

GOLDEN MOUNTAINS TRAIL - 33 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2020-07-16
Miejsce: Łądek-Zdrój
Dystans: 33 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Masters K - 40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	Czerniak 16km	D1 24km	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
1	FOGIEL-PAWŁOWSKA Agnieszka	6049		Masters K - 40	1	01:05:20	01:55:53	02:53:44	04:00:54.75		7:18	8.2 (100%)
2	MAGDA Katarzyna	6161		Masters K - 40	2	01:08:19	02:01:06	03:02:35	04:12:25.30	+00:11:30 (4.6%)	7:38	7.8 (95.1%)
3	NIEKRAŚ Lidia	6385		Masters K - 40	3	01:01:40	01:46:03	02:37:45	04:14:09.95	+00:13:15 (5.2%)	7:42	7.8 (95.1%)
4	WOJCIECHOWSKA Dorota	6150		Masters K - 40	4	01:15:35	02:12:37	03:21:09	04:46:02.20	+00:45:07 (15.8%)	8:40	6.9 (84.1%)
5	WALCZAK Agnieszka	6146	OLKUSZBIEGA	Masters K - 40	5	01:15:18	02:12:06	03:27:33	04:49:51.65	+00:48:56 (16.9%)	8:47	6.8 (82.9%)
6	HAŁA Marta	6278	TARNOWO PODGÓRNE BIEGA	Masters K - 40	6	01:23:14		03:29:48	04:56:55.65	+00:56:00 (18.9%)	8:59	6.7 (81.7%)
7	BRONOWSKA Justyna	6122	TUPTAM.PL	Masters K - 40	7	01:23:47	02:26:28	03:44:14	05:10:39.30	+01:09:44 (22.5%)	9:24	6.4 (78.0%)
8	DOMOSŁAWSKA Joanna	6191		Masters K - 40	8	01:20:53	02:23:51	03:44:00	05:18:41.30	+01:17:46 (24.4%)	9:39	6.2 (75.6%)
9	KRAJEWSKA Agata	6366		Masters K - 40	9	01:27:27	02:30:13	03:46:31	05:19:49.45	+01:18:54 (24.7%)	9:41	6.2 (75.6%)
10	GRUSZKA Anna	6186		Masters K - 40	10	01:26:13	02:36:17	03:51:05	05:21:51.05	+01:20:56 (25.1%)	9:45	6.2 (75.6%)
11	SOBORSKA Sylwia	6208	SAINT GOBAIN SQUAD	Masters K - 40	11	01:27:21	02:34:56	03:48:42	05:25:09.85	+01:24:15 (25.9%)	9:51	6.1 (74.4%)
12	MAZUR Katarzyna	6371	UMLAUT	Masters K - 40	12	01:30:55		04:00:01	05:31:53.05	+01:30:58 (27.4%)	10:03	6 (73.2%)
13	GRUCHOT Małgorzata	6256	WBO	Masters K - 40	13	01:20:35	02:22:57	03:55:36	05:37:10.50	+01:36:15 (28.5%)	10:13	5.9 (72.0%)
14	WALCZAK Anna	6119		Masters K - 40	14	01:29:18	02:41:17	04:02:29	05:40:38.90	+01:39:44 (29.3%)	10:19	5.8 (70.7%)
15	OHLA Justyna	6031	BIEGAM BO NIE LUBIĘ	Masters K - 40	15	01:27:43	02:39:01	03:56:48	05:42:31.75	+01:41:37 (29.7%)	10:22	5.8 (70.7%)
16	ŚNIEGOCKA Magdalena	6215	TARNOWO PODGÓRNE BIEGA	Masters K - 40	16	01:27:21	02:39:49	04:03:01	05:43:06.85	+01:42:12 (29.8%)	10:23	5.8 (70.7%)
17	BUCKO Karolina	6259	TARNOWO PODGÓRNE BIEGA	Masters K - 40	17	01:27:25		04:03:11	05:43:13.40	+01:42:18 (29.8%)	10:24	5.8 (70.7%)
18	BAR Aleksandra	6163	GMINA STRZELCE OPOLSKIE	Masters K - 40	18	01:35:49	02:51:13	04:10:55	05:44:42.95	+01:43:48 (30.1%)	10:26	5.7 (69.5%)
19	LISZKA Ela	6200	JEJKOWICE BIEGAJĄ	Masters K - 40	19	01:40:49	02:55:24	04:15:08	05:48:10.70	+01:47:15 (30.8%)	10:33	5.7 (69.5%)
20	SOKOŁOWSKA Katarzyna	6188		Masters K - 40	20	01:31:22	02:37:42	04:06:50	05:51:27.50	+01:50:32 (31.5%)	10:39	5.6 (68.3%)
21	SIELIWONIK Anita	6130		Masters K - 40	21	01:32:54	02:39:34	04:01:54	05:51:39.45	+01:50:44 (31.5%)	10:39	5.6 (68.3%)
22	MROZIŃSKA Renata	6050		Masters K - 40	22	01:46:14	02:56:10	04:09:37	05:52:48.70	+01:51:53 (31.7%)	10:41	5.6 (68.3%)
23	TRZCINA Agata	6057		Masters K - 40	23	01:33:10	02:43:40	04:10:45	05:55:52.90	+01:54:58 (32.3%)	10:47	5.6 (68.3%)
24	TOKARSKA Bożena	6374	#ADAMCZERWIŃSKITEAM	Masters K - 40	24	01:35:04	02:50:00	04:02:00	05:56:31.30	+01:55:36 (32.4%)	10:48	5.6 (68.3%)
25	WYSMOLINSKA Karolina	6205		Masters K - 40	25	01:32:50	02:49:15	04:16:47	05:57:02.70	+01:56:07 (32.5%)	10:49	5.5 (67.1%)
26	KAWĘCKA Kinga	6087	ADIDAS RUNNERS	Masters K - 40	26	01:44:46	02:58:13	04:17:02	06:01:31.80	+02:00:37 (33.4%)	10:57	5.5 (67.1%)
27	TERKA Barbara	6068		Masters K - 40	27	01:44:56	02:58:32	04:17:12	06:01:42.20	+02:00:47 (33.4%)	10:57	5.5 (67.1%)
28	FALENDER Anna	6058	CENTRUM FORMY 58-100	Masters K - 40	28	01:33:04	02:51:05	04:19:18	06:05:52.25	+02:04:57 (34.2%)	11:05	5.4 (65.9%)
29	SADOWSKA Justyna	6007		Masters K - 40	29	01:38:30	02:49:03	04:17:28	06:06:57.15	+02:06:02 (34.3%)	11:07	5.4 (65.9%)

