



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dolnośląski Festiwal Biegów Górskich
Fundacja MARATONY GÓRSKIE
2023-07-16
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	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	PŁAZIAK-KOWALSKA Magdalena	9194	2K	Masters K - 40	1	00:30:43	00:44:46	01:09:33.85	01:09:43.20		6:57	8.6 (100%)
2	WIWATOWSKA Dagmara	9570		Masters K - 40	2	00:30:19	00:44:07	01:09:30.50	01:09:55.00	+00:00:11 (0.3%)	6:57	8.6 (100%)
3	MAJER Bogusława	9356	VEGE RUNNERS	Masters K - 40	3	00:31:21	00:46:46	01:13:39.15	01:13:59.20	+00:04:16 (5.8%)	7:21	8.1 (94.2%)
4	KORNIWICZ Katarzyna	9115	KASIA I TOMEK	Masters K - 40	4	00:34:44	00:50:34	01:17:53.30	01:18:02.35	+00:08:19 (10.7%)	7:47	7.7 (89.5%)
5	MAZIAREK Adela	9103		Masters K - 40	5	00:34:08	00:49:44	01:18:11.30	01:18:20.00	+00:08:36 (11.0%)	7:49	7.7 (89.5%)
6	BRZOSTOWSKA Kama	9276		Masters K - 40	6	00:36:48	00:52:46	01:22:40.65	01:23:19.55	+00:13:36 (16.3%)	8:16	7.3 (84.9%)
7	GARNCARZ Anna	9290	ODOBENUS	Masters K - 40	7	00:37:12	00:53:21	01:23:08.60	01:24:15.30	+00:14:32 (17.3%)	8:18	7.2 (83.7%)
8	ŚPIEWAK-MICHALSKA Daria	9297		Masters K - 40	8	00:36:44	00:53:32	01:24:11.85	01:24:27.30	+00:14:44 (17.4%)	8:25	7.1 (82.6%)
9	GOŹDZICKA Agnieszka	9020	STRZELECKA BIEGAJĄCA CZAROWNICA	Masters K - 40	9	00:38:46	00:56:06	01:26:43.85	01:26:57.75	+00:17:14 (19.8%)	8:40	6.9 (80.2%)
10	WACZKÓW KACZMAREK Justyna	9288	ODOBENUS	Masters K - 40	10	00:38:41	00:55:16	01:26:03.15	01:27:10.45	+00:17:27 (20.0%)	8:36	7 (81.4%)
11	CHMIEL Sylwia	9209		Masters K - 40	11	00:38:03	00:56:05	01:29:09.05	01:29:38.70	+00:19:55 (22.2%)	8:54	6.7 (77.9%)
12	ROKITA Mariola	9505		Masters K - 40	12	00:40:09	00:57:45	01:29:36.75	01:30:13.70	+00:20:30 (22.7%)	8:57	6.7 (77.9%)
13	CIECIOROWSKA Alicja	9249	OFF-ROAD RUNNERS	Masters K - 40	13	00:38:29	00:56:40	01:30:24.80	01:30:37.00	+00:20:53 (23.1%)	9:02	6.6 (76.7%)
14	BOCHAN-JACHIMEK Magdalena	9576	DFBG TEAM	Masters K - 40	14	00:40:59	00:58:03	01:29:29.75	01:30:39.10	+00:20:55 (23.1%)	8:56	6.7 (77.9%)
15	WOŹNIAK Agnieszka	9497		Masters K - 40	15	00:39:02	00:57:01	01:29:56.75	01:31:12.85	+00:21:29 (23.6%)	8:59	6.7 (77.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	TARNAWA-KACZOR Aneta	9430		Masters K - 40	16	00:40:35	00:58:10	01:31:28.50	01:32:32.40	+00:22:49 (24.7%)	9:08	6.6 (76.7%)
