



**SUPERMARATON  
GÓR  
STOŁOWYCH**

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

## SGS ULTRA 54KM

B4SPORT  
INTELLIGENTNE ZAWODY SPORTOWE

**B4SPORT**  
INTELLIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-50

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>SZOPA Marek</b>	<b>1271</b>	DZIKIE DZIKI GORZÓW WLKP.	M-50	1	01:27:41	02:37:22	03:49:09	04:56:18	05:44:33	<b>06:50:34.80</b>	<b>06:50:34.80</b>		7:30	8 (100%)
2	<b>SZYMURA Wojciech</b>	<b>1244</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M-50	2	01:25:17	02:35:24	03:47:32	04:55:21	05:45:32	<b>06:52:32.00</b>	<b>06:52:32.00</b>	+00:01:57 (0.5%)	7:32	8 (100%)
3	<b>ŁOPATYŃSKI Ireneusz</b>	<b>1351</b>	REMA SPORT TEAM	M-50	3	01:30:15	02:38:55	03:48:13	04:54:39	05:42:46	<b>06:53:26.75</b>	<b>06:53:26.75</b>	+00:02:51 (0.7%)	7:33	7.9 (98.8%)
4	<b>KUPIŃSKI Cezary</b>	<b>1254</b>	MOCNA GRUPA CEZARA	M-50	4	01:39:08	02:58:28	04:12:20	05:24:47	06:15:09	<b>07:23:41.55</b>	<b>07:23:41.55</b>	+00:33:06 (7.5%)	8:06	7.4 (92.5%)
5	<b>GRZESZAK Rafał</b>	<b>1276</b>	DOGOŃ GRODZISK MAZOWIECKI	M-50	5	01:33:55	02:47:34	04:02:39	05:15:03	06:11:01	<b>07:27:22.35</b>	<b>07:27:22.35</b>	+00:36:47 (8.2%)	8:10	7.3 (91.3%)
6	<b>JARMUŻEK Paweł</b>	<b>1146</b>		M-50	6	01:33:31	02:50:11	04:09:18	05:22:27	06:17:16	<b>07:27:54.70</b>	<b>07:27:54.70</b>	+00:37:19 (8.3%)	8:11	7.3 (91.3%)
7	<b>LEWANDOWSKI Janusz</b>	<b>1070</b>	KS SPRINT BIELSKO-BIAŁA	M-50	7	01:40:43	02:58:59	04:15:22	05:27:31	06:21:26	<b>07:29:58.90</b>	<b>07:29:58.90</b>	+00:39:24 (8.8%)	8:13	7.3 (91.3%)
8	<b>ZYGNER Sławek</b>	<b>1216</b>	ULTRA DZIADEK	M-50	8	01:36:49		04:10:15	05:25:19	06:18:43	<b>07:32:38.05</b>	<b>07:32:38.05</b>	+00:42:03 (9.3%)	8:16	7.3 (91.3%)
9	<b>ABUCEWICZ Marek</b>	<b>1283</b>	ADIDAS RUNNERS WARSAW	M-50	9	01:42:17	03:04:03	04:15:58	05:27:27	06:23:32	<b>07:33:13.85</b>	<b>07:33:13.85</b>	+00:42:39 (9.4%)	8:17	7.2 (90.0%)
10	<b>GIBAŁA Marcin</b>	<b>1350</b>	BIEGAM DLA ALI I HANI	M-50	10	01:39:05	02:58:25	04:15:50	05:27:29	06:24:45	<b>07:33:15.45</b>	<b>07:33:15.45</b>	+00:42:40 (9.4%)	8:17	7.2 (90.0%)
11	<b>KOZŁOWSKI Leszek</b>	<b>1355</b>		M-50	11	01:36:06	02:53:46	04:14:17	05:26:56	06:21:44	<b>07:34:20.30</b>	<b>07:34:20.30</b>	+00:43:45 (9.6%)	8:18	7.2 (90.0%)
12	<b>GOSTYŃSKI Krzysztof</b>	<b>1194</b>	RUCZAJ ULTRA TEAM	M-50	12	01:51:42	03:14:31	04:29:43	05:40:13	06:34:03	<b>07:43:42.75</b>	<b>07:43:42.75</b>	+00:53:07 (11.5%)	8:28	7.1 (88.8%)
13	<b>BLICHARZ Jarosław</b>	<b>1038</b>	GAPS POLICE	M-50	13	01:42:25	03:03:05	04:24:18	05:41:46	06:41:13	<b>08:01:58.30</b>	<b>08:01:58.30</b>	+01:11:23 (14.8%)	8:48	6.8 (85.0%)
14	<b>ZARODA Zbigniew</b>	<b>1121</b>	TRITON KONIN	M-50	14	01:39:04	02:59:09	04:20:19	05:37:27	06:37:04	<b>08:06:13.25</b>	<b>08:06:13.25</b>	+01:15:38 (15.6%)	8:53	6.8 (85.0%)
15	<b>WODZIEN Andrzej</b>	<b>1352</b>	KLUB PAKOTEAM	M-50	15	01:43:51	03:06:02	04:28:21	05:47:51	06:46:35	<b>08:09:17.80</b>	<b>08:09:17.80</b>	+01:18:43 (16.1%)	8:56	6.7 (83.8%)
16	<b>POTOCZNY Mirosław</b>	<b>1093</b>	CZARNA TĘCZA/TRAIL RUNNERS JAWORZNO	M-50	16	01:46:08	03:12:52	04:38:22	06:00:50	07:02:04	<b>08:17:31.70</b>	<b>08:17:31.70</b>	+01:26:56 (17.5%)	9:05	6.6 (82.5%)
17	<b>KUŁACH Maciej</b>	<b>1305</b>	MISIA CHATA ZAKOPANE	M-50	17	01:45:44	03:15:54	04:42:00	06:07:26	07:06:49	<b>08:22:38.95</b>	<b>08:22:38.95</b>	+01:32:04 (18.3%)	9:11	6.5 (81.3%)
18	<b>BOROWSKI Piotr</b>	<b>1008</b>		M-50	18	01:51:47	03:21:16	04:44:02	06:06:33	07:08:42	<b>08:32:18.40</b>	<b>08:32:18.40</b>	+01:41:43 (19.9%)	9:21	6.4 (80.0%)

