



BIEG ULTRA TRAIL - 68 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2023-07-13
Miejsce: Łądek-Zdrój
Dystans: 68 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: OPEN KOBIET

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
1	MIKEŠOVÁ Jana	4339	SALMING CZ	Senior II K - 30	1	01:05:21	02:42:14		05:13:06	06:25:56	07:35:10.50	07:35:13.50		6:41	9 (100%)
2	ŁUKASIEWICZ Ewa	4125	AW - SZYBCIEJ - TEAM	Weteran K - 50	1	01:14:04	03:01:56	04:11:58	05:47:32	07:06:30	08:18:59.40	08:19:20.60	+00:44:07 (8.8%)	7:20	8.2 (91.1%)
3	JAKUBIEC Aleksandra	4159	MAMY TO /NAVIMART RUN	Masters K - 40	1	01:10:11	02:55:47	04:05:31	05:43:42	07:03:58	08:20:51.30	08:20:59.40	+00:45:45 (9.1%)	7:21	8.1 (90.0%)
4	ADAMCZYK Iweta	4372	ANALITYK BIEGOWY	Senior II K - 30	2	01:09:42	02:55:11	04:06:09	05:47:14	07:09:18	08:22:17.75	08:22:44.15	+00:47:30 (9.5%)	7:23	8.1 (90.0%)
5	JAWORSKA Magdalena	4037	GB WLKP.BIEGACZE/THWBT	Masters K - 40	2	01:15:11	03:14:49		06:10:15	07:46:20	09:05:38.20	09:05:59.00	+01:30:45 (16.6%)	8:01	7.5 (83.3%)
6	RUTKOWSKA Elżbieta	4097	RUNPASSION.PL TEAM	Senior II K - 30	3	01:17:50	03:14:38	04:32:33	06:15:39	07:53:13	09:21:01.85	09:21:32.55	+01:46:19 (18.9%)	8:15	7.3 (81.1%)
7	SZULTK Magdalena	4170		Senior II K - 30	4	01:10:27	03:19:31	04:38:46	06:24:24	08:00:15	09:27:11.45	09:27:14.50	+01:52:01 (19.7%)	8:20	7.2 (80.0%)
8	LEŚNIAK Karolina	4371	FUNTRI	Masters K - 40	3	01:21:00	03:21:59	04:38:10	06:27:33	08:19:12	09:46:08.40	09:47:03.35	+02:11:49 (22.5%)	8:37	7 (77.8%)
9	STACHOWICZ-ZADROŻNA Kinga	4373		Senior II K - 30	5	01:17:05	03:23:58	04:48:53	06:45:08	08:32:25	10:02:21.80	10:02:23.95	+02:27:10 (24.4%)	8:51	6.8 (75.6%)
10	KARPIŃSKA Barbara	4308	RUNNERS TEAM NYSA	Senior II K - 30	6	01:22:23	03:42:23	05:08:19	07:08:21	08:51:56	10:25:10.45	10:25:17.75	+02:50:04 (27.2%)	9:11	6.5 (72.2%)
11	WOJTKOWIAK Renata	4103	PIĄTKOWO NA BIEGOWO	Masters K - 40	4	01:20:58	03:25:44	04:50:31	06:53:04	08:43:26	10:26:54.55	10:28:07.50	+02:52:54 (27.5%)	9:13	6.5 (72.2%)
12	SIEMIĄTKOWSKA Katarzyna	4139	RADOSNE GRZYBK I	Senior II K - 30	7	01:16:49	03:20:36	04:48:35	06:59:28	08:53:46	10:31:41.10	10:32:26.25	+02:57:12 (28.0%)	9:17	6.5 (72.2%)
13	DRZEWIECKA Sylwia	4323		Senior I K - 20	1	01:22:40	03:49:30	05:10:42	07:07:20	08:54:38	10:33:02.60	10:33:33.35	+02:58:19 (28.1%)	9:18	6.4 (71.1%)
14	RYBARCZYK Ilona	4346	KOŁO BIEGA	Senior II K - 30	8	01:19:31		05:00:43	07:06:35	08:57:56	10:35:27.70	10:35:35.90	+03:00:22 (28.4%)	9:20	6.4 (71.1%)
