ZŁOTY MARATON - 45 KM

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

Klasyfikacja: Senior II K - 30

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	**KWIATKOWSKA Kinga**	**5424**	SALCO GARMIN TEAM	Senior II K - 30	1	01:05:29	02:22:50	03:28:23	**04:31:58.30**	**04:32:01.95**		6:02	9.9 (100%)
2	**WINIARSKA Katarzyna**	**5415**	PRZEMYSKI KLUB BIEGACZA/HERCOG RUNNING TEAM	Senior II K - 30	2	01:09:02	02:32:10	03:46:43	**04:56:14.90**	**04:56:19.40**	+00:24:17 (8.2%)	6:35	9.1 (91.9%)
3	**DZIĘCZKOWSKA-NIKLEWICZ Joanna**	**5269**	ROKIETNICA BIEGA	Senior II K - 30	3	01:22:24	02:57:56	04:20:21	**05:45:02.95**	**05:45:26.15**	+01:13:24 (21.2%)	7:40	7.8 (78.8%)
4	**FERENC-SZMUC Edyta**	**5232**	KUDOWIANKA RUN	Senior II K - 30	4	01:28:16	03:05:41	04:27:02	**05:52:33.50**	**05:53:00.20**	+01:20:58 (22.9%)	7:50	7.7 (77.8%)
5	**OKOŃ Kamila**	**5267**	FALSTART RUDNIKI / FITKOOP	Senior II K - 30	5	01:17:26	02:55:14	04:24:08	**05:54:17.20**	**05:54:22.80**	+01:22:20 (23.2%)	7:52	7.6 (76.8%)
6	**WIELGAT-KOJDECKA Magdalena**	**5321**		Senior II K - 30	6	01:29:11	03:11:35	04:40:51	**06:03:37.50**	**06:04:03.10**	+01:32:01 (25.3%)	8:04	7.4 (74.7%)
7	**BOROWSKA-NAJDEREK Paulina**	**5233**	FREE RUN	Senior II K - 30	7	01:20:52	02:55:55	04:26:46	**06:05:05.70**	**06:05:38.00**	+01:33:36 (25.6%)	8:06	7.4 (74.7%)
8	**WALKOWIAK Joanna**	**5445**	MUAY RUNNING TEAM	Senior II K - 30	8	01:28:26	03:16:44	04:43:33	**06:05:02.10**	**06:05:44.90**	+01:33:42 (25.6%)	8:06	7.4 (74.7%)
9	**ANTKOWIAK Monika**	**5444**	MUAY RUNNING TEAM	Senior II K - 30	9	01:23:57	03:05:51	04:39:06	**06:11:01.10**	**06:11:43.25**	+01:39:41 (26.8%)	8:14	7.3 (73.7%)
10	**MAGIERECKA Agnieszka**	**5245**		Senior II K - 30	10	01:28:35	03:14:39	04:47:20	**06:15:54.25**	**06:16:35.65**	+01:44:33 (27.8%)	8:21	7.2 (72.7%)
11	**HOTAŁA Sylwia**	**5239**	KUDOWIANKA RUN	Senior II K - 30	11	01:34:17	03:17:36	04:46:42	**06:16:28.85**	**06:16:57.05**	+01:44:55 (27.8%)	8:21	7.2 (72.7%)
12	**BORUTA-KOŁODZIEJ Emilia**	**5265**	PRO-RUN WROCŁAW	Senior II K - 30	12	01:27:45	03:15:09	04:49:56	**06:18:34.55**	**06:19:35.20**	+01:47:33 (28.3%)	8:24	7.1 (71.7%)
13	**WASIEWICZ Jolanta**	**5395**	MEE	Senior II K - 30	13	01:34:13	03:25:08	04:57:52	**06:31:35.85**	**06:32:18.75**	+02:00:16 (30.7%)	8:42	6.9 (69.7%)
14	**SKRZYPIEC Katarzyna**	**5431**		Senior II K - 30	14	01:24:27	03:15:05	04:54:02	**06:32:28.45**	**06:32:34.35**	+02:00:32 (30.7%)	8:43	6.9 (69.7%)
15	**IGNATOWSKA Justyna**	**5369**	CAFFEDELMONDO.PL	Senior II K - 30	15	01:24:47	03:17:12	04:50:39	**06:32:34.60**	**06:32:43.15**	+02:00:41 (30.7%)	8:43	6.9 (69.7%)

