

BIEG ULTRA TRAIL - 68 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2020-07-16
Miejsce: Łądek-Zdrój
Dystans: 68 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN KOBIEC

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Różn	Tempo min/km	Tempo km/h
1	TOMASIAK Natalia	4319	SALOMON SUUNTO TEAM	Senior II K - 30	1	00:59:53	02:33:43	03:36:13	05:00:15	06:11:42	07:22:29.60		6:30	9.2 (100%)
2	JABŁOŃSKA Sylwia	4094	SBG PODBIEG	Senior II K - 30	2	01:09:51	02:52:34	04:04:36	05:39:43	06:57:50	08:12:12.75	+00:49:43 (10.1%)	7:14	8.3 (90.2%)
3	MIKEŠOVÁ Jana	4167	SALMING CZ	Senior I K - 20	1	01:10:43	02:58:16	04:11:01	05:44:57	07:02:23	08:17:12.20	+00:54:42 (11.0%)	7:18	8.2 (89.1%)
4	FLOREK Katarzyna	4024		Senior II K - 30	3	01:17:12	03:12:29	04:33:36	06:13:55	07:37:01	08:55:44.35	+01:33:14 (17.4%)	7:52	7.6 (82.6%)
5	ŁABĘDZKA Agata	4191	MARCIN ŚWIERC TEAM	Senior I K - 20	2	01:16:40	03:15:13	04:33:07	06:10:02	07:36:14	08:56:12.55	+01:33:42 (17.5%)	7:53	7.6 (82.6%)
6	ARDELLI Ewa	4311	BIELAWSKA AKADEMIA BIEGANIA	Masters K - 40	1	01:09:38	03:05:56	04:29:54	06:15:43	07:40:01	08:59:17.45	+01:36:47 (17.9%)	7:55	7.6 (82.6%)
7	BOCHEŃSKA Aleksandra	4314	MOUNTAIN POWER	Masters K - 40	2	01:17:04	03:21:56	04:43:04	06:25:43	07:51:49	09:09:44.35	+01:47:14 (19.5%)	8:05	7.4 (80.4%)
8	BIENIECKA Anna	4342	BIEG RZEŹNIKA	Masters K - 40	3	01:13:35	03:07:34	04:27:32	06:11:36	07:45:27	09:10:32.40	+01:48:02 (19.6%)	8:05	7.4 (80.4%)
9	BIERNACKA Edyta	4287	PROTON	Masters K - 40	4	01:18:56	03:19:52	04:40:09	06:26:20	07:54:42	09:19:19.20	+01:56:49 (20.9%)	8:13	7.3 (79.3%)
10	GARBOWSKA Monika	4078	COMPAÑEROS ASFALT TEAM	Masters K - 40	5	01:25:34	03:27:21	04:49:21	06:30:34	07:56:44	09:19:40.65	+01:57:11 (20.9%)	8:13	7.3 (79.3%)
11	WOSZEK Marzena	4083	BBL OPOLE	Masters K - 40	6	01:16:31	03:16:21	04:38:57	06:25:28	08:00:26	09:32:25.50	+02:09:55 (22.7%)	8:25	7.1 (77.2%)
12	KUK Urszula	4135	MONDELEZ	Masters K - 40	7	01:15:58	03:10:41	04:42:36	06:31:38	08:05:12	09:32:53.55	+02:10:23 (22.8%)	8:25	7.1 (77.2%)
13	BEDNARCZYK Magdalena	4156	STRZEGOMSKA DWUNASTKA	Senior I K - 20	3	01:17:25	03:14:27	04:34:53	06:16:16	07:58:02	09:35:49.20	+02:13:19 (23.2%)	8:28	7.1 (77.2%)
14	DZIĘCZKOWSKA-NIKLEWICZ Joanna	4081	ROKIETNICA BIEGA	Senior II K - 30	4	01:21:42	03:24:07	04:51:14	06:43:06	08:19:09	09:45:18.55	+02:22:48 (24.4%)	8:36	7 (76.1%)
