

BIEG ULTRA TRAIL - 68 KM

B4SPORT
INTELEKTUJĄCE ZAWODY SPORTOWE

Event: Dolnośląski Festiwal Biegów Górskich
Organiser: Fundacja MARATONY GÓRSKIE
Date: 2019-07-18
Place: Łądek-Zdrój
Distance: 68 km

B4SPORT
INTELEKTUJĄCE ZAWODY SPORTOWE

Classification: Masters K - 40

Place	Participant	Number	Club	Category	MCat	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Net time 68km	Czas brutto 68km	Gap	Pace min/km	Pace km/h
1	WOSZEK Marzena	4084	STRUSIE	Masters K - 40	1	01:07:36	02:38:06	03:53:07	05:42:38	07:14:54	08:44:09.10	08:44:18.70		7:42	7.8 (100%)
2	STRASZKO Monika	4144		Masters K - 40	2	01:09:55	02:44:34	04:07:36	05:54:59	07:22:44	08:48:48.80	08:48:54.45	+00:04:35 (0.9%)	7:46	7.7 (98.7%)
3	KUK Urszula	4339		Masters K - 40	3	01:16:57	02:52:44	04:15:19	06:05:33	07:28:56	08:54:03.75	08:54:50.30	+00:10:31 (2.0%)	7:51	7.6 (97.4%)
4	BOCHEŃSKA Aleksandra	4407	PRO RUN WROCŁAW	Masters K - 40	4	01:18:27	03:00:23	04:27:35	06:15:35	07:44:11	09:11:41.60	09:12:11.40	+00:27:52 (5.0%)	8:06	7.4 (94.9%)
5	JĘDRASZEK Alicja	4408		Masters K - 40	5	01:21:49	03:07:40	04:37:49	06:33:00	08:10:20	09:44:38.80	09:45:56.05	+01:01:37 (10.5%)	8:35	7 (89.7%)
6	PLEWA Sylwia	4241		Masters K - 40	6	01:20:06	03:04:52	04:47:57	06:44:49	08:21:40	09:58:25.85	09:59:45.40	+01:15:26 (12.6%)	8:48	6.8 (87.2%)
7	RATAJCZAK Joanna	4311	PIATKOWO NA BIEGOWO	Masters K - 40	7	01:22:33	03:12:08	04:50:17	07:01:27	08:40:13	10:24:39.25	10:25:20.85	+01:41:02 (16.2%)	9:11	6.5 (83.3%)
8	WOJTKOWIAK Renata	4118	PIATKOWO NA BIEGOWO	Masters K - 40	8	01:23:14	03:19:21	04:51:42	07:01:28	08:41:29	10:24:40.00	10:25:20.95	+01:41:02 (16.2%)	9:11	6.5 (83.3%)
9	SILSKA Sylwia	4178		Masters K - 40	9	01:30:42	03:24:24	05:05:36	07:22:42	09:07:56	10:49:37.80	10:50:44.15	+02:06:25 (19.4%)	9:33	6.3 (80.8%)
10	RADZIWOŃ Anna	4091	GRUPA NIENACHALNIE HEROICZNA	Masters K - 40	10	01:25:20	03:23:14	05:06:09	07:22:28	09:06:02	10:50:40.85	10:51:15.55	+02:06:56 (19.5%)	9:34	6.3 (80.8%)
11	MOSKAL Izabella	4160	TKKF MPK POZNAŃ	Masters K - 40	11	01:25:38	03:17:22	04:56:34	07:17:20	09:05:55	10:55:35.70	10:56:04.65	+02:11:45 (20.1%)	9:38	6.2 (79.5%)
12	JANASIK Aleksandra	4394		Masters K - 40	12	01:17:52	03:09:37	04:55:03	07:17:00	09:05:43	10:55:18.40	10:56:06.10	+02:11:47 (20.1%)	9:38	6.2 (79.5%)
13	KOZŁOWSKA Karolina	4171		Masters K - 40	13	01:23:48	03:17:03	04:59:36	07:18:01	09:08:33	11:06:52.50	11:07:51.50	+02:23:32 (21.5%)	9:48	6.1 (78.2%)
14	ŚNIEGOCKA Magdalena	4104	TARNOWO PODGÓRNE BIEGA	Masters K - 40	14	01:30:49	03:34:22	05:18:33	07:34:45	09:26:28	11:17:49.00	11:18:07.75	+02:33:49 (22.7%)	9:58	6 (76.9%)
15	ODWAŻNY Magdalena	4003	ODWAŻNYTEAM.PL	Masters K - 40	15	01:23:15	03:21:58	05:09:08	07:37:24	09:31:32	11:31:31.25	11:32:11.75	+02:47:53 (24.3%)	10:10	5.9 (75.6%)
16	SUT Iwona	4073	KS GŁOWNO W BIEGU	Masters K - 40	16	01:23:03	03:20:46	05:10:16	07:36:52	09:39:00	11:32:21.75	11:32:40.90	+02:48:22 (24.3%)	10:10	5.9 (75.6%)
17	SZNAJDER Joanna	4246		Masters K - 40	17	01:23:09	03:18:55	05:05:47	07:35:47	09:34:22	11:34:29.55	11:35:01.50	+02:50:42 (24.6%)	10:12	5.9 (75.6%)