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
16	**MASZEWSKA Agata**	**5279**		Senior II K - 30	16	01:35:00	03:26:49	05:03:55	**06:32:52.50**	**06:33:07.70**	+02:01:05 (30.8%)	8:43	6.9 (69.7%)
17	**NOWIK Jagoda**	**5238**	EKOBIEGI	Senior II K - 30	17	01:34:17	03:20:14	05:00:52	**06:35:57.70**	**06:37:04.50**	+02:05:02 (31.5%)	8:47	6.8 (68.7%)
18	**NIMSZ Kamila**	**5178**	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	18	01:28:42	03:27:34	05:12:21	**06:37:20.45**	**06:37:41.10**	+02:05:39 (31.6%)	8:49	6.8 (68.7%)
19	**GONCERZEWICZ Anna**	**5133**	BASSET ROLLING TEAM/STARE BABICE BIEGAJĄ	Senior II K - 30	19	01:41:43	03:40:10	05:12:14	**06:37:35.25**	**06:38:13.15**	+02:06:11 (31.7%)	8:50	6.8 (68.7%)
20	**DITMAROVÁ Lucie**	**5365**	TEAM JESENÍKY	Senior II K - 30	20	01:21:32	03:20:56	05:01:20	**06:48:57.55**	**06:49:25.60**	+02:17:23 (33.6%)	9:05	6.6 (66.7%)
21	**ROSZYK Magdalena**	**5297**	DRUŻYNA SZPIKU	Senior II K - 30	21	01:33:21	03:39:58	05:19:48	**06:58:13.05**	**06:58:33.30**	+02:26:31 (35.0%)	9:17	6.5 (65.7%)
22	**SZUKAŁA Izabela**	**5008**		Senior II K - 30	22	01:34:15	03:31:14	05:16:05	**06:59:05.40**	**06:59:12.05**	+02:27:10 (35.1%)	9:18	6.4 (64.6%)
23	**GNACY Agnieszka**	**5122**		Senior II K - 30	23	01:38:19	03:40:07	05:19:56	**06:59:00.80**	**06:59:14.10**	+02:27:12 (35.1%)	9:18	6.4 (64.6%)
24	**LUDA Żaneta**	**5157**	WAWRZYNTEAM	Senior II K - 30	24	01:33:09	03:39:52	05:19:47	**07:01:30.50**	**07:01:58.85**	+02:29:56 (35.5%)	9:22	6.4 (64.6%)
25	**MRÓZ Agata**	**5218**	UKS KUMA WAŁCZ	Senior II K - 30	25	01:34:33	03:40:28	05:20:47	**07:10:09.95**	**07:10:34.35**	+02:38:32 (36.8%)	9:33	6.3 (63.6%)
26	**STRZAŁKOWSKA Urszula**	**5196**		Senior II K - 30	26	01:37:09	03:46:23	05:30:51	**07:13:37.65**	**07:14:46.35**	+02:42:44 (37.4%)	9:38	6.2 (62.6%)
27	**JELENIEWSKA Barbara**	**5125**		Senior II K - 30	27	01:37:22	03:40:50	05:24:15	**07:16:38.85**	**07:17:56.50**	+02:45:54 (37.9%)	9:42	6.2 (62.6%)
28	**WITKOWSKA Beata**	**5068**		Senior II K - 30	28	01:39:11	03:41:25	05:31:17	**07:23:00.55**	**07:23:36.30**	+02:51:34 (38.7%)	9:50	6.1 (61.6%)
29	**MYŚLIŃSKA Magdalena**	**5148**		Senior II K - 30	29	01:34:04	03:36:59	05:28:21	**07:29:57.50**	**07:30:07.05**	+02:58:05 (39.6%)	9:59	6 (60.6%)
30	**TUREK Magdalena**	**5177**	CHAMPIONMAN TEAM	Senior II K - 30	30	01:38:29	03:51:59	05:36:21	**07:31:18.10**	**07:32:23.90**	+03:00:21 (39.9%)	10:01	6 (60.6%)
31	**SKORUPSKA Ewa**	**5356**		Senior II K - 30	31	01:44:06	03:55:28	05:47:45	**07:36:47.05**	**07:37:34.10**	+03:05:32 (40.5%)	10:09	5.9 (59.6%)
32	**SZYSZKO Ewa**	**5230**	MARKOWI BIEGACZE	Senior II K - 30	32	01:47:22	04:03:11	05:52:43	**07:37:59.15**	**07:38:28.35**	+03:06:26 (40.7%)	10:10	5.9 (59.6%)
33	**PAAKKINEN Laura Paakkinen**	**5020**		Senior II K - 30	33	01:39:00	03:58:45	05:46:44	**07:39:13.50**	**07:40:16.75**	+03:08:14 (40.9%)	10:12	5.9 (59.6%)
34	**KOCOT Aleksandra**	**5060**		Senior II K - 30	34	01:39:04	03:58:46	05:46:46	**07:39:18.95**	**07:40:22.75**	+03:08:20 (40.9%)	10:12	5.9 (59.6%)
35	**MICHALSKA Daria**	**5449**	BOHAR PALETY RUNNERS	Senior II K - 30	35	01:41:51	03:58:24	05:50:18	**07:41:11.00**	**07:42:23.30**	+03:10:21 (41.2%)	10:14	5.9 (59.6%)
36	**ZYGMUNT Małgorzata**	**5139**		Senior II K - 30	36	01:36:26	03:53:18	05:46:38	**07:42:17.50**	**07:42:47.00**	+03:10:45 (41.2%)	10:16	5.8 (58.6%)
37	**GRABOWSKA Edyta**	**5407**		Senior II K - 30	37	01:39:58	04:12:21	05:59:31	**07:46:23.70**	**07:47:33.40**	+03:15:31 (41.8%)	10:21	5.8 (58.6%)
38	**ROZMUS Katarzyna**	**5251**	LPP TEAM	Senior II K - 30	38	01:48:12	04:07:16	05:58:19	**07:51:09.35**	**07:51:54.10**	+03:19:52 (42.4%)	10:28	5.7 (57.6%)

