

ZŁOTY MARATON - 45 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2021-07-15
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	Różn	Tempo min/km	Tempo km/h
1	KOŁECKA Patrycja	5260	PIĄTKOWO NA BIEGOWO	Masters K - 40	1	01:17:59	02:47:27	04:07:18	05:17:17.20		7:03	8.5 (100%)
2	ANDRZEJEWSKA Magdalena	5720	SMYKOFSKI	Masters K - 40	2	01:12:33	02:43:07	04:06:35	05:30:41.80	+00:13:24 (4.1%)	7:20	8.2 (96.5%)
3	KWIECIEŃ - LIPIŃSKA Kamila	5684	TIGERS TEAM	Masters K - 40	3	01:23:09	02:57:20	04:21:41	05:38:31.50	+00:21:14 (6.3%)	7:31	8 (94.1%)
4	URBAN Iwona	5762	42K PRO TEAM	Masters K - 40	4	01:24:12	03:00:13	04:23:43	05:43:56.35	+00:26:39 (7.7%)	7:38	7.9 (92.9%)
5	LEDWOŃ Izabela	5574	CSZWS	Masters K - 40	5	01:28:52	03:05:37	04:28:06	05:45:11.80	+00:27:54 (8.1%)	7:40	7.8 (91.8%)
6	ŁUCJANEK Justyna	5228	KAJA TEAM	Masters K - 40	6	01:22:59	03:02:19	04:30:42	05:52:37.20	+00:35:20 (10.0%)	7:50	7.7 (90.6%)
7	MARCINKOWSKA Katarzyna	5587		Masters K - 40	7	01:27:03	03:11:06	04:36:50	05:56:27.60	+00:39:10 (11.0%)	7:55	7.6 (89.4%)
8	ADAMCZYK-NOWAK Beata	5058	MIECHOWICKA GRUPA BIEGOWA	Masters K - 40	8	01:28:06	03:09:33	04:38:12	05:57:27.40	+00:40:10 (11.2%)	7:56	7.6 (89.4%)
9	NAUDZIUNAS Agnieszka	5699	NATURAL BORN RUNNERS	Masters K - 40	9	01:26:14	03:10:26	04:39:52	05:59:26.10	+00:42:08 (11.7%)	7:59	7.5 (88.2%)
10	KANIEWSKA Agnieszka	5761		Masters K - 40	10	01:25:41	03:08:59	04:39:29	06:01:15.75	+00:43:58 (12.2%)	8:01	7.5 (88.2%)
11	DZIUBEK Monika	5220	W POGONI ZA DUCHEM	Masters K - 40	11	01:26:24	03:12:47	04:44:39	06:10:10.85	+00:52:53 (14.3%)	8:13	7.3 (85.9%)
12	WASZCZYKOWSKA Magdalena	5602		Masters K - 40	12	01:28:54	03:17:37	04:51:03	06:16:18.60	+00:59:01 (15.7%)	8:21	7.2 (84.7%)
13	KOCIMSKA Katarzyna	5685	EUROVENT ATHLETICS	Masters K - 40	13	01:32:09	03:22:33	05:02:55	06:28:54.65	+01:11:37 (18.4%)	8:38	6.9 (81.2%)
14	KUJAWSKA Agnieszka	5108		Masters K - 40	14	01:32:17	03:22:13	05:00:14	06:31:16.40	+01:13:59 (18.9%)	8:41	6.9 (81.2%)
15	CZERNIAK Agnieszka	5364	PIĄTKOWO NA BIEGOWO-POZNAŃ	Masters K - 40	15	01:30:05	03:13:08	04:54:29	06:31:58.85	+01:14:41 (19.1%)	8:42	6.9 (81.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
16	KORALEWSKA Edyta	5601		Masters K - 40	16	01:29:02	03:23:40	05:07:30	06:38:57.45	+01:21:40 (20.5%)	8:51	6.8 (80.0%)
