



KAMIENNA TRZYDZIESTKA

B4SPORT

Event: CHOJNIK KARKONOSKI FESTIWAL BIEGOWY 2019
Organiser: FUNDACJA PROFIT MARATON
Date: 2019-07-13
Place: Sobieszów
Distance: 32 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Classification: K-Open

Place	Participant	Number	Club	Category	MCat	Wysoki Kamien 15.75km	Net time 32km	Czas brutto 32km	Gap	Pace min/km	Pace km/h
1	WITEK Karolina	1086		K20	1		02:53:55.80	02:54:00.05		5:26	11 (100%)
2	PARSZCZYŃSKA Izabela	1065	TEAM PARSZCZYŃSKICH	K30	1	01:34:40	02:57:23.30	02:57:28.40	+00:03:28 (2.0%)	5:32	10.8 (98.2%)
3	ŁABUZ Małgorzata	1058	#SOBASTEAM	K30	2	01:36:19	03:02:26.55	03:02:30.90	+00:08:30 (4.7%)	5:42	10.5 (95.5%)
4	PELC-WANIELISTA Agnieszka	1096	KB MANIAC POZNAŃ	K30	3	01:45:01	03:26:15.20	03:26:23.10	+00:32:23 (15.7%)	6:26	9.3 (84.5%)
5	WNOROWSKA Iwona	990		K40	1	01:50:37	03:30:50.40	03:30:54.35	+00:36:54 (17.5%)	6:35	9.1 (82.7%)
6	MARKOWSKA Karolina	1100	EUROPA UBEZPIECZENIA/NOA	K30	4	01:53:33	03:32:29.20	03:32:33.35	+00:38:33 (18.1%)	6:38	9 (81.8%)
7	WOCH Agnieszka	980	BRACTWO BIEGACZY ZIELONA GÓRA	K40	2	01:54:23	03:34:12.40	03:34:23.85	+00:40:23 (18.8%)	6:41	9 (81.8%)
8	PIEKARSKA Karina	926		K40	3	01:50:55	03:34:25.30	03:34:31.55	+00:40:31 (18.9%)	6:42	9 (81.8%)
9	RADKOWSKA Małgorzata	1060	DZIOBAKI I NOSIAKI	K30	5	01:58:56	03:38:51.00	03:38:57.35	+00:44:57 (20.5%)	6:50	8.8 (80.0%)
10	HAŁAS Katarzyna	943	KB GEPARD MUROWANA GOŚLINA	K30	6	01:59:15	03:40:57.10	03:41:11.70	+00:47:11 (21.3%)	6:54	8.7 (79.1%)
11	KOMAR Ania	1088	NOA	K30	7	02:02:14	03:49:46.20	03:49:57.55	+00:55:57 (24.3%)	7:10	8.4 (76.4%)
12	DUL Magdalena	954	FAMILY TEAM/ ŚLĘZAK TEAM	K30	8	01:59:18	03:50:41.80	03:50:49.40	+00:56:49 (24.6%)	7:12	8.3 (75.5%)
13	WOJAK Malwina	992		K30	9	02:01:57	03:53:25.60	03:53:39.05	+00:59:39 (25.5%)	7:17	8.2 (74.5%)
14	SZNYTER Sabina	1044		K20	2	02:00:59	03:53:55.00	03:54:02.95	+01:00:02 (25.7%)	7:18	8.2 (74.5%)
15	ŁATYSZEW Katarzyna	941	KB GEPARD MUROWANA GOŚLINA	K40	4	02:05:27	03:54:12.35	03:54:24.95	+01:00:24 (25.8%)	7:19	8.2 (74.5%)
16	WAWRZYNIAK PAJCHROWSKA Lidia	1061	KB GEPARD MUROWANA GOŚLINA	K40	5	02:05:34	03:54:12.65	03:54:25.45	+01:00:25 (25.8%)	7:19	8.2 (74.5%)

