

BIEG K-B-L - 110 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2020-07-16
Miejsce: Łądek-Zdrój
Dystans: 110 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN KOBIET

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	MOCZULSKA Małgorzata	3278		Masters K - 40	1	01:33:38	04:17:38	08:20:20	10:25:51	12:03:04	13:18:59.65		7:15	8.3 (100%)
2	GRUSZKA Aleksandra	3299	WILD ULTRA WARRIORS	Senior II K - 30	1	01:49:16	04:35:32	08:48:11	10:45:57	12:26:59	13:44:36.80	+00:25:37 (3.1%)	7:29	8 (96.4%)
3	KOŚCIELNIAK Wioletta	3323	RUNNERS TEAM NYSA	Masters K - 40	2	01:47:34	04:55:59	08:58:26	10:55:12	12:40:06	14:03:33.00	+00:44:33 (5.3%)	7:40	7.8 (94.0%)
4	LORENC Joanna	3313	ENDORFINY WĄSOSZ	Senior II K - 30	2	01:48:59	04:47:32	09:09:22	11:26:21	13:36:30	15:07:07.95	+01:48:08 (11.9%)	8:14	7.3 (88.0%)
5	DETLAFF Patrycja	3306	WILD ULTRA WARRIORS	Senior II K - 30	3	01:49:49	04:55:27	09:40:10	11:45:48	13:44:36	15:09:24.00	+01:50:24 (12.1%)	8:16	7.3 (88.0%)
6	PRZYBYLSKA Katarzyna	3246		Senior II K - 30	4	02:05:59	05:18:21	09:40:41	11:51:39	13:51:01	15:24:08.35	+02:05:08 (13.5%)	8:24	7.1 (85.5%)
7	PIECUCH Karolina	3335		Senior II K - 30	5	01:56:02	05:09:26	09:57:08	12:21:31	14:26:10	16:03:19.70	+02:44:20 (17.1%)	8:45	6.9 (83.1%)
8	GUZERA Justyna	3114		Senior II K - 30	6	01:57:37	05:14:05	09:59:41	12:22:59	14:31:38	16:17:41.15	+02:58:41 (18.3%)	8:53	6.8 (81.9%)
9	ZYGRY-WIŚNIEWSKA Karolina	3197	GEMINI POLSKA TEAM	Masters K - 40	3	02:04:25	05:42:18	10:41:33	13:02:57	15:08:34	16:41:47.75	+03:22:48 (20.2%)	9:06	6.6 (79.5%)
10	GILEWICZ-RACHOWSKA Jagoda	3028	DGR KANCELARIA RADCÓW PRAWNYCH	Senior II K - 30	7	02:04:28	05:39:56	10:49:10	13:27:58	15:51:41	17:28:18.40	+04:09:18 (23.8%)	9:31	6.3 (75.9%)
11	HARKIEWICZ Wiola	3103	ODDYCHAJSWOBODNIE.PL NARAMOWICE BIEGAJĄ	Senior II K - 30	8	02:07:55	05:52:51	11:06:37	13:34:00	15:44:01	17:34:39.90	+04:15:40 (24.2%)	9:35	6.3 (75.9%)
12	NOWAK Natalia	3074	EKIPA Z TARNOWA	Senior II K - 30	9	02:09:32	05:41:20	11:15:44	13:52:11	15:53:13	17:35:05.35	+04:16:05 (24.3%)	9:35	6.3 (75.9%)
13	MARCINKOWSKA Jadwiga	3189		Weteran K - 50	1	02:08:54	05:55:16	11:21:55	13:49:24	16:09:03	17:54:35.05	+04:35:35 (25.6%)	9:46	6.1 (73.5%)
14	CHUDA Aneta	3013		Masters K - 40	4	02:09:54	05:59:11	11:26:56	14:09:42	16:36:31	18:20:47.60	+05:01:47 (27.4%)	10:00	6 (72.3%)
15	ROSZAK-SURKÓW Sylwia	3045	MUAY RUNNING TEAM	Masters K - 40	5	02:18:42	06:01:47	11:11:03	14:05:05	16:36:59	18:28:58.45	+05:09:58 (28.0%)	10:04	6 (72.3%)

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
16	WOJTKOWIAK Renata	3054	PIĄTKOWO NA BIEGOWO	Masters K - 40	6	02:13:11	06:06:16	11:15:16	14:09:08	16:41:37	18:34:17.55	+05:15:17 (28.3%)	10:07	5.9 (71.1%)
17	RATAJCZAK Joanna	3283	PIĄTKOWO NA BIEGOWO	Masters K - 40	7	02:13:17	06:06:24	11:15:23	14:09:11	16:41:04	18:34:24.55	+05:15:24 (28.3%)	10:07	5.9 (71.1%)
