



PÓŁMARATON GÓR STOŁOWYCH 2018

B4SPORT

Wydarzenie: Maraton Gór Stołowych 2018
Organizator: Fundacja Maratony Górskie
Data: 2018-07-01
Miejsce: Karłów
Dystans: 21 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	WOSZEK Marzena	177	STOWARZYSZENIE PRZYJACIÓŁ GRUDZIC	K-40	1	00:50:13	01:33:31	02:20:12.05	02:20:26.05		6:40	9 (100%)
2	KAPLAN-RAKOWSKI Regina	444	KMF	K-40	2	00:52:18	01:38:19	02:27:53.15	02:28:04.60	+00:07:38 (5.2%)	7:02	8.5 (94.4%)
3	GOLON Marlena	217	RUN PASJA	K-40	3	00:54:42	01:42:12	02:33:44.15	02:33:51.40	+00:13:25 (8.7%)	7:19	8.2 (91.1%)
4	SMARZEWSKA Justyna	100	FA(S)T&FURIOUS	K-40	4	00:57:49	01:46:49	02:38:41.60	02:39:13.55	+00:18:47 (11.8%)	7:33	7.9 (87.8%)
5	LASSOTA-BUJAK Mariola	437	#CZELADZBIEGA	K-40	5	01:00:44	01:52:02	02:44:35.70	02:44:48.75	+00:24:22 (14.8%)	7:50	7.7 (85.6%)
6	POLITYLO-ALUWIHARE Agnieszka	447		K-40	6	00:59:44	01:52:14	02:47:08.70	02:47:13.65	+00:26:47 (16.0%)	7:57	7.5 (83.3%)
7	AUGUSTYNIAK Małgorzata	465		K-40	7	00:54:32	01:49:28	02:47:29.30	02:47:32.90	+00:27:06 (16.2%)	7:58	7.5 (83.3%)
8	GNIADEK Gosia	29	DABEX - BOLT	K-40	8	01:01:56	01:57:03	02:50:53.90	02:51:13.40	+00:30:47 (18.0%)	8:08	7.4 (82.2%)
9	GLINA-KRAWCZYK Małgorzata	240	ZĄBKOWICKA GRYPA BIEGOWA FRANKENSTEIN	K-40	9	01:03:02	01:56:56	02:53:08.55	02:53:40.60	+00:33:14 (19.1%)	8:14	7.3 (81.1%)
10	AUGUSTOWSKA Izabela	93	KB GEOTERMIA UNIEJÓW	K-40	10	01:03:10	01:58:57	02:55:55.70	02:56:07.95	+00:35:41 (20.3%)	8:22	7.2 (80.0%)
11	MÓL Wioletta	127	#CZELADZBIEGA	K-40	11	01:02:54	01:59:57	02:59:56.70	03:00:12.20	+00:39:46 (22.1%)	8:34	7 (77.8%)
12	SZCZECHOWICZ Marzena	103	JACEKBIEGA RUNNING TEAM	K-40	12	01:05:54	02:03:35	03:00:20.05	03:00:20.05	+00:39:54 (22.1%)	8:35	7 (77.8%)
13	SKORUPSKA Julia	282		K-40	13	01:08:21	02:03:37	03:00:30.60	03:01:03.35	+00:40:37 (22.4%)	8:35	7 (77.8%)
14	ŁĄŻEWSKA Sylwia	135		K-40	14	01:06:21	02:03:31	03:02:22.85	03:02:50.50	+00:42:24 (23.2%)	8:41	6.9 (76.7%)
15	SZYMCZAK Ewelina	1		K-40	15	01:05:30	02:02:27	03:03:02.90	03:03:29.85	+00:43:03 (23.5%)	8:43	6.9 (76.7%)
16	JAWORSKA Magdalena	22	GB WIELKOPOLSCY BIEGACZE	K-40	16	01:05:19	02:00:45	03:03:18.85	03:04:03.45	+00:43:37 (23.7%)	8:43	6.9 (76.7%)

