



Event: Dolnośląski Festiwal Biegów Górskich
Organiser: Fundacja MARATONY GÓRSKIE
Date: 2023-07-13
Place: Łądek-Zdrój
Distance: 110 km

BIEG K-B-L - 110 KM

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

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INTELEGENTNE ZAWODY SPORTOWE

Classification: Senior II K - 30

Place	Participant	Number	Club	Category	MCat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Net time 110km	Czas brutto 110km	Gap	Pace min/km	Pace km/h
1	WENTA Marta	3235	KASZUBSKA PONIEWIERKA	Senior II K - 30	1	01:29:23	03:58:50	06:11:01	07:22:59	08:57:58	10:17:02	11:25:35.55	11:25:40.10		6:13	9.6 (100%)
2	TATAREK-KONIK Agnieszka	3132	ALPIN SPORT TEAM	Senior II K - 30	2	01:31:47	04:16:54	06:52:22	08:11:48	09:57:15	11:34:54	12:52:52.15	12:52:55.75	+01:27:15 (11.3%)	7:01	8.5 (88.5%)
3	KRUPICKA Katarzyna	3305	GÓRAL Z MAZUR RUNNING TEAM	Senior II K - 30	3	01:36:59	04:16:52	06:47:50	08:07:23	10:07:57	11:51:24	13:10:02.05	13:10:05.80	+01:44:25 (13.2%)	7:10	8.4 (87.5%)
4	KOMISARCZYK Anna	3477		Senior II K - 30	4	01:38:56	04:27:31	06:53:27	08:17:11	10:08:15	11:54:18	13:16:03.15	13:16:08.95	+01:50:28 (13.9%)	7:14	8.3 (86.5%)
5	GUZERA Justyna	3289	MATNER RUNNING TEAM	Senior II K - 30	5	01:40:03	04:32:01	07:07:45	08:38:07	10:41:18	12:23:28	13:45:03.15	13:45:10.15	+02:19:30 (16.9%)	7:30	8 (83.3%)
6	RZEŹNICZEK Anna	3320	STOWARZYSZENIE DZIAŁAMY RAZEM	Senior II K - 30	6	01:52:22	04:47:39	07:29:16	09:00:47	11:04:16	13:01:18	14:30:47.50	14:31:02.25	+03:05:22 (21.3%)	7:54	7.6 (79.2%)
7	WITKE- ORLIKOWSKA Marta	3315		Senior II K - 30	7	01:44:26	04:54:54	07:47:54	09:19:47	11:17:36	13:10:48	14:37:10.70	14:37:16.15	+03:11:36 (21.8%)	7:58	7.5 (78.1%)
8	KONIECZNA Paulina	3383		Senior II K - 30	8	01:42:28	04:43:26	07:31:18	09:07:59	11:22:43	13:23:09	14:57:39.30	14:57:52.00	+03:32:11 (23.6%)	8:09	7.4 (77.1%)
9	KUJAWSKA- FREJLICH Joanna	3528		Senior II K - 30	9	01:54:42	05:21:54	08:31:27	10:13:47	12:41:09	14:42:54	16:10:49.05	16:10:58.90	+04:45:18 (29.4%)	8:49	6.8 (70.8%)
10	STRUK Agnieszka	3290	W POGONI ZA DUCHEM	Senior II K - 30	10	01:55:59	05:13:02	08:25:18	10:21:49	12:53:15	14:49:51	16:15:41.65	16:15:51.10	+04:50:11 (29.7%)	8:52	6.8 (70.8%)
11	KWIATEK Agnieszka	3349		Senior II K - 30	11	01:54:45	05:14:00	08:20:56	10:07:48	12:34:02	14:53:49	16:38:13.10	16:38:40.80	+05:13:00 (31.3%)	9:04	6.6 (68.8%)
12	GILEWICZ- RACHOWSKA Jagoda	3449	MAKSFLY	Senior II K - 30	12	02:02:51	05:52:23	08:58:04	10:36:34	12:59:37	15:13:17	16:46:39.75	16:46:56.05	+05:21:15 (31.9%)	9:09	6.6 (68.8%)
13	ZIĘTEK Katarzyna	3032		Senior II K - 30	13	02:18:56	05:53:39	09:07:44	10:45:56	13:04:42	15:18:19	16:57:28.60	16:58:00.20	+05:32:20 (32.6%)	9:14	6.5 (67.7%)
14	BABIŃSKA- POPIŁKA Ewelina	3007		Senior II K - 30	14	02:01:10	05:17:39	08:49:36	10:52:48	12:58:22	15:13:20	17:07:33.95	17:09:10.05	+05:43:29 (33.4%)	9:20	6.4 (66.7%)
15	SOBCZAK Aleksandra	3410		Senior II K - 30	15	02:05:11	05:49:10	09:32:55	11:19:22	13:48:17	16:11:47	17:57:50.75	17:58:13.25	+06:32:33 (36.4%)	9:47	6.1 (63.5%)
16	SKŁADANOWSKA Beata	3403	ARW/EUROCASH TEAM/DZIKI TEAM	Senior II K - 30	16	02:16:42	06:12:10	09:29:16	11:10:27	13:43:32	16:21:26	18:18:10.15	18:18:46.70	+06:53:06 (37.6%)	9:59	6 (62.5%)

