



BIEG ULTRA TRAIL - 68 KM

B4SPORT

Event: Dolnośląski Festiwal Biegów Górskich
Organiser: Fundacja MARATONY GÓRSKIE
Date: 2021-07-15
Place: Łądek-Zdrój
Distance: 68 km

B4SPORT
INTELIĞENTNE 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	Gap	Pace min/km	Pace km/h
1	PASTOROVA Petra	4480		Masters K - 40	1	01:04:14	02:47:12	03:52:20	05:22:25	06:39:37	07:51:04.75		6:55	8.7 (100%)
2	NOWACKA Marlena	4468		Masters K - 40	2	01:18:29	03:20:28	04:39:37	06:24:47	07:54:28	09:09:27.25	+01:18:22 (14.3%)	8:04	7.4 (85.1%)
3	BRATEK Aga	4441		Masters K - 40	3	01:08:13	03:00:13	04:18:09	06:02:44	07:41:44	09:11:30.80	+01:20:26 (14.6%)	8:06	7.4 (85.1%)
4	KUK Urszula	4402		Masters K - 40	4	01:16:07	03:19:02	04:35:31	06:25:21	08:07:38	09:38:46.60	+01:47:41 (18.6%)	8:30	7 (80.5%)
5	STRAUCHOLD Anna	4042	PRO-RUN WROCLAW	Masters K - 40	5	01:14:37	03:17:31	04:36:44	06:29:06	08:10:47	09:47:52.80	+01:56:48 (19.9%)	8:38	6.9 (79.3%)
6	KOZŁOWSKA Iwona	4194	LESZ NO LIMITS RUNNERS	Masters K - 40	6	01:22:55	03:35:25	05:02:54	06:56:31	08:32:43	09:58:28.40	+02:07:23 (21.3%)	8:48	6.8 (78.2%)
7	GRZYBOWSKA Karolina	4232		Masters K - 40	7	01:21:58	03:43:18	05:07:03	07:00:01	08:36:11	10:05:08.60	+02:14:03 (22.2%)	8:53	6.7 (77.0%)
8	BINIENDA Agnieszka	4330	KOBIETY WATAHY	Masters K - 40	8	01:17:32	03:33:05	04:56:21	06:54:37	08:29:51	10:07:43.75	+02:16:39 (22.5%)	8:56	6.7 (77.0%)
9	PTASZYŃSKA Eliza	4230		Masters K - 40	9	01:21:13	03:34:07	04:58:16	06:57:18	08:50:08	10:31:24.10	+02:40:19 (25.4%)	9:17	6.5 (74.7%)
10	GIBALSKA Marzena	4378	OBORYGENI	Masters K - 40	10	01:26:03	03:47:12	05:14:23	07:14:55	08:59:40	10:40:18.25	+02:49:13 (26.4%)	9:24	6.4 (73.6%)
11	KUPCZAK Ewa	4314	SPARTA ULTRA TEAM	Masters K - 40	11	01:23:32	03:38:24	05:05:08	07:09:34	09:02:44	10:46:49.70	+02:55:44 (27.2%)	9:30	6.3 (72.4%)
12	KORBANEK Emilia	4320	PSS POZYTYWNIIE ZAKRĘCENI	Masters K - 40	12	01:25:21	03:48:20	05:11:54	07:15:01	09:14:33	10:54:53.05	+03:03:48 (28.1%)	9:37	6.2 (71.3%)
13	KOZIOŁ Ewa	4457	KB-SOBÓTKA	Masters K - 40	13	01:29:54	03:52:03	05:21:26	07:30:20	09:19:04	10:58:35.10	+03:07:30 (28.5%)	9:41	6.2 (71.3%)
14	SZELC Monika	4128		Masters K - 40	14	01:25:00	03:48:37	05:21:47	07:35:51	09:29:11	11:09:17.40	+03:18:12 (29.6%)	9:50	6.1 (70.1%)
15	RUSZEL Urszula	4109	HARPAGAN ZG	Masters K - 40	15	01:20:47	03:50:04	05:23:29	07:32:44	09:37:23	11:13:14.75	+03:22:10 (30.0%)	9:54	6.1 (70.1%)

