BIEG K-B-L - 110 KM

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

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Senior II K - 30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
1	**SZCZEPANIAK Angelika**	**3174**	CERI/AKADEMIABIEGACZA.PL S.L. SALOS-WODNA	Senior II K - 30	1	01:32:03	04:13:45	06:37:34	07:58:09	09:47:53	11:23:49	**12:42:32.20**	**12:42:35.55**		6:55	8.7 (100%)
2	**KAROLAK Ania**	**3303**	MUAY RUNNING TEAM	Senior II K - 30	2	01:38:20	04:22:04	07:07:20	08:44:31	10:38:19	12:21:42	**13:43:56.45**	**13:43:59.30**	+01:01:23 (7.5%)	7:29	8 (92.0%)
3	**KAROLAK Asia**	**3301**	MUAY RUNNING TEAM	Senior II K - 30	3	01:47:01	04:53:38	07:51:10	09:22:21	11:37:47	13:47:49	**15:25:22.35**	**15:25:27.80**	+02:42:52 (17.6%)	8:24	7.1 (81.6%)
4	**PIECUCH Karolina**	**3190**	LACHO TEAM	Senior II K - 30	4	01:45:48	05:03:21	08:29:04	10:14:35	12:41:39	14:51:35	**16:31:09.10**	**16:31:14.05**	+03:48:38 (23.1%)	9:00	6.7 (77.0%)
5	**KACZMAREK Maria**	**3245**		Senior II K - 30	5	02:25:41	06:15:15	09:36:26	11:22:00	13:54:38	16:04:52	**17:44:56.85**	**17:45:18.80**	+05:02:43 (28.4%)	9:40	6.2 (71.3%)
6	**ŁAMPIKA Kinga**	**3052**		Senior II K - 30	6	02:03:00	05:39:54	09:10:19	10:52:40	13:36:08	16:00:53	**17:56:15.50**	**17:56:38.85**	+05:14:03 (29.2%)	9:47	6.1 (70.1%)
7	**SMOLAK Agata**	**3285**		Senior II K - 30	7	02:11:17	05:59:59	09:28:41	11:22:45	13:57:26	16:34:26	**18:43:12.30**	**18:43:35.50**	+06:00:59 (32.1%)	10:12	5.9 (67.8%)
8	**SOKOŁOWSKA Adriana**	**3029**	VEGE RUNNERS	Senior II K - 30	8	02:11:30	06:11:22	09:48:39	11:42:41	14:33:48	17:08:10	**19:08:55.55**	**19:09:04.10**	+06:26:28 (33.6%)	10:26	5.7 (65.5%)
9	**TUCHOŁKA Marta**	**3316**	POCO LOCO/ZUK	Senior II K - 30	9	02:00:41	05:49:24	09:20:20	11:22:07	14:26:18	17:07:08	**19:13:48.20**	**19:13:58.95**	+06:31:23 (33.9%)	10:29	5.7 (65.5%)
10	**KRZEMIŃSKA Aleksandra**	**3206**	KW OPOLE	Senior II K - 30	10	02:02:20	05:42:19	09:17:18	11:20:19	14:15:35	17:04:10	**19:21:14.15**	**19:21:24.45**	+06:38:48 (34.3%)	10:33	5.7 (65.5%)
11	**KONIECZNA Paulina**	**3134**	CH10	Senior II K - 30	11	02:12:20	05:55:20	09:26:59	11:23:16	14:22:40	17:13:37	**19:34:50.30**	**19:35:14.75**	+06:52:39 (35.1%)	10:40	5.6 (64.4%)
12	**MOREVA Daria**	**3195**		Senior II K - 30	12	02:13:50	06:20:56	10:08:26	12:00:59	15:08:54	17:51:41	**19:54:33.65**	**19:54:43.45**	+07:12:07 (36.2%)	10:51	5.5 (63.2%)
13	**BURDAJEWICZ Magdalena**	**3264**		Senior II K - 30	13	02:17:01	06:20:23	10:17:09	12:06:10	15:03:59	17:51:59	**19:56:48.20**	**19:57:14.75**	+07:14:39 (36.3%)	10:52	5.5 (63.2%)
14	**WYLEGAŁA Izabela**	**3024**	PCH_RUN	Senior II K - 30	14	02:22:08	06:34:25	10:18:00	12:28:07	15:31:25	18:23:30	**20:29:45.60**	**20:29:53.25**	+07:47:17 (38.0%)	11:10	5.4 (62.1%)
15	**WYKA Angelika**	**3001**	PCH_RUN	Senior II K - 30	15	02:22:09	06:34:24	10:18:04	12:28:08	15:31:20	18:23:30	**20:29:45.75**	**20:29:53.30**	+07:47:17 (38.0%)	11:10	5.4 (62.1%)
16	**KAWA Barbara**	**3170**	KB MARATOŃCZYK DĘBICA	Senior II K - 30	16	02:32:22	07:00:41	11:13:20	13:13:55	16:10:02	18:33:41	**20:53:13.05**	**20:53:39.70**	+08:11:04 (39.2%)	11:23	5.3 (60.9%)
17	**WASIL Joanna**	**3021**		Senior II K - 30	17	02:14:23	06:52:36	10:49:16	12:53:05	16:09:41	18:55:41	**21:16:05.35**	**21:16:17.55**	+08:33:42 (40.2%)	11:36	5.2 (59.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
18	**GMAJ Karolina**	**3126**		Senior II K - 30	18	02:11:30	06:21:18	10:29:02	12:45:12	16:23:58	19:30:23	**21:51:14.25**	**21:51:37.25**	+09:09:01 (41.9%)	11:55	5 (57.5%)
19	**BORIS Aneta**	**3016**	EL - AKTYWNI	Senior II K - 30	19	02:32:47	07:48:11	12:08:25	14:32:48	18:07:39	21:08:49	**23:16:13.50**	**23:16:33.60**	+10:33:58 (45.4%)	12:41	4.7 (54.0%)
20	**HANGIEL Urszula**	**3318**		Senior II K - 30	20	02:32:42	07:48:39	12:08:19	14:37:17	18:06:07	21:08:41	**23:31:54.55**	**23:32:25.35**	+10:49:49 (46.0%)	12:50	4.7 (54.0%)
21	**ZACHARZYŃSKA Katarzyna**	**3161**	ORANGE POLSKA	Senior II K - 30	21	02:21:46	06:51:21	11:30:18	14:06:19	17:57:30	21:18:47	**24:05:21.50**	**24:05:41.75**	+11:23:06 (47.3%)	13:08	4.6 (52.9%)
22	**WITECKA Milena**	**3312**		Senior II K - 30	22	02:15:18	07:13:55	12:32:37	15:12:29	18:54:22	22:00:39	**24:29:57.30**	**24:30:21.60**	+11:47:46 (48.1%)	13:21	4.5 (51.7%)
23	**ŹRÓDLEWSKA Anna**	**3308**		Senior II K - 30	23	02:15:39	07:04:26	12:03:11	14:56:31	18:42:18	21:56:51	**24:36:58.50**	**24:37:13.90**	+11:54:38 (48.4%)	13:25	4.5 (51.7%)
	MACHUL Ewa	**3293**	DREAM RUN	Senior II K - 30		01:47:04 DNF	05:05:49 DNF	09:03:47 DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	PIASECKA - WSZOŁA Anna	**3304**	MUAY RUNNING TEAM	Senior II K - 30		01:49:00 DNF	04:58:07 DNF	DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	NOJSZEWSKA Anika	**3319**		Senior II K - 30		02:10:36 DNF	06:17:06 DNF	DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)

Znaleziono 26 wynik(ów)