15	KUK Urszula	4316		Masters K - 40	5	01:26:28	03:39:52	05:05:51	07:03:14	08:57:46	10:35:28.25	10:35:39.10	+03:00:25 (28.4%)	9:20	6.4 (71.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
16	SZYMAŃSKA Agata	4327		Senior II K - 30	9	01:25:57	03:37:07	05:02:27	07:07:50	08:57:39	10:36:43.05	10:37:23.60	+03:02:10 (28.6%)	9:21	6.4 (71.1%)
17	ROSZAK-SURKÓW Sylwia	4163	PARKRUN JEZIORO SWARZĘDZKIE	Masters K - 40	6	01:27:42	03:37:34	05:11:11	07:16:50	09:13:45	10:47:55.35	10:48:38.05	+03:13:24 (29.8%)	9:31	6.3 (70.0%)
18	KAJDAS Małgorzata	4029		Masters K - 40	7	01:24:16	03:31:30	04:59:24	07:12:45	09:15:15	10:58:22.95	10:58:52.20	+03:23:38 (30.9%)	9:40	6.2 (68.9%)
19	MATYSIK Marta	4021	WYZNAWCY BRONKA LIBIĄŻ	Senior II K - 30	10	01:19:29	03:37:05	05:01:48	07:15:31	09:17:52	11:10:17.75	11:10:25.95	+03:35:12 (32.1%)	9:51	6.1 (67.8%)
20	KRZESZEWSKA Dorota	4310		Masters K - 40	8	01:26:50	03:47:07	05:22:29	07:37:17	09:28:17	11:12:32.40	11:13:12.95	+03:37:59 (32.4%)	9:53	6.1 (67.8%)
21	BUDZIASZEK Agnieszka	4167	EFFI RUN TEAM	Senior I K - 20	2	01:28:30	03:44:18	05:16:28	07:23:50	09:18:38	11:13:12.90	11:13:16.90	+03:38:03 (32.4%)	9:54	6.1 (67.8%)
22	KOZAK Ewa	4116	KOZAKI	Masters K - 40	9	01:29:14	03:55:34		07:35:37	09:31:18	11:13:29.80	11:14:04.30	+03:38:50 (32.5%)	9:54	6.1 (67.8%)
23	RABIEGA Monika	4078	#BIEGAJLESZNO	Masters K - 40	10	01:28:27	03:55:38	05:28:16	07:45:25	09:39:29	11:22:41.00	11:22:45.00	+03:47:31 (33.3%)	10:02	6 (66.7%)
24	JURGA Anna	4195	SPEED FEET '16/OKFIR ŚMIGIEL	Senior II K - 30	11	01:28:56	03:59:05	05:30:16	07:45:40	09:44:39	11:27:21.50	11:28:08.10	+03:52:54 (33.8%)	10:06	5.9 (65.6%)
25	FRĄCKOWIAK Ewelina	4287		Masters K - 40	11	01:34:31	04:04:29	05:38:50	07:56:15	09:53:23	11:41:08.75	11:41:32.70	+04:06:19 (35.1%)	10:18	5.8 (64.4%)
26	OLEŃDZKA Emilia	4329	REMBERTÓW TEAM	Masters K - 40	12	01:30:35	03:54:33	05:29:22	07:48:42	09:55:18	11:44:03.65	11:45:12.70	+04:09:59 (35.4%)	10:21	5.8 (64.4%)
27	TOL Monika	4126	MAFIA TEAM LUBLINIEC	Senior II K - 30	12	01:33:05	04:08:43	05:46:01	08:06:48	10:08:25	11:50:37.90	11:51:42.10	+04:16:28 (36.0%)	10:27	5.7 (63.3%)
28	BATOR Monika	4090		Masters K - 40	13	01:26:15	03:53:20	05:30:19	07:49:48	10:03:28	11:52:54.65	11:53:24.45	+04:18:10 (36.2%)	10:29	5.7 (63.3%)
29	KARNICKA Iwona	4076	DZG RUNNERS ZGORZELEC	Weteran K - 50	2	01:27:42	03:51:14	05:28:01	07:46:14	09:46:33	11:54:20.70	11:54:46.05	+04:19:32 (36.3%)	10:30	5.7 (63.3%)
30	BIGAJ Justyna	4048	RUN GLORIA	Senior II K - 30	13	01:32:46	04:10:31	05:43:45	07:59:19	10:08:51	12:07:05.95	12:07:14.80	+04:32:01 (37.4%)	10:41	5.6 (62.2%)
