



**SUPERMARATON
GÓR
STOŁOWYCH**

SGS ULTRA 54KM

B4SPORT

Wydarzenie: Supermaraton Gór Stołowych 2022
Organizator: Fundacja Maratony Górskie
Data: 2022-06-25
Miejsce: Kartów
Dystans: 54.7 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy 13.9km	Czechy 22.9km	Pasterka 33.7km	Parking 40.9km	Błędne Skały 47.7km	Czas netto 54.7km	Czas brutto 54.7km	Różn	Tempo min/km	Tempo km/h
1	BOULKHALF Abdellatif	554	KB WIKON NOWA SÓL	M-30	1	01:10:18	02:04:23	03:00:35	03:51:04	04:29:13	05:22:26.80	05:22:34.05		5:53	10.2 (100%)
2	SIERADZKI Krzysztof	414	PRZEDWOJEWSKI TEAM	M-30	2	01:16:51	02:17:35	03:21:46	04:25:09	05:10:57	06:12:10.00	06:12:12.30	+00:49:38 (13.3%)	6:48	8.8 (86.3%)
3	MATUSIAK Daniel	294		M-30	3	01:18:16	02:20:25	03:25:17	04:24:46	05:10:53	06:15:47.25	06:15:51.75	+00:53:17 (14.2%)	6:52	8.7 (85.3%)
4	SOCHA Seweryn	431	SII RUNNING TEAM	M-30	4	01:23:25	02:27:39	03:32:41	04:34:57	05:18:26	06:16:52.10	06:16:58.55	+00:54:24 (14.4%)	6:53	8.7 (85.3%)
5	NIEPALA Jacek	327	OBORYGENI	M-30	5	01:22:41	02:28:52	03:34:19	04:35:38	05:20:31	06:23:14.10	06:23:16.50	+01:00:42 (15.8%)	7:00	8.6 (84.3%)
6	GRZESIEK Góral	132	HEJ HEJ GURALU	M-30	6	01:20:41	02:23:46	03:31:55	04:34:45	05:23:05	06:25:32.05	06:25:37.15	+01:03:03 (16.4%)	7:02	8.5 (83.3%)
7	WIERZBOWY Przemek	513	KOKO DŻAMBO I DO PRZODU	M-30	7	01:22:35	02:27:55	03:33:29	04:48:09	05:37:59	06:42:05.45	06:42:10.20	+01:19:36 (19.8%)	7:21	8.2 (80.4%)
8	BUJAK Krzysztof	46		M-30	8	01:25:23	01:47:55	03:48:49	04:55:11	05:39:44	06:42:05.90	06:42:10.40	+01:19:36 (19.8%)	7:21	8.2 (80.4%)
9	WIECZOREK Łukasz	510		M-30	9	01:23:22	02:30:19	03:41:54	04:51:55	05:45:37	06:50:52.55	06:50:55.35	+01:28:21 (21.5%)	7:30	8 (78.4%)
10	POLAŃSKI Sławomir	373	LACHO TEAM	M-30	10	01:23:42	02:29:25	03:42:46	04:53:11	05:43:42	06:51:17.60	06:51:23.55	+01:28:49 (21.6%)	7:31	8 (78.4%)
11	DOMAGAŁA Grzegorz	80		M-30	11	01:24:34	02:34:32	03:47:38	04:57:03	05:47:43	06:55:24.85	06:55:34.20	+01:33:00 (22.4%)	7:35	7.9 (77.5%)
12	HOFMAŃSKI Rafał	144		M-30	12	01:32:12	02:44:45	04:00:49	05:11:56	06:05:14	07:16:12.00	07:16:23.60	+01:53:49 (26.1%)	7:58	7.5 (73.5%)
13	WIĘCŁAW Paweł	514	WOLSKI KOLEKTYW BIEGOWY	M-30	13	01:39:24	02:53:14	04:07:12	05:19:06	06:10:11	07:16:40.15	07:16:50.90	+01:54:16 (26.2%)	7:58	7.5 (73.5%)
