

ZIMOWY PÓŁMARATON GÓR STOŁOWYCH 2020

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Organizator: Fundacja MARATONY GÓRSKIE
Data: 2020-01-18
Miejsce: Karłów
Dystans: 21 km

Klasyfikacja: K-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	**KRYM Katarzyna**	**95**	NIGHT RUNNERS WROCŁAW	K-40	1	NIE	00:54:42	01:36:13	**02:26:33.95**	**02:26:40.25**		6:58	8.6 (100%)
2	**MARZEC Karolina**	**384**	DZIKIE DZIKI GORZÓW	K-40	2	NIE	00:55:54	01:38:44	**02:29:04.70**	**02:29:14.10**	+00:02:33 (1.7%)	7:05	8.5 (98.8%)
3	**NOWACKA Marlena**	**428**	JAN-MAR.PL	K-40	3	NIE	00:55:50	01:38:47	**02:32:09.90**	**02:32:14.70**	+00:05:34 (3.7%)	7:14	8.3 (96.5%)
4	**GRABOŚ Nina**	**320**		K-40	4	NIE	01:00:21	01:45:13	**02:39:01.45**	**02:39:14.75**	+00:12:34 (7.9%)	7:34	7.9 (91.9%)
5	**MALIK Agnieszka**	**555**	AGA MALIK TEAM	K-40	5	NIE	00:55:48	01:39:37	**02:38:34.35**	**02:39:18.25**	+00:12:38 (7.9%)	7:33	7.9 (91.9%)
6	**BIEŃ Magdalena**	**503**	CHATABIEGACZA K34	K-40	6	NIE	00:59:47	01:43:31	**02:42:54.00**	**02:42:59.75**	+00:16:19 (10.0%)	7:45	7.7 (89.5%)
7	**BEDNARZ Małgorzata**	**451**	OTM.B	K-40	7	NIE	00:59:30	01:44:35	**02:43:14.40**	**02:43:34.00**	+00:16:53 (10.3%)	7:46	7.7 (89.5%)
8	**VONDRÁČKOVÁ Markéta**	**511**		K-40	8	NIE	00:58:57	01:44:35	**02:44:21.60**	**02:44:29.65**	+00:17:49 (10.8%)	7:49	7.7 (89.5%)
9	**ŁYSIAK Sylwia**	**141**	ROZBIEGANY RAWICZ	K-40	9	NIE	00:59:09	01:45:53	**02:44:23.05**	**02:44:34.50**	+00:17:54 (10.9%)	7:49	7.7 (89.5%)
10	**DUDA Monika**	**531**	RAZ SZCZECIN	K-40	10	NIE	01:02:54	01:50:11	**02:47:01.30**	**02:47:17.65**	+00:20:37 (12.3%)	7:57	7.5 (87.2%)
11	**SZNAJDER Joanna**	**540**		K-40	11	NIE	01:01:09	01:50:04	**02:54:26.60**	**02:54:46.50**	+00:28:06 (16.1%)	8:18	7.2 (83.7%)
12	**ŚWIATOWIEC Anna**	**108**		K-40	12	NIE	01:04:22	01:52:56	**02:54:17.25**	**02:54:47.35**	+00:28:07 (16.1%)	8:17	7.2 (83.7%)
13	**KASPERSKA Barbara**	**93**	BBL GORZÓW	K-40	13	NIE	01:05:42	01:54:51	**02:57:21.90**	**02:57:55.85**	+00:31:15 (17.6%)	8:26	7.1 (82.6%)
14	**KUBIAK Karolina**	**165**	EXCALIBUR	K-40	14	NIE	01:03:27	01:54:01	**02:58:06.55**	**02:58:51.95**	+00:32:11 (18.0%)	8:28	7.1 (82.6%)
15	**KONOPKA-LULEK Agnieszka**	**137**	RUN IS FUN	K-40	15	TAK	01:04:33	01:54:22	**03:01:04.85**	**03:01:28.40**	+00:34:48 (19.2%)	8:37	7 (81.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
16	**OLSCHIMKE MARMUROWICZ Barbara**	**34**	KOLOROWA DRUŻYNA NESSI	K-40	16	NIE	01:06:50	01:56:06	**03:03:07.30**	**03:03:37.80**	+00:36:57 (20.1%)	8:43	6.9 (80.2%)
17	**FURGAŁ Dorota**	**17**	ELLITERUNNERSCLUB.PL	K-40	17	NIE	01:07:57	01:59:45	**03:04:35.15**	**03:04:50.85**	+00:38:10 (20.7%)	8:47	6.8 (79.1%)
18	**KRÓL-PIDANTY Marzena**	**134**		K-40	18	NIE	01:06:40	01:59:20	**03:04:39.25**	**03:05:11.55**	+00:38:31 (20.8%)	8:47	6.8 (79.1%)
