



# ZIMOWY PÓLMARATON GÓR STOŁOWYCH 2017

B4SPORT

**Organizator:** Stowarzyszenie TKKF Kompas  
**Data:** 2017-01-21  
**Miejsce:** Pasterka  
**Dystans:** 21 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-40

| Msc | Zawodnik                                 | Numer      | Klub                | Kategoria | Mkat | Alpinista | Parking<br>7km | Skaly<br>14km | Czas<br>netto<br>21km | Czas<br>brutto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|--|------------|---------------------|-----------|------|-----------|----------------|---------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 1   | <b>KOŁACZKOWSKA-SZCZEŚNIAK Katarzyna</b> | <b>423</b> | SKLEPBIEGACZA.PL    | K-40      | 1    | NIE       | 01:15:04       | 02:20:09      | <b>03:36:05.30</b>    | <b>03:36:07.50</b>     |                      | 10:17           | 5.8<br>(100%)  |
| 2   | <b>RYCHCIK-ZYGADŁO Edyta</b>             | <b>529</b> |                     | K-40      | 2    | TAK       | 01:24:40       | 02:37:54      | <b>04:03:49.95</b>    | <b>04:03:58.20</b>     | +00:27:50<br>(11.4%) | 11:36           | 5.2<br>(89.7%) |
| 3   | <b>KWIATKOWSKA Zuzanna</b>               | <b>298</b> |                     | K-40      | 3    | NIE       | 01:34:46       | 02:56:17      | <b>04:32:40.40</b>    | <b>04:32:54.30</b>     | +00:56:46<br>(20.8%) | 12:59           | 4.6<br>(79.3%) |
| 4   | <b>JĘDRZEJOWSKA-DEC Anna</b>             | <b>425</b> | PKO BANK POLSKI     | K-40      | 4    | NIE       | 01:34:54       | 02:57:06      | <b>04:34:29.35</b>    | <b>04:35:02.35</b>     | +00:58:54<br>(21.4%) | 13:04           | 4.6<br>(79.3%) |
| 5   | <b>MATYJEWICZ Luiza</b>                  | <b>450</b> |                     | K-40      | 5    | NIE       | 01:38:44       | 03:03:41      | <b>04:35:11.55</b>    | <b>04:35:23.65</b>     | +00:59:16<br>(21.5%) | 13:06           | 4.6<br>(79.3%) |
| 6   | <b>KANECKA Mariola</b>                   | <b>236</b> | KOWARY BIEGAJĄ      | K-40      | 6    | NIE       | 01:38:43       | 03:03:53      | <b>04:35:09.65</b>    | <b>04:35:44.85</b>     | +00:59:37<br>(21.6%) | 13:06           | 4.6<br>(79.3%) |
| 7   | <b>MAJOCH Anna</b>                       | <b>155</b> | GVT                 | K-40      | 7    | NIE       | 01:47:25       | 03:06:36      | <b>04:35:50.65</b>    | <b>04:35:50.65</b>     | +00:59:43<br>(21.6%) | 13:08           | 4.6<br>(79.3%) |
| 8   | <b>ŁAPCZYŃSKA Magdalena</b>              | <b>229</b> | KARPACZ SPORT       | K-40      | 8    | NIE       | 01:32:37       | 02:58:08      | <b>04:39:27.30</b>    | <b>04:39:35.60</b>     | +01:03:28<br>(22.7%) | 13:18           | 4.5<br>(77.6%) |
| 9   | <b>MARCINKIEWICZ Marta</b>               | <b>51</b>  | MATNER RUNNING TEAM | K-40      | 9    | NIE       | 01:50:06       | 03:13:50      | <b>04:45:47.85</b>    | <b>04:46:36.50</b>     | +01:10:29<br>(24.6%) | 13:36           | 4.4<br>(75.9%) |
| 10  | <b>KUCNER Monika</b>                     | <b>536</b> | ALBERTS SP Z O.O.   | K-40      | 10   | TAK       | 01:43:04       | 03:09:17      | <b>04:48:55.30</b>    | <b>04:49:08.30</b>     | +01:13:00<br>(25.3%) | 13:45           | 4.4<br>(75.9%) |
| 11  | <b>PANEK Aleksandra</b>                  | <b>266</b> |                     | K-40      | 11   | NO        | 01:48:57       | 03:16:09      | <b>04:49:22.70</b>    | <b>04:50:02.50</b>     | +01:13:55<br>(25.5%) | 13:46           | 4.4<br>(75.9%) |
| 12  | <b>NASTAWSKA Monika</b>                  | <b>189</b> |                     | K-40      | 12   | NIE       | 01:44:33       | 03:13:45      | <b>04:49:55.20</b>    | <b>04:50:14.35</b>     | +01:14:06<br>(25.5%) | 13:48           | 4.3<br>(74.1%) |
| 13  | <b>LUBAŃSKA Alicja</b>                   | <b>492</b> |                     | K-40      | 13   | NIE       | 01:43:40       | 03:12:08      | <b>04:57:09.45</b>    | <b>04:57:46.00</b>     | +01:21:38<br>(27.4%) | 14:09           | 4.2<br>(72.4%) |
| 14  | <b>GOKIERT-SKRENTNA Justyna</b>          | <b>206</b> |                     | K-40      | 14   | NIE       | 01:44:19       | 03:19:53      | <b>04:59:21.30</b>    | <b>04:59:52.05</b>     | +01:23:44<br>(27.9%) | 14:15           | 4.2<br>(72.4%) |
| 15  | <b>SZKUDLARSKA Joanna</b>                | <b>164</b> | PRZED SIEBIE        | K-40      | 15   | NIE       | 01:47:11       | 03:17:30      | <b>05:04:18.45</b>    | <b>05:04:32.75</b>     | +01:28:25<br>(29.0%) | 14:29           | 4.1<br>(70.7%) |
| 16  | <b>DZIEWIATOWSKA Agnieszka</b>           | <b>362</b> |                     | K-40      | 16   | NIE       | 01:44:20       | 03:19:54      | <b>05:04:29.55</b>    | <b>05:05:01.10</b>     | +01:28:53<br>(29.1%) | 14:30           | 4.1<br>(70.7%) |

