



ZIMOWY PÓLMARATON GÓR STOŁOWYCH 2020

B4SPORT

Organiser: Fundacja MARATONY GÓRSKIE
Date: 2020-01-18
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	1	SALOMON SUUNTO TEAM/ KW ZAKOPANE	K-30	1	TAK	00:45:26	01:21:53	02:06:11.35	02:06:15.10		6:00	10 (100%)
2	BAŁYS Katarzyna	371		K-30	2	NIE	00:49:42	01:28:48	02:17:42.70	02:17:50.30	+00:11:35 (8.4%)	6:33	9.1 (91.0%)
3	BIHUN Natalia	486	GTRAT	K-30	3	NIE	00:49:46	01:28:50	02:20:15.05	02:20:15.05	+00:13:59 (10.0%)	6:40	9 (90.0%)
4	FERENC-SZMUC Edyta	211	KUDOWIANKA RUN	K-30	4	NIE	00:52:58	01:36:27	02:29:42.95	02:29:47.95	+00:23:32 (15.7%)	7:07	8.4 (84.0%)
5	KRUŻOLEK Monika	246	TURBOPTYSIE	K-30	5	NIE	00:56:33	01:39:25	02:30:52.45	02:31:18.40	+00:25:03 (16.6%)	7:11	8.4 (84.0%)
6	LEŚNIAK Karolina	338	TMTEAM	K-30	6	NIE	00:58:52	01:41:08	02:33:26.20	02:34:01.70	+00:27:46 (18.0%)	7:18	8.2 (82.0%)
7	ŚMIGIELSKA Agnieszka	249		K-30	7	NIE	00:56:21	01:38:55	02:34:39.00	02:34:47.65	+00:28:32 (18.4%)	7:21	8.1 (81.0%)
8	PIECUCH Karolina	161	LACHO TEAM	K-30	8	NIE	00:59:24	01:45:03	02:38:43.05	02:39:00.80	+00:32:45 (20.6%)	7:33	7.9 (79.0%)
9	KRAWCZYK Adriana	418		K-30	9	NIE	00:53:23	01:39:11	02:39:41.55	02:39:45.05	+00:33:29 (21.0%)	7:36	7.9 (79.0%)
10	RESSEL Joanna	489	BUKOWY PARK	K-30	10	NIE	01:00:08	01:45:27	02:42:48.25	02:43:04.05	+00:36:48 (22.6%)	7:45	7.7 (77.0%)
11	SWIATEK Julia	494		K-30	11	NIE	01:06:09	01:49:59	02:43:13.70	02:43:41.15	+00:37:26 (22.9%)	7:46	7.7 (77.0%)
12	LEŚNIEWSKA Justyna	158	AKTYWNA NOWA RUDA	K-30	12	NIE	00:59:19	01:47:33	02:46:51.55	02:46:55.95	+00:40:40 (24.4%)	7:56	7.6 (76.0%)
13	MARKOWSKA Karolina	345	EUROPA UBEZPIECZENIA/NOA	K-30	13	NIE	01:00:07	01:48:17	02:50:13.60	02:50:39.10	+00:44:24 (26.0%)	8:06	7.4 (74.0%)
14	PILARSKA Magdalena	391	WKTJ POZNAN	K-30	14	TAK	01:03:26	01:50:36	02:51:18.25	02:51:37.35	+00:45:22 (26.4%)	8:09	7.4 (74.0%)
15	BUKOWCZYK Paulina	133	BEZ BALASTU	K-30	15	NIE	01:02:00	01:49:57	02:53:12.15	02:53:19.00	+00:47:03 (27.2%)	8:14	7.3 (73.0%)
16	SOŁTYSIAK Marta	303		K-30	16	TAK	01:02:15	01:50:06	02:53:27.75	02:53:50.80	+00:47:35 (27.4%)	8:15	7.3 (73.0%)