15	BOGUCA Emilia	4343	WLKP MOUNTAINS ULTRA	Masters K - 40	8	01:22:34	03:35:30	05:03:35	06:55:33	08:26:21	09:51:33.90	+02:29:04 (25.2%)	8:41	6.9 (75.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Różn	Tempo min/km	Tempo km/h
16	KWIATEK Agnieszka	4018		Senior II K - 30	5	01:22:31	03:33:11	05:08:02	06:59:32	08:40:27	10:14:32.20	+02:52:02 (28.0%)	9:02	6.6 (71.7%)
17	KOZŁOWSKA Iwona	4043	LESZNO LIMITS RUNNERS	Masters K - 40	9	01:29:54	03:44:10	05:18:18	07:14:19	08:51:31	10:18:01.85	+02:55:32 (28.4%)	9:05	6.6 (71.7%)
18	CHOJNACKA Karolina	4232	TAZDEVIL TEAM	Masters K - 40	10	01:25:41	03:39:12	05:15:00	07:10:22	08:51:48	10:23:37.90	+03:01:08 (29.0%)	9:10	6.5 (70.7%)
19	ZDANOWICZ Elżbieta	4253	VEGE RUNNERS	Masters K - 40	11	01:27:33	03:39:58	05:11:33	07:07:58	08:48:18	10:23:51.35	+03:01:21 (29.1%)	9:10	6.5 (70.7%)
20	RADZIWOŃ Anna	4145	GRUPA NIENACHALNIE HEROICZNA	Masters K - 40	12	01:26:27	03:41:23	05:16:55	07:20:42	09:01:45	10:27:31.10	+03:05:01 (29.5%)	9:13	6.5 (70.7%)
21	SKŁADANOWSKA Beata	4263		Senior II K - 30	6	01:29:14	03:29:35	05:10:34	07:12:30	08:56:24	10:28:30.15	+03:06:00 (29.6%)	9:14	6.5 (70.7%)
22	MAKSELON Anna	4201		Masters K - 40	13	01:26:53	03:36:51	05:22:53	07:19:52	08:58:40	10:28:37.70	+03:06:08 (29.6%)	9:14	6.5 (70.7%)
23	WOJAK Malwina	4125		Senior II K - 30	7	01:29:24	03:47:40	05:18:51	07:19:40	08:57:07	10:31:59.75	+03:09:30 (30.0%)	9:17	6.5 (70.7%)
24	QUIRINI Ewa	4172		Senior II K - 30	8	01:28:05	03:43:00	05:19:15	07:27:42	09:07:31	10:40:43.35	+03:18:13 (30.9%)	9:25	6.4 (69.6%)
25	DORDZIK Katarzyna	4188		Senior II K - 30	9	01:28:37	03:39:16	05:08:28	07:11:18	09:01:26	10:41:38.55	+03:19:08 (31.0%)	9:26	6.4 (69.6%)
26	WROE Agnieszka	4030		Senior II K - 30	10	01:23:45	03:35:34	05:19:28	07:26:40	09:11:57	10:45:22.20	+03:22:52 (31.4%)	9:29	6.3 (68.5%)
27	KONIECZNA Paulina	4271	CH10	Senior II K - 30	11	01:23:04	03:26:39	05:08:31	07:22:44	09:14:56	10:47:17.90	+03:24:48 (31.6%)	9:31	6.3 (68.5%)
28	PIETRZAK Agnieszka	4309	DOGOŃ GRODZISK MAZOWIECKI	Masters K - 40	14	01:27:42	03:42:14	05:25:32	07:23:53	09:12:51	10:47:25.65	+03:24:56 (31.7%)	9:31	6.3 (68.5%)
