



Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2021-07-15
Miejsce: Łądek-Zdrój
Dystans: 110 km

BIEG K-B-L - 110 KM

B4SPORT

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Senior II K - 30

| 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 | WENTA Marta | 3470 | KASZUBSKA PONIEWIERKA | Senior II K - 30 | 1 | 01:31:06 | 04:08:29 | 07:53:59 | 09:40:20 | 11:10:43 | 12:25:21.60 | | 6:46 | 8.9 (100%) |
| 2 | GRUSZKA Aleksandra | 3401 | WILD ULTRA WARRIORS | Senior II K - 30 | 2 | 01:52:24 | 05:05:19 | 09:27:12 | 11:23:29 | 13:10:56 | 14:38:22.35 | +02:13:00 (15.1%) | 7:59 | 7.5 (84.3%) |
| 3 | GUZERA Justyna | 3103 | MATNER RUNNING TEAM | Senior II K - 30 | 3 | 02:00:40 | 05:07:47 | 09:33:57 | 11:37:18 | 13:30:24 | 15:01:21.30 | +02:35:59 (17.3%) | 8:11 | 7.3 (82.0%) |
| 4 | ŚLUSARCZYK Katarzyna | 3398 | | Senior II K - 30 | 4 | 01:51:28 | 05:10:04 | 09:54:11 | 11:50:58 | 13:40:04 | 15:03:24.00 | +02:38:02 (17.5%) | 8:12 | 7.3 (82.0%) |
| 5 | ŚLIŻ Sylwia | 3412 | | Senior II K - 30 | 5 | 01:56:35 | 04:55:59 | 09:26:02 | 11:39:03 | 13:41:31 | 15:13:47.30 | +02:48:25 (18.4%) | 8:18 | 7.2 (80.9%) |
| 6 | WITKE-ORLIKOWSKA Marta | 3376 | | Senior II K - 30 | 6 | 01:57:21 | 05:14:47 | 09:59:53 | 12:12:45 | 14:16:21 | 15:49:36.10 | +03:24:14 (21.5%) | 8:37 | 7 (78.7%) |
| 7 | GÓRNA Anita | 3341 | LPP TEAM | Senior II K - 30 | 7 | 02:00:41 | 05:14:55 | 09:43:40 | 12:09:33 | 14:20:23 | 15:54:47.70 | +03:29:26 (21.9%) | 8:40 | 6.9 (77.5%) |
| 8 | BOROWSKA Karolina | 3142 | MONIA GYM | Senior II K - 30 | 8 | 01:56:42 | 05:28:31 | 10:22:24 | 12:55:27 | 14:58:02 | 16:29:20.90 | +04:03:59 (24.7%) | 8:59 | 6.7 (75.3%) |
| 9 | KONIECZNA Paulina | 3263 | CH10 | Senior II K - 30 | 9 | 01:50:46 | 05:10:10 | 10:03:10 | 12:47:08 | 15:01:41 | 16:44:15.70 | +04:18:54 (25.8%) | 9:07 | 6.6 (74.2%) |
| 10 | PARSZEWSKA Aleksandra | 3328 | | Senior II K - 30 | 10 | 02:09:22 | 05:45:30 | 10:47:05 | 13:12:22 | 15:23:57 | 17:08:12.40 | +04:42:50 (27.5%) | 9:20 | 6.4 (71.9%) |
| 11 | PRZYSTOLIK Magdalena | 3365 | | Senior II K - 30 | 11 | 02:08:14 | 05:51:40 | 10:53:00 | 13:25:18 | 15:36:05 | 17:10:12.90 | +04:44:51 (27.7%) | 9:21 | 6.4 (71.9%) |
| 12 | ANTKOWIAK Monika | 3509 | MUAY RUNNING TEAM | Senior II K - 30 | 12 | 02:06:53 | 05:57:06 | 11:02:05 | 13:24:16 | 15:34:28 | 17:17:56.90 | +04:52:35 (28.2%) | 9:26 | 6.4 (71.9%) |