Place	Participant	Number	Club	Category	MCat	Alpinista	Parking 7km	Bledne_Skaly 14km	Net	Czas	Gap	Pace min/km	Pace km/h
									time 21km	brutto 21km			
17	CHOJNACKA Marta	156		K-30	17	NIE	01:06:53	01:56:15	02:58:27.90	02:58:49.55	+00:52:34 (29.4%)	8:29	7.1 (71.0%)
18	FIGAS Joanna	407	PREDATORS WAŁBRZYCH	K-30	18	NIE	01:06:48	01:55:26	02:58:35.80	02:59:17.20	+00:53:02 (29.6%)	8:30	7.1 (71.0%)
19	BIAŁOBŁOCKA Alicja	467		K-30	19	NIE	01:01:36	01:50:04	03:01:09.95	03:01:24.20	+00:55:09 (30.4%)	8:37	7 (70.0%)
20	BOĆKO Ewa	551	WATAHA	K-30	20	NIE	01:01:39	01:50:06	03:01:12.05	03:01:25.75	+00:55:10 (30.4%)	8:37	7 (70.0%)
21	WSZĘDYBYŁ Dorota	497		K-30	21	NIE	01:06:07	01:55:05	03:01:41.00	03:02:06.40	+00:55:51 (30.7%)	8:39	6.9 (69.0%)
22	DOLSKA Sara	528		K-30	22	NIE	01:06:56	01:56:11	03:01:40.45	03:02:07.65	+00:55:52 (30.7%)	8:39	6.9 (69.0%)
23	SKRZYPIŃSKA Olga	13	CHATA BIEGACZA K34 ZAKOPANE	K-30	23	NIE	01:06:56	01:57:12	03:02:14.20	03:02:38.45	+00:56:23 (30.9%)	8:40	6.9 (69.0%)
24	FARION Marzena	297	THE FARIONS	K-30	24	NIE	01:06:00	01:54:56	03:03:14.45	03:04:06.40	+00:57:51 (31.4%)	8:43	6.9 (69.0%)
25	FRONCZKOWSKA Barbara	447	AKADEMICKI KLUB GÓRSKI	K-30	25	NIE	01:10:48	02:02:17	03:03:48.55	03:04:22.30	+00:58:07 (31.5%)	8:45	6.9 (69.0%)
26	BARAN Paulina	124	RĄCZE RACICZKI	K-30	26	NIE	01:06:57	01:57:12	03:06:25.85	03:06:53.80	+01:00:38 (32.4%)	8:52	6.8 (68.0%)
27	JELENIOWSKA Barbara	389		K-30	27	NIE	01:09:11	01:57:33	03:06:29.25	03:06:56.00	+01:00:40 (32.5%)	8:52	6.8 (68.0%)
28	EMILIANÓW Agnieszka	293		K-30	28	NIE	01:07:31	02:01:08	03:08:08.10	03:08:30.90	+01:02:15 (33.0%)	8:57	6.7 (67.0%)
29	ŻERKO Klaudia	225		K-30	29	NIE	01:05:48	02:00:14	03:08:49.80	03:09:38.30	+01:03:23 (33.4%)	8:59	6.7 (67.0%)
30	GRUDZIEN Malgorzata	255		K-30	30	NIE	01:11:45	02:04:01	03:11:02.50	03:11:51.85	+01:05:36 (34.2%)	9:05	6.6 (66.0%)
31	FEDOROWICZ Jovita	180	KOTWICA BRZEG	K-30	31	NIE	01:10:02	02:03:52	03:11:57.30	03:12:33.80	+01:06:18 (34.4%)	9:08	6.6 (66.0%)
32	LITWINOWICZ Karolina	75		K-30	32	NIE	01:09:29	02:04:05	03:12:22.25	03:12:42.85	+01:06:27 (34.5%)	9:09	6.5 (65.0%)
33	URBAŃSKA Paulina	417	TRAINING LAB	K-30	33	NIE	01:10:46	02:03:33	03:13:14.20	03:14:08.75	+01:07:53 (35.0%)	9:12	6.5 (65.0%)
34	SOSZYŃSKA- PSTROKOŃSKA Joanna	427	GAZELE NA STARCIE	K-30	34	TAK	01:12:49	02:05:38	03:13:53.50	03:14:42.15	+01:08:27 (35.2%)	9:14	6.5 (65.0%)
35	GĘBICKA Agata	126	STARGARD JA SIĘ NIE ŚCIGAM	K-30	35	NIE	01:13:07	02:09:00	03:16:57.65	03:17:42.90	+01:11:27 (36.1%)	9:22	6.4 (64.0%)
36	LESZCZYŃSKA Weronika	415	SYBERIAN HUSKY TEAM	K-30	36	NIE	01:12:14	02:09:08	03:19:49.45	03:20:15.65	+01:14:00 (37.0%)	9:30	6.3 (63.0%)
37	PIOTROWSKA Agnieszka	38		K-30	37	NIE	01:06:07	02:06:05	03:20:01.90	03:20:17.15	+01:14:02 (37.0%)	9:31	6.3 (63.0%)
38	CIESIELSKA Nikola	15		K-30	38	NIE	01:11:38	02:11:11	03:20:01.45	03:20:17.45	+01:14:02 (37.0%)	9:31	6.3 (63.0%)
39	CZAPRAN Magdalena	333	HIRERIGHT RUNNING TEAM	K-30	39	NO	01:11:55	02:04:45	03:19:30.25	03:20:18.50	+01:14:03 (37.0%)	9:30	6.3 (63.0%)