29	DOMARADZKA-KASZUBOWICZ Wiktoria	4015	POZYTYWNIE ZABIEGANI SANOK	Senior II K - 30	12	01:31:20	03:49:10	05:36:01	07:33:46	09:21:02	11:00:58.25	+03:38:28 (33.1%)	9:43	6.2 (67.4%)
30	LEBODA Katarzyna	4014	WILD DOGS TEAM	Senior II K - 30	13	01:28:10	03:48:53	05:33:55	07:46:22	09:33:15	11:10:12.60	+03:47:43 (34.0%)	9:51	6.1 (66.3%)
31	STAJNIAK-STELIGA Izabela	4334	OBORYGENI	Masters K - 40	15	01:26:05	03:46:04	05:26:31	07:50:19	09:36:23	11:12:34.70	+03:50:05 (34.2%)	9:53	6.1 (66.3%)
32	WIECZOREK Monika	4104		Masters K - 40	16	01:27:55	03:45:43	05:24:26	07:40:23	09:33:11	11:12:59.55	+03:50:29 (34.2%)	9:53	6.1 (66.3%)
33	LEŚNIAK-POPIEL Marta	4012	POZYTYWNIE ZABIEGANI SANOK	Masters K - 40	17	01:31:58	04:00:36	05:46:16	07:53:44	09:38:05	11:15:12.95	+03:52:43 (34.5%)	9:55	6 (65.2%)
34	CEBRAT Ewa	4025	POZYTYWNIE ZABIEGANI SANOK	Masters K - 40	18	01:32:06	04:01:22	05:46:26	07:53:56	09:38:17	11:15:22.50	+03:52:52 (34.5%)	9:55	6 (65.2%)
35	SZMECHTIG-GAUDEN Ewa	4132	PODGÓRZ TORUŃ	Masters K - 40	19	01:30:10	03:45:12	05:28:14	07:42:56	09:33:57	11:21:13.95	+03:58:44 (35.0%)	10:01	6 (65.2%)
36	ZARĘBA Anna	4005		Senior II K - 30	14	01:31:23	03:45:43	05:32:52	07:38:25	09:35:23	11:21:44.10	+03:59:14 (35.1%)	10:01	6 (65.2%)
37	SZCZUKA Joanna	4039		Senior I K - 20	4	01:31:03	03:58:03	05:47:08	07:57:12	09:42:48	11:23:01.75	+04:00:32 (35.2%)	10:02	6 (65.2%)
38	DOBRENKO Edyta	4171		Masters K - 40	20	01:35:25	03:55:26	05:42:38	08:01:50	09:50:28	11:33:11.30	+04:10:41 (36.2%)	10:11	5.9 (64.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Różn	Tempo min/km	Tempo km/h
						A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	netto 68km		
39	SZYMAŃSKA Agata	4064		Senior II K - 30	15	01:27:59	03:56:17	05:32:23	07:46:56	09:41:39	11:41:25.65	+04:18:56 (36.9%)	10:18 5.8 (63.0%)
40	URBAŃSKA Katarzyna	4088	BIEG OPOLSKI	Senior II K - 30	16	01:39:42	04:03:43	06:04:05	08:20:21	10:11:41	11:56:38.20	+04:34:08 (38.3%)	10:32 5.7 (62.0%)
41	JOVANOVIĆ-DOBRZYŃSKA Marta	4224		Senior I K - 20	5	01:43:41	04:18:29	06:14:55	08:31:54	10:23:24	11:57:52.15	+04:35:22 (38.4%)	10:33 5.7 (62.0%)
42	JAMROZ Mariola	4176		Weteran K - 50	1	01:39:56	04:15:22	06:04:58	08:21:16	10:12:27	12:02:00.45	+04:39:30 (38.7%)	10:37 5.7 (62.0%)
43	SZCZEPANIAK Jadwiga	4120	KS STASZEWSKY	Weteran K - 50	2	01:37:14	04:05:43	05:52:38	08:20:52	10:23:42	12:13:53.90	+04:51:24 (39.7%)	10:47 5.6 (60.9%)
