SGS LIGHT PÓŁMARATON 23KM

Wydarzenie: Supermaraton Gór Stołowych 2021
Organizator: Fundacja Maratony Górskie
Data: 2021-06-27
Miejsce: Karłów
Dystans: 23 km

Klasyfikacja: K-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pasterka 14.4km	Czas netto 23.6km	Różn	Tempo min/km	Tempo km/h
1	**PIĄTEK Karolina**	**10**	NOGAMIDOGÓRY.PL	K-30	1	01:18:02	**02:27:41.40**		6:15	9.6 (100%)
2	**BIAŁOBŁOCKA Alicja**	**299**	SOBAS TEAM, AKADEMIA BIEGANIA	K-30	2	01:23:32	**02:37:46.40**	+00:10:05 (6.4%)	6:41	9 (93.8%)
3	**WYLEŻAŁEK Alina**	**399**		K-30	3	01:30:58	**02:44:43.15**	+00:17:01 (10.3%)	6:58	8.6 (89.6%)
4	**ORZYSZEK Roksana**	**295**		K-30	4	01:33:15	**02:52:04.35**	+00:24:22 (14.2%)	7:17	8.2 (85.4%)
5	**WALCZAK Adela**	**424**	CURLING ŁÓDŹ	K-30	5	01:36:58	**02:54:14.35**	+00:26:32 (15.2%)	7:22	8.1 (84.4%)
6	**ULIKOWSKA Martyna**	**51**	ZAŁOGA GÓRSKA	K-30	6	01:38:22	**02:55:03.50**	+00:27:22 (15.6%)	7:25	8.1 (84.4%)
7	**BOROWSKA Karolina**	**307**	KGHM ZG RUN	K-30	7	01:29:56	**02:58:23.20**	+00:30:41 (17.2%)	7:33	7.9 (82.3%)
8	**PIECUCH Karolina**	**119**		K-30	8	01:38:49	**03:01:45.15**	+00:34:03 (18.7%)	7:42	7.8 (81.3%)
9	**TOMIAK Paulina**	**470**	WOLSZTYŃSKA AKADEMIA BIEGOWA	K-30	9	01:34:18	**03:03:38.85**	+00:35:57 (19.6%)	7:46	7.7 (80.2%)
10	**RESSEL Joanna**	**497**	RNB TEAM POLANICA ZDRÓJ	K-30	10	01:41:36	**03:09:30.65**	+00:41:49 (22.1%)	8:01	7.5 (78.1%)
11	**KARKOSZ Aurelia**	**175**		K-30	11	01:45:16	**03:15:23.35**	+00:47:41 (24.4%)	8:16	7.2 (75.0%)
12	**KOPACKA Edyta**	**534**		K-30	12	01:43:12	**03:15:55.25**	+00:48:13 (24.6%)	8:18	7.2 (75.0%)
13	**ROKSELA-MIELNIK Iwona**	**507**		K-30	13	01:42:41	**03:17:45.80**	+00:50:04 (25.3%)	8:22	7.2 (75.0%)
14	**KSIEZKA Joanna**	**434**	STRZEGOMSKA DWUNASTKA	K-30	14	01:43:58	**03:18:13.60**	+00:50:32 (25.5%)	8:23	7.1 (74.0%)
15	**GRAD Idalia**	**291**	DZIKA BANDA ŁAKOMCZUCHÓW	K-30	15	01:48:32	**03:19:56.55**	+00:52:15 (26.1%)	8:28	7.1 (74.0%)
16	**MAZIAREK Adela**	**150**		K-30	16	01:47:59	**03:23:07.35**	+00:55:25 (27.3%)	8:36	7 (72.9%)
17	**BABIŃSKA- POPIŁKA Ewelina**	**251**		K-30	17	01:48:49	**03:23:42.60**	+00:56:01 (27.5%)	8:37	7 (72.9%)
18	**PURGAL Magdalena**	**490**	SŁOŃCA JURY	K-30	18	01:50:38	**03:24:09.20**	+00:56:27 (27.7%)	8:39	6.9 (71.9%)