14	KOSECKI Krzysztof	217	SG	M-30	14	01:34:33	02:50:51	04:05:51	05:16:08	06:08:05	07:17:03.80	07:17:10.40	+01:54:36 (26.2%)	7:59	7.5 (73.5%)
15	PAWLIK Jakub	358	BARTOSZ GORCZYCA TEAM #1X1	M-30	15	01:26:47	02:38:10	03:52:01	05:05:07	06:03:48	07:22:25.60	07:22:29.10	+01:59:55 (27.1%)	8:05	7.4 (72.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Błędne	Czas	Czas	Różn	Tempo	Tempo
						13.9km	22.9km	Pasterka	Parking	Skały	netto	brutto	min/km		km/h	
16	MĘDRYKOWSKI Damian	300		M-30	16	01:35:38	02:06:15	04:07:04	05:21:38	06:14:24	07:24:33.30	07:24:45.40	+02:02:11 (27.5%)	8:07	7.4 (72.5%)	
17	KOZIEŁ Piotr	230	DOGOŃ GRODZISK MAZOWIECKI	M-30	17	01:28:00	02:44:29	04:03:07	05:19:06	06:14:39	07:29:21.00	07:29:31.60	+02:06:57 (28.2%)	8:12	7.3 (71.6%)	
18	POPRAWSKI Paweł	376		M-30	18	01:36:47	02:56:27	04:15:53	05:28:38	06:25:42	07:36:59.25	07:37:09.80	+02:14:35 (29.4%)	8:21	7.2 (70.6%)	
19	WASILEWSKI Marcin	502		M-30	19	01:38:14	02:53:40	04:09:51	05:22:28	06:16:55	07:37:23.15	07:37:35.95	+02:15:01 (29.5%)	8:21	7.2 (70.6%)	
20	ANDRUSZKIEWICZ Paweł	2		M-30	20	01:24:28	02:34:25	03:57:00	05:16:07	06:17:02	07:39:09.55	07:39:15.70	+02:16:41 (29.8%)	8:23	7.1 (69.6%)	
21	KOCEMBA Kamil	205	KĘCKIE HARPAGANY	M-30	21	01:30:19	02:45:55	04:06:05	05:30:38	06:27:13	07:40:04.85	07:40:06.80	+02:17:32 (29.9%)	8:24	7.1 (69.6%)	
22	CHMIEL Piotr	54	PTT DELTA	M-30	22	01:40:48	02:57:32	04:13:08	05:28:58	06:24:43	07:41:43.85	07:42:41.20	+02:20:07 (30.3%)	8:26	7.1 (69.6%)	
23	KMIECIAK Piotr	203	DROGA DO ULTRA	M-30	23	01:40:38	03:07:28	04:24:00	05:40:32	06:36:17	07:42:53.45	07:43:58.60	+02:21:24 (30.5%)	8:27	7.1 (69.6%)	
24	MARCINIAK Jakub	290	KOŹMIN BIEGA ULTRA RUNNERS	M-30	24	01:32:06	02:48:26	04:07:39	05:25:46	06:24:34	07:46:54.25	07:47:01.95	+02:24:27 (30.9%)	8:32	7 (68.6%)	
25	CHORAZKIEWICZ Damian	55	BIEGIEM PO MARZENIA TEAM	M-30	25	01:38:47	02:04:23	04:19:29	05:37:27	06:34:12	07:48:52.05	07:49:01.05	+02:26:27 (31.2%)	8:34	7 (68.6%)	
26	RUSOŁ Tomasz	403	TROPEM ULTRA	M-30	26	01:31:13	02:48:36	04:16:10	05:38:38	06:38:45	07:53:49.90	07:54:11.75	+02:31:37 (32.0%)	8:39	6.9 (67.6%)	
27	ŚWIDERGOŁ Piotr	468		M-30	27	01:31:42	02:50:16	04:11:34	05:37:29	06:38:45	08:04:29.40	08:04:35.65	+02:42:01 (33.4%)	8:51	6.8 (66.7%)	
