



**SUPERMARATON
GÓR
STOŁOWYCH**

SGS LIGHT PÓŁMARATON 23KM

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Supermaraton Gór Stołowych 2020
Fundacja Maratony Górskie
2020-06-28
Kartów
23 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 14.4km	Czas netto 23.6km	Różn	Tempo min/km	Tempo km/h
1	NOWACKA Marlena	538		K-40	1	01:32:23	02:46:52.95		7:04	8.5 (100%)
2	KUKUĆ - KWAPISZEWSKA Anna	369		K-40	2	01:32:21	02:47:56.10	+00:01:03 (0.6%)	7:06	8.4 (98.8%)
3	KARATKÓW Ewa	462		K-40	3	01:32:52	02:53:55.95	+00:07:03 (4.1%)	7:22	8.1 (95.3%)
4	ŁASKOWSKA Marzena	24	WKURW_TEAM	K-40	4	01:41:17	03:01:02.75	+00:14:09 (7.8%)	7:40	7.8 (91.8%)
5	JAWORSKA Magdalena	224	GB WIELKOPOLSCY BIEGACZE / TEAM KGB	K-40	5	01:40:55	03:02:28.80	+00:15:35 (8.5%)	7:43	7.8 (91.8%)
6	CZAJKOWSKA Sylwia	142	BYDGOSKIE OKONIE	K-40	6	01:38:10	03:06:11.50	+00:19:18 (10.4%)	7:53	7.6 (89.4%)
7	KOZŁOWSKA Iwona	488	LESZNO LIMITS RUNNERS	K-40	7	01:43:05	03:07:00.35	+00:20:07 (10.8%)	7:55	7.6 (89.4%)
8	BOCHAN Lidia	426		K-40	8	01:50:35	03:19:16.00	+00:32:23 (16.3%)	8:26	7.1 (83.5%)
9	TRZEPACZ Dorota	359	KB LUPUS OLEŚNICA	K-40	9	01:47:21	03:19:20.30	+00:32:27 (16.3%)	8:26	7.1 (83.5%)
10	WIERZBIŃSKA Edyta	69	LATYFUNDYŚCI BIEGAJĄ	K-40	10	01:52:04	03:22:28.95	+00:35:36 (17.6%)	8:34	7 (82.4%)
11	ŁĄŻEWSKA Sylwia	12		K-40	11	01:57:52	03:29:36.80	+00:42:43 (20.4%)	8:52	6.8 (80.0%)
12	BUGANIK Magdalena	480	23 ŚLĄSKI PUŁK ARTYLERII	K-40	12	01:53:37	03:31:23.10	+00:44:30 (21.1%)	8:57	6.7 (78.8%)
13	BARCZAK Katarzyna	477	RUN TEAM MILEJÓW	K-40	13	01:51:20	03:32:01.40	+00:45:08 (21.3%)	8:59	6.7 (78.8%)
14	JAGIEŁŁO Joanna	475	RUN TEAM MILEJÓW	K-40	14	01:48:26	03:35:18.35	+00:48:25 (22.5%)	9:07	6.6 (77.6%)
15	KRZYZIŃSKA Sylwia	505	DOGOŃ GRODZISK MAZOWIECKI	K-40	15	01:59:15	03:36:02.85	+00:49:09 (22.8%)	9:09	6.6 (77.6%)
16	SERAFIN Ewelina	23		K-40	16	01:52:43	03:40:36.55	+00:53:43 (24.4%)	9:20	6.4 (75.3%)
17	BARTMAŃSKA Mirosława	517		K-40	17	01:57:59	03:41:48.85	+00:54:55 (24.8%)	9:23	6.4 (75.3%)
18	ŁASKAWSKA Justyna	492		K-40	18	01:58:27	03:42:28.35	+00:55:35 (25.0%)	9:25	6.4 (75.3%)
19	BABICKA Sylwia	440	BIEGAM Z RADOŚCI	K-40	19	01:58:15	03:42:37.80	+00:55:44 (25.0%)	9:26	6.4 (75.3%)
20	MAZUR Katarzyna	27	UMLAUT	K-40	20	01:59:40	03:43:35.85	+00:56:42 (25.4%)	9:28	6.3 (74.1%)
21	LE FELIC Monika	510		K-40	21	02:04:51	03:49:12.55	+01:02:19 (27.2%)	9:42	6.2 (72.9%)
22	GUZIŃSKA Ola	234	BIEGAM BO LUBIĘ ZĄBKI TEAM	K-40	22	02:05:01	03:49:35.85	+01:02:42 (27.3%)	9:43	6.2 (72.9%)
