

BIEG K-B-L - 110 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2018-07-19
Miejsce: Łądek-Zdrój
Dystans: 110 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN KOBIET

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A13 73km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
1	ĆWIK Iwona	310		Senior II K - 30	1	01:32:04	04:15:47	08:02:31	11:40:46	13:01:52.75	13:01:58.15		7:06	8.4 (100%)
2	KSIĘŻNIK Dorota	235		Weteran K - 50	1	01:49:01	04:45:17	09:06:38	13:06:51	14:30:35.35	14:30:45.15	+01:28:47 (10.2%)	7:54	7.6 (90.5%)
3	ŻUREK-KRÓL Żaneta	11	CITYZEN RUNNING TEAM	Senior II K - 30	2	01:49:46	04:56:10	09:21:41	13:10:13	14:34:14.50	14:34:17.85	+01:32:19 (10.6%)	7:56	7.5 (89.3%)
4	BIERNACKA Edyta	119		Senior II K - 30	3	01:49:12	05:00:41	09:20:18	13:16:06	14:47:22.45	14:47:34.40	+01:45:36 (11.9%)	8:04	7.4 (88.1%)
5	TITZ KOZA Julita	120		Senior II K - 30	4	01:49:15	05:06:15	09:37:56	13:51:36	15:25:41.50	15:25:47.60	+02:23:49 (15.5%)	8:24	7.1 (84.5%)
6	KRYM Katarzyna	223	NIGHT RUNNERS WROCŁAW	Masters K - 40	1	01:47:19	04:44:27	09:20:37	13:59:01	15:43:04.80	15:43:08.75	+02:41:10 (17.1%)	8:34	7 (83.3%)
7	SZCZOTKA Katarzyna	198		Masters K - 40	2	01:57:09	05:28:05	10:41:34	15:24:52	17:04:32.95	17:04:38.75	+04:02:40 (23.7%)	9:18	6.4 (76.2%)
8	JĘDRYCHA Bożena	140		Masters K - 40	3	02:03:16	05:51:38	10:53:14	15:42:20	17:18:02.45	17:18:16.50	+04:16:18 (24.7%)	9:26	6.4 (76.2%)
9	KAŃDUŁA Klaudia	70	NEST TEAM	Senior II K - 30	5	01:56:21	05:17:30	10:28:59	15:33:26	17:35:08.90	17:35:27.75	+04:33:29 (25.9%)	9:35	6.3 (75.0%)
10	WOŻNA Magdalena	240		Masters K - 40	4	02:11:31	05:53:07	11:11:15	15:46:40	17:36:54.45	17:37:16.90	+04:35:18 (26.0%)	9:36	6.2 (73.8%)
11	ŚWIATOWIEC Anna	44	IMPERIUM SPORTU TEAM	Masters K - 40	5	02:12:25	06:12:06	11:31:53	16:21:49	18:01:07.90	18:01:19.55	+04:59:21 (27.7%)	9:49	6.1 (72.6%)
12	RÓŻOWICZ Eliza	47	SPARTANIE DZIECIOM	Masters K - 40	6	02:04:50	05:41:34	10:59:13	16:04:33	18:27:25.25	18:27:35.10	+05:25:36 (29.4%)	10:04	6 (71.4%)
13	HADZICKA Sylwia	61	VEGE RUNNERS	Senior II K - 30	6	02:15:33	06:08:46	11:24:55	16:45:50	18:46:06.10	18:46:17.75	+05:44:19 (30.6%)	10:14	5.9 (70.2%)
14	QUIRINI Ewa	166		Senior II K - 30	7	02:11:22	06:00:50	11:25:03	17:02:56	19:13:14.90	19:13:39.05	+06:11:40 (32.2%)	10:29	5.7 (67.9%)
15	BRUSZEWSKA-GŁOMBIOWSKA Monika	134		Masters K - 40	7	02:11:30	05:59:16	11:30:25	16:52:24	19:13:44.40	19:13:50.65	+06:11:52 (32.2%)	10:29	5.7 (67.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A13 73km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
16	MAJOCH Anna	145	GVT	Masters K - 40	8	02:08:50	05:58:31	11:50:46	17:16:29	19:28:45.85	19:28:45.85	+06:26:47 (33.1%)	10:37	5.6 (66.7%)
17	JĘDRZEJOWSKA-DEC Anna	327	OTK RZEŹNIK	Masters K - 40	9	02:09:34	06:05:54	11:52:14	17:33:11	19:41:23.15	19:41:46.60	+06:39:48 (33.8%)	10:44	5.6 (66.7%)
18	SOBOCZYŃSKA Justyna	136		Senior I K - 20	1	02:13:29	06:13:57	11:55:55	17:22:30	19:41:44.85	19:42:05.85	+06:40:07 (33.8%)	10:44	5.6 (66.7%)
19	HARĘŻLAK Dorota	38	AGB TORFY	Masters K - 40	10	02:13:56	06:06:47	11:31:02	17:22:52	19:46:24.20	19:46:32.90	+06:44:34 (34.1%)	10:47	5.6 (66.7%)
20	SADOWSKA Marta	2	KOSSMATE ŻUKI	Senior II K - 30	8	02:18:32	06:00:30	11:51:50	17:35:57	19:59:25.05	19:59:34.85	+06:57:36 (34.8%)	10:54	5.5 (65.5%)
