

BIEG K-B-L - 110 KM

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2019-07-18
Miejsce: Łądek-Zdrój
Dystans: 110 km

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: OPEN KOBIET

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	SZCZEPANIAK Angelika	3174	CERI/AKADEMIABIEGACZA.PL S.L. SALOS-WODNA	Senior II K - 30	1	01:32:03	04:13:45	06:37:34	07:58:09	09:47:53	11:23:49	12:42:32.20	12:42:35.55		6:55	8.7 (100%)
2	GRZELAK Kamila	3249	TEAM ALTRA RED	Senior I K - 20	1	01:38:16	04:19:10	06:54:27	08:21:48	10:13:30	11:59:35	13:22:11.30	13:22:16.75	+00:39:41 (4.9%)	7:17	8.2 (94.3%)
3	KAROLAK Ania	3303	MUAY RUNNING TEAM	Senior II K - 30	2	01:38:20	04:22:04	07:07:20	08:44:31	10:38:19	12:21:42	13:43:56.45	13:43:59.30	+01:01:23 (7.5%)	7:29	8 (92.0%)
4	GÓRNIAK-ANTKOWIAK Agnieszka	3122	GSM OBORNIKI ŚLĄSKIE	Masters K - 40	1	01:37:30	04:32:31	07:22:30	08:53:54	10:56:38	12:51:33	14:22:54.80	14:23:04.35	+01:40:28 (11.6%)	7:50	7.6 (87.4%)
5	KRAKOWCZYK Marta	3234		Senior I K - 20	2	01:43:49	04:34:11	07:25:25	08:49:27	11:05:20	13:03:11	14:29:43.60	14:29:58.20	+01:47:22 (12.3%)	7:54	7.6 (87.4%)
6	BIENIECKA Anna	3309		Masters K - 40	2	01:41:53	04:51:45	07:47:32	09:24:34	11:25:05	13:20:24	14:53:30.10	14:53:33.20	+02:10:57 (14.7%)	8:07	7.4 (85.1%)
7	KAROLAK Asia	3301	MUAY RUNNING TEAM	Senior II K - 30	3	01:47:01	04:53:38	07:51:10	09:22:21	11:37:47	13:47:49	15:25:22.35	15:25:27.80	+02:42:52 (17.6%)	8:24	7.1 (81.6%)
8	KURPIEWSKA Anna	3223	GT RAT	Masters K - 40	3	01:49:01	04:58:04	08:02:19	09:42:10	12:04:49	13:57:03	15:26:22.80	15:26:37.10	+02:44:01 (17.7%)	8:25	7.1 (81.6%)
9	HUEBNER Maria	3008		Senior I K - 20	3	01:50:32	05:04:18	07:52:43	09:34:10	12:05:44	14:12:45	15:41:08.60	15:41:22.40	+02:58:46 (19.0%)	8:33	7 (80.5%)
10	BANACH Magda	3236		Senior I K - 20	4	01:45:40	04:46:06	07:51:57	09:39:12	12:24:48	14:46:34	16:20:38.85	16:20:46.20	+03:38:10 (22.2%)	8:54	6.7 (77.0%)
11	PIECUCH Karolina	3190	LACHO TEAM	Senior II K - 30	4	01:45:48	05:03:21	08:29:04	10:14:35	12:41:39	14:51:35	16:31:09.10	16:31:14.05	+03:48:38 (23.1%)	9:00	6.7 (77.0%)
12	GŁOWACKA Edyta	3057	MATNER RUNNING TEAM	Masters K - 40	4	01:57:05	05:25:19	08:52:22	10:38:03	13:12:59	15:37:09	17:21:27.10	17:21:40.30	+04:39:04 (26.8%)	9:28	6.3 (72.4%)
13	SUSMARSKA Ewa	3299	MUAY RUNNING TEAM	Senior I K - 20	5	02:03:56	06:03:56	09:44:25	11:32:25	13:52:18	16:02:36	17:41:39.15	17:41:59.15	+04:59:23 (28.2%)	9:39	6.2 (71.3%)
14	KACZMAREK Maria	3245		Senior II K - 30	5	02:25:41	06:15:15	09:36:26	11:22:00	13:54:38	16:04:52	17:44:56.85	17:45:18.80	+05:02:43 (28.4%)	9:40	6.2 (71.3%)
15	GRYCMAN Magda	3270	SPARTA ULTRA TEAM	Masters K - 40	5	02:05:23	05:56:17	09:27:45	11:22:51	13:54:22	16:07:20	17:47:24.10	17:47:41.75	+05:05:06 (28.6%)	9:42	6.2 (71.3%)
16	ŁAMPIKA Kinga	3052		Senior II K - 30	6	02:03:00	05:39:54	09:10:19	10:52:40	13:36:08	16:00:53	17:56:15.50	17:56:38.85	+05:14:03 (29.2%)	9:47	6.1 (70.1%)
