

ZŁOTY PÓŁMARATON - 21 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2019-07-18
Miejsce: Łądek-Zdrój
Dystans: 21 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Masters K - 40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	ŁOMNICKA Barbara	6753	MKS SIECHNICE	Masters K - 40	1	01:13:35	02:11:49.40	02:11:57.75		6:16	9.6 (100%)
2	DROŻDZIK Magdalena	6132	WKB META LUBLINIEC	Masters K - 40	2	01:16:11	02:15:04.00	02:15:10.80	+00:03:13 (2.4%)	6:25	9.3 (96.9%)
3	MAGDA Katarzyna	6632		Masters K - 40	3	01:18:27	02:15:40.25	02:15:54.00	+00:03:56 (2.9%)	6:27	9.3 (96.9%)
4	MALIK Agnieszka	6675	ZUMBA AGA MALIK TEAM	Masters K - 40	4	01:18:34	02:20:11.00	02:20:20.10	+00:08:22 (6.0%)	6:40	9 (93.8%)
5	ŚWIĘTEK Sylwia	6043	LTT	Masters K - 40	5	01:18:42	02:20:45.25	02:20:51.75	+00:08:54 (6.3%)	6:42	9 (93.8%)
6	KUPCZAK Ewa	6534	SPARTA ULTRA TEAM	Masters K - 40	6	01:21:57	02:21:48.95	02:22:29.55	+00:10:31 (7.4%)	6:45	8.9 (92.7%)
7	FOGIEL-PAWŁOWSKA Agnieszka	6361		Masters K - 40	7	01:20:37	02:22:42.00	02:22:47.60	+00:10:49 (7.6%)	6:47	8.8 (91.7%)
8	BISKUP Anna	6307	STS BIEGATON MIKOŁÓW	Masters K - 40	8	01:20:52	02:27:30.35	02:27:46.35	+00:15:48 (10.7%)	7:01	8.5 (88.5%)
9	TALARCZYK-WIECZOREK Karolina	6652		Masters K - 40	9	01:24:04	02:29:46.75	02:30:31.20	+00:18:33 (12.3%)	7:07	8.4 (87.5%)
10	STRĄK Izabela	6173		Masters K - 40	10	01:24:07	02:34:04.20	02:34:06.40	+00:22:08 (14.4%)	7:20	8.2 (85.4%)
11	MARTOWSKA Barbara	6178		Masters K - 40	11	01:27:50	02:36:11.40	02:36:20.95	+00:24:23 (15.6%)	7:26	8.1 (84.4%)
12	BRUSŁOWICZ Dagmara	6383	WIECZORNE BIEGANIE W SZCZECINIE	Masters K - 40	12	01:28:06	02:36:48.25	02:36:51.15	+00:24:53 (15.9%)	7:28	8 (83.3%)
13	NIECHAJ Anna	6174	POMIDOROWA ALTERNATYWA	Masters K - 40	13	01:26:24	02:36:52.85	02:37:32.25	+00:25:34 (16.2%)	7:28	8 (83.3%)
14	ŁUBIK Renata	6339	PRO-RUN WROCŁAW	Masters K - 40	14	01:28:32	02:37:14.10	02:37:55.30	+00:25:57 (16.4%)	7:29	8 (83.3%)
15	ZAMIATOWSKA Kinga	6115	BELLA LINE BDG	Masters K - 40	15	01:27:22	02:38:19.85	02:38:27.70	+00:26:29 (16.7%)	7:32	8 (83.3%)
16	NOGANOWICZ Agata	6342	PRO-RUN WROCŁAW	Masters K - 40	16	01:32:20	02:37:37.55	02:39:05.10	+00:27:07 (17.0%)	7:30	8 (83.3%)
