LIGHT SGS 21KM

Wydarzenie: Supermaraton Gór Stołowych 2019
Organizator: Fundacja Maratony Górskie
Data: 2019-06-30
Miejsce: Karłów
Dystans: 21 km

Klasyfikacja: K-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas netto 20.3km	Czas brutto 20.3km	Różn	Tempo min/km	Tempo km/h
1	**PIĄTEK Karolina**	**285**	NOGAMIDOGORY.PL	K-30	1	00:45:30	01:28:21	**02:12:35.00**	**02:12:40.10**		6:31	9.2 (100%)
2	**SOBCZAK-PAŁASZEWSKA Karolina**	**4**		K-30	2	00:47:08	01:30:22	**02:18:12.35**	**02:18:16.60**	+00:05:36 (4.1%)	6:48	8.8 (95.7%)
3	**BIAŁOBŁOCKA Alicja**	**422**		K-30	3	00:53:02		**02:26:07.70**	**02:26:16.20**	+00:13:36 (9.3%)	7:11	8.3 (90.2%)
4	**WIELOGÓRSKA Natalia**	**539**		K-30	4	00:49:26	01:36:20	**02:28:32.45**	**02:28:39.70**	+00:15:59 (10.8%)	7:19	8.2 (89.1%)
5	**PIECUCH Karolina**	**559**	LACHO TEAM	K-30	5	00:52:00	01:41:25	**02:32:52.15**	**02:32:56.35**	+00:20:16 (13.3%)	7:31	8 (87.0%)
6	**FERENC-SZMUC Edyta**	**526**	KUDOWIANKA RUN	K-30	6	00:49:09		**02:34:16.10**	**02:34:19.05**	+00:21:38 (14.0%)	7:36	7.9 (85.9%)
7	**LEŚNIEWSKA Justyna**	**48**	AKTYWNA NOWA RUDA	K-30	7	00:53:49	01:47:40	**02:44:36.00**	**02:44:38.50**	+00:31:58 (19.4%)	8:06	7.4 (80.4%)
8	**SKRZYPIŃSKA Olga**	**176**	CHATA BIEGACZA K34 ZAKOPANE	K-30	8	00:59:19	01:49:43	**02:46:00.25**	**02:46:26.80**	+00:33:46 (20.3%)	8:10	7.3 (79.3%)
9	**KARCZYŃSKA Monika**	**498**	POWER TRAINING	K-30	9	01:00:11	01:52:24	**02:47:45.10**	**02:47:51.75**	+00:35:11 (21.0%)	8:15	7.3 (79.3%)
10	**KOLANKO Sylwia**	**521**	NYSA BIEGA	K-30	10	00:57:20	01:52:31	**02:48:38.00**	**02:48:45.25**	+00:36:05 (21.4%)	8:18	7.2 (78.3%)
11	**DĄBROWSKA Natalia**	**173**	BIEG OPOLSKI	K-30	11	00:58:01	01:52:47	**02:50:33.80**	**02:50:49.90**	+00:38:09 (22.3%)	8:24	7.1 (77.2%)
12	**HOTAŁA Sylwia**	**517**	KUDOWIANKA RUN.	K-30	12	00:55:48	01:51:33	**02:52:09.80**	**02:52:12.85**	+00:39:32 (23.0%)	8:28	7.1 (77.2%)
13	**KONOPKA-LULEK Agnieszka**	**390**	RUN IS FUN	K-30	13	01:01:24	01:55:39	**02:52:33.25**	**02:52:43.45**	+00:40:03 (23.2%)	8:30	7.1 (77.2%)
14	**SZYMAŃSKA Agata**	**138**		K-30	14	01:06:10	01:58:42	**02:52:33.00**	**02:53:20.50**	+00:40:40 (23.5%)	8:30	7.1 (77.2%)
15	**KORPUS-MIELCZARSKA Katarzyna**	**72**	SGB SAMO SIĘ NIE PRZEBIEGNIE	K-30	15	01:01:52	01:56:41	**02:56:46.60**	**02:57:20.85**	+00:44:40 (25.2%)	8:42	6.9 (75.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas netto 20.3km	Czas brutto 20.3km	Różn	Tempo min/km	Tempo km/h
