

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: OPEN KOBIEC

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	Czerniak 16km	D1 24km	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
1	KANTOR Martyna	6380	BUFF TEAM POLAND	Senior II K - 30	1	00:51:48	01:30:46	02:15:54	03:07:24.45		5:40	10.6 (100%)
2	TRACZ Paulina	6223	SALCO GARMIN TEAM	Senior II K - 30	2	00:51:08	01:32:46	02:20:08	03:10:43.30	+00:03:18 (1.7%)	5:46	10.4 (98.1%)
3	SOLIŃSKA Katarzyna	6359	SALOMON SUUNTO TEAM POLAND	Senior II K - 30	3	00:55:12	01:36:06	02:20:49	03:11:12.40	+00:03:47 (2.0%)	5:47	10.4 (98.1%)
4	BAŁYS Katarzyna	6378		Senior II K - 30	4	00:59:32	01:45:59	02:40:34	03:44:34.70	+00:37:10 (16.6%)	6:48	8.8 (83.0%)
5	DUDEK Monika	6076	#PCHSPORTTEAM	Senior II K - 30	5	01:03:24	01:53:34	02:49:17	03:53:45.05	+00:46:20 (19.8%)	7:05	8.5 (80.2%)
6	BIHUN Natalia	6349	GTRAT	Senior II K - 30	6	01:04:35	01:53:15	02:51:04	04:00:30.30	+00:53:05 (22.1%)	7:17	8.2 (77.4%)
7	PIĄTEK Beata	6157	WWW.TRENINGFIZJOTERAPIA.PL/ULTRAŁAŃCUT	Senior II K - 30	7	01:10:22	02:02:55	02:57:01	04:00:46.75	+00:53:22 (22.2%)	7:17	8.2 (77.4%)
8	FOGIEL-PAWŁOWSKA Agnieszka	6049		Masters K - 40	1	01:05:20	01:55:53	02:53:44	04:00:54.75	+00:53:30 (22.2%)	7:18	8.2 (77.4%)
9	KOŁARZYK Justyna	6332		Senior II K - 30	8	01:07:41	02:01:10	02:59:30	04:07:35.80	+01:00:11 (24.3%)	7:30	8 (75.5%)
10	MAGDA Katarzyna	6161		Masters K - 40	2	01:08:19	02:01:06	03:02:35	04:12:25.30	+01:05:00 (25.8%)	7:38	7.8 (73.6%)
11	NIEKRAŚ Lidia	6385		Masters K - 40	3	01:01:40	01:46:03	02:37:45	04:14:09.95	+01:06:45 (26.3%)	7:42	7.8 (73.6%)
12	KONICA Karina	6254		Senior I K - 20	1	01:14:43	02:10:43	03:07:50	04:20:41.45	+01:13:17 (28.1%)	7:54	7.6 (71.7%)
13	WALCZAK Adela	6363	CURLING ŁÓDŹ	Senior II K - 30	9	01:13:59	02:09:48	03:10:25	04:22:35.80	+01:15:11 (28.6%)	7:57	7.5 (70.8%)
14	CAKAŁA Zuzanna	6343	ZAŁOGA GÓRSKA	Senior I K - 20	2	01:11:21	02:05:21	03:10:40	04:26:05.15	+01:18:40 (29.6%)	8:03	7.4 (69.8%)
15	WOJTKOWIAK Marta	6270		Senior II K - 30	10	01:16:04	02:12:29	03:14:07	04:31:42.10	+01:24:17 (31.0%)	8:14	7.3 (68.9%)

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16	WOJTOWICZ Karolina	6338		Senior II K - 30	11	01:12:49	02:07:45	03:15:00	04:45:25.95	+01:38:01 (34.3%)	8:38	6.9 (65.1%)
17	WOJCIECHOWSKA Dorota	6150		Masters K - 40	4	01:15:35	02:12:37	03:21:09	04:46:02.20	+01:38:37 (34.5%)	8:40	6.9 (65.1%)
18	WALCZAK Agnieszka	6146	OLKUSZBIEGA	Masters K - 40	5	01:15:18	02:12:06	03:27:33	04:49:51.65	+01:42:27 (35.3%)	8:47	6.8 (64.2%)
