



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: Senior II K - 30

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	KANTOR Martyna	8575	SALOMON SUNNTO TEAM	Senior II K - 30	1	00:00:02	00:21:54	00:32:47	00:52:50.90	00:52:50.90		5:17	11.4 (100%)
2	WIERZCHOWIAK Karolina	8469	TRAIL IS OUR WAY TEAM	Senior II K - 30	2	00:00:02	00:26:04	00:39:34	01:02:36.45	01:02:36.45	+00:09:45 (15.6%)	6:15	9.6 (84.2%)
3	WROTECKA Katarzyna	8324	STAJNIAKTEAM	Senior II K - 30	3	00:00:03	00:26:56	00:40:43	01:04:24.80	01:04:24.80	+00:11:33 (18.0%)	6:26	9.3 (81.6%)
4	SIKORA Sylwia	8301	PGB SPORTOWA PACZKA	Senior II K - 30	4	00:00:04	00:27:59	00:42:09	01:05:44.25	01:05:44.25	+00:12:53 (19.6%)	6:34	9.1 (79.8%)
5	GNITECKA Katarzyna	8009	KUDOWIANKA RUN	Senior II K - 30	5	00:00:04	00:28:05	00:42:20	01:06:06.60	01:06:06.60	+00:13:15 (20.1%)	6:36	9.1 (79.8%)
6	ULIKOWSKA Martyna	8500	ZĄŁOGA GÓRSKA	Senior II K - 30	6	00:00:04	00:28:59	00:43:05	01:07:13.85	01:07:13.85	+00:14:22 (21.4%)	6:43	8.9 (78.1%)
7	BEDNAREK Karolina	8179		Senior II K - 30	7	00:00:09	00:27:45	00:42:10	01:07:33.45	01:07:33.45	+00:14:42 (21.8%)	6:45	8.9 (78.1%)
8	OCIEPKA-CIESIELSKA Katarzyna	8311		Senior II K - 30	8	00:00:12	00:29:19	00:43:36	01:09:06.05	01:09:06.05	+00:16:15 (23.5%)	6:54	8.7 (76.3%)
9	GÓRNA Anita	8206	LPP TEAM	Senior II K - 30	9	00:00:20	00:30:32	00:44:41	01:09:32.80	01:09:32.80	+00:16:41 (24.0%)	6:57	8.6 (75.4%)
10	REGULSKA Natalia	8400	ASICS FRONTRUNNER POLAND / #ŻÓRAWSKITEAM	Senior II K - 30	10	00:00:03	00:30:57	00:45:28	01:10:24.35	01:10:24.35	+00:17:33 (24.9%)	7:02	8.5 (74.6%)
11	ZATORSKA Karolina	8497	TREC TEAM	Senior II K - 30	11	00:00:09	00:30:23	00:45:33	01:11:28.75	01:11:28.75	+00:18:37 (26.1%)	7:08	8.4 (73.7%)
12	KACPRZYCKA Paulina	8482	WOT	Senior II K - 30	12	00:00:04	00:30:11	00:45:45	01:12:08.95	01:12:08.95	+00:19:18 (26.8%)	7:12	8.3 (72.8%)
13	JARZĄBEK Magdalena	8110		Senior II K - 30	13	00:00:04	00:31:27	00:46:33	01:12:47.60	01:12:47.60	+00:19:56 (27.4%)	7:16	8.2 (71.9%)
14	CIECHOMSKA Agata Ciechomska	8132	HTF LUDWIK SIKORSKI	Senior II K - 30	14	00:00:11	00:33:50	00:49:47	01:19:17.90	01:19:17.90	+00:26:27 (33.4%)	7:55	7.6 (66.7%)
15	RASZKOWSKA Emilia	8429	ŚLĘZAK TEAM	Senior II K - 30	15	00:00:38	00:35:56	00:53:18	01:22:13.80	01:22:13.80	+00:29:22 (35.7%)	8:13	7.3 (64.0%)

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	NOWACZYK Marta	8126		Senior II K - 30	16	00:01:12	00:36:19	00:53:20	01:23:57.75	01:23:57.75	+00:31:06 (37.1%)	8:23	7.1 (62.3%)
