



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dolnośląski Festiwal Biegów Górskich
Fundacja MARATONY GÓRSKIE
2022-07-17
Łądek-Zdrój
10 km

BIEG TROJAK TRAIL - 10 KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Masters K - 40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0.01km	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KAŻMIERCZAK Marta	8595	ZAŁOGA GÓRSKA	Masters K - 40	1	00:00:02	00:24:22	00:36:14	00:56:31.75	00:56:31.75		5:39	10.6 (100%)
2	KARCZEWSKA Joanna	8580	KIERUNEK ULTRA	Masters K - 40	2	00:00:04	00:26:13	00:39:04	01:01:41.05	01:01:41.05	+00:05:09 (8.4%)	6:10	9.7 (91.5%)
3	ADAMCZYK-NOWAK Beata	8280	MIECHOWICKA GRUPA BIEGOWA	Masters K - 40	3	00:00:09	00:29:15	00:43:30	01:07:40.55	01:07:40.55	+00:11:08 (16.5%)	6:46	8.9 (84.0%)
4	MAZIAREK Adela	8093		Masters K - 40	4	00:00:09	00:30:10	00:45:27	01:12:22.65	01:12:22.65	+00:15:50 (21.9%)	7:14	8.3 (78.3%)
5	PILONIS Eleonora	8474	BIEGOSTACJA	Masters K - 40	5	00:00:13	00:31:47	00:47:44	01:15:14.00	01:15:14.00	+00:18:42 (24.9%)	7:31	8 (75.5%)
6	MAJKA Anna	8057	FAMILIAMAJKA	Masters K - 40	6	00:00:22	00:34:00	00:49:31	01:16:02.60	01:16:02.60	+00:19:30 (25.7%)	7:36	7.9 (74.5%)
7	MALOCCO Monika	8188		Masters K - 40	7	00:00:25	00:32:26	00:48:13	01:16:18.25	01:16:18.25	+00:19:46 (25.9%)	7:37	7.9 (74.5%)
8	BEDLA Anna	8568		Masters K - 40	8	00:00:11	00:32:52	00:49:15	01:16:40.10	01:16:40.10	+00:20:08 (26.3%)	7:40	7.8 (73.6%)
9	BAKSALARY Lidia	8254	#BIEGAJLESZNO	Masters K - 40	9	00:00:03	00:31:11	00:47:15	01:17:34.60	01:17:34.60	+00:21:02 (27.1%)	7:45	7.7 (72.6%)
10	SENIÓW Joanna	8255		Masters K - 40	10	00:00:08	00:32:17	00:49:15	01:18:44.65	01:18:44.65	+00:22:12 (28.2%)	7:52	7.6 (71.7%)
11	KMIECIK Roma	8425	KUDOWIANKA RUN	Masters K - 40	11	00:01:02	00:37:47	00:55:18	01:24:34.75	01:24:34.75	+00:28:03 (33.2%)	8:27	7.1 (67.0%)
12	KONIECZNA Anna	8155	TARNOWO PODGÓRNE BIEGA	Masters K - 40	12	00:00:06	00:35:54	00:53:57	01:24:58.85	01:24:58.85	+00:28:27 (33.5%)	8:29	7.1 (67.0%)
13	SZCZYPCZYK-PRUSICKA Małgorzata	8123		Masters K - 40	13	00:00:16	00:35:14	00:53:30	01:25:37.80	01:25:37.80	+00:29:06 (34.0%)	8:33	7 (66.0%)
14	BACHURSKA Ewa	8043	KB HARCOWNIK JELCZ LASKOWICE	Masters K - 40	14	00:00:18	00:36:46	00:54:57	01:26:16.45	01:26:16.45	+00:29:44 (34.5%)	8:37	7 (66.0%)
