

# 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: Senior I K - 20

| Msc | Zawodnik             | Numer | Klub                        | Kategoria       | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Czas<br>brutto<br>21km | Różn              | Tempo<br>min/km | Tempo<br>km/h |
|-----|----------------------|-------|-----------------------------|-----------------|------|--------------|-----------------------|------------------------|-------------------|-----------------|---------------|
| 1   | ZAJĄCZKOWSKA Anna    | 6593  |                             | Senior I K - 20 | 1    | 01:03:24     | 01:50:43.20           | 01:51:02.45            |                   | 5:16            | 11.4 (100%)   |
| 2   | ROZDZYNSKA Patrycja  | 6351  |                             | Senior I K - 20 | 2    | 01:12:15     | 02:05:07.40           | 02:05:12.20            | +00:14:09 (11.3%) | 5:57            | 10.1 (88.6%)  |
| 3   | HENECZKOWSKA Anna    | 6308  | ENDŹI Z KALENJI/BORN TO RUN | Senior I K - 20 | 3    | 01:13:26     | 02:05:33.40           | 02:05:41.45            | +00:14:39 (11.7%) | 5:58            | 10 (87.7%)    |
| 4   | KORNOBIS Monika      | 6639  | GOAPTIV!                    | Senior I K - 20 | 4    | 01:11:50     | 02:07:03.70           | 02:07:09.60            | +00:16:07 (12.7%) | 6:03            | 9.9 (86.8%)   |
| 5   | SZUMACHER Marta      | 6692  |                             | Senior I K - 20 | 5    | 01:16:25     | 02:16:54.25           | 02:17:11.85            | +00:26:09 (19.1%) | 6:31            | 9.2 (80.7%)   |
| 6   | MACHAJ Joanna        | 6214  |                             | Senior I K - 20 | 6    | 01:19:03     | 02:20:02.60           | 02:20:11.40            | +00:29:08 (20.8%) | 6:40            | 9 (78.9%)     |
| 7   | RYCHLIK Magdalena    | 6620  | ITMBW KRAKÓW                | Senior I K - 20 | 7    | 01:22:14     | 02:23:22.85           | 02:23:49.35            | +00:32:46 (22.8%) | 6:49            | 8.8 (77.2%)   |
| 8   | JOŃCZYK Ada          | 6268  |                             | Senior I K - 20 | 8    | 01:21:49     | 02:27:31.80           | 02:28:48.40            | +00:37:45 (25.4%) | 7:01            | 8.5 (74.6%)   |
| 9   | OGRODOWCZYK Daria    | 6569  | KALENJI BY DECATHLON        | Senior I K - 20 | 9    | 01:24:00     | 02:31:22.05           | 02:31:29.80            | +00:40:27 (26.7%) | 7:12            | 8.3 (72.8%)   |
| 10  | SZYSZKA Anna         | 6579  |                             | Senior I K - 20 | 10   | 01:23:19     | 02:31:25.70           | 02:31:35.90            | +00:40:33 (26.8%) | 7:12            | 8.3 (72.8%)   |
| 11  | HŁASKO Ania          | 6515  |                             | Senior I K - 20 | 11   | 01:27:00     | 02:31:48.90           | 02:32:54.00            | +00:41:51 (27.4%) | 7:13            | 8.3 (72.8%)   |
| 12  | WĄSOWICZ Magdalena   | 6714  | HUSARIA RACE TEAM           | Senior I K - 20 | 12   | 01:28:06     | 02:34:14.05           | 02:34:48.70            | +00:43:46 (28.3%) | 7:20            | 8.2 (71.9%)   |
| 13  | TOMCZYK Marta        | 6630  |                             | Senior I K - 20 | 13   | 01:28:23     | 02:34:53.90           | 02:35:10.50            | +00:44:08 (28.4%) | 7:22            | 8.1 (71.1%)   |