17	OBRZUD Katarzyna	6328		Masters K - 40	17	01:27:08	02:38:28.90	02:39:22.70	+00:27:24 (17.2%)	7:32	8 (83.3%)
18	NAPIÓRKOWSKA Katarzyna	6135		Masters K - 40	18	01:33:18	02:41:19.15	02:41:52.60	+00:29:54 (18.5%)	7:40	7.8 (81.3%)
19	CIERPIKOWSKA Agnieszka	6330		Masters K - 40	19	01:35:34	02:43:16.40	02:44:36.30	+00:32:38 (19.8%)	7:46	7.7 (80.2%)
20	PYZIK Ewa	6255	MATNER RUNNING TEAM	Masters K - 40	20	01:34:33	02:46:36.65	02:46:57.90	+00:35:00 (21.0%)	7:56	7.6 (79.2%)
21	PLISZCZYŃSKA Justyna	6682		Masters K - 40	21	01:34:30	02:46:35.15	02:47:12.60	+00:35:14 (21.1%)	7:55	7.6 (79.2%)
22	HRYCIUK Katarzyna	6195	EKOBIEGI	Masters K - 40	22	01:39:05	02:47:31.30	02:49:07.15	+00:37:09 (22.0%)	7:58	7.5 (78.1%)
23	SEWERYN-CZYŻ Bożena	6695	CROSS KRAPKOWICE	Masters K - 40	23		02:49:15.00	02:49:42.00	+00:37:44 (22.2%)	8:03	7.4 (77.1%)
24	WRÓBLEWSKA Olga	6139	VEGE RUNNERS	Masters K - 40	24	01:38:12	02:50:19.05	02:50:45.75	+00:38:48 (22.7%)	8:06	7.4 (77.1%)
25	MAGDIJ Kamila	6544	MEGKURSY.PL	Masters K - 40	25	01:38:29	02:52:00.85	02:52:15.45	+00:40:17 (23.4%)	8:11	7.3 (76.0%)
26	JAWORSKA Magdalena	6159	GB WIELKOPOLSCY BIEGACZE/TEAM KGB	Masters K - 40	26	01:37:08	02:51:26.05	02:53:04.05	+00:41:06 (23.8%)	8:09	7.3 (76.0%)
27	GŁĄBICA Justyna	6425		Masters K - 40	27	01:38:22	02:52:54.20	02:53:56.45	+00:41:58 (24.1%)	8:14	7.3 (76.0%)
28	JAWOROWSKA Aneta	6060	ZLB ZŁOTORYJA	Masters K - 40	28	01:38:28	02:53:54.55	02:54:03.05	+00:42:05 (24.2%)	8:16	7.2 (75.0%)
29	NASARZEWSKA Joanna	6184	WEST COAST RUNNERS CYPRUS	Masters K - 40	29	01:33:35	02:54:49.30	02:55:00.70	+00:43:02 (24.6%)	8:19	7.2 (75.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10.3km	21km	21km			
30	GROCHOT Edyta	6501	#ADAMCZERWIŃSKITEAM	Masters K - 40	30	01:37:57	02:55:19.65	02:55:27.80	+00:43:30 (24.8%)	8:20	7.2 (75.0%)
31	PRIGAN Anna	6205		Masters K - 40	31	01:38:38	02:55:56.55	02:56:08.90	+00:44:11 (25.1%)	8:22	7.2 (75.0%)
32	MUSIAŁ Ewa	6015	EBIEGI.PL	Masters K - 40	32	01:40:42	02:55:21.35	02:57:07.25	+00:45:09 (25.5%)	8:21	7.2 (75.0%)
33	KUŹNIAK Martyna	6227		Masters K - 40	33	01:43:56	02:56:14.50	02:57:18.50	+00:45:20 (25.6%)	8:23	7.1 (74.0%)