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17	WILK Magdalena	151		K-40	17	01:02:13	02:03:11	03:06:52.20	03:07:03.10	+00:46:37 (24.9%)	8:53	6.7 (74.4%)
18	KOLEJ Monika	431	DZIKIE DZIKI GORZÓW	K-40	18	01:05:40	02:04:13	03:08:40.75	03:09:02.60	+00:48:36 (25.7%)	8:59	6.7 (74.4%)
19	TABISZ Marlena	446		K-40	19	01:14:17	02:13:07	03:17:38.40	03:18:07.80	+00:57:41 (29.1%)	9:24	6.4 (71.1%)
20	GRĘZEL-GAWRON Jolanta	39		K-40	20	01:10:17	02:13:22	03:18:10.30	03:18:48.05	+00:58:22 (29.4%)	9:26	6.4 (71.1%)
21	CISZAK Daria	83	KOBIETY BIEGAJĄ	K-40	21	01:12:53	02:14:18	03:21:02.80	03:21:28.40	+01:01:02 (30.3%)	9:34	6.3 (70.0%)
22	DUBIŃSKA Wioletta	145	BBL ZDUŃSKA WOLA	K-40	22	01:14:48	02:16:50	03:22:22.00	03:22:22.00	+01:01:55 (30.6%)	9:38	6.2 (68.9%)
23	PODZEREK Iwona	441	BRIDGESTONE	K-40	23	01:14:01	02:19:57	03:26:56.90	03:27:38.50	+01:07:12 (32.4%)	9:51	6.1 (67.8%)
24	KASPRZYK-KUŹNIAK Michalina	229		K-40	24	01:15:15	02:20:13	03:28:01.00	03:28:20.50	+01:07:54 (32.6%)	9:54	6.1 (67.8%)
25	DUDEK Mariola	35	STRZEGOMSKA DWUNASTKA	K-40	25	01:17:54	02:22:06	03:28:23.55	03:28:23.55	+01:07:57 (32.6%)	9:55	6 (66.7%)
26	MAJCHRZYK Dorota	52	#CZELADZBIEGA	K-40	26	01:14:36	02:18:19	03:28:27.15	03:28:58.05	+01:08:32 (32.8%)	9:55	6 (66.7%)
27	DOROTA Jola	25	RUN RUN OLESZYCE	K-40	27	01:14:30	02:18:07	03:28:45.00	03:29:00.35	+01:08:34 (32.8%)	9:56	6 (66.7%)
28	SZADURSKA Agnieszka	351		K-40	28	01:14:12	02:19:21	03:29:51.95	03:30:31.10	+01:10:05 (33.3%)	9:59	6 (66.7%)
29	KAPLER-TEGOWSKA Karina	203	CZERWONAK BIEGA	K-40	29	01:17:18	02:27:35	03:34:23.80	03:35:00.30	+01:14:34 (34.7%)	10:12	5.9 (65.6%)
30	SZCZĘŚNIAK Małgorzata	195	#CZELADZBIEGA	K-40	30	01:17:36	02:24:01	03:35:01.90	03:35:20.35	+01:14:54 (34.8%)	10:14	5.9 (65.6%)
31	ROSZYK Sylwia	24	PARKRUN POZNAŃ/ ALBIONE	K-40	31	01:14:38	02:23:35	03:34:47.00	03:35:23.60	+01:14:57 (34.8%)	10:13	5.9 (65.6%)
32	FUDAŁA Anna	213		K-40	32	01:17:41	02:23:22	03:35:06.65	03:35:25.05	+01:14:59 (34.8%)	10:14	5.9 (65.6%)
33	KRUPA-SZCZĘSNY Izabela	4	#CZELADZBIEGA	K-40	33	01:17:12	02:28:55	03:34:54.65	03:35:25.45	+01:14:59 (34.8%)	10:14	5.9 (65.6%)
34	JAMRÓZ Joanna	219	JAMERKI	K-40	34	01:15:26	02:23:32	03:37:29.60	03:37:52.35	+01:17:26 (35.5%)	10:21	5.8 (64.4%)
35	WOŹNIAK Beata	111		K-40	35	01:15:01	02:26:48	03:37:37.60	03:38:15.15	+01:17:49 (35.7%)	10:21	5.8 (64.4%)
36	ŁUKASZEWICZ Joanna	385	GREEN TEAM ZIELONA GÓRA	K-40	36	01:16:02	02:27:28	03:39:36.30	03:40:00.40	+01:19:34 (36.2%)	10:27	5.7 (63.3%)
37	PAWLĘGA Katarzyna	450	WARSAW RUN CLUB	K-40	37	01:15:44	02:28:55	03:39:58.30	03:40:04.85	+01:19:38 (36.2%)	10:28	5.7 (63.3%)
38	CIRKO Brygida	65	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	K-40	38	01:19:52	02:33:36	03:44:37.35	03:45:02.95	+01:24:36 (37.6%)	10:41	5.6 (62.2%)
39	KOŚCIELNIAK Dagmara	105	CZERWONAK BIEGA	K-40	39	01:17:15	02:30:10	03:46:14.25	03:46:51.20	+01:26:25 (38.1%)	10:46	5.6 (62.2%)

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40	PRZYBYŁ Jolanta	410	EASY RUNNERS	K-40	40	01:21:02	02:34:14	03:48:54.55	03:49:04.25	+01:28:38 (38.7%)	10:54	5.5 (61.1%)
41	MATUSZCZAK-SZULC Iwona	184		K-40	41	01:22:01	02:33:31	03:51:36.65	03:52:13.90	+01:31:47 (39.5%)	11:01	5.4 (60.0%)
42	KOSMALA Monika	2	ROWEROWA NORKA	K-40	42	01:22:16	02:34:36	03:51:46.70	03:52:15.20	+01:31:49 (39.5%)	11:02	5.4 (60.0%)
43	GÓRNIAK Joanna	114		K-40	43	01:30:43	02:52:17	04:20:19.95	04:20:40.40	+02:00:14 (46.1%)	12:23	4.8 (53.3%)
44	REKAWEK Izabela	200		K-40	44	01:26:31	02:43:47	04:20:03.00	04:20:41.75	+02:00:15 (46.1%)	12:23	4.8 (53.3%)
45	ŚCISŁY Ola	110	ZWIERZAKI	K-40	45	01:33:11	02:58:13	04:26:25.90	04:26:50.35	+02:06:24 (47.4%)	12:41	4.7 (52.2%)

Znaleziono 45 wynik(ów)