30	MIKŁASZ-ZAKRZEWSKA Aleksandra	4255	ADIDASRUNNERSPOZNAN	Senior II K - 30	13	01:32:44	04:10:31	05:43:45	07:59:20	10:09:06	12:07:05.80	12:07:14.80	+04:32:01 (37.4%)	10:41	5.6 (62.2%)
32	FELKEL Ewa	4107	PIĄTKOWO NA BIEGOWO	Weteran K - 50	3	01:42:55	04:24:17	06:02:01	08:20:15	10:25:23	12:13:04.60	12:14:19.05	+04:39:05 (38.0%)	10:46	5.6 (62.2%)
33	LEBODA Katarzyna	4067	WILD DOGS TEAM	Senior II K - 30	15	01:30:10	03:52:41	05:22:08	07:48:16	10:15:18	12:14:31.80	12:15:55.50	+04:40:42 (38.1%)	10:48	5.6 (62.2%)
34	CIEŚLAR Kasia	4060		Senior II K - 30	16	01:40:10	04:08:16	05:43:05	08:07:17	10:19:58	12:20:59.60	12:22:15.20	+04:47:01 (38.7%)	10:53	5.5 (61.1%)
35	SZEJKA Katarzyna	4141		Masters K - 40	14	01:39:41	04:14:57	05:47:02	08:04:16	10:15:16	12:21:38.90	12:23:01.70	+04:47:48 (38.7%)	10:54	5.5 (61.1%)
36	KOCZOROWSKA Anna	4115	TEAM ZABIEGANEDNI	Masters K - 40	15	01:32:39	04:10:45	05:47:44	08:26:31	10:43:50	12:42:39.15	12:43:17.85	+05:08:04 (40.4%)	11:12	5.3 (58.9%)
37	KRYSTEK Ewa	4137		Weteran K - 50	4	01:40:47	04:20:51	06:09:14	08:31:08	10:46:14	12:42:26.75	12:43:22.30	+05:08:08 (40.4%)	11:12	5.4 (60.0%)
38	WIŚNIEWSKA Anna	4151		Senior II K - 30	17	01:35:27	04:06:29	05:44:04	08:13:34	10:43:03	12:43:01.15	12:44:40.05	+05:09:26 (40.5%)	11:13	5.3 (58.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	B1	B2	A15	Czas		Różn	Tempo min/km	Tempo km/h
						10km	24km	34km	46km	57km	netto 68km	brutto 68km			
39	STYKAŁA Adrianna	4082		Senior I K - 20	3	01:30:16	04:12:34	05:51:01	08:23:21	10:42:59	12:48:38.70	12:49:15.80	+05:14:02 (40.8%)	11:18	5.3 (58.9%)
40	ADAMUS Katarzyna	4055	ULTRA BESKID SPORT	Masters K - 40	16	01:47:35	04:40:18	06:25:04	08:51:26	10:56:37	12:52:42.60	12:53:58.55	+05:18:45 (41.2%)	11:21	5.3 (58.9%)
41	LACH Agnieszka	4260	MOCNA GRUPA CEZARA	Masters K - 40	17	01:35:32	04:19:28	06:08:54	08:44:30	11:01:46	12:54:15.75	12:54:47.80	+05:19:34 (41.2%)	11:23	5.3 (58.9%)
42	FIK-KIONA Joanna	4146	KB SZAMOTUŁY	Masters K - 40	18	01:38:37	04:22:10	05:59:23	08:38:00	11:00:43	12:54:28.60	12:55:27.85	+05:20:14 (41.3%)	11:23	5.3 (58.9%)
43	KRAJEWSKA Agata	4336	RIO GRAPPLING CLUB OŁAWA	Masters K - 40	19	01:36:50	04:06:57	05:52:25	08:31:07	11:00:28	13:09:30.50	13:10:47.70	+05:35:34 (42.4%)	11:36	5.2 (57.8%)
44	MICHALIK Kamila	4010		Senior I K - 20	4	01:37:15	04:25:42	06:08:35	08:44:52	11:16:41	13:12:48.70	13:13:54.55	+05:38:41 (42.7%)	11:39	5.1 (56.7%)
45	ROSIŃSKA Agnieszka	4152	ŚWIERCZEWO RUN	Masters K - 40	20	01:46:42	04:48:34	06:56:03			13:12:38.00	13:14:17.55	+05:39:04 (42.7%)	11:39	5.1 (56.7%)