44	GLINA-KRAWCZYK Małgorzata	4143	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	Masters K - 40	21	01:37:31	04:19:45	06:10:45	08:36:33	10:29:04	12:14:37.60	+04:52:08 (39.8%)	10:48 5.6 (60.9%)
45	PÖPKE Anna	4079	REEBOK RUN CREW CZĘSTOCHOWA	Senior I K - 20	6	01:32:48	03:55:51	05:50:22	08:29:37	10:32:09	12:16:25.60	+04:53:56 (39.9%)	10:49 5.5 (59.8%)
46	KOŚKA Aleksandra	4160	SPARTA RUNNERS	Senior II K - 30	17	01:33:01	04:00:18	05:54:00	08:17:24	10:31:10	12:16:36.55	+04:54:06 (39.9%)	10:49 5.5 (59.8%)
47	SÓJKA Agnieszka	4300		Senior II K - 30	18	01:38:59	04:19:28	06:21:21	08:43:09	10:40:49	12:21:40.50	+04:59:10 (40.3%)	10:54 5.5 (59.8%)
48	PLEWKA Sylwia	4129		Senior II K - 30	19	01:37:00	04:13:02	06:07:08	08:38:41	10:38:27	12:30:41.10	+05:08:11 (41.1%)	11:02 5.4 (58.7%)
49	SOBKOWIAK Ewa	4242	100MCP	Weteran K - 50	3	01:47:33	04:21:54	06:19:29	08:52:01	10:56:09	12:43:45.25	+05:21:15 (42.1%)	11:13 5.3 (57.6%)
50	SZCZERBAL Agnieszka	4090	TKKF MPK POZNAŃ	Masters K - 40	22	01:38:31	04:17:22	06:09:06	08:38:17	10:42:07	12:44:42.60	+05:22:13 (42.1%)	11:14 5.3 (57.6%)
51	JASTRZĄB-STANDERSKA Joanna	4310		Masters K - 40	23	01:34:07	04:06:15	06:04:18	08:31:47	10:42:12	12:46:02.15	+05:23:32 (42.2%)	11:15 5.3 (57.6%)
52	POLIWKI-KISIEL Małgorzata	4209	TEAM BIEGOWY SZCZECINEK	Senior II K - 30	20	01:30:46	03:55:30	06:07:10	08:57:18	10:54:25	13:03:13.95	+05:40:44 (43.5%)	11:31 5.2 (56.5%)
53	JUROWSKA Agata	4240	ACTIV RUN ŁASK	Senior II K - 30	21	01:38:21	04:37:08	06:38:45	09:08:46	11:14:56	13:06:33.30	+05:44:03 (43.7%)	11:34 5.2 (56.5%)
54	KISIELEWSKA Katarzyna	4238	ACTIV RUN ŁASK	Masters K - 40	24	01:38:30	04:37:18	06:38:58	09:08:55	11:15:06	13:06:42.65	+05:44:13 (43.8%)	11:34 5.2 (56.5%)
55	KUNKEL Anna	4165	PGB SPORTOWA PACZKA	Masters K - 40	25	01:48:39	04:41:06	06:49:18	09:23:41	11:25:48	13:09:12.70	+05:46:43 (43.9%)	11:36 5.2 (56.5%)
56	SIUDZIŃSKA Anna	4259	DRUŻYNA LISKA	Masters K - 40	26	01:41:42	04:30:22	06:39:58	09:18:36	11:27:38	13:19:16.60	+05:56:47 (44.6%)	11:45 5.1 (55.4%)
57	KONARSKA Aleksandra	4229	WIERZBICKI RUNNING PROJECT	Senior II K - 30	22	01:45:47	04:29:54	06:49:00	09:36:35	11:34:36	13:27:46.60	+06:05:17 (45.2%)	11:52 5.1 (55.4%)
