



# BIEG K-B-L - 110 KM

B4SPORT

**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

Dolnośląski Festiwal Biegów Górskich  
Fundacja MARATONY GÓRSKIE  
2022-07-14  
Łądek-Zdrój  
110 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Masters K - 40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A8 0.01km	A9 15km	A11 40km	A13 70km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
1	<b>MARCINKOWSKA-CHOLEWA Katarzyna</b>	<b>3468</b>	GÓRAL Z MAZUR RUNNING TEAM	Masters K - 40	1	00:00:07	01:57:59	05:21:01	09:42:34	13:18:32	<b>14:40:38.45</b>	<b>14:40:38.45</b>		8:00	7.5 (100%)
2	<b>MELLER Joanna</b>	<b>3391</b>	GÓRAL Z MAZUR RUNNING TEAM	Masters K - 40	2	00:00:07	01:57:54	05:15:22	09:44:29	13:33:56	<b>14:59:40.80</b>	<b>14:59:40.80</b>	+00:19:02 (2.1%)	8:10	7.3 (97.3%)
3	<b>KOZŁOWSKA Iwona</b>	<b>3129</b>	LESZNO LIMITS RUNNERS	Masters K - 40	3	00:00:08	01:58:26	05:13:32	09:48:23	13:51:37	<b>15:24:11.30</b>	<b>15:24:11.30</b>	+00:43:32 (4.7%)	8:24	7.1 (94.7%)
4	<b>LUTOMSKA Dorota</b>	<b>3010</b>	OFIX.PL BIKE TEAM	Masters K - 40	4	00:00:07	01:53:22	05:22:31	09:42:32	14:39:35	<b>16:11:41.90</b>	<b>16:11:41.90</b>	+01:31:03 (9.4%)	8:50	6.8 (90.7%)
5	<b>KINOWSKA Katarzyna</b>	<b>3238</b>	GRUPA BIEGOWA 65	Masters K - 40	5	00:00:20	02:05:11	05:24:19	10:01:56	14:52:39	<b>16:42:24.10</b>	<b>16:42:24.10</b>	+02:01:45 (12.1%)	9:06	6.6 (88.0%)
6	<b>KUBICKA Magdalena</b>	<b>3389</b>		Masters K - 40	6	00:00:43	02:20:28	05:55:31	11:00:23	15:22:27	<b>16:57:35.75</b>	<b>16:57:35.75</b>	+02:16:57 (13.5%)	9:15	6.5 (86.7%)
7	<b>HACHOŁ Justyna</b>	<b>3004</b>		Masters K - 40	7	00:00:18	02:04:11	05:42:54	10:38:49	15:22:06	<b>16:59:50.85</b>	<b>16:59:50.85</b>	+02:19:12 (13.6%)	9:16	6.5 (86.7%)
8	<b>HELLER Karina</b>	<b>3258</b>	PORANNY BESKID RUN	Masters K - 40	8	00:00:32	02:11:48	05:56:07	11:00:22	15:28:24	<b>17:05:26.50</b>	<b>17:05:26.50</b>	+02:24:48 (14.1%)	9:19	6.4 (85.3%)
9	<b>DRAGANEK Ewelina</b>	<b>3387</b>		Masters K - 40	9	00:00:27	02:00:28	05:33:36	10:40:35	15:28:42	<b>17:11:42.40</b>	<b>17:11:42.40</b>	+02:31:03 (14.6%)	9:22	6.4 (85.3%)
10	<b>PAUL Violetta</b>	<b>3219</b>	BIEGAMY W GÓRACH	Masters K - 40	10	00:00:29	02:09:10	05:46:01	10:33:58	15:22:44	<b>17:13:13.40</b>	<b>17:13:13.40</b>	+02:32:34 (14.8%)	9:23	6.4 (85.3%)
11	<b>KOSTERA Katarzyna</b>	<b>3335</b>	VEGE RUNNERS	Masters K - 40	11	00:00:09	02:09:20	06:02:20	11:01:00	15:49:22	<b>17:26:13.05</b>	<b>17:26:13.05</b>	+02:45:34 (15.8%)	9:30	6.3 (84.0%)
12	<b>PIETRZAK Agnieszka</b>	<b>3294</b>	DOGOŃ GRODZISK MAZOWIECKI	Masters K - 40	12	00:00:37	02:17:05	06:22:00	11:29:12	16:00:11	<b>17:37:26.05</b>	<b>17:37:26.05</b>	+02:56:47 (16.7%)	9:36	6.2 (82.7%)