34	RACZEWSKA-FRANKLIN Ania	6635		Masters K - 40	34	01:42:35	02:55:52.40	02:57:24.20	+00:45:26 (25.6%)	8:22	7.2 (75.0%)
35	MROZIŃSKA Renata	6141		Masters K - 40	35	01:41:11	02:58:36.65	02:59:25.55	+00:47:27 (26.5%)	8:30	7.1 (74.0%)
36	ŚLIWKA Beata	6223	OLZA CIESZYN	Masters K - 40	36	01:41:20	02:59:10.55	03:00:15.05	+00:48:17 (26.8%)	8:31	7 (72.9%)
37	PORTACHA Katarzyna	6037		Masters K - 40	37	01:43:09	03:00:19.65	03:01:22.30	+00:49:24 (27.2%)	8:35	7 (72.9%)
38	TASZAREK Ewa	6147		Masters K - 40	38	01:41:54	03:01:13.10	03:01:58.45	+00:50:00 (27.5%)	8:37	7 (72.9%)
39	GRUCHOT Małgorzata	6758	GOGOLIN BIEGA	Masters K - 40	39	01:39:52	03:02:02.85	03:02:02.85	+00:50:05 (27.5%)	8:40	6.9 (71.9%)
40	SMARUJ Edyta	6488		Masters K - 40	40	01:46:12	03:01:33.30	03:02:10.15	+00:50:12 (27.6%)	8:38	6.9 (71.9%)
41	RAPACZ-TOPIŁKO Anna	6623	SPEEDO POLSKA	Masters K - 40	41	01:43:36	03:01:10.00	03:02:20.40	+00:50:22 (27.6%)	8:37	7 (72.9%)
42	JAKOWICZ Agnieszka	6719	LABOSPORT	Masters K - 40	42	01:43:31	03:02:45.55	03:03:12.35	+00:51:14 (28.0%)	8:42	6.9 (71.9%)
43	STACHURSKA Monika	6507		Masters K - 40	43	01:43:17	03:04:03.80	03:04:31.40	+00:52:33 (28.5%)	8:45	6.8 (70.8%)
44	LEWANDOWSKA Ewa	6671		Masters K - 40	44	01:44:57	03:03:12.25	03:04:32.95	+00:52:35 (28.5%)	8:43	6.9 (71.9%)
45	GRYGIEL Agnieszka	6347	KARKONOSZ RAUNNING TEAM	Masters K - 40	45	01:48:12	03:07:48.00	03:09:14.65	+00:57:16 (30.3%)	8:56	6.7 (69.8%)
46	PIJANKA Monika	6262	BBL OPOLE	Masters K - 40	46	01:48:29	03:08:57.00	03:10:11.00	+00:58:13 (30.6%)	8:59	6.7 (69.8%)
47	MAŃCZAK Agnieszka	6365	CZERWONAK BIEGA	Masters K - 40	47	01:46:50	03:09:13.25	03:10:28.25	+00:58:30 (30.7%)	9:00	6.7 (69.8%)
48	PERKA Barbara	6066	BIEG OPOLSKI	Masters K - 40	48	01:45:13	03:11:08.65	03:11:14.30	+00:59:16 (31.0%)	9:06	6.6 (68.8%)
49	BARAŃSKA Małgorzata	6293	BBL OPOLE	Masters K - 40	49	01:43:35	03:11:22.05	03:12:08.65	+01:00:10 (31.3%)	9:06	6.6 (68.8%)
50	ŠVÁBENSKÁ Ladislava	6582	TEAM JESENÍKY	Masters K - 40	50	01:43:34	03:11:54.85	03:12:21.85	+01:00:24 (31.4%)	9:08	6.6 (68.8%)
51	JĘDZURA Agnieszka	6747		Masters K - 40	51	01:48:13	03:12:30.95	03:12:45.50	+01:00:47 (31.5%)	9:10	6.5 (67.7%)
52	KOWALSKA Małgorzata	6512	KB HARCOWNIK	Masters K - 40	52	01:44:42	03:12:16.45	03:13:00.90	+01:01:03 (31.6%)	9:09	6.6 (68.8%)