19	ŁUBIK Renata	6199	PRO-RUN WROCŁAW	Weteran K - 50	1	01:20:27		03:27:42	04:50:09.05	+01:42:44 (35.4%)	8:47	6.8 (64.2%)
20	TOMCZYK Angelika	6312	ZABRZAŃSKIE PARKOWE BIEGANIE	Senior II K - 30	12	01:21:58	02:23:19	03:33:13	04:52:15.95	+01:44:51 (35.9%)	8:51	6.8 (64.2%)
21	VON OSSOWSKA Aleksandra Von Ossowska	6139	TJ	Senior II K - 30	13	01:22:47	02:23:51	03:35:13	04:52:31.15	+01:45:06 (35.9%)	8:51	6.8 (64.2%)
22	JĘCZMIEŃ Marlena	6097	CENTRUM FORMY 58100	Senior II K - 30	14	01:19:37	02:23:02	03:33:18	04:54:08.95	+01:46:44 (36.3%)	8:54	6.7 (63.2%)
23	SZCZEPAŃSKA-BUDA Anna	6074		Senior II K - 30	15	01:19:07		03:32:35	04:55:09.50	+01:47:45 (36.5%)	8:56	6.7 (63.2%)
24	BIERNACKA Kasia	6286		Weteran K - 50	2	01:17:31	02:17:44	03:31:07	04:55:32.55	+01:48:08 (36.6%)	8:57	6.7 (63.2%)
25	HAŁA Marta	6278	TARNOWO PODGÓRNE BIEGA	Masters K - 40	6	01:23:14		03:29:48	04:56:55.65	+01:49:31 (36.9%)	8:59	6.7 (63.2%)
26	PILC Anna	6267		Senior II K - 30	16	01:23:26	02:19:12	03:30:00	04:57:06.95	+01:49:42 (36.9%)	9:00	6.7 (63.2%)
27	BRONOWSKA Justyna	6122	TUPTAM.PL	Masters K - 40	7	01:23:47	02:26:28	03:44:14	05:10:39.30	+02:03:14 (39.7%)	9:24	6.4 (60.4%)
28	JOŃCZYK Anna	6070		Senior II K - 30	17	01:24:56	02:27:05	03:40:27	05:10:54.60	+02:03:30 (39.7%)	9:25	6.4 (60.4%)
29	PILARSKA Magdalena	6324	STR POZNAN	Senior II K - 30	18	01:22:46	02:27:28	03:41:39	05:17:03.35	+02:09:38 (40.9%)	9:36	6.2 (58.5%)
30	WALASZCZYK Michalina	6258	@HAPPYMUMOF4KIDS	Senior II K - 30	19	01:26:18	02:30:38	03:45:33	05:17:10.60	+02:09:46 (40.9%)	9:36	6.2 (58.5%)
31	DOMOSŁAWSKA Joanna	6191		Masters K - 40	8	01:20:53	02:23:51	03:44:00	05:18:41.30	+02:11:16 (41.2%)	9:39	6.2 (58.5%)
32	KOPACKA Eliza	6015		Senior II K - 30	20	01:21:07	02:24:49	03:44:19	05:19:18.25	+02:11:53 (41.3%)	9:40	6.2 (58.5%)
33	KRAJEWSKA Agata	6366		Masters K - 40	9	01:27:27	02:30:13	03:46:31	05:19:49.45	+02:12:25 (41.4%)	9:41	6.2 (58.5%)
34	GRUSZKA Anna	6186		Masters K - 40	10	01:26:13	02:36:17	03:51:05	05:21:51.05	+02:14:26 (41.8%)	9:45	6.2 (58.5%)
35	RYPUŁA Maria	6063	ZEN RUNNING TEAM	Senior II K - 30	21	01:22:18	02:25:24	03:50:13	05:23:27.45	+02:16:03 (42.1%)	9:48	6.1 (57.5%)
36	SOBORSKA Sylwia	6208	SAINT GOBAIN SQUAD	Masters K - 40	11	01:27:21	02:34:56	03:48:42	05:25:09.85	+02:17:45 (42.4%)	9:51	6.1 (57.5%)
37	ŻMIJEWSKA Dominika	6108	TSK ORZEŁ OSIEK	Senior II K - 30	22	01:26:08	02:32:08	03:50:31	05:26:38.70	+02:19:14 (42.6%)	9:53	6.1 (57.5%)