| 13 | RYBARCZYK Ilona | 3153 | SPARTA RUNNERS | Senior II K - 30 | 13 | 01:57:53 | 05:17:51 | 10:18:29 | 13:10:43 | 15:34:45 | 17:40:42.05 | +05:15:20 (29.7%) | 9:38 | 6.2 (69.7%) |
| 14 | KOZICZAK Katarzyna | 3078 | | Senior II K - 30 | 14 | 02:14:05 | 05:56:29 | 10:56:37 | 13:45:22 | 16:07:33 | 17:56:28.30 | +05:31:06 (30.8%) | 9:47 | 6.1 (68.5%) |
| 15 | QUIRINI Ewa | 3393 | | Senior II K - 30 | 15 | 02:14:54 | 06:04:15 | 11:34:35 | 14:04:53 | 16:24:04 | 18:08:58.10 | +05:43:36 (31.6%) | 9:53 | 6.1 (68.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 110km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|-------|---|------------------|------|--------------|--------------|--------------|----------|----------|--------------------|-------------------|--------------|-------------|
| | | | | | | A9 15km | A11 40km | A13 70km | A14 85km | A15 98km | | | | |
| 16 | WINNIK Ela | 3424 | | Senior II K - 30 | 16 | 01:58:37 | 05:31:55 | 10:45:46 | 13:27:00 | 16:05:42 | 18:14:12.70 | +05:48:51 (31.9%) | 9:56 | 6 (67.4%) |
| 17 | WYDRYCH Barbara | 3434 | PARKRUN GRUDZIĄDZ | Senior II K - 30 | 17 | 02:15:46 | 06:24:11 | 11:43:54 | 14:15:11 | 16:37:54 | 18:30:20.25 | +06:04:58 (32.9%) | 10:05 | 5.9 (66.3%) |
| 18 | DOMARADZKA-KASZUBOWICZ Wiktoria | 3018 | | Senior II K - 30 | 18 | 02:19:56 | 06:33:16 | 11:58:18 | 14:44:32 | 17:20:53 | 19:03:59.15 | +06:38:37 (34.8%) | 10:23 | 5.8 (65.2%) |
| 19 | KACZMAREK Dagmara | 3462 | HURAGAN LIGOTA | Senior II K - 30 | 19 | 02:20:53 | 06:39:02 | 12:05:17 | 14:58:23 | 17:53:49 | 19:51:23.00 | +07:26:01 (37.4%) | 10:49 | 5.5 (61.8%) |
| 20 | KRAŃSKA Sandra | 3440 | | Senior II K - 30 | 20 | 02:18:09 | 06:36:45 | 12:48:21 | 15:45:00 | 18:37:15 | 20:47:50.40 | +08:22:28 (40.3%) | 11:20 | 5.3 (59.6%) |
| 21 | RABSCH Patrycja | 3068 | | Senior II K - 30 | 21 | 02:30:54 | 06:43:55 | 12:44:00 | 15:52:43 | 18:38:26 | 20:49:13.70 | +08:23:52 (40.3%) | 11:21 | 5.3 (59.6%) |
| 22 | BATOR Monika | 3019 | | Senior II K - 30 | 22 | 02:11:28 | 06:29:19 | 12:30:34 | 15:38:29 | 18:39:07 | 20:52:41.05 | +08:27:19 (40.5%) | 11:23 | 5.3 (59.6%) |
| 23 | RZEPKA Aleksandra | 3116 | WKURW_TEAM | Senior II K - 30 | 23 | 02:09:59 | 06:38:28 | 12:47:56 | 16:17:34 | 18:54:28 | 20:56:40.90 | +08:31:19 (40.7%) | 11:25 | 5.3 (59.6%) |