Place	Participant	Number	Club	Category	MCat	A9	A11	A12	A13	A14	A15	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
						15km	40km	61km	70km	85km	98km	110km	110km			
17	KOPACZ Katarzyna	3304		Senior II K - 30	17	02:04:13	05:42:46	09:07:42	11:04:51	13:52:47	16:36:45	18:22:45.55	18:22:58.80	+06:57:18 (37.8%)	10:01	6 (62.5%)
18	RUTKOWSKA Agnieszka	3400	NAKRĘCONA NA BIEGANIE	Senior II K - 30	18	02:23:56	06:33:15	09:57:21	11:53:53	14:19:46	16:43:26	18:33:45.45	18:34:05.50	+07:08:25 (38.5%)	10:07	5.9 (61.5%)
19	JANKOWSKA Paulina	3313	EY RUN4FUN	Senior II K - 30	19	02:24:58	06:29:51	09:50:16	11:36:59	14:14:09	16:47:22	18:42:19.80	18:42:58.25	+07:17:18 (38.9%)	10:12	5.9 (61.5%)
20	CIECHAROWSKA Justyna	3234	RUN DE GIRARD	Senior II K - 30	20	02:11:05	06:19:43	09:49:54	11:29:40	14:42:47	17:10:36	19:11:09.25	19:11:47.75	+07:46:07 (40.5%)	10:27	5.7 (59.4%)
21	SOWIŃSKA-JANECZEK Joanna	3019	KB MARATON TUREK	Senior II K - 30	21	02:15:10	06:20:25	09:57:17	11:46:23	14:40:27	17:22:28	19:24:47.45	19:25:15.65	+07:59:35 (41.2%)	10:35	5.7 (59.4%)
22	STOLARSKA Monika	3081	KBKS RADOMSKO	Senior II K - 30	22	02:10:31	06:12:41	09:53:44	11:43:38	14:41:16	17:31:52	19:28:13.25	19:28:37.60	+08:02:57 (41.3%)	10:37	5.6 (58.3%)
23	BŁASZCZYK Luiza	3152		Senior II K - 30	23	02:17:08	06:31:32	10:11:02	12:03:47	15:07:07	18:05:13	19:56:49.05	19:57:34.55	+08:31:54 (42.7%)	10:52	5.5 (57.3%)
24	DOMAGAŁA Grażyna	3372		Senior II K - 30	24	01:55:36	05:29:35	09:01:15	10:51:40	14:07:24	17:58:34	20:05:43.15	20:06:04.35	+08:40:24 (43.1%)	10:57	5.5 (57.3%)
25	FILIPEK Małgorzata	3017		Senior II K - 30	25	02:11:49	06:11:53	09:49:56	11:50:06	14:43:41	17:37:33	20:13:07.05	20:13:25.55	+08:47:45 (43.5%)	11:01	5.4 (56.3%)
26	RYCHEL-MANTUR Dominika	3079		Senior II K - 30	26	02:06:01	05:56:50	09:14:47	11:21:48	14:51:56	18:02:09	20:31:48.80	20:32:29.40	+09:06:49 (44.4%)	11:11	5.4 (56.3%)
27	PODBIELSKA Małgorzata	3434		Senior II K - 30	27	02:17:40	06:57:20	10:49:48	12:51:24	15:40:38	18:16:57	20:33:05.90	20:33:40.15	+09:08:00 (44.4%)	11:12	5.4 (56.3%)
28	ŁOWICKA Maja	3111	AKTYWNI RAZEM	Senior II K - 30	28	02:15:58	07:00:23	11:40:33	13:45:26	16:32:18	19:07:53	20:55:10.60	20:55:29.40	+09:29:49 (45.4%)	11:24	5.3 (55.2%)
29	NORAS Alina	3224	ENDURANCE TEAM	Senior II K - 30	29	02:24:37	06:39:37	10:09:21	12:17:02	15:35:23	18:42:25	21:28:03.25	21:29:47.90	+10:04:07 (46.8%)	11:42	5.1 (53.1%)
30	SOCHAJ Anna	3113	FUKUNDA	Senior II K - 30	30	02:18:02	06:29:14	10:20:26	12:55:38	16:19:19	19:16:23	21:35:56.25	21:37:35.10	+10:11:55 (47.2%)	11:46	5.1 (53.1%)