28	PIWKO Mateusz	368		M-30	28	01:50:57	03:13:22	04:35:39	05:57:31	06:54:28	08:10:15.30	08:11:56.50	+02:49:22 (34.4%)	8:57	6.7 (65.7%)	
29	KULANTY Krzysztof	245	TSUNAMI	M-30	29	01:45:50	03:11:50	04:36:39	05:56:23	06:55:27	08:14:13.60	08:14:25.10	+02:51:51 (34.8%)	9:02	6.6 (64.7%)	
30	DYSZKIEWICZ Tomasz	88	ULTRA KUTNO	M-30	30	01:46:41	03:10:00	04:32:45	05:57:13	06:57:34	08:14:40.95	08:15:17.50	+02:52:43 (34.9%)	9:02	6.6 (64.7%)	
31	MIERCZAK Dawid	304	PENDOLINO TEAM	M-30	31	01:47:50	03:10:34	04:33:03	05:59:08	06:58:24	08:13:38.60	08:15:22.90	+02:52:48 (34.9%)	9:01	6.6 (64.7%)	
32	PILAREK Wojciech	367		M-30	32	01:44:50	03:03:34	04:27:45	05:58:40	07:04:02	08:15:01.65	08:16:36.30	+02:54:02 (35.0%)	9:02	6.6 (64.7%)	
33	SOBOCIŃSKI Karol	430		M-30	33	01:38:43	03:05:37	04:32:42	06:02:47	07:01:44	08:18:10.30	08:18:18.70	+02:55:44 (35.3%)	9:06	6.6 (64.7%)	
34	CHEJDYS Krystian	53		M-30	34	01:53:41	03:15:58	04:38:19	05:35:51	06:58:02	08:16:48.10	08:18:38.50	+02:56:04 (35.3%)	9:04	6.6 (64.7%)	
35	JASIAK Karol	166	NIE WIEM GDZIE JESTEM	M-30	35	01:45:37	03:12:24	04:35:57	05:58:24	06:58:40	08:21:52.40	08:22:32.20	+02:59:58 (35.8%)	9:10	6.5 (63.7%)	
36	WITKOWSKI Wojciech	521		M-30	36	01:39:23	03:03:02	04:27:41	06:07:11	07:09:22	08:25:56.45	08:26:22.90	+03:03:48 (36.3%)	9:14	6.5 (63.7%)	
37	LIPIŃSKI Oskar	263		M-30	37	01:43:50	03:09:02	04:31:11	05:59:12	07:02:24	08:26:13.75	08:27:38.00	+03:05:03 (36.5%)	9:15	6.5 (63.7%)	
38	WALCZAK Łukasz	497	BYLE DO PRZODUQ	M-30	38	01:46:14	03:13:28	04:38:41	06:05:06	07:03:14	08:27:02.40	08:28:33.85	+03:05:59 (36.6%)	9:16	6.5 (63.7%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Błędne	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						Czechy 13.9km	Czechy 22.9km	Pasterka 33.7km	Parking 40.9km	Skały 47.7km	netto 54.7km	brutto 54.7km				
39	BLACHNIO Jakub	31	DOGOŃ GRODZISK MAZOWIECKI	M-30	39	01:38:09	03:02:45	04:35:49	06:04:07	07:05:55	08:29:52.20	08:29:52.20	+03:07:18 (36.7%)	9:19	6.4 (62.7%)	
40	LUBAŃSKI Mateusz	269	KS BARYCZ MILICZ	M-30	40	01:46:20	03:17:44	04:45:25	06:15:13	07:15:41	08:31:03.40	08:31:21.95	+03:08:47 (36.9%)	9:20	6.4 (62.7%)	
41	URBAŃSKI Michał	491	ŁĄDEK-ZDRÓJ RUNNERS	M-30	41	01:57:02	03:26:26	04:51:19	06:13:04	07:11:57	08:31:29.90	08:32:54.00	+03:10:19 (37.1%)	9:21	6.4 (62.7%)	
