



SGS LIGHT PÓŁMARATON 23KM

B4SPORT

Event:
Organiser:
Date:
Place:
Distance:

Supermaraton Gór Stołowych 2020
Fundacja Maratony Górskie
Kartów
23 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: K-30

Place	Participant	Number	Club	Category	MCat	Parking 14.4km	Net time 23.6km	Gap	Pace min/km	Pace km/h
1	HOJA Joanna	491	ALPIN SPORT HOKA ONE ONE TEAM	K-30	1	01:29:19	02:43:25.10		6:55	8.7 (100%)
2	ŚWIĄTEK Julia	456	IMMABEE	K-30	2	01:32:25	02:48:14.00	+00:04:48 (2.9%)	7:07	8.4 (96.6%)
3	BIAŁOBŁOCKA Alicja	19		K-30	3	01:31:48	02:52:34.45	+00:09:09 (5.3%)	7:18	8.2 (94.3%)
4	WIERZCHOWSKA Izabela	335	BASTER TEAM	K-30	4	01:32:47	02:53:03.40	+00:09:38 (5.6%)	7:19	8.2 (94.3%)
5	PIECUCH Karolina	46	LACHO TEAM	K-30	5	01:37:16	02:55:44.75	+00:12:19 (7.0%)	7:26	8.1 (93.1%)
6	GROCHECKA Joanna	86		K-30	6	01:37:14	02:56:41.95	+00:13:16 (7.5%)	7:29	8 (92.0%)
7	BOĆKO Ewa	33	DTR BIEGA/MARIO TEAM	K-30	7	01:40:51	03:06:25.30	+00:23:00 (12.3%)	7:53	7.6 (87.4%)
8	PACIOREK Ewa	513		K-30	8	01:44:19	03:11:21.20	+00:27:56 (14.6%)	8:06	7.4 (85.1%)
9	GRAD Idalia	256	DZIKA BANDA ŁAKOMCZUCHÓW	K-30	9	01:49:17	03:11:47.60	+00:28:22 (14.8%)	8:07	7.4 (85.1%)
10	SZYMAŃSKA Brygida	279	STRZEGOMSKA DWUNASTKA	K-30	10	01:46:56	03:12:59.95	+00:29:34 (15.3%)	8:10	7.3 (83.9%)
11	DOMAGAŁA Grażyna	167	NIGHT RUNNERS WROCŁAW	K-30	11	01:43:37	03:13:02.50	+00:29:37 (15.3%)	8:10	7.3 (83.9%)
12	STANKIEWICZ Anna	370	DOGOŃ GRODZISK MAZOWIECKI	K-30	12	01:47:24	03:13:14.25	+00:29:49 (15.4%)	8:11	7.3 (83.9%)
13	SZAL Małgorzata	161	TENIS CENTRUM AS	K-30	13	01:47:45	03:16:05.30	+00:32:40 (16.7%)	8:18	7.2 (82.8%)
14	BABIŃSKA Ewelina	77		K-30	14	01:43:57	03:19:15.80	+00:35:50 (18.0%)	8:26	7.1 (81.6%)
15	GRABIAS-MAZUR Krystyna	321	TKKF TRIATHLON DĄBROWA GÓRNICZA	K-30	15	01:52:08	03:24:56.10	+00:41:31 (20.3%)	8:41	6.9 (79.3%)
16	ŁUCJANEK Justyna	464	KAJATEAM	K-30	16	01:53:38	03:25:33.05	+00:42:07 (20.5%)	8:42	6.9 (79.3%)
17	BRUCH Katarzyna	384		K-30	17	01:53:25	03:28:51.05	+00:45:25 (21.8%)	8:50	6.8 (78.2%)
18	GĄSIOROWSKA Agnieszka	368	EVERRUN	K-30	18	01:53:12	03:30:12.30	+00:46:47 (22.3%)	8:54	6.7 (77.0%)
19	LESZCZYŃSKA Weronika	506		K-30	19	01:51:50	03:31:15.05	+00:47:49 (22.6%)	8:57	6.7 (77.0%)
20	KUROWSKA Marlena	487	KAMIENNOGÓRSKA GRUPA BIEGOWA	K-30	20	01:52:20	03:32:36.90	+00:49:11 (23.1%)	9:00	6.7 (77.0%)
21	KACZMARZ Katarzyna	26		K-30	21	01:56:55	03:33:28.25	+00:50:03 (23.4%)	9:02	6.6 (75.9%)
22	KARKOSZ Aurelia	434		K-30	22	01:57:25	03:35:38.60	+00:52:13 (24.2%)	9:08	6.6 (75.9%)
23	MAZUREK Marita	361		K-30	23	01:59:08	03:36:08.75	+00:52:43 (24.4%)	9:09	6.6 (75.9%)
24	WĘŻYK Kamila	431		K-30	24	01:58:57	03:36:09.45	+00:52:44 (24.4%)	9:09	6.6 (75.9%)
25	SOKÓLSKA Katarzyna	166	OUTDOOR TRAINING	K-30	25	01:58:30	03:40:00.50	+00:56:35 (25.7%)	9:19	6.4 (73.6%)
26	SZYLBERG Aleksandra	172	TEAM ZABIEGANEDNI	K-30	26	02:00:55	03:41:04.35	+00:57:39 (26.1%)	9:22	6.4 (73.6%)
27	POCHWAŁA Justyna	67	NATALIA TOMASIAK GÓRSKI STYL TEAM	K-30	27	02:00:51	03:43:41.85	+01:00:16 (26.9%)	9:28	6.3 (72.4%)
28	MODERACKA Małgorzata	337		K-30	28	02:00:48	03:44:18.80	+01:00:53 (27.1%)	9:30	6.3 (72.4%)
29	DZIARKOWSKA Edyta	338	#TEAMDKMS	K-30	29	01:55:51	03:44:35.10	+01:01:10 (27.2%)	9:30	6.3 (72.4%)

