



# ZIMOWY PÓLMARATON GÓR STOŁOWYCH 2018

B4SPORT

**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2018-01-20  
**Miejsce:** Karlów  
**Dystans:** 21 km

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: K-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	<b>TOMASIAK Natalia</b>	<b>3</b>	KW ZAKOPANE // SALOMON SUUNTO TEAM	K-30	1	TAK	00:46:28	01:32:26	<b>02:20:16.75</b>	<b>02:20:21.00</b>		6:40	9 (100%)
2	<b>LIPNICKA Marta</b>	<b>554</b>	FUNDACJA PRZEJŚCIE KOTLINY	K-30	2	NIE	00:52:02	01:42:36	<b>02:36:32.75</b>	<b>02:36:39.15</b>	+00:16:18 (10.4%)	7:27	8 (88.9%)
3	<b>BAŁYS Katarzyna</b>	<b>375</b>	HERCOG RUNNING TEAM	K-30	3	NIE	00:56:21	01:47:44	<b>02:43:56.60</b>	<b>02:44:05.20</b>	+00:23:44 (14.5%)	7:48	7.7 (85.6%)
4	<b>PIECUCH Karolina</b>	<b>195</b>	LACHO TEAM/SKLEP BIEGACZA	K-30	4	NIE	00:58:45	01:51:06	<b>02:46:49.65</b>	<b>02:46:59.15</b>	+00:26:38 (16.0%)	7:56	7.6 (84.4%)
5	<b>DĄBROWSKA Katarzyna</b>	<b>265</b>		K-30	5	NIE	01:05:42	01:57:19	<b>02:49:07.55</b>	<b>02:49:58.15</b>	+00:29:37 (17.4%)	8:03	7.4 (82.2%)
6	<b>WOLFF-STEFANIAK Maria</b>	<b>480</b>		K-30	6	NIE	00:59:14	01:56:34	<b>02:55:26.55</b>	<b>02:55:41.05</b>	+00:35:20 (20.1%)	8:21	7.2 (80.0%)
7	<b>KICINSKA Dorota</b>	<b>43</b>	ROZBIEGANY RAWICZ	K-30	7	NIE	01:01:21	01:56:17	<b>02:56:21.85</b>	<b>02:56:40.75</b>	+00:36:19 (20.6%)	8:23	7.1 (78.9%)
8	<b>GRAMZA Katarzyna</b>	<b>15</b>	EUFORIABIEGACZA	K-30	8	NIE	01:03:26	01:58:09	<b>02:56:22.85</b>	<b>02:56:43.30</b>	+00:36:22 (20.6%)	8:23	7.1 (78.9%)
9	<b>HALADYN Małgorzata</b>	<b>156</b>		K-30	9	NIE	01:02:25	01:57:49	<b>02:56:51.25</b>	<b>02:57:18.00</b>	+00:36:57 (20.8%)	8:25	7.1 (78.9%)
10	<b>ŁAMPIKA Kinga</b>	<b>96</b>	NIGHT RUNNERS WROCŁAW	K-30	10	NIE	01:06:11	01:59:35	<b>02:58:59.85</b>	<b>02:59:45.85</b>	+00:39:24 (21.9%)	8:31	7 (77.8%)
11	<b>STECZKOWSKA Anna</b>	<b>420</b>	OŁAWSKA GRUPA BIEGOWA	K-30	11	NIE	01:07:33	02:01:49	<b>02:59:03.50</b>	<b>02:59:57.75</b>	+00:39:36 (22.0%)	8:31	7 (77.8%)
12	<b>PAZDAN Natalia</b>	<b>236</b>	KOWARY BIEGAJĄ	K-30	12	NIE	01:05:43	02:01:35	<b>03:01:01.15</b>	<b>03:01:34.20</b>	+00:41:13 (22.7%)	8:37	7 (77.8%)
13	<b>KRUŻOŁEK Monika</b>	<b>242</b>	TURBOPTYSIE	K-30	13	NIE	01:06:33	02:03:11	<b>03:01:48.85</b>	<b>03:02:17.60</b>	+00:41:56 (23.0%)	8:39	6.9 (76.7%)
14	<b>PILARSKA Magdalena</b>	<b>414</b>	STR POZNAŃ	K-30	14	TAK	01:08:20	02:02:47	<b>03:02:41.65</b>	<b>03:03:11.85</b>	+00:42:50 (23.4%)	8:41	6.9 (76.7%)