17	DWORAK Sabrina	8419	MAXIMUS KROSNOWICE	Senior II K - 30	17	00:00:24	00:36:44	00:54:30	01:24:20.65	01:24:20.65	+00:31:29 (37.3%)	8:26	7.1 (62.3%)
18	SKAWINA Krystyna	8075	TOPOLICE TEAM	Senior II K - 30	18	00:00:17	00:34:37	00:51:59	01:24:46.50	01:24:46.50	+00:31:55 (37.7%)	8:28	7.1 (62.3%)
19	JURA Ewelina	8473	TOPOLICE TEAM	Senior II K - 30	19	00:00:18	00:35:43	00:53:55	01:25:26.40	01:25:26.40	+00:32:35 (38.1%)	8:32	7 (61.4%)
20	PIETRUCHA Jagoda	8175	TARNOWO PODGÓRNE BIEGA	Senior II K - 30	20	00:00:07	00:35:04	00:53:22	01:25:49.55	01:25:49.55	+00:32:58 (38.4%)	8:34	7 (61.4%)
21	DZIĘGIELEWSKA Dominika	8577		Senior II K - 30	21	00:00:11	00:37:01	00:55:05	01:26:05.35	01:26:05.35	+00:33:14 (38.6%)	8:36	7 (61.4%)
22	MARTYN Olga	8488	SPINKO LESZNO	Senior II K - 30	22	00:00:46	00:37:18	00:55:10	01:26:08.70	01:26:08.70	+00:33:17 (38.7%)	8:36	7 (61.4%)
23	KIEPIEL Agata	8293	ADIDAS RUNNERS WARSAW	Senior II K - 30	23	00:00:58	00:38:11	00:56:12	01:26:16.95	01:26:16.95	+00:33:26 (38.7%)	8:37	7 (61.4%)
24	GRZELIŃSKA Malwina	8490		Senior II K - 30	24	00:00:15	00:37:19	00:55:48	01:26:55.35	01:26:55.35	+00:34:04 (39.2%)	8:41	6.9 (60.5%)
25	KUCHARSKA Anna	8458		Senior II K - 30	25	00:00:18	00:37:30	00:55:50	01:28:01.20	01:28:01.20	+00:35:10 (40.0%)	8:48	6.8 (59.6%)
26	HOJA Ilona	8448		Senior II K - 30	26	00:00:17	00:37:30	00:55:50	01:28:01.35	01:28:01.35	+00:35:10 (40.0%)	8:48	6.8 (59.6%)
27	KUTYCKA KUREK Elżbieta	8498	CHOJRAK TEAM WROCŁAW	Senior II K - 30	27	00:00:43	00:37:54	00:56:54	01:29:39.60	01:29:39.60	+00:36:48 (41.1%)	8:57	6.7 (58.8%)
28	MATAK Kinga	8437	ŁASUCH	Senior II K - 30	28	00:01:23	00:40:51	01:00:10	01:32:22.65	01:32:22.65	+00:39:31 (42.8%)	9:14	6.5 (57.0%)
29	LEWANDOWSKA Kamila	8143	LEWANDOWSCY TEAM	Senior II K - 30	29	00:00:59	00:40:04	00:59:57	01:32:26.60	01:32:26.60	+00:39:35 (42.8%)	9:14	6.5 (57.0%)
30	STEMPIN Sylwia	8358		Senior II K - 30	30	00:00:11	00:39:29	00:59:16	01:32:39.65	01:32:39.65	+00:39:48 (43.0%)	9:15	6.5 (57.0%)
31	SZCZEPIŃSKA Aneta	8583		Senior II K - 30	31	00:00:27	00:40:13	00:59:45	01:32:43.05	01:32:43.05	+00:39:52 (43.0%)	9:16	6.5 (57.0%)
32	POŁAWSKA Ewa	8454		Senior II K - 30	32	00:01:04	00:42:01	01:01:00	01:33:13.30	01:33:13.30	+00:40:22 (43.3%)	9:19	6.4 (56.1%)
33	KALIŃSKA Dorota	8486		Senior II K - 30	33	00:01:28	00:42:30	01:01:09	01:33:55.45	01:33:55.45	+00:41:04 (43.7%)	9:23	6.4 (56.1%)
