



**Wydarzenie:** Supermaraton Gór Stołowych  
**Organizator:** Fundacja Maratony Górskie  
**Data:** 2024-06-22  
**Miejsce:** Karłów  
**Dystans:** 54.7 km

## SGS ULTRA 54KM

B4SPORT  
INTELEGENTNE ZAWODY SPORTOWE

**B4SPORT**  
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Slavny 1 13.9km	Slavny 2 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	<b>GORZELAŃCZYK Jakub</b>	<b>1259</b>	MKS SIECHNICE	M-30	1	01:10:31	02:00:56	02:52:02	03:36:58	04:12:18	<b>04:57:51.90</b>	<b>04:57:51.90</b>		5:26	11 (100%)
2	<b>MAŁYGA Grzegorz</b>	<b>1214</b>	RMT TEAM PRO	M-30	2	01:13:33	02:10:51	03:10:03	04:00:36	04:41:24	<b>05:36:02.40</b>	<b>05:36:02.40</b>	+00:38:10 (11.4%)	6:08	9.8 (89.1%)
3	<b>STACHOWIAK Łukasz</b>	<b>1349</b>	KAMIL LEŚNIAK TEAM / CITY TRAIL TEAM	M-30	3	01:21:36	02:23:32	03:25:55	04:23:06	05:03:43	<b>06:02:45.30</b>	<b>06:02:45.30</b>	+01:04:53 (17.9%)	6:37	9 (81.8%)
4	<b>ADLER Łukasz</b>	<b>1289</b>	LESZ NO LIMITS RUNNERS	M-30	4	01:23:41	02:25:44	03:29:02	04:23:19	05:07:43	<b>06:02:54.70</b>	<b>06:02:54.70</b>	+01:05:02 (17.9%)	6:38	9 (81.8%)
5	<b>KOPIEC Przemek</b>	<b>1147</b>		M-30	5	01:20:30	02:20:29	03:23:46	04:22:13	05:06:47	<b>06:04:10.10</b>	<b>06:04:10.10</b>	+01:06:18 (18.2%)	6:39	9 (81.8%)
6	<b>TROJNAR Damian</b>	<b>1058</b>	KS JANUSZE	M-30	6	01:24:29	02:30:54	03:38:35	04:39:24	05:26:01	<b>06:26:47.90</b>	<b>06:26:47.90</b>	+01:28:56 (23.0%)	7:04	8.5 (77.3%)
7	<b>MALINOWSKI Dawid</b>	<b>1201</b>		M-30	7	01:23:35	02:25:31	03:31:46	04:34:16	05:24:23	<b>06:29:27.45</b>	<b>06:29:27.45</b>	+01:31:35 (23.5%)	7:07	8.4 (76.4%)
8	<b>MARCINIAK Jakub</b>	<b>1161</b>	TLENOWA RADOŚĆ TEAM	M-30	8	01:25:05	02:33:29	03:44:53	04:49:15	05:37:37	<b>06:40:37.15</b>	<b>06:40:37.15</b>	+01:42:45 (25.6%)	7:19	8.2 (74.5%)
9	<b>FIJAŁKOWSKI Sebastian</b>	<b>1227</b>		M-30	9	01:32:41	02:43:35	03:55:25	04:57:54	05:43:54	<b>06:42:12.60</b>	<b>06:42:12.60</b>	+01:44:20 (25.9%)	7:21	8.2 (74.5%)
10	<b>BIELECKI Sławomir</b>	<b>1192</b>	NARAMOWICE BIEGAJĄ	M-30	10	01:22:50	02:30:03	03:42:29	04:54:35	05:45:02	<b>06:51:46.50</b>	<b>06:51:46.50</b>	+01:53:54 (27.7%)	7:31	8 (72.7%)
11	<b>GUZIKIEWICZ Kamil</b>	<b>1057</b>		M-30	11	01:24:41	02:37:24	03:46:37	04:52:26	05:43:49	<b>06:56:16.15</b>	<b>06:56:16.15</b>	+01:58:24 (28.4%)	7:36	7.9 (71.8%)
12	<b>SMUDA Krzysztof</b>	<b>1047</b>	RUNNINGPERFORMANCE.PL	M-30	12	01:30:06	02:43:32	03:56:17	05:05:35	05:56:55	<b>07:02:58.10</b>	<b>07:02:58.10</b>	+02:05:06 (29.6%)	7:43	7.8 (70.9%)