17	WAWRZYNIAK Lidia	5153	ZAKRĘCENI ROWEROWO	Masters K - 40	17	01:29:38	03:18:27	05:03:49	06:40:47.20	+01:23:30 (20.8%)	8:54	6.7 (78.8%)
18	HAŁAS Katarzyna	5643		Masters K - 40	18	01:31:22	03:27:08	05:14:14	06:40:55.60	+01:23:38 (20.9%)	8:54	6.7 (78.8%)
19	MUSIAŁ Anna	5484	NIEPOŁOMICE BIEGAJĄ	Masters K - 40	19	01:32:47	03:24:12	05:10:11	06:44:32.55	+01:27:15 (21.6%)	8:59	6.7 (78.8%)
20	TRUSZKO Agnieszka	5614		Masters K - 40	20	01:35:23	03:32:56	05:27:22	06:47:01.50	+01:29:44 (22.0%)	9:02	6.6 (77.6%)
21	BARCZAK Katarzyna	5459	RUN TEAM MILEJÓW	Masters K - 40	21	01:35:22	03:35:05	05:20:33	06:47:19.45	+01:30:02 (22.1%)	9:03	6.6 (77.6%)
22	HENDZLIK Monika	5072		Masters K - 40	22	01:29:52	03:19:49	05:12:38	06:47:45.80	+01:30:28 (22.2%)	9:03	6.6 (77.6%)
23	BRZOSKA Elżbieta	5129	NIGHT RUNNERS PYSKOWICE	Masters K - 40	23	01:37:47	03:37:20	05:17:42	06:50:43.75	+01:33:26 (22.8%)	9:07	6.6 (77.6%)
24	SZYSZKO Ewa	5621	MARKOWI BIEGACZE	Masters K - 40	24	01:37:45	03:35:10	05:19:59	06:50:53.10	+01:33:35 (22.8%)	9:07	6.6 (77.6%)
25	KOSICKA Iwona	5499	MAMY BIEGAMY	Masters K - 40	25	01:35:51	03:35:41	05:26:39	06:51:11.80	+01:33:54 (22.8%)	9:08	6.6 (77.6%)
26	ŁUSZCZYNA Agata	5163	GMINA STRZELCE OPOLSKIE	Masters K - 40	26	01:34:24	03:32:03	05:18:51	06:52:44.80	+01:35:27 (23.1%)	9:10	6.5 (76.5%)
27	OLSCHIMKE-MARMUROWICZ Barbara	5329	ZAŁOGA GÓRSKA	Masters K - 40	27	01:35:29	03:35:11	05:21:42	06:54:13.20	+01:36:56 (23.4%)	9:12	6.5 (76.5%)
28	HACHOŁ Justyna	5017		Masters K - 40	28	01:29:55	03:28:37	05:19:35	06:55:17.50	+01:38:00 (23.6%)	9:13	6.5 (76.5%)
29	KUBICKA Magdalena	5653		Masters K - 40	29	01:42:07	03:40:57	05:25:39	06:56:14.65	+01:38:57 (23.8%)	9:14	6.5 (76.5%)
30	CZUBALA Beata	5504	STRZEGOMSKA DWUNASTKA	Masters K - 40	30	01:38:30	03:42:14	05:24:57	06:57:11.65	+01:39:54 (23.9%)	9:16	6.5 (76.5%)
31	GAJ-JURCZYK Renata	5567	STAN UMYSŁU LEWIN BIEGA	Masters K - 40	31	01:42:28	03:46:51	05:32:30	07:07:18.65	+01:50:01 (25.7%)	9:29	6.3 (74.1%)
32	JAGIEŁŁO Joanna	5455	RUN TEAM MILEJÓW	Masters K - 40	32	01:35:20	03:42:29	05:30:00	07:10:19.95	+01:53:02 (26.3%)	9:33	6.3 (74.1%)
33	NAKONECZNA Anna	5039	SLOW NIE SLOW RUNNERS	Masters K - 40	33	01:33:43	03:33:37	05:31:09	07:11:23.60	+01:54:06 (26.5%)	9:35	6.3 (74.1%)
34	BALCERZAK Krysia	5409	DROGA DO ULTRA / SZAKALE BAŁUT	Masters K - 40	34	01:41:01	03:45:08	05:33:42	07:20:12.40	+02:02:55 (27.9%)	9:46	6.1 (71.8%)
