



BIEG K-B-L - 110 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2021-07-15
Miejsce: Łądek-Zdrój
Dystans: 110 km

B4SPORT
INTELEGNTE 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	ARDELLI Ewa	3280	BIELAWSKA AKADEMIA BIEGANIA	Masters K - 40	1	01:46:45	04:46:58	09:01:17	10:59:38	12:48:13	14:10:36.20		7:43	7.8 (100%)
2	MICHALSKA Agnieszka	3413		Masters K - 40	2	01:48:50	05:01:59	09:49:24	12:20:12	14:19:00	15:43:12.20	+01:32:36 (9.8%)	8:34	7 (89.7%)
3	MARZEC Karolina	3315	DZIKIE DZIKI GORZÓW	Masters K - 40	3	01:51:40	05:02:40	10:03:19	12:25:33	14:40:30	16:20:23.30	+02:09:47 (13.2%)	8:54	6.7 (85.9%)
4	GOŁĘBIEWSKA Katarzyna	3450		Masters K - 40	4	01:49:16	05:11:47	10:04:48	12:47:21	15:03:19	16:36:43.65	+02:26:07 (14.7%)	9:03	6.6 (84.6%)
5	BEDNARSKA Kaśka	3072	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	Masters K - 40	5	02:10:28	05:52:33	10:29:15	12:45:05	15:06:15	17:00:06.95	+02:49:30 (16.6%)	9:16	6.5 (83.3%)
6	GARBOWSKA Monika	3186	COMPANEROS ASFALT TEAM	Masters K - 40	6	02:08:09	06:05:27	11:02:17	13:30:39	15:34:25	17:03:15.30	+02:52:39 (16.9%)	9:18	6.5 (83.3%)
7	WODZIŃSKA Danuta	3107	INSTRUKTOR BIEGANIA TEAM	Masters K - 40	7	01:58:42	05:30:30	10:20:06	13:06:50	15:26:23	17:07:26.00	+02:56:49 (17.2%)	9:20	6.4 (82.1%)
8	RADZIWOŃ Anna	3082	GRUPA NIENACHALNIE HEROICZNA	Masters K - 40	8	02:16:22	06:16:04	11:28:09	14:06:15	16:17:41	18:00:32.95	+03:49:56 (21.3%)	9:49	6.1 (78.2%)
9	GRYCMAN Magda	3040	SPARTA ULTRA TEAM	Masters K - 40	9	02:07:02	05:56:34	11:14:52	13:50:56	16:17:52	18:07:09.75	+03:56:33 (21.8%)	9:52	6.1 (78.2%)
10	SZCZERBAL Agnieszka	3052	TKKF MPK POZNAŃ	Masters K - 40	10	02:18:32	06:14:28	11:29:52	14:06:25	16:19:46	18:08:07.65	+03:57:31 (21.8%)	9:53	6.1 (78.2%)
11	BOROWSKA-NAJDEREK Paulina	3067	WLKP MOUNTAINS ULTRA /FREE RUN	Masters K - 40	11	01:58:51	05:29:17	10:43:08	13:24:06	16:03:05	18:11:54.65	+04:01:18 (22.1%)	9:55	6 (76.9%)
12	CEBRAT Ewa	3024		Masters K - 40	12	02:18:52	06:33:30	11:53:40	14:38:42	16:50:43	18:23:44.90	+04:13:08 (22.9%)	10:02	6 (76.9%)
13	ŁATAK - SKRABUT Basia	3080	MUSTANGI	Masters K - 40	13	02:08:28	06:08:24	11:14:44	14:09:23	16:29:42	18:25:48.80	+04:15:12 (23.1%)	10:03	6 (76.9%)
14	ŚNIEGOCKA Magdalena	3326	TARNOWO PODGÓRNE BIEGA	Masters K - 40	14	02:19:21	06:43:37	12:13:11	14:28:31	16:45:23	18:29:47.60	+04:19:11 (23.4%)	10:05	5.9 (75.6%)
15	WALCZAK Agnieszka	3217	OLKUSZBIEGA	Masters K - 40	15	02:09:16	05:57:45	11:35:01	14:11:34	16:40:07	18:37:25.85	+04:26:49 (23.9%)	10:09	5.9 (75.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 110km	Różn	Tempo min/km	Tempo km/h
						A9 15km	A11 40km	A13 70km	A14 85km	A15 98km				
16	LEWANDOWSKA Marlena	3364	PODGÓRZ TORUŃ	Masters K - 40	16	02:03:57	06:02:33	11:36:59	14:15:05	17:09:31	19:03:50.85	+04:53:14 (25.6%)	10:23	5.8 (74.4%)