42	ZAWISZ Mariusz	545	RADLINIOKI W BIEGU	M-30	42	01:48:43	03:16:45	04:46:27	06:11:33	07:14:41	08:35:24.45	08:36:07.45	+03:13:33 (37.5%)	9:25	6.4 (62.7%)	
43	PUDELKO Roman	387		M-30	43	01:46:44	03:17:26	04:45:31	06:10:54	07:13:05	08:39:08.30	08:39:20.50	+03:16:46 (37.9%)	9:29	6.3 (61.8%)	
44	KŁOSEK Jacek	201	100 MARATHON CLUB POLAND	M-30	44	02:03:38	03:30:33	05:02:18	06:19:48	07:21:02	08:39:35.65	08:40:47.45	+03:18:13 (38.1%)	9:29	6.3 (61.8%)	
45	ANISZEWSKI Bartłomiej	3	ROSSMANN	M-30	45	01:48:28	03:13:39	04:43:22	06:14:46	07:18:53	08:42:32.60	08:42:58.20	+03:20:24 (38.3%)	9:33	6.3 (61.8%)	
46	WOJNO Arkadiusz	529	DROGA DO ULTRA	M-30	46	01:42:44	03:15:26	04:51:08	06:20:31	07:24:30	08:44:23.00	08:45:16.20	+03:22:42 (38.6%)	9:35	6.3 (61.8%)	
47	WELTER Przemysław	507	KB SZAMOTUŁY	M-30	47	01:33:59	03:02:10	04:35:20	06:18:35	07:26:15	08:47:29.35	08:47:34.25	+03:25:00 (38.9%)	9:38	6.2 (60.8%)	
48	CIERCZEK Rafał	58		M-30	48	01:46:29	03:11:41	04:39:49	06:14:30	07:21:53	08:48:45.55	08:49:13.95	+03:26:39 (39.0%)	9:39	6.2 (60.8%)	
49	SOKOŁOWSKI Tomasz	433	KLINIKA TRIATHLONU	M-30	49	01:43:14	03:10:15	04:37:34	06:04:25	07:13:16	08:50:01.15	08:50:29.65	+03:27:55 (39.2%)	9:41	6.2 (60.8%)	
50	JARZĄBEK Michał	163		M-30	50	01:51:12	03:16:21	04:47:54	06:20:45	07:25:11	08:49:53.35	08:51:01.70	+03:28:27 (39.3%)	9:41	6.2 (60.8%)	
51	CZOSKA Przemysław	67	JARBUD	M-30	51	01:58:55	03:35:15	05:09:16	06:39:33	07:38:36	08:49:49.80	08:51:05.35	+03:28:31 (39.3%)	9:41	6.2 (60.8%)	
52	GACEK Michał	102	NOA	M-30	52	01:45:41	03:13:01	04:41:34	06:12:20	07:17:37	08:51:16.05	08:51:26.60	+03:28:52 (39.3%)	9:42	6.2 (60.8%)	
53	ZAKRZEWSKI Maciej	544	DROGA DO ULTRA	M-30	53	01:40:22	03:07:22	04:32:47	06:11:12	07:16:53	08:53:09.90	08:54:16.15	+03:31:42 (39.6%)	9:44	6.2 (60.8%)	
54	NIEMIEC Bartłomiej	326		M-30	54	01:41:00	03:09:15	04:37:20	06:12:58	07:24:15	08:54:54.10	08:55:13.20	+03:32:39 (39.7%)	9:46	6.1 (59.8%)	
55	SALIŃSKI Bartosz	409	AUGUSTEAM/WKURW_TEAM	M-30	55	01:53:28	03:28:43	04:59:51	06:31:24	07:30:27	08:54:33.25	08:55:24.15	+03:32:50 (39.8%)	9:46	6.1 (59.8%)	
56	TOMCZYK Rafał	480		M-30	56	01:46:18	03:20:09	04:51:42	06:22:35	07:33:58	09:02:26.65	09:03:13.95	+03:40:39 (40.6%)	9:54	6.1 (59.8%)	
