

LIGHT SGS 21KM

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

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-40

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	**JAWORSKA Magdalena**	**377**	GB WIELKOPOLSCY BIEGACZE	K-40	1	00:53:14	01:43:41	**02:37:34.20**	**02:37:37.95**		7:45	7.7 (100%)
2	**STRAUCHOLD Anna**	**242**	PRO-RUN WROCŁAW	K-40	2	00:56:36	01:50:38	**02:48:02.40**	**02:48:07.95**	+00:10:30 (6.2%)	8:16	7.2 (93.5%)
3	**DUDA Monika**	**54**	RAZ SZCZECIN	K-40	3	01:00:44	01:53:02	**02:48:57.55**	**02:49:16.60**	+00:11:38 (6.9%)	8:19	7.2 (93.5%)
4	**TOMCZAK-CZUWAŁ Sylwia**	**93**	KARKONOSZ RUNNING TEAM	K-40	4	01:01:17	01:54:08	**02:51:36.30**	**02:51:52.80**	+00:14:14 (8.3%)	8:27	7.1 (92.2%)
5	**MURZYN Krysia**	**355**	DOBCZYCKI KLUB BIEGACZA	K-40	5	01:01:57	01:55:13	**02:52:51.15**	**02:53:18.80**	+00:15:40 (9.0%)	8:30	7 (90.9%)
6	**GŁOWACKA Edyta**	**424**	MATNER RUNNING TEAM	K-40	6	01:00:57	01:56:22	**02:55:25.75**	**02:55:29.45**	+00:17:51 (10.2%)	8:38	6.9 (89.6%)
7	**KUBIAK Karolina**	**358**	EXCALIBUR	K-40	7	01:02:55	02:00:14	**02:59:05.80**	**02:59:30.40**	+00:21:52 (12.2%)	8:49	6.8 (88.3%)
8	**GOLON Marlena**	**37**	RUN PASJA	K-40	8	01:05:04	02:02:12	**03:00:48.75**	**03:01:01.40**	+00:23:23 (12.9%)	8:54	6.7 (87.0%)
9	**KRUBA-WRÓBLEWSKA Beata**	**29**	DOBROMIEJSKI KLUB BIEGACZA 'ODCISK'	K-40	9	01:04:59	02:02:08	**03:02:12.85**	**03:02:33.90**	+00:24:55 (13.7%)	8:58	6.7 (87.0%)
10	**MARTOWSKA Barbara**	**186**		K-40	10	01:01:21	01:57:58	**03:02:45.95**	**03:02:58.90**	+00:25:20 (13.9%)	9:00	6.7 (87.0%)
11	**ŚWIATOWIEC Anna**	**445**	IMPERIUM SPORTU	K-40	11	01:06:54	02:04:18	**03:03:23.65**	**03:04:16.30**	+00:26:38 (14.5%)	9:02	6.6 (85.7%)
12	**GARCZYŃSKA Ania**	**200**		K-40	12	01:07:40		**03:03:49.25**	**03:04:23.25**	+00:26:45 (14.5%)	9:03	6.6 (85.7%)
13	**PAPROCKA Natalia**	**294**	RUDA I ŁYSY	K-40	13	01:03:27	02:02:13	**03:04:14.20**	**03:05:05.50**	+00:27:27 (14.8%)	9:04	6.6 (85.7%)
14	**BEDNARZ Małgorzata**	**61**	OTM.B	K-40	14	01:00:38	01:57:48	**03:05:46.10**	**03:05:58.25**	+00:28:20 (15.2%)	9:09	6.6 (85.7%)
15	**SKRĘTEK Monika**	**103**	BIEGAMDLAZDROWIA. PL	K-40	15	01:06:48	02:05:52	**03:06:24.20**	**03:06:59.35**	+00:29:21 (15.7%)	9:10	6.5 (84.4%)
16	**MACKIEWICZ Magdalena**	**20**	DŁUGOBIEGANIE	K-40	16	01:04:22	02:03:16	**03:06:55.45**	**03:07:03.95**	+00:29:26 (15.7%)	9:12	6.5 (84.4%)