Place	Participant	Number	Club	Category	MCat	Wysoki Kamien 15.75km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
							32km	32km			
17	JĘDRZEJEWSKA Maria	906		K30	10	02:09:17	03:56:43.20	03:56:51.10	+01:02:51 (26.5%)	7:23	8.1 (73.6%)
18	KANCLERZ-MAZURCZUK Monika	1030	CROSSFITTER BOX CHEŁM	K40	6	02:06:34	04:02:35.25	04:02:45.80	+01:08:45 (28.3%)	7:34	7.9 (71.8%)
19	GROENWALD-NAKONOWSKA Barbara	965	PASZCZA ZAKRZEWO	K30	11	02:06:51	04:03:57.45	04:04:14.35	+01:10:14 (28.8%)	7:37	7.9 (71.8%)
20	MICHALIK Izabela	920		K40	7	02:06:32	04:09:10.95	04:09:18.25	+01:15:18 (30.2%)	7:47	7.7 (70.0%)
21	KAZUBOWSKA Ola	937	SZ JAK GEPARD	K40	8	02:03:21	04:10:24.95	04:10:29.50	+01:16:29 (30.5%)	7:49	7.7 (70.0%)
22	JAGNIESZCZAK Zuzanna	1068	ADIDAS RUNNERS WARSAW	K30	12	02:08:06	04:10:58.40	04:11:06.35	+01:17:06 (30.7%)	7:50	7.6 (69.1%)
23	MUCHA Aleksandra	1023		K20	3	02:14:47	04:11:02.75	04:11:25.45	+01:17:25 (30.8%)	7:50	7.6 (69.1%)
24	TUDZIAS Dominika	1025	EY RUN4FUN	K30	13	02:08:46	04:11:41.55	04:12:01.90	+01:18:01 (31.0%)	7:51	7.6 (69.1%)
25	BOMBA Alina	1095		K30	14	02:13:17	04:15:17.00	04:15:36.50	+01:21:36 (31.9%)	7:58	7.5 (68.2%)
26	MADEJ Anna	1062	VEGE RUNNERS	K40	9	02:15:21	04:18:43.20	04:18:52.05	+01:24:52 (32.8%)	8:05	7.4 (67.3%)
27	SZCZEPAŃSKA-BUDA Anna	978		K30	15	02:16:16	04:20:46.65	04:20:55.85	+01:26:55 (33.3%)	8:08	7.4 (67.3%)
28	JARACZ-PATEREK Alina	1059		K30	16	02:16:27	04:25:05.90	04:25:19.70	+01:31:19 (34.4%)	8:17	7.2 (65.5%)
29	MAKLES Wioletta	1054	EUROPA UBEZPIECZENIA / NOA	K30	17	02:16:27	04:25:08.85	04:25:20.00	+01:31:19 (34.4%)	8:17	7.2 (65.5%)
30	NARKUN Ewa	917		K30	18	02:21:17	04:26:00.55	04:26:08.45	+01:32:08 (34.6%)	8:18	7.2 (65.5%)
31	STUPIŃSKA Monika	1038	WKURW TEAM	K30	19	02:18:19	04:26:26.10	04:26:46.85	+01:32:46 (34.8%)	8:19	7.2 (65.5%)
32	WIERZBICKA Joanna	936	KB GEPARD MUROWANA GOŚLINA	K40	10	02:19:56	04:28:56.35	04:29:10.95	+01:35:10 (35.4%)	8:24	7.1 (64.5%)
32	JAKUBOWSKA Kamila	1028	KB GEPARD MUROWANA GOŚLINA	K30	20	02:19:59	04:28:55.90	04:29:10.95	+01:35:10 (35.4%)	8:24	7.1 (64.5%)
34	WÓJCIK Renata	910		K30	21	02:15:34	04:32:15.60	04:32:23.85	+01:38:23 (36.1%)	8:30	7.1 (64.5%)
35	PIOTROWSKA Ania	1035		K30	22	02:19:24	04:32:47.15	04:33:14.15	+01:39:14 (36.3%)	8:31	7 (63.6%)
36	WILK Magdalena	1037	DZIADY OCR	K40	11	02:14:55	04:33:55.20	04:34:05.00	+01:40:04 (36.5%)	8:33	7 (63.6%)
37	KAMYK Ewa	1027		K30	23	02:18:20	04:34:13.90	04:34:30.95	+01:40:30 (36.6%)	8:34	7 (63.6%)
38	SZYSZKA Natalia	1069		K30	24	02:23:01	04:36:56.75	04:37:02.45	+01:43:02 (37.2%)	8:39	6.9 (62.7%)
39	ŚWIĄTEK Monika	1081		K20	4	02:17:54	04:38:46.65	04:39:05.20	+01:45:05 (37.7%)	8:42	6.9 (62.7%)