57	WAJDA Maciej	493	SPELEOCLUB WROCŁAW	M-30	57	01:48:17	03:23:02	04:53:16	06:25:49	07:31:19	09:04:00.50	09:05:46.30	+03:43:12 (40.9%)	9:56	6 (58.8%)	
58	WRÓBEL Mateusz	537	IRON HOUSE TRIATHLON WŁOCŁAWEK	M-30	58	02:05:04	03:51:52	05:35:37	06:48:46	07:43:51	09:09:16.55	09:10:09.75	+03:47:35 (41.4%)	10:02	6 (58.8%)	
59	DZIEMBA Wojciech	90	INŻYNIERIA BIEGANIA	M-30	59	02:01:33	03:37:52	05:11:56	06:44:27	07:50:24	09:16:27.65	09:17:01.10	+03:54:27 (42.1%)	10:10	5.9 (57.8%)	
60	JAKUBIEC Tomasz "Góral"	156	DOGOŃ GRODZISK MAZOWIECKI	M-30	60	01:53:38	03:35:38	05:08:28	06:45:15	07:49:25	09:18:04.10	09:18:34.60	+03:56:00 (42.3%)	10:12	5.9 (57.8%)	
61	BÓBSKI Michał	37		M-30	61	01:57:10	03:35:21	05:06:18	06:38:12	07:45:59	09:18:24.75	09:19:51.95	+03:57:17 (42.4%)	10:12	5.9 (57.8%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Błędne	Czas	Czas	Różn	Tempo	Tempo
						13.9km	22.9km	Pasterka	Parking	Skały	netto	brutto	min/km		km/h	
62	JOWSA Paweł	169		M-30	62	02:00:48	03:09:50	05:09:03	06:43:46	07:49:09	09:19:09.10	09:20:59.80	+03:58:25 (42.5%)	10:13	5.9 (57.8%)	
63	MAKARENKOV Sergii	283	DOGOŃ GRODZISK MAZOWIECKI	M-30	63	01:53:57	03:35:49	05:16:34	06:52:01	07:58:05	09:26:23.45	09:26:38.30	+04:04:04 (43.1%)	10:21	5.8 (56.9%)	
64	CIOCZEK Konrad	59		M-30	64	02:01:07	03:35:03	05:11:10	06:48:06	07:56:54	09:25:08.60	09:27:18.60	+04:04:44 (43.1%)	10:19	5.8 (56.9%)	
65	ZAGRAJEK Kamil	541	DOGOŃ GRODZISK MAZOWIECKI	M-30	65	02:00:34	03:43:23	05:24:16	07:02:23	08:05:58	09:33:25.55	09:33:37.05	+04:11:03 (43.8%)	10:28	5.7 (55.9%)	
66	ROGOWSKI Tomasz	394	UMLAUT	M-30	66	01:54:43	03:33:50	05:11:36	06:48:09	08:00:00	09:32:10.35	09:33:40.40	+04:11:06 (43.8%)	10:27	5.7 (55.9%)	
67	ZIOBROWSKI Mateusz	550	BIEGOSTACJAULTRATEAM	M-30	67	01:47:50	03:17:36	04:52:46	06:36:04	07:57:16	09:38:25.25	09:38:40.55	+04:16:06 (44.3%)	10:34	5.7 (55.9%)	
68	STOKŁOSA Piotr	441	BIKESTATS.PL	M-30	68	02:04:34	03:39:08	05:18:45	07:00:18	08:11:31	09:43:18.65	09:45:12.35	+04:22:38 (44.9%)	10:39	5.6 (54.9%)	
69	KIELASZEWSKI Karol	194	LESZNO LIMITS RUNNERS	M-30	69	02:03:46	03:51:25	05:33:01	07:09:19	08:19:19	09:49:46.45	09:50:57.10	+04:28:23 (45.4%)	10:46	5.6 (54.9%)	