17	KORCZYŃSKA Paulina	9392		Masters K - 40	17	00:39:54	00:57:51	01:32:35.45	01:33:53.35	+00:24:10 (25.7%)	9:15	6.5 (75.6%)
18	RAPACZ-TOPILKO Anna	9500		Masters K - 40	18	00:41:22	00:59:56	01:33:24.20	01:34:13.00	+00:24:29 (26.0%)	9:20	6.4 (74.4%)
19	SUCHOJAD Małgorzata	9508	GUMIGUTAPAJHIWO	Masters K - 40	19	00:42:55	01:02:48	01:37:30.05	01:37:43.20	+00:28:00 (28.7%)	9:45	6.2 (72.1%)
20	SKAWINA Krystyna	9092	TOPOLICE TEAM	Masters K - 40	20	00:42:03	01:00:42	01:38:12.50	01:38:19.80	+00:28:36 (29.1%)	9:49	6.1 (70.9%)
21	HAUSMAN Magdalena	9002		Masters K - 40	21	00:43:48	01:03:31	01:38:34.45	01:38:49.45	+00:29:06 (29.5%)	9:51	6.1 (70.9%)
22	HYBA Magdalena	9445	FORMA FITNESS&GYM	Masters K - 40	22	00:43:13	01:02:44	01:39:03.90	01:40:13.60	+00:30:30 (30.4%)	9:54	6.1 (70.9%)
23	MASALSKA Anna	9543		Masters K - 40	23	00:44:35	01:04:28	01:41:14.90	01:41:38.80	+00:31:55 (31.4%)	10:07	5.9 (68.6%)
24	GONTKO Marta	9178		Masters K - 40	24	00:44:28	01:05:09	01:41:33.90	01:41:55.20	+00:32:12 (31.6%)	10:09	5.9 (68.6%)
25	RÓŻAŃSKA Magdalena	9163		Masters K - 40	25	00:49:06	01:08:37	01:43:13.00	01:43:39.80	+00:33:56 (32.7%)	10:19	5.8 (67.4%)
26	BAKOWSKA Magdalena	9472	JESTEM LOCO!	Masters K - 40	26	00:45:41	01:05:43	01:43:00.75	01:44:00.85	+00:34:17 (33.0%)	10:18	5.8 (67.4%)
27	NITSCHKE Grażyna	9433	TKKF MPK POZNAŃ	Masters K - 40	27	00:45:21	01:05:47	01:43:03.25	01:44:03.45	+00:34:20 (33.0%)	10:18	5.8 (67.4%)
28	ZIARKO Agnieszka	9370	SDG	Masters K - 40	28	00:42:36	01:02:57	01:42:57.00	01:44:09.00	+00:34:25 (33.1%)	10:17	5.8 (67.4%)
29	KRYPA Aleksandra	9269		Masters K - 40	29	00:45:03	01:04:40	01:43:14.50	01:44:42.00	+00:34:58 (33.4%)	10:19	5.8 (67.4%)
30	MĄDRO Agnieszka	9142		Masters K - 40	30	00:44:43	01:04:53	01:44:13.60	01:44:56.40	+00:35:13 (33.6%)	10:25	5.8 (67.4%)
31	SOBOLEWSKA Julita	9074		Masters K - 40	31	00:44:50	01:05:09	01:44:34.00	01:44:59.30	+00:35:16 (33.6%)	10:27	5.7 (66.3%)
32	DOSKOCZ Elżbieta	9503		Masters K - 40	32	00:45:15		01:45:40.05	01:46:21.20	+00:36:38 (34.4%)	10:34	5.7 (66.3%)
33	ŁUKASZEWSKA Sylwia	9468		Masters K - 40	33	00:46:04	01:06:08	01:45:45.85	01:46:27.15	+00:36:43 (34.5%)	10:34	5.7 (66.3%)
34	SZOPA Małgorzata	9512	ULTRA WAY TEAM	Masters K - 40	34	00:47:07	01:07:30	01:45:20.85	01:46:32.35	+00:36:49 (34.6%)	10:32	5.7 (66.3%)
35	LORANC Katarzyna	9470		Masters K - 40	35	00:43:27	01:04:36	01:45:28.60	01:46:32.50	+00:36:49 (34.6%)	10:32	5.7 (66.3%)
