



# GOLDEN MOUNTAINS TRAIL - 33 KM

B4SPORT

**Wydarzenie:** Dolnośląski Festiwal Biegów Górskich  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2021-07-15  
**Miejsce:** Łądek-Zdrój  
**Dystans:** 33 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Masters K - 40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
1	DESSAUER Wioletta	6100	-	Masters K - 40	1	01:04:36	02:53:50	<b>03:53:56.35</b>		7:05	8.5 (100%)
2	DZIETCZYK Sylwia	6310	AKTYWNE CHOSZCZNO	Masters K - 40	2	01:09:59	02:59:24	<b>04:00:09.35</b>	+00:06:13 (2.6%)	7:16	8.2 (96.5%)
3	WINIARCZYK-JADACH Beata	6496	TG SOKÓŁ ZAKOPANE	Masters K - 40	3	01:05:20	02:56:42	<b>04:00:45.15</b>	+00:06:48 (2.8%)	7:17	8.2 (96.5%)
4	LULIS Anna	6420	SOBAS TEAM	Masters K - 40	4	01:04:28	02:58:42	<b>04:08:24.35</b>	+00:14:28 (5.8%)	7:31	8 (94.1%)
5	ŁOMNICKA Barbara	6484	MKS SIECHNICE	Masters K - 40	5	01:09:21	03:06:02	<b>04:15:43.00</b>	+00:21:46 (8.5%)	7:44	7.7 (90.6%)
6	PARZYCH Katarzyna	6217	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Masters K - 40	6	01:16:05	03:12:53	<b>04:22:28.55</b>	+00:28:32 (10.9%)	7:57	7.5 (88.2%)
7	FOGIEL-PAWŁOWSKA Agnieszka	6167		Masters K - 40	7	01:10:48	03:23:05	<b>04:40:59.05</b>	+00:47:02 (16.7%)	8:30	7 (82.4%)
8	MRUGAŁA Monika	6346	EUROVENT ATHLETICS	Masters K - 40	8	01:11:54	03:24:55	<b>04:45:18.10</b>	+00:51:21 (18.0%)	8:38	6.9 (81.2%)
9	SIELIWONIK Anita	6115		Masters K - 40	9	01:20:22	03:37:31	<b>04:53:25.40</b>	+00:59:29 (20.3%)	8:53	6.7 (78.8%)
10	MADEJ Anna	6351	VEGE RUNNERS	Masters K - 40	10	01:19:43	03:33:58	<b>04:54:16.00</b>	+01:00:19 (20.5%)	8:55	6.7 (78.8%)
11	GARCZYŃSKA Ania	6133		Masters K - 40	11	01:20:43	03:36:45	<b>04:58:21.45</b>	+01:04:25 (21.6%)	9:02	6.6 (77.6%)
12	WIERZBIŃSKA Edyta	6470	ULTRADZICZKI I ULTRALISICZKI	Masters K - 40	12	01:24:50	03:50:15	<b>05:16:01.85</b>	+01:22:05 (26.0%)	9:34	6.3 (74.1%)
13	GIDASZEWSKA Jolanta	6501	NESSI	Masters K - 40	13	01:28:53	03:55:40	<b>05:18:14.10</b>	+01:24:17 (26.5%)	9:38	6.2 (72.9%)
14	GRABARCZYK Ilona	6035		Masters K - 40	14	01:24:39	03:56:23	<b>05:20:49.90</b>	+01:26:53 (27.1%)	9:43	6.2 (72.9%)
15	CHUDA Aneta	6017		Masters K - 40	15	01:29:16	04:01:34	<b>05:23:05.85</b>	+01:29:09 (27.6%)	9:47	6.1 (71.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
16	<b>NOWAK Marta</b>	<b>6183</b>		Masters K - 40	16	01:25:51	03:56:41	<b>05:25:24.85</b>	+01:31:28 (28.1%)	9:51	6.1 (71.8%)
