

BIEG ULTRA TRAIL - 68 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2020-07-16
Miejsce: Łądek-Zdrój
Dystans: 68 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Masters K - 40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Różn	Tempo min/km	Tempo km/h
1	ARDELLI Ewa	4311	BIELAWSKA AKADEMIA BIEGANIA	Masters K - 40	1	01:09:38	03:05:56	04:29:54	06:15:43	07:40:01	08:59:17.45		7:55	7.6 (100%)
2	BOCHEŃSKA Aleksandra	4314	MOUNTAIN POWER	Masters K - 40	2	01:17:04	03:21:56	04:43:04	06:25:43	07:51:49	09:09:44.35	+00:10:26 (1.9%)	8:05	7.4 (97.4%)
3	BIENIECKA Anna	4342	BIEG RZEŹNIKA	Masters K - 40	3	01:13:35	03:07:34	04:27:32	06:11:36	07:45:27	09:10:32.40	+00:11:14 (2.0%)	8:05	7.4 (97.4%)
4	BIERNACKA Edyta	4287	PROTON	Masters K - 40	4	01:18:56	03:19:52	04:40:09	06:26:20	07:54:42	09:19:19.20	+00:20:01 (3.6%)	8:13	7.3 (96.1%)
5	GARBOWSKA Monika	4078	COMPAÑEROS ASFALT TEAM	Masters K - 40	5	01:25:34	03:27:21	04:49:21	06:30:34	07:56:44	09:19:40.65	+00:20:23 (3.6%)	8:13	7.3 (96.1%)
6	WOSZEK Marzena	4083	BBL OPOLE	Masters K - 40	6	01:16:31	03:16:21	04:38:57	06:25:28	08:00:26	09:32:25.50	+00:33:08 (5.8%)	8:25	7.1 (93.4%)
7	KUK Urszula	4135	MONDELEZ	Masters K - 40	7	01:15:58	03:10:41	04:42:36	06:31:38	08:05:12	09:32:53.55	+00:33:36 (5.9%)	8:25	7.1 (93.4%)
8	BOGUCKA Emilia	4343	WLKP MOUNTAINS ULTRA	Masters K - 40	8	01:22:34	03:35:30	05:03:35	06:55:33	08:26:21	09:51:33.90	+00:52:16 (8.8%)	8:41	6.9 (90.8%)
9	KOZŁOWSKA Iwona	4043	LESZNO LIMITS RUNNERS	Masters K - 40	9	01:29:54	03:44:10	05:18:18	07:14:19	08:51:31	10:18:01.85	+01:18:44 (12.7%)	9:05	6.6 (86.8%)
10	CHOJNACKA Karolina	4232	TAZDEVIL TEAM	Masters K - 40	10	01:25:41	03:39:12	05:15:00	07:10:22	08:51:48	10:23:37.90	+01:24:20 (13.5%)	9:10	6.5 (85.5%)
11	ZDANOWICZ Elżbieta	4253	VEGE RUNNERS	Masters K - 40	11	01:27:33	03:39:58	05:11:33	07:07:58	08:48:18	10:23:51.35	+01:24:33 (13.6%)	9:10	6.5 (85.5%)
12	RADZIWOŃ Anna	4145	GRUPA NIENACHALNIE HEROICZNA	Masters K - 40	12	01:26:27	03:41:23	05:16:55	07:20:42	09:01:45	10:27:31.10	+01:28:13 (14.1%)	9:13	6.5 (85.5%)
13	MAKSELON Anna	4201		Masters K - 40	13	01:26:53	03:36:51	05:22:53	07:19:52	08:58:40	10:28:37.70	+01:29:20 (14.2%)	9:14	6.5 (85.5%)
14	PIETRZAK Agnieszka	4309	DOGOŃ GRODZISK MAZOWIECKI	Masters K - 40	14	01:27:42	03:42:14	05:25:32	07:23:53	09:12:51	10:47:25.65	+01:48:08 (16.7%)	9:31	6.3 (82.9%)
15	STAJNIAK-STELIGA Izabela	4334	OBORYGENI	Masters K - 40	15	01:26:05	03:46:04	05:26:31	07:50:19	09:36:23	11:12:34.70	+02:13:17 (19.8%)	9:53	6.1 (80.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Różn	Tempo min/km	Tempo km/h
16	WIECZOREK Monika	4104		Masters K - 40	16	01:27:55	03:45:43	05:24:26	07:40:23	09:33:11	11:12:59.55	+02:13:42 (19.9%)	9:53	6.1 (80.3%)
17	LEŚNIAK-POPIEL Marta	4012	POZYTYWNIIE ZABIEGANI SANOK	Masters K - 40	17	01:31:58	04:00:36	05:46:16	07:53:44	09:38:05	11:15:12.95	+02:15:55 (20.1%)	9:55	6 (78.9%)