13	<b>WOŹNIAK Grzegorz</b>	<b>1243</b>	WOLSKI KOLEKTYW BIEGOWY	M-30	13	01:33:06	02:47:43	04:02:21	05:17:13	06:10:56	<b>07:19:24.75</b>	<b>07:19:24.75</b>	+02:21:32 (32.2%)	8:01	7.5 (68.2%)
14	<b>KUBER Andrzej</b>	<b>1108</b>	EX TEAM	M-30	14	01:38:40	02:55:01	04:08:59	05:17:33	06:11:43	<b>07:20:00.75</b>	<b>07:20:00.75</b>	+02:22:08 (32.3%)	8:02	7.5 (68.2%)
15	<b>CZERWONKA Bartosz</b>	<b>1267</b>	TIUGO TECHNOLOGIES	M-30	15	01:35:56	02:51:59	04:07:17	05:19:59	06:14:23	<b>07:20:22.15</b>	<b>07:20:22.15</b>	+02:22:30 (32.4%)	8:03	7.5 (68.2%)
16	<b>ŚWIAT Paweł</b>	<b>1128</b>	RNB TEAM POLANICA ZDRÓJ	M-30	16	01:31:46	02:48:40	04:06:49	05:16:57	06:10:47	<b>07:23:54.30</b>	<b>07:23:54.30</b>	+02:26:02 (32.9%)	8:06	7.4 (67.3%)
17	<b>KNOT Jędrzej</b>	<b>1168</b>		M-30	17	01:37:39	02:48:29	04:02:29	05:14:28	06:10:37	<b>07:24:56.50</b>	<b>07:24:56.50</b>	+02:27:04 (33.1%)	8:08	7.4 (67.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Słavny		Pasterka	Parking	Błędne	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						1 13.9km	2 22.9km								
18	<b>CHORAZKIEWICZ Damian</b>	<b>1312</b>		M-30	18	01:35:20	02:51:37	04:08:06	05:20:06	06:14:53	<b>07:29:16.85</b>	<b>07:29:16.85</b>	+02:31:24 (33.7%)	8:12	7.3 (66.4%)
19	<b>CIEŚLA Bartosz</b>	<b>1313</b>		M-30	19	01:26:32	02:43:58	04:04:26	05:22:46	06:18:13	<b>07:33:11.10</b>	<b>07:33:11.10</b>	+02:35:19 (34.3%)	8:17	7.2 (65.5%)
20	<b>URBANIAK Piotr</b>	<b>1240</b>	CROCODIGY	M-30	20	01:40:47		04:13:43	05:25:10	06:19:48	<b>07:36:04.30</b>	<b>07:36:04.30</b>	+02:38:12 (34.7%)	8:20	7.2 (65.5%)
21	<b>SANKOWSKI Jacek</b>	<b>1292</b>	PLACKI TEAM	M-30	21	01:32:09	02:45:24	04:00:10	05:18:31	06:26:24	<b>07:43:39.85</b>	<b>07:43:39.85</b>	+02:45:47 (35.8%)	8:28	7.1 (64.5%)
22	<b>PRETORIUS Petrus Johannes</b>	<b>1348</b>		M-30	22	01:42:39	03:02:37	04:19:22	05:31:24	06:30:06	<b>07:48:52.55</b>	<b>07:48:52.55</b>	+02:51:00 (36.5%)	8:34	7 (63.6%)
23	<b>GAJDOWSKI Przemysław</b>	<b>1037</b>	PRZEMO TEAM	M-30	23	01:36:56	02:58:53	04:16:56	05:36:26	06:39:59	<b>07:48:54.70</b>	<b>07:48:54.70</b>	+02:51:02 (36.5%)	8:34	7 (63.6%)
24	<b>LASKOWSKI Łukasz</b>	<b>1345</b>	SZYBKIE PEDAŁY	M-30	24	01:57:12	03:21:05	04:42:08	05:51:12	06:41:31	<b>07:53:39.10</b>	<b>07:53:39.10</b>	+02:55:47 (37.1%)	8:39	6.9 (62.7%)
25	<b>GIERSZEWSKI Maciek</b>	<b>1002</b>	ZAŁOGA G	M-30	25	01:53:06	03:15:08	04:37:30	05:51:27	06:46:52	<b>07:58:38.85</b>	<b>07:58:38.85</b>	+03:00:46 (37.8%)	8:45	6.9 (62.7%)
