



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

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

BIEG K-B-L - 110 KM

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: Masters K - 40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
1	GRABOŚ Nina	3401		Masters K - 40	1	01:38:47	04:33:44	07:15:43	08:50:40	10:55:39	12:56:43	14:21:22.35	14:21:43.35		7:49	7.7 (100%)
2	BOGUCKA Emilia	3486	WLKP MOUNTAINS ULTRA	Masters K - 40	2	01:44:27	04:50:02	07:33:15	09:04:24	11:11:24	13:06:19	14:36:19.95	14:36:30.25	+00:14:46 (1.7%)	7:57	7.5 (97.4%)
3	OBERLAN-MARON Joanna	3042	PODGÓRZ TORUŃ	Masters K - 40	3	01:39:31	04:52:11	07:50:10	09:35:37	11:38:25	13:25:45	14:49:09.25	14:49:23.70	+00:27:40 (3.1%)	8:04	7.4 (96.1%)
4	RATAJCZAK Dorota	3094	RATAJCZAK RUN	Masters K - 40	4	02:01:45	05:35:17	08:47:05	10:27:27	12:45:31	14:35:38	16:09:31.25	16:09:44.90	+01:48:01 (11.1%)	8:48	6.8 (88.3%)
5	KARCZYŃSKA Eliza	3418	MARATOŃCZYK POZNAŃ	Masters K - 40	5	01:58:41	05:29:47	08:41:52	10:34:15	12:57:51	15:00:48	16:39:31.25	16:39:44.90	+02:18:01 (13.8%)	9:05	6.6 (85.7%)
6	MAZUR Anna	3232	ULTRANQA	Masters K - 40	6	01:56:31	05:32:08	08:53:11	10:27:04	12:52:28	15:02:54	16:44:02.20	16:44:18.35	+02:22:35 (14.2%)	9:07	6.6 (85.7%)
7	SKORUPIŃSKA Katarzyna	3133	SKORUPKI TEAM	Masters K - 40	7	02:01:34	05:31:54	08:53:30	10:43:25	13:24:47	15:53:52	17:32:27.70	17:32:45.85	+03:11:02 (18.1%)	9:34	6.3 (81.8%)
8	ŁABĘCKA Agata	3070	KLUB BIEGACZA RTV EURO AGD	Masters K - 40	8	02:14:05	06:02:23	09:24:33	11:04:33	13:45:48	16:03:55	17:40:24.35	17:40:59.60	+03:19:16 (18.8%)	9:38	6.2 (80.5%)
9	JAROCKA Agata	3364		Masters K - 40	9	02:17:53	06:03:43	09:18:06	11:00:58	13:36:13	16:00:35	17:51:20.50	17:52:17.90	+03:30:34 (19.6%)	9:44	6.2 (80.5%)
10	ŚWIĄTEK Ewelina	3301	SPARTANIE DZIECIOM	Masters K - 40	10	02:02:06	05:52:09	09:07:39	10:54:01	13:33:23	16:15:13	18:09:55.05	18:10:02.30	+03:48:18 (20.9%)	9:54	6.1 (79.2%)
11	POPCZYK Ewelina	3045	HEALTHY BODY ŻELAZNY&ŻELAZNY	Masters K - 40	11	02:08:28	05:58:38	09:34:15	11:21:25	14:03:55	16:32:24	18:20:59.60	18:21:18.55	+03:59:35 (21.8%)	10:00	6 (77.9%)
12	WOJCIECHOWSKA Dorota	3381	CAŁA OLEŚNICA BIEGA	Masters K - 40	12	02:06:36	05:36:43	08:48:40	10:45:34	13:36:03	16:17:21	18:26:29.85	18:27:10.60	+04:05:27 (22.2%)	10:03	6 (77.9%)
13	PIGUŁA Daria	3438	CARBON SILESIA SPORT	Masters K - 40	13	02:03:10	05:57:08	09:27:48	11:21:31	14:14:27	17:05:55	19:08:24.10	19:08:38.25	+04:46:54 (25.0%)	10:26	5.7 (74.0%)