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									time 21km	brutto 21km			
40	SZUKAŁA Izabela	154		K-30	40	NO	01:13:01	02:10:30	03:23:03.50	03:23:38.25	+01:17:23 (38.0%)	9:40	6.2 (62.0%)
41	NIESPODZIANA Anna	241	ROGOZIŃSKI KLUB BIEGACZA	K-30	41	NIE	01:15:02	02:13:50	03:24:07.60	03:24:41.35	+01:18:26 (38.3%)	9:43	6.2 (62.0%)
42	HOREGLAD Maria	558	NOA	K-30	42		01:13:08	02:09:48	03:24:36.70	03:25:07.40	+01:18:52 (38.5%)	9:44	6.2 (62.0%)
43	ZAUCHA Marta	217	KŁODZKO PRZYTWIERDZA BIEGANIE	K-30	43	NIE	01:14:22	02:11:48	03:25:46.95	03:26:16.15	+01:20:01 (38.8%)	9:47	6.1 (61.0%)
44	CHRZUSZCZ Anna	263		K-30	44	NIE	01:12:36	02:08:26	03:25:44.90	03:26:18.55	+01:20:03 (38.8%)	9:47	6.1 (61.0%)
45	FEDYSZYN Anna	285	ŚRUNDUNIA SZCZECIN	K-30	45	NIE	01:19:17	02:16:52	03:29:19.00	03:29:47.45	+01:23:32 (39.8%)	9:58	6 (60.0%)
46	ŻAK Dominika	329	PIERDY PUSZCZY	K-30	46	NIE	01:19:15	02:16:49	03:29:18.90	03:29:47.75	+01:23:32 (39.8%)	9:58	6 (60.0%)
47	DUDEK Agnieszka	101		K-30	47	NIE	01:13:55	02:13:10	03:31:24.60	03:31:59.30	+01:25:44 (40.4%)	10:04	6 (60.0%)
48	KOWALSKA Małgorzata	401		K-30	48	NIE	01:13:37	02:15:43	03:33:58.30	03:34:10.45	+01:27:55 (41.1%)	10:11	5.9 (59.0%)
49	KOCHMAŃSKA Marta	514		K-30	49	NIE	01:12:08	02:09:17	03:35:26.60	03:35:51.85	+01:29:36 (41.5%)	10:15	5.8 (58.0%)
50	KOPACKA Edyta	433	ADRIAN DANILEWICZ GROUP	K-30	50	NIE	01:22:59	02:23:15	03:40:06.95	03:40:06.95	+01:33:51 (42.6%)	10:28	5.7 (57.0%)
51	DAMM Beata	220	DAMMTEAMRUNNERS	K-30	51	NIE	01:20:21	02:18:42	03:40:16.40	03:40:53.95	+01:34:38 (42.8%)	10:29	5.7 (57.0%)
52	FLORCZAK Monika	408		K-30	52	NIE	01:17:28	02:18:21	03:42:25.80	03:43:02.00	+01:36:46 (43.4%)	10:35	5.7 (57.0%)
53	MASZEWSKA Agata	382		K-30	53	NIE	01:20:11	02:18:45	03:43:12.55	03:43:47.75	+01:37:32 (43.6%)	10:37	5.6 (56.0%)
54	MACHTAŁOWICZ Beata	166		K-30	54	TAK	01:21:19	02:24:11	03:43:27.10	03:43:48.60	+01:37:33 (43.6%)	10:38	5.6 (56.0%)
55	ZARABSKA Kamila	420		K-30	55	NIE	01:18:59	02:21:45	03:44:00.20	03:44:32.00	+01:38:16 (43.8%)	10:40	5.6 (56.0%)
55	MARCIA Oliwia	444	UKA	K-30	55	TAK	01:19:09	02:22:18	03:44:00.30	03:44:32.00	+01:38:16 (43.8%)	10:40	5.6 (56.0%)
57	KOTECKA-CYZA Małgorzata	207	KOTWICA BRZEG	K-30	57	NIE	01:25:01	02:25:49	03:46:06.85	03:46:42.65	+01:40:27 (44.3%)	10:46	5.6 (56.0%)
58	NOWAK Katarzyna	446	TIM JEST TIM	K-30	58	NIE	01:24:16	02:25:05	03:48:34.20	03:49:12.00	+01:42:56 (44.9%)	10:53	5.5 (55.0%)
59	PŁATEK Katarzyna	456	WKURW_TEAM	K-30	59	NIE	01:23:16	02:26:15	03:50:11.85	03:50:23.05	+01:44:07 (45.2%)	10:57	5.5 (55.0%)
60	NIEDOBA Barbara	532		K-30	60	NIE	01:24:14	02:25:02	03:50:22.75	03:51:03.00	+01:44:47 (45.4%)	10:58	5.5 (55.0%)
61	CICHOMSKA Marzena	228	BIEGAM BO MUSZĘ INACZEJ SIĘ UDUSZĘ	K-30	61	NIE	01:25:48	02:31:49	03:50:25.60	03:51:03.95	+01:44:48 (45.4%)	10:58	5.5 (55.0%)
62	MALISZAK Agnieszka	347		K-30	62	NIE	01:21:20	02:30:54	03:50:43.80	03:51:17.30	+01:45:02 (45.4%)	10:59	5.5 (55.0%)

