



CHYŻA DURBASZKA - 20 KM

B4SPORT

Event: PIENINY ULTRA-TRAIL®
Organiser: Fundacja Strefa Przygód
Date: 2023-04-22
Place: Szczawnica
Distance: 19.9 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: K40

Place	Participant	Number	Club	Category	MCat	Premia1 12.9km	Premia2 13.4km	18.8km	Net time 19.3km	Czas brutto 19.3km	Gap	Pace min/km	Pace km/h
1	GÓRALIK Sylwia	167	KS AZS AWF KRAKÓW	K40	1	01:22:07	01:26:26	01:57:24	01:58:59.70	01:59:01.25		6:09	9.7 (100%)
2	KOLANO Agnieszka	861	PRZEDWOJEWSKI TEAM	K40	2	01:26:56	01:31:46	02:05:45	02:07:31.70	02:07:35.30	+00:08:34 (6.7%)	6:36	9.1 (93.8%)
3	STANISZEWSKA Joanna	749	SPC	K40	3	01:43:11	01:49:13	02:31:45	02:33:46.25	02:33:56.80	+00:34:55 (22.7%)	7:58	7.5 (77.3%)
4	HACZ Marta	737		K40	4	01:45:28	01:51:26	02:33:31	02:35:33.60	02:35:38.80	+00:36:37 (23.5%)	8:03	7.4 (76.3%)
5	SARNA Jolanta	735		K40	5	01:47:22	01:53:24	02:39:25	02:41:38.35	02:41:44.15	+00:42:42 (26.4%)	8:22	7.2 (74.2%)
6	BEDNARZ Małgorzata	823	OTM.B	K40	6	01:51:40	01:57:23	02:43:28	02:45:31.80	02:45:42.20	+00:46:40 (28.2%)	8:34	7 (72.2%)
7	SERKSNAITE Zivile	787	WILD SOULS	K40	7		01:57:13	02:43:15	02:45:29.00	02:45:58.70	+00:46:57 (28.3%)	8:34	7 (72.2%)
8	ŠERKŠNAITĖ Odeta	818	WILD SOULS	K40	8	01:57:30	02:03:47	02:47:59	02:49:50.50	02:50:20.60	+00:51:19 (30.1%)	8:47	6.8 (70.1%)
9	KITA Anna	815		K40	9	01:55:50	02:01:13	02:48:59	02:51:02.90	02:51:54.10	+00:52:52 (30.8%)	8:51	6.8 (70.1%)
10	PIĘKOŚ Monika	780	HUNTERS OCR TEAM	K40	10	01:56:54	02:03:40	02:50:04	02:52:06.15	02:52:11.20	+00:53:09 (30.9%)	8:55	6.7 (69.1%)
11	STELMACH-TOFIL Ewa	692	#NOLIMITS	K40	11	01:55:21	02:02:11	02:51:06	02:53:02.30	02:53:11.50	+00:54:10 (31.3%)	8:57	6.7 (69.1%)
12	CZAJKA Sylwia	587		K40	12	01:58:57	02:04:56	02:50:56	02:53:08.20	02:53:30.05	+00:54:28 (31.4%)	8:58	6.7 (69.1%)
13	POCIEJEWSKA Justyna	606	NATIONALE NEDERLANDEN RUNNING TEAM	K40	13	01:57:20	02:03:45	02:51:11	02:53:01.05	02:53:32.15	+00:54:30 (31.4%)	8:57	6.7 (69.1%)
14	KLIMOWSKA Bernadetta	739		K40	14	01:59:11	02:05:34	02:52:19	02:54:24.65	02:54:50.05	+00:55:48 (31.9%)	9:02	6.6 (68.0%)
15	FRANEK Agata	620	GET RUN	K40	15	01:57:17	02:04:38	02:54:05	02:56:01.00	02:56:06.05	+00:57:04 (32.4%)	9:07	6.6 (68.0%)