19	**MUSIAŁ Ewa**	**42**	EBIEGI.PL	K-40	19	NIE	01:06:42	01:59:32	**03:10:07.50**	**03:10:15.25**	+00:43:35 (22.9%)	9:03	6.6 (76.7%)
20	**PISOWŁODZKA Dagmara**	**487**		K-40	20	NIE	01:09:07	02:02:34	**03:09:58.55**	**03:10:19.45**	+00:43:39 (22.9%)	9:02	6.6 (76.7%)
21	**PAKULSKA-TOMZA Dorota**	**226**		K-40	21	NIE	01:11:33	02:05:57	**03:13:05.10**	**03:13:40.70**	+00:47:00 (24.3%)	9:11	6.5 (75.6%)
22	**WIŚNIEWSKA Dorota**	**553**	BRUBECK TEAM	K-40	22	NIE	01:12:43	02:05:45	**03:18:17.55**	**03:18:51.70**	+00:52:11 (26.2%)	9:26	6.4 (74.4%)
23	**GLINA-KRAWCZYK Małgorzata**	**361**	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	K-40	23	NIE	01:13:52	02:11:44	**03:21:44.60**	**03:22:27.10**	+00:55:46 (27.6%)	9:36	6.2 (72.1%)
24	**KOLEJ Monika**	**406**	DZIKIE DZIKI GORZÓW	K-40	24	NIE	01:12:33	02:09:43	**03:23:03.10**	**03:23:31.50**	+00:56:51 (27.9%)	9:40	6.2 (72.1%)
25	**NAPIERAŁA Katarzyna**	**70**		K-40	25	NIE	01:14:52	02:09:28	**03:23:01.95**	**03:23:38.95**	+00:56:58 (28.0%)	9:40	6.2 (72.1%)
26	**HOMA Marta**	**370**	KŁODZKO PRZY TWIERDZA BIEGANIE	K-40	26	NIE	01:14:57	02:13:18	**03:25:46.65**	**03:26:16.00**	+00:59:35 (28.9%)	9:47	6.1 (70.9%)
27	**DOJS Aleksandra**	**189**	NIGHT RUNNERS	K-40	27	NIE	01:17:42	02:17:29	**03:26:47.20**	**03:27:28.05**	+01:00:47 (29.3%)	9:50	6.1 (70.9%)
28	**MAŚLAK Marzena**	**319**	POZYTYWNIE ZABIEGANI SANOK	K-40	28	NIE	01:21:49	02:14:02	**03:28:23.55**	**03:28:53.30**	+01:02:13 (29.8%)	9:55	6 (69.8%)
29	**JANUS Katarzyna**	**292**		K-40	29	NIE	01:17:45	02:13:56	**03:29:15.50**	**03:29:50.15**	+01:03:09 (30.1%)	9:57	6 (69.8%)
30	**MAKLES Wioletta**	**280**	NOA	K-40	30	NIE	01:14:47	02:18:26	**03:32:28.35**	**03:33:16.20**	+01:06:35 (31.2%)	10:07	5.9 (68.6%)
31	**HRUBÁ Hana**	**223**	NITRO NÁCHOD	K-40	31	NIE	01:13:40	02:13:29	**03:33:24.45**	**03:33:28.95**	+01:06:48 (31.3%)	10:09	5.9 (68.6%)
32	**PETANOVÁ Jana**	**248**	NITRO NÁCHOD	K-40	32	NIE	01:13:35	02:14:59	**03:33:25.00**	**03:33:29.15**	+01:06:48 (31.3%)	10:09	5.9 (68.6%)
33	**JARACZ-PATEREK Alina**	**306**	NOA	K-40	33	NIE	01:14:47	02:19:54	**03:32:44.90**	**03:33:31.80**	+01:06:51 (31.3%)	10:07	5.9 (68.6%)
34	**AUGUSTOWSKA Izabela**	**222**	KB GEOTERMIA UNIEJÓW	K-40	34	NIE	01:18:50	02:18:14	**03:36:10.45**	**03:36:22.25**	+01:09:42 (32.2%)	10:17	5.8 (67.4%)
35	**JEDYNAK-DOROSZ Izabela**	**465**	KB MANIAC POZNAŃ	K-40	35	NIE	01:19:36	02:19:19	**03:36:08.15**	**03:36:48.40**	+01:10:08 (32.3%)	10:17	5.8 (67.4%)
36	**WILK Magdalena**	**138**	TEAM ZABIEGANEDNI	K-40	36	NIE	01:10:42	02:18:41	**03:43:05.40**	**03:43:51.10**	+01:17:10 (34.5%)	10:37	5.6 (65.1%)
37	**ŁAMPIKA Kinga**	**139**	NIGHT RUNNERS WROCLAW	K-40	37	NIE	01:21:05	02:23:59	**03:43:38.40**	**03:44:14.35**	+01:17:34 (34.6%)	10:39	5.6 (65.1%)