58	OLECHNOWICZ Magda	4228	BBL GORZÓW WLKP.	Masters K - 40	27	01:46:07	04:30:32	06:49:22	09:33:56	11:34:55	13:28:05.90	+06:05:36 (45.2%)	11:53 5 (54.3%)
59	CHRZUSZCZ Anna	4270		Senior II K - 30	23	01:46:16	04:30:38	06:49:29	09:34:02	11:35:04	13:28:14.90	+06:05:45 (45.3%)	11:53 5 (54.3%)
60	JAKIMKO Monika	4175	LZS LIPA	Masters K - 40	28	01:44:19	04:35:25	06:46:37	09:33:59	11:45:15	13:35:18.10	+06:12:48 (45.7%)	11:59 5 (54.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Różn	Tempo min/km	Tempo km/h
61	STRZAŁKOWSKA Urszula	4147	BBL OPOLE	Senior II K - 30	24	01:40:20	04:26:20	06:37:26	09:23:35	11:42:17	13:39:00.30	+06:16:30 (46.0%)	12:02	5 (54.3%)
62	MACKIEWICZ Dorota	4220	12TRI.PL	Masters K - 40	29	01:49:10	04:53:25	07:07:59	09:47:53	11:53:16	13:42:19.20	+06:19:49 (46.2%)	12:05	5 (54.3%)
63	MARCINIAK Anna	4038		Masters K - 40	30	01:41:31	04:38:37	06:47:29	09:32:14	11:39:53	13:48:02.10	+06:25:32 (46.6%)	12:10	4.9 (53.3%)
64	MIĘTEK Agnieszka	4050		Masters K - 40	31	01:59:13	05:03:31	07:11:14	09:56:22	12:10:53	14:00:16.60	+06:37:47 (47.3%)	12:21	4.9 (53.3%)
65	MACKIEWICZ Magdalena	4004	DŁUGOBIEGANIE	Masters K - 40	32	01:43:48	04:40:38	06:57:43	09:37:37	11:54:12	14:18:56.30	+06:56:26 (48.5%)	12:37	4.7 (51.1%)
66	SZYMANKIEWICZ Edyta	4068	CROSS STRACEŃCÓW TEAM	Masters K - 40	33	01:49:07	04:45:57	07:03:00	09:43:08	11:59:26	14:24:14.90	+07:01:45 (48.8%)	12:42	4.7 (51.1%)
Przekroczony limit czasu: 14:30:00														
67	PRUCHNIEWSKA Agnieszka	4063	ROKIETNICA BIEGA	Masters K - 40	34	01:33:19	04:20:45	06:26:01	09:18:37	12:01:46	14:39:32.45	+07:17:02 (49.7%)	12:56	4.6 (50.0%)
68	NADOBNIK Beata	4123	TARNOWO PODGÓRNE BIEGA / SPORTOWY KAŻMIERZ	Masters K - 40	35	01:44:56	04:47:27	06:59:58	09:51:53	12:10:35	14:46:50.05	+07:24:20 (50.1%)	13:02	4.6 (50.0%)
69	NATKANIEC Grażyna	4087	LZS LIPA	Weteran K - 50	4	01:40:48	04:34:28	06:46:43	09:39:00	12:19:10	14:49:14.30	+07:26:44 (50.2%)	13:04	4.6 (50.0%)
	MULARCZYK Marta	4047	WKURW_TEAM	Senior II K - 30		01:42:42 DNF	04:40:23 DNF	06:34:33 DNF	09:05:08 DNF	11:39:22 DNF	DNF		-	- (0.0%)
	ZAJĄC Aga	4186	77CATS	Masters K - 40		01:59:17 DNF	05:30:35 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KRUPIŃSKA Wiola	4241	TRUCHT TARCHOMIN TEAM	Senior I K - 20		01:51:28 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 72 wynik(ów)