35	OBRZUD Katarzyna	5344		Masters K - 40	35	01:30:22	03:42:05	05:44:49	07:22:30.75	+02:05:13 (28.3%)	9:50	6.1 (71.8%)
36	GRĘDA Elżbieta	5181	TIM JEST TIM	Masters K - 40	36	01:42:11	03:57:50	05:55:36	07:25:28.80	+02:08:11 (28.8%)	9:53	6.1 (71.8%)
37	KUBIAK Anna	5503	STRZEGOMSKA DWUNASTKA	Masters K - 40	37	01:38:32	03:45:03	05:44:12	07:26:56.30	+02:09:39 (29.0%)	9:55	6 (70.6%)
38	STROIŃSKA Iwona	5744	LESZ NO LIMITS RUNNERS	Masters K - 40	38	01:35:30	03:50:48	05:50:07	07:29:57.90	+02:12:40 (29.5%)	9:59	6 (70.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
39	SKRZĄTEK Anna	5132		Masters K - 40	39	01:42:30	03:52:30	05:51:10	07:32:01.05	+02:14:43 (29.8%)	10:02	6 (70.6%)
40	BURLIGA Marzena	5154	BP RUNNING TEAM GLIWICE	Masters K - 40	40	01:44:49	03:52:53	05:53:14	07:33:42.00	+02:16:24 (30.1%)	10:04	6 (70.6%)
41	POMIANOWSKA Anna	5606	RĄCZELACZKI	Masters K - 40	41	01:45:19	03:59:00	05:54:36	07:35:00.55	+02:17:43 (30.3%)	10:06	5.9 (69.4%)
42	WEBER Agata	5161	VELO ŁOSIE NA SZOSIE	Masters K - 40	42	01:55:58	04:11:54	06:00:47	07:37:48.65	+02:20:31 (30.7%)	10:10	5.9 (69.4%)
43	FELKEL Ewa	5146	PIĄTKOWO NA BIEGOWO	Masters K - 40	43	01:38:36	03:53:15	06:02:07	07:38:07.85	+02:20:50 (30.7%)	10:10	5.9 (69.4%)
44	SZWED Monika	5646		Masters K - 40	44	01:42:25	03:53:20	05:51:40	07:40:15.20	+02:22:58 (31.1%)	10:13	5.9 (69.4%)
45	PTAK Dorota	5048	PIĄTKOWO NA BIEGOWO	Masters K - 40	45	01:38:39	03:47:46	06:00:37	07:41:58.75	+02:24:41 (31.3%)	10:15	5.8 (68.2%)
46	TRZCINA Agata	5489		Masters K - 40	46	01:37:03	03:48:38	05:44:21	07:43:22.60	+02:26:05 (31.5%)	10:17	5.8 (68.2%)
47	FALENDER Anna	5640	CENTRUM FORMY 58-100	Masters K - 40	47	01:40:25	03:55:42	05:54:37	07:43:32.85	+02:26:15 (31.6%)	10:18	5.8 (68.2%)
48	PAWLAK Katarzyna	5536	KOŁO BIEGA	Masters K - 40	48	01:40:25	03:51:06	05:57:00	07:43:47.85	+02:26:30 (31.6%)	10:18	5.8 (68.2%)
49	PAUL Violetta	5743	BP RUNNING TEAM GLIWICE	Masters K - 40	49	01:51:03	04:03:33	06:01:19	07:44:32.20	+02:27:15 (31.7%)	10:19	5.8 (68.2%)
50	WALCZAK Agnieszka	5694	DOLNY ŚLĄSK	Masters K - 40	50	01:44:46	03:57:59	06:00:36	07:46:53.20	+02:29:36 (32.0%)	10:22	5.8 (68.2%)
51	LEPOROWSKA Anetta	5704	MAŁA I NIEDŹWIEDŹ	Masters K - 40	51	01:40:43	03:57:20	06:10:31	07:54:54.80	+02:37:37 (33.2%)	10:33	5.7 (67.1%)
52	BĄCZYK Monika	5187	QCE SPARTY - MONIA GYM	Masters K - 40	52	01:44:48	04:04:33	06:06:34	07:55:11.00	+02:37:53 (33.2%)	10:33	5.7 (67.1%)
