



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dolnośląski Festiwal Biegów Górskich
Fundacja MARATONY GÓRSKIE
2023-07-13
Łądek-Zdrój
240 km

BIEG 7 SZCZYTÓW - 240 KM

B4SPORT

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN KOBIET

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A6 100km	A7 112km	A8 130km	A9 145km	A11 170km	A12 191km	A13 203km	A14 215km	A15 228km	Czas netto 240km	Czas brutto 240km	Różn	Tempo min/km	Tempo km/h	
1	GRUSZKA Aleksandra	1289	GRUPA BIEGOWA DZIKOWIEC	Senior II K - 30	1	01:18:37	05:00:42	07:29:35	09:24:41	11:38:56	14:03:44	15:31:01	17:47:10	21:05:26	25:22:00	29:05:40	31:39:38	34:59:35	37:30:25	39:25:02.20	39:25:28.75		9:51	6.1 (100%)	
2	BLASZKE Beata	1245	GÓRAL Z MAZUR RUNNING TEAM	Weteran K - 50	1	01:28:03	05:42:43	08:21:49	10:45:49	13:10:39	16:09:17	17:28:04	20:14:53	23:24:01	28:07:30	32:18:44	34:23:42	37:00:42	39:38:04	41:35:44.50	41:36:44.30	+02:11:15 (5.3%)	10:23	5.8 (95.1%)	
3	KURPIEWSKA Anna	1383	GT RAT	Masters K - 40	1	01:23:06	05:15:15	07:47:21	10:15:32	13:12:23	16:20:42	17:44:53	20:27:52	23:19:16	27:53:40	32:19:28	34:24:16	37:01:20	39:38:22	41:36:18.05	41:36:44.60	+02:11:15 (5.3%)	10:24	5.8 (95.1%)	
4	KOZIOŁ Ewa	1189	KB SOBÓTKA	Masters K - 40	2	01:42:38	06:12:41	09:46:33	12:17:56	15:23:57	18:47:17	20:47:05	23:59:45	28:00:01	33:02:41	37:00:06	39:01:10	41:48:08	44:15:20	46:00:33.90	46:01:37.00	+06:36:08 (14.3%)	11:30	5.2 (85.2%)	
5	KRYM Katarzyna	1099	POLISH WINGS/NIGHTRUNNERS/HRT	Masters K - 40	3	01:28:32	05:39:54	08:20:31	10:54:48	13:55:04	17:19:34	19:00:13	22:46:09	26:08:10	32:13:34	36:26:37	38:31:58	41:47:52	45:04:00	47:24:48.60	47:25:48.60	+08:00:19 (16.9%)	11:51	5.1 (83.6%)	
6	KAŁUŻA Basia	1053	ULTRA BESKID SPORT	Masters K - 40	4	01:36:26	06:05:05	08:49:47	11:22:11	14:14:35	17:33:05	19:32:48	22:59:38	26:34:57	32:05:55	36:36:21	39:04:13	41:54:39	46:01:08	48:26:26.00	48:27:04.60	+09:01:35 (18.6%)	12:06	5 (82.0%)	
7	MICHALSKA Agnieszka	1182		Masters K - 40	5	01:22:52	05:03:33	07:29:29	09:54:21	12:29:59	15:34:58	17:21:28	20:51:08	24:47:11	31:22:48	36:40:40	39:18:43	42:38:08	46:05:33	48:39:49.00	48:40:52.65	+09:15:23 (19.0%)	12:09	4.9 (80.3%)	
8	WITCZAK Jolanta	1371	TARNOWO PODGÓRNE POZIOM BLIŻEJ	Weteran K - 50	2	01:40:42	06:23:00	09:39:28	12:14:44	15:24:36	18:58:25	20:50:57	24:25:35	28:12:52	34:12:10	39:25:23	41:34:03	44:44:43	47:17:30	49:16:29.50	49:17:55.90	+09:52:27 (20.0%)	12:19	4.9 (80.3%)	
9	CZICHY Barbara	1115	WKB META LUBLINIEC	Weteran K - 50	3	01:41:14	06:32:59	09:42:50	12:31:05	15:28:16	19:02:43	21:04:25	24:26:05	28:06:31	33:32:56	38:12:55	40:51:21	44:23:48	47:31:47	49:31:01.90	49:31:58.00	+10:06:29 (20.4%)	12:22	4.8 (78.7%)	
10	LENART Joanna	1030	ZADYSZKA OŚWIĘCIM	Weteran K - 50	4	01:36:18	06:05:18	09:05:52	12:01:28	15:04:46	18:48:07	20:27:00	23:55:57	27:55:16	34:13:05	38:46:55	41:01:29	44:23:49	47:26:35	49:36:29.70	49:36:45.65	+10:11:16 (20.5%)	12:24	4.8 (78.7%)	
