



GOLDEN MOUNTAINS TRAIL - 33 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2023-07-13
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	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
1	PASTOROVÁ Petra	6420	MK SEITL OSTRAVA	Masters K - 40	1	00:58:43	02:31:05	03:23:01.40	03:23:06.10		6:09	9.8 (100%)
2	KOWALEWSKA Elżbieta	6172	EDI TEAM ZGORZELEC	Masters K - 40	2	01:04:43	02:46:05	03:41:19.85	03:41:23.65	+00:18:17 (8.3%)	6:42	8.9 (90.8%)
3	MATRASOVA Katerina	6427	TFRUN	Masters K - 40	3	01:02:31	02:43:50	03:44:12.80	03:44:17.55	+00:21:11 (9.4%)	6:47	8.8 (89.8%)
4	PŁAZIAK-KOWALSKA Magdalena	6244	2K	Masters K - 40	4	01:11:34	03:08:01	04:09:24.65	04:09:35.80	+00:46:29 (18.6%)	7:33	7.9 (80.6%)
5	BUDREWICZ Katarzyna	6124	WIOSKA BIEGACZY	Masters K - 40	5	01:12:44	03:09:11	04:11:05.65	04:11:26.05	+00:48:19 (19.2%)	7:36	7.9 (80.6%)
6	JÓŹWIAK Dorota	6149	42K PRO TEAM	Masters K - 40	6	01:10:55	03:11:05	04:16:07.35	04:16:10.25	+00:53:04 (20.7%)	7:45	7.7 (78.6%)
7	DOMAŃ Joanna	6338	FEHLAU RUN TEAM	Masters K - 40	7	01:16:52	03:15:57	04:18:29.70	04:19:09.05	+00:56:02 (21.6%)	7:49	7.7 (78.6%)
8	REDKIEWICZ Agnieszka	6313	SOBAS TEAM	Masters K - 40	8	01:12:22	03:13:18	04:19:36.50	04:19:48.15	+00:56:42 (21.8%)	7:52	7.6 (77.6%)
9	KUŁAKOWSKA Małgorzata	6145	ŚWIDNICKA GRUPA BIEGOWA	Masters K - 40	9	01:11:41	03:14:22	04:34:28.25	04:34:48.15	+01:11:42 (26.1%)	8:19	7.2 (73.5%)
10	KOŁAKOWSKA-FĄLKOWSKA Irena	6346	ULTRA SKY TRAIL	Masters K - 40	10	01:15:33	03:33:49	04:48:21.65	04:49:13.30	+01:26:07 (29.8%)	8:44	6.9 (70.4%)
11	DĄBKIEWICZ Dominika	6119	NIGHT RUNNERS OSTRÓW WIELKOPOLSKI	Masters K - 40	11	01:21:39	03:41:27	04:52:56.30	04:53:54.30	+01:30:48 (30.9%)	8:52	6.8 (69.4%)
12	SZOTA Magdalena	6364	DCWRP	Masters K - 40	12	01:19:23	03:39:57	04:53:17.05	04:53:56.00	+01:30:49 (30.9%)	8:53	6.8 (69.4%)
13	DOMINIK-SEGUE Marta	6456	S/L EA DU PLATEAU EST (ROUEN)	Masters K - 40	13	01:21:35	03:46:13	04:55:36.15	04:55:54.10	+01:32:48 (31.4%)	8:57	6.7 (68.4%)
14	GRAU Joanna	6485	KWIDZYN BIEGA	Masters K - 40	14	01:28:43	03:48:45	05:00:26.30	05:00:56.90	+01:37:50 (32.5%)	9:06	6.6 (67.3%)
15	BARAŃSKA Justyna	6243	MOCNA GRUPA CEZARA	Masters K - 40	15	01:24:34	03:53:18	05:09:35.70	05:10:10.40	+01:47:04 (34.5%)	9:22	6.4 (65.3%)