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								
19	<b>SZYRNER Szymon</b>	<b>1127</b>	KS KROTOSZ KROTOSZYN	M-50	19	01:47:15	03:12:53	04:40:11	06:07:21	07:09:22	<b>08:32:29.20</b>	<b>08:32:29.20</b>	+01:41:54 (19.9%)	9:22	6.4 (80.0%)
20	<b>KILIŃSKI Jacek</b>	<b>1246</b>		M-50	20	01:43:01	03:06:04	04:36:19	06:08:07	07:15:22	<b>08:41:44.60</b>	<b>08:41:44.60</b>	+01:51:09 (21.3%)	9:32	6.3 (78.8%)
21	<b>BADURA Wojtek</b>	<b>1290</b>	KS KANDAHAR	M-50	21	01:53:17	03:23:18	04:53:00	06:14:24	07:17:56	<b>08:42:13.75</b>	<b>08:42:13.75</b>	+01:51:38 (21.4%)	9:32	6.3 (78.8%)
22	<b>SKRZYPCZAK Michał</b>	<b>1007</b>	LS RECYCLING TEAM	M-50	22	01:53:22	03:23:38	04:53:22	06:21:11	07:29:41	<b>08:51:22.75</b>	<b>08:51:22.75</b>	+02:00:47 (22.7%)	9:42	6.2 (77.5%)
23	<b>BERAN Jan</b>	<b>1344</b>	VITKOV	M-50	23	01:55:49	03:35:19	05:02:54	06:28:09	07:29:58	<b>08:51:57.30</b>	<b>08:51:57.30</b>	+02:01:22 (22.8%)	9:43	6.2 (77.5%)
24	<b>NOWAK Krzysztof</b>	<b>1262</b>		M-50	24	01:48:34	03:18:29	04:52:20	06:21:09	07:26:04	<b>08:55:16.15</b>	<b>08:55:16.15</b>	+02:04:41 (23.3%)	9:47	6.1 (76.3%)
25	<b>WOJCIESZYŃSKI Tomasz</b>	<b>1340</b>	BBL	M-50	25	01:45:42	03:17:13	04:49:46	06:17:13	07:27:57	<b>08:55:46.80</b>	<b>08:55:46.80</b>	+02:05:12 (23.4%)	9:47	6.1 (76.3%)
26	<b>FEODORÓW Wojciech</b>	<b>1188</b>	RESHAPERUNNERS	M-50	26	01:50:01	03:20:46	04:51:56	06:16:50	07:26:03	<b>08:56:32.55</b>	<b>08:56:32.55</b>	+02:05:57 (23.5%)	9:48	6.1 (76.3%)
27	<b>LUBELCZYK Grzegorz</b>	<b>1107</b>	SPELEOCLUB WROCŁAW	M-50	27	01:49:16	03:20:49	04:51:49	06:19:08	07:27:47	<b>08:57:45.45</b>	<b>08:57:45.45</b>	+02:07:10 (23.6%)	9:49	6.1 (76.3%)
28	<b>MONIAKOWSKI Adam</b>	<b>1295</b>	BUTTONS TEAM	M-50	28	02:00:32	03:35:31	05:11:45	06:41:21	07:49:49	<b>09:22:12.55</b>	<b>09:22:12.55</b>	+02:31:37 (27.0%)	10:16	5.8 (72.5%)
29	<b>WIERZCHOŃ Michał</b>	<b>1299</b>	MR.DOC	M-50	29	01:56:48	03:34:47	05:08:23	06:41:11	07:53:00	<b>09:22:16.70</b>	<b>09:22:16.70</b>	+02:31:41 (27.0%)	10:16	5.8 (72.5%)
30	<b>JAKUBOWSKI Paweł</b>	<b>1021</b>		M-50	30	02:00:10	03:32:48	05:04:45	06:38:50	07:54:14	<b>09:32:29.35</b>	<b>09:32:29.35</b>	+02:41:54 (28.3%)	10:27	5.7 (71.3%)