38	GREŃ Maria	6180	CENTRUM FORMY 58100	Senior I K - 20	3	01:21:29	02:25:49	03:45:56	05:28:53.35	+02:21:28 (43.0%)	9:57	6 (56.6%)

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39	MAZUR Katarzyna	6371	UMLAUT	Masters K - 40	12	01:30:55		04:00:01	05:31:53.05	+02:24:28 (43.5%)	10:03	6 (56.6%)
40	SAWICKA Agnieszka Sawicka	6143	DELOITTE ADVENTURE TEAM	Senior II K - 30	23	01:32:01	02:39:45	04:01:29	05:35:27.40	+02:28:02 (44.1%)	10:09	5.9 (55.7%)
41	GRUCHOT Małgorzata	6256	WBO	Masters K - 40	13	01:20:35	02:22:57	03:55:36	05:37:10.50	+02:29:46 (44.4%)	10:13	5.9 (55.7%)
42	CHORAŻY Izabela	6229	CAŁA OLEŚNICA BIEGA	Senior I K - 20	4	01:40:10	02:49:50	04:08:47	05:38:54.10	+02:31:29 (44.7%)	10:16	5.8 (54.7%)
43	CZESKA Karolina	6083	LAMPART TRENING	Senior II K - 30	24	01:30:24	02:41:07	04:00:56	05:40:08.45	+02:32:44 (44.9%)	10:18	5.8 (54.7%)
44	WALCZAK Anna	6119		Masters K - 40	14	01:29:18	02:41:17	04:02:29	05:40:38.90	+02:33:14 (45.0%)	10:19	5.8 (54.7%)
45	STACHOWIAK Magda	6224		Senior II K - 30	25	01:25:57	02:38:51	03:59:45	05:42:07.70	+02:34:43 (45.2%)	10:22	5.8 (54.7%)
46	OHLA Justyna	6031	BIEGAM BO NIE LUBIĘ	Masters K - 40	15	01:27:43	02:39:01	03:56:48	05:42:31.75	+02:35:07 (45.3%)	10:22	5.8 (54.7%)
47	ŚNIEGOCKA Magdalena	6215	TARNOWO PODGÓRNE BIEGA	Masters K - 40	16	01:27:21	02:39:49	04:03:01	05:43:06.85	+02:35:42 (45.4%)	10:23	5.8 (54.7%)
48	BUCKO Karolina	6259	TARNOWO PODGÓRNE BIEGA	Masters K - 40	17	01:27:25		04:03:11	05:43:13.40	+02:35:48 (45.4%)	10:24	5.8 (54.7%)
49	BAR Aleksandra	6163	GMINA STRZELCE OPOLSKIE	Masters K - 40	18	01:35:49	02:51:13	04:10:55	05:44:42.95	+02:37:18 (45.6%)	10:26	5.7 (53.8%)
50	SKORNIAK Katarzyna	6387		Senior II K - 30	26	01:32:41	02:44:28	04:06:10	05:45:23.40	+02:37:58 (45.7%)	10:28	5.7 (53.8%)
51	LISZKA Ela	6200	JEJKOWICE BIEGAJĄ	Masters K - 40	19	01:40:49	02:55:24	04:15:08	05:48:10.70	+02:40:46 (46.2%)	10:33	5.7 (53.8%)
52	SOKOŁOWSKA Katarzyna	6188		Masters K - 40	20	01:31:22	02:37:42	04:06:50	05:51:27.50	+02:44:03 (46.7%)	10:39	5.6 (52.8%)
53	SIELIWONIK Anita	6130		Masters K - 40	21	01:32:54	02:39:34	04:01:54	05:51:39.45	+02:44:15 (46.7%)	10:39	5.6 (52.8%)
54	MROZIŃSKA Renata	6050		Masters K - 40	22	01:46:14	02:56:10	04:09:37	05:52:48.70	+02:45:24 (46.9%)	10:41	5.6 (52.8%)
55	KOWALCZYK Katarzyna	6293		Senior II K - 30	27	01:40:09	02:51:20	04:18:06	05:54:35.60	+02:47:11 (47.1%)	10:44	5.6 (52.8%)
56	TRZCINA Agata	6057		Masters K - 40	23	01:33:10	02:43:40	04:10:45	05:55:52.90	+02:48:28 (47.3%)	10:47	5.6 (52.8%)