21	BAJAK Małgorzata	237	MUAY RUNNING TEAM	Masters K - 40	11	02:19:00	06:20:37	12:13:55	18:03:48	20:00:59.00	20:01:11.35	+06:59:13 (34.9%)	10:55	5.5 (65.5%)
22	KORPUS-MIELCZARSKA Katarzyna	215	SGB SAMO SIĘ NIE PRZEBIEGNIE	Senior II K - 30	9	02:07:29	05:46:20	11:32:02	17:43:14	20:09:30.25	20:09:49.95	+07:07:51 (35.4%)	10:59	5.5 (65.5%)
23	MICHALAK Aleksandra	17	NIGHT RUNNERS/KOBIETY BIEGAJA	Senior II K - 30	10	02:14:05	06:16:23	11:42:19	17:43:31	20:17:29.55	20:17:42.80	+07:15:44 (35.8%)	11:04	5.4 (64.3%)
24	WSUŁ Monia	173	CHOSZCZENSKA10	Masters K - 40	12	01:58:52	05:38:29	11:30:26	18:12:36	20:23:18.20	20:23:33.50	+07:21:35 (36.1%)	11:07	5.4 (64.3%)
25	POPŁAWSKA Katarzyna	37	CZARNE OWCE HIPOLITÓW	Masters K - 40	13	02:13:20	06:37:00	12:59:03	18:30:31	20:29:33.80	20:29:39.50	+07:27:41 (36.4%)	11:10	5.4 (64.3%)
26	PATURA Anna	82	ŁÓDŹ RUNNING TEAM	Masters K - 40	14	02:13:02	06:37:35	13:27:06	19:08:36	20:59:23.30	20:59:25.75	+07:57:27 (37.9%)	11:26	5.2 (61.9%)
27	KRAWCZYŃSKA Anna	292	POMIOTY SZATANA	Senior II K - 30	11	02:15:55	06:35:46	12:46:30	18:59:35	21:18:03.40	21:18:15.20	+08:16:17 (38.8%)	11:37	5.2 (61.9%)
28	MIZERA Joanna	24	SUTTON RUNNERS	Senior II K - 30	12	02:11:35	06:14:48	12:44:07	19:23:14	21:54:15.15	21:54:30.35	+08:52:32 (40.5%)	11:56	5 (59.5%)
29	SAKOWSKA Aneta	68	MARATONKA GRAJEWO	Masters K - 40	15	02:11:56	06:33:33	13:39:12	20:04:19	22:13:31.25	22:13:49.10	+09:11:50 (41.4%)	12:07	4.9 (58.3%)
30	MOSTOWSKA Joanna	225	ZIMOWYHORYZONT.PL	Senior II K - 30	13	02:11:55	06:35:20	13:39:07	20:04:18	22:13:31.35	22:13:49.40	+09:11:51 (41.4%)	12:07	4.9 (58.3%)
31	SKOLIMOWSKA Katarzyna	268		Masters K - 40	16	02:15:09	06:14:15	13:14:16	20:08:03	22:25:44.10	22:25:46.85	+09:23:48 (41.9%)	12:14	4.9 (58.3%)
32	PISULA Paulina	175	KLUCZBORSKA GRUPA BIEGOWA	Senior I K - 20	2	02:12:56	06:20:11	13:18:20	20:41:22	23:13:27.50	23:13:49.05	+10:11:50 (43.9%)	12:40	4.7 (56.0%)
33	PODLASIŃSKA Paulina	21		Senior II K - 30	14	02:28:33	07:01:51	13:27:09	20:20:29	23:24:15.50	23:24:41.20	+10:22:43 (44.3%)	12:45	4.7 (56.0%)
34	KRÓL Aneta	273	NAVAL POLSKA	Senior II K - 30	15	02:17:04	06:18:07	14:54:00	20:57:48	23:25:45.90	23:25:53.85	+10:23:55 (44.4%)	12:46	4.7 (56.0%)
35	SWĘDZIOŁ Monika	184	POLSKA	Senior II K - 30	16	02:24:04	07:00:25	12:32:48	20:51:05	23:37:53.40	23:38:13.95	+10:36:15 (44.9%)	12:53	4.7 (56.0%)
36	KUCNER Monika	111	ALBERTS TEAM	Masters K - 40	17	02:11:21	05:51:18	12:57:04	20:31:55	23:41:42.60	23:42:09.25	+10:40:11 (45.0%)	12:55	4.6 (54.8%)
37	NAĆKIEWICZ Justyna	92		Masters K - 40	18	02:42:05	07:54:31	14:50:36	21:28:52	24:01:25.60	24:01:38.45	+10:59:40 (45.8%)	13:06	4.6 (54.8%)
38	SOBICZEWSKA Iza	301	EKOBIEGI	Masters K - 40	19	02:18:42	07:14:57	15:07:48	22:21:45	24:53:33.70	24:53:36.20	+11:51:38 (47.6%)	13:34	4.4 (52.4%)

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39	OBARSKA Małgorzata	62		Weteran K - 50	2	02:50:07	08:15:39	15:29:31	22:27:46	25:08:01.65	25:08:09.60	+12:06:11 (48.2%)	13:42	4.4 (52.4%)
40	JUCHA Lidia	58		Masters K - 40	20	02:46:38	07:48:07	15:03:40	22:09:50	25:12:23.90	25:12:32.35	+12:10:34 (48.3%)	13:44	4.4 (52.4%)
41	PRUSIEWICZ Beata	137	ANTON TEAM	Masters K - 40	21	02:13:05	06:47:34	14:07:17	22:02:23	25:19:01.75	25:19:17.50	+12:17:19 (48.5%)	13:48	4.3 (51.2%)
	WALCZYŃSKA Karolina	170	RUNHOGS TYCHY	Senior II K - 30		02:41:13 DNF	08:14:48 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 42 wynik(ów)