18	LENART-KŁOŚ Katarzyna	3015	STAY INSANE	Senior II K - 30	10	02:01:59	05:40:35	11:18:59	14:20:24	16:56:27	18:45:19.90	+05:26:20 (29.0%)	10:13	5.9 (71.1%)
19	BARCZYK Agnieszka	3307		Masters K - 40	8	02:16:29	06:13:53	11:51:39	14:49:20	17:03:16	18:47:05.25	+05:28:05 (29.1%)	10:14	5.9 (71.1%)
20	BOROWSKA-NAJDEREK Paulina	3022	WLKP MOUNTAINS ULTRA	Masters K - 40	9	01:58:32	05:54:00	11:33:08	14:28:27	16:56:12	18:55:17.50	+05:36:17 (29.6%)	10:19	5.8 (69.9%)
21	NIESPODZIANA Anna	3339	ROGOZIŃSKI KLUB BIEGACZA	Senior II K - 30	11	02:21:09	06:33:15	12:18:53	14:56:00	17:19:03	19:03:36.85	+05:44:37 (30.1%)	10:23	5.8 (69.9%)
22	WODZIŃSKA Danuta	3107	INSTRUKTOR BIEGANIA TEAM	Masters K - 40	10	02:02:22	05:46:23	12:04:46	14:59:28	17:26:11	19:15:58.55	+05:56:58 (30.9%)	10:30	5.7 (68.7%)
23	CHOMIAK Katarzyna	3315	BIEGAJ W JEDLINIE	Masters K - 40	11	02:20:07	06:03:57	11:32:21	14:32:04	16:57:15	19:28:58.40	+06:09:58 (31.6%)	10:37	5.6 (67.5%)
24	WIŚNIEWSKA Barbara	3061	SPARTA RUNNERS	Senior II K - 30	12	02:21:59	06:27:41	11:59:31	14:55:34	17:30:39	19:41:58.00	+06:22:58 (32.4%)	10:44	5.6 (67.5%)
25	WIELGAT-KOJDECKA Magdalena	3035	CARBON OCR RACING TEAM	Senior II K - 30	13	02:14:28	06:02:20	11:35:37	14:35:34	17:29:14	19:45:49.75	+06:26:50 (32.6%)	10:46	5.6 (67.5%)
26	STALA-KONDRAKIEWICZ Katarzyna	3048	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	14	02:34:04	06:51:54	12:27:34	15:30:41	17:57:22	19:45:57.05	+06:26:57 (32.6%)	10:46	5.6 (67.5%)
27	WYRWAS-ZYGARŁOWSKA Izabela	3098	KOBIETY BIEGAJĄ	Masters K - 40	12	02:11:17	06:08:57	12:08:31	15:00:42	17:50:52	19:53:03.45	+06:34:03 (33.0%)	10:50	5.5 (66.3%)
28	MIKOŁAJCZYK-SOWA Monika	3139	SZAKALE BAŁUT ŁÓDŹ	Masters K - 40	13	02:17:06	06:41:14	12:48:10	15:33:21	18:03:41	20:09:26.20	+06:50:26 (33.9%)	10:59	5.5 (66.3%)
29	ODWAŻNY Magdalena	3073	ODWAŻNYTEAM.PL	Masters K - 40	14	02:18:11	06:42:17	12:49:27	15:34:28	18:04:44	20:10:29.25	+06:51:29 (34.0%)	11:00	5.5 (66.3%)
30	NIEMCZAK Basia	3266	ULTRA KSP	Senior II K - 30	15	02:18:34	06:24:42	12:23:06	15:30:53	18:14:39	20:15:50.85	+06:56:51 (34.3%)	11:03	5.4 (65.1%)
31	MATUSZEWSKA Małgorzata	3296	RUNNER'S POWER ŚREM	Masters K - 40	15	02:23:01	06:39:32	12:54:19	15:55:55	18:49:53	20:44:33.35	+07:25:33 (35.8%)	11:18	5.3 (63.9%)
32	DZIERGAS Teresa	3225	ULTRA KSP	Senior II K - 30	16	02:23:51	06:26:04	12:58:54	15:55:51	18:45:13	20:50:04.90	+07:31:05 (36.1%)	11:21	5.3 (63.9%)
33	MASZEWSKA-WACH Mariola	3309	RAWA TIM ZAWSZE SLIM	Senior II K - 30	17	02:36:38	07:09:37	13:16:03	16:12:59	18:43:14	20:51:35.65	+07:32:36 (36.2%)	11:22	5.3 (63.9%)
34	FICNER Iwona	3021	FSD RUN DREZDENKO	Masters K - 40	16	02:17:56	06:45:08	13:06:07	16:18:05	19:00:13	21:03:01.15	+07:44:01 (36.7%)	11:28	5.2 (62.7%)
35	KARKOWSKA Wiesława	3341		Weteran II K - 60	1	02:18:11	06:45:21	13:06:20	16:18:26	19:00:28	21:03:14.35	+07:44:14 (36.8%)	11:29	5.2 (62.7%)
36	OCHNIO Ewa	3006		Masters K - 40	17	02:32:25	06:49:54	13:09:32	16:12:51	19:04:00	21:09:43.10	+07:50:43 (37.1%)	11:32	5.2 (62.7%)