Place	Participant	Number	Club	Category	MCat	Premia			Net time 19.3km	Czas brutto 19.3km	Gap	Pace min/km	Pace km/h
						12.9km	13.4km	18.8km					
16	KRALIK Sylwia	536		K40	16	02:02:42	02:09:27	02:56:29	02:58:37.85	02:59:00.15	+00:59:58 (33.5%)	9:15	6.5 (67.0%)
17	ŻUREK-KUCHARSKA Urszula	650	M.I.L.A.	K40	17	01:59:11	02:05:35	02:57:22	02:59:17.50	02:59:49.65	+01:00:48 (33.8%)	9:17	6.5 (67.0%)
18	ANDRZEJEWSKA Anna	819	AKTYWNIE UZALEŻNIAMY	K40	18	01:59:30	02:07:26	03:00:48	03:03:18.30	03:03:18.30	+01:04:17 (35.1%)	9:29	6.3 (64.9%)
19	SZCZODRZYŃSKA Kasia	834		K40	19	02:06:40	02:13:47	03:04:02	03:06:03.65	03:06:22.55	+01:07:21 (36.1%)	9:38	6.2 (63.9%)
20	KSIĄŻEK-WOŁYNIEC Magdalena	912		K40	20	02:06:21	02:12:23	03:04:59	03:07:09.95	03:07:43.40	+01:08:42 (36.6%)	9:41	6.2 (63.9%)
21	CZUCHRYTA Iwona	892		K40	21	02:07:55	02:15:00	03:06:59	03:09:10.35	03:09:28.50	+01:10:27 (37.2%)	9:48	6.1 (62.9%)
22	HEJMEJ Kamila	504		K40	22	02:08:40	02:15:18	03:07:27	03:09:33.30	03:09:54.75	+01:10:53 (37.3%)	9:49	6.1 (62.9%)
23	GIERAŁT Urszula	632		K40	23	02:08:05	02:15:12	03:09:07	03:11:23.75	03:11:45.75	+01:12:44 (37.9%)	9:54	6.1 (62.9%)
24	LISOWSKA Izabela	827		K40	24	02:05:57	02:14:22	03:10:12	03:12:30.70	03:12:38.50	+01:13:37 (38.2%)	9:58	6 (61.9%)
25	BACHURSKA Ewa	665	KB HARCOWNIK JELCZ-LASKOWICE	K40	25	02:10:42	02:18:27	03:12:26	03:14:38.15	03:14:47.25	+01:15:46 (38.9%)	10:05	5.9 (60.8%)
26	SAMBORSKA Aneta	575		K40	26	02:13:50	02:21:19	03:15:25	03:17:51.25	03:18:31.75	+01:19:30 (40.0%)	10:15	5.9 (60.8%)
27	KARLIŃSKA Katarzyna	832	DRADURA&FOURTRISQUAD	K40	27	02:16:14	02:23:39	03:22:19	03:24:23.35	03:24:41.60	+01:25:40 (41.9%)	10:35	5.7 (58.8%)
28	BARTOSIEWICZ Małgorzata	732		K40	28	02:21:34	02:29:47	03:24:24	03:26:36.10	03:26:52.50	+01:27:51 (42.5%)	10:42	5.6 (57.7%)
29	GRZYB Beata	570	KOBIETY BIEGAJĄ	K40	29	02:18:21	02:26:34	03:24:56	03:27:21.85	03:27:40.45	+01:28:39 (42.7%)	10:44	5.6 (57.7%)
30	NOWACZEK Ewa	553	#NOLIMITS	K40	30	02:18:11	02:26:02	03:27:04	03:29:14.50	03:29:27.00	+01:30:25 (43.2%)	10:50	5.5 (56.7%)
31	ŻARNICKA Anna	785		K40	31	02:20:45	02:28:38	03:27:57	03:30:37.50	03:31:11.70	+01:32:10 (43.6%)	10:54	5.5 (56.7%)
32	BRZEŚKIEWICZ Dorota	657	MKB DREPTAK	K40	32	02:24:34	02:32:09	03:29:14	03:31:30.10	03:31:57.75	+01:32:56 (43.8%)	10:57	5.5 (56.7%)
33	BOROŃ Magdalena	572		K40	33	02:22:05	02:30:12	03:31:49	03:34:50.05	03:34:56.00	+01:35:54 (44.6%)	11:07	5.4 (55.7%)
34	MENDYGRAŁ Emilia	767	BIEGOWY WARIAT RUNNING TEAM	K40	34	02:21:42	02:30:14	03:32:34	03:35:03.90	03:35:30.65	+01:36:29 (44.8%)	11:08	5.4 (55.7%)
35	NIEPORECKA Sylwia	755		K40	35	02:26:14	02:33:51	03:33:28	03:35:52.40	03:36:12.40	+01:37:11 (45.0%)	11:11	5.4 (55.7%)
36	PYTKA Monika	584	NAPRZÓD MŁOCINY	K40	36	02:27:54	02:35:23	03:33:25	03:35:58.80	03:36:35.45	+01:37:34 (45.0%)	11:11	5.4 (55.7%)
37	BOJARCZUK Jolanta	601	RUCH IZBICA	K40	37	02:17:33	02:25:27	03:33:54	03:36:33.10	03:36:46.60	+01:37:45 (45.1%)	11:13	5.3 (54.6%)
38	MAGOCZY Helena	682		K40	38	02:28:48	02:36:35	03:33:40	03:35:57.05	03:36:47.05	+01:37:45 (45.1%)	11:11	5.4 (55.7%)

