



ZIMOWY PÓLMARATON GÓR STOŁOWYCH 2018

B4SPORT

Organiser: Fundacja MARATONY GÓRSKIE
Date: 2018-01-20
Place: Karlów
Distance: 21 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: K-40

Place	Participant	Number	Club	Category	MCat	Alpinista	Parking 7km	Skaly 14km	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
1	ŁĄCZAK Mgdalena	2	SALOMON SUUNTO TEAM POLAND	K-40	1	NIE	00:45:49	01:31:38	02:18:17.15	02:18:20.35		6:35	9.1 (100%)
2	KRYM Katarzyna	29	NIGHT RUNNERS WROCŁAW	K-40	2	NIE	01:01:26	01:53:02	02:45:43.75	02:46:16.45	+00:27:56 (16.8%)	7:53	7.6 (83.5%)
3	GWIZDAŁA Anna	287		K-40	3	NIE	00:57:26	01:50:57	02:49:29.40	02:49:40.60	+00:31:20 (18.5%)	8:04	7.4 (81.3%)
4	ŁYSIAK Sylwia	139	ROZBIEGANY ROZBIEGANY	K-40	4	NIE	01:02:32	01:57:57	02:56:18.40	02:56:39.35	+00:38:19 (21.7%)	8:23	7.1 (78.0%)
5	GRABOŚ Nina	521		K-40	5	NIE	01:02:09	01:57:53	02:56:24.55	02:56:41.05	+00:38:20 (21.7%)	8:24	7.1 (78.0%)
6	RANGL Jowita	360		K-40	6	NIE	01:08:34	02:04:03	03:01:52.40	03:02:25.70	+00:44:05 (24.2%)	8:39	6.9 (75.8%)
7	CZAJA Małgorzata	22	MINICLASSIC>PL	K-40	7	NIE	01:04:52	02:01:07	03:03:59.05	03:04:38.00	+00:46:17 (25.1%)	8:45	6.8 (74.7%)
8	MAJEWSKA Kinga	452		K-40	8	NIE	01:06:12	02:06:08	03:06:31.30	03:06:51.00	+00:48:30 (26.0%)	8:52	6.8 (74.7%)
9	ŻARCZYŃSKA Agnieszka	496	OŁAWSKA GRUPA BIEGOWA	K-40	9	NIE	01:09:06	02:05:42	03:09:00.35	03:09:54.15	+00:51:33 (27.2%)	9:00	6.7 (73.6%)
10	ŁAPCZYŃSKA Magdalena	238	KARPACZ SPORT	K-40	10	NIE	01:10:27	02:07:57	03:10:24.40	03:10:55.55	+00:52:35 (27.5%)	9:04	6.6 (72.5%)
11	GIEC Anna	132		K-40	11	NIE	01:10:31	02:10:22	03:10:55.35	03:11:35.00	+00:53:14 (27.8%)	9:05	6.6 (72.5%)
12	MAY-ADAMEK Katarzyna	490		K-40	12	NIE	01:11:19	02:10:40	03:12:32.45	03:12:56.75	+00:54:36 (28.3%)	9:10	6.5 (71.4%)
13	TARCZYŃSKA Halina	305		K-40	13	NIE	01:08:09	02:10:43	03:14:17.70	03:14:34.55	+00:56:14 (28.9%)	9:15	6.5 (71.4%)
14	KANECKA Mariola	136	KOWARY BIEGAJĄ	K-40	14	NIE	01:15:06	02:15:32	03:19:53.30	03:20:53.20	+01:02:32 (31.1%)	9:31	6.3 (69.2%)
15	HAREMZA Kinga	46	NIGHT RUNNERS	K-40	15	NIE	01:14:52	02:15:11	03:20:24.25	03:21:08.75	+01:02:48 (31.2%)	9:32	6.3 (69.2%)
16	ADAMCZYK Ania	17		K-40	16	NIE	01:14:47	02:17:32	03:21:34.75	03:21:54.45	+01:03:34 (31.5%)	9:35	6.3 (69.2%)

