



BIEG K-B-L - 110 KM

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dolnośląski Festiwal Biegów Górskich
Fundacja MARATONY GÓRSKIE
2022-07-14
Łądek-Zdrój
110 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Senior II K - 30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A8 0.01km	A9 15km	A11 40km	A13 70km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
1	IWAŃCIÓW Katarzyna	3160		Senior II K - 30	1	00:00:04	01:48:01	04:42:08	08:58:08	12:30:40	13:51:54.10	13:51:54.10		7:33	7.9 (100%)
2	BEDNAREK Anna	3436	SPARTAN TRAINING GROUP WARSZAWA	Senior II K - 30	2	00:00:05	01:48:23	04:47:56	09:16:44	13:04:15	14:32:46.70	14:32:46.70	+00:40:52 (4.7%)	7:56	7.6 (96.2%)
3	RZEŹNICZEK Anna	3433	STOWARZYSZENIE DZIAŁAMY RAZEM	Senior II K - 30	3	00:00:19	01:52:25	04:58:52	09:16:43	13:17:32	14:45:14.95	14:45:14.95	+00:53:20 (6.0%)	8:02	7.5 (94.9%)
4	KONIECZNA Paulina	3396	CH10	Senior II K - 30	4	00:00:28	01:53:53	05:00:48	09:37:37	13:43:00	15:16:28.20	15:16:28.20	+01:24:34 (9.2%)	8:19	7.2 (91.1%)
5	KWIATEK Agnieszka	3461		Senior II K - 30	5	00:00:16	01:55:54	05:14:12	09:47:12	14:03:16	15:43:27.05	15:43:27.05	+01:51:32 (11.8%)	8:34	7 (88.6%)
6	ŁYCZKO Anna	3087	PODIUM	Senior II K - 30	6	00:00:11	02:08:54	05:44:15	10:27:47	14:50:50	16:23:47.20	16:23:47.20	+02:31:53 (15.4%)	8:56	6.7 (84.8%)
7	KONS Katarzyna	3105		Senior II K - 30	7	00:00:27	02:17:20	06:04:14	11:29:15	15:57:21	17:35:18.50	17:35:18.50	+03:43:24 (21.2%)	9:35	6.3 (79.7%)
8	BIEŃCZAK Zuzanna	3295	ASICS FRONTRUNNER POLAND	Senior II K - 30	8	00:00:14	02:00:03	05:46:48	11:18:16	16:33:45	18:22:36.75	18:22:36.75	+04:30:42 (24.6%)	10:01	6 (75.9%)
9	KARCZ Anna	3475		Senior II K - 30	9	00:00:24	02:00:33	05:52:40	11:14:49	16:40:55	18:27:52.50	18:27:52.50	+04:35:58 (24.9%)	10:04	6 (75.9%)
10	PAWLIK Joanna	3054		Senior II K - 30	10	00:00:29	02:15:13	06:19:43	11:37:58	16:54:07	18:46:30.65	18:46:30.65	+04:54:36 (26.2%)	10:14	5.9 (74.7%)
11	BOGUCKA Zuzanna	3296		Senior II K - 30	11	00:00:42	02:25:28	06:46:22	12:18:13	17:13:22	19:00:46.20	19:00:46.20	+05:08:52 (27.1%)	10:22	5.8 (73.4%)
12	STRAMOWSKA-JARCZEWSKA Sandra	3451	MONSTER CROSS TEAM WOŁCZYN	Senior II K - 30	12	00:00:13	02:06:22	06:03:03	11:55:47	17:27:40	19:14:19.15	19:14:19.15	+05:22:25 (27.9%)	10:29	5.7 (72.2%)
13	WÓJCIAK Ewelina	3393	WARRIORS ŁÓDŹ	Senior II K - 30	13	00:00:46	02:26:01	06:30:02	11:44:38	17:26:51	19:37:46.55	19:37:46.55	+05:45:52 (29.4%)	10:42	5.6 (70.9%)
14	RYCHEL-MANTUR Dominika	3018		Senior II K - 30	14	00:00:48	02:06:02	05:54:41	11:36:21	17:26:26	19:43:06.90	19:43:06.90	+05:51:12 (29.7%)	10:45	5.6 (70.9%)