Place	Participant	Number	Club	Category	MCat	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Net time 68km	Czas brutto 68km	Gap	Pace min/km	Pace km/h
18	MILER Urszula	4213	KOLARSKO-BIEGOWY KLUB SPORTOWY RADOMSKO	Masters K - 40	18	01:31:26	03:40:36	05:33:03	08:07:03	09:56:29	11:51:20.65	11:52:24.40	+03:08:05 (26.4%)	10:27	5.7 (73.1%)
19	WOJTCZAK Małgorzata	4174		Masters K - 40	19	01:34:09	03:47:04	05:54:19	08:34:23	10:25:49	12:20:26.35	12:21:13.55	+03:36:54 (29.3%)	10:53	5.5 (70.5%)
20	FRIEZE Tatiana	4293	DROGA DO ULTRA	Masters K - 40	20	01:26:56	03:45:53	05:40:05	08:27:03	10:22:29	12:25:31.20	12:25:43.30	+03:41:24 (29.7%)	10:57	5.5 (70.5%)
21	DOWNAR-ZAPOLSKA Rita	4220	MOM&DAUGHTER RUN	Masters K - 40	21	01:33:30	03:46:26	05:43:50	08:25:29	10:25:28	12:26:07.90	12:26:36.65	+03:42:17 (29.8%)	10:58	5.5 (70.5%)
22	PIETRZAK Monika	4224		Masters K - 40	22	01:33:59	03:44:34	05:33:31	08:11:16	10:13:41	12:28:05.50	12:28:22.10	+03:44:03 (29.9%)	11:00	5.5 (70.5%)
23	WAŚCIŃSKA Edyta	4188	PĘDZI - PARA	Masters K - 40	23	01:37:48	03:49:44	05:50:31	08:24:17	10:29:39	12:29:01.55	12:30:12.50	+03:45:53 (30.1%)	11:00	5.4 (69.2%)
24	KACZMAREK Magdalena	4052	NEST TEAM	Masters K - 40	24	01:39:25	03:51:31	05:50:07	08:33:58	10:29:04	12:33:44.55	12:34:11.80	+03:49:53 (30.5%)	11:05	5.4 (69.2%)
25	SKOLIMOWSKA Katarzyna	4350		Masters K - 40	25	01:39:36	04:01:18	05:59:17	08:33:43	10:30:44	12:37:29.80	12:37:38.80	+03:53:20 (30.8%)	11:08	5.4 (69.2%)
26	KOPKA Elżbieta	4028	AGB TORFY	Masters K - 40	26	01:32:31	03:43:35	05:35:39	08:13:42	10:17:51	12:38:41.55	12:39:04.30	+03:54:45 (30.9%)	11:09	5.4 (69.2%)
27	DOBROWOLSKA Grażyna	4391	MARATOŃCZYK DĘBICA	Masters K - 40	27	01:39:37	04:01:18	05:57:35	08:32:59	10:42:10	12:42:25.60	12:42:53.75	+03:58:35 (31.3%)	11:12	5.4 (69.2%)
28	GRĘZEL-GAWRON Jolanta	4023	RABBITTEAM	Masters K - 40	28	01:34:07	03:57:15	05:53:13	08:32:34	10:32:50	12:48:25.10	12:49:13.40	+04:04:54 (31.8%)	11:18	5.3 (67.9%)
29	WITKOWSKA Jolanta	4305	ŻIMBAKI	Masters K - 40	29	01:39:38	03:56:24	06:02:11	08:44:49	10:48:01	12:50:43.75	12:51:05.15	+04:06:46 (32.0%)	11:20	5.3 (67.9%)
	JEDYNAK-DOROSZ Izabela	4268	KB MANIAC	Masters K - 40		01:41:57 DNF	04:07:04 DNF	06:08:49 DNF	08:51:00 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	HOLONA Izabela	4140	LUXTORPEDA	Masters K - 40		01:41:42 DNF	04:22:21 DNF	06:46:58 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	JABŁOŃSKA Agnieszka	4096	AGB NYGUS	Masters K - 40		01:27:24 DNF	04:06:47 DNF	DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	WŁODARSKA Magdalena	4376	1977	Masters K - 40		01:52:51 DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)

Total 33 results.