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63	FRĄCZEK Iwona	365		K-30	63	NIE	01:19:22	02:20:02	03:52:37.25	03:53:24.80	+01:47:09 (45.9%)	11:04	5.4 (54.0%)
64	GINTER Katarzyna	210	ESKADRA KRAKÓW	K-30	64	NIE	01:25:04	02:33:40	04:01:17.20	04:01:49.85	+01:55:34 (47.8%)	11:29	5.2 (52.0%)
65	WOŁCZEK Małgorzata	215		K-30	65	NIE	01:25:37	02:32:25	04:02:16.20	04:03:05.15	+01:56:50 (48.1%)	11:32	5.2 (52.0%)
66	PAŁUCKA Marta	287	PROJEKT ULTRA	K-30	66	NIE	01:23:27	02:31:40	04:02:46.45	04:03:26.35	+01:57:11 (48.1%)	11:33	5.2 (52.0%)
67	KWAPIŃSKA Anna	60	ŚWIĘTUJĘ URODZINY DOROTKI	K-30	67	NIE	01:26:50	02:36:18	04:02:45.45	04:03:26.45	+01:57:11 (48.1%)	11:33	5.2 (52.0%)
68	KUCOWSKA Anna	481	TRAINING LAB	K-30	68	NIE	01:29:40	02:43:53	04:12:36.30	04:13:30.70	+02:07:15 (50.2%)	12:01	5 (50.0%)
69	CISŁAK Anna	239		K-30	69	NIE	01:24:48	02:35:46	04:12:46.55	04:13:32.15	+02:07:17 (50.2%)	12:02	5 (50.0%)
70	SZCZYPEK Ola	278		K-30	70	NIE	01:28:54	02:43:13	04:17:48.10	04:18:18.70	+02:12:03 (51.1%)	12:16	4.9 (49.0%)
71	PIELICHATA Magdalena	253		K-30	71	NIE	01:28:43	02:42:04	04:26:42.65	04:27:35.75	+02:21:20 (52.8%)	12:42	4.7 (47.0%)
72	ADAMIAK Marta	556		K-30	72		01:27:20	02:42:03	04:26:42.80	04:27:35.95	+02:21:20 (52.8%)	12:42	4.7 (47.0%)
73	FURMAN Agnieszka	6	OCHAJORUN & FRIENDS	K-30	73	NIE	01:32:04	02:47:47	04:28:16.50	04:28:42.10	+02:22:27 (53.0%)	12:46	4.7 (47.0%)
74	ŁAGOŻNY Jolanta	355	POZYTYWNE ZABIEGANI SANOK	K-30	74	NIE	01:36:50	02:50:47	04:39:17.55	04:39:47.45	+02:33:32 (54.9%)	13:18	4.5 (45.0%)
75	WIŚNIEWSKA Ewelina	174	HARDCOROWE WYCHYLYLYBYMY	K-30	75	NIE	01:40:14	03:04:41	04:51:25.10	04:51:48.85	+02:45:33 (56.7%)	13:52	4.3 (43.0%)

Total 75 results.