| 14  | DWORCZYŃSKA Martyna  | 6490  | ADIDAS RUNNERS WARSAW       | Senior I K - 20 | 14   | 01:30:27     | 02:37:29.65           | 02:38:37.50            | +00:47:35 (30.0%) | 7:30            | 8 (70.2%)     |
| 15  | MAJEROWSKA Magdalena | 6447  | BAUMAT TEAM                 | Senior I K - 20 | 15   | 01:29:59     | 02:40:08.25           | 02:41:58.90            | +00:50:56 (31.4%) | 7:37            | 7.9 (69.3%)   |
| 16  | WOLAK Izabela        | 6439  | JKS SALAMANDRA              | Senior I K - 20 | 16   | 01:27:14     | 02:41:56.40           | 02:42:44.50            | +00:51:42 (31.8%) | 7:42            | 7.8 (68.4%)   |
| 17  | RZEPKA Aleksandra    | 6622  | WKURW_TEAM                  | Senior I K - 20 | 17   | 01:33:33     | 02:46:25.20           | 02:47:58.10            | +00:56:55 (33.9%) | 7:55            | 7.6 (66.7%)   |
| 18  | ZIĘBA Emilia         | 6440  | ŚLĄSK WROCŁAW               | Senior I K - 20 | 18   | 01:30:47     | 02:47:46.55           | 02:48:30.55            | +00:57:28 (34.1%) | 7:59            | 7.5 (65.8%)   |
| 19  | CZESKA Karolina      | 6561  | LAMPART TRENING             | Senior I K - 20 | 19   | 01:35:08     | 02:48:20.15           | 02:49:04.40            | +00:58:01 (34.3%) | 8:00            | 7.5 (65.8%)   |
| 20  | MAJEWSKA Fabiana     | 6677  |                             | Senior I K - 20 | 20   | 01:38:18     | 02:49:18.95           | 02:50:58.80            | +00:59:56 (35.1%) | 8:03            | 7.4 (64.9%)   |
| 21  | GORĄCZNIK Anna       | 6422  | KOBIETYBIEGAJĄ.PL           | Senior I K - 20 | 21   | 01:41:18     | 02:52:13.20           | 02:53:09.30            | +01:02:06 (35.9%) | 8:12            | 7.3 (64.0%)   |
| 22  | GLEBOWSKA Daria      | 6192  | KB MANIAC POZNAŃ            | Senior I K - 20 | 22   | 01:41:11     | 02:53:54.65           | 02:55:08.25            | +01:04:05 (36.6%) | 8:16            | 7.2 (63.2%)   |
| 23  | TKACZ Natalia        | 6469  |                             | Senior I K - 20 | 23   | 01:36:01     | 02:54:44.55           | 02:56:24.60            | +01:05:22 (37.1%) | 8:19            | 7.2 (63.2%)   |
| 24  | KASSNER Ewelina      | 6053  |                             | Senior I K - 20 | 24   | 01:43:27     | 02:56:11.70           | 02:56:26.50            | +01:05:24 (37.1%) | 8:23            | 7.2 (63.2%)   |
| 25  | KATA Aleksandra      | 6565  |                             | Senior I K - 20 | 25   | 01:41:44     | 02:55:04.10           | 02:56:35.00            | +01:05:32 (37.1%) | 8:20            | 7.2 (63.2%)   |
| 26  | WARDA Justyna        | 6052  | HARDCOROWE WYCHYLILYBYMY    | Senior I K - 20 | 26   | 01:37:00     | 02:56:50.15           | 02:57:03.55            | +01:06:01 (37.3%) | 8:25            | 7.1 (62.3%)   |
| 27  | MOŃKA Karolina       | 6575  | SPARTA ULTRA TEAM           | Senior I K - 20 | 27   | 01:31:07     | 02:56:40.75           | 02:57:21.55            | +01:06:19 (37.4%) | 8:24            | 7.1 (62.3%)   |
| 28  | WOLSKA Dominika      | 6463  |                             | Senior I K - 20 | 28   | 01:34:46     | 02:59:24.40           | 03:00:08.05            | +01:09:05 (38.4%) | 8:32            | 7 (61.4%)     |
| 29  | KOŁODZIEJ Aleksandra | 6329  |                             | Senior I K - 20 | 29   | 01:39:08     | 03:03:17.05           | 03:03:30.10            | +01:12:27 (39.5%) | 8:43            | 6.9 (60.5%)   |

