



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dolnośląski Festiwal Biegów Górskich
Fundacja MARATONY GÓRSKIE
2021-07-18
Łądek-Zdrój
10 km

BIEG TROJAK TRAIL - 10 KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Masters K - 40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	KARCZEWSKA Joanna	8581	FUNDACJA KIERUNEK ULTRA	Masters K - 40	1	00:25:50	00:38:44	01:01:07.05		6:06	9.8 (100%)
2	ZALEWSKA Agnieszka	8512		Masters K - 40	2	00:31:57	00:47:45	01:15:41.70	+00:14:34 (19.3%)	7:34	7.9 (80.6%)
3	KĘDZIOR Joanna	8321	KB HARCOWNIK	Masters K - 40	3	00:33:19	00:51:05	01:19:39.55	+00:18:32 (23.3%)	7:57	7.5 (76.5%)
4	KOŁODKO Natalia	8067	TARNOWO PODGÓRNE BIEGA	Masters K - 40	4	00:36:54	00:54:18	01:22:49.65	+00:21:42 (26.2%)	8:16	7.2 (73.5%)
5	SZNEJDER Anita	8582		Masters K - 40	5	00:33:18	00:51:47	01:23:01.60	+00:21:54 (26.4%)	8:18	7.2 (73.5%)
6	JASKÓLSKA Joanna	8344	JASKÓŁY	Masters K - 40	6	00:34:41	00:53:13	01:23:46.30	+00:22:39 (27.0%)	8:22	7.2 (73.5%)
7	MATUSZCZYK Grażyna	8166	RYBNICKA GRUPA BIEGOWA	Masters K - 40	7	00:34:17	00:52:42	01:24:09.45	+00:23:02 (27.4%)	8:24	7.1 (72.4%)
8	SIEMIŃSKA Marta	8623A	MARTA I ADA	Masters K - 40	8	00:35:17	00:54:07	01:26:23.50	+00:25:16 (29.3%)	8:38	6.9 (70.4%)
9	ŁOBASIUK Iwona	8585	FUNDACJA KIERUNEK ULTRA	Masters K - 40	9	00:35:05	00:54:10	01:26:23.80	+00:25:16 (29.3%)	8:38	6.9 (70.4%)
10	PĘCZKOWSKA Magdalena	8057		Masters K - 40	10	00:34:04	00:54:43	01:27:35.50	+00:26:28 (30.2%)	8:45	6.9 (70.4%)
11	MOMOT Anna	8340	ŁAB	Masters K - 40	11	00:37:28	00:56:31	01:28:24.70	+00:27:17 (30.9%)	8:50	6.8 (69.4%)
12	MIKOŁAJCZAK Agnieszka	8418	FRIENDS GOSTYŃ	Masters K - 40	12	00:36:13	00:56:45	01:28:41.95	+00:27:34 (31.1%)	8:52	6.8 (69.4%)
13	ZAWADA Magdalena	8194	JFIT RUNNING TEAM	Masters K - 40	13	00:36:56	00:55:45	01:29:21.55	+00:28:14 (31.6%)	8:56	6.7 (68.4%)
14	MENDAK Magdalena	8536		Masters K - 40	14	00:37:40	00:58:14	01:29:44.75	+00:28:37 (31.9%)	8:58	6.7 (68.4%)
15	JAWORSKA Izabela	8064		Masters K - 40	15	00:37:00	00:56:51	01:30:39.90	+00:29:32 (32.6%)	9:03	6.6 (67.3%)
16	CIEKAŃSKA Joanna	8051	35PLUD	Masters K - 40	16	00:37:55	00:57:34	01:31:09.80	+00:30:02 (33.0%)	9:06	6.6 (67.3%)
17	SPECHT Karolina	8535		Masters K - 40	17	00:36:36	00:56:29	01:31:36.80	+00:30:29 (33.3%)	9:09	6.6 (67.3%)
18	TEKIELI Ewelina	8168	TEKIELI FAMILY	Masters K - 40	18	00:37:10	00:57:36	01:31:53.45	+00:30:46 (33.5%)	9:11	6.5 (66.3%)
19	SZCZYPCZYK-PRUSICKA Małgorzata	8147	BP RUNNING TEAM	Masters K - 40	19	00:35:39	00:56:29	01:32:21.05	+00:31:14 (33.8%)	9:14	6.5 (66.3%)
20	KWIECIEŃ Dorota	8199		Masters K - 40	20	00:38:53	01:00:40	01:32:58.50	+00:31:51 (34.3%)	9:17	6.5 (66.3%)
21	SKIBA Anna	8557	HARCOWNIK	Masters K - 40	21	00:37:32	00:58:34	01:33:05.30	+00:31:58 (34.3%)	9:18	6.4 (65.3%)
22	RZYWUCKA Jolanta	8256	4 RUN TEAM PIŁA	Masters K - 40	22	00:37:12	01:00:12	01:33:32.85	+00:32:25 (34.7%)	9:21	6.4 (65.3%)