16	**WRONA Anna**	**278**		K-30	16	01:04:36	02:00:59	**03:01:52.15**	**03:02:06.90**	+00:49:26 (27.2%)	8:57	6.7 (72.8%)
17	**TYŃSKA SITEK Aleksandra**	**235**	DROGA DO ULTRA	K-30	17	01:06:42	02:04:53	**03:02:46.00**	**03:03:13.75**	+00:50:33 (27.6%)	9:00	6.7 (72.8%)
18	**MAJER Maja**	**130**	BIEGAMDLAZDROWIA.PL	K-30	18	01:05:43	02:04:58	**03:04:44.20**	**03:05:14.10**	+00:52:34 (28.4%)	9:06	6.6 (71.7%)
19	**JAROSZUK Ania**	**172**		K-30	19	01:00:39	01:59:35	**03:05:45.50**	**03:06:11.10**	+00:53:31 (28.7%)	9:09	6.6 (71.7%)
20	**LACHOWICZ Marta**	**129**	NIGHT RUNNERS WROCŁAW	K-30	20	01:03:49	02:01:16	**03:06:05.00**	**03:06:29.70**	+00:53:49 (28.9%)	9:10	6.5 (70.7%)
21	**POCHWAŁA Justyna**	**53**	NATALIA TOMASIAK GÓRSKI STYL TEAM	K-30	21	01:05:33	02:03:44	**03:06:21.05**	**03:06:35.35**	+00:53:55 (28.9%)	9:10	6.5 (70.7%)
22	**KUCHARSKA Aleksandra**	**490**	DREAM RUN	K-30	22	01:09:59		**03:10:41.00**	**03:10:57.75**	+00:58:17 (30.5%)	9:23	6.4 (69.6%)
23	**OLBRYCHOWSKA Małgorzata**	**87**		K-30	23	01:10:35	02:09:03	**03:12:56.05**	**03:13:25.05**	+01:00:44 (31.4%)	9:30	6.3 (68.5%)
24	**STEPANIUK Agneiszka**	**527**	ASICS FRONTRUNNER POLAND	K-30	24	01:02:57	02:05:30	**03:13:26.70**	**03:13:49.25**	+01:01:09 (31.6%)	9:31	6.3 (68.5%)
25	**FONFERKO Daria**	**404**	GRUPA BIEGOWA 'BEZ GRANIC'	K-30	25	01:06:40	02:06:45	**03:13:42.15**	**03:14:16.15**	+01:01:36 (31.7%)	9:32	6.3 (68.5%)
26	**STARUCH Sylwia**	**123**		K-30	26	01:09:22	02:09:25	**03:14:05.55**	**03:14:21.65**	+01:01:41 (31.7%)	9:33	6.3 (68.5%)
27	**STYCZEŃ Ewelina**	**239**	CK_BABCIE\WOŹNIAKRUNNINGTEAM	K-30	27	01:09:35	02:10:13	**03:14:04.00**	**03:14:23.00**	+01:01:42 (31.7%)	9:33	6.3 (68.5%)
28	**GAŁĘSKA Katarzyna**	**300**	DZIKIE MAŁŻONY	K-30	28	01:13:37	02:12:54	**03:13:54.90**	**03:14:27.25**	+01:01:47 (31.8%)	9:33	6.3 (68.5%)
29	**ANTKOWIAK Monika**	**301**	DZIKIE MAŁŻONY	K-30	29	01:14:30		**03:13:55.30**	**03:14:27.65**	+01:01:47 (31.8%)	9:33	6.3 (68.5%)
30	**KAŹMIERCZAK-MOLIK Anna**	**56**	MMA DEVIL MIĘDZYCHÓD / WKURW_TEAM	K-30	30	01:08:18	02:10:03	**03:13:58.00**	**03:14:30.95**	+01:01:50 (31.8%)	9:33	6.3 (68.5%)
31	**KARCZYŃSKA Eliza**	**287**	MUD GOATS	K-30	31	01:01:24	01:52:27	**03:14:53.20**	**03:15:00.75**	+01:02:20 (32.0%)	9:36	6.2 (67.4%)
32	**NOWICKA Anna**	**157**	PKO BANK POLSKI S.A.	K-30	32	01:05:48	02:11:22	**03:15:25.80**	**03:15:32.35**	+01:02:52 (32.2%)	9:37	6.2 (67.4%)
33	**PYREK Iwona**	**23**		K-30	33	01:08:25	02:10:47	**03:16:10.45**	**03:16:32.40**	+01:03:52 (32.5%)	9:39	6.2 (67.4%)