Place	Participant	Number	Club	Category	MCat	Parking 14.4km	Net time	Gap	Pace min/km	Pace km/h
							23.6km			
30	KACZOREK Renata	160		K-30	30	01:58:22	03:44:59.35	+01:01:34 (27.4%)	9:32	6.3 (72.4%)
31	GRUDZIEŃ-JURKOWSKA Malgorzata	485		K-30	31	01:56:45	03:45:20.70	+01:01:55 (27.5%)	9:32	6.3 (72.4%)
32	JARMUDA Justyna	327		K-30	32	02:01:14	03:46:01.50	+01:02:36 (27.7%)	9:34	6.3 (72.4%)
33	MAZIAREK Adela	210		K-30	33	01:59:40	03:47:28.05	+01:04:02 (28.2%)	9:38	6.2 (71.3%)
34	FEDOROWICZ Jowita	62	KOTWICA BRZEG	K-30	34	02:01:02	03:48:28.45	+01:05:03 (28.5%)	9:40	6.2 (71.3%)
35	SEMIENIUK Marzena	436	KOTWICA BRZEG	K-30	35	02:00:22	03:48:37.00	+01:05:11 (28.5%)	9:41	6.2 (71.3%)
36	JANUSZEWSKA Izabela	374	BIEGAM U KOLESI	K-30	36	02:03:06	03:48:58.35	+01:05:33 (28.6%)	9:42	6.2 (71.3%)
37	SKRZYPIŃSKA Agnieszka	214		K-30	37	02:02:45	03:52:43.20	+01:09:18 (29.8%)	9:51	6.1 (70.1%)
38	KUBACZKA-LIGENZA Sylwia	186	#CZELADZBIEGA	K-30	38	02:08:11	03:53:47.85	+01:10:22 (30.1%)	9:54	6.1 (70.1%)
39	STRZELCZYK Paulina	54	NESSI LESZNO	K-30	39	02:07:57	03:55:51.95	+01:12:26 (30.7%)	9:59	6 (69.0%)
40	ORACKA Marta	239	DOGOŃ GRODZISK MAZOWIECKI	K-30	40	02:14:15	03:58:37.45	+01:15:12 (31.5%)	10:06	5.9 (67.8%)
41	MAGDZIAK Iwona	493	NOA	K-30	41	02:05:49	03:58:56.80	+01:15:31 (31.6%)	10:07	5.9 (67.8%)
42	KRYSZAK Dorota	450	MARMEL TORUŃ	K-30	42	02:09:44	04:01:34.95	+01:18:09 (32.4%)	10:14	5.9 (67.8%)
43	ZACHCIAŁ Anna	346		K-30	43	02:08:00	04:02:41.40	+01:19:16 (32.7%)	10:16	5.8 (66.7%)
44	ŚWIDER Małgorzata	196		K-30	44	02:06:36	04:04:10.80	+01:20:45 (33.1%)	10:20	5.8 (66.7%)
45	GAŁUS Angelika	385	NOVEMBER RUNNING TEAM	K-30	45	02:10:08	04:06:43.50	+01:23:18 (33.8%)	10:27	5.7 (65.5%)
46	ŁADOŃSKA Agata	405		K-30	46	02:11:23	04:10:17.55	+01:26:52 (34.7%)	10:36	5.7 (65.5%)
47	SŁONECKA Anna	399	BRAVEHEARTS LEGIONOWO	K-30	47	02:11:45	04:12:03.45	+01:28:38 (35.2%)	10:40	5.6 (64.4%)
48	GAWROŃSKA Agata	401	BRAVEHARDS LEGIONOWO	K-30	48	02:11:59	04:12:21.05	+01:28:55 (35.2%)	10:41	5.6 (64.4%)
49	CICHOMSKA Marzena	58	BIEGAM BO MUSZĘ INACZEJ SIĘ UDUSZĘ	K-30	49	02:14:11	04:12:46.65	+01:29:21 (35.4%)	10:42	5.6 (64.4%)
50	ADAMIAK Marta	165	RUN4GOLD	K-30	50	02:14:40	04:13:41.25	+01:30:16 (35.6%)	10:45	5.6 (64.4%)