53	ŻYLUK Bożena	6058	WIECZORNE BIEGANIE W SZCZECINIE	Masters K - 40	53	01:47:52	03:13:00.30	03:13:05.70	+01:01:07 (31.7%)	9:11	6.5 (67.7%)
54	MAJCHRZAK Monika	6271	WKURW_TEAM	Masters K - 40	54	01:50:13	03:11:33.70	03:13:06.30	+01:01:08 (31.7%)	9:07	6.6 (68.8%)
55	SAWAŁA Aneta	6128	TRANCE ONLY	Masters K - 40	55	01:47:24	03:12:00.75	03:13:09.40	+01:01:11 (31.7%)	9:08	6.6 (68.8%)
56	WEBER Agata	6660	JACEKBIEGA RUNNING TEAM	Masters K - 40	56	01:52:26	03:13:12.15	03:13:19.45	+01:01:21 (31.7%)	9:12	6.5 (67.7%)
57	CZECH Dorota	6094	PRO-RUN WROCŁAW	Masters K - 40	57	01:45:10	03:12:54.65	03:13:35.50	+01:01:37 (31.8%)	9:11	6.5 (67.7%)
58	LACH Agnieszka	6528		Masters K - 40	58	01:47:34	03:13:47.45	03:14:24.25	+01:02:26 (32.1%)	9:13	6.5 (67.7%)
59	GRZELAKOWSKA Agata	6161		Masters K - 40	59	01:50:00	03:15:17.70	03:16:54.50	+01:04:56 (33.0%)	9:18	6.5 (67.7%)
60	PTASZYŃSKA Anna	6608	SPEED FEET'16	Masters K - 40	60	01:52:58	03:16:59.40	03:17:35.30	+01:05:37 (33.2%)	9:22	6.4 (66.7%)
61	MAĆKOWIAK-RYDZYŃSKA Anna	6448		Masters K - 40	61	01:49:21	03:15:41.85	03:17:35.70	+01:05:37 (33.2%)	9:19	6.4 (66.7%)
62	KOŃ Aleksandra	6126		Masters K - 40	62	01:49:45	03:16:55.55	03:17:36.65	+01:05:38 (33.2%)	9:22	6.4 (66.7%)
63	KONIECZNY Izabella	6316		Masters K - 40	63	01:51:19	03:17:39.30	03:18:01.10	+01:06:03 (33.4%)	9:24	6.4 (66.7%)
64	BĄCZYŃSKA Małgorzata	6458		Masters K - 40	64	01:48:33	03:17:53.20	03:18:22.35	+01:06:24 (33.5%)	9:25	6.4 (66.7%)
65	ŁUSIAK Ewa	6509		Masters K - 40	65	01:51:42	03:17:58.70	03:18:26.80	+01:06:29 (33.5%)	9:25	6.4 (66.7%)
66	KRAJEWSKA-KŁODA Katarzyna	6323	DRUŻYNA SZPIKU	Masters K - 40	66	01:55:27	03:17:16.55	03:18:49.65	+01:06:51 (33.6%)	9:23	6.4 (66.7%)
67	SKUPNIK Anna	6481		Masters K - 40	67	01:45:15	03:19:35.20	03:19:49.20	+01:07:51 (34.0%)	9:30	6.3 (65.6%)
68	OWSIANIK Sylwia	6493		Masters K - 40	68	01:38:23	03:19:39.30	03:19:51.40	+01:07:53 (34.0%)	9:30	6.3 (65.6%)
69	GRABARZ Emila	6605	O CO BIEGA	Masters K - 40	69	01:47:54	03:19:56.05	03:20:06.00	+01:08:08 (34.1%)	9:31	6.3 (65.6%)
70	KAYSIEWICZ Joanna	6418		Masters K - 40	70	01:56:03	03:21:45.60	03:22:14.65	+01:10:16 (34.8%)	9:36	6.2 (64.6%)