17	SMOLAK Agata	3285		Senior II K - 30	7	02:11:17	05:59:59	09:28:41	11:22:45	13:57:26	16:34:26	18:43:12.30	18:43:35.50	+06:00:59 (32.1%)	10:12	5.9 (67.8%)

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
18	SOKOŁOWSKA Adriana	3029	VEGE RUNNERS	Senior II K - 30	8	02:11:30	06:11:22	09:48:39	11:42:41	14:33:48	17:08:10	19:08:55.55	19:09:04.10	+06:26:28 (33.6%)	10:26	5.7 (65.5%)
19	TUCHOŁKA Marta	3316	POCO LOCO/ZUK	Senior II K - 30	9	02:00:41	05:49:24	09:20:20	11:22:07	14:26:18	17:07:08	19:13:48.20	19:13:58.95	+06:31:23 (33.9%)	10:29	5.7 (65.5%)
20	KRZEMIŃSKA Aleksandra	3206	KW OPOLE	Senior II K - 30	10	02:02:20	05:42:19	09:17:18	11:20:19	14:15:35	17:04:10	19:21:14.15	19:21:24.45	+06:38:48 (34.3%)	10:33	5.7 (65.5%)
21	KWIECIEŃ - LIPIŃSKA Kamila	3227	TIGERS TEAM	Masters K - 40	6	02:10:14	06:09:31	09:51:56	11:46:47	14:45:37	17:26:29	19:32:56.85	19:33:05.95	+06:50:30 (35.0%)	10:39	5.6 (64.4%)
22	KONIECZNA Paulina	3134	CH10	Senior II K - 30	11	02:12:20	05:55:20	09:26:59	11:23:16	14:22:40	17:13:37	19:34:50.30	19:35:14.75	+06:52:39 (35.1%)	10:40	5.6 (64.4%)
23	APANOWICZ Angelika	3173	EKOBIEGI	Masters K - 40	7	02:11:08	06:05:24	09:53:09	11:52:23	14:48:35	17:19:37	19:36:22.55	19:36:29.95	+06:53:54 (35.2%)	10:41	5.6 (64.4%)
24	BUCHALSKA Ewa	3108	EKOBIEGI	Masters K - 40	8	02:11:09	06:05:33	09:53:15	11:52:30	14:48:39	17:19:38	19:36:22.70	19:36:30.25	+06:53:54 (35.2%)	10:41	5.6 (64.4%)
25	WOSZCZAK Jolanta	3090	STRZELIŃSKI KLUB BIEGACZA GRANIT	Weteran K - 50	1	02:22:19	06:43:32	10:34:32	12:32:14	15:28:09	17:49:21	19:37:36.40	19:37:52.90	+06:55:17 (35.3%)	10:42	5.6 (64.4%)
26	WŁODARCZYK Teresa	3120	SPC	Weteran K - 50	2	02:16:51	06:32:37	10:06:34	12:01:47	14:58:04	17:35:41	19:41:43.85	19:42:09.75	+06:59:34 (35.5%)	10:44	5.6 (64.4%)
27	SZULC- ŁĄTKOWSKA Urszula	3305	KB MANIAC POZNAN	Masters K - 40	9	02:13:27	06:27:17	10:03:14	12:05:46	15:04:23	17:42:33	19:43:44.45	19:44:10.50	+07:01:34 (35.6%)	10:45	5.6 (64.4%)
28	KLATKA Arleta	3071	BIEGAM BO LUBIĘ	Masters K - 40	10	02:03:56	06:04:43	09:56:56	12:01:30	15:31:46	17:58:40	19:49:18.85	19:49:41.00	+07:07:05 (35.9%)	10:48	5.5 (63.2%)
29	KWIATKOWSKA Aleksandra	3069	WIECZORNE BIEGANIE W SZCZECINIE	Senior I K - 20	6	01:59:01	05:22:37	08:54:36	10:45:50	13:50:54	16:20:07	19:50:40.20	19:50:56.15	+07:08:20 (36.0%)	10:49	5.5 (63.2%)
30	MOREVA Daria	3195		Senior II K - 30	12	02:13:50	06:20:56	10:08:26	12:00:59	15:08:54	17:51:41	19:54:33.65	19:54:43.45	+07:12:07 (36.2%)	10:51	5.5 (63.2%)
31	BURDAJEWICZ Magdalena	3264		Senior II K - 30	13	02:17:01	06:20:23	10:17:09	12:06:10	15:03:59	17:51:59	19:56:48.20	19:57:14.75	+07:14:39 (36.3%)	10:52	5.5 (63.2%)
32	KROLS Hilde	3119	VOS SCHAFFEN	Weteran K - 50	3	02:12:22	06:20:05	10:17:28	12:29:20		18:14:16	20:06:32.00	20:06:55.65	+07:24:20 (36.8%)	10:58	5.5 (63.2%)