26	<b>KOWALCZYK Krzysztof</b>	<b>1268</b>	AW SZYBCIEJ TEAM	M-30	26	01:35:13	02:54:23	04:15:07	05:39:44	06:42:57	<b>08:00:57.40</b>	<b>08:00:57.40</b>	+03:03:05 (38.1%)	8:47	6.8 (61.8%)
27	<b>MENDELSKI Paweł</b>	<b>1164</b>	POZNAŃCZYK	M-30	27	01:38:33	03:02:55	04:30:33	05:50:17	06:47:23	<b>08:03:15.20</b>	<b>08:03:15.20</b>	+03:05:23 (38.4%)	8:50	6.8 (61.8%)
28	<b>STYGAR Mateusz</b>	<b>1333</b>		M-30	28	01:39:38	03:05:13	04:22:30	05:41:09	06:41:42	<b>08:04:43.75</b>	<b>08:04:43.75</b>	+03:06:51 (38.6%)	8:51	6.8 (61.8%)
29	<b>RADZIKOWSKI Łukasz</b>	<b>1167</b>	KS POSNANIA	M-30	29	01:56:50	03:24:26	04:44:10	06:06:39	06:59:22	<b>08:09:20.85</b>	<b>08:09:20.85</b>	+03:11:28 (39.1%)	8:56	6.7 (60.9%)
30	<b>PIETRUCHA Jakub</b>	<b>1212</b>	STG WARSZAWA	M-30	30	01:42:20	03:08:35	04:37:48	05:56:32	06:56:56	<b>08:10:03.50</b>	<b>08:10:03.50</b>	+03:12:11 (39.2%)	8:57	6.7 (60.9%)
31	<b>PIASKOWSKI Mateusz</b>	<b>1241</b>	KLUB MARATOŃCZYKA V LO W POZNANIU/ GANG FIZOLI	M-30	31	01:38:48	03:05:57	04:28:49	05:51:56	06:55:38	<b>08:17:14.65</b>	<b>08:17:14.65</b>	+03:19:22 (40.1%)	9:05	6.6 (60.0%)
32	<b>JĘDRAŚ Rafał</b>	<b>1342</b>		M-30	32	01:52:46	03:24:19	04:49:16	06:06:23	07:04:25	<b>08:18:02.80</b>	<b>08:18:02.80</b>	+03:20:10 (40.2%)	9:06	6.6 (60.0%)
33	<b>SPACHACZ Łukasz</b>	<b>1197</b>		M-30	33	01:40:59	03:07:26	04:32:17	05:53:55	06:56:23	<b>08:18:29.20</b>	<b>08:18:29.20</b>	+03:20:37 (40.2%)	9:06	6.6 (60.0%)
34	<b>HAŁGAS Piotr</b>	<b>1043</b>	TANOWO ULTRA RUN	M-30	34	01:46:53	03:15:45	04:39:54	06:01:49	07:04:38	<b>08:20:07.60</b>	<b>08:20:07.60</b>	+03:22:15 (40.4%)	9:08	6.6 (60.0%)
35	<b>KOCZOROWSKI Dawid</b>	<b>1115</b>		M-30	35	01:32:35	02:50:52	04:09:19	05:29:37	06:28:48	<b>08:24:56.75</b>	<b>08:24:56.75</b>	+03:27:04 (41.0%)	9:13	6.5 (59.1%)
36	<b>MIELNIK Michał</b>	<b>1162</b>	PANICZE	M-30	36	01:56:52	03:24:22	04:44:14	06:04:00	07:05:50	<b>08:25:57.25</b>	<b>08:25:57.25</b>	+03:28:05 (41.1%)	9:14	6.5 (59.1%)
37	<b>JASIK Wojciech</b>	<b>1172</b>		M-30	37	01:48:22	03:12:45	04:38:37	06:04:24	07:07:06	<b>08:26:25.20</b>	<b>08:26:25.20</b>	+03:28:33 (41.2%)	9:15	6.5 (59.1%)
38	<b>RAKOWSKI Przemysław</b>	<b>1079</b>	SYNERGIA CROSSCAMP	M-30	38	01:42:35	03:09:44	04:40:37	06:06:57	07:09:15	<b>08:28:05.80</b>	<b>08:28:05.80</b>	+03:30:13 (41.4%)	9:17	6.5 (59.1%)
39	<b>SZYMANOWSKI Paweł</b>	<b>1031</b>		M-30	39	01:49:00	03:19:10	04:40:54	06:02:31	07:04:37	<b>08:28:37.15</b>	<b>08:28:37.15</b>	+03:30:45 (41.4%)	9:17	6.5 (59.1%)
40	<b>BYLINIAK Piotr</b>	<b>1202</b>		M-30	40	01:55:02	03:21:17	04:46:10	06:08:09	07:13:55	<b>08:28:38.75</b>	<b>08:28:38.75</b>	+03:30:46 (41.4%)	9:17	6.5 (59.1%)