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30	KAPŁON Anna	6118		Masters K - 40	30	01:37:01	02:58:03	04:23:33	06:11:03.80	+02:10:09 (35.1%)	11:14	5.3 (64.6%)
31	NAKONECZNA Anna	6081		Masters K - 40	31	01:44:51	03:08:59	04:30:48	06:11:43.50	+02:10:48 (35.2%)	11:15	5.3 (64.6%)
32	PIÓRKOWSKA Jolanta	6010	KOŁO BIEGA	Masters K - 40	32	01:35:46	02:49:43	04:23:45	06:14:16.75	+02:13:22 (35.6%)	11:20	5.3 (64.6%)
33	PĘCKA Beata	6106		Masters K - 40	33	01:39:01	02:59:11	04:33:09	06:23:29.15	+02:22:34 (37.2%)	11:37	5.2 (63.4%)
34	POSIŁA Joanna	6370		Masters K - 40	34	01:41:53	03:09:03	04:26:40	06:24:12.20	+02:23:17 (37.3%)	11:38	5.2 (63.4%)
35	BEDNARSKA-KOZIOŁ Danuta	6158	WKURW_TEAM	Masters K - 40	35	01:43:39	03:10:35	04:44:18	06:24:50.75	+02:23:56 (37.4%)	11:39	5.1 (62.2%)
36	MARKIEWICZ Joanna Zuza	6009	KOBIETY BIEGAJA / TJ	Masters K - 40	36	01:43:55	03:05:52	04:40:22	06:41:33.95	+02:40:39 (40.0%)	12:10	4.9 (59.8%)
37	WIŚNIEWSKA Dorota	6033		Masters K - 40	37	01:52:45	03:25:52	04:52:06	06:46:03.75	+02:45:09 (40.7%)	12:18	4.9 (59.8%)
38	TRZCIŃSKA Jolanta	6364		Masters K - 40	38	01:36:22	02:53:15	04:38:46	06:55:05.95	+02:54:11 (42.0%)	12:34	4.8 (58.5%)
39	DRAJERCZAK Marlena	6383	MUAY RUNNING TEAM	Masters K - 40	39	01:51:26	03:32:42	05:08:34	07:08:56.20	+03:08:01 (43.8%)	12:59	4.6 (56.1%)
40	JASIUL Mariola	6006		Masters K - 40	40	01:49:42	03:18:15	05:07:39	07:19:02.70	+03:18:07 (45.1%)	13:18	4.5 (54.9%)
41	CZOCHARA Marta	6041		Masters K - 40	41	01:56:50	03:40:28	05:25:02	07:32:53.45	+03:31:58 (46.8%)	13:43	4.4 (53.7%)

Znaleziono 41 wynik(ów)