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16	KOWAL Agata	6034	WIELUŃ BIEGA	Masters K - 40	16	01:24:17	03:58:17	05:09:57.05	05:10:18.05	+01:47:11 (34.5%)	9:23	6.4 (65.3%)
17	GRABOWSKA Justyna	6117	HTF LUDWIK SIKORSKI/MBANK	Masters K - 40	17	01:27:02	03:56:05	05:14:15.25	05:15:31.80	+01:52:25 (35.6%)	9:31	6.3 (64.3%)
18	GAWRECKA Beata	6143	JUTROSIŃSKI KLUB BIEGACZY	Masters K - 40	18	01:25:20	04:02:54	05:19:50.75	05:20:01.70	+01:56:55 (36.5%)	9:41	6.2 (63.3%)
19	SZYPROWSKA Joanna	6236		Masters K - 40	19	01:33:20	04:05:52	05:21:09.70	05:22:03.85	+01:58:57 (36.9%)	9:43	6.2 (63.3%)
20	KAŻMIERCZAK Anna	6004	#BIEGAJLESZNO	Masters K - 40	20	01:25:08	04:06:08	05:30:45.90	05:31:07.55	+02:08:01 (38.7%)	10:01	6 (61.2%)
21	NARKUN Ewa	6458		Masters K - 40	21	01:25:30	04:08:57	05:33:56.15	05:34:14.95	+02:11:08 (39.2%)	10:07	5.9 (60.2%)
22	BAJER Anna	6182	4T	Masters K - 40	22	01:34:06	04:13:19	05:35:56.60	05:36:36.20	+02:13:30 (39.7%)	10:10	5.9 (60.2%)
23	SOCHACKA Zuzanna	6371		Masters K - 40	23	01:30:36	04:13:46	05:37:17.85	05:37:57.45	+02:14:51 (39.9%)	10:13	5.9 (60.2%)
24	HOŁOWNIA Patrycja	6229	BIEGUSY CZAPLE	Masters K - 40	24	01:31:04	04:19:29	05:44:58.20	05:45:51.20	+02:22:45 (41.3%)	10:27	5.7 (58.2%)
25	CYBULA Ewa	6052	X-TEAM	Masters K - 40	25	01:37:49	04:25:20	05:51:42.55	05:52:09.65	+02:29:03 (42.3%)	10:39	5.6 (57.1%)
26	JANKOWSKA Barbara	6465		Masters K - 40	26	01:48:07	04:27:17	05:55:39.40	05:56:39.60	+02:33:33 (43.1%)	10:46	5.6 (57.1%)
27	MARKIEWICZ Joanna Zuza	6340	TJ! / FORMA NA SZCZYT	Masters K - 40	27	01:38:57	04:30:10	05:56:59.25	05:57:23.85	+02:34:17 (43.2%)	10:49	5.5 (56.1%)
28	JURA Ewelina	6130	TOPOLICE TEAM	Masters K - 40	28	01:33:59	04:33:07	05:56:29.35	05:57:32.25	+02:34:26 (43.2%)	10:48	5.6 (57.1%)
29	FALBA Marta	6441		Masters K - 40	29	01:42:01	04:34:23	05:59:47.85	06:00:22.60	+02:37:16 (43.6%)	10:54	5.5 (56.1%)
30	BURMAN Beata	6038	AKTYWNI RAZEM	Masters K - 40	30	01:32:08	04:33:33	06:00:51.55	06:01:48.60	+02:38:42 (43.9%)	10:56	5.5 (56.1%)
31	MIKOŁAJCZYK Katarzyna	6392	MAMY TO	Masters K - 40	31	01:33:53	04:46:34	06:08:34.60	06:09:47.65	+02:46:41 (45.1%)	11:10	5.4 (55.1%)
32	POMIANOWSKA Anna	6379	TEAM LATTE	Masters K - 40	32	01:40:57	04:43:28	06:10:22.40	06:11:05.05	+02:47:58 (45.3%)	11:13	5.3 (54.1%)
33	CZEKAJ Milena	6091	BREMBO	Masters K - 40	33	01:40:58	04:42:16	06:10:40.40	06:11:56.65	+02:48:50 (45.4%)	11:13	5.3 (54.1%)
34	FRAĆKOWIAK Aneta	6245	JESTEM LOCO!	Masters K - 40	34	01:37:38	04:40:03	06:11:15.70	06:12:10.10	+02:49:04 (45.4%)	11:15	5.3 (54.1%)
35	SUCHOJAD Malgorzata	6025	GUMIGUTAPAJHIWO	Masters K - 40	35	01:38:16	04:41:36	06:21:21.90	06:21:40.50	+02:58:34 (46.8%)	11:33	5.2 (53.1%)
36	URBANIK Zuza	6481		Masters K - 40	36	01:29:41	04:50:11	06:31:50.00	06:33:04.75	+03:09:58 (48.3%)	11:52	5.1 (52.0%)
37	LEMBICZ Agnieszka	6135	DRIN TEAM	Masters K - 40	37	01:43:08	04:52:44	06:34:58.40	06:36:06.15	+03:13:00 (48.7%)	11:58	5 (51.0%)
38	NIEZGODA Aleksandra	6078	LOVELASY	Masters K - 40	38	01:39:31	04:55:51	06:38:19.85	06:38:36.95	+03:15:30 (49.0%)	12:04	5 (51.0%)

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39	BIENIECKA Anna	6147	KB SZAMOTUŁY	Masters K - 40	39	01:51:33	04:57:25	06:37:54.60	06:38:50.25	+03:15:44 (49.1%)	12:03	5 (51.0%)
40	RADLOK Iwona	6319		Masters K - 40	40	01:46:54	04:56:13	06:38:40.70	06:39:24.25	+03:16:18 (49.1%)	12:04	5 (51.0%)
41	KARPIŃSKA Katarzyna	6198	KLUCZBORSKA GRUPA BIEGOWA	Masters K - 40	41	01:46:55	04:56:14	06:38:40.30	06:39:24.45	+03:16:18 (49.1%)	12:04	5 (51.0%)
42	ILCZUK Monika	6239	ZIELONE DIABŁY	Masters K - 40	42	01:46:23	04:57:16	06:45:36.80	06:46:30.65	+03:23:24 (50.0%)	12:17	4.9 (50.0%)
43	MAŃKA Magdalena	6374	ZRYW PARZYMIECHY	Masters K - 40	43	01:50:22	04:58:28	06:48:00.00	06:48:41.15	+03:25:35 (50.3%)	12:21	4.9 (50.0%)
	GREGORCZYK-ŚWISTEK Marta	6030	WYBIEGAJ SIEBIE	Masters K - 40		01:46:24 DNF	05:32:35 DNF	DNF	DNF		-	- (0.0%)
	BOBIN Anna	6062	ZOCHU TEAM	Masters K - 40		01:54:08 DNF	DNF	DNF	DNF		-	- (0.0%)
	SKOLIMOWSKA Katarzyna	6273	YRTS	Masters K - 40		02:02:47 DNF	DNF	DNF	DNF		-	- (0.0%)
	POŁOK Monika	6092	MIRAZ RACE TEAM	Masters K - 40		02:05:53 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 47 wynik(ów)