11	PRZYSTOLIK Magdalena	1173	KS ADEA TEAM GLIWICE	Senior II K - 30	2	01:40:07	06:15:57	08:57:47	11:44:33	14:34:37	18:12:58	19:56:47	23:44:58	27:16:35	34:38:22	39:21:03	41:53:53	45:10:05	48:13:38	49:53:26.30	49:54:02.95	+10:28:34 (21.0%)	12:28	4.8 (78.7%)	
12	SIKORA Bożka	1123	TKKF UKLEJNA MYŚLENICE	Senior II K - 30	3	01:18:08	05:05:08	07:59:31	10:59:05	14:01:06	18:01:48	19:48:11	23:04:50	27:01:16	33:43:45	38:04:28	41:01:20	44:44:02	48:11:08	50:03:02.55	50:03:38.70	+10:38:09 (21.2%)	12:30	4.8 (78.7%)	
13	ELING Lidia	1309	RAWICKIE MORSY	Weteran K - 50	5	01:30:05	05:52:44	08:46:50	11:33:26	14:26:30	18:02:39	19:52:24	23:40:56	27:29:25	33:29:53	37:55:29	40:35:53	44:27:50	47:46:59	50:04:40.00	50:05:05.75	+10:39:37 (21.3%)	12:31	4.8 (78.7%)	
14	CZYŻEWSKA Agnieszka	1380	SŁOŃCA JURY	Masters K - 40	6	01:37:34	05:50:56	08:32:52	11:07:33	14:18:16	17:57:07	19:52:59	23:46:09	27:56:45	34:43:13	39:32:26	42:14:56	45:54:40	48:47:14	50:30:28.30	50:31:05.15	+11:05:36 (22.0%)	12:37	4.8 (78.7%)	
15	OLSCHIMKE-MARUROWICZ Barbara	1122		Weteran K - 50	6	01:41:48	06:21:43	09:29:14	12:22:09	15:27:27	19:04:58	21:19:39	24:39:42	28:15:42	34:47:14	39:39:07	42:22:29	46:03:12	48:46:10	50:35:50.30	50:37:25.45	+11:11:56 (22.1%)	12:38	4.7 (77.0%)	
16	WRÓBLEWSKA Katarzyna	1396		Senior II K - 30	4	01:37:58	06:28:53	09:43:17	12:56:51	16:03:50	19:40:40	21:33:57	25:07:11	28:58:47	35:47:52	40:18:07	42:51:17	46:28:30		51:05:27.35	51:05:51.95	+11:40:23 (22.8%)	12:46	4.7 (77.0%)	
17	GRZYBOWSKA Karolina	1302	LEKKOATLETYKA STAL PLESZEW	Masters K - 40	7	01:40:24	06:12:17	09:19:00	12:14:08	15:04:14	18:21:41	20:34:44	24:09:10	28:13:11	34:35:52	39:41:55	42:45:28			51:22:01.60	51:23:04.25	+11:57:35 (23.3%)	12:50	4.7 (77.0%)	
18	MARZEC Karolina	1139	DZIKIE DZIKI GORZÓW	Masters K - 40	8	01:14:51	04:42:53	07:01:00	09:26:34	12:30:54	15:41:49	17:23:25	20:52:03	25:47:51	31:23:40	37:09:39	40:34:31		48:39:57	51:23:34.40	51:23:43.05	+11:58:14 (23.3%)	12:50	4.7 (77.0%)	
19	ZACHARIASZ Agnieszka	1243	BIEGOWA KUŹNIA	Masters K - 40	9	01:40:32	06:49:55	09:32:11	11:59:52	14:46:50	17:59:07	19:48:09	23:15:42	27:52:39	35:02:48	39:32:51	42:05:12	46:13:00			51:28:41.20	51:29:28.85	+12:04:00 (23.4%)	12:52	4.7 (77.0%)
20	BONDARCZUK Sylwia	1055	ULTRA BESKID SPORT	Masters K - 40	10	01:36:28	06:22:15	09:17:21	12:12:31	15:10:51	18:47:47	20:51:47	24:40:26	28:21:20	35:22:13	40:04:40	42:55:05	46:38:24			51:38:27.10	51:39:04.85	+12:13:36 (23.7%)	12:54	4.6 (75.4%)
21	BUIĆ Mladenka	1326	AK SLJEME	Masters K - 40	11	01:34:17	06:14:35	09:08:46	12:15:41	15:07:00	18:57:07	21:27:10	24:45:33	28:25:16	35:25:13	40:57:05	44:09:22	47:24:41			51:49:27.45	51:49:51.55	+12:24:22 (23.9%)	12:57	4.6 (75.4%)
	ANTKOWIAK Monika	1112	W POGONI ZA MARZENIAMI M&M	Senior II K - 30		DNF	DNF	DNF	DNF	DNF	16:47:55	18:33:47	21:41:11	25:06:05	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)	
	KACZÓWKA Monika	1018	COMPANEROS ASFALT TEAM	Masters K - 40		01:23:42	05:31:08	08:11:14	10:48:21	13:42:11	16:58:24	18:55:03	22:02:57	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)	