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						12.9km	13.4km	18.8km					
39	WOLSKA Monika	888	SEKCJA BIEGOWA RUCH IZBICA	K40	39	02:23:49	02:33:49	03:34:37	03:37:21.90	03:37:37.00	+01:38:35 (45.3%)	11:15	5.3 (54.6%)
40	KARCZYŃSKA Joanna	796	BIEGANIE =POMAGANIE	K40	40	02:23:48	02:33:48	03:34:35	03:37:20.40	03:37:37.05	+01:38:35 (45.3%)	11:15	5.3 (54.6%)
41	GASIK Wiola	926	STOWARZYSZENIE SPORTOWE SŁOŃCA JURY	K40	41	02:25:05	02:32:23	03:35:13	03:37:41.80	03:37:53.75	+01:38:52 (45.4%)	11:16	5.3 (54.6%)
42	ŚLĘCZKA Anna	567	AKTYWNA PSZCZYNA	K40	42	02:27:22	02:34:06	03:40:32	03:43:12.30	03:43:35.55	+01:44:34 (46.8%)	11:33	5.2 (53.6%)
43	SŁOWIŃSKA Małgorzata	671	JELENI SUS	K40	43	02:26:30	02:35:43	03:40:55	03:43:28.50	03:44:05.05	+01:45:03 (46.9%)	11:34	5.2 (53.6%)
44	SKUBISZ Katarzyna	710		K40	44	02:26:10	02:35:45	03:40:58	03:43:30.70	03:44:05.20	+01:45:03 (46.9%)	11:34	5.2 (53.6%)
45	CIBIOR Ewelina	866	ROZCHODNIACZEK TEAM	K40	45	02:33:30	02:41:22	03:44:07	03:46:33.75	03:47:09.70	+01:48:08 (47.6%)	11:44	5.1 (52.6%)
46	NAWRAT Joanna	675		K40	46	02:27:31	02:36:56	03:45:25	03:47:50.10	03:48:06.15	+01:49:04 (47.8%)	11:48	5.1 (52.6%)
47	DOMAGAŁA Anna	748		K40	47	02:33:42	02:41:09	03:47:44	03:50:28.25	03:50:56.10	+01:51:54 (48.5%)	11:56	5 (51.5%)
48	SZELAĞIEWICZ Małgorzata	655		K40	48	02:32:23	02:41:00	03:48:35	03:51:03.80	03:51:34.05	+01:52:32 (48.6%)	11:58	5 (51.5%)
49	TKACZYK - GAWRYŁKOWICZ Agnieszka	525	MIĘDZYRZECKIE GAZELE	K40	49	02:35:25	02:46:23	03:49:49	03:52:14.60	03:52:51.65	+01:53:50 (48.9%)	12:01	5 (51.5%)
50	BALCER Anna	537	MIĘDZYRZECKIE GAZELE	K40	50	02:35:12	02:45:59	03:49:47	03:52:13.25	03:52:51.75	+01:53:50 (48.9%)	12:01	5 (51.5%)
51	ŁUJ Joanna	744		K40	51	02:42:10	02:51:10	03:54:11	03:56:35.65	03:56:35.65	+01:57:34 (49.7%)	12:15	4.9 (50.5%)