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17	**WIENCIS Małgorzata**	**209**	RAZ SZCZECIN	K-40	17	01:06:45	02:04:14	**03:06:59.70**	**03:07:19.20**	+00:29:41 (15.8%)	9:12	6.5 (84.4%)
18	**IWANIEC-KOPACZEWSKA Anna**	**456**	WITKOWO BIEGA	K-40	18	01:08:49	02:07:08	**03:09:20.85**	**03:09:37.50**	+00:31:59 (16.9%)	9:19	6.4 (83.1%)
19	**SZKWAREK Anna**	**426**		K-40	19	01:06:19	02:07:44	**03:11:18.85**	**03:11:32.85**	+00:33:54 (17.7%)	9:25	6.4 (83.1%)
20	**ZIELIŃSKA Mirona**	**49**	NIGHT RUNNERS WROCŁAW	K-40	20	01:05:34	01:31:53	**03:12:29.55**	**03:12:52.70**	+00:35:14 (18.3%)	9:28	6.3 (81.8%)
21	**SMOCZEK Marlena**	**156**		K-40	21	01:06:48	02:08:10	**03:16:21.35**	**03:16:43.20**	+00:39:05 (19.9%)	9:40	6.2 (80.5%)
22	**KOMOROWSKA Monika**	**17**	DOBROMIEJSKI KLUB BIEGACZA ODCISK	K-40	22	01:07:22	02:09:01	**03:16:22.85**	**03:16:43.95**	+00:39:06 (19.9%)	9:40	6.2 (80.5%)
23	**ŁÓJ-KONIECZNA Edyta**	**339**	INFINITY GYM	K-40	23	01:08:47		**03:18:09.05**	**03:18:40.75**	+00:41:02 (20.7%)	9:45	6.1 (79.2%)
24	**KWIATKOWSKA Zuzanna**	**542**		K-40	24	01:07:37	02:09:55	**03:18:52.05**	**03:19:02.80**	+00:41:24 (20.8%)	9:47	6.1 (79.2%)
25	**BABICKA Sylwia**	**149**		K-40	25	01:12:49	02:14:35	**03:20:51.85**	**03:21:11.35**	+00:43:33 (21.6%)	9:53	6.1 (79.2%)
26	**SZYCH Katarzyna**	**83**	RAZ-SZCZECIN	K-40	26	01:08:53	02:10:09	**03:21:44.30**	**03:22:04.40**	+00:44:26 (22.0%)	9:56	6 (77.9%)
27	**ŁAŻEWSKA Sylwia**	**27**		K-40	27	01:06:14	02:11:17	**03:21:56.75**	**03:22:11.05**	+00:44:33 (22.0%)	9:56	6 (77.9%)
28	**CHROSTEK Dorota**	**415**		K-40	28	01:10:18	02:12:37	**03:21:25.00**	**03:22:18.35**	+00:44:40 (22.1%)	9:55	6 (77.9%)
29	**BELOWSKA Anna**	**240**		K-40	29	01:13:22	02:17:10	**03:23:27.90**	**03:23:59.35**	+00:46:21 (22.7%)	10:01	6 (77.9%)
30	**NOWICKA Katarzyna**	**115**		K-40	30	01:08:47	02:13:14	**03:25:06.85**	**03:25:13.20**	+00:47:35 (23.2%)	10:06	5.9 (76.6%)
31	**CHOJECKA Agnieszka**	**108**		K-40	31	01:08:49	02:13:10	**03:25:09.15**	**03:25:17.00**	+00:47:39 (23.2%)	10:06	5.9 (76.6%)
32	**BRZEZIŃSKA Marta**	**21**		K-40	32	01:12:49	02:13:46	**03:25:16.25**	**03:25:56.85**	+00:48:18 (23.5%)	10:06	5.9 (76.6%)
33	**ANTKOWIAK Katarzyna**	**484**		K-40	33	01:10:32	02:14:45	**03:27:22.25**	**03:27:28.60**	+00:49:50 (24.0%)	10:12	5.9 (76.6%)
34	**ODOLIŃSKA Agnieszka**	**34**	PSZCZÓŁKOWSKI TEAM	K-40	34	01:10:13	02:16:43	**03:28:04.50**	**03:28:41.50**	+00:51:03 (24.5%)	10:14	5.9 (76.6%)
35	**BUDNY Aleksandra**	**402**		K-40	35	01:13:41	02:18:38	**03:28:48.60**	**03:29:25.65**	+00:51:47 (24.7%)	10:17	5.8 (75.3%)
36	**SZCZEPAŃSKA Anna**	**277**	CZERWONAK BIEGA	K-40	36	01:11:54	02:18:26	**03:29:16.35**	**03:29:33.50**	+00:51:55 (24.8%)	10:18	5.8 (75.3%)
37	**SIANKIEWICZ Marzena**	**495**	CZERWONAK BIEGA	K-40	37	01:08:52	02:12:44	**03:29:21.25**	**03:29:33.80**	+00:51:55 (24.8%)	10:18	5.8 (75.3%)
38	**WRÓBLEWSKA Olga**	**349**	VEGE RUNNERS	K-40	38	01:14:22	02:19:34	**03:29:12.85**	**03:30:00.80**	+00:52:22 (24.9%)	10:18	5.8 (75.3%)
39	**PAWLAK Małgorzata**	**274**		K-40	39	01:12:21	02:18:36	**03:31:54.60**	**03:32:21.15**	+00:54:43 (25.8%)	10:26	5.7 (74.0%)

