



GOLDEN MOUNTAINS TRAIL - 33 KM

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dolnośląski Festiwal Biegów Górskich
Fundacja MARATONY GÓRSKIE
2022-07-14
Łądek-Zdrój
33 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Senior II K - 30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0.01km	A1 9km	Czernica 14km	D1 24km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
1	GARGAS Ewa	6186	TEAM PRZEDWOJEWSKI	Senior II K - 30	1	00:00:22	01:04:43	01:53:01	02:46:09	03:48:36.15	03:48:36.15		6:55	8.7 (100%)
2	STACHURSKA Ilona	6505	KUGUAR XTREME RUNNERS	Senior II K - 30	2		01:05:09	01:57:05	02:47:31	03:54:38.55	03:54:38.55	+00:06:02 (2.6%)	7:06	8.4 (96.6%)
3	WALCZAK Adela	6112	TRAIL IS OUR WAY TEAM	Senior II K - 30	3	00:00:08	01:10:06	02:05:54	02:57:42	03:59:15.60	03:59:15.60	+00:10:39 (4.5%)	7:15	8.3 (95.4%)
4	SZOSTAK Anna	6277	UKS OLIMPIA ZABRZE	Senior II K - 30	4	00:00:06	01:12:34	02:04:29	03:03:00	04:11:04.70	04:11:04.70	+00:22:28 (9.0%)	7:36	7.9 (90.8%)
5	GÓRNA Anita	6312	LPP TEAM	Senior II K - 30	5	00:00:03	01:10:08	02:02:55	03:08:17	04:12:01.80	04:12:01.80	+00:23:25 (9.3%)	7:38	7.9 (90.8%)
6	ŻYCHSKA Anna	6512		Senior II K - 30	6	00:00:08	01:05:35	01:57:12	03:01:19	04:13:29.15	04:13:29.15	+00:24:53 (9.8%)	7:40	7.8 (89.7%)
7	BIAŁA Weronika	6268		Senior II K - 30	7	00:00:22	01:10:25	02:03:54	03:04:41	04:14:22.95	04:14:22.95	+00:25:46 (10.1%)	7:42	7.8 (89.7%)
8	PACIOREK Ewa	6445	KOBIETA BIEGA	Senior II K - 30	8		01:09:35	02:03:43	03:07:01	04:14:25.20	04:14:25.20	+00:25:49 (10.1%)	7:42	7.8 (89.7%)
9	PLEWA Katarzyna	6204		Senior II K - 30	9	00:00:08	01:07:53	02:01:24	03:05:19	04:15:46.90	04:15:46.90	+00:27:10 (10.6%)	7:45	7.7 (88.5%)
10	FRYCA Karolina	6530		Senior II K - 30	10	00:00:05	01:10:46	02:04:54	03:09:43	04:16:56.50	04:16:56.50	+00:28:20 (11.0%)	7:47	7.7 (88.5%)
11	WINNIK Ela	6295		Senior II K - 30	11	00:00:09	01:10:56	02:03:00	03:08:54	04:19:11.30	04:19:11.30	+00:30:35 (11.8%)	7:51	7.6 (87.4%)
12	RUDOLFOVÁ Tereza	6458	TEAM BLACK HILL/ LAWI /MONTURA	Senior II K - 30	12	00:00:02	01:40:32	02:26:41	03:23:08	04:21:54.25	04:21:54.25	+00:33:18 (12.7%)	7:56	7.6 (87.4%)
13	DEMUSZ Natalia	6122		Senior II K - 30	13	00:01:06	01:14:30		03:11:56	04:23:11.85	04:23:11.85	+00:34:35 (13.1%)	7:58	7.5 (86.2%)
14	WÓJCIK Karolina	6523		Senior II K - 30	14	00:00:08	01:12:49	02:08:19	03:11:58	04:23:40.50	04:23:40.50	+00:35:04 (13.3%)	7:59	7.5 (86.2%)
15	CAKAŁA Zuzanna	6301	ZAŁOGA GÓRSKA	Senior II K - 30	15	00:01:03	01:07:58	01:56:48	03:20:15	04:34:42.00	04:34:42.00	+00:46:05 (16.8%)	8:19	7.2 (82.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0.01km	A1 9km	Czernica 14km	D1 24km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
16	GUZIK Joanna	6207	NKB CHYŻY NOWY TOMYŚL	Senior II K - 30	16	00:00:01	01:10:36	02:09:01	03:22:40	04:37:22.35	04:37:22.35	+00:48:46 (17.6%)	8:24	7.1 (81.6%)