33	BUDA Marzena	3231	ALPACA TEAM	Senior I K - 20	7	02:01:10	06:05:33	09:53:22	12:00:13	15:39:38	18:43:11	20:28:49.45	20:29:06.80	+07:46:31 (38.0%)	11:10	5.4 (62.1%)
34	WYLEGAŁA Izabela	3024	PCH_RUN	Senior II K - 30	14	02:22:08	06:34:25	10:18:00	12:28:07	15:31:25	18:23:30	20:29:45.60	20:29:53.25	+07:47:17 (38.0%)	11:10	5.4 (62.1%)
35	WYKA Angelika	3001	PCH_RUN	Senior II K - 30	15	02:22:09	06:34:24	10:18:04	12:28:08	15:31:20	18:23:30	20:29:45.75	20:29:53.30	+07:47:17 (38.0%)	11:10	5.4 (62.1%)
36	KARCZ Anna	3222		Senior I K - 20	8	02:09:17	06:48:44	10:52:42	13:23:37	16:27:27	18:59:44	20:47:07.80	20:47:37.10	+08:05:01 (38.9%)	11:20	5.3 (60.9%)
37	NAMIOTA Urszula	3171	KB MARATOŃCZYK	Weteran K - 50	4	02:11:45	06:34:19	10:36:52	12:42:09	16:05:26	18:43:20	20:53:09.65	20:53:36.20	+08:11:00 (39.2%)	11:23	5.3 (60.9%)
38	KAWA Barbara	3170	KB MARATOŃCZYK DĘBICA	Senior II K - 30	16	02:32:22	07:00:41	11:13:20	13:13:55	16:10:02	18:33:41	20:53:13.05	20:53:39.70	+08:11:04 (39.2%)	11:23	5.3 (60.9%)
39	OSTACH Daria	3009		Masters K - 40	11	02:14:02	06:49:02	10:36:04	12:31:50	15:34:39	18:22:07	21:06:18.65	21:06:34.50	+08:23:58 (39.8%)	11:30	5.2 (59.8%)
40	PRUSIEWICZ Beata	3018		Weteran K - 50	5	02:14:22	06:52:36	10:36:06	12:31:52	15:34:55	18:28:27	21:06:18.35	21:06:34.80	+08:23:59 (39.8%)	11:30	5.2 (59.8%)
41	WASIL Joanna	3021		Senior II K - 30	17	02:14:23	06:52:36	10:49:16	12:53:05	16:09:41	18:55:41	21:16:05.35	21:16:17.55	+08:33:42 (40.2%)	11:36	5.2 (59.8%)

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42	ŁĄCKA Ilona	3096	EKOBIEGI	Masters K - 40	12	02:28:09	06:42:42	10:35:58	12:50:47	16:17:26	19:14:07	21:32:09.85	21:32:18.40	+08:49:42 (41.0%)	11:44	5.1 (58.6%)
43	SIKORSKA Agnieszka	3189	EKBIEGI	Masters K - 40	13	02:14:08	06:27:16	10:33:50	12:50:55	16:18:03	19:14:23	21:32:08.85	21:32:18.55	+08:49:43 (41.0%)	11:44	5.1 (58.6%)
44	GMAJ Karolina	3126		Senior II K - 30	18	02:11:30	06:21:18	10:29:02	12:45:12	16:23:58	19:30:23	21:51:14.25	21:51:37.25	+09:09:01 (41.9%)	11:55	5 (57.5%)
45	GAŚSIOROWSKA Dorota	3054	MPK WYBIEGANIE / ŚNIĘTY SUM	Weteran K - 50	6	02:32:49	07:12:30	11:23:16	13:44:07	17:04:32	19:56:28	22:13:12.35	22:13:42.05	+09:31:06 (42.8%)	12:07	5 (57.5%)
46	STAWSKA Anna	3241	WKURW_TEAM	Masters K - 40	14	02:21:52	06:36:20	10:37:54	13:12:46	16:39:23	19:35:31	22:17:20.50	22:17:27.35	+09:34:51 (43.0%)	12:09	4.9 (56.3%)
47	KONOWROCKA Wioletta	3012	SEE YOU LATER TEAM	Masters K - 40	15	02:10:20	06:18:18	10:15:32	12:33:12	15:59:51	19:36:23	23:03:04.20	23:03:29.20	+10:20:53 (44.9%)	12:34	4.8 (55.2%)
48	RYCHŁOWSKA Magdalena	3067		Masters K - 40	16	02:16:14	06:45:27	10:59:08	13:27:56	17:21:06	20:28:13	23:07:36.05	23:07:54.95	+10:25:19 (45.1%)	12:36	4.8 (55.2%)
49	KALBARCZYK Beata	3162	ORANGE POLSKA	Weteran K - 50	7	02:33:23	06:52:05	11:30:14	14:05:13	17:38:17	20:39:03	23:07:44.25	23:08:03.75	+10:25:28 (45.1%)	12:36	4.8 (55.2%)