36	DĘBSKA Marzena	9007	PODDĘBICKI KLUB BIEGACZA ZDYSZANI.PL	Masters K - 40	36	00:47:22	01:08:55	01:46:56.80	01:47:02.75	+00:37:19 (34.9%)	10:41	5.6 (65.1%)
37	TKACZUK Anna	9022		Masters K - 40	37	00:47:19	01:08:06	01:48:45.75	01:49:15.90	+00:39:32 (36.2%)	10:52	5.5 (64.0%)
38	KOWALSKA-BARWIŃSKA Klaudia	9485	UMAWIANIENABIEGANIE	Masters K - 40	38	00:47:56	01:09:56	01:49:00.55	01:49:36.20	+00:39:53 (36.4%)	10:54	5.5 (64.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						3.7km	5.8km					
39	OPASKA Kasia	9311		Masters K - 40	39	00:49:08	01:10:13	01:49:25.30	01:49:51.35	+00:40:08 (36.5%)	10:56	5.5 (64.0%)
40	NOWAK Beata	9185	NIGHT RUNNERS	Masters K - 40	40	00:49:01	01:09:50	01:49:22.15	01:50:21.70	+00:40:38 (36.8%)	10:56	5.5 (64.0%)
41	FRAŃSKA Karolina	9059		Masters K - 40	41	00:48:49	01:10:27	01:49:18.55	01:50:40.55	+00:40:57 (37.0%)	10:55	5.5 (64.0%)
42	PRZYBYLSKA Monika	9286	TRI TOMAJ	Masters K - 40	42	00:44:33	01:05:33	01:50:31.45	01:50:46.10	+00:41:02 (37.1%)	11:03	5.4 (62.8%)
43	SZYSZKA Agnieszka	9421	NIGHT RUNNERS	Masters K - 40	43	00:46:25	01:08:21	01:51:00.30	01:51:47.25	+00:42:04 (37.6%)	11:06	5.4 (62.8%)
44	KALISZ Renata	9023		Masters K - 40	44	00:48:13	01:10:03	01:52:05.15	01:53:04.65	+00:43:21 (38.3%)	11:12	5.4 (62.8%)
45	WESTFAL Agata	9391	HTF LUDWIK SIKORSKI	Masters K - 40	45	00:49:42	01:11:16	01:51:44.55	01:53:18.95	+00:43:35 (38.5%)	11:10	5.4 (62.8%)
46	OLBRICH Barbara	9353	RUN AWAY TEAM	Masters K - 40	46	00:48:05	01:11:26	01:55:18.30	01:55:59.80	+00:46:16 (39.9%)	11:31	5.2 (60.5%)
47	RADLAK Ida	9083		Masters K - 40	47	00:51:59	01:14:25	01:54:46.65	01:56:19.85	+00:46:36 (40.1%)	11:28	5.2 (60.5%)
48	PARTYKA Agnieszka	9474	KB HARCOWNIK JELCZ-LASKOWICE	Masters K - 40	48	00:50:15	01:12:36	01:55:06.60	01:56:25.05	+00:46:41 (40.1%)	11:30	5.2 (60.5%)
49	MAJCHRZAK KONIECZNA Joanna	9174	KOŚCIAN TEAM ULTRA	Masters K - 40	49	00:49:53	01:13:39	01:55:33.65	01:56:29.45	+00:46:46 (40.1%)	11:33	5.2 (60.5%)
50	SŁOWIŃSKA Katarzyna	9034		Masters K - 40	50	00:50:19	01:12:28	01:57:17.85	01:58:04.55	+00:48:21 (41.0%)	11:43	5.1 (59.3%)
51	SŁOWIŃSKA Aleksandra	9033		Masters K - 40	51	00:50:19	01:12:28	01:57:18.05	01:58:04.60	+00:48:21 (41.0%)	11:43	5.1 (59.3%)
52	GĄSZCZAK Iwona	9158	KS LENIWIEC	Masters K - 40	52	00:49:47	01:12:51	01:57:24.80	01:58:35.05	+00:48:51 (41.2%)	11:44	5.1 (59.3%)