17	KRUPIŃSKA Andżelika	6189	AKTYWNI RAZEM/ BIEGAJĄCE KREJZOLE	Senior II K - 30	17	00:00:17	01:13:39	02:12:11	03:22:05	04:38:25.20	04:38:25.20	+00:49:49 (17.9%)	8:26	7.1 (81.6%)
18	KARPIŃSKA Barbara	6383	RUNNERS TEAM NYSA	Senior II K - 30	18	00:00:30	01:19:32		03:26:13	04:40:32.05	04:40:32.05	+00:51:55 (18.5%)	8:30	7.1 (81.6%)
19	WALKOWIAK Dominika	6381	#BIEGAJLESZNO	Senior II K - 30	19	00:00:56	01:26:55		03:39:22	04:58:56.75	04:58:56.75	+01:10:20 (23.5%)	9:03	6.6 (75.9%)
20	DROŻYŃSKA Iwona	6094	LUCEK PAZUR TEAM	Senior II K - 30	20	00:00:44	01:25:18		03:47:21	04:59:50.30	04:59:50.30	+01:11:14 (23.8%)	9:05	6.6 (75.9%)
21	SZAL Małgorzata	6453	TENIS CENTRUM AS	Senior II K - 30	21	00:01:07	01:29:06		03:49:14	05:03:30.95	05:03:30.95	+01:14:54 (24.7%)	9:11	6.5 (74.7%)
22	JAGŁA Ewelina	6141		Senior II K - 30	22	00:01:01	01:29:40		03:48:04	05:04:23.50	05:04:23.50	+01:15:47 (24.9%)	9:13	6.5 (74.7%)
23	PAWLUK Anna	6205	WAWRZYNTTEAM	Senior II K - 30	23	00:00:29	01:24:15		03:48:04	05:05:39.70	05:05:39.70	+01:17:03 (25.2%)	9:15	6.5 (74.7%)
24	ŻYLIŃSKA Agnieszka	6526	555	Senior II K - 30	24	00:00:54	01:28:51	02:29:53	03:51:06	05:08:43.90	05:08:43.90	+01:20:07 (26.0%)	9:21	6.4 (73.6%)
25	ZAJKOWSKA Ewa	6131	VEGE RUNNERS	Senior II K - 30	25	00:01:14	01:29:26	02:32:23	03:48:48	05:09:45.00	05:09:45.00	+01:21:08 (26.2%)	9:23	6.4 (73.6%)
26	ROBAKOWSKA Joanna	6190	NIGHT RUNNERS	Senior II K - 30	26	00:00:51	01:31:24	02:36:15	03:55:31	05:16:34.35	05:16:34.35	+01:27:58 (27.8%)	9:35	6.3 (72.4%)
27	ZIELEŃ-PUSZCZECKA Marta	6444		Senior II K - 30	27	00:00:55	01:32:36	02:39:07	03:56:29	05:16:34.45	05:16:34.45	+01:27:58 (27.8%)	9:35	6.3 (72.4%)
28	OCZKOWICZ Beata	6304	MOCNA GRUPA CEZARA	Senior II K - 30	28	00:01:03	01:34:01	02:41:38	03:57:30	05:17:38.55	05:17:38.55	+01:29:02 (28.0%)	9:37	6.2 (71.3%)
29	KĘDZIORA Alicja	6481		Senior II K - 30	29	00:00:17	01:31:28		03:57:15	05:18:37.85	05:18:37.85	+01:30:01 (28.3%)	9:39	6.2 (71.3%)
30	MATKOWSKA Martyna	6441		Senior II K - 30	30	00:01:14	01:29:26	02:32:19	03:48:49	05:19:21.20	05:19:21.20	+01:30:45 (28.4%)	9:40	6.2 (71.3%)
31	MAKOWCZYNSKA Agata	6493	OBORYGENI	Senior II K - 30	31	00:01:14	01:33:54	02:41:32	04:01:33	05:28:16.05	05:28:16.05	+01:39:39 (30.4%)	9:56	6 (69.0%)
32	WILCZEK Małgorzata	6233	RAJSPOORT ACTIVE	Senior II K - 30	32	00:00:57	01:36:19	02:44:10	04:04:47	05:30:34.05	05:30:34.05	+01:41:57 (30.8%)	10:01	6 (69.0%)
33	ANUSZ Roksana	6430		Senior II K - 30	33	00:00:30	01:31:01		04:01:46	05:31:57.20	05:31:57.20	+01:43:21 (31.1%)	10:03	6 (69.0%)
34	JAKUBOWSKA Kamila	6262	KB GEPARD MUROWANA GOŚLINA	Senior II K - 30	34	00:00:30	01:27:28	02:38:45	04:01:46	05:35:23.85	05:35:23.85	+01:46:47 (31.8%)	10:09	5.9 (67.8%)