15	<b>FOGIEL-PAWŁOWSKA Agnieszka</b>	<b>99</b>	LOS BIEGANEROS	K-30	15	NIE	01:07:11	02:04:19	<b>03:03:02.70</b>	<b>03:03:19.35</b>	+00:42:58 (23.4%)	8:43	6.9 (76.7%)
16	<b>STRASZKO Monika</b>	<b>66</b>		K-30	16	NIE	01:07:37	02:05:59	<b>03:05:35.50</b>	<b>03:06:06.05</b>	+00:45:45 (24.6%)	8:50	6.8 (75.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
17	<b>CZEKALSKA Maria</b>	<b>25</b>		K-30	17	NIE	01:06:26	02:05:50	<b>03:07:47.80</b>	<b>03:08:23.00</b>	+00:48:02 (25.5%)	8:56	6.7 (74.4%)
18	<b>PILZ-JĘDRZEJCZYK Dominika</b>	<b>221</b>		K-30	18	NIE	01:12:33	02:08:41	<b>03:09:01.40</b>	<b>03:09:57.85</b>	+00:49:36 (26.1%)	9:00	6.7 (74.4%)
19	<b>KRAWCZYŃSKA Anna</b>	<b>19</b>	POMIOTY SZATANA	K-30	19	TAK	01:05:10	02:06:54	<b>03:10:45.20</b>	<b>03:10:53.90</b>	+00:50:32 (26.5%)	9:05	6.6 (73.3%)
20	<b>WIADERNA Nina</b>	<b>350</b>	SKLEP BIEGACZA WARSZAWA POWIŚLE	K-30	20	TAK	01:07:40	02:08:37	<b>03:11:37.40</b>	<b>03:12:03.00</b>	+00:51:42 (26.9%)	9:07	6.6 (73.3%)
21	<b>GEMZA Anna</b>	<b>512</b>	BALANSTEAM KATOWICE	K-30	21	TAK	01:05:24	02:05:28	<b>03:12:37.05</b>	<b>03:12:52.15</b>	+00:52:31 (27.2%)	9:10	6.5 (72.2%)
22	<b>BURANT Agnieszka</b>	<b>95</b>		K-30	22	NIE	01:05:01	02:07:04	<b>03:12:22.10</b>	<b>03:12:56.90</b>	+00:52:35 (27.3%)	9:09	6.5 (72.2%)
23	<b>MACIEJASZ Aleksandra</b>	<b>304</b>		K-30	23	NIE	01:05:54	02:08:15	<b>03:13:13.40</b>	<b>03:13:24.40</b>	+00:53:03 (27.4%)	9:12	6.5 (72.2%)
24	<b>SADOWSKA Marta</b>	<b>308</b>	KOSSMATE ŻUKI	K-30	24	NIE	01:15:13	02:12:35	<b>03:13:44.35</b>	<b>03:14:06.05</b>	+00:53:45 (27.7%)	9:13	6.5 (72.2%)
25	<b>CHRAPLEWSKA Karolina</b>	<b>239</b>	PRO366	K-30	25	NIE	01:13:00	02:13:28	<b>03:13:48.05</b>	<b>03:14:32.25</b>	+00:54:11 (27.9%)	9:13	6.5 (72.2%)
26	<b>WITKOWSKA Ania</b>	<b>75</b>	KLUB KRÓLIKA STEFANA	K-30	26	NIE	01:15:20	02:16:51	<b>03:18:47.15</b>	<b>03:19:45.75</b>	+00:59:24 (29.7%)	9:27	6.3 (70.0%)
27	<b>ZARZYCKA Sylwia</b>	<b>347</b>	KLUB WYSOKOGÓRSKI WARSZAWA	K-30	27	TAK	01:11:22	02:14:00	<b>03:19:57.95</b>	<b>03:20:25.05</b>	+01:00:04 (30.0%)	9:31	6.3 (70.0%)
28	<b>KRĘŻOŁEK Anna</b>	<b>58</b>		K-30	28	NIE	01:16:35	02:17:21	<b>03:21:04.50</b>	<b>03:21:55.00</b>	+01:01:34 (30.5%)	9:34	6.3 (70.0%)
29	<b>KOSOWSKA Anna</b>	<b>562</b>		K-30	29	NIE	01:15:07	02:15:52	<b>03:22:19.55</b>	<b>03:22:56.50</b>	+01:02:35 (30.8%)	9:38	6.2 (68.9%)
30	<b>WAŁACH-BIŚTA Zuza</b>	<b>59</b>		K-30	30	NIE	01:16:29	02:17:27	<b>03:22:19.25</b>	<b>03:22:57.90</b>	+01:02:36 (30.9%)	9:38	6.2 (68.9%)