57	TOKARSKA Bożena	6374	#ADAMCZERWIŃSKITEAM	Masters K - 40	24	01:35:04	02:50:00	04:02:00	05:56:31.30	+02:49:06 (47.4%)	10:48	5.6 (52.8%)
58	WYSMOLINSKA Karolina	6205		Masters K - 40	25	01:32:50	02:49:15	04:16:47	05:57:02.70	+02:49:38 (47.5%)	10:49	5.5 (51.9%)
59	KAWĘCKA Kinga	6087	ADIDAS RUNNERS	Masters K - 40	26	01:44:46	02:58:13	04:17:02	06:01:31.80	+02:54:07 (48.2%)	10:57	5.5 (51.9%)
60	TERKA Barbara	6068		Masters K - 40	27	01:44:56	02:58:32	04:17:12	06:01:42.20	+02:54:17 (48.2%)	10:57	5.5 (51.9%)
61	PISULA Paulina	6345	KLUCZBORSKA GRUPA BIEGOWA	Senior II K - 30	28	01:29:44	02:44:49	04:03:42	06:03:03.40	+02:55:38 (48.4%)	11:00	5.5 (51.9%)

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62	NEUMANN Beata	6043	CENTRUM ŁĄKOWA 1	Weteran K - 50	3	01:37:55	02:55:25	04:25:11	06:03:04.50	+02:55:40 (48.4%)	11:00	5.5 (51.9%)
63	ABGAROWICZ Maja	6299		Senior II K - 30	29	01:44:52	03:00:28		06:05:31.00	+02:58:06 (48.7%)	11:04	5.4 (50.9%)
64	FALENDER Anna	6058	CENTRUM FORMY 58-100	Masters K - 40	28	01:33:04	02:51:05	04:19:18	06:05:52.25	+02:58:27 (48.8%)	11:05	5.4 (50.9%)
65	SADOWSKA Justyna	6007		Masters K - 40	29	01:38:30	02:49:03	04:17:28	06:06:57.15	+02:59:32 (48.9%)	11:07	5.4 (50.9%)
66	KAPŁON Anna	6118		Masters K - 40	30	01:37:01	02:58:03	04:23:33	06:11:03.80	+03:03:39 (49.5%)	11:14	5.3 (50.0%)
67	NAKONECZNA Anna	6081		Masters K - 40	31	01:44:51	03:08:59	04:30:48	06:11:43.50	+03:04:19 (49.6%)	11:15	5.3 (50.0%)
68	PIÓRKOWSKA Jolanta	6010	KOŁO BIEGA	Masters K - 40	32	01:35:46	02:49:43	04:23:45	06:14:16.75	+03:06:52 (49.9%)	11:20	5.3 (50.0%)
69	PAWLAK Katarzyna	6134	KOŁO BIEGA	Senior II K - 30	30	01:35:54	02:43:48	04:12:03	06:14:24.10	+03:06:59 (49.9%)	11:20	5.3 (50.0%)
70	HACHOŁ Justyna	6080		Senior II K - 30	31	01:44:57	03:09:11	04:30:58	06:14:45.45	+03:07:21 (50.0%)	11:21	5.3 (50.0%)
71	PLEWA Katarzyna	6099		Senior II K - 30	32	01:31:29	02:53:10	04:28:56	06:16:42.90	+03:09:18 (50.3%)	11:24	5.3 (50.0%)
72	PĘCKA Beata	6106		Masters K - 40	33	01:39:01	02:59:11	04:33:09	06:23:29.15	+03:16:04 (51.1%)	11:37	5.2 (49.1%)
73	POSIŁA Joanna	6370		Masters K - 40	34	01:41:53	03:09:03	04:26:40	06:24:12.20	+03:16:47 (51.2%)	11:38	5.2 (49.1%)
74	FEDOROWICZ Jowita	6304	KOTWICA BRZEG	Senior II K - 30	33	01:43:30	03:10:30	04:44:08	06:24:41.05	+03:17:16 (51.3%)	11:39	5.1 (48.1%)
75	BEDNARSKA-KOZIOŁ Danuta	6158	WKURW_TEAM	Masters K - 40	35	01:43:39	03:10:35	04:44:18	06:24:50.75	+03:17:26 (51.3%)	11:39	5.1 (48.1%)