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40	**RĘBECKA Violetta**	**52**	BIEGAMDLAZDROWIA.PL	K-40	40	01:11:50	02:19:17	**03:33:33.50**	**03:34:08.15**	+00:56:30 (26.4%)	10:31	5.7 (74.0%)
41	**PORADA Małgorzata**	**178**		K-40	41	01:16:05	02:24:26	**03:35:26.40**	**03:35:39.90**	+00:58:01 (26.9%)	10:36	5.7 (74.0%)
42	**CENDER Magdalena**	**406**	DOGOŃ GRODZISK MAZOWIECKI	K-40	42	01:16:03	02:24:03	**03:37:01.85**	**03:37:36.65**	+00:59:58 (27.6%)	10:41	5.6 (72.7%)
43	**KOZDROJ Wioletta**	**309**	DOGOŃ GRODZISK MAZOWIECKI	K-40	43	01:17:06	02:26:13	**03:38:04.10**	**03:38:31.35**	+01:00:53 (27.9%)	10:44	5.6 (72.7%)
44	**NITA Katarzyna**	**213**	VILLAGE PUNK RUN	K-40	44	01:14:20	02:22:01	**03:38:37.05**	**03:39:10.80**	+01:01:32 (28.1%)	10:46	5.6 (72.7%)
45	**DUDEK Mariola**	**69**	STRZEGOMSKA DWUNASTKA	K-40	45	01:17:30	02:26:51	**03:38:54.30**	**03:39:46.30**	+01:02:08 (28.3%)	10:46	5.6 (72.7%)
46	**ZABOROWSKA Aleksandra**	**440**		K-40	46	01:23:30	02:32:10	**03:39:35.35**	**03:40:08.30**	+01:02:30 (28.4%)	10:49	5.5 (71.4%)
47	**PISOWŁODZKA Dagmara**	**552**		K-40	47	01:19:46	02:28:17	**03:40:55.80**	**03:41:16.25**	+01:03:38 (28.8%)	10:53	5.5 (71.4%)
48	**WOJCIECHOWSKA Anna**	**348**	PIĄTKOWO NA BIEGOWO	K-40	48	01:11:07	02:22:22	**03:40:57.70**	**03:41:19.05**	+01:03:41 (28.8%)	10:53	5.5 (71.4%)
49	**WOJCIECHOWSKA Dorota**	**366**	DOGOŃ GRODZISK MAZOWIECKI	K-40	49	01:17:34	02:26:18	**03:41:39.70**	**03:42:08.25**	+01:04:30 (29.0%)	10:55	5.5 (71.4%)
50	**DRANKA-BOJAROWSKA Daria**	**350**		K-40	50	01:13:40	02:24:57	**03:43:20.50**	**03:43:51.00**	+01:06:13 (29.6%)	11:00	5.5 (71.4%)
51	**LE FELIC Monika**	**411**	ADIDAS RUNNERS WARSAW	K-40	51		02:32:44	**03:44:20.85**	**03:44:20.85**	+01:06:42 (29.7%)	11:03	5.4 (70.1%)
52	**ROSZYK Sylwia**	**41**	PARKRUN POZNAŃ	K-40	52	01:14:39	02:25:07	**03:46:47.65**	**03:47:00.80**	+01:09:22 (30.6%)	11:10	5.4 (70.1%)
53	**PŁUCIENNIK Katarzyna**	**75**		K-40	53	01:21:32	02:31:57	**03:49:18.25**	**03:50:09.15**	+01:12:31 (31.5%)	11:17	5.3 (68.8%)
54	**PERKA Barbara**	**135**	BIEG OPOLSKI	K-40	54	01:17:23	02:33:42	**03:50:20.50**	**03:50:35.40**	+01:12:57 (31.6%)	11:20	5.3 (68.8%)
55	**SZCZĘŚNIAK Małgorzata**	**334**	#CZELADZBIEGA	K-40	55	01:19:21	02:31:24	**03:51:20.60**	**03:52:03.15**	+01:14:25 (32.1%)	11:23	5.3 (68.8%)
56	**JAMRÓZ Joanna**	**51**	JAMERKI	K-40	56	01:20:56	02:36:58	**03:52:49.40**	**03:53:29.70**	+01:15:51 (32.5%)	11:28	5.2 (67.5%)
57	**STACHURSKA Monika**	**13**	KOBYŁKI	K-40	57	01:21:17	02:34:05	**03:53:32.50**	**03:54:27.80**	+01:16:49 (32.8%)	11:30	5.2 (67.5%)
58	**WĄSIK Izabela**	**141**		K-40	58	01:21:26	02:33:22	**03:55:10.15**	**03:55:51.55**	+01:18:13 (33.2%)	11:35	5.2 (67.5%)
59	**LIPSKA Iwona**	**10**		K-40	59	01:21:27	02:34:03	**03:56:02.60**	**03:56:42.10**	+01:19:04 (33.4%)	11:37	5.2 (67.5%)
60	**MIZGAJSKA-KĘPA Katarzyna**	**182**	DOGOŃ GRODZISK MAZOWIECKI	K-40	60	01:22:40	02:38:30	**04:02:29.10**	**04:03:05.40**	+01:25:27 (35.2%)	11:56	5 (64.9%)
61	**GÓRNIAK Joanna**	**205**		K-40	61	01:26:43	02:42:52	**04:08:29.90**	**04:09:07.95**	+01:31:30 (36.7%)	12:14	4.9 (63.6%)
62	**SZYLIŃSKI Katarzyna**	**292**	TWARDZIELE TEAM BOGATYNIA	K-40	62	01:26:08	02:47:38	**04:10:28.30**	**04:11:04.90**	+01:33:26 (37.2%)	12:20	4.9 (63.6%)

