SGS LIGHT PÓŁMARATON 23KM

Wydarzenie: Supermaraton Gór Stołowych 2020
Organizator: Fundacja Maratony Górskie
Data: 2020-06-28
Miejsce: Karłów
Dystans: 23 km

Klasyfikacja: K-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 14.4km	Czas netto 23.6km	Różn	Tempo min/km	Tempo km/h
1	**HOJA Joanna**	**491**	ALPIN SPORT HOKA ONE ONE TEAM	K-30	1	01:29:19	**02:43:25.10**		6:55	8.7 (100%)
2	**ŚWIĄTEK Julia**	**456**	IMMABEE	K-30	2	01:32:25	**02:48:14.00**	+00:04:48 (2.9%)	7:07	8.4 (96.6%)
3	**BIAŁOBŁOCKA Alicja**	**19**		K-30	3	01:31:48	**02:52:34.45**	+00:09:09 (5.3%)	7:18	8.2 (94.3%)
4	**WIERZCHOWSKA Izabela**	**335**	BASTER TEAM	K-30	4	01:32:47	**02:53:03.40**	+00:09:38 (5.6%)	7:19	8.2 (94.3%)
5	**PIECUCH Karolina**	**46**	LACHO TEAM	K-30	5	01:37:16	**02:55:44.75**	+00:12:19 (7.0%)	7:26	8.1 (93.1%)
6	**GROCHECKA Joanna**	**86**		K-30	6	01:37:14	**02:56:41.95**	+00:13:16 (7.5%)	7:29	8 (92.0%)
7	**BOĆKO Ewa**	**33**	DTR BIEGA/MARIO TEAM	K-30	7	01:40:51	**03:06:25.30**	+00:23:00 (12.3%)	7:53	7.6 (87.4%)
8	**PACIOREK Ewa**	**513**		K-30	8	01:44:19	**03:11:21.20**	+00:27:56 (14.6%)	8:06	7.4 (85.1%)
9	**GRAD Idalia**	**256**	DZIKA BANDA ŁAKOMCZUCHÓW	K-30	9	01:49:17	**03:11:47.60**	+00:28:22 (14.8%)	8:07	7.4 (85.1%)
10	**SZYMAŃSKA Brygida**	**279**	STRZEGOMSKA DWUNASTKA	K-30	10	01:46:56	**03:12:59.95**	+00:29:34 (15.3%)	8:10	7.3 (83.9%)
11	**DOMAGAŁA Grażyna**	**167**	NIGHT RUNNERS WROCŁAW	K-30	11	01:43:37	**03:13:02.50**	+00:29:37 (15.3%)	8:10	7.3 (83.9%)
12	**STANKIEWICZ Anna**	**370**	DOGOŃ GRODZISK MAZOWIECKI	K-30	12	01:47:24	**03:13:14.25**	+00:29:49 (15.4%)	8:11	7.3 (83.9%)
13	**SZAL Małgorzata**	**161**	TENIS CENTRUM AS	K-30	13	01:47:45	**03:16:05.30**	+00:32:40 (16.7%)	8:18	7.2 (82.8%)
14	**BABIŃSKA Ewelina**	**77**		K-30	14	01:43:57	**03:19:15.80**	+00:35:50 (18.0%)	8:26	7.1 (81.6%)
15	**GRABIAS-MAZUR Krystyna**	**321**	TKKF TRIATHLON DĄBROWA GÓRNICZA	K-30	15	01:52:08	**03:24:56.10**	+00:41:31 (20.3%)	8:41	6.9 (79.3%)
16	**ŁUCJANEK Justyna**	**464**	KAJATEAM	K-30	16	01:53:38	**03:25:33.05**	+00:42:07 (20.5%)	8:42	6.9 (79.3%)
17	**BRUCH Katarzyna**	**384**		K-30	17	01:53:25	**03:28:51.05**	+00:45:25 (21.8%)	8:50	6.8 (78.2%)
18	**GĄSIOROWSKA Agnieszka**	**368**	EVERRUN	K-30	18	01:53:12	**03:30:12.30**	+00:46:47 (22.3%)	8:54	6.7 (77.0%)
19	**LESZCZYŃSKA Weronika**	**506**		K-30	19	01:51:50	**03:31:15.05**	+00:47:49 (22.6%)	8:57	6.7 (77.0%)