34	**EWERT-KRZEMIENIEWSKA Katarzyna**	**302**		K-30	34	01:05:43	02:08:47	**03:16:23.15**	**03:16:41.45**	+01:04:01 (32.5%)	9:40	6.2 (67.4%)
35	**PASŁAWSKA Olga**	**119**	PRZEBIEGA.PL	K-30	35	01:08:15	02:08:39	**03:16:52.45**	**03:17:05.50**	+01:04:25 (32.7%)	9:41	6.2 (67.4%)
36	**FIJAK Karolina**	**219**		K-30	36	01:10:34	02:11:39	**03:16:41.65**	**03:17:07.65**	+01:04:27 (32.7%)	9:41	6.2 (67.4%)
37	**SZYMAŃSKA Jolanta**	**547**		K-30	37	01:08:34	02:11:06	**03:18:18.15**	**03:18:32.65**	+01:05:52 (33.2%)	9:46	6.1 (66.3%)
38	**WACHOWSKA Katarzyna**	**545**	SMOK TRÓJGŁOWY	K-30	38	01:12:35	02:15:47	**03:19:11.55**	**03:19:30.30**	+01:06:50 (33.5%)	9:48	6.1 (66.3%)

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39	**FARION Marzena**	**117**	THE FARIONS	K-30	39	01:10:44	02:13:28	**03:19:24.20**	**03:20:19.50**	+01:07:39 (33.8%)	9:49	6.1 (66.3%)
40	**LIBERACKA-KOPYTEK Ewa**	**298**	DZIKIE MAŁŻONY	K-30	40	01:13:36		**03:21:25.05**	**03:21:58.30**	+01:09:18 (34.3%)	9:55	6 (65.2%)
41	**LEWANDOWSKA Ewelina**	**204**	NIGHT RUNNERS WROCŁAW	K-30	41	01:14:01		**03:22:54.50**	**03:23:19.10**	+01:10:39 (34.7%)	9:59	6 (65.2%)
42	**GIEMZA Ewelina**	**254**	MIODOWICE.PL	K-30	42	01:10:10	02:12:31	**03:22:55.25**	**03:23:33.40**	+01:10:53 (34.8%)	9:59	6 (65.2%)
43	**SZYMAŃSKA Karolina**	**137**		K-30	43	01:13:18	02:17:20	**03:24:24.20**	**03:24:53.00**	+01:12:12 (35.2%)	10:04	6 (65.2%)
44	**STEC Aneta**	**8**	FCMISIENIECHCE	K-30	44	01:13:34		**03:26:06.25**	**03:26:47.00**	+01:14:06 (35.8%)	10:09	5.9 (64.1%)
45	**DOJS Aleksandra**	**511**		K-30	45	01:17:06	02:20:31	**03:27:56.80**	**03:28:33.40**	+01:15:53 (36.4%)	10:14	5.9 (64.1%)
46	**ANUSZ Roksana**	**77**	ŻARÓW BIEGA	K-30	46	01:09:10	02:12:21	**03:29:14.80**	**03:29:36.75**	+01:16:56 (36.7%)	10:18	5.8 (63.0%)
47	**POKROP Agnieszka**	**68**	NATALIA TOMASIAK GÓRSKI STYL TEAM	K-30	47	01:16:14	02:20:14	**03:32:06.25**	**03:32:20.90**	+01:19:40 (37.5%)	10:26	5.7 (62.0%)
48	**KWIATKOWSKA Marta**	**288**		K-30	48	01:14:02	02:20:37	**03:36:45.25**	**03:37:32.70**	+01:24:52 (39.0%)	10:40	5.6 (60.9%)
49	**SZCZYPEK Ola**	**113**	ADRENALINA TEAM	K-30	49	01:15:00	02:23:51	**03:37:32.60**	**03:37:40.80**	+01:25:00 (39.1%)	10:42	5.6 (60.9%)
50	**FEDOROWICZ Jowita**	**73**	KOTWICA BRZEG	K-30	50	01:16:43	02:26:07	**03:37:48.35**	**03:38:24.05**	+01:25:43 (39.3%)	10:43	5.6 (60.9%)
