

ZŁOTY MARATON - 45 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2019-07-18
Miejsce: Łądek-Zdrój
Dystans: 45 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Masters K - 40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
1	DRYJA Monika	5069	OBOZYBIEGOWE.PL	Masters K - 40	1	01:21:52	02:58:53	04:23:39	05:46:30.70	05:46:44.90		7:42	7.8 (100%)
2	KONSTANTY Katarzyna	5051	JACKIPLACKI	Masters K - 40	2	01:29:02	03:11:35	04:42:04	06:07:49.05	06:07:59.90	+00:21:15 (5.8%)	8:10	7.3 (93.6%)
3	NIZAR Wioletta	5367	CSC ADWENTURE ACADEMY	Masters K - 40	3	01:28:51	03:17:47	04:47:08	06:13:16.60	06:13:23.85	+00:26:38 (7.1%)	8:17	7.2 (92.3%)
4	KOZŁOWSKA Iwona	5028		Masters K - 40	4	01:32:01	03:17:24	04:47:59	06:15:54.30	06:16:03.00	+00:29:18 (7.8%)	8:21	7.2 (92.3%)
5	KIRILENKO Aneta	5054		Masters K - 40	5	01:19:20	03:13:10		06:16:19.80	06:16:25.10	+00:29:40 (7.9%)	8:21	7.2 (92.3%)
6	GARBOWSKA Monika	5243	BIEGUSIEM PRZEZ ŻYCIE	Masters K - 40	6	01:29:33	03:23:56	04:55:18	06:20:26.75	06:21:20.55	+00:34:35 (9.1%)	8:27	7.1 (91.0%)
7	GŁOWACKA Renata	5009	TRIAKTYWNY PIOTRKÓW	Masters K - 40	7	01:28:25	03:25:29	04:57:12	06:23:39.10	06:23:45.15	+00:37:00 (9.6%)	8:31	7 (89.7%)
8	PROSOWIECKA SMAK Katarzyna	5198	BBL	Masters K - 40	8	01:26:43	03:18:53	04:51:33	06:32:28.20	06:32:34.50	+00:45:49 (11.7%)	8:43	6.9 (88.5%)
9	HOLECZEK Olimpia	5047	STS BIEGATON MIKOŁÓW	Masters K - 40	9	01:30:35	03:31:06	05:05:22	06:35:22.05	06:35:31.00	+00:48:46 (12.3%)	8:47	6.8 (87.2%)
10	CHODARCEWICZ Aleksandra	5209		Masters K - 40	10	01:29:57	03:32:24	05:05:57	06:41:44.90	06:42:44.50	+00:55:59 (13.9%)	8:55	6.7 (85.9%)
11	WILK Magdalena	5288	DZIADY OCR	Masters K - 40	11	01:26:37	03:23:20	04:58:24	06:44:11.05	06:44:27.10	+00:57:42 (14.3%)	8:58	6.7 (85.9%)
12	KANDORA Joanna	5103	MIECHOWICKA GRUPA BIEGOWA	Masters K - 40	12	01:35:22	03:31:09	05:10:06	06:47:54.10	06:48:38.70	+01:01:53 (15.1%)	9:03	6.6 (84.6%)
13	KOSTERA Katarzyna	5099	VEGE RUNNERS	Masters K - 40	13	01:37:47	03:42:45	05:19:22	06:50:36.90	06:51:21.30	+01:04:36 (15.7%)	9:07	6.6 (84.6%)
14	DRAJERCZAK Marlena	5417	MUAY RUNNING TEAM	Masters K - 40	14	01:37:53	03:41:56	05:21:02	06:55:09.15	06:55:54.70	+01:09:09 (16.6%)	9:13	6.5 (83.3%)
15	GRABOWSKA Gosia	5086	EKOBIEGI	Masters K - 40	15	01:40:53	03:41:45	05:20:29	06:57:11.20	06:58:17.75	+01:11:32 (17.1%)	9:16	6.5 (83.3%)

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16	PAKULSKA-TOMZA Dorota	5430		Masters K - 40	16	01:36:05	03:37:39	05:20:06	06:59:02.85	06:59:50.65	+01:13:05 (17.4%)	9:18	6.4 (82.1%)
17	MACKIEWICZ Magdalena	5024	DŁUGOBIEGANIE	Masters K - 40	17	01:35:12	03:28:06	05:09:39	07:04:07.95	07:04:22.00	+01:17:37 (18.3%)	9:25	6.4 (82.1%)
18	NAPIERAŁA Katarzyna	5396		Masters K - 40	18	01:43:08	03:49:00	05:29:12	07:06:25.10	07:07:12.30	+01:20:27 (18.8%)	9:28	6.3 (80.8%)