53	SZCZODRZYŃSKA Kasia	5462		Masters K - 40	53	01:48:22	04:05:34	06:14:49	07:57:28.35	+02:40:11 (33.5%)	10:36	5.7 (67.1%)
54	GRZYB Beata	5465	KOBIETY BIEGAJĄ	Masters K - 40	54	01:48:23	04:05:33	06:06:20	07:57:32.05	+02:40:14 (33.6%)	10:36	5.7 (67.1%)
55	MADEJAK Sylwia	5346	KLUB BIEGACZA RTVEUROAGD	Masters K - 40	55	01:46:02	04:00:32	06:05:25	07:57:42.75	+02:40:25 (33.6%)	10:36	5.7 (67.1%)
56	ŻELAZNY Agnieszka	5082	GORLICKA GRUPA BIEGOWA	Masters K - 40	56	01:37:46	03:41:58	05:44:20	07:58:28.95	+02:41:11 (33.7%)	10:37	5.6 (65.9%)
57	JASEK Wioletta	5663	KOBIETY WATAHY	Masters K - 40	57	01:45:03	03:58:07	06:08:05	07:59:42.55	+02:42:25 (33.9%)	10:39	5.6 (65.9%)
58	CHROSTEK Dorota	5637	FRANTA GROUP	Masters K - 40	58	01:51:30	04:07:58	06:16:09	08:00:35.55	+02:43:18 (34.0%)	10:40	5.6 (65.9%)
59	MAJCHRZAK Monika	5040	WKURW_TEAM	Masters K - 40	59	01:46:15	04:04:58	06:14:28	08:04:42.30	+02:47:25 (34.5%)	10:46	5.6 (65.9%)
60	GRUCHOT Małgorzata	5566	WBO	Masters K - 40	60	01:34:48	03:39:33	05:43:54	08:05:41.70	+02:48:24 (34.7%)	10:47	5.6 (65.9%)
61	JĘDRZEJEWSKA Beata	5741		Masters K - 40	61	01:45:48	04:08:01	06:12:57	08:07:26.45	+02:50:09 (34.9%)	10:49	5.5 (64.7%)

Czas netto 45km												
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
62	DOJS Aleksandra	5659	NIGHT RUNNERS	Masters K - 40	62	01:50:44	04:17:41	06:22:32	08:10:06.30	+02:52:49 (35.3%)	10:53	5.5 (64.7%)
63	SOKOŁOWSKA Katarzyna	5257		Masters K - 40	63	01:45:52	04:07:27	06:14:55	08:10:20.45	+02:53:03 (35.3%)	10:53	5.5 (64.7%)
64	PAKUŁA Marta	5367		Masters K - 40	64	01:49:29	04:12:40	06:27:10	08:19:02.05	+03:01:44 (36.4%)	11:05	5.4 (63.5%)
65	KOTOWSKA Joanna	5312	FOREST GANG	Masters K - 40	65	01:53:07	04:12:29	06:21:01	08:20:59.65	+03:03:42 (36.7%)	11:07	5.4 (63.5%)
66	RÓLKA Mariola	5093	BP RUNNING TEAM	Masters K - 40	66	01:46:46	04:14:05	06:23:04	08:21:36.30	+03:04:19 (36.7%)	11:08	5.4 (63.5%)
67	KOPKA-JĘDRYCHOWSKA Monika	5375		Masters K - 40	67	01:46:02	04:11:15	06:16:40	08:21:49.20	+03:04:32 (36.8%)	11:09	5.4 (63.5%)
68	ZAJĄC Aga	5434	77CATS	Masters K - 40	68	01:52:29	04:31:49	06:25:16	08:22:36.70	+03:05:19 (36.9%)	11:10	5.4 (63.5%)
69	SZYSZKA Agnieszka	5431	NIGHT RUNNERS	Masters K - 40	69	01:46:08	04:06:16	06:19:51	08:22:54.70	+03:05:37 (36.9%)	11:10	5.4 (63.5%)
