



# SUPERMARATON GÓR STOŁOWYCH 2017

B4SPORT

**Event:** Maraton Gór Stołowych  
**Organiser:** Stowarzyszenie TKKF Kompas  
**Date:** 2017-07-01  
**Place:** Pasterka  
**Distance:** 50 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Classification: K-30

Place	Participant	Number	Club	Category	MCat	Czechy 8.4km	Czechy 17.4km	Pasterka 28km	Parking 35km	Skaly 42km	Net time 50km	Czas brutto 50km	Gap	Pace min/km	Pace km/h
1	<b>WINIARSKA Katarzyna</b>	<b>22</b>	PRZEMYSKI KLUB BIEGACZA	K-30	1	00:52:18	01:55:38	03:03:13	04:05:49	04:55:32	<b>05:47:15.10</b>	<b>05:47:19.50</b>		6:56	8.6 (100%)
2	<b>DETLAFF Patrycja</b>	<b>457</b>	DREAM RUN	K-30	2	00:55:22	02:07:00	03:18:25	04:26:21	05:17:04	<b>06:06:52.50</b>	<b>06:06:59.30</b>	+00:19:39 (5.4%)	7:20	8.2 (95.3%)
3	<b>PICHETA Magdalena</b>	<b>318</b>		K-30	3	00:55:27	02:03:57	03:17:58	04:23:54	05:19:12	<b>06:13:52.20</b>	<b>06:13:58.90</b>	+00:26:39 (7.1%)	7:28	8 (93.0%)
4	<b>PIECUCH Karolina</b>	<b>90</b>	LACHO TEAM/SKLEPBIEGOWY.COM	K-30	4	00:59:37	02:14:25	03:28:52	04:38:57	05:35:27	<b>06:31:33.50</b>	<b>06:31:43.25</b>	+00:44:23 (11.3%)	7:49	7.7 (89.5%)
5	<b>NIEMIRO Dominika</b>	<b>443</b>	JAGODOWO-KALINOWY TEAM	K-30	5	01:00:14	02:12:02	03:28:43	04:38:43	05:37:15	<b>06:36:53.90</b>	<b>06:37:05.90</b>	+00:49:46 (12.5%)	7:56	7.6 (88.4%)
6	<b>PRUGAR FUKOWSKA Paulina</b>	<b>455</b>	DREAM RUN	K-30	6	00:56:50	02:10:01	03:25:11	04:41:12	05:41:34	<b>06:40:28.10</b>	<b>06:40:35.60</b>	+00:53:16 (13.3%)	8:00	7.5 (87.2%)
7	<b>KRUŻOLEK Monika</b>	<b>52</b>	TURBOPTYSIE	K-30	7	01:09:52	02:25:55	03:42:07	04:53:17	05:51:48	<b>06:48:17.00</b>	<b>06:48:50.85</b>	+01:01:31 (15.0%)	8:09	7.3 (84.9%)
8	<b>SZCZEŚNIAK Dorota</b>	<b>211</b>	RANKOR	K-30	8	01:04:44	02:26:36	03:50:06	05:09:00	06:10:49	<b>07:05:23.05</b>	<b>07:05:47.10</b>	+01:18:27 (18.4%)	8:30	7.1 (82.6%)
9	<b>KOWALCZYK Joanna Joko</b>	<b>395</b>	BIEGANIZM/DYNAFIT	K-30	9	01:05:51	02:29:08	03:53:46	05:12:52	06:16:33	<b>07:20:32.85</b>	<b>07:20:47.00</b>	+01:33:27 (21.2%)	8:48	6.8 (79.1%)
10	<b>GAJEWSKA Izabella</b>	<b>257</b>	KOBIETYBIEGAJA.PL	K-30	10	01:07:38	02:32:57	03:58:48	05:21:01	06:23:03	<b>07:26:44.10</b>	<b>07:26:54.65</b>	+01:39:35 (22.3%)	8:56	6.7 (77.9%)
11	<b>RAFAŁ Eliza</b>	<b>314</b>		K-30	11	01:07:27	02:36:14	04:01:49	05:23:02	06:27:24	<b>07:28:22.70</b>	<b>07:28:33.45</b>	+01:41:13 (22.6%)	8:58	6.7 (77.9%)
12	<b>RYBUS Agata</b>	<b>289</b>		K-30	12	01:10:56	02:34:43	03:59:23	05:18:28	06:26:49	<b>07:31:27.30</b>	<b>07:31:48.60</b>	+01:44:29 (23.1%)	9:01	6.6 (76.7%)
13	<b>DORDZIK Katarzyna</b>	<b>118</b>		K-30	13	01:11:29	02:35:41	04:00:24	05:28:46	06:42:00	<b>07:45:20.00</b>	<b>07:45:36.95</b>	+01:58:17 (25.4%)	9:18	6.4 (74.4%)
14	<b>MURAWIEC Izabela</b>	<b>450</b>		K-30	14	01:10:14	02:35:20	03:55:31	05:22:35	06:34:46	<b>07:48:50.00</b>	<b>07:48:58.35</b>	+02:01:38 (25.9%)	9:22	6.4 (74.4%)
15	<b>BARAŃSKA Celestyna</b>	<b>364</b>	ACCENTURE	K-30	15	01:12:55	02:48:03	04:19:14	05:40:14	06:45:10	<b>07:49:12.65</b>	<b>07:49:28.50</b>	+02:02:09 (26.0%)	9:23	6.4 (74.4%)