20	**KUROWSKA Marlena**	**487**	KAMIENNOGÓRSKA GRUPA BIEGOWA	K-30	20	01:52:20	**03:32:36.90**	+00:49:11 (23.1%)	9:00	6.7 (77.0%)
21	**KACZMARZ Katarzyna**	**26**		K-30	21	01:56:55	**03:33:28.25**	+00:50:03 (23.4%)	9:02	6.6 (75.9%)
22	**KARKOSZ Aurelia**	**434**		K-30	22	01:57:25	**03:35:38.60**	+00:52:13 (24.2%)	9:08	6.6 (75.9%)
23	**MAZUREK Marita**	**361**		K-30	23	01:59:08	**03:36:08.75**	+00:52:43 (24.4%)	9:09	6.6 (75.9%)
24	**WĘŻYK Kamila**	**431**		K-30	24	01:58:57	**03:36:09.45**	+00:52:44 (24.4%)	9:09	6.6 (75.9%)
25	**SOKÓLSKA Katarzyna**	**166**	OUTDOOR TRAINING	K-30	25	01:58:30	**03:40:00.50**	+00:56:35 (25.7%)	9:19	6.4 (73.6%)
26	**SZYLBERG Aleksandra**	**172**	TEAM ZABIEGANEDNI	K-30	26	02:00:55	**03:41:04.35**	+00:57:39 (26.1%)	9:22	6.4 (73.6%)
27	**POCHWAŁA Justyna**	**67**	NATALIA TOMASIAK GÓRSKI STYL TEAM	K-30	27	02:00:51	**03:43:41.85**	+01:00:16 (26.9%)	9:28	6.3 (72.4%)
28	**MODERACKA Małgorzata**	**337**		K-30	28	02:00:48	**03:44:18.80**	+01:00:53 (27.1%)	9:30	6.3 (72.4%)
29	**DZIARKOWSKA Edyta**	**338**	#TEAMDKMS	K-30	29	01:55:51	**03:44:35.10**	+01:01:10 (27.2%)	9:30	6.3 (72.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 14.4km	Czas netto 23.6km	Różn	Tempo min/km	Tempo km/h
30	**KACZOREK Renata**	**160**		K-30	30	01:58:22	**03:44:59.35**	+01:01:34 (27.4%)	9:32	6.3 (72.4%)
31	**GRUDZIEŃ-JURKOWSKA Malgorzata**	**485**		K-30	31	01:56:45	**03:45:20.70**	+01:01:55 (27.5%)	9:32	6.3 (72.4%)
32	**JARMUDA Justyna**	**327**		K-30	32	02:01:14	**03:46:01.50**	+01:02:36 (27.7%)	9:34	6.3 (72.4%)
33	**MAZIAREK Adela**	**210**		K-30	33	01:59:40	**03:47:28.05**	+01:04:02 (28.2%)	9:38	6.2 (71.3%)
34	**FEDOROWICZ Jowita**	**62**	KOTWICA BRZEG	K-30	34	02:01:02	**03:48:28.45**	+01:05:03 (28.5%)	9:40	6.2 (71.3%)
35	**SEMENIUK Marzena**	**436**	KOTWICA BRZEG	K-30	35	02:00:22	**03:48:37.00**	+01:05:11 (28.5%)	9:41	6.2 (71.3%)
36	**JANUSZEWSKA Izabela**	**374**	BIEGAM U KOLESI	K-30	36	02:03:06	**03:48:58.35**	+01:05:33 (28.6%)	9:42	6.2 (71.3%)
37	**SKRZYPIŃSKA Agnieszka**	**214**		K-30	37	02:02:45	**03:52:43.20**	+01:09:18 (29.8%)	9:51	6.1 (70.1%)
38	**KUBACZKA-LIGENZA Sylwia**	**186**	#CZELADZBIEGA	K-30	38	02:08:11	**03:53:47.85**	+01:10:22 (30.1%)	9:54	6.1 (70.1%)
39	**STRZELCZYK Paulina**	**54**	NESSI LESZNO	K-30	39	02:07:57	**03:55:51.95**	+01:12:26 (30.7%)	9:59	6 (69.0%)