31	<b>STAWIARSKA Katarzyna</b>	<b>314</b>	KOWARY BIEGAJĄ	K-30	31	NIE	01:15:52	02:15:35	<b>03:21:59.85</b>	<b>03:23:00.65</b>	+01:02:39 (30.9%)	9:37	6.2 (68.9%)
32	<b>NOWAK Katarzyna</b>	<b>157</b>	MKKK	K-30	32	NIE	01:10:51	02:14:50	<b>03:24:02.00</b>	<b>03:24:30.10</b>	+01:04:09 (31.4%)	9:42	6.2 (68.9%)
33	<b>WALCZAK NOWAK Karolina</b>	<b>91</b>		K-30	33	NIE	01:10:26	02:15:59	<b>03:24:39.50</b>	<b>03:24:54.50</b>	+01:04:33 (31.5%)	9:44	6.2 (68.9%)
34	<b>JACH-BALICKA Aleksandra</b>	<b>54</b>		K-30	34	NIE	01:19:12	02:22:23	<b>03:26:42.45</b>	<b>03:27:07.35</b>	+01:06:46 (32.2%)	9:50	6.1 (67.8%)
35	<b>KOWALSKA Małgorzata</b>	<b>249</b>		K-30	35	NIE	01:08:06	02:15:01	<b>03:29:16.65</b>	<b>03:29:28.45</b>	+01:09:07 (33.0%)	9:57	6 (66.7%)
36	<b>KRZYSZTOFIAK Aleksandra</b>	<b>271</b>	KOWARY BIEGAJĄ	K-30	36	NIE	01:15:07	02:16:53	<b>03:29:19.50</b>	<b>03:30:21.20</b>	+01:10:00 (33.3%)	9:58	6 (66.7%)
37	<b>NIESPODZIANA Anna</b>	<b>351</b>	ROGOZIŃSKI KLUB BIEGACZA	K-30	37	NIE	01:12:47	02:19:20	<b>03:30:05.25</b>	<b>03:30:51.45</b>	+01:10:30 (33.4%)	10:00	6 (66.7%)
38	<b>CHOLEWA Agnieszka</b>	<b>28</b>		K-30	38	NIE	01:21:13	02:29:09	<b>03:34:56.95</b>	<b>03:35:24.90</b>	+01:15:03 (34.8%)	10:14	5.9 (65.6%)
39	<b>SPYCHALSKA-WASZEK Hanna</b>	<b>290</b>	SAMBOR TEAM	K-30	39	NO	01:19:31	02:27:10	<b>03:34:57.70</b>	<b>03:35:25.05</b>	+01:15:04 (34.8%)	10:14	5.9 (65.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
40	<b>BERNAT Jolanta</b>	<b>331</b>	SZCZYTNA BIEGA	K-30	40	NIE	01:15:05	02:25:08	<b>03:37:41.95</b>	<b>03:37:54.05</b>	+01:17:33 (35.6%)	10:22	5.8 (64.4%)
41	<b>CHRZUSZCZ Anna</b>	<b>511</b>		K-30	41	NIE	01:18:53	02:25:56	<b>03:37:40.95</b>	<b>03:38:30.75</b>	+01:18:09 (35.8%)	10:21	5.8 (64.4%)
42	<b>BIELIŃSKA Monika</b>	<b>275</b>	PRO-RUN	K-30	42	NIE	01:22:09	02:25:53	<b>03:39:33.85</b>	<b>03:40:20.25</b>	+01:19:59 (36.3%)	10:27	5.7 (63.3%)
43	<b>DĄBROWICZ Katarzyna</b>	<b>160</b>		K-30	43	NIE	01:17:09	02:25:52	<b>03:42:58.10</b>	<b>03:43:10.85</b>	+01:22:49 (37.1%)	10:37	5.7 (63.3%)
44	<b>WISZNIOWSKA Agata</b>	<b>307</b>	NIGHT RUNNERS WROCŁAW	K-30	44	NIE	01:24:33	02:30:47	<b>03:42:44.95</b>	<b>03:43:30.25</b>	+01:23:09 (37.2%)	10:36	5.7 (63.3%)
45	<b>PEŻYŃSKA Anna</b>	<b>180</b>		K-30	45	NIE	01:18:26	02:29:41	<b>03:45:22.50</b>	<b>03:46:01.50</b>	+01:25:40 (37.9%)	10:43	5.6 (62.2%)
