

BIEG K-B-L - 110 KM

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Event: Dolnośląski Festiwal Biegów Górskich
Organiser: Stowarzyszenie TKKF Kompas
Date: 2017-07-20
Place: Łądek Zdrój
Distance: 110 km

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Classification: OPEN KOBIET

Place	Participant	Number	Club	Category	M Cat	A9 15km	A11 40km	A12 61km	A13 73km	A14 85km	A15 98km	Net time 110km	Czas brutto 110km	Gap	Pace min/km	Pace km/h
1	WENTA Marta	5158	KASZUBSKA PONIEWIERKA	Senior I K - 20	1	01:37:46	04:21:31	06:49:55	08:17:38	10:01:55	11:39:23	13:05:16.50	13:05:21.00		7:08	8,4 (100%)
2	KURPIEWSKA Anna	5123	GT RAT	Masters K - 40	1	01:46:28	05:06:00		09:40:14	11:57:51	13:43:52	15:10:42.85	15:10:51.10	+02:05:30 (13.8%)	8:16	7,2 (87.5%)
3	GŁODOWSKA Kamila	5193	TEAM K34	Senior I K - 20	2	01:50:35	04:52:09	07:54:52	09:33:30	11:40:52	13:44:20	15:25:05.60	15:25:13.30	+02:19:52 (15.1%)	8:24	7,1 (87.5%)
4	JĘDRASZEK Alicja	5168	KORONA PABIANICE	Senior II K - 30	1	01:59:39	05:08:51	08:07:37	09:40:11	11:56:37	13:55:43	15:34:28.60	15:34:50.95	+02:29:29 (16.0%)	8:29	7,1 (87.5%)
5	ŚWITALSKA Jowita (Julja)	5073	NIGHT RUNNERS / NR+	Senior II K - 30	2	01:57:44	05:28:20	08:40:53	10:26:08	12:35:53	14:39:11	16:12:33.20	16:12:39.90	+03:07:18 (19.3%)	8:50	6,8 (75.0%)
6	DREJARZ-KACZMAREK Anna	5165	OXYGEN	Senior II K - 30	3	02:03:38	05:40:39	08:55:52	10:34:49	13:17:52	15:10:39	16:47:59.75	16:48:07.35	+03:42:46 (22.1%)	9:09	6,5 (75.0%)
7	SŁOMIAN Marcelina	5109		Senior I K - 20	3	02:00:43	05:08:56	08:08:39	10:09:19	12:56:39	15:14:15	17:07:03.05	17:07:23.10	+04:02:02 (23.6%)	9:20	6,4 (75.0%)
8	PIASECKA-WSZOŁA Anna	5179	SAINT-GOBAIN SGSQUAD	Senior II K - 30	4	01:57:44	05:37:12	08:51:54	10:33:49	13:16:54	15:26:38	17:09:27.65	17:09:33.45	+04:04:12 (23.7%)	9:21	6,4 (75.0%)
9	WYSTRYCHOWSKA Marzena	5160	BFAGENCJA.PL	Masters K - 40	2	02:02:32	05:42:31	08:59:54	10:43:48	13:27:54	15:31:19	17:14:25.85	17:14:31.50	+04:09:10 (24.1%)	9:24	6,4 (75.0%)
10	MARCHEWKA Joanna	5025		Masters K - 40	3	02:04:27	05:38:00	08:55:34	10:41:24	13:23:34	15:43:01	17:39:05.20	17:39:30.40	+04:34:09 (25.9%)	9:37	6,2 (75.0%)
11	ADAMSKA Zofia	5020	KALENJI RUNNING TEAM	Senior I K - 20	4	01:59:48	05:02:52	08:26:37	10:33:33	13:22:37	15:49:19	17:52:52.80	17:53:15.10	+04:47:54 (26.8%)	9:45	6,2 (75.0%)
12	NOJSZEWSKA Anika	5112	ULTRAMENTAL.PL	Senior II K - 30	5	01:48:30	05:06:02	08:07:53	10:00:02	12:55:53	15:24:53	17:54:12.25	17:54:18.50	+04:48:57 (26.9%)	9:45	6,1 (75.0%)
13	PALKIJ Aleksandra	5090	KS FORREST LIMANOWA	Senior II K - 30	6		05:59:15	09:35:40	11:36:26	14:31:40	16:46:38	18:32:41.25	18:33:00.60	+05:27:39 (29.4%)	10:06	5,9 (62.5%)
14	GARGAS-MARUT Małgorzata	5190	PZU SPORT TEAM	Masters K - 40	4	02:10:44	05:58:51	09:25:31	11:16:57	14:15:31	16:35:24	18:36:05.90	18:36:34.85	+05:31:13 (29.7%)	10:08	5,9 (62.5%)
15	SOBKOWIAK Ewa	5166	BRYLANT KÓRNIK	Weteran K - 50	1	02:17:14	06:33:34	09:57:31	11:58:17	14:48:31	17:11:39	19:22:55.75	19:23:24.20	+06:18:03 (32.5%)	10:34	5,7 (62.5%)
16	SZAROWAR Alicja	5170	STOWARZYSZENIE NOWE GRANICE	Senior II K - 30	7	02:04:10	06:23:51	10:06:49	12:10:41	15:46:49	18:09:41	20:00:52.75	20:01:03.40	+06:55:42 (34.6%)	10:55	5,5 (62.5%)