40	**ORACKA Marta**	**239**	DOGOŃ GRODZISK MAZOWIECKI	K-30	40	02:14:15	**03:58:37.45**	+01:15:12 (31.5%)	10:06	5.9 (67.8%)
41	**MAGDZIAK Iwona**	**493**	NOA	K-30	41	02:05:49	**03:58:56.80**	+01:15:31 (31.6%)	10:07	5.9 (67.8%)
42	**KRYSZAK Dorota**	**450**	MARMEL TORUŃ	K-30	42	02:09:44	**04:01:34.95**	+01:18:09 (32.4%)	10:14	5.9 (67.8%)
43	**ZACHCIAŁ Anna**	**346**		K-30	43	02:08:00	**04:02:41.40**	+01:19:16 (32.7%)	10:16	5.8 (66.7%)
44	**ŚWIDER Małgorzata**	**196**		K-30	44	02:06:36	**04:04:10.80**	+01:20:45 (33.1%)	10:20	5.8 (66.7%)
45	**GAŁUS Angelika**	**385**	NOVEMBEER RUNNING TEAM	K-30	45	02:10:08	**04:06:43.50**	+01:23:18 (33.8%)	10:27	5.7 (65.5%)
46	**ŁADOŃSKA Agata**	**405**		K-30	46	02:11:23	**04:10:17.55**	+01:26:52 (34.7%)	10:36	5.7 (65.5%)
47	**SŁONECKA Anna**	**399**	BRAVEHEARTS LEGIONOWO	K-30	47	02:11:45	**04:12:03.45**	+01:28:38 (35.2%)	10:40	5.6 (64.4%)
48	**GAWROŃSKA Agata**	**401**	BRAVEHARDS LEGIONOWO	K-30	48	02:11:59	**04:12:21.05**	+01:28:55 (35.2%)	10:41	5.6 (64.4%)
49	**CICHOMSKA Marzena**	**58**	BIEGAM BO MUSZĘ INACZEJ SIĘ UDUSZĘ	K-30	49	02:14:11	**04:12:46.65**	+01:29:21 (35.4%)	10:42	5.6 (64.4%)
50	**ADAMIAK Marta**	**165**	RUN4GOLD	K-30	50	02:14:40	**04:13:41.25**	+01:30:16 (35.6%)	10:45	5.6 (64.4%)
51	**CZEKALSKA Magdalena**	**245**	NARAMOWICE BIEGAJĄ	K-30	51	02:04:58	**04:14:00.20**	+01:30:35 (35.7%)	10:45	5.6 (64.4%)
52	**ZIELIŃSKA Katarzyna**	**99**		K-30	52	02:27:26	**04:15:26.10**	+01:32:01 (36.0%)	10:49	5.5 (63.2%)
53	**DOMINIAK Katarzyna**	**355**	TIGERS TEAM	K-30	53	02:20:23	**04:17:14.40**	+01:33:49 (36.5%)	10:54	5.5 (63.2%)
54	**BARTOSZEWSKA Katarzyna**	**156**	WATAHA	K-30	54	02:17:57	**04:18:00.45**	+01:34:35 (36.7%)	10:55	5.5 (63.2%)
55	**SKARŻEŃSKA Jagoda**	**527**		K-30	55	02:11:47	**04:18:53.50**	+01:35:28 (36.9%)	10:58	5.5 (63.2%)
56	**WITKOWSKA-KOPKA Kaja**	**43**		K-30	56	02:18:02	**04:19:09.30**	+01:35:44 (36.9%)	10:58	5.5 (63.2%)
57	**SADURSKA Kasia**	**319**		K-30	57	02:16:38	**04:19:22.85**	+01:35:57 (37.0%)	10:59	5.5 (63.2%)
58	**BRODAWKA Olga**	**72**		K-30	58	02:19:40	**04:20:36.25**	+01:37:11 (37.3%)	11:02	5.4 (62.1%)
59	**POKROP Agnieszka**	**48**	GÓRSKI STYL TEAM	K-30	59	02:19:52	**04:20:36.80**	+01:37:11 (37.3%)	11:02	5.4 (62.1%)
60	**SAWICKA Izabela**	**14**	PARKRUN	K-30	60	02:16:49	**04:23:05.15**	+01:39:40 (37.9%)	11:08	5.4 (62.1%)
61	**BOSY Joanna**	**222**		K-30	61	02:15:59	**04:24:57.80**	+01:41:32 (38.3%)	11:13	5.3 (60.9%)
