29	01:55:59	04:07:17	05:49:46	08:16:04.70	+02:37:15 (31.7%)	9:55	6 (67.4%)
30	SZCZERBAL Agnieszka	385	TKKF MPK POZNAŃ	K-40	30	01:57:17	04:08:12	05:50:14	08:16:44.60	+02:37:55 (31.8%)	9:56	6 (67.4%)
31	BEDNARSKA Joanna	231	BIEGNĘ ŻEBY BARTEK MÓGL BIEGAĆ	K-40	31	01:56:01	04:05:42	05:50:39	08:20:59.30	+02:42:09 (32.4%)	10:01	6 (67.4%)
32	LITWINOWICZ Karolina	345		K-40	32	01:52:52	04:02:27	05:56:05	08:26:37.55	+02:47:48 (33.1%)	10:07	5.9 (66.3%)
33	KRZYZIŃSKA Sylwia	465	DOGOŃ GRODZISK MAZOWIECKI	K-40	33	01:58:06	04:07:53	06:01:31	08:31:14.20	+02:52:24 (33.7%)	10:13	5.9 (66.3%)
34	FAJNAS Katarzyna	395	DOGOŃ GRODZISK MAZOWIECKI / DANFOSS	K-40	34	01:54:17	04:08:26	05:56:55	08:35:48.25	+02:56:58 (34.3%)	10:18	5.8 (65.2%)
35	MAZUR Katarzyna	342	UMLAUT	K-40	35	01:59:50	04:13:35	06:04:47	08:37:08.40	+02:58:18 (34.5%)	10:20	5.8 (65.2%)
36	KUNKEL Anna	449	PGB SPORTOWA PACZKA	K-40	36	01:57:18	04:13:37	06:03:14	08:37:55.45	+02:59:05 (34.6%)	10:21	5.8 (65.2%)
37	KOZDRÓJ Wioletta	110	DOGOŃ GRODZISK MAZOWIECKI/ WD40 PLUS	K-40	37	01:57:20	04:15:57	06:04:47	08:38:22.65	+02:59:33 (34.6%)	10:22	5.8 (65.2%)
38	MARCINIAK Izabela	383		K-40	38	01:54:46	04:12:15	06:07:17	08:41:16.05	+03:02:26 (35.0%)	10:25	5.8 (65.2%)