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							time 32km	brutto 32km			
40	POMIANOWSKA Anna	914	RĄCZE LACZKI	K30	25	02:21:39	04:41:13.45	04:41:28.85	+01:47:28 (38.2%)	8:47	6.8 (61.8%)
41	HĄŚCIŁO Alina	944		K30	26	02:24:46	04:41:26.80	04:41:39.40	+01:47:39 (38.2%)	8:47	6.8 (61.8%)
42	DZIOPA Małgorzata	915		K40	12	02:25:52	04:43:55.95	04:44:07.00	+01:50:06 (38.8%)	8:52	6.8 (61.8%)
43	NOWICKA Anna	1071	CHAMPION OF DIETOLOGIST	K20	5	02:21:52	04:45:47.75	04:46:08.00	+01:52:07 (39.2%)	8:55	6.7 (60.9%)
44	MUCHA Katarzyna	1077		K50	1	02:36:55	04:58:33.65	04:58:45.75	+02:04:45 (41.8%)	9:19	6.4 (58.2%)
45	SZNEJFUS Beata	1093	ROZBIEGANY PIASTÓW	K30	27	02:23:28	05:02:20.05	05:02:28.90	+02:08:28 (42.5%)	9:26	6.4 (58.2%)
46	PISTL Anna	912		K30	28	02:39:44	05:02:54.70	05:03:14.35	+02:09:14 (42.6%)	9:27	6.3 (57.3%)
47	NATKANIEC Grażyna	946	LZS LIPA	K50	2	02:42:50	05:03:51.65	05:04:09.95	+02:10:09 (42.8%)	9:29	6.3 (57.3%)
48	LEGUTKO Monika	939		K40	13	02:38:19	05:05:13.50	05:05:26.55	+02:11:26 (43.0%)	9:32	6.3 (57.3%)
49	HANGIEL Urszula	1091	ŻWAWE ŻÓŁWIE	K30	29	02:45:20	05:06:36.70	05:06:59.30	+02:12:59 (43.3%)	9:34	6.3 (57.3%)
50	WINNICKA Edyta	1064	ADIDAS	K30	30	02:45:48	05:07:02.15	05:07:11.65	+02:13:11 (43.4%)	9:35	6.3 (57.3%)
51	WIEWIÓRA Anna	968		K40	14	02:42:48	05:07:05.75	05:07:21.60	+02:13:21 (43.4%)	9:35	6.3 (57.3%)
52	MRÓZ-SICZYŃSKA Katarzyna	959	KEJT.LAJF	K30	31	02:31:40	05:08:57.35	05:09:13.30	+02:15:13 (43.7%)	9:39	6.2 (56.4%)
53	WALNY Agata	987		K30	32	02:36:37	05:10:33.50	05:10:41.40	+02:16:41 (44.0%)	9:42	6.2 (56.4%)
54	NOWICKA Katarzyna	988		K40	15	02:35:26	05:11:29.50	05:11:42.15	+02:17:42 (44.2%)	9:44	6.2 (56.4%)
55	JAKIMKO Monika	976	LZS LIPA	K40	16	02:44:36	05:14:28.70	05:14:46.60	+02:20:46 (44.7%)	9:49	6.1 (55.5%)
56	NOWAK Agnieszka	962	WKURW_TEAM	K40	17	02:42:05	05:16:19.60	05:16:39.35	+02:22:39 (45.1%)	9:53	6.1 (55.5%)
57	GOŁASZEWSKA Marzena	1072	GIGA MARATHON PROJEKT	K40	18	02:32:05	05:23:34.00	05:23:50.25	+02:29:50 (46.3%)	10:06	5.9 (53.6%)
58	ANIOŁ Laura	938	NIGHT RUNNERS WROCŁAW	K30	33	02:48:46	05:25:22.45	05:25:30.30	+02:31:30 (46.5%)	10:10	5.9 (53.6%)
59	KOŃ Aleksandra	935	LZS LIPA	K40	19	02:44:33	05:30:05.80	05:30:24.05	+02:36:24 (47.3%)	10:18	5.8 (52.7%)
60	MURAWSKA Monika	1032		K30	34	02:46:00	05:32:13.85	05:32:29.05	+02:38:29 (47.7%)	10:22	5.8 (52.7%)
61	ROSZKOWSKA Hanna	1082		K30	35	02:53:43	05:37:04.60	05:37:26.20	+02:43:26 (48.4%)	10:32	5.7 (51.8%)
62	ROSZKOWSKA Justyna	1083		K30	36	02:53:41	05:37:03.95	05:37:26.45	+02:43:26 (48.4%)	10:32	5.7 (51.8%)

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63	CRAPANZANO Blanka	1089		K40	20	03:02:22	05:50:37.70	05:50:46.75	+02:56:46 (50.4%)	10:57	5.5 (50.0%)
64	TRAWINSKA-WOLSKA Monika	1101		K40	21	03:02:16	05:50:37.60	05:50:46.80	+02:56:46 (50.4%)	10:57	5.5 (50.0%)
65	GIELZECKA Iga	977		K30	37	03:02:04	05:59:31.90	05:59:48.00	+03:05:47 (51.6%)	11:14	5.3 (48.2%)

Total 65 results.