Place	Participant	Number	Club	Category	MCat	A1	D1	B1	B2	A15	Net time	Gap	Pace	Pace
						10km	24km	34km	46km	57km	68km		min/km	km/h
16	BUDNY Aleksandra	4014	KRAŚNIK BIEGA / NO PAIN NO GAIN	Masters K - 40	16	01:35:09	04:11:02	05:43:26	07:54:50	09:51:02	11:24:17.70	+03:33:12 (31.2%)	10:03	6 (69.0%)
17	WIŚNIEWSKA Agnieszka	4462		Masters K - 40	17	01:30:40	04:10:49	05:43:26	07:54:42	09:51:01	11:24:19.00	+03:33:14 (31.2%)	10:03	6 (69.0%)
18	KIERZEK Ewa	4409	#BIEGACZEKOSMOSU	Masters K - 40	18	01:32:28	04:01:51	05:36:00	07:54:43	09:48:11	11:25:09.85	+03:34:05 (31.2%)	10:04	6 (69.0%)
19	ŚWIEŻAWSKA-AMBROZIAK Katarzyna	4414	ULTRA KUTNO	Masters K - 40	19	01:30:40	03:56:41	05:25:36	07:48:28	09:45:28	11:29:48.05	+03:38:43 (31.7%)	10:08	5.9 (67.8%)
20	SIŃCZUK Patrycja	4262	MIRAZ RACE TEAM	Masters K - 40	20	01:31:13	04:08:55	05:43:57	07:59:00	10:00:33	11:38:27.10	+03:47:22 (32.6%)	10:16	5.8 (66.7%)
21	MAJOCH Anna	4204		Masters K - 40	21	01:28:37	03:57:03	05:31:40	07:56:13	09:58:29	11:39:54.90	+03:48:50 (32.7%)	10:17	5.8 (66.7%)
22	MIECHOWICZ Małgorzata	4435	LEŻACZE ŁĄKOWI	Masters K - 40	22	01:26:38	03:55:40	05:30:36	07:53:11	09:58:21	11:40:56.20	+03:49:51 (32.8%)	10:18	5.8 (66.7%)
23	MICHALSKA Joanna	4358	VELUX	Masters K - 40	23	01:31:24	04:15:18	05:52:14	08:10:00	10:02:26	11:46:39.65	+03:55:34 (33.3%)	10:23	5.8 (66.7%)
24	MACKIEWICZ Dorota	4444		Masters K - 40	24	01:35:13	04:17:24	06:00:05	08:15:38	10:10:15	11:55:17.30	+04:04:12 (34.1%)	10:31	5.7 (65.5%)
25	ROSZYK Magdalena	4096	TKKF MPK POZNAŃ	Masters K - 40	25	01:40:42	04:32:31	06:15:09	08:36:15	10:28:11	11:59:21.70	+04:08:16 (34.5%)	10:34	5.7 (65.5%)
26	WOJDYLAK Katarzyna	4231	ULTRA WAY TEAM	Masters K - 40	26	01:20:53	03:43:18	05:17:33	07:35:56	10:09:06	12:04:52.85	+04:13:48 (35.0%)	10:39	5.6 (64.4%)
27	NOWAK Iwona	4056	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	Masters K - 40	27	01:32:30	04:06:24	05:41:11	08:12:43	10:27:24	12:08:19.35	+04:17:14 (35.3%)	10:42	5.6 (64.4%)
28	TOMASZEWSKA Ewa	4097		Masters K - 40	28	01:25:38	03:56:53	05:34:10	08:06:10	10:31:03	12:12:01.85	+04:20:57 (35.6%)	10:45	5.6 (64.4%)
29	KOTOMSKA Renata	4418		Masters K - 40	29	01:31:09	04:10:50	05:52:35	08:17:04	10:24:59	12:20:37.60	+04:29:32 (36.4%)	10:53	5.5 (63.2%)
30	BOGUCKA Anna	4382	BIEGANIE NIE OPIERDALANIE	Masters K - 40	30	01:26:39	04:00:36	05:40:16	08:18:00	10:32:25	12:21:32.05	+04:30:27 (36.5%)	10:54	5.5 (63.2%)
31	SUŁEK Aldona	4432	ZOELLER TECH	Masters K - 40	31	01:29:01	04:16:57	06:00:14	08:31:10	10:40:05	12:28:39.65	+04:37:34 (37.1%)	11:00	5.4 (62.1%)
32	URBANIK Zuza	4183	APETYT NA ŻYCIE	Masters K - 40	32	01:34:10	04:18:10	06:01:30	08:35:14	10:44:02	12:37:44.35	+04:46:39 (37.8%)	11:08	5.4 (62.1%)
33	SUT Iwona	4136		Masters K - 40	33	01:31:53	04:16:04	05:55:04	08:24:29	10:45:11	12:38:16.55	+04:47:11 (37.9%)	11:09	5.4 (62.1%)
34	KOLEJ Monika	4223	DZIKIE DZIKI GORZOW	Masters K - 40	34	01:34:14	04:18:39	06:04:02	08:40:27	10:53:09	12:49:46.55	+04:58:41 (38.8%)	11:19	5.3 (60.9%)
35	BĘDZIŃSKA Jolanta	4095		Masters K - 40	35	01:30:02	04:24:27	06:12:08	08:43:06	10:48:19	12:50:40.60	+04:59:35 (38.9%)	11:20	5.3 (60.9%)
36	KANDORA Joanna	4233	MIECHOWICKA GRUPA BIEGOWA	Masters K - 40	36	01:31:40	04:12:00	05:58:38	08:41:50	11:04:25	12:50:51.55	+04:59:46 (38.9%)	11:20	5.3 (60.9%)
37	SZULC Edyta	4239	ADIDAS RUNNERS WARSAW	Masters K - 40	37	01:39:34	04:23:56	05:58:46	08:42:00	11:02:53	12:53:18.60	+05:02:13 (39.1%)	11:22	5.3 (60.9%)
38	DRAJERCZAK Marlena	4471	MUAY RUNNING TEAM	Masters K - 40	38	01:40:44	04:40:28	06:26:06	09:05:31	11:13:10	13:01:22.25	+05:10:17 (39.7%)	11:29	5.2 (59.8%)