35	PATELSKA Katarzyna	6422		Senior II K - 30	35	00:00:30	01:27:28	02:38:55	04:01:51	05:35:31.95	05:35:31.95	+01:46:55 (31.9%)	10:10	5.9 (67.8%)
36	ŁYSIAK Kasia	6282		Senior II K - 30	36	00:00:18	01:33:52	02:44:04	04:11:20	05:44:33.75	05:44:33.75	+01:55:57 (33.7%)	10:26	5.7 (65.5%)
37	CEBULAK Katarzyna	6259	GOGOKLUB	Senior II K - 30	37	00:00:13	01:31:20	02:46:41	04:13:19	05:49:35.80	05:49:35.80	+02:00:59 (34.6%)	10:35	5.7 (65.5%)
38	CIEŚLA-NIECHWIADOWICZ Aneta	6456		Senior II K - 30	38	00:01:00	01:42:48		04:20:04	05:50:10.95	05:50:10.95	+02:01:34 (34.7%)	10:36	5.7 (65.5%)

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39	JADASZ Anna	6297	GOGOLIN BIEGA	Senior II K - 30	39	00:00:55	01:29:42	02:35:11	04:19:27	05:53:00.90	05:53:00.90	+02:04:24 (35.2%)	10:41	5.6 (64.4%)
40	SŁODKIEWICZ Dagmara	6229	KNEIPPTEAM	Senior II K - 30	40	00:00:55	01:29:24	02:41:55	04:15:04	05:53:44.35	05:53:44.35	+02:05:08 (35.4%)	10:43	5.6 (64.4%)
41	MIKOŁAJEWSKA Zofia	6019	ORT	Senior II K - 30	41	00:00:10	01:30:43	02:55:44	04:22:24	05:55:32.10	05:55:32.10	+02:06:55 (35.7%)	10:46	5.6 (64.4%)
42	ADAMCZAK Joanna	6255	KB SZAMOTUŁY	Senior II K - 30	42	00:00:56	01:34:18		04:27:27	06:08:49.75	06:08:49.75	+02:20:13 (38.0%)	11:10	5.4 (62.1%)
43	JANSON Marleen	6374	LEIDEN ATLETIEK	Senior II K - 30	43	00:00:49	01:49:53	03:01:42	04:31:00	06:09:04.80	06:09:04.80	+02:20:28 (38.1%)	11:11	5.4 (62.1%)
44	ŁUŻNY Agnieszka	6070		Senior II K - 30	44	00:00:17	01:38:22	03:00:25	04:30:28	06:11:39.80	06:11:39.80	+02:23:03 (38.5%)	11:15	5.3 (60.9%)
45	BEKAS Paulina	6005	NIGHT RUNNER	Senior II K - 30	45	00:01:04	01:45:06	03:06:11	04:41:55	06:25:38.90	06:25:38.90	+02:37:02 (40.7%)	11:41	5.1 (58.6%)
46	KRUPIŃSKA Paulina	6461		Senior II K - 30	46	00:00:39	01:40:56	03:11:08	04:51:05	06:37:06.10	06:37:06.10	+02:48:29 (42.4%)	12:02	5 (57.5%)
47	ŚCIUBA Anita	6272	AMATORUNKA	Senior II K - 30	47	00:01:11	01:52:20	03:12:41	04:54:06	06:42:41.25	06:42:41.25	+02:54:05 (43.2%)	12:12	4.9 (56.3%)
48	GŁÓWKA Barbara	6284		Senior II K - 30	48	00:01:09	01:40:55	03:30:13		06:45:02.10	06:45:02.10	+02:56:25 (43.6%)	12:16	4.9 (56.3%)
49	GŁUCHOWSKA Ewelina	6215		Senior II K - 30	49	00:01:09	01:40:57	03:30:06		06:45:02.35	06:45:02.35	+02:56:26 (43.6%)	12:16	4.9 (56.3%)
50	KLAJA Agnieszka	6264		Senior II K - 30	50	00:01:07	02:01:29	03:22:35	04:59:27	06:45:04.90	06:45:04.90	+02:56:28 (43.6%)	12:16	4.9 (56.3%)
51	BOROWIK Agata	6061	CAŁA OLEŚNICA BIEGA	Senior II K - 30	51	00:00:36	01:48:41	03:15:45	04:54:20	06:51:53.35	06:51:53.35	+03:03:17 (44.5%)	12:28	4.8 (55.2%)
Przekroczony limit czasu: 07:00:00														
52	ZAKRZEWSKA Beata	6057		Senior II K - 30	52	00:00:31	01:39:17	03:00:54	04:57:54	07:27:03.95	07:27:03.95	+03:38:27 (48.9%)	13:32	4.4 (50.6%)
	NARKUN Ewa	6513		Senior II K - 30		00:00:37 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 53 wynik(ów)