34	ŚWIĘCH Aneta	8427	EAZYMUT.PL	Senior II K - 30	34	00:00:27	00:40:22	01:01:43	01:34:26.75	01:34:26.75	+00:41:35 (44.0%)	9:26	6.4 (56.1%)
35	TOMAKA Patrycja	8347	TEAM KURORT ŁĄDEK-ZDRÓJ	Senior II K - 30	35	00:01:10	00:41:32	01:00:59	01:34:48.15	01:34:48.15	+00:41:57 (44.3%)	9:28	6.3 (55.3%)
36	BIENIARZ Ilona	8396	MAKEMAROFITAGAIN!	Senior II K - 30	36	00:00:15	00:38:57	00:58:55	01:35:13.70	01:35:13.70	+00:42:22 (44.5%)	9:31	6.3 (55.3%)
37	JANSON Marleen	8249	LEIDEN ATLETIEK	Senior II K - 30	37	00:00:39	00:42:18	01:02:34	01:35:17.15	01:35:17.15	+00:42:26 (44.5%)	9:31	6.3 (55.3%)
38	BURA Karolina	8227	#BIEGAJLESZNO	Senior II K - 30	38	00:00:12	00:39:05	00:59:30	01:35:18.85	01:35:18.85	+00:42:27 (44.6%)	9:31	6.3 (55.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start	C1	C1	Czas	Czas	Różn	Tempo	Tempo
						Lądek	3.7km	5.8km	netto	brutto			
						0.01km			10km	10km		min/km	km/h
39	SZELIGA Agnieszka	8264		Senior II K - 30	39	00:00:34	00:40:35	01:00:39	01:35:35.20	01:35:35.20	+00:42:44 (44.7%)	9:33	6.3 (55.3%)
40	SKARŻEŃSKA-SOKOŁOWSKA Jagoda	8599		Senior II K - 30	40		00:40:46		01:36:03.95	01:36:03.95	+00:43:13 (45.0%)	9:36	6.2 (54.4%)
41	KOPYSTAŃSKA Basia	8329		Senior II K - 30	41	00:01:26	00:42:54	01:03:41	01:36:26.70	01:36:26.70	+00:43:35 (45.2%)	9:38	6.2 (54.4%)
42	WESTPHAL Magdalena	8236		Senior II K - 30	42	00:00:28	00:40:14	01:00:27	01:36:28.35	01:36:28.35	+00:43:37 (45.2%)	9:38	6.2 (54.4%)
43	GRABKOWSKA Paulina	8376		Senior II K - 30	43	00:01:05	00:40:47	01:01:07	01:37:14.40	01:37:14.40	+00:44:23 (45.7%)	9:43	6.2 (54.4%)
44	SYCZ-LANGNER Honorata	8145		Senior II K - 30	44	00:00:36	00:40:45	01:02:35	01:37:15.30	01:37:15.30	+00:44:24 (45.7%)	9:43	6.2 (54.4%)
45	KUKUŁA Karolina	8443		Senior II K - 30	45	00:00:13	00:40:13	01:00:28	01:37:15.75	01:37:15.75	+00:44:24 (45.7%)	9:43	6.2 (54.4%)
46	SKRZYPEK Marta	8221		Senior II K - 30	46	00:00:05	00:40:46	01:01:40	01:37:29.15	01:37:29.15	+00:44:38 (45.8%)	9:44	6.2 (54.4%)
47	BURNETKO Magdalena	8405	HUTASY RUNNERS TEAM	Senior II K - 30	47	00:00:45	00:42:02	01:02:49	01:37:49.25	01:37:49.25	+00:44:58 (46.0%)	9:46	6.1 (53.5%)
48	NOWAK - KASPRZAK Anna	8431		Senior II K - 30	48	00:01:10	00:42:11	01:01:58	01:39:17.60	01:39:17.60	+00:46:26 (46.8%)	9:55	6 (52.6%)
49	WAWER Kasia	8495	STOWARZYSZENIE BIEG OPOLSKI	Senior II K - 30	49	00:01:22	00:45:18	01:05:03	01:39:36.55	01:39:36.55	+00:46:45 (46.9%)	9:57	6 (52.6%)
