



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: M-50

Place	Participant	Number	Club	Category	MCat	Pasterka 14.4km	Parking Kształtna Łąka 27.3km	Batorow 37.9km	Net time 50km	Gap	Pace min/km	Pace km/h
1	PROMIRSKI Norbert	490		M-50	1	01:14:22	02:35:23	03:41:32	05:21:07.65		6:25	9.3 (100%)
2	RUDZIŃSKI Jacek	76	KB HERMES GRZYFINO	M-50	2	01:23:17	02:51:48	04:04:13	05:40:34.70	+00:19:27 (5.7%)	6:48	8.8 (94.6%)
3	KYCIA Piotr	78		M-50	3	01:25:58	02:55:59	04:14:48	05:59:37.15	+00:38:29 (10.7%)	7:11	8.3 (89.2%)
4	WALASEK Grzegorz	157	BIEGUSIEM.PL	M-50	4	01:26:06	02:56:36	04:13:33	06:11:57.80	+00:50:50 (13.7%)	7:26	8.1 (87.1%)
5	NIEZGÓDKA Tomasz	543	TEAM ZAŁOGA GÓRSKA	M-50	5	01:29:07	03:04:02	04:21:08	06:15:54.05	+00:54:46 (14.6%)	7:31	8 (86.0%)
6	PAPUGA Dariusz	540	ZADYSZKA OŚWIĘCIM	M-50	6	01:32:14	03:12:20	04:35:31	06:39:50.95	+01:18:43 (19.7%)	7:59	7.5 (80.6%)
7	MROZIAK Maciek	14	RUNPASSION.PL TEAM	M-50	7	01:38:50	03:21:31	04:41:36	06:42:34.70	+01:21:27 (20.2%)	8:03	7.5 (80.6%)
8	KOWALCZYK Marek	392	KB TKKF PROMYK CIECHANÓW	M-50	8	01:38:06	03:20:49	04:48:18	06:57:39.85	+01:36:32 (23.1%)	8:21	7.2 (77.4%)
9	JĘDRZEJCZAK Wojciech	399		M-50	9	01:42:16	03:30:14	05:00:36	07:03:32.35	+01:42:24 (24.2%)	8:28	7.1 (76.3%)
10	OLSZAK Zenon	427	WARSAW RUN CLUB	M-50	10	01:39:43	03:30:46	05:02:23	07:06:45.70	+01:45:38 (24.8%)	8:32	7 (75.3%)
11	PRZYBYSZ Ryszard	285		M-50	11	01:42:16	03:26:05	05:07:56	07:12:12.00	+01:51:04 (25.7%)	8:38	6.9 (74.2%)
12	PĘCZEK Dariusz	406		M-50	12	01:42:38	03:29:57	05:03:18	07:19:08.10	+01:58:00 (26.9%)	8:46	6.8 (73.1%)
13	HELSZTAJN Robert	376	PAŁUKI RUNNING TEAM	M-50	13	01:44:32	03:33:23	05:08:56	07:23:59.45	+02:02:51 (27.7%)	8:52	6.8 (73.1%)
14	KINCEL Krzysztof	529		M-50	14	01:45:25	03:37:28	05:11:18	07:25:55.80	+02:04:48 (28.0%)	8:55	6.7 (72.0%)
15	CHMURA Jarosław	133		M-50	15	01:44:52	03:34:14	05:07:35	07:26:40.00	+02:05:32 (28.1%)	8:56	6.7 (72.0%)