17	<b>DOLECKA Elżbieta</b>	<b>6380</b>	NKB CHYŻY NOWY TOMYŚL	Masters K - 40	17	01:25:03	04:02:32	<b>05:30:50.45</b>	+01:36:54 (29.3%)	10:01	6 (70.6%)
18	<b>STANISZEWSKA-DUDA Katarzyna</b>	<b>6515</b>	TIM JEST TIM	Masters K - 40	18	01:24:03	04:07:14	<b>05:38:50.25</b>	+01:44:53 (31.0%)	10:16	5.8 (68.2%)
19	<b>GAWRON Monika</b>	<b>6411</b>	MIRAZ RACE TEAM	Masters K - 40	19	01:25:34	04:16:06	<b>05:43:13.75</b>	+01:49:17 (31.8%)	10:24	5.8 (68.2%)
20	<b>BIADAŁA Paulina</b>	<b>6445</b>		Masters K - 40	20	01:28:17	04:17:23	<b>05:46:08.65</b>	+01:52:12 (32.4%)	10:29	5.7 (67.1%)
21	<b>KULCZYKOWSKA Julita</b>	<b>6089</b>	CHOMIKI Z KOPYTEM	Masters K - 40	21	01:30:00	04:16:26	<b>05:47:10.60</b>	+01:53:14 (32.6%)	10:31	5.7 (67.1%)
22	<b>TYMBOROWSKA - WIEDRO Małgorzata</b>	<b>6531</b>	WKURW_TEAM	Masters K - 40	22	01:30:34	04:17:16	<b>05:55:22.70</b>	+02:01:26 (34.2%)	10:46	5.6 (65.9%)
23	<b>KRZESZEWSKA Dorota</b>	<b>6223</b>		Masters K - 40	23	01:29:39	04:29:40	<b>05:58:48.45</b>	+02:04:52 (34.8%)	10:52	5.5 (64.7%)
24	<b>KUKLA-KOWALSKA Alicja</b>	<b>6057</b>	BIEGAM BO NIE LUBIE	Masters K - 40	24	01:30:12	04:24:50	<b>05:58:57.25</b>	+02:05:00 (34.8%)	10:52	5.5 (64.7%)
25	<b>MARCINIAK Anna</b>	<b>6467</b>		Masters K - 40	25	01:34:30	04:23:25	<b>06:00:49.50</b>	+02:06:53 (35.2%)	10:56	5.5 (64.7%)
26	<b>GRANECKA Monika</b>	<b>6543</b>	DZIK KOMANDO	Masters K - 40	26	01:25:29	04:25:29	<b>06:01:36.25</b>	+02:07:39 (35.3%)	10:57	5.5 (64.7%)
27	<b>ŚMIECHOWSKA Małgorzata</b>	<b>6539</b>		Masters K - 40	27	01:30:17	04:19:26	<b>06:01:53.85</b>	+02:07:57 (35.4%)	10:57	5.5 (64.7%)
28	<b>BOŹKIEWICZ Patrycja</b>	<b>6233</b>	PIEKIELNIE ZGRANI	Masters K - 40	28	01:33:41	04:28:26	<b>06:05:38.35</b>	+02:11:42 (36.0%)	11:04	5.4 (63.5%)
29	<b>KOŃ Aleksandra</b>	<b>6407</b>	EKIPA LIPA	Masters K - 40	29	01:37:12	04:41:47	<b>06:06:17.25</b>	+02:12:20 (36.1%)	11:05	5.4 (63.5%)
30	<b>ZIEMKOWSKA Monika</b>	<b>6323</b>		Masters K - 40	30	01:38:21	04:38:35	<b>06:10:00.05</b>	+02:16:03 (36.8%)	11:12	5.4 (63.5%)
31	<b>OCHNIO Ewa</b>	<b>6021</b>	DALEKA DROGA	Masters K - 40	31	01:37:03	04:24:45	<b>06:11:11.55</b>	+02:17:15 (37.0%)	11:14	5.3 (62.4%)
32	<b>LEKS-MASZKOWSKA Ryszarda</b>	<b>6435</b>	OBORYGENI	Masters K - 40	32	01:32:34	04:55:01	<b>06:16:14.20</b>	+02:22:17 (37.8%)	11:24	5.3 (62.4%)
33	<b>WYSMOLINSKA Karolina</b>	<b>6430</b>		Masters K - 40	33	01:36:54	04:35:20	<b>06:17:42.00</b>	+02:23:45 (38.1%)	11:26	5.2 (61.2%)