19	PORADA Małgorzata	5224		Masters K - 40	19	01:38:24	03:45:28	05:28:15	07:07:28.95	07:08:37.95	+01:21:53 (19.1%)	9:29	6.3 (80.8%)
20	SZCZĘSNA-SOBCZYK Marle	5311	BIEGOWA KUŹNIA	Masters K - 40	20	01:37:42	03:39:48	05:29:35	07:14:11.25	07:14:46.55	+01:28:01 (20.2%)	9:38	6.2 (79.5%)
21	KNOFEL-LASZCZYŃSKA Agata	5081	STRZELIŃSKI KLUB BIEGACZA GRANIT	Masters K - 40	21	01:37:40	03:50:07	05:36:45	07:19:07.05	07:19:44.25	+01:32:59 (21.1%)	9:45	6.1 (78.2%)
22	BAR Aleksandra	5305	GMINA STRZELCE OPOLSKIE	Masters K - 40	22	01:38:33	03:51:21	05:37:27	07:22:54.85	07:23:06.70	+01:36:21 (21.7%)	9:50	6.1 (78.2%)
23	SZCZERBAL Agnieszka	5256	TKKF MPK POZNAŃ	Masters K - 40	23	01:41:35	03:52:48	05:40:16	07:24:06.50	07:24:26.45	+01:37:41 (22.0%)	9:52	6.1 (78.2%)
24	SZULC Edyta	5112		Masters K - 40	24	01:43:01	03:55:06	05:36:26	07:26:31.35	07:27:50.15	+01:41:05 (22.6%)	9:55	6 (76.9%)
25	GLINSKA Beata	5263	AK FORCA/OK KAPELA	Masters K - 40	25	01:38:23	03:50:40	05:40:31	07:27:36.15	07:27:51.10	+01:41:06 (22.6%)	9:56	6 (76.9%)
26	BOCHAN Lidia	5236		Masters K - 40	26	01:38:46	03:49:35	05:36:46	07:27:52.75	07:28:27.40	+01:41:42 (22.7%)	9:57	6 (76.9%)
27	MARCINIAK Anna	5013		Masters K - 40	27	01:39:19	03:53:51	05:38:52	07:27:25.75	07:28:34.30	+01:41:49 (22.7%)	9:56	6 (76.9%)
28	GLAPIAK-PRZYTUŁA Agnieszka	5414		Masters K - 40	28	01:34:41	03:44:37	05:39:47	07:32:42.60	07:32:45.95	+01:46:01 (23.4%)	10:03	6 (76.9%)
29	MATUSIEWICZ Karolina	5252		Masters K - 40	29	01:43:53	03:46:03	05:39:45	07:36:40.30	07:37:26.55	+01:50:41 (24.2%)	10:08	5.9 (75.6%)
30	ZIELIŃSKA Mirona	5015	NIGHT RUNNERS WROCŁAW	Masters K - 40	30	01:43:17	04:00:25	05:46:18	07:37:02.85	07:38:17.05	+01:51:32 (24.3%)	10:09	5.9 (75.6%)
31	BLIŹNIEWSKA Kattarzyna	5108	KS GŁÓWNO W BIEGU	Masters K - 40	31	01:40:06	04:02:02	05:52:30	07:46:24.80	07:47:11.95	+02:00:27 (25.8%)	10:21	5.8 (74.4%)
32	ZAROBIAK Katarzyna	5205	WIECZORNE BIEGANIE W SZCZECINIE	Masters K - 40	32	01:43:18	04:07:31	05:58:27	07:53:00.80	07:53:22.00	+02:06:37 (26.7%)	10:30	5.7 (73.1%)
33	JAWOROWICZ Dobrochna	5088	KS PEGAZ	Masters K - 40	33	01:51:07	04:12:55	06:02:46	07:53:32.25	07:54:14.05	+02:07:29 (26.9%)	10:31	5.7 (73.1%)
34	SZYMAŃSKA Asia	5192		Masters K - 40	34	01:43:36	04:11:02	06:09:23	08:03:18.90	08:04:20.15	+02:17:35 (28.4%)	10:44	5.6 (71.8%)
35	NIEDŹWIECKA Kasia	5080	EKOBIEGI	Masters K - 40	35	01:51:36	04:17:02	06:13:02	08:10:54.95	08:12:02.80	+02:25:17 (29.5%)	10:54	5.5 (70.5%)
36	KNOBLOCH Ewa	5277		Masters K - 40	36	01:49:55	04:19:33	06:18:54	08:14:04.20	08:14:20.30	+02:27:35 (29.9%)	10:58	5.5 (70.5%)
37	KOBIERECKA Monika	5180	KS GŁÓWNO W BIEGU	Masters K - 40	37	01:42:57	04:03:36	06:14:41	08:14:57.15	08:15:46.05	+02:29:01 (30.1%)	10:59	5.5 (70.5%)
38	DROSIK-KWAŚNIEWSKA Anna	5427		Masters K - 40	38	01:47:13	04:15:08	06:15:22	08:16:26.80	08:16:58.10	+02:30:13 (30.2%)	11:01	5.4 (69.2%)