62	**BŁASZCZAK Katarzyna**	**92**	DOGOŃ GRODZISK MAZOWIECKI	K-30	62	02:22:17	**04:25:31.90**	+01:42:06 (38.5%)	11:15	5.3 (60.9%)
63	**MALISZAK Agnieszka**	**152**		K-30	63	02:23:47	**04:27:06.65**	+01:43:41 (38.8%)	11:19	5.3 (60.9%)
64	**MAJ Magdalena**	**16**	GRAŻYNKI OCR	K-30	64	02:24:27	**04:28:03.50**	+01:44:38 (39.0%)	11:21	5.3 (60.9%)
65	**KOCZOROWSKA Anna**	**313**	TEAM ZABIEGANEDNI	K-30	65	02:23:31	**04:33:54.35**	+01:50:29 (40.3%)	11:36	5.2 (59.8%)
66	**MITEK Marta**	**194**		K-30	66	02:24:57	**04:34:45.85**	+01:51:20 (40.5%)	11:38	5.2 (59.8%)
67	**ZAWADZKA Magdalena**	**25**	AKS POLONIA WARSZAWA	K-30	67	02:21:20	**04:35:50.15**	+01:52:25 (40.8%)	11:41	5.1 (58.6%)
68	**WITKOWSKA Ania**	**18**		K-30	68	02:31:29	**04:41:00.20**	+01:57:35 (41.8%)	11:54	5 (57.5%)
69	**MACKIEWICZ Katarzyna**	**122**		K-30	69	02:31:26	**04:41:09.00**	+01:57:43 (41.9%)	11:54	5 (57.5%)
70	**MIERZEJEWSKA Martyna**	**316**	BIEGAM NA TARCHOMINIE	K-30	70	02:33:15	**04:41:49.85**	+01:58:24 (42.0%)	11:56	5 (57.5%)
71	**WRZOSEK Karolina**	**483**		K-30	71	02:29:57	**04:46:39.75**	+02:03:14 (43.0%)	12:08	4.9 (56.3%)
72	**LEWANDOWSKA Ewelina**	**333**	NIGHT RUNNERS WROCŁAW	K-30	72	02:35:01	**04:48:10.60**	+02:04:45 (43.3%)	12:12	4.9 (56.3%)
73	**MHADHBI Joanna**	**292**		K-30	73	02:28:47	**04:51:56.80**	+02:08:31 (44.0%)	12:22	4.9 (56.3%)

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74	**HEIMOWSKA Beata**	**446**		K-30	74	02:39:22	**04:55:54.85**	+02:12:29 (44.8%)	12:32	4.8 (55.2%)
75	**BLICHERT Anna**	**57**	I DON'T KURWA CARE	K-30	75	02:32:02	**04:55:56.05**	+02:12:30 (44.8%)	12:32	4.8 (55.2%)
76	**GAGASZKA Agnieszka**	**104**		K-30	76	02:38:04	**05:02:53.05**	+02:19:27 (46.0%)	12:50	4.7 (54.0%)
77	**BARTOSZEWICZ Marta**	**192**		K-30	77	02:43:09	**05:06:58.60**	+02:23:33 (46.8%)	13:00	4.6 (52.9%)
78	**SZOTOWICZ Ewa**	**151**		K-30	78	02:43:13	**05:09:49.15**	+02:26:24 (47.3%)	13:07	4.6 (52.9%)
79	**ŁAŹNIAK-PFAJFER Agata**	**226**	CARDIORUNNERS	K-30	79	02:19:27	**05:10:44.65**	+02:27:19 (47.4%)	13:10	4.6 (52.9%)
80	**WALCZAK Faustyna**	**264**		K-30	80	02:47:21	**05:18:30.85**	+02:35:05 (48.7%)	13:29	4.4 (50.6%)
81	**MATEJKA Małgorzata**	**274**	BIEGAM NA TARCHOMINIE	K-30	81	02:46:52	**05:19:33.85**	+02:36:08 (48.9%)	13:32	4.4 (50.6%)
82	**TOMALAK Anna**	**529**		K-30	82	02:57:43	**05:28:18.70**	+02:44:53 (50.2%)	13:54	4.3 (49.4%)

Znaleziono 82 wynik(ów)