19	**GĄSIOROWSKA Agnieszka**	**285**	EVERRUN	K-30	19	01:47:21	**03:26:25.40**	+00:58:44 (28.5%)	8:44	6.9 (71.9%)
20	**GRUDZIEN-JURKOWSKA Małgorzata**	**516**		K-30	20	01:48:42	**03:28:40.95**	+01:00:59 (29.2%)	8:50	6.8 (70.8%)
21	**URBAŃSKA Pola**	**188**	TRAINING LAB	K-30	21	01:58:09	**03:33:12.75**	+01:05:31 (30.7%)	9:02	6.6 (68.8%)
22	**RABIEJ-OLSZEWSKA Hanna**	**437**	ROZBIEGANI CHOJNÓW	K-30	22	01:51:08	**03:33:37.95**	+01:05:56 (30.9%)	9:03	6.6 (68.8%)
23	**KLABISZ Maria**	**558**		K-30	23	01:53:53	**03:34:51.70**	+01:07:10 (31.3%)	9:06	6.6 (68.8%)
24	**SKORNIAK Katarzyna**	**537**	WOLNE ŚLIMAKI	K-30	24	01:53:29	**03:36:37.70**	+01:08:56 (31.8%)	9:10	6.5 (67.7%)
25	**KUSTRA Klaudia**	**548**		K-30	25	01:52:36	**03:36:47.55**	+01:09:06 (31.9%)	9:11	6.5 (67.7%)
26	**BRUCH Katarzyna**	**107**		K-30	26	01:57:06	**03:38:55.65**	+01:11:14 (32.5%)	9:16	6.5 (67.7%)
27	**SEROCZYŃSKA Ewa**	**78**		K-30	27	01:55:14	**03:39:30.55**	+01:11:49 (32.7%)	9:18	6.5 (67.7%)
28	**KACZMARCZYK Natalia**	**274**		K-30	28	02:06:29	**03:39:30.60**	+01:11:49 (32.7%)	9:18	6.5 (67.7%)
29	**MODERACKA Małgorzata**	**146**		K-30	29	01:59:36	**03:49:29.10**	+01:21:47 (35.6%)	9:43	6.2 (64.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pasterka 14.4km	Czas netto 23.6km	Różn	Tempo min/km	Tempo km/h
30	**DZIURKOWSKA Dorota**	**260**	FUN TRI	K-30	30	01:59:34	**03:49:58.20**	+01:22:16 (35.8%)	9:44	6.2 (64.6%)
31	**FRĄCZEK Iwona**	**240**	FUN TRI	K-30	31	01:59:38	**03:50:00.05**	+01:22:18 (35.8%)	9:44	6.2 (64.6%)
32	**MAJKA Marzena**	**527**	KS JAWORZNO	K-30	32	02:07:40	**03:51:26.75**	+01:23:45 (36.2%)	9:48	6.1 (63.5%)
33	**MAZUREK Marita**	**331**		K-30	33	02:04:57	**03:54:47.10**	+01:27:05 (37.1%)	9:56	6 (62.5%)
34	**KOWALEWSKA Anna**	**24**	KOBIETY W BIEGU	K-30	34	02:03:59	**03:55:38.25**	+01:27:56 (37.3%)	9:59	6 (62.5%)
35	**MAJ Magdalena**	**56**	GRAŻYNKI OCR	K-30	35	02:08:16	**03:55:51.45**	+01:28:10 (37.4%)	9:59	6 (62.5%)
36	**MALISZAK Agnieszka**	**99**		K-30	36	02:04:55	**04:04:34.95**	+01:36:53 (39.6%)	10:21	5.8 (60.4%)
37	**KOSTRZEWSKA Natalia**	**462**		K-30	37	02:04:42	**04:06:42.50**	+01:39:01 (40.1%)	10:27	5.7 (59.4%)
38	**JURAK Kasia**	**59**		K-30	38	02:11:41	**04:07:45.45**	+01:40:04 (40.4%)	10:29	5.7 (59.4%)
