SGS LIGHT PÓŁMARATON 23KM

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

Klasyfikacja: K-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 14.4km	Czas netto 23.6km	Różn	Tempo min/km	Tempo km/h
1	**NOWACKA Marlena**	**538**		K-40	1	01:32:23	**02:46:52.95**		7:04	8.5 (100%)
2	**KUKUĆ - KWAPISZEWSKA Anna**	**369**		K-40	2	01:32:21	**02:47:56.10**	+00:01:03 (0.6%)	7:06	8.4 (98.8%)
3	**KARATKÓW Ewa**	**462**		K-40	3	01:32:52	**02:53:55.95**	+00:07:03 (4.1%)	7:22	8.1 (95.3%)
4	**ŁASKOWSKA Marzena**	**24**	WKURW_TEAM	K-40	4	01:41:17	**03:01:02.75**	+00:14:09 (7.8%)	7:40	7.8 (91.8%)
5	**JAWORSKA Magdalena**	**224**	GB WIELKOPOLSCY BIEGACZE / TEAM KGB	K-40	5	01:40:55	**03:02:28.80**	+00:15:35 (8.5%)	7:43	7.8 (91.8%)
6	**CZAJKOWSKA Sylwia**	**142**	BYDGOSKIE OKONIE	K-40	6	01:38:10	**03:06:11.50**	+00:19:18 (10.4%)	7:53	7.6 (89.4%)
7	**KOZŁOWSKA Iwona**	**488**	LESZNO LIMITS RUNNERS	K-40	7	01:43:05	**03:07:00.35**	+00:20:07 (10.8%)	7:55	7.6 (89.4%)
8	**BOCHAN Lidia**	**426**		K-40	8	01:50:35	**03:19:16.00**	+00:32:23 (16.3%)	8:26	7.1 (83.5%)
9	**TRZEPACZ Dorota**	**359**	KB LUPUS OLEŚNICA	K-40	9	01:47:21	**03:19:20.30**	+00:32:27 (16.3%)	8:26	7.1 (83.5%)
10	**WIERZBIŃSKA Edyta**	**69**	LATYFUNDYŚCI BIEGAJĄ	K-40	10	01:52:04	**03:22:28.95**	+00:35:36 (17.6%)	8:34	7 (82.4%)
11	**ŁAŻEWSKA Sylwia**	**12**		K-40	11	01:57:52	**03:29:36.80**	+00:42:43 (20.4%)	8:52	6.8 (80.0%)
12	**BUGANIK Magdalena**	**480**	23 ŚLĄSKI PUŁK ARTYLERII	K-40	12	01:53:37	**03:31:23.10**	+00:44:30 (21.1%)	8:57	6.7 (78.8%)
13	**BARCZAK Katarzyna**	**477**	RUN TEAM MILEJÓW	K-40	13	01:51:20	**03:32:01.40**	+00:45:08 (21.3%)	8:59	6.7 (78.8%)
14	**JAGIEŁŁO Joanna**	**475**	RUN TEAM MILEJÓW	K-40	14	01:48:26	**03:35:18.35**	+00:48:25 (22.5%)	9:07	6.6 (77.6%)
15	**KRZYZIŃSKA Sylwia**	**505**	DOGOŃ GRODZISK MAZOWIECKI	K-40	15	01:59:15	**03:36:02.85**	+00:49:09 (22.8%)	9:09	6.6 (77.6%)
16	**SERAFIN Ewelina**	**23**		K-40	16	01:52:43	**03:40:36.55**	+00:53:43 (24.4%)	9:20	6.4 (75.3%)
17	**BARTMAŃSKA Mirosława**	**517**		K-40	17	01:57:59	**03:41:48.85**	+00:54:55 (24.8%)	9:23	6.4 (75.3%)
18	**ŁASKAWSKA Justyna**	**492**		K-40	18	01:58:27	**03:42:28.35**	+00:55:35 (25.0%)	9:25	6.4 (75.3%)
19	**BABICKA Sylwia**	**440**	BIEGAM Z RADOŚCI	K-40	19	01:58:15	**03:42:37.80**	+00:55:44 (25.0%)	9:26	6.4 (75.3%)
20	**MAZUR Katarzyna**	**27**	UMLAUT	K-40	20	01:59:40	**03:43:35.85**	+00:56:42 (25.4%)	9:28	6.3 (74.1%)
21	**LE FELIC Monika**	**510**		K-40	21	02:04:51	**03:49:12.55**	+01:02:19 (27.2%)	9:42	6.2 (72.9%)
22	**GUZIŃSKA Ola**	**234**	BIEGAM BO LUBIĘ ZĄBKI TEAM	K-40	22	02:05:01	**03:49:35.85**	+01:02:42 (27.3%)	9:43	6.2 (72.9%)