23	PASIEKA Agnieszka	8579		Masters K - 40	23	00:39:07	00:58:28	01:34:24.20	+00:33:17 (35.3%)	9:26	6.4 (65.3%)
24	WRÓBEL Marzena	8088	TARNOWO PODGÓRNE BIEGA	Masters K - 40	24	00:38:08	00:59:12	01:35:06.20	+00:33:59 (35.7%)	9:30	6.3 (64.3%)
25	CHOJECKA Magdalena	8006	ZBUCKI RUCH	Masters K - 40	25	00:39:24	01:00:32	01:35:14.15	+00:34:07 (35.8%)	9:31	6.3 (64.3%)
26	ORDYNIEC Alicja	8425	KĘSY TEAM	Masters K - 40	26	00:39:04	01:00:22	01:35:19.65	+00:34:12 (35.9%)	9:31	6.3 (64.3%)
27	MOŚ Dorota	8193		Masters K - 40	27	00:39:00	01:00:46	01:35:26.65	+00:34:19 (36.0%)	9:32	6.3 (64.3%)
28	AUGUSTYNOWICZ Aurelia	8201	RCI BYDGOSZCZ	Masters K - 40	28	00:38:56	00:59:51	01:36:29.25	+00:35:22 (36.7%)	9:38	6.2 (63.3%)
29	BACHURSKA Ewa	8322	KB HARCOWNIK JELCZ LASKOWICE	Masters K - 40	29	00:39:24	01:01:20	01:36:54.50	+00:35:47 (36.9%)	9:41	6.2 (63.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto 10km	Różn	Tempo min/km	Tempo km/h
						3.7km	5.8km				
30	KORYTNA Romana	8184	FRIENDS GOSTYŃ	Masters K - 40	30	00:39:48	01:02:12	01:36:59.85	+00:35:52 (37.0%)	9:41	6.2 (63.3%)
31	NOWAKOWSKA Karolina	8530		Masters K - 40	31	00:39:27	01:00:55	01:37:03.05	+00:35:56 (37.0%)	9:42	6.2 (63.3%)
32	WROZYNA Agnieszka	8341	ŁAB ŁAGIEWNIKI	Masters K - 40	32	00:40:43	01:02:42	01:37:18.40	+00:36:11 (37.2%)	9:43	6.2 (63.3%)
33	GARBACZ Kamila	8464		Masters K - 40	33	00:40:19	01:02:22	01:37:25.85	+00:36:18 (37.3%)	9:44	6.2 (63.3%)
34	NASALSKA Anna	8584	FUNDACJA KIERUNEK ULTRA	Masters K - 40	34	00:39:06	01:00:15	01:37:43.90	+00:36:36 (37.5%)	9:46	6.1 (62.2%)
35	KUCHCINSKA Diana	8052		Masters K - 40	35	00:38:02	01:00:11	01:38:18.80	+00:37:11 (37.8%)	9:49	6.1 (62.2%)
36	BLANIK Agnieszka	8308		Masters K - 40	36	00:39:04	01:02:01	01:38:41.45	+00:37:34 (38.1%)	9:52	6.1 (62.2%)
37	SZPUREK Anna	8133	BUKOWSKI KLUB BIEGACZA	Masters K - 40	37	00:41:15	01:03:58	01:39:43.10	+00:38:36 (38.7%)	9:58	6 (61.2%)
38	TOMERA Dorota	8356	TEAM KURORT ŁĄDEK- ZDRÓJ	Masters K - 40	38	00:43:35	01:04:50	01:41:54.10	+00:40:47 (40.0%)	10:11	5.9 (60.2%)
39	MAZURKIEWICZ Joanna	8021		Masters K - 40	39	00:40:21	01:02:52	01:42:00.15	+00:40:53 (40.1%)	10:12	5.9 (60.2%)
40	KAYSIEWICZ Joanna	8505		Masters K - 40	40	00:42:08	01:05:45	01:42:54.85	+00:41:47 (40.6%)	10:17	5.8 (59.2%)
41	WITKOWSKA Katarzyna	8393		Masters K - 40	41	00:42:54	01:04:51	01:43:08.60	+00:42:01 (40.7%)	10:18	5.8 (59.2%)
42	GRYDZIUSZKO Aneta	8179		Masters K - 40	42	00:41:15	01:04:16	01:43:20.25	+00:42:13 (40.9%)	10:20	5.8 (59.2%)
43	WINIARSKA Monika	8307	DXTREEM RUNNING	Masters K - 40	43	00:42:39	01:06:44	01:44:11.25	+00:43:04 (41.3%)	10:25	5.8 (59.2%)
44	KLECHA Katarzyna	8162		Masters K - 40	44	00:42:39	01:07:39	01:45:16.65	+00:44:09 (41.9%)	10:31	5.7 (58.2%)
45	KUZIOMKO Anna	8261		Masters K - 40	45	00:42:30	01:05:58	01:46:43.90	+00:45:36 (42.7%)	10:40	5.6 (57.1%)
