

# BIEG K-B-L - 110 KM

B4SPORT

**Wydarzenie:** Dolnośląski Festiwal Biegów Górskich  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2020-07-16  
**Miejsce:** Łądek-Zdrój  
**Dystans:** 110 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Masters K - 40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A13 70km	A14 85km	A15 98km	Czas netto 110km	Różn	Tempo min/km	Tempo km/h
1	<b>MOCZULSKA Małgorzata</b>	<b>3278</b>		Masters K - 40	1	01:33:38	04:17:38	08:20:20	10:25:51	12:03:04	<b>13:18:59.65</b>		7:15	8.3 (100%)
2	<b>KOŚCIELNIAK Wioletta</b>	<b>3323</b>	RUNNERS TEAM NYSA	Masters K - 40	2	01:47:34	04:55:59	08:58:26	10:55:12	12:40:06	<b>14:03:33.00</b>	+00:44:33 (5.3%)	7:40	7.8 (94.0%)
3	<b>ZYGRY-WIŚNIEWSKA Karolina</b>	<b>3197</b>	GEMINI POLSKA TEAM	Masters K - 40	3	02:04:25	05:42:18	10:41:33	13:02:57	15:08:34	<b>16:41:47.75</b>	+03:22:48 (20.2%)	9:06	6.6 (79.5%)
4	<b>CHUDA Aneta</b>	<b>3013</b>		Masters K - 40	4	02:09:54	05:59:11	11:26:56	14:09:42	16:36:31	<b>18:20:47.60</b>	+05:01:47 (27.4%)	10:00	6 (72.3%)
5	<b>ROSZAK-SURKÓW Sylwia</b>	<b>3045</b>	MUAY RUNNING TEAM	Masters K - 40	5	02:18:42	06:01:47	11:11:03	14:05:05	16:36:59	<b>18:28:58.45</b>	+05:09:58 (28.0%)	10:04	6 (72.3%)
6	<b>WOJTKOWIAK Renata</b>	<b>3054</b>	PIĄTKOWO NA BIEGOWO	Masters K - 40	6	02:13:11	06:06:16	11:15:16	14:09:08	16:41:37	<b>18:34:17.55</b>	+05:15:17 (28.3%)	10:07	5.9 (71.1%)
7	<b>RATAJCZAK Joanna</b>	<b>3283</b>	PIĄTKOWO NA BIEGOWO	Masters K - 40	7	02:13:17	06:06:24	11:15:23	14:09:11	16:41:04	<b>18:34:24.55</b>	+05:15:24 (28.3%)	10:07	5.9 (71.1%)
8	<b>BARCZYK Agnieszka</b>	<b>3307</b>		Masters K - 40	8	02:16:29	06:13:53	11:51:39	14:49:20	17:03:16	<b>18:47:05.25</b>	+05:28:05 (29.1%)	10:14	5.9 (71.1%)
9	<b>BOROWSKA-NAJDEREK Paulina</b>	<b>3022</b>	WLKP MOUNTAINS ULTRA	Masters K - 40	9	01:58:32	05:54:00	11:33:08	14:28:27	16:56:12	<b>18:55:17.50</b>	+05:36:17 (29.6%)	10:19	5.8 (69.9%)
10	<b>WODZIŃSKA Danuta</b>	<b>3107</b>	INSTRUKTOR BIEGANIA TEAM	Masters K - 40	10	02:02:22	05:46:23	12:04:46	14:59:28	17:26:11	<b>19:15:58.55</b>	+05:56:58 (30.9%)	10:30	5.7 (68.7%)
11	<b>CHOMIAK Katarzyna</b>	<b>3315</b>	BIEGAJ W JEDLINIE	Masters K - 40	11	02:20:07	06:03:57	11:32:21	14:32:04	16:57:15	<b>19:28:58.40</b>	+06:09:58 (31.6%)	10:37	5.6 (67.5%)
12	<b>WYRWAS-ZYGARŁOWSKA Izabela</b>	<b>3098</b>	KOBIETY BIEGAJĄ	Masters K - 40	12	02:11:17	06:08:57	12:08:31	15:00:42	17:50:52	<b>19:53:03.45</b>	+06:34:03 (33.0%)	10:50	5.5 (66.3%)
