



# GOLDEN MOUNTAINS TRAIL - 33 KM

B4SPORT

**Event:** Dolnośląski Festiwal Biegów Górskich  
**Organiser:** Fundacja MARATONY GÓRSKIE  
**Date:** 2021-07-15  
**Place:** Łądek-Zdrój  
**Distance:** 33 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Classification: Senior II K - 30

Place	Participant	Number	Club	Category	MCat	A1 9km	D1 24km	Penalty/ bonus	Net time 33km	Gap	Pace min/km	Pace km/h
1	KOWALIK Ewelina	6046	FIZJOBIEGACZE SZCZECIN	Senior II K - 30	1	00:57:56	02:36:41		<b>03:36:22.95</b>		6:33	9.2 (100%)
2	SZKODA Kasia	6205	TATERNIKTEAM	Senior II K - 30	2	01:04:36	02:51:36	00:10:00	<b>03:54:56.30</b>	+00:18:33 (7.9%)	6:48	8.8 (95.7%)
3	GUZIK Joanna	6537	NKB CHYŻY NOWY TOMYŚL	Senior II K - 30	3	01:02:57	02:54:31		<b>04:04:27.80</b>	+00:28:04 (11.5%)	7:24	8.1 (88.0%)
4	DEJNECKA Martyna	6103		Senior II K - 30	4	01:14:12	03:06:33		<b>04:11:17.50</b>	+00:34:54 (13.9%)	7:36	7.9 (85.9%)
5	KORONA-SIERADZKA Bogusława	6318		Senior II K - 30	5	01:09:42	03:03:52		<b>04:11:30.50</b>	+00:35:07 (14.0%)	7:37	7.9 (85.9%)
6	BRYCKA Anna	6330	SPORTOWY UMYŚL	Senior II K - 30	6	01:12:15	03:06:52		<b>04:17:38.25</b>	+00:41:15 (16.0%)	7:48	7.7 (83.7%)
7	WALCZAK Adela	6086	CURLING ŁÓDŹ	Senior II K - 30	7	01:14:33	03:14:17		<b>04:22:17.95</b>	+00:45:55 (17.5%)	7:56	7.5 (81.5%)
8	KRZACZKOWSKA Iwona	6284	DZIKI WROCŁAW	Senior II K - 30	8	01:11:38	03:09:38		<b>04:27:25.10</b>	+00:51:02 (19.1%)	8:06	7.4 (80.4%)
9	ANDRZEJCZAK Anna	6081	NKB CHYŻY NOWY TOMYŚL	Senior II K - 30	9	01:12:08	03:18:20		<b>04:33:12.60</b>	+00:56:49 (20.8%)	8:16	7.2 (78.3%)
10	TKACZYK-CAŁKA Anna	6030	#ZALINIAMETYTEAM	Senior II K - 30	10	01:17:12	03:30:37		<b>04:49:55.45</b>	+01:13:32 (25.4%)	8:47	6.8 (73.9%)
11	MOREVA Daria	6063	TRAILRUNNINGSCHOOL.COM	Senior II K - 30	11	01:21:44	03:36:18		<b>04:51:21.75</b>	+01:14:58 (25.7%)	8:49	6.8 (73.9%)
12	TOMASZYK Elzbieta	6298		Senior II K - 30	12	01:20:18	03:42:11		<b>04:56:48.60</b>	+01:20:25 (27.1%)	8:59	6.7 (72.8%)
13	BORKOWSKA Justyna	6485		Senior II K - 30	13	01:15:40	03:44:25		<b>05:00:13.40</b>	+01:23:50 (27.9%)	9:05	6.6 (71.7%)
14	DŁUGOSZ-STĘPNIAK Agnieszka	6271	STAY INSANE, BIEGJEM	Senior II K - 30	14	01:21:40	03:29:31		<b>05:02:08.00</b>	+01:25:45 (28.4%)	9:09	6.6 (71.7%)
15	MRÓWKA Małgorzata	6257		Senior II K - 30	15	01:28:43	03:50:36		<b>05:09:32.85</b>	+01:33:09 (30.1%)	9:22	6.4 (69.6%)