| Msc | Zawodnik                 | Numer      | Klub | Kategoria | Mkat | Alpinista | Parking<br>7km | Skaly<br>14km | Czas<br>netto<br>21km | Czas<br>brutto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|--------------------------|------------|------|-----------|------|-----------|----------------|---------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 17  | <b>MICHALAK Joanna</b>   | <b>371</b> |      | K-40      | 17   | NIE       | 01:49:58       | 03:23:14      | <b>05:08:31.35</b>    | <b>05:09:22.85</b>     | +01:33:15<br>(30.1%) | 14:41           | 4.1<br>(70.7%) |
| 18  | <b>BOROŃ Izabela</b>     | <b>47</b>  |      | K-40      | 18   | NIE       | 01:49:59       | 03:22:59      | <b>05:10:08.55</b>    | <b>05:10:58.45</b>     | +01:34:50<br>(30.5%) | 14:46           | 4.1<br>(70.7%) |
| 19  | <b>ZIEMKOWSKA Monika</b> | <b>415</b> |      | K-40      | 19   | NIE       | 01:56:45       | 03:29:25      | <b>05:11:59.70</b>    | <b>05:12:26.75</b>     | +01:36:19<br>(30.8%) | 14:51           | 4 (69.0%)      |
|     | <b>NADOLSKA Ania</b>     | <b>374</b> |      | K-40      |      | NIE       | DNF            | DNF           | <b>DNF</b>            | <b>DNF</b>             |                      | -               | - (0.0%)       |
|     | <b>PAWŁOWSKA Danuta</b>  | <b>275</b> |      | K-40      |      | NIE       | DNF            | DNF           | <b>DNF</b>            | <b>DNF</b>             |                      | -               | - (0.0%)       |

Znaleziono 21 wynik(ów)