50	AMANOWICZ Aurelia	8234		Senior II K - 30	50	00:01:09	00:43:38	01:03:54	01:40:11.80	01:40:11.80	+00:47:20 (47.3%)	10:01	6 (52.6%)
51	RELIGA Liliana	8332		Senior II K - 30	51	00:00:52	00:42:03	01:04:01	01:40:16.40	01:40:16.40	+00:47:25 (47.3%)	10:01	6 (52.6%)
52	KRAJEWSKA Irmina	8435		Senior II K - 30	52	00:00:49	00:44:27	01:04:59	01:41:02.70	01:41:02.70	+00:48:11 (47.7%)	10:06	5.9 (51.8%)
53	BINKIEWICZ-KOWALCZYK Agnieszka	8189		Senior II K - 30	53	00:00:19	00:42:33	01:04:23	01:41:14.55	01:41:14.55	+00:48:23 (47.8%)	10:07	5.9 (51.8%)
54	JASIEWICZ Karolina	8350		Senior II K - 30	54	00:00:52	00:42:00	01:02:50	01:41:39.70	01:41:39.70	+00:48:48 (48.0%)	10:09	5.9 (51.8%)
55	ROSA Izabela	8560	ROXY	Senior II K - 30	55	00:00:59	00:45:31	01:06:30	01:42:05.40	01:42:05.40	+00:49:14 (48.2%)	10:12	5.9 (51.8%)
56	WIRTEK Magdalena	8305		Senior II K - 30	56	00:00:13	00:42:02	01:04:10	01:43:05.30	01:43:05.30	+00:50:14 (48.7%)	10:18	5.8 (50.9%)
57	MRÓZ Anna	8382		Senior II K - 30	57	00:19:05	01:13:13		01:43:22.70	01:43:22.70	+00:50:31 (48.9%)	10:20	5.8 (50.9%)
58	MIECZKOWSKA Nina	8039		Senior II K - 30	58	00:01:02	00:44:29	01:06:36	01:44:31.05	01:44:31.05	+00:51:40 (49.4%)	10:27	5.7 (50.0%)
59	WOJCIECHOWSKA Paulina	8185		Senior II K - 30	59	00:00:50	00:43:49	01:04:52	01:44:51.95	01:44:51.95	+00:52:01 (49.6%)	10:29	5.7 (50.0%)
60	BOCHYŃSKA Adrianna	8146		Senior II K - 30	60	00:00:58	00:45:31	01:06:39	01:44:57.45	01:44:57.45	+00:52:06 (49.6%)	10:29	5.7 (50.0%)
61	HOJDA Agnieszka	8572		Senior II K - 30	61	00:00:23	00:43:25	01:06:37	01:46:04.80	01:46:04.80	+00:53:13 (50.2%)	10:36	5.7 (50.0%)

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	ZWYDAK Anna	8134	WKURW_TEAM	Senior II K - 30	62	00:00:34	00:44:53	01:06:46	01:46:15.80	01:46:15.80	+00:53:24 (50.3%)	10:37	5.6 (49.1%)
63	IWANOW Małgorzata	8428		Senior II K - 30	63	00:01:23	00:45:56	01:08:14	01:46:21.95	01:46:21.95	+00:53:31 (50.3%)	10:38	5.6 (49.1%)
64	MORAWSKA-KREKORA Anna	8453		Senior II K - 30	64	00:01:24	00:46:09	01:09:17	01:49:08.75	01:49:08.75	+00:56:17 (51.6%)	10:54	5.5 (48.2%)
65	DYBAŁA Beata	8174	DZIKIE GRUBASY SZATANA	Senior II K - 30	65	00:00:31	00:45:28	01:08:18	01:49:21.95	01:49:21.95	+00:56:31 (51.7%)	10:56	5.5 (48.2%)
66	LEWANDOWSKA Anna	8027	BORKOŚ TEAM	Senior II K - 30	66	00:01:15	00:46:49	01:09:36	01:52:24.45	01:52:24.45	+00:59:33 (53.0%)	11:14	5.3 (46.5%)