13	<b>WALASZCZYK Anna</b>	<b>3266</b>		Masters K - 40	13	00:00:10	02:05:02	05:51:23	10:44:33	15:53:59	<b>17:39:05.15</b>	<b>17:39:05.15</b>	+02:58:26 (16.8%)	9:37	6.2 (82.7%)
14	<b>SMIESZKOŁ BRYKOWSKA Sonia</b>	<b>3244</b>		Masters K - 40	14	00:00:10	02:05:03	05:51:24	10:44:34	15:53:59	<b>17:39:05.35</b>	<b>17:39:05.35</b>	+02:58:26 (16.8%)	9:37	6.2 (82.7%)
15	<b>SMOLAK Agata</b>	<b>3133</b>		Masters K - 40	15	00:00:31	02:14:18	06:02:28	11:15:15	16:02:36	<b>17:42:47.65</b>	<b>17:42:47.65</b>	+03:02:09 (17.1%)	9:39	6.2 (82.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						A8 0.01km	A9 15km	A11 40km	A13 70km	A15 98km	110km	110km			
16	<b>GRZELAK Justyna</b>	<b>3486</b>	MARATON LESZNO	Masters K - 40	16	00:00:32	02:24:31	06:13:14	11:29:16	16:17:23	<b>17:50:51.55</b>	<b>17:50:51.55</b>	+03:10:13 (17.8%)	9:44	6.2 (82.7%)
17	<b>SZNAJDER Joanna</b>	<b>3088</b>		Masters K - 40	17	00:00:25	02:06:58	05:59:20	11:00:16	15:58:00	<b>17:51:59.85</b>	<b>17:51:59.85</b>	+03:11:21 (17.9%)	9:44	6.2 (82.7%)
18	<b>GRYCMAN Magdalena</b>	<b>3440</b>	SPARTA ULTRA TEAM	Masters K - 40	18	00:00:23	02:06:10	06:10:01	11:16:33	16:13:48	<b>17:56:23.75</b>	<b>17:56:23.75</b>	+03:15:45 (18.2%)	9:47	6.1 (81.3%)
19	<b>ANDRZEJCZUK Marzena</b>	<b>3398</b>		Masters K - 40	19	00:00:17	02:05:57	05:50:44	11:12:58	16:33:14	<b>18:16:54.75</b>	<b>18:16:54.75</b>	+03:36:16 (19.7%)	9:58	6 (80.0%)
20	<b>PASIEKA Agnieszka</b>	<b>3072</b>	KB ATHLETIC ZRĘCIN	Masters K - 40	20	00:00:09	02:09:40	06:05:07	11:42:19	16:44:27	<b>18:19:07.45</b>	<b>18:19:07.45</b>	+03:38:29 (19.9%)	9:59	6 (80.0%)
21	<b>WITUSIK Dorota</b>	<b>3450</b>		Masters K - 40	21	00:00:09	02:09:44	06:05:08	11:42:19	16:44:28	<b>18:19:07.75</b>	<b>18:19:07.75</b>	+03:38:29 (19.9%)	9:59	6 (80.0%)
22	<b>RAFA Asia</b>	<b>3280</b>	RUNNERS TEAM NYSA	Masters K - 40	22	00:00:25	02:22:27	06:21:54	11:44:37	16:41:53	<b>18:41:57.05</b>	<b>18:41:57.05</b>	+04:01:18 (21.5%)	10:11	5.9 (78.7%)
23	<b>GOKIERT-SKRENTNA Justyna</b>	<b>3047</b>	GÓRSKIE KOZICE	Masters K - 40	23	00:00:18	02:05:25	05:48:32	11:15:17	16:43:37	<b>18:54:08.80</b>	<b>18:54:08.80</b>	+04:13:30 (22.4%)	10:18	5.8 (77.3%)
24	<b>PIGUŁA Daria</b>	<b>3435</b>	CARBON SILESIA SPORT	Masters K - 40	24	00:00:30	02:13:57	06:11:31	11:53:43	17:11:48	<b>18:59:37.55</b>	<b>18:59:37.55</b>	+04:18:59 (22.7%)	10:21	5.8 (77.3%)
25	<b>OLSCHIMKE-MARMUROWICZ Barbara</b>	<b>3151</b>	ZĄŁOGA GÓRSKA	Masters K - 40	25	00:00:42	02:24:28	06:31:35	12:21:10	17:37:14	<b>19:15:24.90</b>	<b>19:15:24.90</b>	+04:34:46 (23.8%)	10:30	5.7 (76.0%)
26	<b>POPCZYK Ewelina</b>	<b>3388</b>	HEALTHY BODY ŻELAZNY&ŻELAZNY	Masters K - 40	26	00:00:31	02:16:47	06:18:30	11:53:44	17:48:01	<b>19:20:37.70</b>	<b>19:20:37.70</b>	+04:39:59 (24.1%)	10:33	5.7 (76.0%)
