

# BIEG K-B-L - 110 KM

B4SPORT

**Wydarzenie:** Dolnośląski Festiwal Biegów Górskich  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2019-07-18  
**Miejsce:** Łądek-Zdrój  
**Dystans:** 110 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Masters K - 40

| Msc | Zawodnik                           | Numer       | Klub                 | Kategoria      | Mkat | A9<br>15km | A11<br>40km | A12<br>61km | A13<br>70km | A14<br>85km | A15<br>98km | Czas<br>netto<br>110km | Czas<br>brutto<br>110km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|------------------------------------|-------------|----------------------|----------------|------|------------|-------------|-------------|-------------|-------------|-------------|------------------------|-------------------------|----------------------|-----------------|----------------|
| 1   | <b>GÓRNIĄK-ANTKOWIAK Agnieszka</b> | <b>3122</b> | GSM OBORNIKI ŚLĄSKIE | Masters K - 40 | 1    | 01:37:30   | 04:32:31    | 07:22:30    | 08:53:54    | 10:56:38    | 12:51:33    | <b>14:22:54.80</b>     | <b>14:23:04.35</b>      |                      | 7:50            | 7.6<br>(100%)  |
| 2   | <b>BIENIECKA Anna</b>              | <b>3309</b> |                      | Masters K - 40 | 2    | 01:41:53   | 04:51:45    | 07:47:32    | 09:24:34    | 11:25:05    | 13:20:24    | <b>14:53:30.10</b>     | <b>14:53:33.20</b>      | +00:30:28<br>(3.4%)  | 8:07            | 7.4<br>(97.4%) |
| 3   | <b>KURPIEWSKA Anna</b>             | <b>3223</b> | GT RAT               | Masters K - 40 | 3    | 01:49:01   | 04:58:04    | 08:02:19    | 09:42:10    | 12:04:49    | 13:57:03    | <b>15:26:22.80</b>     | <b>15:26:37.10</b>      | +01:03:32<br>(6.9%)  | 8:25            | 7.1<br>(93.4%) |
| 4   | <b>GŁOWACKA Edyta</b>              | <b>3057</b> | MATNER RUNNING TEAM  | Masters K - 40 | 4    | 01:57:05   | 05:25:19    | 08:52:22    | 10:38:03    | 13:12:59    | 15:37:09    | <b>17:21:27.10</b>     | <b>17:21:40.30</b>      | +02:58:35<br>(17.1%) | 9:28            | 6.3<br>(82.9%) |
| 5   | <b>GRYCMAN Magda</b>               | <b>3270</b> | SPARTA ULTRA TEAM    | Masters K - 40 | 5    | 02:05:23   | 05:56:17    | 09:27:45    | 11:22:51    | 13:54:22    | 16:07:20    | <b>17:47:24.10</b>     | <b>17:47:41.75</b>      | +03:24:37<br>(19.2%) | 9:42            | 6.2<br>(81.6%) |
| 6   | <b>KWIECIEŃ - LIPIŃSKA Kamila</b>  | <b>3227</b> | TIGERS TEAM          | Masters K - 40 | 6    | 02:10:14   | 06:09:31    | 09:51:56    | 11:46:47    | 14:45:37    | 17:26:29    | <b>19:32:56.85</b>     | <b>19:33:05.95</b>      | +05:10:01<br>(26.4%) | 10:39           | 5.6<br>(73.7%) |
| 7   | <b>APANOWICZ Angelika</b>          | <b>3173</b> | EKOBIEGI             | Masters K - 40 | 7    | 02:11:08   | 06:05:24    | 09:53:09    | 11:52:23    | 14:48:35    | 17:19:37    | <b>19:36:22.55</b>     | <b>19:36:29.95</b>      | +05:13:25<br>(26.6%) | 10:41           | 5.6<br>(73.7%) |
| 8   | <b>BUCHALSKA Ewa</b>               | <b>3108</b> | EKOBIEGI             | Masters K - 40 | 8    | 02:11:09   | 06:05:33    | 09:53:15    | 11:52:30    | 14:48:39    | 17:19:38    | <b>19:36:22.70</b>     | <b>19:36:30.25</b>      | +05:13:25<br>(26.6%) | 10:41           | 5.6<br>(73.7%) |
| 9   | <b>SZULC-ŁĄTKOWSKA Urszula</b>     | <b>3305</b> | KB MANIAC POZNAN     | Masters K - 40 | 9    | 02:13:27   | 06:27:17    | 10:03:14    | 12:05:46    | 15:04:23    | 17:42:33    | <b>19:43:44.45</b>     | <b>19:44:10.50</b>      | +05:21:06<br>(27.1%) | 10:45           | 5.6<br>(73.7%) |
| 10  | <b>KLATKA Arleta</b>               | <b>3071</b> | BIEGAM BO LUBIĘ      | Masters K - 40 | 10   | 02:03:56   | 06:04:43    | 09:56:56    | 12:01:30    | 15:31:46    | 17:58:40    | <b>19:49:18.85</b>     | <b>19:49:41.00</b>      | +05:26:36<br>(27.5%) | 10:48           | 5.5<br>(72.4%) |
| 11  | <b>OSTACH Daria</b>                | <b>3009</b> |                      | Masters K - 40 | 11   | 02:14:02   | 06:49:02    | 10:36:04    | 12:31:50    | 15:34:39    | 18:22:07    | <b>21:06:18.65</b>     | <b>21:06:34.50</b>      | +06:43:30<br>(31.9%) | 11:30           | 5.2<br>(68.4%) |
| 12  | <b>ŁĄCKA Ilona</b>                 | <b>3096</b> | EKOBIEGI             | Masters K - 40 | 12   | 02:28:09   | 06:42:42    | 10:35:58    | 12:50:47    | 16:17:26    | 19:14:07    | <b>21:32:09.85</b>     | <b>21:32:18.40</b>      | +07:09:14<br>(33.2%) | 11:44           | 5.1<br>(67.1%) |
| 13  | <b>SIKORSKA Agnieszka</b>          | <b>3189</b> | EKBIEGI              | Masters K - 40 | 13   | 02:14:08   | 06:27:16    | 10:33:50    | 12:50:55    | 16:18:03    | 19:14:23    | <b>21:32:08.85</b>     | <b>21:32:18.55</b>      | +07:09:14<br>(33.2%) | 11:44           | 5.1<br>(67.1%) |
| 14  | <b>STAWSKA Anna</b>                | <b>3241</b> | WKURW_TEAM           | Masters K - 40 | 14   | 02:21:52   | 06:36:20    | 10:37:54    | 13:12:46    | 16:39:23    | 19:35:31    | <b>22:17:20.50</b>     | <b>22:17:27.35</b>      | +07:54:23<br>(35.5%) | 12:09           | 4.9<br>(64.5%) |
| 15  | <b>KONOWROCKA Wioletta</b>         | <b>3012</b> | SEE YOU LATER TEAM   | Masters K - 40 | 15   | 02:10:20   | 06:18:18    | 10:15:32    | 12:33:12    | 15:59:51    | 19:36:23    | <b>23:03:04.20</b>     | <b>23:03:29.20</b>      | +08:40:24<br>(37.6%) | 12:34           | 4.8<br>(63.2%) |