Place	Participant	Number	Club	Category	MCat	A1 9km	D1 24km	Penalty/ bonus	Net time 33km	Gap	Pace min/km	Pace km/h
16	<b>PILC Anna</b>	<b>6519</b>		Senior II K - 30	16	01:18:01	03:42:14		<b>05:10:55.40</b>	+01:34:32 (30.4%)	9:25	6.4 (69.6%)
17	<b>SUCHANEK Aleksandra</b>	<b>6096</b>	NIGHT RUNNERS PYSKOWICE	Senior II K - 30	17	01:21:10	03:49:57		<b>05:12:13.35</b>	+01:35:50 (30.7%)	9:27	6.3 (68.5%)
18	<b>DUROWICZ Natalia</b>	<b>6399</b>		Senior II K - 30	18	01:21:01	03:49:12		<b>05:13:29.80</b>	+01:37:06 (31.0%)	9:29	6.3 (68.5%)
19	<b>SZAL Małgorzata</b>	<b>6387</b>	TENIS CENTRUM AS	Senior II K - 30	19	01:21:56	03:54:45		<b>05:13:50.95</b>	+01:37:28 (31.1%)	9:30	6.3 (68.5%)
20	<b>BAJERLEIN Sylwia</b>	<b>6502</b>		Senior II K - 30	20	01:21:24	03:46:42		<b>05:15:55.90</b>	+01:39:32 (31.5%)	9:34	6.3 (68.5%)
21	<b>GOŁĄB Aleksandra</b>	<b>6045</b>	TEN CO MARCIN G.	Senior II K - 30	21	01:23:09	03:53:27		<b>05:19:43.20</b>	+01:43:20 (32.3%)	9:41	6.2 (67.4%)
22	<b>BALCZYŃSKA Anna</b>	<b>6020</b>	PIĄTKOWO NA BIEGOWO	Senior II K - 30	22	01:27:12	03:57:12		<b>05:26:43.05</b>	+01:50:20 (33.8%)	9:54	6.1 (66.3%)
23	<b>KUBIAK Marta</b>	<b>6018</b>		Senior II K - 30	23	01:28:38	04:01:12		<b>05:29:28.40</b>	+01:53:05 (34.3%)	9:59	6 (65.2%)
24	<b>OWCZARZAK Katarzyna</b>	<b>6011</b>		Senior II K - 30	24	01:28:37	04:01:11		<b>05:29:28.60</b>	+01:53:05 (34.3%)	9:59	6 (65.2%)
25	<b>KOPROWSKA Agnieszka</b>	<b>6160</b>	BIEGAM U KOLESI	Senior II K - 30	25	01:23:14	03:58:20		<b>05:39:19.05</b>	+02:02:56 (36.2%)	10:16	5.8 (63.0%)
26	<b>SAŁEK Agata</b>	<b>6307</b>		Senior II K - 30	26	01:28:14	04:14:03		<b>05:45:26.20</b>	+02:09:03 (37.4%)	10:28	5.7 (62.0%)
27	<b>WISZNIEWICZ Agnieszka</b>	<b>6259</b>		Senior II K - 30	27	01:27:48	04:14:53		<b>05:49:06.25</b>	+02:12:43 (38.0%)	10:34	5.7 (62.0%)
28	<b>BUJALSKA Agata</b>	<b>6151</b>		Senior II K - 30	28	01:26:05	04:29:44		<b>05:57:19.90</b>	+02:20:56 (39.4%)	10:49	5.5 (59.8%)
29	<b>SMORAWSKA Lidia</b>	<b>6244</b>	TARNOWO PODGÓRNE BIEGA	Senior II K - 30	29	01:25:45	04:21:17		<b>05:58:57.30</b>	+02:22:34 (39.7%)	10:52	5.5 (59.8%)
30	<b>RATKOWSKA Izabela</b>	<b>6261</b>		Senior II K - 30	30	01:36:12	04:25:38		<b>05:59:47.70</b>	+02:23:24 (39.9%)	10:54	5.5 (59.8%)
31	<b>KWIATKOWSKA Agnieszka</b>	<b>6224</b>	LIPIARY	Senior II K - 30	31	01:42:01	04:35:00		<b>05:59:57.95</b>	+02:23:35 (39.9%)	10:54	5.5 (59.8%)
32	<b>CZAJKA Elżbieta</b>	<b>6225</b>	LIPIARY	Senior II K - 30	32	01:42:05	04:35:04		<b>05:59:59.40</b>	+02:23:36 (39.9%)	10:54	5.5 (59.8%)
33	<b>CZESKA Karolina</b>	<b>6247</b>	LAMPART TRENING	Senior II K - 30	33	01:34:38	04:29:18		<b>06:02:21.35</b>	+02:25:58 (40.3%)	10:58	5.5 (59.8%)
34	<b>KOTULA Weronika</b>	<b>6409</b>		Senior II K - 30	34	01:33:09	04:33:34		<b>06:08:50.85</b>	+02:32:27 (41.3%)	11:10	5.4 (58.7%)
35	<b>KLYSZCZ Monika</b>	<b>6505</b>	IZBICKO W BIEGU	Senior II K - 30	35	01:30:29	04:36:18		<b>06:10:52.40</b>	+02:34:29 (41.7%)	11:14	5.3 (57.6%)
36	<b>JUSIAK Marta</b>	<b>6116</b>	M-FIT RAWICZ	Senior II K - 30	36	01:34:17	04:33:37		<b>06:14:24.70</b>	+02:38:01 (42.2%)	11:20	5.3 (57.6%)
37	<b>WILCZEK Małgorzata</b>	<b>6302</b>	RAJSPOORT ACTIVE	Senior II K - 30	37	01:40:12	04:56:51		<b>06:33:08.80</b>	+02:56:45 (45.0%)	11:54	5 (54.3%)
38	<b>STOMPEL Ewelina</b>	<b>6396</b>		Senior II K - 30	38	01:35:39	04:55:55		<b>06:38:41.35</b>	+03:02:18 (45.7%)	12:04	5 (54.3%)