14	KOZDRÓJ Wioletta	3162	DOGOŃ GRODZISK MAZOWIECKI/DŻAKARTA RUN TEAM	Masters K - 40	14	02:14:59	06:30:27	10:05:05	11:59:19	14:50:08	17:17:44	19:09:18.60	19:09:44.70	+04:48:01 (25.1%)	10:26	5.7 (74.0%)
15	GAŁACKA Joanna	3471		Masters K - 40	15	02:08:53	06:10:58	09:43:06	11:55:15	14:38:38	17:13:47	19:42:23.40	19:42:36.35	+05:20:53 (27.1%)	10:44	5.6 (72.7%)
16	ROSZYK Magdalena	3454	TKKF MPK POZNAŃ/BIEGAJĄCE KREJZOLE	Masters K - 40	16	02:16:40	06:49:30	10:30:03	12:30:46	15:25:40	18:16:03	20:07:59.90	20:08:30.95	+05:46:47 (28.7%)	10:58	5.5 (71.4%)
17	TYLMAN Małgorzata	3237		Masters K - 40	17	02:07:28	06:12:11	10:06:15	12:17:15		18:06:54	20:08:21.30	20:08:39.95	+05:46:56 (28.7%)	10:59	5.5 (71.4%)
18	GRYCMAN Magda	3426	SPARTA ULTRA TEAM	Masters K - 40	18	02:03:08	06:15:31	09:42:08	11:42:11	14:55:43	17:52:08	20:09:21.90	20:09:36.80	+05:47:53 (28.8%)	10:59	5.5 (71.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas						Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
						A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km					
19	HOLIK Iwona	3437	GORLICKA GRUPA BIEGOWA	Masters K - 40	19	02:21:25	06:28:53	10:18:54	12:23:53		18:18:55	20:16:57.60	20:18:17.00	+05:56:33 (29.3%)	11:03	5.4 (70.1%)
20	DYLAĞ Katarzyna	3466	GGB	Masters K - 40	20	02:21:22	06:28:52	10:18:55	12:23:51	15:30:42	18:14:38	20:16:55.70	20:18:17.30	+05:56:33 (29.3%)	11:03	5.4 (70.1%)
21	KALISZEWICZ Ewa	3156		Masters K - 40	21	02:34:45	06:55:47	10:52:32	13:04:26	16:07:55	19:01:27	20:55:27.85	20:56:05.25	+06:34:21 (31.4%)	11:24	5.3 (68.8%)
22	GÓRNY Magdalena	3074	KLUB BIEGACZA SUPERMARATOŃCZYK	Masters K - 40	22	02:18:16	06:39:05	10:33:45	12:37:34	15:37:37	18:53:35	21:12:25.70	21:13:28.60	+06:51:45 (32.3%)	11:34	5.2 (67.5%)
23	STAJNIAK-STELIGA Izabela	3451	OBORYGENI	Masters K - 40	23	02:32:28	06:58:00	11:02:29	13:01:43	15:53:23	18:57:38	21:15:35.75	21:15:47.15	+06:54:03 (32.5%)	11:35	5.2 (67.5%)
24	MATUSZEWSKA Małgorzata	3481	RUNNER'S POWER - POWIAT ŚREMSKI	Masters K - 40	24	02:32:47	06:57:50	10:46:22	12:55:48	15:55:45	18:55:55	21:17:38.15	21:17:55.65	+06:56:12 (32.6%)	11:36	5.2 (67.5%)
25	TERETYKA Dorota	3024	BIEGAJĄCE KREJZOLE	Masters K - 40	25	02:29:00	07:11:44	11:07:25	13:03:50	16:19:25	19:23:10	21:37:33.70	21:38:01.05	+07:16:17 (33.6%)	11:47	5.1 (66.2%)
26	KUBICA Anna	3387		Masters K - 40	26	02:25:17	07:17:17	11:04:29	12:53:31	16:02:54	19:22:47	21:37:20.00	21:38:34.20	+07:16:50 (33.6%)	11:47	5.1 (66.2%)
27	MICHALSKA Joanna	3222	VELUX	Masters K - 40	27	02:11:33	06:30:03	10:34:45	12:59:59	16:20:20	19:34:13	21:42:17.25	21:42:34.80	+07:20:51 (33.8%)	11:50	5.1 (66.2%)