67	SOWA Marta	8053	WKURW_TEAM	Senior II K - 30	67	00:01:24	00:48:01	01:13:17	01:53:34.60	01:53:34.60	+01:00:43 (53.5%)	11:21	5.3 (46.5%)
68	ROGACZ Ewa	8181		Senior II K - 30	68	00:00:47	00:50:35	01:13:35	01:54:25.00	01:54:25.00	+01:01:34 (53.8%)	11:26	5.2 (45.6%)
69	CHASZCZEWSKA Julia	8066	TOPOLICE TEAM	Senior II K - 30	69	00:00:55	00:48:01	01:12:53	01:54:35.30	01:54:35.30	+01:01:44 (53.9%)	11:27	5.2 (45.6%)
70	MAJCHRZYCKA Agnieszka	8374	TKKF MPK POZNAŃ	Senior II K - 30	70	00:00:55	00:49:34	01:13:05	01:54:44.90	01:54:44.90	+01:01:54 (53.9%)	11:28	5.2 (45.6%)
71	SZYMCZAK Katarzyna	8218		Senior II K - 30	71	00:00:52	00:52:30	01:15:18	01:56:00.70	01:56:00.70	+01:03:09 (54.4%)	11:36	5.2 (45.6%)
72	GÓRAL Agnieszka	8082	ALSTOM KATOWICE	Senior II K - 30	72	00:01:03	00:49:39	01:14:37	01:56:33.45	01:56:33.45	+01:03:42 (54.7%)	11:39	5.1 (44.7%)
73	PIEKARCZYK Katarzyna	8418		Senior II K - 30	73	00:01:32	00:50:18	01:13:38	01:56:37.50	01:56:37.50	+01:03:46 (54.7%)	11:39	5.1 (44.7%)
74	ZIELIŃSKA Magdalena	8585		Senior II K - 30	74	00:00:30	00:48:20	01:14:20	01:57:45.95	01:57:45.95	+01:04:55 (55.1%)	11:46	5.1 (44.7%)
75	WASILEWSKA Joanna	8361	PARKRUN GRUDZIĄDZ	Senior II K - 30	75	00:00:57	00:47:58	01:12:17	01:58:58.40	01:58:58.40	+01:06:07 (55.6%)	11:53	5 (43.9%)
76	BORIS Aneta	8348		Senior II K - 30	76	00:01:25	00:51:03	01:17:03	02:02:24.55	02:02:24.55	+01:09:33 (56.8%)	12:14	4.9 (43.0%)
77	ŁOZIENKO Anna	8411	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	77	00:01:24	00:56:06	01:24:38	02:15:40.15	02:15:40.15	+01:22:49 (61.0%)	13:34	4.4 (38.6%)
78	MAKSYMOWICZ Monika	8415		Senior II K - 30	78	00:01:32	00:56:29	01:28:31	02:20:29.20	02:20:29.20	+01:27:38 (62.4%)	14:02	4.3 (37.7%)
79	RYBKA Elżbieta	8416		Senior II K - 30	79	00:01:32	00:56:23	01:27:18	02:20:43.70	02:20:43.70	+01:27:52 (62.4%)	14:04	4.3 (37.7%)
80	WITKIEWICZ-ŁUKASZEK Sandra	8018	ŁUKASZKI TEAM	Senior II K - 30	80	00:00:27	00:53:58	01:25:20	02:24:24.20	02:24:24.20	+01:31:33 (63.4%)	14:26	4.2 (36.8%)
81	KOCIUBA Katarzyna	8170		Senior II K - 30	81	00:01:00	00:55:45	01:28:22	02:41:35.65	02:41:35.65	+01:48:44 (67.3%)	16:09	3.7 (32.5%)
82	MIELEC Marta	8447	#ZŁOTYNAKILOMETR	Senior II K - 30	82	00:01:15	00:52:13	01:15:37	02:45:36.80	02:45:36.80	+01:52:45 (68.1%)	16:33	3.6 (31.6%)
	ZAKRZEWICZ-PODLECKA Agnieszka	8180	ROKIETNICA BIEGA	Senior II K - 30		00:00:04 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)