Place	Participant	Number	Club	Category	MCat	Parking		Batorow 37.9km	Net time 50km	Gap	Pace min/km	Pace km/h
						Pasterka 14.4km	Kształtna Łąka 27.3km					
39	TABISZ Marlena	350		K-40	39	02:01:08	04:12:09	06:02:58	08:46:23.70	+03:07:34 (35.6%)	10:31	5.7 (64.0%)
40	NORKOWSKA Aleksandra	166	ORANGE POLSKA	K-40	40	02:02:16	04:22:27	06:19:21	08:48:47.65	+03:09:58 (35.9%)	10:34	5.7 (64.0%)
41	GRABOWSKA Dagmara	25	SUT STRASZYN ULTRA TEAM	K-40	41	02:00:43	04:15:09	06:10:48	08:54:39.10	+03:15:49 (36.6%)	10:41	5.6 (62.9%)
42	GLINA-KRAWCZYK Małgorzata	92	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	K-40	42	02:06:48	04:23:44	06:19:07	08:56:01.50	+03:17:11 (36.8%)	10:43	5.6 (62.9%)
43	KRÓL-PIDANTY Marzena	84		K-40	43	01:59:47	04:20:27	06:14:39	08:56:40.60	+03:17:51 (36.9%)	10:44	5.6 (62.9%)
44	WESOŁOWSKA Katarzyna	301	ORANGE POLSKA	K-40	44	01:55:15	04:15:41	06:12:02	08:58:16.50	+03:19:26 (37.1%)	10:45	5.6 (62.9%)
45	PŁOCICA Anna	476	POLSKA	K-40	45	02:04:12	04:23:08	06:25:33	08:58:37.80	+03:19:48 (37.1%)	10:46	5.6 (62.9%)
46	BURDAJEWICZ Magdalena	46		K-40	46	02:00:31	04:17:50	06:13:06	09:01:46.85	+03:22:57 (37.5%)	10:50	5.5 (61.8%)
47	ŁASKAWSKA Justyna	207		K-40	47	02:04:38	04:28:41	06:27:30	09:02:31.85	+03:23:42 (37.5%)	10:51	5.5 (61.8%)
48	KUSZTELSKA Lucyna	413		K-40	48	01:57:40	04:18:13	06:19:25	09:03:22.80	+03:24:33 (37.6%)	10:52	5.5 (61.8%)
49	MICHALSKA Joanna	444	VELUX	K-40	49	02:03:50	04:28:46	06:33:11	09:04:12.70	+03:25:23 (37.7%)	10:53	5.5 (61.8%)
50	GNOT Katarzyna	508	SPARTANIE DZIECIOM	K-40	50	02:03:50	04:23:43	06:24:33	09:10:59.15	+03:32:09 (38.5%)	11:01	5.4 (60.7%)
51	KOCHAŃSKA Joanna	349	KOCHASIA	K-40	51	02:08:17	04:35:22	06:34:20	09:20:33.85	+03:41:44 (39.6%)	11:12	5.4 (60.7%)
52	ZYGMUNT Monika	420		K-40	52	02:13:39	04:36:44	06:55:03	09:22:24.60	+03:43:35 (39.8%)	11:14	5.3 (59.6%)
53	GAWLIK Sylwia	367		K-40	53	02:13:36	04:36:46	06:55:01	09:22:26.25	+03:43:36 (39.8%)	11:14	5.3 (59.6%)
54	BOŹKIEWICZ Patrycja	151	PIEKIELNIE ZGRANI	K-40	54	02:03:46	04:26:36	06:32:15	09:33:23.15	+03:54:33 (40.9%)	11:28	5.2 (58.4%)
55	SZEJKA Katarzyna	243		K-40	55	02:09:49	04:43:57	06:53:26	09:35:13.15	+03:56:23 (41.1%)	11:30	5.2 (58.4%)
56	KORZENIOWSKA Małgorzata	97	METLIFE RUN	K-40	56	02:09:49	04:44:00	06:53:28	09:35:13.85	+03:56:24 (41.1%)	11:30	5.2 (58.4%)
57	PRUCHNIEWSKA Agnieszka	200		K-40	57	02:08:37	04:35:25	06:41:25	09:36:12.35	+03:57:22 (41.2%)	11:31	5.2 (58.4%)
58	IWANIEC Ewa	164		K-40	58	02:09:58	04:43:57	06:53:28	09:37:07.35	+03:58:17 (41.3%)	11:32	5.2 (58.4%)
59	WILK Magdalena	106	UTRAPOŚŁADACH/ TEAM ZABIEGANEDNI	K-40	59	02:06:44	04:44:25	06:51:38	09:40:08.00	+04:01:18 (41.6%)	11:36	5.2 (58.4%)
60	RAJEK Barbara	250		K-40	60	02:05:42	04:37:51	06:56:12	09:55:20.40	+04:16:30 (43.1%)	11:54	5 (56.2%)
61	BEDNARCZYK Daria	191		K-40	61	02:19:04	04:57:31	07:15:48	10:25:36.80	+04:46:47 (45.8%)	12:30	4.8 (53.9%)

Place	Participant	Number	Club	Category	MCat	Pasterka 14.4km	Parking Kształtna Łąką 27.3km	Batorow 37.9km	Net time 50km	Gap	Pace min/km	Pace km/h
62	BERNAS-KUJAWIŃSKA Magdalena	6		K-40	62	02:12:00	04:57:02	07:17:50	10:26:03.20	+04:47:13 (45.9%)	12:31	4.8 (53.9%)
63	NASTAWSKA Monika	8		K-40	63	02:12:00	04:57:05	07:17:48	10:26:07.30	+04:47:17 (45.9%)	12:31	4.8 (53.9%)
64	KRZYWAK Anna	286		K-40	64	02:24:27	05:19:48	07:41:43	10:41:03.65	+05:02:14 (47.1%)	12:49	4.7 (52.8%)
65	GRABOWSKA Edyta	434	WGIM JAWORZNO	K-40	65	02:25:20	05:13:57	07:39:33	10:41:05.40	+05:02:15 (47.1%)	12:49	4.7 (52.8%)
66	KWIT Anna	322		K-40	66	02:29:02	05:34:41	08:06:09	11:26:58.65	+05:48:09 (50.7%)	13:44	4.4 (49.4%)
67	FORMELA Justyna	116		K-40	67	02:35:33	05:40:59	08:12:10	11:32:07.75	+05:53:18 (51.0%)	13:50	4.3 (48.3%)
68	PLASZCZAK Bogumiła	142	PIEKIELNIE ZGRANI	K-40	68	02:29:12				+01:06:02	10:21	5.8 (65.2%)
	TRUSIAK Agnieszka	353	NIGHT WOLVES ULTRA RUNNERS	K-40		02:25:15 DNF	05:07:57 DNF	08:11:11 DNF	DNF		-	- (0.0%)

Total 69 results.