15	RZYWUCKA Jolanta	8272	4 RUN TEAM PIŁA	Masters K - 40	15	00:00:14	00:35:51	00:54:34	01:26:50.15	01:26:50.15	+00:30:18 (34.9%)	8:41	6.9 (65.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0.01km	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	MATUSZCZYK Grażyna	8271	RYBNICKA GRUPA BIEGOWA	Masters K - 40	16	00:00:24	00:36:06	00:54:36	01:26:54.55	01:26:54.55	+00:30:22 (35.0%)	8:41	6.9 (65.1%)
17	KOZŁOWSKA Małgorzata	8046	KB ODRA OPOLE	Masters K - 40	17	00:00:30	00:37:39	00:56:01	01:28:55.60	01:28:55.60	+00:32:23 (36.4%)	8:53	6.7 (63.2%)
18	MASALSKA Anna	8578		Masters K - 40	18	00:00:27	00:37:36	00:55:49	01:29:41.10	01:29:41.10	+00:33:09 (37.0%)	8:58	6.7 (63.2%)
19	RUTKOWSKA Izabela	8349	SPORTOWY KAŻMIERZ	Masters K - 40	19	00:01:04	00:41:02	01:00:17	01:32:06.70	01:32:06.70	+00:35:34 (38.6%)	9:12	6.5 (61.3%)
20	LEŚNICZAK Barbara	8457	#WKURWTEAM	Masters K - 40	20	00:01:12	00:40:40	01:00:01	01:32:46.95	01:32:46.95	+00:36:15 (39.1%)	9:16	6.5 (61.3%)
21	BLANIK Agnieszka	8238		Masters K - 40	21	00:00:31	00:39:25	00:58:36	01:33:29.75	01:33:29.75	+00:36:58 (39.5%)	9:20	6.4 (60.4%)
22	ZAJĄC Aga	8379	77CATS	Masters K - 40	22	00:00:38	00:41:30	01:01:03	01:33:32.50	01:33:32.50	+00:37:00 (39.6%)	9:21	6.4 (60.4%)
23	REIJMERS Agnieszka	8251	LEIDEN ATLETIEK	Masters K - 40	23	00:00:39	00:39:57	00:58:36	01:33:47.80	01:33:47.80	+00:37:16 (39.7%)	9:22	6.4 (60.4%)
24	SOBOLEWSKA Julita	8369		Masters K - 40	24	00:00:13	00:39:11	00:58:26	01:34:02.20	01:34:02.20	+00:37:30 (39.9%)	9:24	6.4 (60.4%)
25	BEDNAREK-KWIATKOWSKA Anna	8163	SAMO ZDROWIE	Masters K - 40	25	00:00:53	00:40:33	01:00:52	01:34:43.50	01:34:43.50	+00:38:11 (40.3%)	9:28	6.3 (59.4%)
26	BUDA Małgorzata	8260		Masters K - 40	26	00:00:19	00:38:27	00:58:08	01:34:45.70	01:34:45.70	+00:38:13 (40.3%)	9:28	6.3 (59.4%)
27	IGNASZEWSKA Marta	8380		Masters K - 40	27	00:00:42	00:41:23	01:01:10	01:36:29.15	01:36:29.15	+00:39:57 (41.4%)	9:38	6.2 (58.5%)
28	GRUCHALSKA Marta	8494	STOWARZYSZENIE BIEG OPOLSKI	Masters K - 40	28	00:01:22	00:45:17	01:05:02	01:37:20.30	01:37:20.30	+00:40:48 (41.9%)	9:44	6.2 (58.5%)
29	CZERNICKA Magdalena	8423		Masters K - 40	29	00:01:08	00:43:43	01:03:36	01:39:28.60	01:39:28.60	+00:42:56 (43.2%)	9:56	6 (56.6%)
30	SOJA-WAWRYSZEWICZ Agata	8230		Masters K - 40	30	00:00:54	00:42:06	01:02:21	01:39:35.95	01:39:35.95	+00:43:04 (43.2%)	9:57	6 (56.6%)
31	DABKOWSKA Patrycja	8472	SPEEDFEED'16	Masters K - 40	31	00:00:42	00:42:05	01:02:51	01:40:00.35	01:40:00.35	+00:43:28 (43.5%)	10:00	6 (56.6%)
32	MAZURKIEWICZ Joanna	8061		Masters K - 40	32	00:00:11	00:40:12	01:02:02	01:40:40.10	01:40:40.10	+00:44:08 (43.8%)	10:04	6 (56.6%)