23	**JARECKA Katarzyna**	**532**		K-40	23	02:07:06	**03:50:42.00**	+01:03:49 (27.7%)	9:46	6.1 (71.8%)
24	**WOJCIECHOWSKA Dorota**	**82**	DOGOŃ GRODZISK MAZOWIECKI	K-40	24	02:01:26	**03:53:29.15**	+01:06:36 (28.5%)	9:53	6.1 (71.8%)
25	**KOZDROJ Wioletta**	**79**	DOGOŃ GRODZISK MAZOWIECKI	K-40	25	02:00:54	**03:53:33.60**	+01:06:40 (28.5%)	9:53	6.1 (71.8%)
26	**BOŻKIEWICZ Patrycja**	**3**	PIEKIELNIE ZGRANI	K-40	26	02:05:21	**03:53:55.75**	+01:07:02 (28.7%)	9:54	6.1 (71.8%)
27	**ZELICHOWSKA Izabela**	**145**	KĘCKIE HARPAGANY	K-40	27	02:04:44	**03:53:57.55**	+01:07:04 (28.7%)	9:54	6.1 (71.8%)
28	**WOJCIECHOWSKA Anna**	**148**	PIĄTKOWO NA BIEGOWO	K-40	28	02:03:02	**03:55:01.00**	+01:08:08 (29.0%)	9:57	6 (70.6%)
29	**GIDASZEWSKA Jolanta**	**38**	NESSI LESZNO	K-40	29	02:07:59	**03:55:56.85**	+01:09:03 (29.3%)	9:59	6 (70.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 14.4km	Czas netto 23.6km	Różn	Tempo min/km	Tempo km/h
30	**PAPROCKA Natalia**	**95**		K-40	30	02:06:41	**03:56:19.35**	+01:09:26 (29.4%)	10:00	6 (70.6%)
31	**DZIWIEC-GUZIK Justyna**	**21**	MARELLI SOSNOWIEC POLAND	K-40	31	02:09:03	**03:56:31.25**	+01:09:38 (29.4%)	10:01	6 (70.6%)
32	**MIELNIK Natalia**	**490**		K-40	32	02:09:11	**03:58:07.70**	+01:11:14 (29.9%)	10:05	5.9 (69.4%)
33	**KWIATKOWSKA Zuzanna**	**409**		K-40	33	02:06:57	**03:58:26.70**	+01:11:33 (30.0%)	10:06	5.9 (69.4%)
34	**PERKA Barbara**	**71**		K-40	34	02:11:42	**04:01:30.00**	+01:14:37 (30.9%)	10:13	5.9 (69.4%)
35	**JURAS-KMIEĆ Marzena**	**136**	BIEGAM SOBIE	K-40	35	02:10:35	**04:02:30.80**	+01:15:37 (31.2%)	10:16	5.8 (68.2%)
36	**BEDNARSKA KOZIOŁ Danuta**	**509**	WKURW_TEAM	K-40	36	02:15:20	**04:07:20.25**	+01:20:27 (32.5%)	10:28	5.7 (67.1%)
37	**OLSZANKA Anna**	**310**	OTWOCK BIEGA	K-40	37	02:12:57	**04:09:34.45**	+01:22:41 (33.1%)	10:34	5.7 (67.1%)
38	**SZYMAŃSKA Hanna**	**498**		K-40	38	02:12:43	**04:09:45.45**	+01:22:52 (33.2%)	10:34	5.7 (67.1%)
39	**SWICARZ Monika**	**221**		K-40	39	02:10:32	**04:10:04.90**	+01:23:11 (33.3%)	10:35	5.7 (67.1%)
40	**KOWNACKA Magdalena**	**162**		K-40	40	02:16:40	**04:11:18.30**	+01:24:25 (33.6%)	10:38	5.6 (65.9%)
41	**KARAMON Magdalena**	**227**		K-40	41	02:12:39	**04:12:21.50**	+01:25:28 (33.9%)	10:41	5.6 (65.9%)
42	**PLASZCZAK Bogumiła**	**93**	PIEKIELNIE ZGRANI	K-40	42	02:11:02	**04:14:47.20**	+01:27:54 (34.5%)	10:47	5.6 (65.9%)
43	**KWIATKOWSKA Marta**	**158**		K-40	43	02:05:14	**04:16:29.90**	+01:29:36 (34.9%)	10:52	5.5 (64.7%)
44	**PISOWŁODZKA Dagmara**	**177**		K-40	44	02:18:19	**04:17:09.70**	+01:30:16 (35.1%)	10:53	5.5 (64.7%)
45	**KOWALCZYK Anna**	**472**	DOGOŃ GRODZISK MAZOWIECKI	K-40	45	02:12:53	**04:17:15.00**	+01:30:22 (35.1%)	10:54	5.5 (64.7%)