70	LEWANDOWSKA Ewa	5598		Masters K - 40	70	01:58:40	04:20:32	06:25:48	08:23:03.80	+03:05:46 (36.9%)	11:10	5.4 (63.5%)
71	KARAŚ Agnieszka	5014	STARE BABICE BIEGAJĄ	Masters K - 40	71	01:55:15	04:18:40	06:28:20	08:25:54.60	+03:08:37 (37.3%)	11:14	5.3 (62.4%)
72	NOBLOCH Ewa	5127	LEŚNE KUNY	Masters K - 40	72	01:49:17	04:17:43	06:35:57	08:30:11.85	+03:12:54 (37.8%)	11:20	5.3 (62.4%)
73	WIZE-ZIELONKA Karolina	5159	LEŚNE KUNY	Masters K - 40	73	01:49:17	04:17:43	06:35:57	08:30:12.15	+03:12:54 (37.8%)	11:20	5.3 (62.4%)
74	GÓRSKA Yvonne	5218	ORANGE POLSKA	Masters K - 40	74		04:34:49	06:50:33	08:35:18.10	+03:18:00 (38.4%)	11:27	5.2 (61.2%)
75	ZIELIŃSKA Magdalena	5674	SALMING RUNNING POLSKA	Masters K - 40	75	01:52:42	04:19:16	06:40:52	08:37:40.00	+03:20:22 (38.7%)	11:30	5.2 (61.2%)
76	CIELICA Anna	5666	SIPB	Masters K - 40	76	01:50:29	04:15:43	06:37:16	08:42:32.95	+03:25:15 (39.3%)	11:36	5.2 (61.2%)
77	OLBRICH Barbara	5670	MIRAZ RACE TEAM	Masters K - 40	77	01:50:15	04:27:17	06:46:35	08:44:37.60	+03:27:20 (39.5%)	11:39	5.1 (60.0%)
78	JASIUL Mariola	5270		Masters K - 40	78	01:57:16	04:26:25	06:44:49	08:46:25.30	+03:29:08 (39.7%)	11:41	5.1 (60.0%)
79	GARCZEWSKA-PASZKO Joanna	5002		Masters K - 40	79	01:49:20	04:31:38	07:04:05	08:48:44.00	+03:31:26 (40.0%)	11:44	5.1 (60.0%)
80	BOBIN Anna	5131	ZOCHU TEAM	Masters K - 40	80	01:55:39	04:21:41	06:46:13	08:49:16.50	+03:31:59 (40.1%)	11:45	5.1 (60.0%)
81	BEDNARSKA-KOZIOŁ Danuta	5023	KOTWICA BRZEG	Masters K - 40	81	02:12:58	04:56:02	07:14:23	09:11:38.35	+03:54:21 (42.5%)	12:15	4.9 (57.6%)
82	MAZUR Ewelina	5036		Masters K - 40	82	01:57:46	04:47:08	07:17:23	09:12:00.35	+03:54:43 (42.5%)	12:16	4.9 (57.6%)
83	JÓŹWIAKOWSKA Justyna	5350		Masters K - 40	83	01:59:04	04:39:33	07:07:34	09:15:30.80	+03:58:13 (42.9%)	12:20	4.9 (57.6%)
84	GRZELA Ilona	5433	NIGHT RUNNERS	Masters K - 40	84	01:59:11	04:39:43	07:02:00	09:16:37.60	+03:59:20 (43.0%)	12:22	4.9 (57.6%)

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85	STASZEWSKA Aneta	5034	NIGHT RUNNERS PYSKOWICE	Masters K - 40	85	01:55:52	04:58:28	07:44:01	09:45:33.55	+04:28:16 (45.8%)	13:00	4.6 (54.1%)
86	KOŁACIŃSKA Ewelina	5262	LEŚNE SZYCHY	Masters K - 40	86	02:04:50	05:28:08	08:10:56	10:14:02.55	+04:56:45 (48.3%)	13:38	4.4 (51.8%)
	LACH Agnieszka	5700	NIEBIESKA	Masters K - 40		01:59:55 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 87 wynik(ów)