46	<b>PASŁAWSKA Olga</b>	<b>319</b>	PRZEBIEGA.PL	K-30	46	NIE	01:22:07	02:30:10	<b>03:45:49.35</b>	<b>03:46:08.95</b>	+01:25:47 (37.9%)	10:45	5.6 (62.2%)
47	<b>PIWOWSKA Magda</b>	<b>140</b>		K-30	47	NO	01:18:53	02:29:14	<b>03:46:41.85</b>	<b>03:47:36.75</b>	+01:27:15 (38.3%)	10:47	5.6 (62.2%)
48	<b>GMAJ Karolina</b>	<b>335</b>		K-30	48	NIE	01:18:56	02:29:08	<b>03:46:41.85</b>	<b>03:47:37.20</b>	+01:27:16 (38.3%)	10:47	5.6 (62.2%)
49	<b>MAĆKOWIAK Paulina</b>	<b>484</b>	DECATHLON	K-30	49	NIE	01:18:14	02:28:38	<b>03:46:44.00</b>	<b>03:47:41.80</b>	+01:27:20 (38.4%)	10:47	5.6 (62.2%)
50	<b>JUSKOWIAK Alina</b>	<b>120</b>	GRUNWALD TEAM POZNAŃ	K-30	50	NIE	01:24:44	02:32:20	<b>03:46:53.40</b>	<b>03:47:44.70</b>	+01:27:23 (38.4%)	10:48	5.6 (62.2%)
51	<b>CZERWONKA Katarzyna</b>	<b>498</b>		K-30	51	NIE	01:24:45	02:32:08	<b>03:47:46.25</b>	<b>03:48:46.50</b>	+01:28:25 (38.7%)	10:50	5.5 (61.1%)
52	<b>HAUTON Monika</b>	<b>98</b>	NIE TERAZ, POTEM	K-30	52	NIE	01:23:32	02:34:30	<b>03:49:28.70</b>	<b>03:49:54.65</b>	+01:29:33 (39.0%)	10:55	5.5 (61.1%)
53	<b>NOWAK Justyna</b>	<b>86</b>	OBORYGENI	K-30	53	NIE	01:16:07	02:28:26	<b>03:54:11.75</b>	<b>03:54:51.65</b>	+01:34:30 (40.2%)	11:09	5.4 (60.0%)
54	<b>SŁOTA Małgorzata</b>	<b>210</b>		K-30	54	NIE	01:24:45	02:37:37	<b>03:54:11.35</b>	<b>03:54:55.10</b>	+01:34:34 (40.3%)	11:09	5.4 (60.0%)
55	<b>WOJDAŁOWICZ Ewa</b>	<b>169</b>	BIEGACZKI PIJACZKI	K-30	55	NIE	01:24:56	02:37:28	<b>03:55:22.35</b>	<b>03:56:21.05</b>	+01:36:00 (40.6%)	11:12	5.4 (60.0%)
56	<b>KAWECKA Magdalena</b>	<b>16</b>	BIEGAM BO LUBIĘ ZĄBKI TEAM	K-30	56	NIE	01:29:37	02:42:31	<b>03:59:50.55</b>	<b>04:00:26.75</b>	+01:40:05 (41.6%)	11:25	5.3 (58.9%)
57	<b>KUPKA Martyna</b>	<b>113</b>	SWAT TEAM	K-30	57	NIE	01:25:34	02:43:22	<b>04:03:37.40</b>	<b>04:03:56.50</b>	+01:43:35 (42.5%)	11:36	5.2 (57.8%)
58	<b>PUDŁO Kamila</b>	<b>245</b>	OBORYGENI	K-30	58	NIE	01:26:29	02:43:11	<b>04:10:50.30</b>	<b>04:11:30.90</b>	+01:51:09 (44.2%)	11:56	5 (55.6%)
59	<b>SZMYT Izabela</b>	<b>276</b>	PSEUDOBIEGACZKI	K-30	59	NIE	01:28:49	02:45:36	<b>04:13:07.00</b>	<b>04:13:46.25</b>	+01:53:25 (44.7%)	12:03	5 (55.6%)
60	<b>FURMAN Agnieszka</b>	<b>18</b>	OCHAJORUN&FRIENDS	K-30	60	NIE	01:37:26	03:00:12	<b>04:34:48.95</b>	<b>04:35:29.95</b>	+02:15:08 (49.1%)	13:05	4.6 (51.1%)
61	<b>SZALKOWSKA Dominika</b>	<b>183</b>	ROZBIEGANY	K-30	61	NIE	01:39:29	03:04:14	<b>04:37:44.85</b>	<b>04:38:44.65</b>	+02:18:23 (49.6%)	13:13	4.5 (50.0%)