41	<b>LASEK Mikołaj</b>	<b>1094</b>	PAN WUEFISTA	M-30	41	01:40:44	03:02:46	04:28:11	05:50:42	06:57:43	<b>08:28:47.10</b>	<b>08:28:47.10</b>	+03:30:55 (41.5%)	9:18	6.5 (59.1%)
42	<b>SADOWSKI Kamil</b>	<b>1063</b>	TANOWO ULTRA RUN	M-30	42	01:49:01		04:42:10	06:02:36	07:07:55	<b>08:35:58.65</b>	<b>08:35:58.65</b>	+03:38:06 (42.3%)	9:25	6.4 (58.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Slavny		Pasterka	Parking	Błędne	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						1 13.9km	2 22.9km								
43	<b>BAGSIK</b> Lukasz	<b>1112</b>		M-30	43	01:42:08	03:08:37	04:32:28	06:02:56	07:10:41	<b>08:37:58.25</b>	<b>08:37:58.25</b>	+03:40:06 (42.5%)	9:28	6.3 (57.3%)
44	<b>STĘPIEŃ</b> Kamil	<b>1229</b>	TUPTUŚ	M-30	44	01:52:56	03:26:24	04:54:47	06:16:48	07:22:54	<b>08:42:20.80</b>	<b>08:42:20.80</b>	+03:44:28 (43.0%)	9:32	6.3 (57.3%)
45	<b>PACHOLSKI</b> Łukasz	<b>1308</b>	125 BLP	M-30	45	02:01:28	03:31:12	04:57:26	06:20:37	07:23:01	<b>08:42:51.55</b>	<b>08:42:51.55</b>	+03:44:59 (43.0%)	9:33	6.3 (57.3%)
46	<b>PALKA</b> Andrzej	<b>1135</b>	BLACK HAT TEAM	M-30	46	01:46:19	03:14:45	04:51:58	06:15:20	07:20:29	<b>08:44:23.85</b>	<b>08:44:23.85</b>	+03:46:31 (43.2%)	9:35	6.3 (57.3%)
47	<b>SZCZEPANIAK</b> Marcel	<b>1263</b>	W KUPIE SIŁA	M-30	47	02:04:05	03:39:42	05:10:55	06:34:18	07:32:09	<b>08:50:55.20</b>	<b>08:50:55.20</b>	+03:53:03 (43.9%)	9:42	6.2 (56.4%)
48	<b>KOTLARZ</b> Artur	<b>1337</b>		M-30	48	01:52:33	03:32:47	05:08:48	06:29:20	07:29:05	<b>08:54:51.75</b>	<b>08:54:51.75</b>	+03:56:59 (44.3%)	9:46	6.1 (55.5%)
49	<b>GIEL</b> Jarosław	<b>1076</b>	NKB CHYŻY NOWY TOMYŚL	M-30	49	01:57:12	03:21:03	04:42:46	06:17:44	07:26:17	<b>08:58:16.05</b>	<b>08:58:16.05</b>	+04:00:24 (44.7%)	9:50	6.1 (55.5%)
50	<b>RUDZKI</b> Martin	<b>1199</b>	PIAST LUTYNIA	M-30	50	01:55:01	03:31:00	04:59:09	06:28:00	07:35:18	<b>09:12:15.40</b>	<b>09:12:15.40</b>	+04:14:23 (46.1%)	10:05	5.9 (53.6%)
51	<b>KOSTOWSKI</b> Roman	<b>1044</b>		M-30	51	01:52:40	03:27:34	05:02:47	06:33:07	07:42:08	<b>09:13:17.10</b>	<b>09:13:17.10</b>	+04:15:25 (46.2%)	10:06	5.9 (53.6%)
52	<b>PRZEDASZEK</b> Łukasz	<b>1141</b>		M-30	52	01:55:16	03:30:22	05:04:27	06:34:25	07:39:40	<b>09:14:41.10</b>	<b>09:14:41.10</b>	+04:16:49 (46.3%)	10:08	5.9 (53.6%)
53	<b>PINDEL</b> Piotr	<b>1067</b>	ŁOWCY PIEROŻKÓW	M-30	53	01:59:22	03:38:38	05:12:17	06:40:52	07:52:31	<b>09:20:12.10</b>	<b>09:20:12.10</b>	+04:22:20 (46.8%)	10:14	5.9 (53.6%)