39	**CZEKALSKA Magdalena**	**128**	NARAMOWICE BIEGAJĄ	K-30	39	02:02:25	**04:08:19.90**	+01:40:38 (40.5%)	10:31	5.7 (59.4%)
40	**KURNATOWSKA Magda**	**64**	ŚRUNDUNIA	K-30	40	02:05:43	**04:08:28.45**	+01:40:47 (40.6%)	10:31	5.7 (59.4%)
41	**OLESZEK Magdalena**	**92**	BIEGOWA KUŹNIA	K-30	41	02:09:23	**04:08:57.65**	+01:41:16 (40.7%)	10:32	5.7 (59.4%)
42	**CHOŁUJ Adriana**	**367**		K-30	42	02:22:40	**04:10:04.30**	+01:42:22 (40.9%)	10:35	5.7 (59.4%)
43	**IDZIK Angelika**	**5**	SPARTA RUNNERS	K-30	43	02:10:04	**04:10:59.75**	+01:43:18 (41.2%)	10:38	5.6 (58.3%)
44	**RUDNIK Katarzyna**	**165**		K-30	44	02:06:45	**04:11:21.75**	+01:43:40 (41.2%)	10:39	5.6 (58.3%)
45	**POKROP Agnieszka**	**215**	NATALIA TOMASIAK GÓRSKI STYL TEAM	K-30	45	02:11:56	**04:12:10.20**	+01:44:28 (41.4%)	10:41	5.6 (58.3%)
46	**KONEFAŁ Dorota**	**445**		K-30	46	02:04:31	**04:12:50.30**	+01:45:08 (41.6%)	10:42	5.6 (58.3%)
47	**CIERLAK Elzbieta**	**376**	BRZYSKI TRI TEAM	K-30	47	02:14:03	**04:13:12.10**	+01:45:30 (41.7%)	10:43	5.6 (58.3%)
48	**BOSY Joanna**	**133**		K-30	48	02:13:17	**04:14:50.00**	+01:47:08 (42.0%)	10:47	5.6 (58.3%)
49	**SZATAN Jowita**	**198**	KOTWICA BRZEG	K-30	49	02:10:30	**04:16:18.40**	+01:48:37 (42.4%)	10:51	5.5 (57.3%)
50	**WYSZKOWSKA Marzena**	**453**	BANANA TEAM	K-30	50	02:09:36	**04:16:42.40**	+01:49:01 (42.5%)	10:52	5.5 (57.3%)
51	**CISICKA Daria**	**451**		K-30	51	02:15:50	**04:18:05.75**	+01:50:24 (42.8%)	10:56	5.5 (57.3%)
52	**BANACH-SKOWRONEK Joanna**	**100**		K-30	52	02:09:56	**04:19:29.70**	+01:51:48 (43.1%)	10:59	5.5 (57.3%)
53	**TOMCZYK Ewa**	**263**		K-30	53	02:14:56	**04:22:33.60**	+01:54:52 (43.8%)	11:07	5.4 (56.3%)
54	**DULNIK Małgorzata**	**213**	NARAMOWICE BIEGAJĄ	K-30	54	02:18:01	**04:23:06.60**	+01:55:25 (43.9%)	11:08	5.4 (56.3%)
55	**MIELNIK Natalia**	**261**		K-30	55	02:18:14	**04:27:55.70**	+02:00:14 (44.9%)	11:21	5.3 (55.2%)
56	**CHEŁCHOWSKA Katarzyna**	**197**		K-30	56	02:24:29	**04:31:24.10**	+02:03:42 (45.6%)	11:30	5.2 (54.2%)
57	**KRUPIŃSKA Paulina**	**433**		K-30	57	02:18:43	**04:34:33.10**	+02:06:51 (46.2%)	11:38	5.2 (54.2%)
58	**ZIELENKIEWICZ Agnieszka**	**341**	FUNTRI	K-30	58	02:24:30	**04:35:48.85**	+02:08:07 (46.5%)	11:41	5.1 (53.1%)