51	CZEKALSKA Magdalena	245	NARAMOWICE BIEGAJĄ	K-30	51	02:04:58	04:14:00.20	+01:30:35 (35.7%)	10:45	5.6 (64.4%)
52	ZIELIŃSKA Katarzyna	99		K-30	52	02:27:26	04:15:26.10	+01:32:01 (36.0%)	10:49	5.5 (63.2%)
53	DOMINIAK Katarzyna	355	TIGERS TEAM	K-30	53	02:20:23	04:17:14.40	+01:33:49 (36.5%)	10:54	5.5 (63.2%)
54	BARTOSZEWSKA Katarzyna	156	WATAHA	K-30	54	02:17:57	04:18:00.45	+01:34:35 (36.7%)	10:55	5.5 (63.2%)
55	SKARŻEŃSKA Jagoda	527		K-30	55	02:11:47	04:18:53.50	+01:35:28 (36.9%)	10:58	5.5 (63.2%)
56	WITKOWSKA-KOPKA Kaja	43		K-30	56	02:18:02	04:19:09.30	+01:35:44 (36.9%)	10:58	5.5 (63.2%)
57	SADURSKA Kasia	319		K-30	57	02:16:38	04:19:22.85	+01:35:57 (37.0%)	10:59	5.5 (63.2%)
58	BRODAWKA Olga	72		K-30	58	02:19:40	04:20:36.25	+01:37:11 (37.3%)	11:02	5.4 (62.1%)
59	POKROP Agnieszka	48	GÓRSKI STYL TEAM	K-30	59	02:19:52	04:20:36.80	+01:37:11 (37.3%)	11:02	5.4 (62.1%)
60	SAWICKA Izabela	14	PARKRUN	K-30	60	02:16:49	04:23:05.15	+01:39:40 (37.9%)	11:08	5.4 (62.1%)
61	BOSY Joanna	222		K-30	61	02:15:59	04:24:57.80	+01:41:32 (38.3%)	11:13	5.3 (60.9%)
62	BŁASZCZAK Katarzyna	92	DOGOŃ GRODZISK MAZOWIECKI	K-30	62	02:22:17	04:25:31.90	+01:42:06 (38.5%)	11:15	5.3 (60.9%)
63	MALISZAK Agnieszka	152		K-30	63	02:23:47	04:27:06.65	+01:43:41 (38.8%)	11:19	5.3 (60.9%)
64	MAJ Magdalena	16	GRAŻYNKI OCR	K-30	64	02:24:27	04:28:03.50	+01:44:38 (39.0%)	11:21	5.3 (60.9%)
65	KOCZOROWSKA Anna	313	TEAM ZABIEGANEDNI	K-30	65	02:23:31	04:33:54.35	+01:50:29 (40.3%)	11:36	5.2 (59.8%)
66	MITEK Marta	194		K-30	66	02:24:57	04:34:45.85	+01:51:20 (40.5%)	11:38	5.2 (59.8%)
67	ZAWADZKA Magdalena	25	AKS POLONIA WARSZAWA	K-30	67	02:21:20	04:35:50.15	+01:52:25 (40.8%)	11:41	5.1 (58.6%)
68	WITKOWSKA Ania	18		K-30	68	02:31:29	04:41:00.20	+01:57:35 (41.8%)	11:54	5 (57.5%)
69	MACKIEWICZ Katarzyna	122		K-30	69	02:31:26	04:41:09.00	+01:57:43 (41.9%)	11:54	5 (57.5%)
70	MIERZEJEWSKA Martyna	316	BIEGAM NA TARCHOMINIE	K-30	70	02:33:15	04:41:49.85	+01:58:24 (42.0%)	11:56	5 (57.5%)
71	WRZOSEK Karolina	483		K-30	71	02:29:57	04:46:39.75	+02:03:14 (43.0%)	12:08	4.9 (56.3%)
72	LEWANDOWSKA Ewelina	333	NIGHT RUNNERS WROCŁAW	K-30	72	02:35:01	04:48:10.60	+02:04:45 (43.3%)	12:12	4.9 (56.3%)
73	MHADHBI Joanna	292		K-30	73	02:28:47	04:51:56.80	+02:08:31 (44.0%)	12:22	4.9 (56.3%)