51	**JUSZCZAK Natalia**	**228**	WRODZINIESIŁA	K-30	51	01:13:13		**03:39:04.95**	**03:39:22.00**	+01:26:41 (39.5%)	10:47	5.6 (60.9%)
52	**WYSZKOWSKA Marzena**	**253**	BANANA TEAM	K-30	52	01:17:38	02:25:13	**03:38:32.35**	**03:39:24.85**	+01:26:44 (39.5%)	10:45	5.6 (60.9%)
52	**BRODAWKA Olga**	**471**		K-30	53	01:17:47	02:26:20	**03:38:38.45**	**03:39:24.85**	+01:26:44 (39.5%)	10:46	5.6 (60.9%)
54	**RASZCZUK Martyna**	**476**	POMIDOROWA ALTERNATYWA	K-30	54		02:23:14	**03:39:25.00**	**03:39:25.00**	+01:26:44 (39.5%)	10:48	5.6 (60.9%)
55	**OLEKSIEWICZ Beata**	**508**	SZAKALE BAŁUT ŁÓDŹ	K-30	55	01:20:56	02:30:36	**03:43:34.40**	**03:44:20.05**	+01:31:39 (40.9%)	11:00	5.4 (58.7%)
56	**BARTOSZEWSKA Katarzyna**	**534**		K-30	56	01:18:35	02:30:53	**03:49:43.75**	**03:50:09.50**	+01:37:29 (42.4%)	11:19	5.3 (57.6%)
57	**KACZMAREK Paulina**	**299**	DZIKIE MAŁŻONY	K-30	57	01:14:29	02:26:55	**03:51:37.50**	**03:52:11.70**	+01:39:31 (42.9%)	11:24	5.3 (57.6%)
58	**SZUDERA Kamila**	**90**	WIECZORNE BIEGANIE W SZCZECINIE	K-30	58	01:21:53	02:36:13	**03:52:04.95**	**03:52:15.35**	+01:39:35 (42.9%)	11:25	5.2 (56.5%)
59	**URBAŃSKA Agnieszka**	**266**		K-30	59	01:16:05	02:25:08	**03:53:49.90**	**03:54:06.40**	+01:41:26 (43.3%)	11:31	5.2 (56.5%)
60	**ŻBEL Ania**	**217**	HRMAX ŻORY	K-30	60	01:19:19	02:34:11	**03:56:15.40**	**03:56:42.95**	+01:44:02 (44.0%)	11:38	5.2 (56.5%)
61	**SAWICKA Izabela**	**38**	PARKRUN	K-30	61	01:29:12	02:42:15	**03:57:57.90**	**03:58:47.35**	+01:46:07 (44.4%)	11:43	5.1 (55.4%)

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62	**KAMIŃSKA Magdalena**	**223**		K-30	62	01:21:46	02:35:40	**03:58:48.65**	**03:59:35.65**	+01:46:55 (44.6%)	11:45	5.1 (55.4%)
63	**ŁAGOWSKA Agnieszka**	**513**		K-30	63	01:21:01	02:36:03	**03:59:25.15**	**03:59:44.50**	+01:47:04 (44.7%)	11:47	5.1 (55.4%)
64	**ŚWIDER-KRÓLIKIEWICZ Joanna**	**244**	1982	K-30	64	01:27:17	02:40:54	**04:02:32.75**	**04:03:02.05**	+01:50:21 (45.4%)	11:56	5 (54.3%)
65	**SZEWCZENKO Agnieszka**	**563**		K-30	65	01:27:17	02:41:06	**04:02:32.40**	**04:03:02.15**	+01:50:22 (45.4%)	11:56	5 (54.3%)
66	**WITKOWSKA-KOPKA Kaja**	**187**		K-30	66	01:21:47	02:42:04	**04:02:28.25**	**04:03:05.70**	+01:50:25 (45.4%)	11:56	5 (54.3%)
67	**GAJOCHA Olga**	**516**	HARPAGAN SOSNOWIEC	K-30	67	01:24:41	02:37:51	**04:02:34.30**	**04:03:11.65**	+01:50:31 (45.4%)	11:56	5 (54.3%)
68	**KURIATA Andżelika**	**492**		K-30	68	01:25:05		**04:03:41.15**	**04:03:48.10**	+01:51:08 (45.6%)	12:00	5 (54.3%)