54	<b>KUNDZICZ</b> Leo	<b>1258</b>		M-30	54	01:52:07	03:26:46	05:11:13	06:45:33	07:56:38	<b>09:22:14.15</b>	<b>09:22:14.15</b>	+04:24:22 (47.0%)	10:16	5.8 (52.7%)
55	<b>KUŚ</b> Mateusz	<b>1219</b>		M-30	55	01:54:03	03:26:33	05:11:06	06:45:34	07:57:01	<b>09:22:33.65</b>	<b>09:22:33.65</b>	+04:24:41 (47.1%)	10:17	5.8 (52.7%)
56	<b>IWANÓW</b> Kryspin	<b>1211</b>		M-30	56	01:39:48	03:23:41	05:02:14	06:37:25	07:49:08	<b>09:25:50.70</b>	<b>09:25:50.70</b>	+04:27:58 (47.4%)	10:20	5.8 (52.7%)
57	<b>POLIWOZAK</b> Patryk	<b>1222</b>		M-30	57	01:45:16	03:16:47	04:50:01	06:34:22	07:43:51	<b>09:27:32.65</b>	<b>09:27:32.65</b>	+04:29:40 (47.5%)	10:22	5.8 (52.7%)
58	<b>STAWIŃSKI</b> Michał	<b>1029</b>		M-30	58	01:50:34	03:16:29	04:50:56	06:25:47	07:39:38	<b>09:33:05.60</b>	<b>09:33:05.60</b>	+04:35:13 (48.0%)	10:28	5.7 (51.8%)
59	<b>SKWAREK</b> Marcin	<b>1110</b>		M-30	59	02:03:25	03:43:46	05:13:52	06:48:26	08:03:15	<b>09:46:06.10</b>	<b>09:46:06.10</b>	+04:48:14 (49.2%)	10:42	5.6 (50.9%)
60	<b>SOSNÓWKA</b> Bartosz	<b>1144</b>	KLUB SOSNOWY	M-30	60	02:03:33	03:43:50	05:14:06	06:50:28	08:03:57	<b>09:46:08.15</b>	<b>09:46:08.15</b>	+04:48:16 (49.2%)	10:42	5.6 (50.9%)
61	<b>MELSON</b> Maciej	<b>1157</b>	SZAKALE BAŁUT ŁÓDŹ	M-30	61	02:04:35	03:54:32	05:30:07	07:08:21	08:23:26	<b>09:56:35.85</b>	<b>09:56:35.85</b>	+04:58:43 (50.1%)	10:54	5.5 (50.0%)
62	<b>FRĄCKOWIAK</b> Dominik	<b>1324</b>		M-30	62	01:52:22	03:34:06	05:14:18	06:58:23	08:13:26	<b>09:58:29.90</b>	<b>09:58:29.90</b>	+05:00:38 (50.2%)	10:56	5.5 (50.0%)
63	<b>CIEŚLOK</b> Adam	<b>1048</b>	KLUB SPORTOWY M.E.T.A.	M-30	63	02:11:50	03:54:54	05:33:49	07:19:14	08:37:06	<b>10:20:56.55</b>	<b>10:20:56.55</b>	+05:23:04 (52.0%)	11:21	5.3 (48.2%)
64	<b>WYBRANIEC</b> Michał	<b>1013</b>	PATO BIEGI	M-30	64	01:53:52	03:44:05	05:31:26	07:29:12	08:45:53	<b>10:21:32.85</b>	<b>10:21:32.85</b>	+05:23:40 (52.1%)	11:21	5.3 (48.2%)
65	<b>MAŁKOWSKI</b> Iwo	<b>1024</b>	ANTIDOTUM	M-30	65	01:55:03	03:44:17	05:26:04	07:09:17	08:30:17	<b>10:21:42.65</b>	<b>10:21:42.65</b>	+05:23:50 (52.1%)	11:21	5.3 (48.2%)
	<b>KAMIŃSKI</b> Marek	<b>1332</b>		M-30		01:27:14 DNF	02:51:03 DNF	04:06:25 DNF	05:27:16 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>JUSZCZAK</b> Łukasz	<b>1102</b>		M-30		01:26:55 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Slavny 1 13.9km	Slavny 2 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
	<b>KARKOSZ Andrzej</b>	<b>1170</b>			M-30	01:44:04 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 68 wynik(ów)