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|-----|-------------------------------|-------|------------------|-----------------|------|--------------|-----------------------|------------------------|-------------------|-----------------|---------------|
| 30  | ZAJĄCZKOWSKA Agnieszka        | 6699  |                  | Senior I K - 20 | 30   | 01:38:22     | 03:02:15.80           | 03:03:52.20            | +01:12:49 (39.6%) | 8:40            | 6.9 (60.5%)   |
| 31  | JAROS Aleksandra              | 6160  |                  | Senior I K - 20 | 31   | 01:49:19     | 03:10:33.40           | 03:12:11.15            | +01:21:08 (42.2%) | 9:04            | 6.6 (57.9%)   |
| 32  | DOWNAR-ZAPOLSKA Laura         | 6291  | MOM&DAUGHTER RUN | Senior I K - 20 | 32   | 01:44:27     | 03:11:45.90           | 03:12:56.80            | +01:21:54 (42.4%) | 9:07            | 6.6 (57.9%)   |
| 33  | SZELIGA Daria                 | 6483  |                  | Senior I K - 20 | 33   | 01:45:29     | 03:14:00.20           | 03:14:43.80            | +01:23:41 (43.0%) | 9:14            | 6.5 (57.0%)   |
| 34  | DROŹDŻAL Izabela              | 6442  |                  | Senior I K - 20 | 34   | 01:44:52     | 03:14:03.95           | 03:15:38.20            | +01:24:35 (43.2%) | 9:14            | 6.5 (57.0%)   |
| 35  | TALAGA Alicja                 | 6708  | OLKUSZBIEGA.PL   | Senior I K - 20 | 35   | 01:48:39     | 03:15:46.70           | 03:16:04.10            | +01:25:01 (43.4%) | 9:19            | 6.4 (56.1%)   |
| 36  | KRZESZOWSKA Iga               | 6282  |                  | Senior I K - 20 | 36   | 01:42:41     | 03:17:20.75           | 03:18:58.45            | +01:27:56 (44.2%) | 9:23            | 6.4 (56.1%)   |
| 37  | RUCIŃSKA Magdalena            | 6246  | WKURW_TEAM       | Senior I K - 20 | 37   | 01:42:22     | 03:18:25.15           | 03:19:37.70            | +01:28:35 (44.4%) | 9:26            | 6.4 (56.1%)   |
| 38  | SENDERSKA-PŁONOWSKA Magdalena | 6213  |                  | Senior I K - 20 | 38   | 01:43:06     | 03:20:52.75           | 03:21:51.45            | +01:30:49 (45.0%) | 9:33            | 6.3 (55.3%)   |
| 39  | MATYJEWICZ Klaudia            | 6406  |                  | Senior I K - 20 | 39   | 01:55:07     | 03:21:04.05           | 03:23:01.75            | +01:31:59 (45.3%) | 9:34            | 6.3 (55.3%)   |
| 40  | KUROWSKA Bianka               | 6038  |                  | Senior I K - 20 | 40   | 01:55:01     | 03:29:41.10           | 03:31:10.60            | +01:40:08 (47.4%) | 9:59            | 6 (52.6%)     |
| 41  | GOLONKA Kinga                 | 6047  | SYNGENIT         | Senior I K - 20 | 41   | 01:56:37     | 03:30:55.55           | 03:31:46.10            | +01:40:43 (47.6%) | 10:02           | 6 (52.6%)     |
| 42  | MELON Iga                     | 6559  |                  | Senior I K - 20 | 42   | 02:00:59     | 03:38:33.10           | 03:40:16.75            | +01:49:14 (49.6%) | 10:24           | 5.8 (50.9%)   |
| 43  | JUSZKO Aleksandra             | 6325  |                  | Senior I K - 20 | 43   | 02:12:33     | 04:08:58.80           | 04:09:24.45            | +02:18:22 (55.5%) | 11:51           | 5.1 (44.7%)   |

Znaleziono 43 wynik(ów)