71	DURĄŁEK Anna	6492		Masters K - 40	71	01:48:59	03:22:19.50	03:22:49.70	+01:10:51 (34.9%)	9:38	6.2 (64.6%)
72	NOWAK Iwona	6122	ZLB ZŁOTORYJA	Masters K - 40	72	01:49:46	03:23:19.05	03:23:27.85	+01:11:30 (35.1%)	9:40	6.2 (64.6%)
73	SKRZĄTEK Anna	6349		Masters K - 40	73	01:52:42	03:23:52.35	03:24:08.75	+01:12:11 (35.4%)	9:42	6.2 (64.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
74	SOSNOWSKA Barbara	6426		Masters K - 40	74	01:55:41	03:23:50.75	03:24:51.70	+01:12:53 (35.6%)	9:42	6.2 (64.6%)
75	NESTOROWICZ Monika	6234	KLUB BIEGACZA JURUND SZCZYTNO	Masters K - 40	75	01:58:51	03:25:16.45	03:25:44.55	+01:13:46 (35.9%)	9:46	6.1 (63.5%)
76	MIKUTANIEC Patrycja	6513		Masters K - 40	76	01:48:56	03:25:29.80	03:27:10.70	+01:15:12 (36.3%)	9:47	6.1 (63.5%)
77	WÓJTOWICZ Edyta	6112	LOVELASY	Masters K - 40	77	01:56:23	03:27:28.50	03:27:59.80	+01:16:02 (36.6%)	9:52	6.1 (63.5%)
78	BALCERZAK Krysia	6284		Masters K - 40	78	02:01:11	03:27:20.35	03:28:11.90	+01:16:14 (36.6%)	9:52	6.1 (63.5%)
79	KOZIOŁ Ewa	6305	KOZIOŁKI	Masters K - 40	79	01:55:47	03:28:53.65	03:29:11.65	+01:17:13 (36.9%)	9:56	6 (62.5%)
80	FIKSA Katarzyna	6453	BIEGAJĄCY WOJART TEAM	Masters K - 40	80	01:55:25	03:28:13.20	03:29:19.65	+01:17:21 (37.0%)	9:54	6.1 (63.5%)
81	KAPAŁKA Agnieszka	6123		Masters K - 40	81	01:55:37	03:28:40.80	03:29:44.10	+01:17:46 (37.1%)	9:56	6 (62.5%)
82	MAZUR Ewelina	6412	BIEGAJ Z TRENERAMI	Masters K - 40	82	01:55:49	03:28:57.75	03:29:52.15	+01:17:54 (37.1%)	9:57	6 (62.5%)
83	STANOWSKA Katarzyna	6415		Masters K - 40	83	01:56:59	03:29:33.95	03:30:24.55	+01:18:26 (37.3%)	9:58	6 (62.5%)
84	GEZELA Joanna	6096	EUFORIA BIEGACZA TEAM	Masters K - 40	84	01:59:05	03:30:31.30	03:31:17.25	+01:19:19 (37.5%)	10:01	6 (62.5%)
85	OLCZYK Anna	6136		Masters K - 40	85	01:58:27	03:31:16.30	03:31:43.90	+01:19:46 (37.7%)	10:03	6 (62.5%)
86	SZCZODRZYŃSKA Kasia	6521		Masters K - 40	86	01:58:49	03:32:35.15	03:33:06.25	+01:21:08 (38.1%)	10:07	5.9 (61.5%)
87	PŁUCIENNIK Katarzyna	6662		Masters K - 40	87	01:54:49	03:36:36.30	03:37:23.15	+01:25:25 (39.3%)	10:18	5.8 (60.4%)
88	GWAJ Dominika	6359	IZERSKA GRUPA BIEGOWA	Masters K - 40	88	01:57:26	03:36:19.20	03:38:03.30	+01:26:05 (39.5%)	10:18	5.8 (60.4%)
