



ZIMOWY PÓLMARATON GÓR STOŁOWYCH 2019

B4SPORT

Organiser: Fundacja MARATONY GÓRSKIE
Date: 2019-01-19
Place: Karlów
Distance: 21 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Classification: K-30

Place	Participant	Number	Club	Category	MCat	Alpinista	Parking 7km	Bledne_Skaly 14km	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
1	TOMASIAK Natalia	9	SALOMON SUUNTO TEAM / KW ZAKOPANE	K-30	1	TAK	00:46:00		02:30:42.28	02:30:45.30		7:10	8.4 (100%)
2	KWIATKOWSKA Kinga	498	ALPIN SPORT TEAM	K-30	2	NIE	00:54:49	01:49:51	02:53:29.99	02:53:34.00	+00:22:48 (13.1%)	8:15	7.3 (86.9%)
3	SULIK Agnieszka	461	WARSAW MASTERS TEAM	K-30	3	NIE			03:11:08.30	03:11:08.30	+00:40:23 (21.1%)	9:06	6.6 (78.6%)
4	TAMBORSKA Agata	533	DZIK KOMANDO	K-30	4	NIE	01:01:06	02:02:03	03:13:09.95	03:13:17.05	+00:42:31 (22.0%)	9:11	6.5 (77.4%)
5	KRAWCZYK Adriana	142		K-30	5	NIE	00:55:59	02:00:29	03:15:52.69	03:15:57.70	+00:45:12 (23.1%)	9:19	6.4 (76.2%)
6	FERENC-SZMUC Edyta	381		K-30	6	NIE	00:59:08	02:02:26	03:20:07.74	03:20:16.75	+00:49:31 (24.7%)	9:31	6.3 (75.0%)
7	PIECUCH Karolina	218	LACHO TEAM	K-30	7	NIE	01:01:19	02:07:33	03:20:19.54	03:20:35.55	+00:49:50 (24.8%)	9:32	6.3 (75.0%)
8	MARKOWSKA Karolina	413	EUROPA UBEZPIECZENIA/NOA	K-30	8	NIE	01:03:32	02:10:23	03:26:53.34	03:27:07.35	+00:56:22 (27.2%)	9:51	6.1 (72.6%)
9	BAŁYS Katarzyna	147	HERCOG RUNNING TEAM	K-30	9	NO	01:03:13	02:09:51	03:27:02.64	03:27:09.65	+00:56:24 (27.2%)	9:51	6.1 (72.6%)
10	LEBDA Małgorzata	7		K-30	10	TAK	01:03:50	02:09:12	03:27:10.89	03:27:37.90	+00:56:52 (27.4%)	9:51	6.1 (72.6%)
11	HOTAŁA Sylwia	28		K-30	11	NIE	01:01:30	02:12:25	03:34:26.74	03:34:32.75	+01:03:47 (29.7%)	10:12	5.9 (70.2%)
12	LEŚNIEWSKA Justyna	349	AKTYWNA NOWA RUDA	K-30	12	NIE	01:03:44	02:13:39	03:35:06.54	03:35:17.55	+01:04:32 (30.0%)	10:14	5.9 (70.2%)
13	GAŁECKA-PIGUŁA Anna	353	BIEGAMDLAZDROWIA.PL	K-30	13	NIE	01:08:50	02:17:35	03:40:10.50	03:40:37.55	+01:09:52 (31.7%)	10:29	5.7 (67.9%)
14	ZAMBRZYCKA-ROZNER Ewa	79		K-30	14	NO	01:10:28	02:21:23	03:41:06.10	03:41:06.10	+01:10:20 (31.8%)	10:31	5.7 (67.9%)
15	WYTYKOWSKA Joanna	164	RYSIE	K-30	15	TAK	01:14:29	02:22:30	03:41:15.94	03:42:02.95	+01:11:17 (32.1%)	10:32	5.7 (67.9%)
16	NIERADKA Anna	444	JAKDOJADE	K-30	16	NIE	01:10:25	02:20:49	03:43:18.40	03:44:07.50	+01:13:22 (32.7%)	10:38	5.6 (66.7%)