13	<b>MIKOŁAJCZYK-SOWA Monika</b>	<b>3139</b>	SZAKALE BAŁUT ŁÓDŹ	Masters K - 40	13	02:17:06	06:41:14	12:48:10	15:33:21	18:03:41	<b>20:09:26.20</b>	+06:50:26 (33.9%)	10:59	5.5 (66.3%)
14	<b>ODWAŻNY Magdalena</b>	<b>3073</b>	ODWAŻNYTEAM.PL	Masters K - 40	14	02:18:11	06:42:17	12:49:27	15:34:28	18:04:44	<b>20:10:29.25</b>	+06:51:29 (34.0%)	11:00	5.5 (66.3%)
15	<b>MATUSZEWSKA Małgorzata</b>	<b>3296</b>	RUNNER'S POWER ŚREM	Masters K - 40	15	02:23:01	06:39:32	12:54:19	15:55:55	18:49:53	<b>20:44:33.35</b>	+07:25:33 (35.8%)	11:18	5.3 (63.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A13 70km	A14 85km	A15 98km	Czas netto 110km	Różn	Tempo min/km	Tempo km/h
16	<b>FICNER Iwona</b>	<b>3021</b>	FSD RUN DREZDENKO	Masters K - 40	16	02:17:56	06:45:08	13:06:07	16:18:05	19:00:13	<b>21:03:01.15</b>	+07:44:01 (36.7%)	11:28	5.2 (62.7%)
17	<b>OCHNIO Ewa</b>	<b>3006</b>		Masters K - 40	17	02:32:25	06:49:54	13:09:32	16:12:51	19:04:00	<b>21:09:43.10</b>	+07:50:43 (37.1%)	11:32	5.2 (62.7%)
18	<b>STROIŃSKA Iwona</b>	<b>3029</b>	C&C SPORTS TEAM	Masters K - 40	18	02:24:28	06:47:16	12:59:45	16:30:19	19:37:46	<b>22:22:47.40</b>	+09:03:47 (40.5%)	12:12	4.9 (59.0%)
19	<b>SILSKA Sylwia</b>	<b>3209</b>	ATRAKCYJNE TOWARZYSTWO	Masters K - 40	19	02:24:17	07:27:55	13:51:06	18:01:43	20:36:46	<b>22:34:10.80</b>	+09:15:11 (41.0%)	12:18	4.9 (59.0%)
20	<b>KOZŁOWSKA Karolina</b>	<b>3120</b>		Masters K - 40	20	02:24:45	07:34:48	14:34:36	18:37:45	21:35:34	<b>23:37:30.25</b>	+10:18:30 (43.6%)	12:53	4.7 (56.6%)
21	<b>RYCHŁOWSKA Magdalena</b>	<b>3091</b>		Masters K - 40	21	02:22:20	07:18:56	14:57:15	18:30:29	21:35:40	<b>23:47:27.30</b>	+10:28:27 (44.0%)	12:58	4.6 (55.4%)
22	<b>DOWNAR-ZAPOLSKA Rita</b>	<b>3097</b>	MOM&DAUGHTER RUN	Masters K - 40	22	02:40:03	08:17:13	15:42:31	20:00:17	22:45:49	<b>25:08:14.25</b>	+11:49:14 (47.0%)	13:42	4.4 (53.0%)
23	<b>NORKOWSKA Aleksandra</b>	<b>3162</b>	ORANGE POLSKA	Masters K - 40	23	02:24:00	07:15:20	15:02:40	19:13:22	22:48:48	<b>25:17:22.35</b>	+11:58:22 (47.3%)	13:47	4.3 (51.8%)
24	<b>GRZELCZAK Barbara</b>	<b>3174</b>		Masters K - 40	24	02:56:27	08:42:31	16:37:16	20:40:42	24:30:21	<b>27:27:02.05</b>	+14:08:02 (51.5%)	14:58	4 (48.2%)
	<b>ŚWIĘTEK-OZDOBA Sylwia</b>	<b>3003</b>		Masters K - 40		02:10:15 DNF	06:15:57 DNF	13:00:20 DNF	DNF	DNF	<b>DNF</b>		-	- (0.0%)

Znaleziono 25 wynik(ów)