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74	HEIMOWSKA Beata	446		K-30	74	02:39:22	04:55:54.85	+02:12:29 (44.8%)	12:32	4.8 (55.2%)
75	BLICHERT Anna	57	I DON'T KURWA CARE	K-30	75	02:32:02	04:55:56.05	+02:12:30 (44.8%)	12:32	4.8 (55.2%)
76	GAGASZKA Agnieszka	104		K-30	76	02:38:04	05:02:53.05	+02:19:27 (46.0%)	12:50	4.7 (54.0%)
77	BARTOSZEWICZ Marta	192		K-30	77	02:43:09	05:06:58.60	+02:23:33 (46.8%)	13:00	4.6 (52.9%)
78	SZOTOWICZ Ewa	151		K-30	78	02:43:13	05:09:49.15	+02:26:24 (47.3%)	13:07	4.6 (52.9%)
79	ŁAŻNIAK-PFAJFER Agata	226	CARDIORUNNERS	K-30	79	02:19:27	05:10:44.65	+02:27:19 (47.4%)	13:10	4.6 (52.9%)
80	WALCZAK Faustyna	264		K-30	80	02:47:21	05:18:30.85	+02:35:05 (48.7%)	13:29	4.4 (50.6%)
81	MATEJKA Małgorzata	274	BIEGAM NA TARCHOMINIE	K-30	81	02:46:52	05:19:33.85	+02:36:08 (48.9%)	13:32	4.4 (50.6%)
82	TOMALAK Anna	529		K-30	82	02:57:43	05:28:18.70	+02:44:53 (50.2%)	13:54	4.3 (49.4%)

Total 82 results.