52	DĄBROWSKA Małgorzata	9003		Masters K - 40	52	00:50:21	01:13:34	01:57:54.20	01:58:35.05	+00:48:51 (41.2%)	11:47	5.1 (59.3%)
54	SKUBISZ Katarzyna	9482	BIEGACZE SPECJALNEJ TEOSKI	Masters K - 40	54	00:50:35	01:13:52	01:57:28.65	01:58:51.85	+00:49:08 (41.3%)	11:44	5.1 (59.3%)
55	SŁOWIŃSKA Małgorzata	9551		Masters K - 40	55	00:50:36	01:13:53	01:57:29.95	01:58:53.00	+00:49:09 (41.4%)	11:44	5.1 (59.3%)
56	NURKIEWICZ-KMIECIK Dominika	9079		Masters K - 40	56	00:52:20	01:15:54	01:58:12.10	01:58:54.90	+00:49:11 (41.4%)	11:49	5.1 (59.3%)
57	KUCHARSKA Kamila	9369		Masters K - 40	57	00:49:44	01:12:32	01:58:26.50	01:59:11.50	+00:49:28 (41.5%)	11:50	5.1 (59.3%)
58	MIKUŁA Anna	9204		Masters K - 40	58	00:50:46	01:15:36	01:59:05.95	01:59:28.65	+00:49:45 (41.6%)	11:54	5 (58.1%)
59	SZPUREK Anna	9494	BUKOWSKI KLUB BIEGACZA	Masters K - 40	59	00:51:12	01:15:45	01:59:39.40	02:00:32.05	+00:50:48 (42.2%)	11:57	5 (58.1%)
60	KĘSICKA Katarzyna	9189		Masters K - 40	60	00:51:38	01:15:01	01:59:49.70	02:01:04.90	+00:51:21 (42.4%)	11:58	5 (58.1%)
61	JOHN Milena	9251		Masters K - 40	61	00:53:42	01:16:16	01:59:53.90	02:01:20.65	+00:51:37 (42.5%)	11:59	5 (58.1%)

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62	KUPCZYK Małgorzata	9220		Masters K - 40	62	00:50:36	01:16:48	02:00:32.25	02:01:27.90	+00:51:44 (42.6%)	12:03	5 (58.1%)
63	KUPCZYK Sylwia	9218		Masters K - 40	63	00:51:42	01:16:48	02:00:31.95	02:01:28.20	+00:51:45 (42.6%)	12:03	5 (58.1%)
64	KACZMAREK Ania	9046	PARTYZANCI KONIN	Masters K - 40	64	00:52:28	01:16:08	02:01:32.00	02:02:24.75	+00:52:41 (43.0%)	12:09	4.9 (57.0%)
65	DUDKIEWICZ Anna	9471	EKO-OKNA RUNNERS	Masters K - 40	65	00:51:04	01:14:09	02:02:21.60	02:02:46.55	+00:53:03 (43.2%)	12:14	4.9 (57.0%)
66	MARGRAF Ewa	9186		Masters K - 40	66	00:52:34	01:17:42	02:03:42.30	02:04:56.05	+00:55:12 (44.2%)	12:22	4.9 (57.0%)
67	KUZIOMKO Anna	9124		Masters K - 40	67	00:53:02	01:16:07	02:05:10.15	02:05:34.25	+00:55:51 (44.5%)	12:31	4.8 (55.8%)
68	TYCZYŃSKA Joanna	9167	AKTYWNI RAZEM	Masters K - 40	68	00:57:47	01:21:24	02:04:35.20	02:05:35.80	+00:55:52 (44.5%)	12:27	4.8 (55.8%)
69	WINIARSKA Izabela	9562	GÓRAL Z MAZUR	Masters K - 40	69	00:56:14	01:20:31	02:04:31.55	02:05:39.90	+00:55:56 (44.5%)	12:27	4.8 (55.8%)
70	RYBA Monika	9154		Masters K - 40	70	00:51:55	01:16:29	02:05:57.00	02:06:10.90	+00:56:27 (44.7%)	12:35	4.8 (55.8%)