| Msc | Zawodnik                    | Numer       | Klub                    | Kategoria      | Mkat | A9<br>15km | A11<br>40km | A12<br>61km | A13<br>70km | A14<br>85km | A15<br>98km | Czas<br>netto<br>110km | Czas<br>brutto<br>110km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-----------------------------|-------------|-------------------------|----------------|------|------------|-------------|-------------|-------------|-------------|-------------|------------------------|-------------------------|----------------------|-----------------|----------------|
| 16  | <b>RYCHŁOWSKA Magdalena</b> | <b>3067</b> |                         | Masters K - 40 | 16   | 02:16:14   | 06:45:27    | 10:59:08    | 13:27:56    | 17:21:06    | 20:28:13    | <b>23:07:36.05</b>     | <b>23:07:54.95</b>      | +08:44:50<br>(37.8%) | 12:36           | 4.8<br>(63.2%) |
| 17  | <b>WRZESIŃSKA Joanna</b>    | <b>3115</b> |                         | Masters K - 40 | 17   | 02:09:39   | 06:14:36    | 10:04:12    | 12:23:02    | 15:50:42    | 19:21:19    | <b>23:10:14.00</b>     | <b>23:10:22.20</b>      | +08:47:17<br>(37.9%) | 12:38           | 4.7<br>(61.8%) |
| 18  | <b>OHLA Justyna</b>         | <b>3112</b> | BIEGAM, BO NIE LUBIĘ... | Masters K - 40 | 18   | 02:06:13   | 06:18:40    | 10:50:55    | 13:42:41    | 17:41:24    | 21:14:27    | <b>23:58:57.60</b>     | <b>23:59:17.20</b>      | +09:36:12<br>(40.0%) | 13:04           | 4.6<br>(60.5%) |
| 19  | <b>HAUTON Monika</b>        | <b>3013</b> | NIE TERAZ, POTEM        | Masters K - 40 | 19   | 02:37:21   | 08:11:19    | 12:30:25    | 15:12:51    | 18:44:59    | 21:57:02    | <b>24:18:45.85</b>     | <b>24:18:57.10</b>      | +09:55:52<br>(40.8%) | 13:15           | 4.5<br>(59.2%) |
| 20  | <b>ZIEMKOWSKA Monika</b>    | <b>3014</b> |                         | Masters K - 40 | 20   | 02:41:13   | 07:50:33    | 12:39:07    | 15:15:06    | 18:42:51    | 21:56:03    | <b>24:43:44.40</b>     | <b>24:44:01.95</b>      | +10:20:57<br>(41.8%) | 13:29           | 4.4<br>(57.9%) |

Znaleziono 20 wynik(ów)