31	PAPIEROWSKA Dagmara	3023		Senior II K - 30	31	02:29:00	07:11:39	11:07:26	13:03:49	16:19:45	19:21:05	21:37:32.15	21:38:00.90	+10:12:20 (47.2%)	11:47	5.1 (53.1%)
32	WĘGIERSKA Małgorzata	3496		Senior II K - 30	32	02:05:30	05:55:04	10:21:46	12:55:26	16:31:37	19:54:46	22:57:32.85	22:57:59.25	+11:32:19 (50.2%)	12:31	4.8 (50.0%)
33	STEC Iwona	3029		Senior II K - 30	33	02:29:53	06:57:41	11:13:58	13:41:11	17:28:09	20:46:18	23:30:21.25	23:31:59.50	+12:06:19 (51.4%)	12:49	4.7 (49.0%)
34	ŁYSIAK Kasia	3273		Senior II K - 30	34	02:29:51	06:57:38	11:13:54	13:41:11	17:28:13	20:46:21	23:30:21.35	23:31:59.60	+12:06:19 (51.4%)	12:49	4.7 (49.0%)
35	SCHUMACHER Małgorzata	3022	PAKOŚĆ BIEGA	Senior II K - 30	35	02:42:38	07:56:17	12:15:20	14:39:37	18:35:17	22:00:41	24:50:33.05	24:51:16.30	+13:25:36 (54.0%)	13:33	4.4 (45.8%)
36	PRZYBYSZEWSKA Dominika	3054	ŚWIERCZEWO RUN	Senior II K - 30	36	02:29:04	07:11:40	11:15:13	13:44:41	18:04:14	22:12:07	24:56:14.15	24:56:42.45	+13:31:02 (54.2%)	13:36	4.4 (45.8%)
37	PYZIO Magdalena	3203		Senior II K - 30	37	02:28:14	07:14:10	12:27:30	14:52:46	19:34:04	22:31:29	24:56:05.10	24:57:50.70	+13:32:10 (54.2%)	13:36	4.4 (45.8%)
38	WALIŃSKA Agata	3202	WWW.SPRAWDZAMY-NIERUCHOMOSCI.COM	Senior II K - 30	38	02:28:24	07:14:13	12:27:27	14:53:02	19:34:00	22:30:52	24:56:07.35	24:57:53.05	+13:32:12 (54.2%)	13:36	4.4 (45.8%)
39	POŚPIECH Anna	3439	BIEGOWA KUŹNIA	Senior II K - 30	39	02:36:02	07:46:31	12:18:55	15:05:29	19:08:32	22:15:32	25:15:34.20	25:16:10.15	+13:50:30 (54.8%)	13:46	4.4 (45.8%)
40	POPCZYK Magdalena	3089	BIEGOWA KUŹNIA	Senior II K - 30	40	02:36:00	07:46:28	12:18:48	15:05:29	19:07:40	22:28:00	25:15:35.95	25:16:12.45	+13:50:32 (54.8%)	13:46	4.4 (45.8%)
41	TOPOREK Ewa	3106	WYLOTANE	Senior II K - 30	41	03:04:02	08:55:23	13:34:04	16:16:42	20:27:22		25:34:03.25	25:34:41.35	+14:09:01 (55.3%)	13:56	4.3 (44.8%)

Place	Participant	Number	Club	Category	MCat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Net time 110km	Czas brutto 110km	Gap	Pace min/km	Pace km/h
	JÓZEFIAK Beata	3112		Senior II K - 30		01:54:45 DNF	05:36:54 DNF	10:57:44 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	MAKOWSKA Maja	3497	EAZYMUT.PL/ ON RUNNING	Senior II K - 30		02:10:55 DNF	06:05:53 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	WIELICZKO Dagmara	3020		Senior II K - 30		02:31:06 DNF	07:37:40 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KĘDZIORA Marta	3357	ŻUBRY RACE TEAM	Senior II K - 30		02:16:40 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Total 45 results.