Place	Participant	Number	Club	Category	MCat	A9 15km	A11 40km	A12 61km	A13 73km	A14 85km	A15 98km	Net time 110km	Czas brutto 110km	Gap	Pace min/km	Pace km/h
17	MATUSZEWSKA Małgorzata	5040	RUNNER'S POWER ŚREM	Masters K - 40	5	02:20:22	06:36:41	10:16:44	12:33:46	15:34:44	18:10:04	20:04:40.55	20:04:56.45	+06:59:35 (34.8%)	10:57	5,5 (62.5%)
18	COP Anna	5017	SILESIA ULTRA MOUNTAIN TEAM	Senior II K - 30	8	02:09:55	06:50:06	10:18:40	12:07:52	15:14:40	18:06:50	20:29:03.65	20:29:23.60	+07:24:02 (36.1%)	11:10	5,4 (62.5%)
19	OHLA Justyna	5159	BIEGAM BO NIE LUBIE	Senior II K - 30	9	02:14:56	06:35:38	10:42:37	12:34:42	15:44:37	18:24:26	20:40:10.10	20:40:32.80	+07:35:11 (36.7%)	11:16	5,3 (62.5%)
20	WOLF Weronika	5033	TKKF KOSZALIN	Masters K - 40	6	02:15:06	07:00:42	10:54:45	13:10:49		18:49:38	20:52:26.70	20:52:40.75	+07:47:19 (37.3%)	11:23	5,3 (62.5%)
21	JEDYNAK Izabelka	5212	KB MANIAC POZNAŃ	Masters K - 40	7	02:26:28	07:30:43	12:02:32	14:19:28	17:13:32	19:47:06	21:51:06.00	21:51:33.35	+08:46:12 (40.1%)	11:55	5 (62.5%)
22	ŚWIGOŃ-SIEJEK Małgorzata	5031		Senior II K - 30	10	02:35:44	07:42:15	12:15:28	14:51:42		21:28:54	23:56:24.40	23:56:56.35	+10:51:35 (45.3%)	13:03	4,6 (50.0%)
23	OBARSKA Małgorzata	5029		Weteran K - 50	2	02:46:14	08:09:45	12:29:44	15:04:56	18:29:44	21:47:57	24:20:16.60	24:20:32.10	+11:15:11 (46.2%)	13:16	4,5 (50.0%)
24	SOKOŁOWSKA Małgorzata	5151		Masters K - 40	8	02:31:16	07:47:05	12:20:34	15:08:47	19:08:34	22:19:01	24:59:34.90	25:00:00.20	+11:54:39 (47.6%)	13:37	4,4 (50.0%)
	MARCINEK Małgorzata	5115	SKLEPBIEGOWY.COM	Senior I K - 20		01:48:27 DNF	05:24:39 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Total 25 results.