Place	Participant	Number	Club	Category	MCat	Alpinista	Parking 7km	Bledne_Skaly 14km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
									21km	21km			
17	PILARSKA Magdalena	441		K-30	17	NIE	01:15:54	02:23:23	03:44:57.26	03:45:35.35	+01:14:50 (33.2%)	10:42	5.6 (66.7%)
18	BUKOWCZYK Paulina	534	BEZ BALASTU	K-30	18	NIE	01:12:37	02:23:05	03:45:07.40	03:45:44.45	+01:14:59 (33.2%)	10:43	5.6 (66.7%)
19	CHRAPLEWSKA Karolina	312	PRO366	K-30	19	NIE	01:10:09	02:23:50	03:46:01.72	03:46:13.75	+01:15:28 (33.4%)	10:45	5.6 (66.7%)
20	NOWAKOWSKA Angelina	19	SISU OWB TEAM	K-30	20	NIE	01:08:35	02:22:31	03:46:46.59	03:47:10.60	+01:16:25 (33.6%)	10:47	5.6 (66.7%)
21	CZEKALSKA Maria	139		K-30	21	NIE	01:12:18	02:28:44	03:54:06.99	03:54:32.00	+01:23:46 (35.7%)	11:08	5.4 (64.3%)
22	WOLFF Maria	387		K-30	22	NIE	01:07:47	02:24:52	03:54:16.28	03:54:35.30	+01:23:50 (35.7%)	11:09	5.4 (64.3%)
23	BURANT Agnieszka	23		K-30	23	NIE	01:12:01	02:28:46	03:54:57.30	03:55:22.30	+01:24:37 (36.0%)	11:11	5.4 (64.3%)
24	BABIŃSKA Ewelina	53		K-30	24	NIE	01:09:39	02:25:21	03:55:49.81	03:56:18.85	+01:25:33 (36.2%)	11:13	5.3 (63.1%)
25	STAJER Edyta	429	DZIKIE BOBRY	K-30	25	NIE	01:16:13	02:29:26	03:56:48.99	03:57:14.00	+01:26:28 (36.5%)	11:16	5.3 (63.1%)
26	LITWINOWICZ Karolina	378	PARA NIE DO PARY	K-30	26	NIE	01:10:07	02:26:55	03:57:22.33	03:57:30.35	+01:26:45 (36.5%)	11:18	5.3 (63.1%)
27	PAKKINEN Laura	17		K-30	27	NO	01:17:54	02:34:00	03:56:52.78	03:57:42.85	+01:26:57 (36.6%)	11:16	5.3 (63.1%)
28	GRUDZIEN Malgorzata	481		K-30	28	NO	01:17:15	02:32:17	03:57:29.19	03:58:12.20	+01:27:26 (36.7%)	11:18	5.3 (63.1%)
29	DOLSKA Sara	191	MARTOMBIKE	K-30	29	NIE	01:17:50	02:38:33	04:07:14.38	04:07:30.45	+01:36:45 (39.1%)	11:46	5.1 (60.7%)
30	KOCHMAŃSKA Marta	469		K-30	30	NIE	01:14:16	02:31:13	04:07:06.29	04:07:51.30	+01:37:06 (39.2%)	11:46	5.1 (60.7%)
31	SŁUŻENKO Agata	170		K-30	31	NIE	01:16:37	02:34:32	04:09:57.74	04:10:36.75	+01:39:51 (39.8%)	11:54	5 (59.5%)
32	NOWAK Katarzyna	346	TIM JEST TIM	K-30	32	NIE	01:18:06	02:38:40	04:11:19.29	04:11:51.30	+01:41:06 (40.1%)	11:58	5 (59.5%)
33	DUDEK Agnieszka	258	NIGHT RUNNERS	K-30	33	NIE	01:18:29	02:40:27	04:11:51.26	04:12:36.30	+01:41:51 (40.3%)	11:59	5 (59.5%)
34	CHOJNACKA Marta	369		K-30	34	NIE	01:29:00	02:47:28	04:12:03.79	04:12:54.80	+01:42:09 (40.4%)	12:00	5 (59.5%)
35	SZUKAŁA Izabela	475		K-30	35	NIE	01:26:14	02:42:52	04:15:04.94	04:16:01.95	+01:45:16 (41.1%)	12:08	4.9 (58.3%)
36	DĘBSKA Klaudyna	476		K-30	36	NIE	01:16:43	02:38:18	04:15:48.34	04:16:13.35	+01:45:28 (41.2%)	12:10	4.9 (58.3%)
37	HAREMZA Joanna	472		K-30	37	TAK	01:26:15	02:42:55	04:15:45.92	04:16:43.00	+01:45:57 (41.3%)	12:10	4.9 (58.3%)
38	MILKOWSKA Justyna	121	DECATHLON RYBNIK & PRZYJACIELE	K-30	38	NIE	01:15:56	02:38:36	04:17:05.41	04:17:22.50	+01:46:37 (41.4%)	12:14	4.9 (58.3%)
39	JANKIEWICZ Katarzyna	163	RYSIE	K-30	39	NIE	01:22:40	02:40:03	04:16:50.83	04:17:37.90	+01:46:52 (41.5%)	12:13	4.9 (58.3%)