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17	PERUŻYŃSKA-ZYCH Ilona	421		K-40	17	TAK	01:10:56	02:15:24	03:22:12.10	03:22:33.15	+01:04:12 (31.7%)	9:37	6.2 (68.1%)
18	WĘGRZYNOWSKA Ewa	166		K-40	18	NIE	01:08:26	02:13:58	03:23:14.60	03:23:27.25	+01:05:06 (32.0%)	9:40	6.2 (68.1%)
19	ZIÓŁKOWSKA Sylwia	342	PUSZCZYK BUKOWY	K-40	19	NIE	01:13:33	02:17:10	03:23:32.70	03:23:55.05	+01:05:34 (32.2%)	9:41	6.2 (68.1%)
20	GOKIERT-SKRENTNA Justyna	207		K-40	20	NIE	01:15:44	02:17:31	03:24:04.85	03:24:41.20	+01:06:20 (32.4%)	9:43	6.2 (68.1%)
21	MACIASZCZYK Magdalena	510		K-40	21	NIE	01:11:49	02:16:43	03:24:28.35	03:24:49.90	+01:06:29 (32.5%)	9:44	6.2 (68.1%)
22	MARCINKIEWICZ Marta	135	MATNER RUNNING TEAM	K-40	22	NIE	01:18:51	02:21:51	03:25:50.15	03:26:38.45	+01:08:18 (33.1%)	9:48	6.1 (67.0%)
23	KUCHARCZYK Monika	285	TRI TEAM WÓJTOWICZ	K-40	23	NIE	01:16:49	02:22:21	03:30:05.05	03:30:47.80	+01:12:27 (34.4%)	10:00	6 (65.9%)
24	AUGUSTOWSKA Izabela	385	KB GEOTERMIA UNIEJÓW	K-40	24	NIE	01:14:49	02:19:26	03:30:59.05	03:31:24.75	+01:13:04 (34.6%)	10:02	6 (65.9%)
25	GLINA-KRAWCZYK Małgorzata	419	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	K-40	25	NIE	01:18:16	02:21:08	03:31:47.90	03:32:47.05	+01:14:26 (35.0%)	10:05	5.9 (64.8%)
26	ONAK Izabela	11	OCHAJORUN & FRIENDS	K-40	26	NIE	01:22:45	02:30:12	03:37:02.10	03:37:40.15	+01:19:19 (36.4%)	10:20	5.8 (63.7%)
27	KACIUPA Agnieszka	48	BIEGACZKI PIJACZKI	K-40	27	NIE	01:23:02	02:34:03	03:52:00.90	03:52:58.95	+01:34:38 (40.6%)	11:02	5.4 (59.3%)
28	ZIEMKOWSKA Monika	137	ŻARÓW BIEGA	K-40	28	NIE	01:21:48	02:36:27	03:52:32.80	03:53:04.55	+01:34:44 (40.6%)	11:04	5.4 (59.3%)
29	NASTAWSKA Monika	451		K-40	29	NIE	01:20:53	02:33:44	03:53:50.55	03:54:47.55	+01:36:27 (41.1%)	11:08	5.4 (59.3%)
30	KRÓL-PIDANTY Marzena	336	STRZEGOMSKA DWUNASTKA	K-40	30	NIE	01:25:20	02:38:02	03:54:21.40	03:55:15.35	+01:36:55 (41.2%)	11:09	5.4 (59.3%)
31	DZIEWIATOWSKA Agnieszka	117		K-40	31	NIE	01:26:25	02:42:42	04:06:43.75	04:07:21.50	+01:49:01 (44.1%)	11:44	5.1 (56.0%)
32	SZOŁTYSEK Beata	24	OCHAJORUN & FRIENDS	K-40	32	NIE	01:23:32	02:42:49	04:07:06.50	04:07:45.25	+01:49:24 (44.2%)	11:46	5.1 (56.0%)
33	LUDKA Dagmara	143	PSEUDOBIEGACZKI	K-40	33	NIE	01:29:20	02:46:27	04:13:45.85	04:13:45.85	+01:55:25 (45.5%)	12:05	5 (54.9%)
34	SZELER Joanna	564		K-40	34	NIE	01:40:24	02:59:03	04:25:20.10	04:25:20.10	+02:06:59 (47.9%)	12:38	4.7 (51.6%)

Total 34 results.