89	PAWŁOWSKA-LIS Maria	6249		Masters K - 40	89	01:54:55	03:42:45.55	03:43:27.30	+01:31:29 (40.9%)	10:36	5.7 (59.4%)
90	JASIUL Mariola	6250		Masters K - 40	90	01:58:13	03:42:45.90	03:43:28.20	+01:31:30 (40.9%)	10:36	5.7 (59.4%)
91	ZIELIŃSKA CZERBNIAK Izabela	6356	TARNOWO PODGÓRNE BIEGA	Masters K - 40	91	01:59:43	03:44:30.95	03:45:05.50	+01:33:07 (41.4%)	10:41	5.6 (58.3%)
92	LECHNA Mirella	6718		Masters K - 40	92	02:05:45	03:45:09.85	03:45:21.95	+01:33:24 (41.4%)	10:43	5.6 (58.3%)
93	ARCHANIOŁOWICZ Joanna	6717	MUAY RUNNING TEAM	Masters K - 40	93	02:06:03	03:44:06.40	03:45:49.05	+01:33:51 (41.6%)	10:40	5.6 (58.3%)
94	FORMELA Justyna	6687		Masters K - 40	94	02:03:01	03:45:46.85	03:47:41.30	+01:35:43 (42.0%)	10:45	5.6 (58.3%)
95	WIŚNIEWSKA Dorota	6013		Masters K - 40	95	02:07:47	03:50:13.20	03:51:35.35	+01:39:37 (43.0%)	10:57	5.5 (57.3%)
96	GŁOWACKA Aleksandra	6140	MŁODY VS. STARY	Masters K - 40	96	02:02:27	03:50:23.55	03:51:44.85	+01:39:47 (43.1%)	10:58	5.5 (57.3%)
97	SPOZ Magdalena	6372	NEST TEAM	Masters K - 40	97	02:01:49	03:55:27.70	03:55:54.30	+01:43:56 (44.1%)	11:12	5.4 (56.3%)
98	ŚNIEŻAWSKA Gabriela	6279		Masters K - 40	98	02:06:17	03:53:58.40	03:55:54.70	+01:43:56 (44.1%)	11:08	5.4 (56.3%)
99	KALLAS-LIPSKA Anetta	6067		Masters K - 40	99	02:06:15	03:56:16.65	03:56:30.95	+01:44:33 (44.2%)	11:15	5.3 (55.2%)
100	SUCHANKO Alicja	6485	NIGHT RUNNERS	Masters K - 40	100	02:11:07	03:56:49.90	03:57:09.55	+01:45:11 (44.4%)	11:16	5.3 (55.2%)
101	LECIEJEWSKA Małgorzata	6480	NIGHT RUNNERS POZNAŃ	Masters K - 40	101	02:10:37	03:56:51.25	03:57:12.35	+01:45:14 (44.4%)	11:16	5.3 (55.2%)
102	JUSZKO Monika	6070		Masters K - 40	102	02:12:46	04:08:58.90	04:09:24.45	+01:57:26 (47.1%)	11:51	5.1 (53.1%)
103	PAWŁOWSKA Danuta	6039	WKURW_TEAM	Masters K - 40	103	02:16:09	04:11:44.10	04:12:33.90	+02:00:36 (47.8%)	11:59	5 (52.1%)
104	PRZYBYŁ Jolanta	6125	EASY RUNNERS	Masters K - 40	104	02:09:01	04:14:51.35	04:15:43.70	+02:03:45 (48.4%)	12:08	4.9 (51.0%)
105	KACZMAREK Agnieszka	6188		Masters K - 40	105	02:23:42	04:18:55.50	04:19:20.70	+02:07:22 (49.1%)	12:19	4.9 (51.0%)
	ANTOSZCZUK Aneta	6377	PRO-RUN WROCŁAW	Masters K - 40		DNF	DNF	DNF	-	-	- (0.0%)