33	DĄBROWSKA GRZYBEK Joanna	8131		Masters K - 40	33	00:00:41	00:45:10	01:05:47	01:40:55.15	01:40:55.15	+00:44:23 (44.0%)	10:05	5.9 (55.7%)
34	TÓRZ Anna	8292		Masters K - 40	34	00:00:53	00:44:19	01:05:40	01:41:06.20	01:41:06.20	+00:44:34 (44.1%)	10:06	5.9 (55.7%)
35	PRUS Dorota	8052		Masters K - 40	35	00:01:27	00:45:18	01:04:57	01:41:45.80	01:41:45.80	+00:45:14 (44.5%)	10:10	5.9 (55.7%)
36	WEBER Agata	8581	VELO ŁOSIE NA SZOSIE	Masters K - 40	36	00:00:30	00:43:14	01:03:56	01:41:50.25	01:41:50.25	+00:45:18 (44.5%)	10:11	5.9 (55.7%)
37	DĘBSKA Marzena	8035	PODDĘBICKI KLUB BIEGACZA ZDYSZANI.PL	Masters K - 40	37	00:00:09	00:45:21	01:06:32	01:42:17.50	01:42:17.50	+00:45:45 (44.7%)	10:13	5.9 (55.7%)
38	KRYSA Dorota	8322	POMYŁKA TEAM	Masters K - 40	38	00:01:29	00:44:45	01:06:27	01:42:20.65	01:42:20.65	+00:45:48 (44.8%)	10:14	5.9 (55.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0.01km	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
39	WASILEWSKA Agnieszka	8226	AROMAT NÓG	Masters K - 40	39	00:00:12	00:40:53	01:04:16	01:42:35.10	01:42:35.10	+00:46:03 (44.9%)	10:15	5.8 (54.7%)
40	LESNIAK Sylwia	8320		Masters K - 40	40	00:00:07	00:42:31	01:04:39	01:43:08.35	01:43:08.35	+00:46:36 (45.2%)	10:18	5.8 (54.7%)
41	TOMERA Dorota	8496	TEAM KURORT ŁĄDEK-ZDRÓJ	Masters K - 40	41	00:01:10	00:45:48	01:06:33	01:43:35.45	01:43:35.45	+00:47:03 (45.4%)	10:21	5.8 (54.7%)
42	GURGUL Dorota	8205	AROMAT NÓG	Masters K - 40	42	00:00:12	00:40:52	01:04:15	01:43:51.00	01:43:51.00	+00:47:19 (45.6%)	10:23	5.8 (54.7%)
43	JAKUBOWSKA Judyta	8076		Masters K - 40	43	00:00:25	00:42:51	01:05:01	01:44:07.45	01:44:07.45	+00:47:35 (45.7%)	10:24	5.8 (54.7%)
44	RZYSZKIEWICZ Małgorzata	8274	PĘDZĄCE LENIWCE	Masters K - 40	44	00:00:53	00:43:58	01:05:39	01:45:08.75	01:45:08.75	+00:48:37 (46.2%)	10:30	5.7 (53.8%)
45	BOBIN Anna	8084	ZOCHU TEAM	Masters K - 40	45	00:00:50	00:45:16	01:07:19	01:45:36.35	01:45:36.35	+00:49:04 (46.5%)	10:33	5.7 (53.8%)
46	NITSCHKE Grażyna	8390	MPK-POZNAŃ	Masters K - 40	46	00:00:56	00:43:50	01:06:25	01:46:19.35	01:46:19.35	+00:49:47 (46.8%)	10:37	5.6 (52.8%)
47	GAWRON Monika	8481	MIRAZ RACE TEAM	Masters K - 40	47	00:00:07	00:47:20	01:09:08	01:46:45.05	01:46:45.05	+00:50:13 (47.0%)	10:40	5.6 (52.8%)
48	BIAŁEK Wioletta	8114		Masters K - 40	48	00:01:03	00:45:35	01:08:03	01:47:13.85	01:47:13.85	+00:50:42 (47.3%)	10:43	5.6 (52.8%)
49	SIP Sabina	8157	FSD RUN DREZDENKO	Masters K - 40	49	00:00:22	00:45:50	01:09:16	01:49:30.45	01:49:30.45	+00:52:58 (48.4%)	10:57	5.5 (51.9%)