46	BINKOWSKA Marta	4015	ŚWIERCZEWO RUN	Senior II K - 30	18	01:46:03	04:46:07	06:55:55			13:12:38.35	13:14:19.10	+05:39:05 (42.7%)	11:39	5.1 (56.7%)
47	KOSTRZYŃSKA Ewa	4120	KB SZAMOTUŁY	Masters K - 40	21	01:43:12	04:30:37	06:18:41	09:02:26	11:14:43	13:15:55.60	13:16:55.20	+05:41:41 (42.9%)	11:42	5.1 (56.7%)
48	PAWLIK Katarzyna	4277		Masters K - 40	22	01:37:39	04:17:09	05:55:53	08:32:54	11:03:05	13:18:30.65	13:19:21.65	+05:44:08 (43.1%)	11:44	5.1 (56.7%)
49	TOMASZEWSKA Ewa	4213	STOWARZYSZENIE BIEG OPOLSKI	Masters K - 40	23	01:37:39	04:17:09	05:55:56	08:32:48		13:18:31.15	13:19:21.80	+05:44:08 (43.1%)	11:44	5.1 (56.7%)
50	BERNAS-KUJAWIŃSKA Magdalena	4284	HERCOG RUNNING TEAM	Masters K - 40	24	01:37:58	04:27:47	06:26:03	09:02:31	11:16:50	13:28:39.10	13:28:44.45	+05:53:30 (43.7%)	11:53	5 (55.6%)
51	GUZEK Agnieszka	4332		Masters K - 40	25	01:38:08	04:17:06	06:02:58	08:43:53	11:14:18	13:28:11.45	13:29:22.05	+05:54:08 (43.8%)	11:53	5 (55.6%)
52	RUDAWSKA Karolina	4054		Senior II K - 30	19	01:45:57	04:35:35	06:21:19	09:04:01	11:20:23	13:30:16.20	13:31:45.15	+05:56:31 (43.9%)	11:54	5 (55.6%)
53	IZDEBSKA Anna	4052		Senior I K - 20	5	01:45:58	04:35:39	06:21:21	09:04:02	11:20:21	13:30:16.15	13:31:45.20	+05:56:31 (43.9%)	11:54	5 (55.6%)
54	SOBAŃSKA Paulina	4169	TARNOWO PODGÓRNE BIEGA	Masters K - 40	26	01:43:13		06:22:57	09:10:29	11:29:08	13:36:21.65	13:36:58.85	+06:01:45 (44.3%)	12:00	5 (55.6%)
55	ŚMIGIEL Magdalena	4161		Senior II K - 30	20	01:32:47	04:10:31	05:52:04	08:54:20	11:25:20	13:37:02.95	13:37:12.00	+06:01:58 (44.3%)	12:00	5 (55.6%)
56	ZDEBIK Katarzyna	4305		Senior II K - 30	21	01:32:49	04:10:38	05:52:02	08:53:45	11:25:19	13:37:02.60	13:37:12.10	+06:01:58 (44.3%)	12:00	5 (55.6%)
57	ZIELIŃSKA-DAWIDZIAK Magdalena	4223	AMBIT RACING TEAM	Weteran K - 50	5	01:34:38	04:20:59	06:08:34	08:57:59	11:35:03	13:39:00.30	13:40:12.25	+06:04:58 (44.5%)	12:02	5 (55.6%)
58	DUBIEL Monika	4192	KUNA W AGREŚCIE	Masters K - 40	27	01:41:01	04:25:30	06:09:56	08:48:35	11:03:33	13:40:52.90	13:41:58.55	+06:06:45 (44.6%)	12:04	5 (55.6%)
59	DRAJERCZAK Marlena	4154	M&M BIEGAMY RAZEM	Masters K - 40	28	01:45:09	04:39:55	06:31:28	09:21:19	11:27:56	13:50:09.05	13:51:50.65	+06:16:37 (45.3%)	12:12	4.9 (54.4%)
60	KOSSOK-ZAWADA Marta	4162	CAŁA OLEŚNICA BIEGA	Senior II K - 30	22	01:36:01	04:38:06	06:33:07	09:19:57	11:28:56	13:51:40.00	13:51:57.70	+06:16:44 (45.3%)	12:13	4.9 (54.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