27	<b>KIERZEK Ewa</b>	<b>3093</b>	SZAKALE BAŁUT ŁÓDŹ	Masters K - 40	27	00:00:43	02:26:49	06:31:33	12:18:57	17:00:09	<b>19:26:37.30</b>	<b>19:26:37.30</b>	+04:45:58 (24.5%)	10:36	5.7 (76.0%)
28	<b>CIPORA Katarzyna</b>	<b>3377</b>	K&M TEAM	Masters K - 40	28	00:00:11	02:35:17	06:50:57	12:10:10	17:42:31	<b>19:35:18.55</b>	<b>19:35:18.55</b>	+04:54:40 (25.1%)	10:41	5.6 (74.7%)
29	<b>ŚWIĘTONIOWSKA Justyna</b>	<b>3016</b>	PODIUM	Masters K - 40	29	00:00:11	02:18:35	06:27:30	12:06:48	17:46:03	<b>19:36:29.35</b>	<b>19:36:29.35</b>	+04:55:50 (25.1%)	10:41	5.6 (74.7%)
30	<b>SUT Iwona</b>	<b>3248</b>		Masters K - 40	30	00:00:46	02:31:17	06:59:43	12:36:57	17:56:00	<b>19:45:36.00</b>	<b>19:45:36.00</b>	+05:04:57 (25.7%)	10:46	5.6 (74.7%)
31	<b>ROŹNIATA Iwona</b>	<b>3467</b>	SNG WILD DUCKS	Masters K - 40	31	00:00:46	02:31:23	06:59:42	12:36:57	17:55:44	<b>19:45:36.50</b>	<b>19:45:36.50</b>	+05:04:58 (25.7%)	10:46	5.6 (74.7%)
32	<b>MILEJSKA Joanna</b>	<b>3279</b>	BBL OPOLE	Masters K - 40	32			06:33:50	12:29:03	17:54:05	<b>19:52:19.35</b>	<b>19:52:19.35</b>	+05:11:40 (26.1%)	10:50	5.5 (73.3%)
33	<b>STAJNIAK-STELIGA Izabela</b>	<b>3313</b>	OBORYGENI	Masters K - 40	33	00:00:36	02:24:12	06:51:42	12:27:16	17:47:48	<b>19:58:03.05</b>	<b>19:58:03.05</b>	+05:17:24 (26.5%)	10:53	5.5 (73.3%)
34	<b>ŻÓŁDAK Magdalena</b>	<b>3225</b>	#BIEGIEMWLAS	Masters K - 40	34	00:00:27	02:23:12	06:31:39	12:11:24	18:26:15	<b>20:37:49.65</b>	<b>20:37:49.65</b>	+05:57:11 (28.9%)	11:15	5.3 (70.7%)
35	<b>TOMASZEWSKA Ewa</b>	<b>3039</b>		Masters K - 40	35	00:00:31	02:24:17	06:27:25	12:38:08	18:46:25	<b>20:45:45.55</b>	<b>20:45:45.55</b>	+06:05:07 (29.3%)	11:19	5.3 (70.7%)
36	<b>KWIATKOWSKA Zuzanna</b>	<b>3109</b>	RNB TEAM POLANICA ZDRÓJ	Masters K - 40	36	00:00:44	02:20:37	07:00:02	12:54:01	18:59:06	<b>20:46:48.50</b>	<b>20:46:48.50</b>	+06:06:10 (29.4%)	11:20	5.3 (70.7%)
37	<b>BARANIAK Beata</b>	<b>3136</b>	DRUŻYNA SZPIKU	Masters K - 40	37	00:00:53	02:43:54	07:28:04	13:07:08	18:57:12	<b>20:54:28.55</b>	<b>20:54:28.55</b>	+06:13:50 (29.8%)	11:24	5.3 (70.7%)
38	<b>WSUŁ Monia</b>	<b>3415</b>		Masters K - 40	38	00:00:28	02:01:49	05:34:39	12:15:41	18:26:44	<b>20:55:00.35</b>	<b>20:55:00.35</b>	+06:14:21 (29.8%)	11:24	5.3 (70.7%)

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39	<b>SAMBORSKA Monika</b>	<b>3027</b>	KBKS RADOMSKO	Masters K - 40	39	00:00:32	02:24:37	06:36:05	12:38:00	19:28:35	<b>22:06:38.20</b>	<b>22:06:38.20</b>	+07:25:59 (33.6%)	12:03	5 (66.7%)
40	<b>KOPKA Elżbieta</b>	<b>3381</b>		Masters K - 40	40	00:00:41	02:34:55	07:25:15	13:42:41	20:00:13	<b>22:12:40.15</b>	<b>22:12:40.15</b>	+07:32:01 (33.9%)	12:06	5 (66.7%)
41	<b>KLUZA-HOWIL Lila</b>	<b>3153</b>	BIEGOWE KAIZEN	Masters K - 40	41	00:00:34	02:25:59	07:21:36	13:52:12	20:02:00	<b>22:30:53.65</b>	<b>22:30:53.65</b>	+07:50:15 (34.8%)	12:16	4.9 (65.3%)