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39	NADOBNIK Beata	5100	TARNOWO PODGÓRNE BIEGA	Masters K - 40	39	01:48:07	04:21:54	06:18:51	08:17:03.70	08:17:59.85	+02:31:14 (30.4%)	11:02	5.4 (69.2%)
40	BUĆKO Karolina	5316	TARNOWO PODGÓRNE BIEGA	Masters K - 40	40	01:48:05	04:22:09	06:19:17	08:17:04.00	08:18:00.35	+02:31:15 (30.4%)	11:02	5.4 (69.2%)
41	SZULC Joanna	5176	1971	Masters K - 40	41	02:00:59	04:37:47	06:33:30	08:27:14.05	08:28:19.25	+02:41:34 (31.8%)	11:16	5.3 (67.9%)
42	PRUCHNIEWSKA Agnieszka	5234	ROKIETNICA BIEGA	Masters K - 40	42	01:48:42	04:20:19	06:24:09	08:31:30.10	08:31:53.85	+02:45:08 (32.3%)	11:22	5.3 (67.9%)
43	WAWIERNIA Dorota	5347		Masters K - 40	43	01:43:45	04:10:33	06:27:36	08:34:03.15	08:34:14.05	+02:47:29 (32.6%)	11:25	5.3 (67.9%)
44	DUDA-RELIGA Ewelina	5287	OZKB	Masters K - 40	44	01:44:25	04:30:00	06:29:55	08:36:07.30	08:36:31.10	+02:49:46 (32.9%)	11:28	5.2 (66.7%)
45	STASZEWSKA Sylwia	5303		Masters K - 40	45	01:51:53	04:32:12	06:30:00	08:38:42.20	08:38:58.00	+02:52:13 (33.2%)	11:31	5.2 (66.7%)
46	KRAJEWSKA-PALUCH Ewa	5119	BIEGOWA KUŹNIA	Masters K - 40	46	01:48:20	04:32:31	06:30:51	08:38:32.95	08:39:08.85	+02:52:23 (33.2%)	11:31	5.2 (66.7%)
47	KOŚCIELNIAK Dagmara	5255	CZERWONAK BIEGA	Masters K - 40	47	01:56:56	04:34:38	06:31:15	08:39:48.40	08:40:05.40	+02:53:20 (33.3%)	11:33	5.2 (66.7%)
48	KOWAL Ewa	5187		Masters K - 40	48	01:52:41	04:34:02	06:35:43	08:40:11.45	08:40:41.05	+02:53:56 (33.4%)	11:33	5.2 (66.7%)
49	ZAJĄC Aga	5132	77CATS	Masters K - 40	49	01:56:25	04:39:50	06:43:16	08:46:09.05	08:47:00.05	+03:00:15 (34.2%)	11:41	5.1 (65.4%)
50	MUSIAŁ Ewa	5257		Masters K - 40	50	01:48:19	03:53:46	05:51:25	08:46:31.65	08:47:20.35	+03:00:35 (34.2%)	11:42	5.1 (65.4%)
51	WOJEWODA Renata	5301		Masters K - 40	51	01:49:40	04:24:35	06:32:33	08:50:36.95	08:51:43.10	+03:04:58 (34.8%)	11:47	5.1 (65.4%)
52	GARCZEWSKA-PASZKO Joanna	5019		Masters K - 40	52	01:51:46	04:45:02	06:54:04	08:50:46.00	08:52:04.05	+03:05:19 (34.8%)	11:47	5.1 (65.4%)
53	OSMOŁA Dorota	5362	OLD SCHOOL TRAIL RUNNING STAFF	Masters K - 40	53	01:55:47	04:39:07	06:52:47	08:57:36.20	08:58:53.05	+03:12:08 (35.7%)	11:56	5 (64.1%)
Przekroczony limit czasu: 09:00:00													
54	BAKA Elzbieta	5195		Masters K - 40	54	01:59:18	04:51:05	07:01:40	09:07:24.25	09:08:31.90	+03:21:47 (36.8%)	12:09	4.9 (62.8%)
55	MATUSEWICZ Patrycja	5219		Masters K - 40	55	01:50:05	04:30:16	06:55:57	09:12:42.15	09:13:33.90	+03:26:49 (37.4%)	12:16	4.9 (62.8%)
56	FURTACZ Anna	5229		Masters K - 40	56	02:04:29	04:55:16	07:06:55	09:28:11.00	09:29:25.90	+03:42:41 (39.1%)	12:37	4.8 (61.5%)
57	WOŁOWIEC Bożena	5314		Masters K - 40	57	02:02:26	05:01:18	07:42:12	10:16:54.85	10:17:53.25	+04:31:08 (43.9%)	13:42	4.4 (56.4%)
	KACZMAREK Agata	5124	NEST TEAM	Masters K - 40		01:55:10 DNF	04:43:41 DNF	DNF	DNF	DNF		-	- (0.0%)