	PTASZYŃSKA Wioletta	1073	ULTRA WAY TEAM	Senior II K - 30		01:22:01	05:03:53	07:24:22	09:51:08	12:44:15	15:41:35	17:39:26	23:24:07	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)	
	RABSCH Patrycja	1064	LAMPART TRENING	Senior II K - 30		01:46:30	06:41:33	09:37:44	12:48:35	16:02:07	19:54:52	22:08:28	25:43:32	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)	
	PAWLIK Joanna	1007		Senior II K - 30		01:46:29	06:41:33	09:37:44	12:48:37	16:02:08	19:54:54	22:08:26	25:43:33	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)	
	WIŚNIEWSKA Agnieszka	1347		Masters K - 40		01:40:04	06:10:36	09:07:29	11:50:14	15:14:34	20:18:40	22:27:08	25:46:34	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A6 100km	A7 112km	A8 130km	A9 145km	A11 170km	A12 191km	A13 203km	A14 215km	A15 228km	Czas netto 240km	Czas brutto 240km	Różn	Tempo min/km	Tempo km/h
	WALCZAK Agnieszka	1327	PKO BANK POLSKI	Masters K - 40		DNF	06:10:40 DNF	09:07:19 DNF	11:50:13 DNF	15:12:14 DNF	20:18:41 DNF	22:27:11 DNF	25:46:37 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	- (0.0%)	-
	GOSTKOWSKA- DRZEWICKA Magdalena	1201		Weteran K - 50		01:42:40 DNF	06:39:24 DNF	09:56:33 DNF	13:11:33 DNF	16:34:56 DNF	20:34:28 DNF	22:49:48 DNF	25:55:45 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	- (0.0%)	-
	ROŻNIATA Iwona	1340		Weteran K - 50		01:51:32 DNF	07:03:46 DNF	10:16:51 DNF	13:17:10 DNF	16:44:48 DNF	20:34:11 DNF	22:44:43 DNF	26:28:14 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	- (0.0%)	-
	KWIATKOWSKA Zuzanna	1098	RNB TEAM POLANICA ZDRÓJ	Weteran K - 50		01:34:00 DNF	06:03:44 DNF	09:21:09 DNF	12:22:18 DNF	15:37:41 DNF	19:24:39 DNF	22:15:13 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	- (0.0%)	-
	MIĘTEK Agnieszka	1360		Masters K - 40		01:51:55 DNF	07:13:02 DNF	10:41:09 DNF	13:57:55 DNF	16:53:22 DNF	20:47:08 DNF	22:50:39 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	- (0.0%)	-
	RZEPKA Aleksandra	1057	WKURW_TEAM	Senior II K - 30		01:41:27 DNF	06:16:53 DNF	09:26:48 DNF	12:33:44 DNF	16:18:47 DNF	20:55:20 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	- (0.0%)	-
	MASZEWSKA- WACH Mariola	1367		Masters K - 40		01:51:20 DNF	07:03:47 DNF	10:16:58 DNF	13:21:30 DNF	17:10:39 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	- (0.0%)	-
	KOPCZYŃSKA Marta	1146	BIEGAJĄCE KREJZOLE/KWIATY U BEATY SWARZĘDZ	Senior II K - 30		01:50:43 DNF	07:02:06 DNF	10:05:06 DNF	13:51:31 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	- (0.0%)	-
	ROZNEWSKA Dagmara	1101	KB SOBÓTKA	Senior II K - 30		01:42:40 DNF	06:12:42 DNF	09:46:36 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	- (0.0%)	-
	WINIARSKA Izabela	1356	IZAGÓRĄ & GÓRAL Z MAZUR RUNNING TEAM	Masters K - 40		01:50:11 DNF	07:15:02 DNF	10:53:24 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	- (0.0%)	-

Znaleziono 37 wynik(ów)