50	WRZESIŃSKA Joanna	3115		Masters K - 40	17	02:09:39	06:14:36	10:04:12	12:23:02	15:50:42	19:21:19	23:10:14.00	23:10:22.20	+10:27:46 (45.2%)	12:38	4.7 (54.0%)
51	BORIS Aneta	3016	EL - AKTYWNI	Senior II K - 30	19	02:32:47	07:48:11	12:08:25	14:32:48	18:07:39	21:08:49	23:16:13.50	23:16:33.60	+10:33:58 (45.4%)	12:41	4.7 (54.0%)
52	HANGIEL Urszula	3318		Senior II K - 30	20	02:32:42	07:48:39	12:08:19	14:37:17	18:06:07	21:08:41	23:31:54.55	23:32:25.35	+10:49:49 (46.0%)	12:50	4.7 (54.0%)
53	SOSZYŃSKA Małgorzata	3314		Weteran K - 50	8	02:32:41	07:48:38	12:08:10	14:37:17	18:06:03	21:08:41	23:31:55.05	23:32:25.55	+10:49:50 (46.0%)	12:50	4.7 (54.0%)
54	OHLA Justyna	3112	BIEGAM, BO NIE LUBIĘ...	Masters K - 40	18	02:06:13	06:18:40	10:50:55	13:42:41	17:41:24	21:14:27	23:58:57.60	23:59:17.20	+11:16:41 (47.0%)	13:04	4.6 (52.9%)
55	ZACHARZYŃSKA Katarzyna	3161	ORANGE POLSKA	Senior II K - 30	21	02:21:46	06:51:21	11:30:18	14:06:19	17:57:30	21:18:47	24:05:21.50	24:05:41.75	+11:23:06 (47.3%)	13:08	4.6 (52.9%)
56	HAUTON Monika	3013	NIE TERAZ, POTEM	Masters K - 40	19	02:37:21	08:11:19	12:30:25	15:12:51	18:44:59	21:57:02	24:18:45.85	24:18:57.10	+11:36:21 (47.7%)	13:15	4.5 (51.7%)
57	WITECKA Milena	3312		Senior II K - 30	22	02:15:18	07:13:55	12:32:37	15:12:29	18:54:22	22:00:39	24:29:57.30	24:30:21.60	+11:47:46 (48.1%)	13:21	4.5 (51.7%)
58	ŻRÓDLEWSKA Anna	3308		Senior II K - 30	23	02:15:39	07:04:26	12:03:11	14:56:31	18:42:18	21:56:51	24:36:58.50	24:37:13.90	+11:54:38 (48.4%)	13:25	4.5 (51.7%)
59	KAPA Patrycja	3310	K.S. MARATON OSTRÓW WIELKOPOLSKI	Senior I K - 20	9	02:15:36	07:04:24	12:03:03	14:56:28	18:43:23	21:56:53	24:36:59.75	24:37:14.95	+11:54:39 (48.4%)	13:25	4.5 (51.7%)
60	ZIEMKOWSKA Monika	3014		Masters K - 40	20	02:41:13	07:50:33	12:39:07	15:15:06	18:42:51	21:56:03	24:43:44.40	24:44:01.95	+12:01:26 (48.6%)	13:29	4.4 (50.6%)
61	BOHDZIEWICZ Izabela	3283	WKURW_TEAM	Senior I K - 20	10	02:38:59	09:14:00	13:34:33	16:43:56	20:49:04	23:54:02	25:22:14.55	25:22:36.55	+12:40:01 (49.9%)	13:50	4.3 (49.4%)
62	OBARSKA Małgorzata	3031		Weteran K - 50	9	02:54:18	08:11:32	12:34:40	15:19:36	19:26:47	22:41:11	25:23:46.00	25:24:08.75	+12:41:33 (50.0%)	13:51	4.3 (49.4%)
	MULARCZYK Marta	3165	WKURW_TEAM	Senior I K - 20		02:23:35 DNF	06:25:00 DNF	10:16:39 DNF	13:07:45 DNF	16:49:14 DNF	21:46:23 DNF	DNF	DNF	-	-	- (0.0%)
	MACHUL Ewa	3293	DREAM RUN	Senior II K - 30		01:47:04 DNF	05:05:49 DNF	09:03:47 DNF	DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	PIASECKA - WSZOŁA Anna	3304	MUAY RUNNING TEAM	Senior II K - 30		01:49:00 DNF	04:58:07 DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	NOJSZEWSKA Anika	3319		Senior II K - 30		02:10:36 DNF	06:17:06 DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 66 wynik(ów)