46	MIKOŁAJCZAK Magdalena	8435		Masters K - 40	46	00:44:00	01:07:23	01:47:34.00	+00:46:26 (43.2%)	10:45	5.6 (57.1%)
47	ŚWITALSKA Edyta	8265		Masters K - 40	47	00:44:53	01:09:37	01:47:37.65	+00:46:30 (43.2%)	10:45	5.6 (57.1%)
48	OSZCZEDA Marzena	8428		Masters K - 40	48	00:45:21	01:09:27	01:48:08.80	+00:47:01 (43.5%)	10:48	5.5 (56.1%)
49	ŁATWIŃSKA Marzena	8343	WYBIERZ...	Masters K - 40	49	00:41:30	01:05:58	01:48:41.75	+00:47:34 (43.8%)	10:52	5.5 (56.1%)
50	DWORNICKA Magda	7862	RGB	Masters K - 40	50	00:44:48	01:08:09	01:49:13.55	+00:48:06 (44.0%)	10:55	5.5 (56.1%)
51	KRYSA Dorota	8027	POMYŁKA TEAM	Masters K - 40	51	00:45:18	01:10:42	01:51:05.20	+00:49:58 (45.0%)	11:06	5.4 (55.1%)
52	GÓRCZYŃSKA Barbara	8537		Masters K - 40	52	00:45:22	01:10:47	01:51:15.50	+00:50:08 (45.1%)	11:07	5.4 (55.1%)
53	AUGUSTYN Monika	8211	SPORTOWY KAŻMIERZ	Masters K - 40	53	00:44:05	01:08:53	01:51:21.85	+00:50:14 (45.1%)	11:08	5.4 (55.1%)
54	GARDZIEJCZYK Aldona	8311		Masters K - 40	54	00:43:24	01:08:41	01:52:26.65	+00:51:19 (45.6%)	11:14	5.3 (54.1%)
55	BOROŃ-KOSIK Magda	8302		Masters K - 40	55	00:46:33	01:11:52	01:53:27.05	+00:52:20 (46.1%)	11:20	5.3 (54.1%)
56	RYTYCH Justyna	8235		Masters K - 40	56	00:42:49	01:10:31	01:56:08.90	+00:55:01 (47.4%)	11:36	5.2 (53.1%)
57	KWIATKOWSKA Honorata	8105	TOMASZÓW MAZ.	Masters K - 40	57	00:47:43	01:14:21	01:59:54.90	+00:58:47 (49.0%)	11:59	5 (51.0%)
58	GODLEWSKA Agnieszka	8473		Masters K - 40	58	00:49:58	01:17:25	02:02:19.40	+01:01:12 (50.0%)	12:13	4.9 (50.0%)
59	NOSKO Justyna	8151		Masters K - 40	59	00:48:39	01:16:44	02:02:27.35	+01:01:20 (50.1%)	12:14	4.9 (50.0%)
60	PRZEPIÓRKA Jolanta	8149		Masters K - 40	60	00:48:40	01:16:44	02:02:32.15	+01:01:25 (50.1%)	12:15	4.9 (50.0%)
61	GARCZYK Marzena	8406		Masters K - 40	61	00:51:30	01:19:09	02:04:09.80	+01:03:02 (50.8%)	12:24	4.8 (49.0%)
62	PYTEL Anna	8136	IZBICKO W BIEGU	Masters K - 40	62	00:50:15	01:19:38	02:07:43.75	+01:06:36 (52.2%)	12:46	4.7 (48.0%)
63	PODJUK Kinga	8540	FRIENDS GOSTYŃ	Masters K - 40	63	00:48:12	01:18:50	02:08:02.80	+01:06:55 (52.3%)	12:48	4.7 (48.0%)
64	SZYPULSKA Katarzyna	8138	SKS CHMIELOWICE	Masters K - 40	64	00:50:15	01:19:51	02:08:24.90	+01:07:17 (52.4%)	12:50	4.7 (48.0%)
65	MORAWSKA Edyta	8522	BIEGNIJ OŁAWO	Masters K - 40	65	00:54:12	01:25:23	02:14:57.35	+01:13:50 (54.7%)	13:29	4.4 (44.9%)
66	KOWALEWSKA Katarzyna	8112		Masters K - 40	66	00:51:19	01:22:04	02:16:31.65	+01:15:24 (55.2%)	13:39	4.4 (44.9%)
67	STRZYŻOWSKA Monika	8003		Masters K - 40	67	00:52:37	01:26:11	02:23:02.65	+01:21:55 (57.3%)	14:18	4.2 (42.9%)
68	SZYMAŃSKA Agnieszka	8089		Masters K - 40	68	01:02:33	01:38:21	02:38:35.00	+01:37:27 (61.5%)	15:51	3.8 (38.8%)
69	LIMAN Dorota	8081	PODLASIAKI TEAM	Masters K - 40	69	01:06:15	01:44:27	02:50:23.40	+01:49:16 (64.1%)	17:02	3.5 (35.7%)
70	KATARYŃCZUK-BOROWIK Dorota	8180	CAŁA OLEŚNICA BIEGA	Masters K - 40	70	01:07:56	01:45:49	02:51:51.50	+01:50:44 (64.4%)	17:11	3.5 (35.7%)