69	**WISZNIOWSKA Agata**	**32**	NIGHT RUNNERS WROCŁAW	K-30	69	01:24:41	02:38:40	**04:04:14.10**	**04:04:37.70**	+01:51:57 (45.8%)	12:01	5 (54.3%)
70	**PATEREK Anna**	**382**	SKURCZE ŁYDEK	K-30	70	01:22:07	02:34:15	**04:06:26.40**	**04:07:16.25**	+01:54:36 (46.3%)	12:08	4.9 (53.3%)
71	**LIS-MONASTYRSKA Katarzyna**	**233**		K-30	71	01:24:44	02:44:04	**04:06:53.40**	**04:07:23.00**	+01:54:42 (46.4%)	12:09	4.9 (53.3%)
72	**ORZECHOWSKA Karolina**	**152**	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	K-30	72	01:26:01	02:45:01	**04:08:55.55**	**04:09:18.85**	+01:56:38 (46.8%)	12:15	4.9 (53.3%)
73	**ZAŁUCKA Agnieszka**	**474**		K-30	73	01:25:55	02:45:11	**04:09:18.55**	**04:09:41.30**	+01:57:01 (46.9%)	12:16	4.9 (53.3%)
74	**GODZISZ Ewa**	**150**	VEGE RUNNERS	K-30	74	01:29:27	02:42:45	**04:12:10.75**	**04:12:59.80**	+02:00:19 (47.6%)	12:25	4.8 (52.2%)
75	**BARTOSIK Monika**	**465**	#CZELADZBIEGA	K-30	75	01:29:14	02:47:40	**04:16:35.55**	**04:17:20.20**	+02:04:40 (48.4%)	12:38	4.7 (51.1%)
75	**KUBACZKA-LIGENZA Sylwia**	**462**	#CZELADZBIEGA	K-30	76	01:29:06	02:47:48	**04:16:35.25**	**04:17:20.20**	+02:04:40 (48.4%)	12:38	4.7 (51.1%)
77	**BUJAK-KAPA Dorota**	**461**	#CZELADZBIEGA	K-30	77	01:29:18	02:47:47	**04:16:37.70**	**04:17:20.65**	+02:04:40 (48.4%)	12:38	4.7 (51.1%)
78	**WYSOCKA Edyta**	**163**	HUSARIA RACE TEAM	K-30	78	01:31:52	02:57:04	**04:27:53.90**	**04:28:19.20**	+02:15:39 (50.6%)	13:11	4.5 (48.9%)
79	**WIŚNIEWSKA Magdalena**	**378**	ZMASAKROWANI	K-30	79	01:33:33	02:56:11	**04:32:43.60**	**04:32:55.45**	+02:20:15 (51.4%)	13:26	4.5 (48.9%)
80	**MACKIEWICZ Katarzyna**	**65**		K-30	80	01:33:43	02:59:57	**04:40:45.30**	**04:41:34.35**	+02:28:54 (52.9%)	13:49	4.3 (46.7%)
81	**WITKOWSKA Ania**	**40**		K-30	81	01:33:45	03:00:33	**04:40:45.85**	**04:41:34.70**	+02:28:54 (52.9%)	13:49	4.3 (46.7%)
82	**OSSOWSKA Monika**	**327**	#TRILOSZKI	K-30	82	01:36:39	03:15:09	**04:55:07.00**	**04:55:43.35**	+02:43:03 (55.1%)	14:32	4.1 (44.6%)
Przekroczony limit czasu: 05:00:00												
83	**SZUMLAS Anna**	**337**	#SZUMITEAM	K-30	83	01:37:46	03:16:39	**05:05:05.75**	**05:05:43.00**	+02:53:02 (56.6%)	15:01	4 (43.5%)
84	**KROPIDŁOWSKA Magdalena**	**107**	OCELOTY KRUSZYN KRAJEŃSKI	K-30	84		02:21:02			+00:52:36	10:34	5.7 (62.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas netto 20.3km	Czas brutto 20.3km	Różn	Tempo min/km	Tempo km/h
	NOWACKA-WOŁCZEK Jagoda	**5**	GRUPA BIEGOWA 'BEZ GRANIC'	K-30		DNF	DNF	**DNF**	**DNF**		-	- (0.0%)

Znaleziono 85 wynik(ów)