76	OWCZARZAK Daria	6248		Senior II K - 30	34	01:51:29	03:03:59	04:36:25	06:26:55.80	+03:19:31 (51.6%)	11:43	5.1 (48.1%)
77	JÓZEFIAK Magdalena	6064	ASSECO ACTIVE TEAM	Weteran K - 50	4	01:38:01	03:01:58	04:35:03	06:29:37.85	+03:22:13 (51.9%)	11:48	5.1 (48.1%)
78	MACHTAŁOWICZ Beata	6024		Senior II K - 30	35	01:36:43	02:52:34	04:28:42	06:30:36.30	+03:23:11 (52.0%)	11:50	5.1 (48.1%)
79	BARTOSIEWICZ Dorota	6262		Senior II K - 30	36	01:38:46	02:59:46	04:34:36	06:33:59.25	+03:26:34 (52.4%)	11:56	5 (47.2%)
80	FRANKOWICZ Magdalena	6008	TJ	Senior II K - 30	37	01:43:45	03:05:47	04:39:28	06:41:24.35	+03:33:59 (53.3%)	12:09	4.9 (46.2%)
81	MARKIEWICZ Joanna Zuza	6009	KOBIETY BIEGAJA / TJ	Masters K - 40	36	01:43:55	03:05:52	04:40:22	06:41:33.95	+03:34:09 (53.3%)	12:10	4.9 (46.2%)
82	WIŚNIEWSKA Dorota	6033		Masters K - 40	37	01:52:45	03:25:52	04:52:06	06:46:03.75	+03:38:39 (53.8%)	12:18	4.9 (46.2%)
83	TRZCIŃSKA Jolanta	6364		Masters K - 40	38	01:36:22	02:53:15	04:38:46	06:55:05.95	+03:47:41 (54.9%)	12:34	4.8 (45.3%)
84	GOŁEMBIOWSKA Katarzyna	6018	WKURW_TEAM	Senior II K - 30	38	01:41:27	03:11:44	04:45:39	06:59:02.50	+03:51:38 (55.3%)	12:41	4.7 (44.3%)

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85	IDZIK Angelika	6110	SPARTA RUNNERS	Senior I K - 20	5	01:44:58	03:09:26	05:05:26	07:08:01.35	+04:00:36 (56.2%)	12:58	4.6 (43.4%)
86	DRAJERCZAK Marlena	6383	MUAY RUNNING TEAM	Masters K - 40	39	01:51:26	03:32:42	05:08:34	07:08:56.20	+04:01:31 (56.3%)	12:59	4.6 (43.4%)
87	JASIUL Mariola	6006		Masters K - 40	40	01:49:42	03:18:15	05:07:39	07:19:02.70	+04:11:38 (57.3%)	13:18	4.5 (42.5%)
88	KOCIUBA Katarzyna	6281		Senior II K - 30	39	01:49:40	03:16:58	05:11:36	07:20:21.35	+04:12:56 (57.4%)	13:20	4.5 (42.5%)
89	ZIELENKIEWICZ Agnieszka	6316	GPT	Senior II K - 30	40	02:00:59	03:40:26	05:21:33	07:21:38.40	+04:14:13 (57.6%)	13:23	4.5 (42.5%)
90	SZYMAŃSKA-ANTOSIAK Monika	6116	GPT	Senior II K - 30	41	02:01:10	03:40:45	05:21:52	07:21:49.70	+04:14:25 (57.6%)	13:23	4.5 (42.5%)
91	CZOCHARA Marta	6041		Masters K - 40	41	01:56:50	03:40:28	05:25:02	07:32:53.45	+04:25:29 (58.6%)	13:43	4.4 (41.5%)
92	NOWICKA Iwona	6241	BOOTCAMP	Senior II K - 30	42	02:01:24	03:51:29	05:25:57	07:36:31.25	+04:29:06 (58.9%)	13:50	4.3 (40.6%)
Przekroczony limit czasu: 08:30:00												
93	WIŚNIEWSKA Justyna	6252		Senior II K - 30	43	02:28:36	04:15:32	05:45:29	08:34:25.95	+05:27:01 (63.6%)	15:35	3.8 (35.8%)

Znaleziono 93 wynik(ów)