38	**BARTOSIK Kamila**	**121**	NIGHT RUNNERS WROCŁAW/#SOBASTEAM	K-40	38	NIE	01:21:08	02:24:00	**03:43:38.25**	**03:44:14.45**	+01:17:34 (34.6%)	10:38	5.6 (65.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
39	**BORKOWSKA Patrycja**	**350**		K-40	39	NIE	01:21:02	02:23:55	**03:43:57.15**	**03:44:34.35**	+01:17:54 (34.7%)	10:39	5.6 (65.1%)
40	**KACIUPA Agnieszka**	**327**	WIERZBICKI RUNNING PROJECT	K-40	40	NIE	01:21:54	02:24:25	**03:45:59.90**	**03:46:40.90**	+01:20:00 (35.3%)	10:45	5.6 (65.1%)
41	**STANISZEWSKA-DUDA Katarzyna**	**209**	TIM JEST TIM	K-40	41	NIE	01:17:34	02:19:25	**03:48:27.00**	**03:49:06.75**	+01:22:26 (36.0%)	10:52	5.5 (64.0%)
42	**GRĘDA Elżbieta**	**473**	TIM JEST TIM	K-40	42	NIE	01:17:30	02:19:28	**03:48:38.65**	**03:49:20.65**	+01:22:40 (36.0%)	10:53	5.5 (64.0%)
43	**DUDEK Mariola**	**205**	STRZEGOMSKA DWUNASTKA	K-40	43	NIE	01:23:41	02:28:47	**03:53:23.80**	**03:53:55.70**	+01:27:15 (37.3%)	11:06	5.4 (62.8%)
44	**BEDNARSKA-ZKOZIOŁ Danuta**	**273**	WKURW_TEAM	K-40	44	NIE	01:23:11	02:34:38	**03:57:26.30**	**03:58:06.25**	+01:31:26 (38.4%)	11:18	5.3 (61.6%)
45	**BULKOWSKA Asia**	**509**		K-40	45	NIE	01:23:30	02:35:29	**03:58:37.05**	**03:59:14.05**	+01:32:33 (38.7%)	11:21	5.3 (61.6%)
46	**MICHALSKA Agnieszka**	**362**	KŁODZKO PRZYTWIERDZA BIEGANIE	K-40	46	NIE	01:25:21	02:32:06	**04:00:01.30**	**04:00:28.05**	+01:33:47 (39.0%)	11:25	5.2 (60.5%)
47	**SOWIŃSKA Anetta**	**302**	BBL	K-40	47	NIE	01:21:32	02:26:48	**04:00:34.95**	**04:01:01.05**	+01:34:20 (39.1%)	11:27	5.2 (60.5%)
48	**CZECH Dorota**	**87**	PRO-RUN WROCŁAW	K-40	48	NIE	01:26:51	02:36:19	**04:02:45.95**	**04:03:26.45**	+01:36:46 (39.8%)	11:33	5.2 (60.5%)
49	**SZOŁTYSEK Beata**	**235**	OCHAJO&RUN	K-40	49	NIE	01:28:13	02:37:56	**04:06:40.10**	**04:06:58.65**	+01:40:18 (40.6%)	11:44	5.1 (59.3%)
50	**PISKORSKA Katarzyna Ewa**	**542**		K-40	50	NIE	01:31:42	02:39:16	**04:12:06.40**	**04:12:45.50**	+01:46:05 (42.0%)	12:00	5 (58.1%)
51	**SZYMAŃSKA Hanna**	**24**	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K-40	51	NO	01:28:45	02:36:52	**04:12:04.25**	**04:12:50.05**	+01:46:09 (42.0%)	12:00	5 (58.1%)
52	**PEPLOWSKA Sylwia**	**91**		K-40	52	NIE	01:25:46	02:35:55	**04:12:49.30**	**04:13:32.25**	+01:46:52 (42.2%)	12:02	5 (58.1%)
53	**NASTAWSKA Monika**	**40**		K-40	53	NIE	01:29:07	02:42:32	**04:13:02.60**	**04:13:43.75**	+01:47:03 (42.2%)	12:02	5 (58.1%)
54	**CZOCHARA Marta**	**164**	AMATORKA	K-40	54	NIE	01:29:57	02:43:44	**04:20:24.70**	**04:21:09.60**	+01:54:29 (43.8%)	12:24	4.8 (55.8%)
	GAWLEWICZ Krystyna	**234**	GAWEŁKI TEAM /POZYTYWNIE ZABIEGANI SANOK	K-40		NIE	00:51:20 DNF	01:31:44 DNF	**DNF**	**DNF**		-	- (0.0%)

Znaleziono 55 wynik(ów)