61	LEWICKA Magdalena	4083	CAŁA OLEŚNICA BIEGA	Masters K - 40	29	01:36:00	04:38:02	06:33:07	09:20:05	11:29:00	13:51:40.30	13:51:57.85	+06:16:44 (45.3%)	12:13	4.9 (54.4%)
61	HADUŁA Justyna	4269		Masters K - 40	29	01:35:59	04:38:01	06:33:03	09:19:55	11:28:59	13:51:39.90	13:51:57.85	+06:16:44 (45.3%)	12:13	4.9 (54.4%)
63	HANGIEL Urszula	4275	ŻWAWIE ŻÓŁWIE	Masters K - 40	31	01:45:33	04:46:39	06:47:00	09:33:36	11:47:37	13:51:55.35	13:53:30.85	+06:18:17 (45.4%)	12:14	4.9 (54.4%)
	HAŁUPKA Aldona	4160	PARKRUN JEZIORO SWARZĘDZKIE	Masters K - 40		01:27:16 DNF	03:46:02 DNF	05:26:27 DNF	08:40:14 DNF	DNF	DNF	DNF		-	- (0.0%)
	CZABAN Katarzyna	4252	KULAM SIĘ JAK GUMIKLYJZY	Senior II K - 30		01:43:00 DNF	04:38:41 DNF	06:39:20 DNF	09:27:06 DNF	DNF	DNF	DNF		-	- (0.0%)
	KĘDZIA Edyta	4143		Weteran K - 50		01:48:30 DNF	04:39:04 DNF	06:35:12 DNF	09:28:42 DNF	DNF	DNF	DNF		-	- (0.0%)
	KŁACZKIEWICZ Magdalena	4006	KB SZAMOTUŁY	Senior I K - 20		01:51:17 DNF	04:52:45 DNF	06:48:22 DNF	09:35:04 DNF	DNF	DNF	DNF		-	- (0.0%)
	GAWĘDZKA Aneta	4158	OBORYGENI	Masters K - 40		02:01:01 DNF	04:50:46 DNF	06:57:06 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KORYBUT-BARSKA Anna	4044		Masters K - 40		01:46:24 DNF	04:46:50 DNF	07:05:47 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	SZCZEPANIAK Marta	4051		Masters K - 40		01:46:24 DNF	04:46:58 DNF	07:05:47 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KUŹNIAK Justyna	4361	KB SZAMOTUŁY	Masters K - 40		01:54:17 DNF	04:56:30 DNF	07:09:16 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	WINIECKA Ewa	4005	PARKRUN SŁODOWO WŁOCLAWEK	Masters K - 40		01:46:34 DNF	04:48:49 DNF	07:11:04 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KALIŃSKA Dorota	4321		Senior II K - 30		01:45:01 DNF	04:45:38 DNF	07:15:10 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	GIZELSKA Agnieszka	4102	PIĄTKOWO NA BIEGOWO	Weteran K - 50		01:48:51 DNF	04:52:49 DNF	07:25:26 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	STAJER Małgorzata	4104		Weteran K - 50		02:03:26 DNF	DNF	09:08:01 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KRZEMPEK Bogusława	4145	ULTRA BESKID SPORT	Masters K - 40		01:47:38 DNF	04:40:54 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	BAROSZ Natalia Paulina	4347		Senior II K - 30		01:10:23 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	URACZ Beata	4270	BARTOSZ GORCZYCA TEAM	Masters K - 40		01:11:32 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KORNACKA Monika	4244	AKTYWNI KRZYŻ	Masters K - 40		01:52:46 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 79 wynik(ów)