34	<b>HORODYŃSKA Mirosława</b>	<b>6541</b>	KOTWICA BRZEG	Masters K - 40	34	01:38:28	04:50:17	<b>06:18:35.80</b>	+02:24:39 (38.2%)	11:28	5.2 (61.2%)
35	<b>WILGUS-KUBICA Katarzyna</b>	<b>6404</b>		Masters K - 40	35	01:36:51	04:42:53	<b>06:18:45.65</b>	+02:24:49 (38.2%)	11:28	5.2 (61.2%)
36	<b>KOCZOROWSKA Anna</b>	<b>6427</b>	TEAM ZABIEGANEDNI	Masters K - 40	36	01:38:23	04:38:10	<b>06:19:20.10</b>	+02:25:23 (38.3%)	11:29	5.2 (61.2%)
37	<b>WOŁOWIEC Bożena</b>	<b>6495</b>		Masters K - 40	37	01:36:41	04:34:24	<b>06:20:57.40</b>	+02:27:01 (38.6%)	11:32	5.2 (61.2%)
38	<b>BURDAJEWICZ Magdalena</b>	<b>6480</b>		Masters K - 40	38	01:36:24	04:38:04	<b>06:29:05.40</b>	+02:35:09 (39.9%)	11:47	5.1 (60.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
39	<b>KONCA Beata</b>	<b>6016</b>	KB OŻARÓW MAZOWIECKI BIEGA	Masters K - 40	39	01:43:43	04:58:42	<b>06:29:16.75</b>	+02:35:20 (39.9%)	11:47	5.1 (60.0%)
40	<b>BIAŁEK Kamila</b>	<b>6453</b>		Masters K - 40	40	01:33:30	05:02:43	<b>06:33:10.25</b>	+02:39:13 (40.5%)	11:54	5 (58.8%)
41	<b>ŁUSIAK Ewa</b>	<b>6000</b>		Masters K - 40	41	01:40:13	04:56:54	<b>06:33:29.60</b>	+02:39:33 (40.5%)	11:55	5 (58.8%)
42	<b>SALA MACHA Izabela</b>	<b>6187</b>	MAMY BIEGAMY	Masters K - 40	42	01:35:45	05:00:40	<b>06:35:30.30</b>	+02:41:33 (40.9%)	11:59	5 (58.8%)
43	<b>MROZIŃSKA Renata</b>	<b>6240</b>		Masters K - 40	43	01:33:08	04:58:14	<b>06:39:48.45</b>	+02:45:52 (41.5%)	12:06	5 (58.8%)
44	<b>KOBIERECKA Monika</b>	<b>6146</b>		Masters K - 40	44	01:36:01	05:02:19	<b>06:47:10.40</b>	+02:53:14 (42.5%)	12:20	4.9 (57.6%)
45	<b>PĘCKA Beata</b>	<b>6143</b>		Masters K - 40	45	01:37:44	04:50:50	<b>06:47:10.75</b>	+02:53:14 (42.5%)	12:20	4.9 (57.6%)
46	<b>PLASZCZAK Bogumiła</b>	<b>6175</b>	PIEKIELNIE ZGRANI	Masters K - 40	46	01:38:14	05:06:00	<b>06:48:16.50</b>	+02:54:20 (42.7%)	12:22	4.8 (56.5%)
47	<b>DADAŚ Elżbieta</b>	<b>6043</b>	BP RUNNING TEAM GLIWICE	Masters K - 40	47	01:44:52	05:01:49	<b>06:48:52.50</b>	+02:54:56 (42.8%)	12:23	4.8 (56.5%)
48	<b>GRACZYK Magdalena</b>	<b>6094</b>		Masters K - 40	48	01:53:02	05:19:11	<b>06:48:58.00</b>	+02:55:01 (42.8%)	12:23	4.8 (56.5%)
49	<b>KACZMAREK Monika</b>	<b>6087</b>	NKB CHYŻY NOWY TOMYŚL	Masters K - 40	49	01:48:31	05:23:38	<b>07:05:38.20</b>	+03:11:41 (45.0%)	12:53	4.7 (55.3%)
	<b>MAĆKOWIAK-RYDZYŃSKA Anna</b>	<b>6408</b>		Masters K - 40		01:33:43 DNF	19:32:41 DNF	<b>DNF</b>		-	- (0.0%)
	<b>RAPACZ-TOPIŁKO Anna</b>	<b>6210</b>	MASTERS ART	Masters K - 40		01:31:24 DNF	DNF	<b>DNF</b>		-	- (0.0%)

Znaleziono 51 wynik(ów)