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63	**NASTAWSKA Monika**	**85**		K-40	63	01:23:58	02:44:08	**04:12:12.50**	**04:12:27.10**	+01:34:49 (37.6%)	12:25	4.8 (62.3%)
64	**BERNAS-KUJAWIŃSKA Magdalena**	**30**	MAMA BIEGA	K-40	64	01:24:10	02:44:03	**04:12:11.40**	**04:12:27.35**	+01:34:49 (37.6%)	12:25	4.8 (62.3%)
65	**OSZCZĘDA Marzena**	**105**	ZARAZIĆ PASJĄ	K-40	65	01:24:24	02:46:47	**04:15:16.15**	**04:15:49.50**	+01:38:11 (38.4%)	12:34	4.8 (62.3%)
66	**WISNIEWSKA Aldona**	**409**		K-40	66	01:22:04	02:53:53	**04:18:00.00**	**04:18:11.25**	+01:40:33 (38.9%)	12:42	4.7 (61.0%)
67	**WASZKIEWICZ Ewa**	**170**	GANG ANIELIC	K-40	67	01:28:54	02:53:29	**04:26:25.00**	**04:26:35.00**	+01:48:57 (40.9%)	13:07	4.6 (59.7%)
68	**WIŚNIEWSKA Dorota**	**230**		K-40	68	01:34:46	03:01:35	**04:29:04.35**	**04:29:33.35**	+01:51:55 (41.5%)	13:15	4.5 (58.4%)
69	**KIERZKOWSKA Aniela**	**206**	BIAŁOSTOCKA SEKTA BIEGACZY	K-40	69	01:33:37	02:59:50	**04:29:17.55**	**04:30:11.50**	+01:52:33 (41.7%)	13:15	4.5 (58.4%)
70	**WROTNIAK Sylwia**	**373**	BLIŹNIACY	K-40	70	01:33:42	03:00:03	**04:37:32.15**	**04:37:43.45**	+02:00:05 (43.2%)	13:40	4.4 (57.1%)
71	**SOKOŁOWSKA Anna**	**457**	PARKRUN GORZÓW WIELKOPOLSKI	K-40	71	01:33:46	03:00:40	**04:40:46.15**	**04:41:34.60**	+02:03:56 (44.0%)	13:49	4.3 (55.8%)
72	**PAWLIK Anna**	**216**	OSTRÓDA RUNNERS	K-40	72	01:17:51	02:53:14	**04:54:53.30**	**04:55:30.60**	+02:17:52 (46.7%)	14:31	4.1 (53.2%)

Znaleziono 72 wynik(ów)