37	BONTOVICS Timea	3193	DUV	Weteran K - 50	2	02:31:00	07:17:58	13:44:12	16:38:34	19:22:13	21:27:06.95	+08:08:07 (37.9%)	11:42	5.1 (61.4%)

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						A9 15km	A11 40km	A13 70km	A14 85km	A15 98km				netto 110km
38	WACHOWSKA Alina	3157	SMOK TRÓJGŁOWY	Weteran II K - 60	2	02:26:58	07:17:51	13:36:49	16:59:11	19:57:50	21:55:19.30	+08:36:19 (39.3%)	11:57	5 (60.2%)
39	PTASZYŃSKA Anna	3077	SPEED FEET '16	Weteran K - 50	3	02:27:01	07:13:57	13:33:04	16:58:15	20:06:24	22:21:10.10	+09:02:10 (40.4%)	12:11	4.9 (59.0%)
40	STROIŃSKA Iwona	3029	C&C SPORTS TEAM	Masters K - 40	18	02:24:28	06:47:16	12:59:45	16:30:19	19:37:46	22:22:47.40	+09:03:47 (40.5%)	12:12	4.9 (59.0%)
41	KROLS Hilde	3212	VOS SCHAFFEN	Weteran K - 50	4	02:23:06	07:14:54	13:50:02	17:15:43	20:15:46	22:27:03.40	+09:08:03 (40.7%)	12:14	4.9 (59.0%)
42	SILSKA Sylwia	3209	ATRAKCYJNE TOWARZYSTWO	Masters K - 40	19	02:24:17	07:27:55	13:51:06	18:01:43	20:36:46	22:34:10.80	+09:15:11 (41.0%)	12:18	4.9 (59.0%)
43	OLESZEK Magdalena	3088	BIEGOWA KUŹNIA	Senior II K - 30	18	02:26:01	07:01:28	13:42:45	16:55:54	20:12:11	22:52:11.25	+09:33:11 (41.8%)	12:28	4.8 (57.8%)
44	KOZŁOWSKA Karolina	3120		Masters K - 40	20	02:24:45	07:34:48	14:34:36	18:37:45	21:35:34	23:37:30.25	+10:18:30 (43.6%)	12:53	4.7 (56.6%)
45	RYCHŁOWSKA Magdalena	3091		Masters K - 40	21	02:22:20	07:18:56	14:57:15	18:30:29	21:35:40	23:47:27.30	+10:28:27 (44.0%)	12:58	4.6 (55.4%)
46	BŁASZCZYK Luiza	3090		Senior I K - 20	1	02:20:44	07:19:02	14:57:21	18:30:28	21:35:53	23:47:33.30	+10:28:33 (44.0%)	12:58	4.6 (55.4%)
47	DOWNAR-ZAPOLSKA Rita	3097	MOM&DAUGHTER RUN	Masters K - 40	22	02:40:03	08:17:13	15:42:31	20:00:17	22:45:49	25:08:14.25	+11:49:14 (47.0%)	13:42	4.4 (53.0%)
48	NORKOWSKA Aleksandra	3162	ORANGE POLSKA	Masters K - 40	23	02:24:00	07:15:20	15:02:40	19:13:22	22:48:48	25:17:22.35	+11:58:22 (47.3%)	13:47	4.3 (51.8%)
49	KALBARCZYK Beata	3163	ORANGE POLSKA	Weteran K - 50	5	02:24:15	07:15:34	15:02:55	19:13:43	22:49:01	25:17:36.95	+11:58:37 (47.4%)	13:47	4.3 (51.8%)
50	OBARSKA Małgorzata	3067		Weteran K - 50	6	03:04:49	09:12:18	16:40:16	20:40:18	24:39:01	26:58:43.80	+13:39:44 (50.6%)	14:42	4.1 (49.4%)
51	GRZELCZAK Barbara	3174		Masters K - 40	24	02:56:27	08:42:31	16:37:16	20:40:42	24:30:21	27:27:02.05	+14:08:02 (51.5%)	14:58	4 (48.2%)
	DOWNAR-ZAPOLSKA Laura	3160	MOM&DAUGHTER RUN	Senior I K - 20		02:40:07 DNF	08:17:14 DNF	15:42:30 DNF	20:00:23 DNF	DNF	DNF	-	-	- (0.0%)
	WOSZCZAK Jolanta	3136	STRZELIŃSKI KLUB BIEGACZA GRANIT	Weteran K - 50		02:28:13 DNF	06:50:44 DNF	12:55:28 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	ŚWIĘTEK-OZDOBA Sylwia	3003		Masters K - 40		02:10:15 DNF	06:15:57 DNF	13:00:20 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	KRUZEL Joanna	3310	BIEGOWE MISIE	Senior II K - 30		DNF	DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 55 wynik(ów)