52	SKÓRA Anna	538	JZDL	K40	52	02:48:47	02:56:55	03:54:46	03:57:18.90	03:57:43.20	+01:58:41 (49.9%)	12:17	4.9 (50.5%)
53	KOZA Marta	909		K40	53	02:46:06	02:54:58	03:59:57	04:02:34.45	04:02:51.45	+02:03:50 (51.0%)	12:34	4.8 (49.5%)
54	WIELICZKO Regina	513		K40	54	02:45:11	02:55:35	04:06:25	04:09:43.50	04:10:11.00	+02:11:09 (52.4%)	12:56	4.6 (47.4%)
55	KOZACZUK Katarzyna	652	PĘDZĄCE LENIWCE	K40	55	02:45:23	02:55:07	04:06:38	04:09:55.35	04:10:11.15	+02:11:09 (52.4%)	12:56	4.6 (47.4%)
56	WISZNIOWSKA Małgorzata	852		K40	56	02:49:52	02:58:05	04:07:37	04:09:58.55	04:10:46.60	+02:11:45 (52.5%)	12:57	4.6 (47.4%)
57	KOŁACIŃSKA Ewelina	917	LEŚNE SZYCHY	K40	57	02:52:15	03:00:24	04:08:33	04:10:56.20	04:11:40.40	+02:12:39 (52.7%)	13:00	4.6 (47.4%)
58	BRODZIK Małgorzata	649	NAPRZÓD MŁOCINY	K40	58	02:56:13	03:04:50	04:13:53	04:16:15.65	04:16:35.75	+02:17:34 (53.6%)	13:16	4.5 (46.4%)
59	GRUDZIŃSKA Agnieszka	877	GRUPA BIEGACZY SKÓRZEC BIEGA	K40	59	03:06:58	03:16:02	04:31:38	04:34:02.15	04:34:37.75	+02:35:36 (56.7%)	14:11	4.2 (43.3%)
60	AKONOM Aleksandra	900		K40	60	03:05:24	03:15:15	04:35:43	04:38:06.85	04:38:34.20	+02:39:32 (57.3%)	14:24	4.2 (43.3%)
61	OLĘDZKA-KULIK Monia	879	GRUPA BIEGACZY SKÓRZEC BIEGA	K40	61	03:07:48	03:16:33	04:40:05	04:42:58.80	04:43:34.40	+02:44:33 (58.0%)	14:39	4.1 (42.3%)

Place	Participant	Number	Club	Category	MCat	Premia1 12.9km	Premia2 13.4km	18.8km	Net time 19.3km	Czas brutto 19.3km	Gap	Pace min/km	Pace km/h
62	BAJNO Marta	853		K40	62	03:02:08	03:13:09	04:40:05	04:43:10.30	04:43:58.20	+02:44:56 (58.1%)	14:40	4.1 (42.3%)
63	WODAŁA Jolanta	626	KLUB BIEGACZA RTV EURO AGD	K40	63	03:24:11	03:34:15	04:55:36	04:57:41.35	04:58:12.40	+02:59:11 (60.1%)	15:25	3.9 (40.2%)

Total 63 results.