31	<b>DUBIŃSKI Jarosław</b>	<b>1019</b>	BBL ZDUŃSKA WOLA	M-50	31	02:03:45	03:43:19	05:19:37	06:58:20	08:05:52	<b>09:36:30.85</b>	<b>09:36:30.85</b>	+02:45:56 (28.8%)	10:32	5.7 (71.3%)
32	<b>PIDANTY Grzegorz</b>	<b>1016</b>	ZHR STRZEGOM	M-50	32	02:04:05	03:48:45	05:29:12	06:59:59	08:05:48	<b>09:40:21.30</b>	<b>09:40:21.30</b>	+02:49:46 (29.3%)	10:36	5.7 (71.3%)
33	<b>STASZEWSKI Piotr</b>	<b>1207</b>	PRO366	M-50	33	01:55:24	03:41:22	05:19:07	06:58:49	08:06:28	<b>09:43:13.10</b>	<b>09:43:13.10</b>	+02:52:38 (29.6%)	10:39	5.6 (70.0%)
34	<b>SZWEDOWICZ Bartosz</b>	<b>1074</b>		M-50	34	02:02:57	03:53:00	05:34:06	07:06:43	08:13:25	<b>09:47:57.90</b>	<b>09:47:57.90</b>	+02:57:23 (30.2%)	10:44	5.6 (70.0%)
35	<b>SWOROWSKI Maciej</b>	<b>1217</b>	WOLSZTYŃSKI KLUB BIEGOWY	M-50	35	02:08:49	03:52:46	05:35:10	07:08:28	08:18:00	<b>09:50:45.70</b>	<b>09:50:45.70</b>	+03:00:10 (30.5%)	10:47	5.6 (70.0%)
36	<b>BARANOWSKI Robert</b>	<b>1248</b>		M-50	36	01:52:49	03:32:42	05:13:03	07:05:27	08:25:28	<b>10:14:16.80</b>	<b>10:14:16.80</b>	+03:23:42 (33.2%)	11:13	5.3 (66.3%)
37	<b>BUDZIŃSKI Krzysztof</b>	<b>1331</b>	STOWARZYSZENIE SPORTOWE FENIKS PRZY ELEKTROWNI OPOLE	M-50	37	02:08:21	03:53:03	05:35:19	07:18:27	08:34:48	<b>10:28:51.50</b>	<b>10:28:51.50</b>	+03:38:16 (34.7%)	11:29	5.2 (65.0%)
38	<b>MORAWSKI Marcin</b>	<b>1171</b>		M-50	38	02:11:40	03:59:59	05:48:44	07:31:38	08:49:39	<b>10:39:45.10</b>	<b>10:39:45.10</b>	+03:49:10 (35.8%)	11:41	5.1 (63.8%)
39	<b>CZUBA Robert</b>	<b>1158</b>	ORANGE POLSKA	M-50	39	02:10:41	04:01:59	05:48:51	07:37:33	09:00:03	<b>10:44:41.20</b>	<b>10:44:41.20</b>	+03:54:06 (36.3%)	11:47	5.1 (63.8%)
40	<b>KITLAS Dariusz</b>	<b>1357</b>	BSB	M-50	40	02:14:01	04:04:24	06:00:37	07:51:53	09:07:11	<b>10:56:06.60</b>	<b>10:56:06.60</b>	+04:05:31 (37.4%)	11:59	5 (62.5%)
DQ	<b>RZEPKA Remigiusz</b>	<b>1153</b>		M-50		DQ	DQ	DQ	02:50:04 DQ	DQ	<b>DQ</b>	<b>DQ</b>			(0.0%)
	<b>CZAPIGA Robert</b>	<b>1017</b>	ZAWSZE Z GŁOWĄ	M-50		02:06:23 DNF	03:52:11 DNF	05:50:25 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>KOCH Piotr</b>	<b>1111</b>		M-50		02:31:31 DNF	04:51:56 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)