18	CEBRAT Ewa	4025	POZYTYWNIIE ZABIEGANI SANOK	Masters K - 40	18	01:32:06	04:01:22	05:46:26	07:53:56	09:38:17	11:15:22.50	+02:16:05 (20.1%)	9:55	6 (78.9%)
19	SZMECHTIG-GAUDEN Ewa	4132	PODGÓRZ TORUŃ	Masters K - 40	19	01:30:10	03:45:12	05:28:14	07:42:56	09:33:57	11:21:13.95	+02:21:56 (20.8%)	10:01	6 (78.9%)
20	DOBRENKO Edyta	4171		Masters K - 40	20	01:35:25	03:55:26	05:42:38	08:01:50	09:50:28	11:33:11.30	+02:33:53 (22.2%)	10:11	5.9 (77.6%)
21	GLINA-KRAWCZYK Małgorzata	4143	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	Masters K - 40	21	01:37:31	04:19:45	06:10:45	08:36:33	10:29:04	12:14:37.60	+03:15:20 (26.6%)	10:48	5.6 (73.7%)
22	SZCZERBAL Agnieszka	4090	TKKF MPK POZNAŃ	Masters K - 40	22	01:38:31	04:17:22	06:09:06	08:38:17	10:42:07	12:44:42.60	+03:45:25 (29.5%)	11:14	5.3 (69.7%)
23	JASTRZĄB-STANDERSKA Joanna	4310		Masters K - 40	23	01:34:07	04:06:15	06:04:18	08:31:47	10:42:12	12:46:02.15	+03:46:44 (29.6%)	11:15	5.3 (69.7%)
24	KISIELEWSKA Katarzyna	4238	ACTIV RUN ŁASK	Masters K - 40	24	01:38:30	04:37:18	06:38:58	09:08:55	11:15:06	13:06:42.65	+04:07:25 (31.4%)	11:34	5.2 (68.4%)
25	KUNKEL Anna	4165	PGB SPORTOWA PACZKA	Masters K - 40	25	01:48:39	04:41:06	06:49:18	09:23:41	11:25:48	13:09:12.70	+04:09:55 (31.7%)	11:36	5.2 (68.4%)
26	SIUDZIŃSKA Anna	4259	DRUŻYNA LISKA	Masters K - 40	26	01:41:42	04:30:22	06:39:58	09:18:36	11:27:38	13:19:16.60	+04:19:59 (32.5%)	11:45	5.1 (67.1%)
27	OLECHNOWICZ Magda	4228	BBL GORZÓW WLKP.	Masters K - 40	27	01:46:07	04:30:32	06:49:22	09:33:56	11:34:55	13:28:05.90	+04:28:48 (33.3%)	11:53	5 (65.8%)
28	JAKIMKO Monika	4175	LZS LIPA	Masters K - 40	28	01:44:19	04:35:25	06:46:37	09:33:59	11:45:15	13:35:18.10	+04:36:00 (33.9%)	11:59	5 (65.8%)
29	MACKIEWICZ Dorota	4220	12TRI.PL	Masters K - 40	29	01:49:10	04:53:25	07:07:59	09:47:53	11:53:16	13:42:19.20	+04:43:01 (34.4%)	12:05	5 (65.8%)
30	MARCINIAK Anna	4038		Masters K - 40	30	01:41:31	04:38:37	06:47:29	09:32:14	11:39:53	13:48:02.10	+04:48:44 (34.9%)	12:10	4.9 (64.5%)
31	MIĘTEK Agnieszka	4050		Masters K - 40	31	01:59:13	05:03:31	07:11:14	09:56:22	12:10:53	14:00:16.60	+05:00:59 (35.8%)	12:21	4.9 (64.5%)
32	MACKIEWICZ Magdalena	4004	DŁUGOBIEGANIE	Masters K - 40	32	01:43:48	04:40:38	06:57:43	09:37:37	11:54:12	14:18:56.30	+05:19:38 (37.2%)	12:37	4.7 (61.8%)
33	SZYMANKIEWICZ Edyta	4068	CROSS STRACENĆÓW TEAM	Masters K - 40	33	01:49:07	04:45:57	07:03:00	09:43:08	11:59:26	14:24:14.90	+05:24:57 (37.6%)	12:42	4.7 (61.8%)
Przekroczony limit czasu: 14:30:00														
34	PRUCHNIEWSKA Agnieszka	4063	ROKIETNICA BIEGA	Masters K - 40	34	01:33:19	04:20:45	06:26:01	09:18:37	12:01:46	14:39:32.45	+05:40:15 (38.7%)	12:56	4.6 (60.5%)
35	NADOBNIK Beata	4123	TARNOWO PODGÓRNE BIEGA / SPORTOWY KAŻMIERZ	Masters K - 40	35	01:44:56	04:47:27	06:59:58	09:51:53	12:10:35	14:46:50.05	+05:47:32 (39.2%)	13:02	4.6 (60.5%)
	ZAJĄC Aga	4186	77CATS	Masters K - 40		01:59:17 DNF	05:30:35 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)