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
39	**WYSZOMIRSKA Agnieszka**	**5333**		Senior II K - 30	39	01:48:01	04:12:12	06:01:39	**07:51:05.35**	**07:52:01.40**	+03:19:59 (42.4%)	10:28	5.7 (57.6%)
40	**STAWSKA Natalia**	**5172**		Senior II K - 30	40	01:49:56	04:16:37	06:05:08	**07:56:19.50**	**07:57:30.85**	+03:25:28 (43.0%)	10:35	5.7 (57.6%)
41	**TOBERA Alicja**	**5258**		Senior II K - 30	41	01:44:00	04:14:13	06:13:35	**08:04:49.20**	**08:05:23.60**	+03:33:21 (44.0%)	10:46	5.6 (56.6%)
42	**NOWAK Natalia**	**5274**	EKIPA Z TARNOWA	Senior II K - 30	42	01:37:10	03:59:38	06:04:26	**08:10:47.45**	**08:11:18.80**	+03:39:16 (44.6%)	10:54	5.5 (55.6%)
43	**MARCINKOWSKA Anita**	**5199**		Senior II K - 30	43	01:39:43	04:00:19	06:05:08	**08:14:15.30**	**08:14:27.00**	+03:42:25 (45.0%)	10:59	5.5 (55.6%)
44	**SZWARGOT Marta**	**5149**	TARNOWO PODGÓRNE BIEGA	Senior II K - 30	44	01:48:05	04:22:01	06:18:53	**08:17:01.65**	**08:17:57.50**	+03:45:55 (45.4%)	11:02	5.4 (54.5%)
45	**WIERZBICKA Natalia**	**5098**	PCH_RUN	Senior II K - 30	45	01:54:21	04:24:30	06:21:39	**08:19:58.55**	**08:20:48.15**	+03:48:46 (45.7%)	11:06	5.4 (54.5%)
46	**BĄDZIUL Dorota**	**5001**		Senior II K - 30	46	01:56:50	04:28:24	06:27:38	**08:29:50.55**	**08:31:01.70**	+03:58:59 (46.8%)	11:19	5.3 (53.5%)
47	**LISOWSKA Kamila**	**5231**		Senior II K - 30	47	01:49:13	04:27:35	06:27:41	**08:31:28.20**	**08:32:18.45**	+04:00:16 (46.9%)	11:21	5.3 (53.5%)
48	**BARZAK Justyna**	**5300**		Senior II K - 30	48	01:46:15	04:15:21	06:28:59	**08:36:42.00**	**08:37:25.40**	+04:05:23 (47.4%)	11:28	5.2 (52.5%)
49	**SABOK- MUSZYŃSKA Katarzyna**	**5107**		Senior II K - 30	49	01:46:16	04:15:20	06:28:58	**08:36:42.10**	**08:37:25.60**	+04:05:23 (47.4%)	11:28	5.2 (52.5%)
50	**BARTOSIEWICZ Dorota**	**5337**		Senior II K - 30	50	01:43:37	04:15:40	06:29:23	**08:45:51.50**	**08:46:02.70**	+04:14:00 (48.3%)	11:41	5.1 (51.5%)
Przekroczony limit czasu: 09:00:00													
51	**GAJGER Joanna**	**5078**		Senior II K - 30	51	02:05:32	04:57:14	07:23:43	**09:46:16.70**	**09:47:14.90**	+05:15:12 (53.7%)	13:01	4.6 (46.5%)

Znaleziono 51 wynik(ów)