Place	Participant	Number	Club	Category	MCat	Alpinista	Parking 7km	Bledne_Skaly 14km	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
40	PASŁAWSKA Olga	137	PRZEBIEGA.PL	K-30	40	NIE	01:16:22	02:37:08	04:18:01.61	04:18:26.70	+01:47:41 (41.7%)	12:17	4.9 (58.3%)
41	FRĄCZEK Iwona	215		K-30	41	NIE	01:22:56	02:43:07	04:19:11.15	04:19:51.20	+01:49:05 (42.0%)	12:20	4.9 (58.3%)
42	BURDAJEWICZ Magdalena	348		K-30	42	NIE	01:26:24	02:47:32	04:20:26.49	04:21:11.55	+01:50:26 (42.3%)	12:24	4.8 (57.1%)
43	SZULECKA Kamila	20		K-30	43	NIE	01:28:40	02:50:36	04:21:48.34	04:22:31.35	+01:51:46 (42.6%)	12:28	4.8 (57.1%)
44	CZAPRAN Magdalena	231	HIRERIGHT RUNNING TEAM	K-30	44	NIE	01:18:19	02:46:53	04:21:58.04	04:22:36.05	+01:51:50 (42.6%)	12:28	4.8 (57.1%)
45	ZAUCHA Marta	86	KŁODZKO PRZYTWIERDZA BIEGANIE	K-30	45	NIE	01:24:44	02:47:17	04:23:36.73	04:24:13.75	+01:53:28 (42.9%)	12:33	4.8 (57.1%)
46	FEDOROWICZ Jowita	415	KOTWICA BRZEG	K-30	46	NIE	01:26:37		04:25:54.34	04:26:30.40	+01:55:45 (43.4%)	12:39	4.7 (56.0%)
47	SZCZYPEK Ola	165	SMT SZCZECIN	K-30	47	NIE	01:23:50	02:51:03	04:26:43.67	04:27:20.75	+01:56:35 (43.6%)	12:42	4.7 (56.0%)
48	KUBÓW Agnieszka	284	ZLB ZŁOTORYJA	K-30	48	NIE	01:29:00	02:54:10	04:29:33.84	04:30:28.85	+01:59:43 (44.3%)	12:50	4.7 (56.0%)
49	WALISZEWSKA Zofia	309		K-30	49	NIE	01:29:02	02:56:19	04:31:46.74	04:32:36.80	+02:01:51 (44.7%)	12:56	4.6 (54.8%)
50	GINTER Katarzyna	268		K-30	50	NIE	01:29:20	02:55:32	04:33:15.94	04:34:01.95	+02:03:16 (45.0%)	13:00	4.6 (54.8%)
51	SITEK Anna	157	LZS LIPA	K-30	51	NIE	01:29:39	02:54:08	04:36:23.71	04:37:17.80	+02:06:32 (45.6%)	13:09	4.6 (54.8%)
52	DOROŻAŁA Natalia	519		K-30	52	NIE	01:29:09	02:55:03	04:37:09.32	04:37:50.40	+02:07:05 (45.7%)	13:11	4.5 (53.6%)
53	FIT Olga	235	HIRERIGHT RUNNING TEAM	K-30	53	NIE	01:33:29	03:04:03	04:40:48.25	04:41:37.25	+02:10:51 (46.5%)	13:22	4.5 (53.6%)
54	FEDYSZYN Anna	208	AKTYWNE PRAWOBRZEŻE SZCZECIN	K-30	54	NIE	01:29:39	03:01:54	04:42:52.49	04:43:43.50	+02:12:58 (46.9%)	13:28	4.5 (53.6%)
55	MATCZUK-PISAREK Marta	161		K-30	55	NIE	01:28:40	03:01:46	04:47:22.09	04:47:58.10	+02:17:12 (47.6%)	13:41	4.4 (52.4%)
56	HANGIEL Urszula	167	ŻWAWĘ ŻÓŁWIE	K-30	56	NIE	01:29:41	03:06:38	04:47:23.14	04:48:01.15	+02:17:15 (47.7%)	13:41	4.4 (52.4%)
57	KURIATA Andżelika	33		K-30	57	TAK		03:08:08	04:50:45.90	04:50:45.90	+02:20:00 (48.2%)	13:50	4.3 (51.2%)
58	BIADAŁA Paulina	526		K-30	58	NIE	01:23:54	03:00:06	04:51:01.15	04:51:25.25	+02:20:39 (48.3%)	13:51	4.3 (51.2%)
Przekroczony limit czasu: 05:00:00													
59	BĄDZIUL Dorota	36		K-30	59	NIE	01:42:21	03:25:52	05:15:34.34	05:16:23.35	+02:45:38 (52.4%)	15:01	4 (47.6%)
60	TWARDOWSKA Ewa	368	KB GEOTERMIA UNIEJÓW	K-30	60	NIE	01:39:25	03:27:46	05:24:29.92	05:24:59.00	+02:54:13 (53.6%)	15:27	3.9 (46.4%)

Total 60 results.