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39	CZOSZYK-KAWALA Olga	4220	ŚWIERCZEWO RUN	Masters K - 40	39	01:40:45	04:40:29	06:26:10	09:05:29	11:12:11	13:01:24.00	+05:10:19 (39.7%)	11:29	5.2 (59.8%)
40	BLIŹNIEWSKA Katarzyna	4221	6	Masters K - 40	40	01:32:05	04:19:17	06:05:11	08:42:49	11:02:57	13:04:16.55	+05:13:11 (39.9%)	11:32	5.2 (59.8%)
41	KRAJEWSKA-KŁODA Katarzyna	4119	DRUŻYNA SZPIKU	Masters K - 40	41	01:41:47	04:43:38	06:31:14	09:11:21	11:20:11	13:05:49.00	+05:14:44 (40.1%)	11:33	5.2 (59.8%)
42	BARANIAK Beata	4217	DRUŻYNA SZPIKU	Masters K - 40	42	01:41:51	04:43:47	06:31:24	09:11:22	11:23:15	13:05:49.80	+05:14:45 (40.1%)	11:33	5.2 (59.8%)
43	JASIŃSKA Magdalena	4482		Masters K - 40	43	01:43:54	04:37:05	06:23:00	08:56:02	11:09:18	13:10:30.30	+05:19:25 (40.4%)	11:37	5.2 (59.8%)
44	ZAMOJSKA Iwona	4101	MIECHOWICKA GRUPA BIEGOWA	Masters K - 40	44	01:37:36	04:45:55	06:39:20	09:30:01	11:34:17	13:44:29.05	+05:53:24 (42.9%)	12:07	4.9 (56.3%)
45	MAKOWSKA Agnieszka	4266	W POGONI ZA DUCHEM	Masters K - 40	45	01:48:00	04:41:30	06:49:29	09:55:38	12:17:44	14:25:04.55	+06:33:59 (45.5%)	12:43	4.7 (54.0%)
Przekroczony limit czasu: 14:30:00														
46	POKOJSKA Ewa	4341	WYBIEGAJ SIEBIE	Masters K - 40	46	01:57:30	05:02:53	07:02:37	10:03:53	12:36:54	15:12:11.60	+07:21:06 (48.4%)	13:24	4.5 (51.7%)
47	MARYNIAK Katarzyna	4342	WYBIEGAJ SIEBIE	Masters K - 40	47	01:59:06	05:22:59	07:33:07		13:53:25	15:57:20.10	+08:06:15 (50.8%)	14:04	4.3 (49.4%)
	SKROŃSKA Monika	4343	WYBIEGAJ SIEBIE	Masters K - 40		DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Total 48 results.