| 24 | RUDY Iwona | 3299 | | Senior II K - 30 | 24 | 02:11:32 | 06:29:19 | 12:30:34 | 15:40:34 | 18:39:04 | 21:06:08.80 | +08:40:47 (41.1%) | 11:30 | 5.2 (58.4%) |
| 25 | MRÓZ Anna | 3395 | | Senior II K - 30 | 25 | 02:28:50 | 06:44:39 | 12:23:04 | 15:34:33 | 18:51:07 | 21:10:29.40 | +08:45:07 (41.3%) | 11:32 | 5.2 (58.4%) |
| 26 | BIELEŃ Agnieszka | 3428 | OWOCBIEGATEAM/MUAY RUNNING TEAM | Senior II K - 30 | 26 | 02:23:54 | 06:41:09 | 13:06:04 | 16:01:10 | 18:53:24 | 21:16:50.20 | +08:51:28 (41.6%) | 11:36 | 5.2 (58.4%) |
| 27 | WOJNO Małgorzata | 3071 | DROGA DO ULTRA | Senior II K - 30 | 27 | 02:34:20 | 07:09:14 | 13:30:32 | 16:41:24 | 19:27:49 | 21:43:52.15 | +09:18:30 (42.8%) | 11:51 | 5.1 (57.3%) |
| 28 | HANGIEL Urszula | 3422 | ŻWAWĘ ŻÓŁWIE | Senior II K - 30 | 28 | 02:38:29 | 07:38:59 | 14:14:40 | 17:30:35 | 20:29:41 | 22:23:18.20 | +09:57:56 (44.5%) | 12:12 | 4.9 (55.1%) |
| 29 | KOPACKA Edyta | 3243 | KB SOBÓTKA | Senior II K - 30 | 29 | | 07:01:01 | 13:20:35 | 16:50:50 | 20:14:56 | 22:47:17.95 | +10:21:56 (45.5%) | 12:25 | 4.8 (53.9%) |
| 30 | SOBAŃSKA Paulina | 3314 | TARNOWO PODGÓRNE BIEGA | Senior II K - 30 | 30 | 02:47:08 | 08:14:12 | 15:06:48 | 18:37:19 | 21:21:43 | 23:31:41.95 | +11:06:20 (47.2%) | 12:50 | 4.7 (52.8%) |
| 31 | MACZUGA Monika | 3057 | MUSTANGI GLIWICE | Senior II K - 30 | 31 | 02:15:24 | 07:11:33 | 15:39:24 | 18:51:03 | 22:09:54 | 24:22:37.00 | +11:57:15 (49.0%) | 13:17 | 4.5 (50.6%) |
| 32 | SZWARGOT Marta | 3159 | SPORTOWY KAŻMIERZ/ TARNOWO PODGÓRNE BIEGA | Senior II K - 30 | 32 | 02:47:10 | 08:14:14 | 15:06:53 | 18:56:31 | 22:09:47 | 24:44:15.00 | +12:18:53 (49.8%) | 13:29 | 4.4 (49.4%) |
| 33 | WĄDOŁOWSKA Joanna | 3075 | | Senior II K - 30 | 33 | 02:41:18 | 08:21:00 | 16:24:36 | 20:41:54 | 23:48:11 | 26:04:26.20 | +13:39:04 (52.4%) | 14:13 | 4.2 (47.2%) |
| 34 | KOCHMAŃSKA Marta | 3015 | SOWY | Senior II K - 30 | 34 | 02:22:14 | 07:35:00 | 15:29:19 | 20:14:16 | 24:19:17 | 26:13:15.75 | +13:47:54 (52.6%) | 14:18 | 4.2 (47.2%) |
| | MAGOCSY Justyna | 3097 | | Senior II K - 30 | | 02:49:48 DNF | 07:44:20 DNF | 15:31:14 DNF | DNF | DNF | DNF | - | - | - (0.0%) |
| | KRUZEL Joanna | 3499 | BIEGOWE MISIE | Senior II K - 30 | | 02:41:40 DNF | 07:35:58 DNF | DNF | DNF | DNF | DNF | - | - | - (0.0%) |
| | KANIASTY Marta | 3307 | | Senior II K - 30 | | 02:38:54 DNF | 08:00:53 DNF | DNF | DNF | DNF | DNF | - | - | - (0.0%) |