Place	Participant	Number	Club	Category	MCat	Parking Kształtna		Batorow 37.9km	Net time 50km	Gap	Pace min/km	Pace km/h
						Pasterka 14.4km	Łąką 27.3km					
16	ZARODA Zbigniew	203	WQURW TEAM	M-50	16	01:41:40	03:27:12	05:02:26	07:29:24.30	+02:08:16 (28.5%)	8:59	6.7 (72.0%)
17	STACHURSKI Daniel	136		M-50	17	01:54:25	03:51:52	05:27:22	07:40:34.50	+02:19:26 (30.3%)	9:12	6.5 (69.9%)
18	BIADASIEWICZ Andrzej	298	HTF LUDWIK SIKORSKI	M-50	18	01:40:38	03:35:11	05:11:44	07:41:51.60	+02:20:43 (30.5%)	9:14	6.5 (69.9%)
19	KILIŃSKI Jacek	387		M-50	19	01:34:07	03:28:22	05:16:19	07:43:16.55	+02:22:08 (30.7%)	9:15	6.5 (69.9%)
20	KRZCZUK Benedykt	38		M-50	20	01:39:31	03:40:56	05:20:55	07:43:48.70	+02:22:41 (30.8%)	9:16	6.5 (69.9%)
21	TWARDOWSKI Krzysztof	478	AMATOR	M-50	21	01:48:45	03:50:43	05:34:28	07:49:23.15	+02:28:15 (31.6%)	9:23	6.4 (68.8%)
22	SERAFIN Jacek	35	ADDICT.PL	M-50	22	01:46:15	03:44:55	05:24:26	07:51:44.55	+02:30:36 (31.9%)	9:26	6.4 (68.8%)
23	WALUŚKIEWICZ Artur	260	SOLA FIDE	M-50	23	01:39:50	03:38:02	05:26:45	07:51:50.05	+02:30:42 (31.9%)	9:26	6.4 (68.8%)
24	WATAŁA Krzysztof	484	140 MINUT	M-50	24	01:52:28	03:54:27	05:38:44	07:54:56.75	+02:33:49 (32.4%)	9:29	6.3 (67.7%)
25	KASIŃSKI Wojciech	456	ULTRAPLESS	M-50	25	01:54:17	03:56:50	05:38:22	08:07:43.40	+02:46:35 (34.2%)	9:45	6.2 (66.7%)
26	NEUMANN Jacek	520	CENTRUM ŁĄKOWA 1	M-50	26	01:48:06	03:47:42	05:36:46	08:07:50.40	+02:46:42 (34.2%)	9:45	6.1 (65.6%)
27	RASZTABIGA Sylwester	511		M-50	27	01:39:26	03:36:49	05:31:10	08:11:42.75	+02:50:35 (34.7%)	9:50	6.1 (65.6%)
28	INDRASZAK Adam	455		M-50	28	01:55:06	03:56:09	05:43:46	08:13:08.75	+02:52:01 (34.9%)	9:51	6.1 (65.6%)
29	ZGOŁA Przemysław	390	TARNOWO PODGÓRNE BIEGA	M-50	29	01:57:18	04:08:15	05:50:14	08:18:19.80	+02:57:12 (35.6%)	9:57	6 (64.5%)
30	KUDELSKI Ireneusz	523	ROZBIEGANI CHOJNÓW	M-50	30	01:46:30	03:55:17	05:48:55	08:25:15.95	+03:04:08 (36.4%)	10:06	5.9 (63.4%)
31	ROSÓŁ Roman	181	PIEKIELNIE ZGRANI	M-50	31	01:55:25	04:08:42	06:03:01	08:28:55.25	+03:07:47 (36.9%)	10:10	5.9 (63.4%)
32	BEKER Jan	30	GRYFUS SZCZECIN	M-50	32	01:55:24	04:07:39	06:00:43	08:39:42.30	+03:18:34 (38.2%)	10:23	5.8 (62.4%)
33	SZYNKLEWSKI Maciej	121	QUAY POZNAŃ	M-50	33	01:50:24	03:58:09	06:03:54	08:43:36.65	+03:22:29 (38.7%)	10:28	5.7 (61.3%)
34	CHOLEWIŃSKI Wojciech	163	HERNIK TEAM	M-50	34	01:55:18	04:08:06	06:01:28	08:44:21.65	+03:23:14 (38.8%)	10:29	5.7 (61.3%)
35	KOWALEWSKI Grzegorz	324		M-50	35	01:55:24	04:15:28	06:04:14	08:45:37.95	+03:24:30 (38.9%)	10:30	5.7 (61.3%)
36	MALUNG Jarosław	472		M-50	36	01:49:02	03:57:40	06:02:18	08:48:58.95	+03:27:51 (39.3%)	10:34	5.7 (61.3%)
37	CZAPIGA Robert	174	ZAWSZE Z GŁOWĄ...	M-50	37	01:55:33	04:09:42	06:09:22	08:54:40.10	+03:33:32 (39.9%)	10:41	5.6 (60.2%)
38	LEŚNIEWSKI Sławomir	254	PARKRUN SŁODOWO,WŁOCLAWEK	M-50	38	01:52:40	04:10:57	06:12:22	09:03:55.20	+03:42:47 (41.0%)	10:52	5.5 (59.1%)

Parking Kształtna Łąka Batorow												
Place	Participant	Number	Club	Category	MCat	Pasterka 14.4km	Łąka 27.3km	Batorow 37.9km	Net time 50km	Gap	Pace min/km	Pace km/h
39	SZYGENDA Waldemar	397		M-50	39	02:04:30	04:30:09	06:33:03	09:31:13.00	+04:10:05 (43.8%)	11:25	5.3 (57.0%)
	KUDEŁKA Janusz	232		M-50		02:18:37 DNF	05:03:35 DNF	07:30:17 DNF	DNF		-	- (0.0%)

Total 40 results.