50	PLASZCZAK Bogumiła	8162	PIEKIELNIE ZGRANI	Masters K - 40	50	00:00:32	00:45:37	01:09:01	01:51:42.55	01:51:42.55	+00:55:10 (49.4%)	11:10	5.4 (50.9%)
51	MĄDRO Agnieszka	8417		Masters K - 40	51	00:01:32	00:49:36	01:12:29	01:52:07.80	01:52:07.80	+00:55:36 (49.6%)	11:12	5.4 (50.9%)
52	WYCISZKIEWICZ Gabriela	8371	TEAM KURORT ŁĄDEK ZDRÓJ	Masters K - 40	52	00:01:11	00:47:54	01:11:53	01:52:35.15	01:52:35.15	+00:56:03 (49.8%)	11:15	5.3 (50.0%)
53	PARTYKA Agnieszka	8017	KB HARCOWNIK JELCZ-LASKOWICE	Masters K - 40	53	00:01:23	00:48:11	01:11:56	01:53:13.80	01:53:13.80	+00:56:42 (50.1%)	11:19	5.3 (50.0%)
54	NAIT MANSOUR Izabela	8325		Masters K - 40	54	00:00:52	00:46:14	01:11:00	01:53:46.50	01:53:46.50	+00:57:14 (50.3%)	11:22	5.3 (50.0%)
55	KLIN Aneta	8402		Masters K - 40	55	00:01:06	00:48:13	01:13:02	01:53:52.75	01:53:52.75	+00:57:21 (50.4%)	11:23	5.3 (50.0%)
56	HETAK Monika	8211		Masters K - 40	56	00:00:40	00:46:44	01:10:59	01:53:56.50	01:53:56.50	+00:57:24 (50.4%)	11:23	5.3 (50.0%)
57	HEŁMIK Katarzyna	8440	POMYŁKA TEAM	Masters K - 40	57	00:01:31	00:49:25	01:13:22	01:54:05.45	01:54:05.45	+00:57:33 (50.5%)	11:24	5.3 (50.0%)
58	GÓRCZYŃSKA Barbara	8229		Masters K - 40	58	00:01:29	00:48:47	01:13:23	01:54:09.85	01:54:09.85	+00:57:38 (50.5%)	11:24	5.3 (50.0%)
59	MIKOŁAJCZAK Magdalena	8089	HRMAX ŻORY	Masters K - 40	59	00:01:27	00:49:38	01:13:48	01:55:29.50	01:55:29.50	+00:58:57 (51.1%)	11:32	5.2 (49.1%)
60	MORAWSKA Edyta	8386	BIEGNIJ OŁAWO	Masters K - 40	60	00:00:35	00:45:07	01:08:23	01:55:39.45	01:55:39.45	+00:59:07 (51.1%)	11:33	5.2 (49.1%)
61	BOGUSŁAWSKA Elżbieta	8215		Masters K - 40	61	00:00:45	00:46:47	01:12:38	01:55:54.90	01:55:54.90	+00:59:23 (51.2%)	11:35	5.2 (49.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0.01km	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
62	SZAFLIK Anna	8216		Masters K - 40	62	00:00:46	00:46:48	01:12:38	01:56:08.95	01:56:08.95	+00:59:37 (51.3%)	11:36	5.2 (49.1%)
63	RZESZOWSKA Iwona	8283	MIRAZ RACE TEAM	Masters K - 40	63	00:00:07	00:47:51	01:13:14	01:56:51.10	01:56:51.10	+01:00:19 (51.6%)	11:41	5.1 (48.1%)
64	ROMANOWSKA Anna	8586		Masters K - 40	64	00:00:29	00:48:19	01:14:20	01:57:45.60	01:57:45.60	+01:01:13 (52.0%)	11:46	5.1 (48.1%)
65	DULIK Aleksandra	8303	OPOLE	Masters K - 40	65	00:00:57	00:48:40	01:13:17	01:58:07.35	01:58:07.35	+01:01:35 (52.1%)	11:48	5.1 (48.1%)