23	JARECKA Katarzyna	532		K-40	23	02:07:06	03:50:42.00	+01:03:49 (27.7%)	9:46	6.1 (71.8%)
24	WOJCIECHOWSKA Dorota	82	DOGOŃ GRODZISK MAZOWIECKI	K-40	24	02:01:26	03:53:29.15	+01:06:36 (28.5%)	9:53	6.1 (71.8%)
25	KOZDROJ Wioletta	79	DOGOŃ GRODZISK MAZOWIECKI	K-40	25	02:00:54	03:53:33.60	+01:06:40 (28.5%)	9:53	6.1 (71.8%)
26	BOŹKIEWICZ Patrycja	3	PIEKIELNIE ZGRANI	K-40	26	02:05:21	03:53:55.75	+01:07:02 (28.7%)	9:54	6.1 (71.8%)
27	ZELICHOWSKA Izabela	145	KĘCKIE HARPAGANY	K-40	27	02:04:44	03:53:57.55	+01:07:04 (28.7%)	9:54	6.1 (71.8%)
28	WOJCIECHOWSKA Anna	148	PIĄTKOWO NA BIEGOWO	K-40	28	02:03:02	03:55:01.00	+01:08:08 (29.0%)	9:57	6 (70.6%)
29	GIDASZEWSKA Jolanta	38	NESSI LESZNO	K-40	29	02:07:59	03:55:56.85	+01:09:03 (29.3%)	9:59	6 (70.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 14.4km	Czas netto 23.6km	Różn	Tempo min/km	Tempo km/h
30	PAPROCKA Natalia	95		K-40	30	02:06:41	03:56:19.35	+01:09:26 (29.4%)	10:00	6 (70.6%)
31	DZIWIEC-GUZIŁ Justyna	21	MARELLI SOSNOWIEC POLAND	K-40	31	02:09:03	03:56:31.25	+01:09:38 (29.4%)	10:01	6 (70.6%)
32	MIELNIK Natalia	490		K-40	32	02:09:11	03:58:07.70	+01:11:14 (29.9%)	10:05	5.9 (69.4%)
33	KWIATKOWSKA Zuzanna	409		K-40	33	02:06:57	03:58:26.70	+01:11:33 (30.0%)	10:06	5.9 (69.4%)
34	PERKA Barbara	71		K-40	34	02:11:42	04:01:30.00	+01:14:37 (30.9%)	10:13	5.9 (69.4%)
35	JURAS-KMIEĆ Marzena	136	BIEGAM SOBIE	K-40	35	02:10:35	04:02:30.80	+01:15:37 (31.2%)	10:16	5.8 (68.2%)
36	BEDNARSKA KOZIOŁ Danuta	509	WKURW_TEAM	K-40	36	02:15:20	04:07:20.25	+01:20:27 (32.5%)	10:28	5.7 (67.1%)
37	OLSZANKA Anna	310	OTWOCK BIEGA	K-40	37	02:12:57	04:09:34.45	+01:22:41 (33.1%)	10:34	5.7 (67.1%)
38	SZYMAŃSKA Hanna	498		K-40	38	02:12:43	04:09:45.45	+01:22:52 (33.2%)	10:34	5.7 (67.1%)
39	SWICARZ Monika	221		K-40	39	02:10:32	04:10:04.90	+01:23:11 (33.3%)	10:35	5.7 (67.1%)
40	KOWNACKA Magdalena	162		K-40	40	02:16:40	04:11:18.30	+01:24:25 (33.6%)	10:38	5.6 (65.9%)
41	KARAMON Magdalena	227		K-40	41	02:12:39	04:12:21.50	+01:25:28 (33.9%)	10:41	5.6 (65.9%)
42	PLASZCZAK Bogumiła	93	PIEKIELNIE ZGRANI	K-40	42	02:11:02	04:14:47.20	+01:27:54 (34.5%)	10:47	5.6 (65.9%)
43	KWIATKOWSKA Marta	158		K-40	43	02:05:14	04:16:29.90	+01:29:36 (34.9%)	10:52	5.5 (64.7%)
44	PISOWŁODZKA Dagmara	177		K-40	44	02:18:19	04:17:09.70	+01:30:16 (35.1%)	10:53	5.5 (64.7%)
45	KOWALCZYK Anna	472	DOGOŃ GRODZISK MAZOWIECKI	K-40	45	02:12:53	04:17:15.00	+01:30:22 (35.1%)	10:54	5.5 (64.7%)