71	KŁEPO Małgorzata	9001	ŁUCZNIK TEAM	Masters K - 40	71	00:53:26	01:21:03	02:06:05.30	02:06:44.90	+00:57:01 (45.0%)	12:36	4.8 (55.8%)
72	REGULSKA Aneta	9456	DRUŻYNA SZPIKU	Masters K - 40	72	00:52:13	01:17:07	02:06:01.80	02:07:38.95	+00:57:55 (45.4%)	12:36	4.8 (55.8%)
73	SKOLIMOWSKA Katarzyna	9222	YRTS	Masters K - 40	73	00:55:32	01:20:00	02:08:01.30	02:08:12.15	+00:58:28 (45.6%)	12:48	4.7 (54.7%)
74	STRZAŚKA Katarzyna	9555		Masters K - 40	74	00:54:08	01:20:10	02:07:48.75	02:09:19.20	+00:59:36 (46.1%)	12:46	4.7 (54.7%)
75	ŁUCZAK Halina	9506		Masters K - 40	75	00:54:00	01:17:39	02:09:06.80	02:10:05.25	+01:00:22 (46.4%)	12:54	4.6 (53.5%)
76	MICHALSKA Agnieszka	9561		Masters K - 40	76	00:54:01	01:17:40	02:09:07.10	02:10:05.40	+01:00:22 (46.4%)	12:54	4.6 (53.5%)
77	ŁABOJEWSKA Katarzyna	9111		Masters K - 40	77	00:55:23	01:20:51	02:10:46.15	02:11:07.60	+01:01:24 (46.8%)	13:04	4.6 (53.5%)
78	SPYCHAŁA Marta	9112		Masters K - 40	78	00:55:21	01:20:57	02:10:47.20	02:11:08.00	+01:01:24 (46.8%)	13:04	4.6 (53.5%)
79	PLEWIŃSKA Sylwia	9346	RUN AWAY TEAM	Masters K - 40	79	00:56:09	01:21:17	02:12:34.40	02:13:13.85	+01:03:30 (47.7%)	13:15	4.5 (52.3%)
80	GALUS Izabela	9300		Masters K - 40	80	00:55:11	01:20:45	02:13:41.20	02:14:01.55	+01:04:18 (48.0%)	13:22	4.5 (52.3%)
81	POKORNY Ewa	9323		Masters K - 40	81	00:57:36	01:24:38	02:16:54.30	02:18:10.75	+01:08:27 (49.5%)	13:41	4.4 (51.2%)
82	RYBKA Elżbieta	9144		Masters K - 40	82	01:00:25	01:30:35	02:22:42.50	02:23:26.20	+01:13:43 (51.4%)	14:16	4.2 (48.8%)
83	SZUMLAS Anna	9511	ULTRA WAY TEAM	Masters K - 40	83	00:58:06	01:27:50	02:25:58.70	02:27:09.95	+01:17:26 (52.6%)	14:35	4.1 (47.7%)
84	OWSIANIK Elwira	9460	MD_RUN	Masters K - 40	84	01:01:28	01:30:01	02:30:46.75	02:31:24.70	+01:21:41 (54.0%)	15:04	4 (46.5%)

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85	BARTKIEWICZ Katarzyna	9011		Masters K - 40	85	01:04:22	01:36:35	02:36:05.45	02:36:34.15	+01:26:50 (55.5%)	15:36	3.8 (44.2%)
86	KRÓL Marta	9451		Masters K - 40	86	01:04:22	01:36:34	02:36:09.75	02:36:39.95	+01:26:56 (55.5%)	15:36	3.8 (44.2%)
87	ŁOJEWSKA Małgorzata	9055	10 WOJSKOWY SZPITAL Z POLIKLINIKOM	Masters K - 40	87	01:07:20	01:40:13	02:40:02.50	02:40:42.80	+01:30:59 (56.6%)	16:00	3.7 (43.0%)
88	KĘSKA-PLĄSEK Małgorzata	9095	LOVELASY	Masters K - 40	88	01:12:23	01:47:50	02:50:16.65	02:50:41.60	+01:40:58 (59.2%)	17:01	3.5 (40.7%)

Znaleziono 88 wynik(ów)