15	WOSZTYL Alicja	3043	FOR-REST-RUN	Senior II K - 30	15	00:00:19	02:04:32	05:47:11	11:37:58	17:49:05	19:51:55.80	19:51:55.80	+06:00:01 (30.2%)	10:50	5.5 (69.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A8 0.01km	A9 15km	A11 40km	A13 70km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
16	BUJALSKA Agata	3172		Senior II K - 30	16	00:00:21	02:18:19	06:14:18	12:10:04	18:13:34	20:07:40.45	20:07:40.45	+06:15:46 (31.1%)	10:58	5.5 (69.6%)
17	SMYKOWSKA Magdalena	3198	RYKOWISKOTEAM	Senior II K - 30	17	00:00:24	01:58:27	06:52:16	13:16:39	18:28:46	20:22:03.65	20:22:03.65	+06:30:09 (31.9%)	11:06	5.4 (68.4%)
18	ZACHARIASZ Agnieszka	3282	BIEGOWA KUŹNIA	Senior II K - 30	18	00:00:22	02:21:57	06:43:06	12:42:19	18:42:45	20:37:00.55	20:37:00.55	+06:45:06 (32.7%)	11:14	5.3 (67.1%)
19	MAGOCSY Justyna	3069		Senior II K - 30	19	00:00:15	02:33:39	06:47:35	13:11:21	18:35:52	20:50:39.70	20:50:39.70	+06:58:45 (33.5%)	11:22	5.3 (67.1%)
20	FRYBES Agnieszka	3079		Senior II K - 30	20	00:00:40	02:25:53	07:01:55	14:27:16	19:34:56	21:14:39.65	21:14:39.65	+07:22:45 (34.7%)	11:35	5.2 (65.8%)
21	PACZUSZKA Anna	3220	KLUB BIEGACZA WARTA	Senior II K - 30	21	00:00:20	02:11:58	06:57:40	13:23:18	19:25:45	21:29:03.95	21:29:03.95	+07:37:09 (35.5%)	11:43	5.1 (64.6%)
22	JAKÓBCZYK Ewelina	3454		Senior II K - 30	22	00:00:51	02:16:03	06:37:15	12:24:14	19:26:07	21:48:06.95	21:48:06.95	+07:56:12 (36.4%)	11:53	5 (63.3%)
23	OWCZARZAK Katarzyna	3277	OWCE NA WYPASIE	Senior II K - 30	23	00:00:35	02:25:58	07:03:28	13:14:27	19:35:32	21:56:46.00	21:56:46.00	+08:04:51 (36.8%)	11:58	5 (63.3%)
24	POPCZYK Magdalena	3021	BIEGOWA KUŹNIA	Senior II K - 30	24	00:00:22	02:51:51	08:02:34	14:53:41	21:10:06	23:30:07.60	23:30:07.60	+09:38:13 (41.0%)	12:49	4.7 (59.5%)
25	POŚPIECH Anna	3462	BIEGOWA KUŹNIA	Senior II K - 30	25	00:00:21	02:51:54	08:02:35	14:53:41		23:30:07.70	23:30:07.70	+09:38:13 (41.0%)	12:49	4.7 (59.5%)
26	KOPCZYŃSKA Marta	3181	BIEGAJĄCE KREJZOLE	Senior II K - 30	26	00:00:54	02:36:09	07:06:27	13:28:22	21:21:28	24:30:12.05	24:30:12.05	+10:38:17 (43.4%)	13:21	4.5 (57.0%)
27	DZIERGWA Agnieszka	3354	PRZEDWOJEWSKI TEAM	Senior II K - 30	27	00:00:30	02:34:33	08:03:06	15:37:20	22:15:01	24:38:55.65	24:38:55.65	+10:47:01 (43.7%)	13:26	4.5 (57.0%)
28	OWCZARCZAK Monika	3305	SPORTOWY KAŻMIERZ	Senior II K - 30	28	00:00:49	02:35:27	07:24:32	14:22:08	22:27:38	25:16:56.65	25:16:56.65	+11:25:02 (45.2%)	13:47	4.4 (55.7%)
	PENIOWICZ Justyna	3224	ASICS FRONTRUNNER POLAND	Senior II K - 30		00:00:14 DNF	01:51:27 DNF	04:41:57 DNF	08:56:32 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	STRUK Agnieszka	3066	W POGONI ZA DUCHEM	Senior II K - 30		00:00:05 DNF	02:01:29 DNF	05:29:31 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	BĄDZIUL Dorota	3482		Senior II K - 30		00:00:48 DNF	03:05:37 DNF	DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 31 wynik(ów)