66	LECHOWSKA Monika	8083	ALSTOM KATOWICE	Masters K - 40	66	00:01:03	00:49:49	01:14:37	01:58:14.95	01:58:14.95	+01:01:43 (52.2%)	11:49	5.1 (48.1%)
67	LIS Ewelina	8008		Masters K - 40	67	00:00:56	00:47:57	01:09:11	01:59:01.15	01:59:01.15	+01:02:29 (52.5%)	11:54	5 (47.2%)
68	SZPUREK Anna	8597	BUKOWSKI KLUB BIEGACZA	Masters K - 40	68	00:00:32	00:47:25	01:14:18	02:04:33.65	02:04:33.65	+01:08:01 (54.6%)	12:27	4.8 (45.3%)
69	AGATA Bagrowska	8257		Masters K - 40	69	00:01:15	00:51:33	01:18:20	02:05:36.05	02:05:36.05	+01:09:04 (55.0%)	12:33	4.8 (45.3%)
70	ŚLEDZIK Joanna	8085	ALSTOM KATOWICE	Masters K - 40	70	00:01:15	00:51:32	01:15:32	02:06:27.25	02:06:27.25	+01:09:55 (55.3%)	12:38	4.7 (44.3%)
71	DOMINIAK Agnieszka	8030		Masters K - 40	71	00:01:05	00:52:24	01:18:29	02:07:17.05	02:07:17.05	+01:10:45 (55.6%)	12:43	4.7 (44.3%)
72	NURKIEWICZ-KMIECIK Dominika	8186		Masters K - 40	72	00:00:50	00:52:09	01:18:28	02:07:37.55	02:07:37.55	+01:11:05 (55.7%)	12:45	4.7 (44.3%)
73	KARCZYŃSKA Sylwia	8352		Masters K - 40	73	00:01:04	00:54:20	01:21:44	02:11:47.35	02:11:47.35	+01:15:15 (57.1%)	13:10	4.6 (43.4%)
74	RYMSKA Anna	8290		Masters K - 40	74	00:00:52	00:53:06	01:22:37	02:13:32.90	02:13:32.90	+01:17:01 (57.7%)	13:21	4.5 (42.5%)
75	SMYCZ Anna	8291		Masters K - 40	75	00:00:53	00:53:11	01:22:39	02:13:33.45	02:13:33.45	+01:17:01 (57.7%)	13:21	4.5 (42.5%)
76	KUBIATOWICZ Małgorzata	8006		Masters K - 40	76	00:01:26	01:01:58	01:31:35	02:20:50.75	02:20:50.75	+01:24:19 (59.9%)	14:05	4.3 (40.6%)
77	STRZYŻOWSKA Monika	8091		Masters K - 40	77	00:00:26	00:53:59	01:25:19	02:24:23.55	02:24:23.55	+01:27:51 (60.9%)	14:26	4.2 (39.6%)
78	SZAFRANIEC-MROWCA Dorota	8438		Masters K - 40	78	00:01:16	00:56:38	01:29:56	02:33:11.30	02:33:11.30	+01:36:39 (63.1%)	15:19	3.9 (36.8%)
79	SZYMAŃSKA Agnieszka	8244		Masters K - 40	79	00:01:20	01:02:57	01:36:40	02:39:28.80	02:39:28.80	+01:42:57 (64.6%)	15:56	3.8 (35.8%)
80	GRZELAKOWSKA Iwona	8442		Masters K - 40	80	00:01:13	01:06:59	01:39:33	02:41:34.10	02:41:34.10	+01:45:02 (65.0%)	16:09	3.7 (34.9%)
81	KOWAL Marzena	8026		Masters K - 40	81	00:00:45	01:04:41	01:41:21	02:42:31.70	02:42:31.70	+01:45:59 (65.2%)	16:15	3.7 (34.9%)
82	STROIŃSKA Iwona	8080	LESZ NO LIMITS RUNNERS	Masters K - 40	82	00:00:47	01:04:42	01:41:22	02:42:33.45	02:42:33.45	+01:46:01 (65.2%)	16:15	3.7 (34.9%)
Przekroczony limit czasu: 03:00:00													
83	ROBAK Aneta	8152		Masters K - 40	83	00:00:49	01:10:13		03:12:11.20	03:12:11.20	+02:15:39 (70.6%)	19:13	3.1 (29.2%)