Place	Participant	Number	Club	Category	MCat	A1 9km	D1 24km	Penalty/ bonus	Net time 33km	Gap	Pace min/km	Pace km/h
39	<b>KURBIEL Sylwia</b>	<b>6395</b>	SIEMIANOWICE I PRZYJACIELE BIEGAJA	Senior II K - 30	39	01:35:39	04:55:55		<b>06:38:42.05</b>	+03:02:19 (45.7%)	12:04	5 (54.3%)
40	<b>BILCZEWSKA Basia</b>	<b>6325</b>	HEINEKEN KRAKÓW RUNNING CLUB	Senior II K - 30	40	01:40:57	05:00:01		<b>06:40:25.00</b>	+03:04:02 (46.0%)	12:08	4.9 (53.3%)
41	<b>ZAGÓRSKA Beata</b>	<b>6367</b>		Senior II K - 30	41	01:47:20	05:19:40		<b>06:56:20.30</b>	+03:19:57 (48.0%)	12:36	4.8 (52.2%)
42	<b>FRANCUZ Patrycja</b>	<b>6400</b>		Senior II K - 30	42	01:50:48	05:15:58		<b>07:04:48.55</b>	+03:28:25 (49.1%)	12:52	4.7 (51.1%)
43	<b>BARTOSIEWICZ Dorota</b>	<b>6425</b>		Senior II K - 30	43	01:43:01	05:22:48		<b>07:12:26.50</b>	+03:36:03 (50.0%)	13:06	4.6 (50.0%)
44	<b>GAWLAK Ewa</b>	<b>6168</b>	MNG	Senior II K - 30	44	01:46:30	05:24:44		<b>07:19:02.70</b>	+03:42:39 (50.7%)	13:18	4.5 (48.9%)
45	<b>SZARMACH Olga</b>	<b>6208</b>		Senior II K - 30	45	01:43:29	05:36:07		<b>07:24:37.75</b>	+03:48:14 (51.3%)	13:28	4.5 (48.9%)
46	<b>STRZELCZYK Aleksandra</b>	<b>6375</b>	KLUB BIEGACZA RTV EURO AGD	Senior II K - 30	46	01:59:17	05:29:04		<b>07:39:25.15</b>	+04:03:02 (52.9%)	13:55	4.3 (46.7%)
47	<b>REGULSKA Aneta</b>	<b>6053</b>	DRUŻYNA SZPIKU	Senior II K - 30	47	02:09:53	05:49:53		<b>08:18:07.65</b>	+04:41:44 (56.6%)	15:05	4 (43.5%)
48	<b>KOSTULSKA Olga</b>	<b>6050</b>	WKURW_TEAM	Senior II K - 30	48	02:05:52	05:58:05		<b>08:21:22.30</b>	+04:44:59 (56.8%)	15:11	3.9 (42.4%)
	<b>KACZMAREK Dorota</b>	<b>6131</b>	RADZIKI	Senior II K - 30		01:22:37 DNF	04:06:42 DNF		<b>DNF</b>		-	- (0.0%)
	<b>POMIANOWSKA Romana</b>	<b>6218</b>		Senior II K - 30		01:54:26 DNF	05:50:24 DNF		<b>DNF</b>		-	- (0.0%)
	<b>KANTOR Martyna</b>	<b>6533</b>		Senior II K - 30		00:56:55 DNF	DNF		<b>DNF</b>		-	- (0.0%)
	<b>WIELOGÓRSKA Natalia</b>	<b>6468</b>		Senior II K - 30		01:13:58 DNF	DNF		<b>DNF</b>		-	- (0.0%)
	<b>WIŚNIEWSKA Justyna</b>	<b>6412</b>	GBY	Senior II K - 30		02:16:14 DNF	DNF		<b>DNF</b>		-	- (0.0%)

Total 53 results.