46	**SIDORCZUK Katarzyna**	**269**	KB SPARTAKUS BEŁCHATÓW	K-40	46	02:20:04	**04:19:26.15**	+01:32:33 (35.7%)	10:59	5.5 (64.7%)
47	**KUJAWA Katarzyna**	**187**	KURCZAK I AGATKA	K-40	47	02:13:01	**04:19:46.55**	+01:32:53 (35.8%)	11:00	5.5 (64.7%)
48	**SOWIŃSKA Magdalena**	**206**	DOGOŃ GRODZISK MAZOWIECKI	K-40	48	02:13:22	**04:19:58.40**	+01:33:05 (35.8%)	11:00	5.4 (63.5%)
49	**SZYMCZAK Anna**	**311**	KB SPARTAKUS BEŁCHATÓW	K-40	49	02:24:40	**04:29:47.05**	+01:42:54 (38.1%)	11:25	5.2 (61.2%)
50	**DUDEK Mariola**	**36**	STRZEGOMSKA DWUNASTKA	K-40	50	02:19:56	**04:31:37.05**	+01:44:44 (38.6%)	11:30	5.2 (61.2%)
51	**PAWLAK Małgorzata**	**287**		K-40	51	02:21:07	**04:35:22.30**	+01:48:29 (39.4%)	11:40	5.1 (60.0%)
52	**KORNACKA Hanna**	**200**	DOGOŃ GRODZISK MAZOWIECKI	K-40	52	02:21:26	**04:36:05.65**	+01:49:12 (39.6%)	11:41	5.1 (60.0%)
53	**PAWLIK Anna**	**106**	OSTRÓDA RUNNERS	K-40	53	02:25:26	**04:40:53.50**	+01:54:00 (40.6%)	11:54	5 (58.8%)
54	**REMBOWSKA Natalia**	**282**		K-40	54	02:27:16	**04:41:48.00**	+01:54:55 (40.8%)	11:56	5 (58.8%)
55	**WIŚNIEWSKA Dorota**	**350**		K-40	55	02:34:58	**04:48:00.25**	+02:01:07 (42.1%)	12:12	4.9 (57.6%)
56	**FURTACZ Anna**	**427**		K-40	56	02:30:58	**04:48:46.75**	+02:01:53 (42.2%)	12:14	4.9 (57.6%)
57	**LATOS Joanna**	**347**		K-40	57	02:28:54	**04:49:19.85**	+02:02:26 (42.3%)	12:15	4.9 (57.6%)
58	**KSIĘŻAK Jolanta**	**320**		K-40	58	02:32:34	**04:50:25.50**	+02:03:32 (42.5%)	12:18	4.9 (57.6%)
59	**MORAWSKA Katarzyna**	**251**	FUCK THE PESEL	K-40	59	02:30:38	**04:53:17.00**	+02:06:24 (43.1%)	12:25	4.8 (56.5%)
60	**JEŻEWSKA Sylwia**	**343**	DRUŻYNA SZPIKU	K-40	60	02:31:53	**04:53:56.45**	+02:07:03 (43.2%)	12:27	4.8 (56.5%)
61	**ZABOROWSKA Aleksandra**	**395**		K-40	61	02:37:09	**04:58:21.80**	+02:11:28 (44.1%)	12:38	4.7 (55.3%)
62	**MARYNIAK Katarzyna**	**386**	WYBIEGAJ SIEBIE	K-40	62	02:31:36	**05:00:52.95**	+02:14:00 (44.5%)	12:44	4.7 (55.3%)
63	**ROGOWSKA-ROSZCZYK Magdalena**	**199**		K-40	63	02:43:30	**05:07:10.25**	+02:20:17 (45.7%)	13:00	4.6 (54.1%)
64	**WRÓBEL Marzena**	**231**		K-40	64	02:40:46	**05:08:57.40**	+02:22:04 (46.0%)	13:05	4.6 (54.1%)
65	**KASZUBA Katarzyna**	**105**	#CZELADZBIEGA	K-40	65	02:52:13	**05:21:09.75**	+02:34:16 (48.0%)	13:36	4.4 (51.8%)
66	**STRZELCZYK Edyta**	**267**	P+E	K-40	66	02:48:06	**05:21:25.60**	+02:34:32 (48.1%)	13:37	4.4 (51.8%)
67	**KORNILUK Izabela**	**135**		K-40	67	02:55:06	**05:22:01.65**	+02:35:08 (48.2%)	13:38	4.4 (51.8%)
68	**JASIUL Mariola**	**111**		K-40	68	02:52:43	**05:22:47.20**	+02:35:54 (48.3%)	13:40	4.4 (51.8%)
69	**FORMELA Justyna**	**530**		K-40	69	02:57:23	**05:28:36.55**	+02:41:43 (49.2%)	13:55	4.3 (50.6%)

Znaleziono 69 wynik(ów)