17	LEŚNIAK-POPIEL Marta	3110	POZYTYWNIIE ZABIEGANI SANOK	Masters K - 40	17	02:20:01	06:33:30	11:56:55	14:44:14	17:20:52	19:04:01.05	+04:53:24 (25.6%)	10:24	5.8 (74.4%)
18	ZDANOWICZ Elżbieta	3223	VEGE RUNNERS	Masters K - 40	18	02:18:24	06:35:09	12:20:15	15:16:00	17:52:37	19:42:46.15	+05:32:09 (28.1%)	10:45	5.6 (71.8%)
19	KOBIEC Elżbieta	3405		Masters K - 40	19	02:10:36	06:34:49	12:12:24	15:13:37	17:51:39	19:42:59.25	+05:32:23 (28.1%)	10:45	5.6 (71.8%)
20	BURZYŃSKA Ewelina	3084	NATURA BIEDRUSKO	Masters K - 40	20	02:18:04	06:38:43	13:03:02	15:49:54	18:21:40	20:18:53.90	+06:08:17 (30.2%)	11:04	5.4 (69.2%)
21	PEKALA Julita	3295		Masters K - 40	21	02:15:53	06:43:22	12:47:10	15:53:21	18:26:02	20:26:46.10	+06:16:09 (30.7%)	11:09	5.4 (69.2%)
22	DEKIERT Agnieszka	3411		Masters K - 40	22	02:18:22	06:35:11	12:21:14	15:17:03	18:21:11	20:33:41.75	+06:23:05 (31.1%)	11:12	5.3 (67.9%)
23	BAR Aleksandra	3449	GMINA STRZELCE OPOLSKIE	Masters K - 40	23	02:09:38	06:23:24	12:12:21	15:17:45	18:29:21	20:34:13.35	+06:23:37 (31.1%)	11:13	5.3 (67.9%)
24	NAPIERAŁA Katarzyna	3426		Masters K - 40	24	02:18:11	06:39:00	13:23:54	16:35:10	19:09:19	20:55:44.05	+06:45:07 (32.3%)	11:24	5.3 (67.9%)
25	STAJNIAK-STELIGA Izabela	3214	OBORYGENI	Masters K - 40	25	02:56:15	07:55:06	13:58:01	16:53:54	19:19:03	21:00:01.30	+06:49:25 (32.5%)	11:27	5.2 (66.7%)
26	GAŃSKA-KARAMON Monika Gańska-Karamon	3121	BEMOWO BIEGA	Masters K - 40	26	02:11:23	06:29:19	12:30:36	15:37:40	18:39:10	21:13:39.85	+07:03:03 (33.2%)	11:34	5.2 (66.7%)
27	SILSKA Sylwia	3230		Masters K - 40	27	02:27:20	07:20:06	13:24:37	16:24:11	19:09:19	21:19:09.45	+07:08:33 (33.5%)	11:37	5.2 (66.7%)
28	PRUCHNIEWSKA Agnieszka	3176	ROKIETNICA BIEGA	Masters K - 40	28	02:15:50	06:26:56	12:47:47	16:12:16	18:56:49	21:31:49.65	+07:21:13 (34.2%)	11:44	5.1 (65.4%)
29	BUGAJSKA-JUCHA Renata	3199	CARBO ASECURA/CA AKTYWNI	Masters K - 40	29	02:39:29	07:30:35	13:48:41	16:54:58	19:52:30	21:57:38.65	+07:47:02 (35.4%)	11:58	5 (64.1%)
30	BRUZDA Joanna	3085	BIEGOWA KUŹNIA	Masters K - 40	30	02:11:15	06:26:32	12:53:55	16:33:08	19:43:41	21:58:03.70	+07:47:27 (35.5%)	11:58	5 (64.1%)
31	JEDYNAK-DOROSZ Izabela	3495	KB MANIAC POZNAŃ/OWOCBIEGA	Masters K - 40	31	02:37:39	07:06:05	13:20:58	16:20:21	19:25:05	22:30:06.35	+08:19:30 (37.0%)	12:16	4.9 (62.8%)
32	WIECZOREK Monika	3232		Masters K - 40	32	02:25:57	07:27:46	14:01:20	17:18:40	20:15:19	22:33:07.70	+08:22:31 (37.1%)	12:18	4.9 (62.8%)
33	ŁASKAWSKA Justyna	3469		Masters K - 40	33	02:18:17	06:43:50	13:11:35	17:18:00	20:19:14	22:50:08.25	+08:39:32 (37.9%)	12:27	4.8 (61.5%)
34	JUSZCZYK Małgorzata	3226	NIEPOŁOMICE BIEGAJA	Masters K - 40	34	02:41:43	07:53:03	15:27:33	18:32:08	21:17:24	23:21:43.30	+09:11:07 (39.3%)	12:44	4.7 (60.3%)
35	WILK Magdalena	3322	ULTRAPOŚLADACH / TEAM ZABIEGANEDNI	Masters K - 40	35	02:15:20	06:41:34	13:20:30	17:31:00	20:50:19	23:22:50.05	+09:12:13 (39.4%)	12:45	4.7 (60.3%)