Place	Participant	Number	Club	Category	MCat	Czechy	Czechy	Pasterka	Parking	Skaly	Net	Czas	Gap	Pace min/km	Pace km/h
						8.4km	17.4km	28km	35km	42km	time 50km	brutto 50km			
16	<b>GEMZA Anna</b>	<b>191</b>	BALANS TEAM	K-30	16	01:11:25	02:42:18	04:07:25	05:36:58	06:39:52	<b>07:50:59.70</b>	<b>07:51:27.90</b>	+02:04:08 (26.3%)	9:25	6.4 (74.4%)
17	<b>HARĘŻLAK Dorota</b>	<b>259</b>	4 ŁAPY PSA ŁÓDŹ	K-30	17	01:12:48	02:51:22	04:22:27	05:49:39	06:56:02	<b>08:09:26.45</b>	<b>08:09:43.10</b>	+02:22:23 (29.1%)	9:47	6.1 (70.9%)
18	<b>JURA Dorota</b>	<b>306</b>	ULTRA BESKID SPORT	K-30	18	01:07:31	02:49:37	04:29:23	05:56:29	07:04:47	<b>08:16:16.60</b>	<b>08:16:37.30</b>	+02:29:17 (30.1%)	9:55	6 (69.8%)
19	<b>LECH Agnieszka</b>	<b>456</b>	STRZEGOMSKA DWUNASTKA	K-30	19	01:14:08	02:48:26	04:21:31	05:50:15	07:05:49	<b>08:20:33.05</b>	<b>08:21:12.05</b>	+02:33:52 (30.7%)	10:00	6 (69.8%)
20	<b>ŻOŁĄDEK Anna</b>	<b>218</b>		K-30	20	01:18:12	02:56:21	04:33:48	06:00:47	07:10:34	<b>08:24:17.90</b>	<b>08:24:40.30</b>	+02:37:20 (31.2%)	10:05	5.9 (68.6%)
21	<b>ZYGRY- WIŚNIEWSKA Karolina</b>	<b>275</b>	GEMINI SOPOT TEAM	K-30	21	01:17:12	03:02:24	04:36:15	06:09:21	07:12:02	<b>08:26:01.75</b>	<b>08:26:38.60</b>	+02:39:19 (31.4%)	10:07	5.9 (68.6%)
22	<b>BURDAJEWICZ Magdalena</b>	<b>224</b>	PAJĄCZEK	K-30	22	01:13:25	02:44:41	04:16:14	05:51:31	07:11:43	<b>08:27:34.35</b>	<b>08:28:01.65</b>	+02:40:42 (31.6%)	10:09	5.9 (68.6%)
23	<b>KRAUSE Ania</b>	<b>53</b>	NATURAL BORN RUNNERS	K-30	23	01:13:37	02:49:44	04:26:23	06:03:49	07:13:23	<b>08:28:12.55</b>	<b>08:28:38.45</b>	+02:41:18 (31.7%)	10:09	5.9 (68.6%)
24	<b>RETMANIAK Sylvia Ewa</b>	<b>380</b>	DRUŻYNA TVN MEDIA	K-30	24	01:05:01	02:34:21	04:03:45	05:49:32	07:06:01	<b>08:31:11.65</b>	<b>08:31:21.10</b>	+02:44:01 (32.1%)	10:13	5.9 (68.6%)
25	<b>BICZKOWSKA Magdalena</b>	<b>46</b>	RUN BYDGOSZCZ	K-30	25	01:11:59	02:50:28	04:32:48	06:02:57	07:11:45	<b>08:31:13.10</b>	<b>08:31:21.80</b>	+02:44:02 (32.1%)	10:13	5.9 (68.6%)
26	<b>RÓŻOWICZ Eliza</b>	<b>309</b>	SPARTANIE DZIECIOM	K-30	26	01:16:24	03:00:39	04:32:41	06:02:54	07:12:02	<b>08:35:29.10</b>	<b>08:35:58.55</b>	+02:48:39 (32.7%)	10:18	5.8 (67.4%)
27	<b>STRUŻYNA Agata</b>	<b>271</b>		K-30	27	01:14:44	03:01:41	04:41:57	06:25:32	07:35:16	<b>08:48:28.90</b>	<b>08:49:01.90</b>	+03:01:42 (34.3%)	10:34	5.7 (66.3%)
28	<b>PODLASIŃSKA Paulina</b>	<b>143</b>		K-30	28	01:16:40	02:55:07	04:33:02	06:10:03	07:33:48	<b>08:48:31.20</b>	<b>08:49:09.50</b>	+03:01:50 (34.4%)	10:34	5.7 (66.3%)
	<b>ZWĘGLIŃSKA Anna</b>	<b>33</b>		K-30		01:12:54 DNF	02:48:18 DNF	04:21:31 DNF	05:57:47 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>SUJAK Renata</b>	<b>105</b>	RUNSKI	K-30		01:04:45 DNF	02:26:29 DNF	04:03:30 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>MACHUL Ewa</b>	<b>421</b>	DREAM RUN	K-30		00:58:57 DNF	02:30:32 DNF	04:06:31 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>KOZŁOWSKA Joanna</b>	<b>356</b>	DRUŻYNA WILKA	K-30		01:10:34 DNF	02:49:56 DNF	04:23:41 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Total 32 results.