46	SIDORCZUK Katarzyna	269	KB SPARTAKUS BEŁCHATÓW	K-40	46	02:20:04	04:19:26.15	+01:32:33 (35.7%)	10:59	5.5 (64.7%)
47	KUJAWA Katarzyna	187	KURCZAK I AGATKA	K-40	47	02:13:01	04:19:46.55	+01:32:53 (35.8%)	11:00	5.5 (64.7%)
48	SOWIŃSKA Magdalena	206	DOGOŃ GRODZISK MAZOWIECKI	K-40	48	02:13:22	04:19:58.40	+01:33:05 (35.8%)	11:00	5.4 (63.5%)
49	SZYMCZAK Anna	311	KB SPARTAKUS BEŁCHATÓW	K-40	49	02:24:40	04:29:47.05	+01:42:54 (38.1%)	11:25	5.2 (61.2%)
50	DUDEK Mariola	36	STRZEGOMSKA DWUNASTKA	K-40	50	02:19:56	04:31:37.05	+01:44:44 (38.6%)	11:30	5.2 (61.2%)
51	PAWLAK Małgorzata	287		K-40	51	02:21:07	04:35:22.30	+01:48:29 (39.4%)	11:40	5.1 (60.0%)
52	KORNACKA Hanna	200	DOGOŃ GRODZISK MAZOWIECKI	K-40	52	02:21:26	04:36:05.65	+01:49:12 (39.6%)	11:41	5.1 (60.0%)
53	PAWLIK Anna	106	OSTRÓDA RUNNERS	K-40	53	02:25:26	04:40:53.50	+01:54:00 (40.6%)	11:54	5 (58.8%)
54	REMBOWSKA Natalia	282		K-40	54	02:27:16	04:41:48.00	+01:54:55 (40.8%)	11:56	5 (58.8%)
55	WIŚNIEWSKA Dorota	350		K-40	55	02:34:58	04:48:00.25	+02:01:07 (42.1%)	12:12	4.9 (57.6%)
56	FURTACZ Anna	427		K-40	56	02:30:58	04:48:46.75	+02:01:53 (42.2%)	12:14	4.9 (57.6%)
57	LATOS Joanna	347		K-40	57	02:28:54	04:49:19.85	+02:02:26 (42.3%)	12:15	4.9 (57.6%)
58	KSIĘŻAK Jolanta	320		K-40	58	02:32:34	04:50:25.50	+02:03:32 (42.5%)	12:18	4.9 (57.6%)
59	MORAWSKA Katarzyna	251	FUCK THE PESEL	K-40	59	02:30:38	04:53:17.00	+02:06:24 (43.1%)	12:25	4.8 (56.5%)
60	JEŻEWSKA Sylwia	343	DRUŻYNA SZPIKU	K-40	60	02:31:53	04:53:56.45	+02:07:03 (43.2%)	12:27	4.8 (56.5%)
61	ZABOROWSKA Aleksandra	395		K-40	61	02:37:09	04:58:21.80	+02:11:28 (44.1%)	12:38	4.7 (55.3%)
62	MARYNIAK Katarzyna	386	WYBIEGAJ SIEBIE	K-40	62	02:31:36	05:00:52.95	+02:14:00 (44.5%)	12:44	4.7 (55.3%)
63	ROGOWSKA-ROSZCZYK Magdalena	199		K-40	63	02:43:30	05:07:10.25	+02:20:17 (45.7%)	13:00	4.6 (54.1%)
64	WRÓBEL Marzena	231		K-40	64	02:40:46	05:08:57.40	+02:22:04 (46.0%)	13:05	4.6 (54.1%)
65	KASZUBA Katarzyna	105	#CZELADZBIEGA	K-40	65	02:52:13	05:21:09.75	+02:34:16 (48.0%)	13:36	4.4 (51.8%)
66	STRZELCZYK Edyta	267	P+E	K-40	66	02:48:06	05:21:25.60	+02:34:32 (48.1%)	13:37	4.4 (51.8%)
67	KORNILUK Izabela	135		K-40	67	02:55:06	05:22:01.65	+02:35:08 (48.2%)	13:38	4.4 (51.8%)
68	JASIUL Mariola	111		K-40	68	02:52:43	05:22:47.20	+02:35:54 (48.3%)	13:40	4.4 (51.8%)
69	FORMELA Justyna	530		K-40	69	02:57:23	05:28:36.55	+02:41:43 (49.2%)	13:55	4.3 (50.6%)

Znaleziono 69 wynik(ów)