28	SUŁEK Aldona	3428	ZOELLER TECH	Masters K - 40	28	02:38:47	07:20:01	11:14:44	13:28:33	16:46:34	19:43:26	21:54:13.85	21:54:43.70	+07:33:00 (34.5%)	11:56	5 (64.9%)
29	NOWAK Iwona	3157	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	Masters K - 40	29	02:30:46	07:49:14	11:40:59	13:45:16	17:00:25	20:04:20	22:23:28.25	22:24:17.35	+08:02:34 (35.9%)	12:12	4.9 (63.6%)
30	KRAJEWSKA-KŁODA Katarzyna	3155	DRUŻYNA SZPIKU	Masters K - 40	30	02:29:57	07:19:45	11:27:05	13:58:55	17:17:45	20:19:12	22:25:54.55	22:27:35.25	+08:05:51 (36.1%)	12:14	4.9 (63.6%)
31	SKIBA Anna	3335	KB HARCOWNIK	Masters K - 40	31	02:25:40	06:48:38	10:50:23	13:05:01	16:44:59	20:00:22	22:31:05.95	22:31:51.00	+08:10:07 (36.3%)	12:16	4.9 (63.6%)
32	SOSZYŃSKA Katarzyna	3533	ULTRA WAY TEAM	Masters K - 40	32	02:17:26	06:47:41	10:26:39	12:34:41	16:04:40	19:26:47	22:31:24.80	22:31:54.95	+08:10:11 (36.3%)	12:17	4.9 (63.6%)
33	KAŻMIERCZAK Aleksandra	3100	SKORUPA SPORT	Masters K - 40	33	02:30:17	07:27:02	11:42:20	13:46:00	17:16:04	20:09:22	22:32:47.70	22:33:19.00	+08:11:35 (36.3%)	12:17	4.9 (63.6%)
34	JASTRZĄB-STANDERSKA Joanna	3013		Masters K - 40	34	02:15:26	06:58:19	11:03:31	13:07:37	16:49:11	20:13:35	22:33:20.80	22:33:41.75	+08:11:58 (36.3%)	12:18	4.9 (63.6%)
35	STROMIDŁO Anna	3078	BROWAR DOMOWY HATAK	Masters K - 40	35	02:31:44	07:40:42	11:41:33	14:04:55	17:30:02	20:37:24	23:04:21.65	23:04:31.05	+08:42:47 (37.8%)	12:35	4.8 (62.3%)
36	SZEMIK Kamila	3462		Masters K - 40	36	02:43:30	07:35:50	11:39:37	14:07:03	17:23:46	20:34:57	23:11:34.40	23:13:23.65	+08:51:40 (38.2%)	12:39	4.7 (61.0%)
37	MARUT Kaśka	3350		Masters K - 40	37	02:31:48	07:07:49	11:14:55	13:31:01	17:22:17	20:40:24	23:11:59.25	23:13:26.20	+08:51:42 (38.2%)	12:39	4.7 (61.0%)
38	BURLIGA Marzena	3368		Masters K - 40	38	02:35:49	07:16:07	11:16:25	13:34:07	17:32:56	20:40:21	23:12:06.15	23:13:26.95	+08:51:43 (38.2%)	12:39	4.7 (61.0%)
39	SZWEDLER-NOWACKA Jolanta	3394		Masters K - 40	39	02:43:34	07:35:53	11:39:42	14:07:10	17:24:12	20:35:03	23:15:47.95	23:17:37.10	+08:55:53 (38.3%)	12:41	4.7 (61.0%)
40	JASKÓLSKA-PIETRZYK Kinga	3415	BIEGOWA KUŹNIA	Masters K - 40	40	02:28:45	07:01:33	11:21:04	13:34:54	17:17:09	20:46:12	23:23:13.00	23:23:36.65	+09:01:53 (38.6%)	12:45	4.7 (61.0%)
41	KICZINSKA Izabela	3443	4 PUŁK CHEMICZNY	Masters K - 40	41	02:19:09	06:48:22	10:59:35	13:25:09	16:48:18	20:34:56	23:43:41.50	23:43:49.95	+09:22:06 (39.5%)	12:56	4.6 (59.7%)
42	KOLEJ Monika	3348	DZIKIE DZIKI GORZÓW	Masters K - 40	42	02:31:07	07:14:00	11:34:01	14:16:51	18:12:19	21:47:17	24:20:49.75	24:21:09.10	+09:59:25 (41.0%)	13:16	4.5 (58.4%)