36	GRĘZEL-GAWRON Jolanta	3136		Masters K - 40	36	02:35:09	07:21:25	14:01:47	17:42:59	21:15:44	23:40:15.75	+09:29:39 (40.1%)	12:54	4.6 (59.0%)
37	BEDNARCZYK Daria	3169		Masters K - 40	37	02:40:16	07:17:50	14:21:29	17:58:27	21:22:44	23:42:57.35	+09:32:21 (40.2%)	12:56	4.6 (59.0%)
38	PIWOŃSKA Agnieszka	3278		Masters K - 40	38	02:28:58	08:04:58	15:40:19	19:05:22	21:49:17	23:45:12.30	+09:34:36 (40.3%)	12:57	4.6 (59.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Różn	Tempo min/km	Tempo km/h	
						A9 15km	A11 40km	A13 70km	A14 85km	A15 98km				netto 110km
39	MIĘTEK Agnieszka	3127	BYLE NIE POD GÓRKĘ	Masters K - 40	39	02:45:04	08:13:45	14:59:29	18:18:15	21:19:13	23:45:28.80	+09:34:52 (40.3%)	12:57	4.6 (59.0%)
40	BAGIŃSKA Paulina	3380		Masters K - 40	40	02:18:50	06:50:46	14:19:27	17:25:22	20:55:54	23:56:12.00	+09:45:35 (40.8%)	13:03	4.6 (59.0%)
41	NADOBNIK Beata	3156	TARNOWO PODGÓRNE BIEGA / SPORTOWY KAŻMIERZ	Masters K - 40	41	02:47:07	08:14:11	15:06:50	18:41:38	21:39:03	24:16:51.75	+10:06:15 (41.6%)	13:14	4.5 (57.7%)
42	KUNA Katarzyna	3083	BIEGOWA KUŹNIA	Masters K - 40	42	02:36:02	07:41:23	15:10:34	19:02:20	22:15:01	24:22:45.55	+10:12:09 (41.8%)	13:17	4.5 (57.7%)
43	MORDZIOŁEK Katarzyna	3094	BIEGOWA KUŹNIA	Masters K - 40	43	02:36:01	07:41:21	15:10:33	19:02:14	22:15:00	24:22:45.90	+10:12:09 (41.8%)	13:17	4.5 (57.7%)
44	MAKAREWICZ Sylwia	3298		Masters K - 40	44	02:51:15	08:56:15	15:52:44	19:25:36	22:12:05	24:35:09.50	+10:24:33 (42.3%)	13:24	4.5 (57.7%)
45	RUNOWICZ Magdalena	3487		Masters K - 40	45	02:48:31	10:56:12	17:40:44	21:00:34	23:48:07	25:57:25.00	+11:46:48 (45.4%)	14:09	4.2 (53.8%)
46	KWIATKOWSKA Zuzanna	3386		Masters K - 40	46	02:42:52	09:43:38	17:56:42	21:56:55	24:40:51	26:23:37.40	+12:13:01 (46.3%)	14:23	4.2 (53.8%)
	ROŹNIATA Iwona	3158		Masters K - 40		02:21:29 DNF	06:30:45 DNF	12:11:03 DNF	DNF	DNF	DNF	-	-	(0.0%)
	WOJEWODA Renata	3481	KAZIKI	Masters K - 40		02:32:18 DNF	07:24:21 DNF	15:23:24 DNF	DNF	DNF	DNF	-	-	(0.0%)
	DREWICZ Kinga	3125	BYLE NIE POD GÓRKĘ RUNNER TEAM	Masters K - 40		02:13:30 DNF	07:09:55 DNF	15:39:47 DNF	DNF	DNF	DNF	-	-	(0.0%)
	DOWNAR-ZAPOLSKA Rita	3201		Masters K - 40		02:40:41 DNF	08:17:34 DNF	15:42:05 DNF	DNF	DNF	DNF	-	-	(0.0%)
	ZAGROBELNA Magdalena	3391	DRUŻYNA SZPIKU	Masters K - 40		03:29:36 DNF	10:04:57 DNF	19:19:55 DNF	DNF	DNF	DNF	-	-	(0.0%)
	JANOWSKA Anna	3452		Masters K - 40		02:09:14 DNF	06:00:03 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	WALASZCZYK Anna	3384		Masters K - 40		02:06:18 DNF	06:06:35 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	MELLER Joanna	3181	DRUŻYNA WILKA	Masters K - 40		02:14:56 DNF	06:40:33 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	MACKIEWICZ Magdalena	3021	DŁUGOBIEGANIE	Masters K - 40		02:25:03 DNF	06:56:18 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 55 wynik(ów)