70	PROCHNO Piotr	379	TRAIL IS OUR WAY	M-30	70	01:57:58	03:35:43	05:06:11	06:47:07	08:12:07	09:52:26.55	09:53:16.30	+04:30:42 (45.6%)	10:49	5.5 (53.9%)	
71	LUTOWSKI Wojciech	271		M-30	71	01:39:31	03:21:16	05:08:33	06:59:17	08:17:41	09:54:20.75	09:54:21.80	+04:31:47 (45.7%)	10:51	5.5 (53.9%)	
72	BEŁCH Michał	20	DECARUN	M-30	72	02:03:37	03:37:52	05:17:36	06:58:45	08:12:46	09:59:19.95	10:00:50.50	+04:38:16 (46.3%)	10:57	5.5 (53.9%)	
73	TREGUB Igor	482		M-30	73	02:05:03	04:06:57	05:48:53	07:28:25	08:40:30	10:06:35.05	10:08:16.10	+04:45:42 (47.0%)	11:05	5.4 (52.9%)	
74	MELNYK Ivan	299	KUKURUDZA	M-30	74	02:05:17	04:07:23	05:48:54	07:28:45	08:40:32	10:06:36.10	10:08:16.60	+04:45:42 (47.0%)	11:05	5.4 (52.9%)	
75	BUJAK Łukasz	45	#BIEGAMBOMAMŻONE	M-30	75	02:04:49	03:46:44	05:25:24	07:08:27	08:28:39	10:10:38.40	10:12:21.80	+04:49:47 (47.3%)	11:09	5.4 (52.9%)	
76	TEKLIŃSKI Dawid	473	WTORKOWY TRENING	M-30	76	01:53:45	03:31:48	05:20:29	07:02:25	08:25:58	10:12:32.30	10:12:47.45	+04:50:13 (47.4%)	11:11	5.4 (52.9%)	
77	JUSZCZAK Michał	171	WRODZINIESIŁA	M-30	77	02:07:08	04:09:01	05:47:54	07:37:14	08:53:45	10:35:20.20	10:35:23.10	+05:12:49 (49.2%)	11:36	5.2 (51.0%)	
Przekroczony limit czasu: 11:00:00																
LIM	NIEWIADOMSKI Marek	329		M-30		02:10:56	04:13:18	06:03:16	07:59:57	09:24:51	11:04:23.55	11:05:54.70		0:00	4.9 (48.0%)	
LIM	MICHNIEWSKI Piotr	303	GIT EKIPA!	M-30		02:05:11	03:56:52	05:53:37	07:58:13	09:36:26	11:20:13.20	11:21:16.95		0:00	4.8 (47.1%)	
LIM	TWARDZIK Wojciech	486	FANTASTIC TEAM	M-30		02:02:56	03:55:48	05:52:43	07:53:55	09:22:45	11:40:10.75	11:40:44.35		0:00	4.7 (46.1%)	
	SIŁAKOWSKI Ariel	418	WTORKOWY TRENING	M-30		01:37:30 DNF	02:16:52 DNF	06:12:46 DNF	08:16:51 DNF	DNF	DNF	DNF		-	- (0.0%)	
	RAKOCZY Krzysztof	390		M-30		01:50:54 DNF	03:18:09 DNF	04:53:47 DNF	06:44:50 DNF	DNF	DNF	DNF		-	- (0.0%)	
	WALCZAK Patryk	494		M-30		01:24:24 DNF	02:38:54 DNF	03:57:57 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)	
	PARANDYK Krystian	355	MCBIEGACZE	M-30		02:02:48 DNF	03:58:09 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy 13.9km	Czechy 22.9km	Pasterka 33.7km	Parking 40.9km	Błędne Skały 47.7km	Czas netto 54.7km	Czas brutto 54.7km	Różn	Tempo min/km	Tempo km/h
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Znaleziono 84 wynik(ów)