43	POKOJSKA Ewa	3416	WYBIEGAJ SIEBIE	Masters K - 40	43	02:43:38	07:32:13	11:56:11	14:41:02	18:16:01	22:00:11	24:29:54.35	24:30:52.90	+10:09:09 (41.4%)	13:21	4.5 (58.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
44	JĘDRZEJEWSKA Beata	3316	MIRAZ RACE TEAM	Masters K - 40	44	02:49:50	08:43:50	13:03:30	15:45:18	19:16:12	22:26:58	24:47:09.10	24:47:27.85	+10:25:44 (42.1%)	13:31	4.4 (57.1%)
45	ŚWIĘTONIOWSKA Justyna	3056	SAINT TEAM	Masters K - 40	45	02:45:51	07:39:43	11:55:14	14:31:05	18:43:08	22:27:01	24:47:18.95	24:48:44.25	+10:27:00 (42.1%)	13:31	4.4 (57.1%)
46	WOJCIESZAK Klaudia	3192	TEAM ZABIEGANEDNI	Masters K - 40	46	02:31:43	07:13:13	11:37:09	14:34:09	18:14:58	21:46:01	24:47:46.80	24:48:47.55	+10:27:04 (42.1%)	13:31	4.4 (57.1%)
47	BIEŃ Małgorzata	3011		Masters K - 40	47	02:31:43	07:13:16	11:37:06	14:34:14	18:14:49	21:46:08	24:47:50.35	24:48:47.70	+10:27:04 (42.1%)	13:31	4.4 (57.1%)
48	REKOSIEWICZ-TOKARZ Monika	3395	ZAWADZKA TEAM/NOCNY BÓR	Masters K - 40	48	02:45:45	07:39:43	11:55:32	14:31:12	18:43:50	22:26:36	24:47:33.70	24:48:57.95	+10:27:14 (42.1%)	13:31	4.4 (57.1%)
49	JAGODZIŃSKA Paulina	3043	GANGBIESA/ LOVE'LAS	Masters K - 40	49	02:33:13	07:22:08	12:02:23	14:33:04	17:53:06	22:27:15	24:52:29.55	24:53:56.05	+10:32:12 (42.3%)	13:34	4.4 (57.1%)
50	POSYNIAK Anna	3171		Masters K - 40	50	02:34:20	07:22:07	12:02:29	14:32:50	18:38:46	22:27:51	24:52:29.90	24:53:56.30	+10:32:12 (42.3%)	13:34	4.4 (57.1%)
51	HELWICH Agnes	3448	HELTEAM	Masters K - 40	51	02:19:31	06:57:28	12:05:35	15:24:46	19:33:24	22:37:47	25:05:16.30	25:06:00.65	+10:44:17 (42.8%)	13:41	4.4 (57.1%)
52	PAWĘZOWSKA Anna	3086	BIEGOWA KUŹNIA	Masters K - 40	52	02:34:14	07:46:31	12:19:04	15:05:30	19:11:40	22:27:02	25:15:33.00	25:16:09.95	+10:54:26 (43.2%)	13:46	4.4 (57.1%)
53	MORDZIOŁEK Katarzyna	3053	BIEGOWA KUŹNIA	Masters K - 40	53	02:34:02	07:46:27	12:18:45	15:05:27	19:08:26	22:27:01	25:15:33.80	25:16:10.15	+10:54:26 (43.2%)	13:46	4.4 (57.1%)
	STASZYŃSKA Karolina	3468	BIEGAJĄCE KREJZOLE	Masters K - 40		02:14:30 DNF	06:28:30 DNF	10:18:25 DNF	12:24:42 DNF	16:19:53 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	MATERA Kinga	3220	GRUPA JURA PL	Masters K - 40		02:51:33 DNF	08:32:28 DNF	13:48:09 DNF	17:04:56 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	KURBIEL Sylwia	3110	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	Masters K - 40		02:30:44 DNF	07:49:14 DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	MATYSIAK Agnieszka	3413		Masters K - 40		02:14:39 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 57 wynik(ów)