42	<b>BEDNARSKA Kaśka</b>	<b>3380</b>	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	Masters K - 40	42	00:00:39	02:30:02	06:43:01	13:39:22	20:54:03	<b>22:38:28.30</b>	<b>22:38:28.30</b>	+07:57:49 (35.2%)	12:20	4.9 (65.3%)
43	<b>ŁASKAWSKA Justyna</b>	<b>3434</b>		Masters K - 40	43	00:00:10	02:15:53	06:31:01	13:05:33	20:08:05	<b>22:51:12.15</b>	<b>22:51:12.15</b>	+08:10:33 (35.8%)	12:27	4.8 (64.0%)
44	<b>OLECHNOWICZ Magda</b>	<b>3138</b>	BBL GORZÓW	Masters K - 40	44	00:00:33	02:31:53	07:26:17	13:44:31	20:35:29	<b>23:11:49.45</b>	<b>23:11:49.45</b>	+08:31:11 (36.7%)	12:39	4.7 (62.7%)
45	<b>MALIGA Katarzyna</b>	<b>3006</b>		Masters K - 40	45	00:00:41	02:39:15	07:31:05	15:06:34	21:51:20	<b>24:14:21.05</b>	<b>24:14:21.05</b>	+09:33:42 (39.4%)	13:13	4.5 (60.0%)
46	<b>KANDORA Joanna</b>	<b>3252</b>	MIECHOWICKA GRUPA BIEGOWA	Masters K - 40	46	00:00:35	02:32:13	07:23:49	14:19:59	21:51:16	<b>24:31:42.15</b>	<b>24:31:42.15</b>	+09:51:03 (40.2%)	13:22	4.5 (60.0%)
47	<b>ZAMOJSKA Iwona</b>	<b>3216</b>	MIECHOWICKA GRUPA BUEGOWA	Masters K - 40	47	00:00:35	02:34:21	07:47:53	15:27:55	22:14:44	<b>24:44:31.20</b>	<b>24:44:31.20</b>	+10:03:52 (40.7%)	13:29	4.4 (58.7%)
48	<b>DOWNAR-ZAPOLSKA Rita</b>	<b>3001</b>	@MD_RUN	Masters K - 40	48	00:00:31	02:34:38	08:03:11	15:37:30	22:18:06	<b>24:48:23.55</b>	<b>24:48:23.55</b>	+10:07:45 (40.8%)	13:31	4.4 (58.7%)
49	<b>CZECHOSKA Magdalena</b>	<b>3230</b>	64 BATALION LEKKIEJ PIECHOTY	Masters K - 40	49	00:00:44	02:35:30	07:28:35	14:54:45	22:29:17	<b>25:06:18.65</b>	<b>25:06:18.65</b>	+10:25:40 (41.5%)	13:41	4.4 (58.7%)
50	<b>BEDNARSKA-KOZIOŁ Danuta</b>	<b>3052</b>	NIENAWIDZĘ BUBICZA	Masters K - 40	50	00:00:50	02:59:27	08:53:39	16:39:43	22:50:08	<b>25:11:48.35</b>	<b>25:11:48.35</b>	+10:31:09 (41.7%)	13:44	4.4 (58.7%)
51	<b>KAŻMIERCZAK Aleksandra</b>	<b>3199</b>	SKORUPA TEAM	Masters K - 40	51	00:00:45	03:12:24	09:26:29	17:55:26	23:29:36	<b>25:20:06.45</b>	<b>25:20:06.45</b>	+10:39:28 (42.1%)	13:49	4.3 (57.3%)
	<b>SUŁEK Aldona</b>	<b>3471</b>	KLUB ZOELLER TECH	Masters K - 40		00:00:18 DNF	02:26:23 DNF	07:33:41 DNF	14:54:38 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>POSYNIAK Anna</b>	<b>3449</b>	NIENAWIDZĘ BUBICZA	Masters K - 40		00:00:50 DNF	02:59:29 DNF	08:53:41 DNF	17:55:26 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>KŁOS Aneta</b>	<b>3359</b>		Masters K - 40		00:00:45 DNF	03:12:29 DNF	09:26:31 DNF	17:55:37 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>KRAJEWSKA-KŁODA Katarzyna</b>	<b>3092</b>	DRUŻYNA SZPIKU	Masters K - 40		00:00:53 DNF	02:43:55 DNF	07:28:04 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 55 wynik(ów)