59	**BABIŃSKA Malwina**	**199**		K-30	59	02:27:17	**04:37:52.45**	+02:10:11 (46.9%)	11:46	5.1 (53.1%)
60	**KOWALSKA Gabriela**	**185**	BIEGAJĄCY ŚWIDNIK	K-30	60	02:27:30	**04:38:11.35**	+02:10:29 (46.9%)	11:47	5.1 (53.1%)
61	**STELMACH Paulina**	**550**		K-30	61	02:28:28	**04:41:06.15**	+02:13:24 (47.5%)	11:54	5 (52.1%)
62	**ŁADOŃSKA Agata**	**132**		K-30	62	02:33:15	**04:52:16.30**	+02:24:34 (49.5%)	12:23	4.8 (50.0%)
63	**KOBUS-DUNAJ Lidia**	**217**	MEDICOVER RUNNERS	K-30	63	02:31:01	**04:58:44.85**	+02:31:03 (50.6%)	12:39	4.7 (49.0%)
64	**KIWIOR Izabela**	**372**		K-30	64	02:33:47	**05:00:35.95**	+02:32:54 (50.9%)	12:44	4.7 (49.0%)
65	**KURCZYNA GŁUSZCZAK Magdalena**	**136**	RUN4	K-30	65	02:36:52	**05:02:27.75**	+02:34:46 (51.2%)	12:48	4.7 (49.0%)
66	**LEŚNA Monika**	**246**		K-30	66	02:40:26	**05:03:49.95**	+02:36:08 (51.4%)	12:52	4.7 (49.0%)
67	**ZAŁUCKA Agnieszka**	**540**	BIEGNĘ ŻEBY BARTEK MÓGŁ BIEGAĆ	K-30	67	02:32:58	**05:06:06.70**	+02:38:25 (51.8%)	12:58	4.6 (47.9%)
68	**GOLISZ-FIORENZA Katarzyna**	**144**	MUD FOXES	K-30	68	02:38:28	**05:06:21.55**	+02:38:40 (51.8%)	12:58	4.6 (47.9%)
69	**PAŁASZYŃSKA Beata**	**125**	MUD FOXES	K-30	69	02:38:19	**05:06:23.50**	+02:38:42 (51.8%)	12:58	4.6 (47.9%)
70	**SIEDLISKA Anna**	**332**		K-30	70	02:46:56	**05:14:50.30**	+02:47:08 (53.1%)	13:20	4.5 (46.9%)
71	**ROMANOWSKA Ewa**	**102**	JB WARSAW	K-30	71	02:40:09	**05:15:29.90**	+02:47:48 (53.2%)	13:22	4.5 (46.9%)
72	**MAJCHRZYK Aleksandra**	**143**	JB WARSAW	K-30	72	02:25:42	**05:15:30.05**	+02:47:48 (53.2%)	13:22	4.5 (46.9%)
73	**MICHALIK Katarzyna**	**72**	PRT - PRECEL RACING TEAM	K-30	73	02:43:54	**05:18:58.30**	+02:51:16 (53.7%)	13:30	4.4 (45.8%)

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74	**JARZĘBSKA-MAJCHRZAK Agnieszka**	**314**	TU INTER POLSKA SA	K-30	74	02:48:18	**05:31:50.15**	+03:04:08 (55.5%)	14:03	4.3 (44.8%)
75	**WOŹNICA Anna**	**545**		K-30	75	03:06:25	**05:45:55.05**	+03:18:13 (57.3%)	14:39	4.1 (42.7%)
76	**TOMALAK Anna**	**103**		K-30	76	03:06:22	**05:45:59.95**	+03:18:18 (57.3%)	14:39	4.1 (42.7%)
77	**BYSTRZYCKA Marzena**	**555**		K-30	77	03:06:21	**05:46:08.95**	+03:18:27 (57.3%)	14:40	4.1 (42.7%)
	WALCZAK Faustyna	**187**		K-30		03:00:46 DNF	**DNF**		-	- (0.0%)

Znaleziono 78 wynik(ów)