



ZIMOWY PÓLMARATON GÓR STOŁOWYCH 21 KM

B4SPORT

Event: Zimowy Półmaraton Gór Stołowych
Organiser: Fundacja Maratony Górskie
Date: 2022-01-22
Place: Kartów
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	Gap	Pace min/km	Pace km/h
1	PIĄTEK Karolina	388		K-30	1	NIE	00:50:54	01:41:24	02:30:08.20		7:08	8.4 (100%)
2	BAŁYS Katarzyna	17	HERCOG RUNNING TEAM	K-30	2	NO	00:52:49	01:46:20	02:38:11.70	+00:08:03 (5.1%)	7:31	8 (95.2%)
3	MIŚTAK Jola	330		K-30	3	NIE	00:57:55	01:50:47	02:39:12.65	+00:09:04 (5.7%)	7:34	7.9 (94.0%)
4	KRAWCZYK Adriana	242		K-30	4	NIE	00:55:13	01:50:57	02:42:19.65	+00:12:11 (7.5%)	7:43	7.8 (92.9%)
5	LEŚNIAK Karolina	276	FUNTRI	K-30	5	NIE	00:58:08	01:55:28	02:46:27.20	+00:16:19 (9.8%)	7:55	7.6 (90.5%)
6	PERZ Emilia	584		K-30	6		01:06:42	02:00:15	02:47:57.10	+00:17:48 (10.6%)	7:59	7.5 (89.3%)
7	CZERNIK Judyta	94	42K PRO TEAM	K-30	7	NIE	00:57:12	01:55:26	02:49:04.15	+00:18:55 (11.2%)	8:03	7.5 (89.3%)
8	KRUŻOŁEK Monika	249	TURBOPTYSIE	K-30	8	NIE	00:59:42	01:57:23	02:49:47.65	+00:19:39 (11.6%)	8:05	7.4 (88.1%)
9	KRAWCZYK Karolina	243	INOV-8 TEAM	K-30	9	NIE	00:58:17	01:56:38	02:50:32.75	+00:20:24 (12.0%)	8:07	7.4 (88.1%)
10	KOLANKO Sylwia	215	NYSA BIEGA	K-30	10	NIE	00:58:16	01:56:17	02:50:52.25	+00:20:44 (12.1%)	8:08	7.4 (88.1%)
11	CHOJNACKA Marta	77		K-30	11	NIE	01:01:54	02:01:27	02:53:10.95	+00:23:02 (13.3%)	8:14	7.3 (86.9%)
12	WICHA Małgorzata	535	WKS WAWEL	K-30	12	NIE	00:59:43	01:58:53	02:53:21.35	+00:23:13 (13.4%)	8:15	7.3 (86.9%)
13	FERENC-SZMUC Edyta	119	KUDOWIANKA RUN	K-30	13	NIE	00:58:53	01:59:58	02:54:08.95	+00:24:00 (13.8%)	8:17	7.2 (85.7%)
14	TUNDAK Zuzanna	510		K-30	14	NIE	00:59:43	01:58:17	02:54:40.40	+00:24:32 (14.0%)	8:19	7.2 (85.7%)
15	ZAMBRZYCKA-ROZNER Ewa	581		K-30	15	NIE	01:01:31	02:00:52	02:55:17.85	+00:25:09 (14.4%)	8:20	7.2 (85.7%)

Place	Participant	Number	Club	Category	MCat	Alpinista	Parking		Bledne_Skaly	Net time 21km	Gap	Pace min/km	Pace km/h
							7km	14km					
16	GNITECKA Katarzyna	139	KUDOWIANKA RUN	K-30	16	NIE	01:00:57	02:00:28	02:55:34.05	+00:25:25 (14.5%)		8:21	7.2 (85.7%)
17	PIECUCH Karolina	391		K-30	17	NIE	01:03:22	02:06:08	03:02:34.35	+00:32:26 (17.8%)		8:41	6.9 (82.1%)
18	MOREVA Daria	334	TRAIL RUNNING SCHOOL	K-30	18	NO	01:04:30	02:08:12	03:03:55.85	+00:33:47 (18.4%)		8:45	6.9 (82.1%)
19	STACHURSKA Ilona	460	KUGUAR XTREME RUNNERS	K-30	19	NIE	01:01:16	02:07:40	03:07:13.75	+00:37:05 (19.8%)		8:54	6.7 (79.8%)
20	ANDROS Agata	4	BIEGNIJ OŁAWO	K-30	20	NIE	01:08:06	02:15:25	03:12:04.60	+00:41:56 (21.8%)		9:08	6.6 (78.6%)
21	BUŁAJEWSKA-OZGA Kinga	67	BIEGNIJ OŁAWO	K-30	21	NIE	01:08:29	02:15:37	03:12:13.05	+00:42:04 (21.9%)		9:09	6.6 (78.6%)
22	BABIŃSKA-POPIŁKA Ewelina	12		K-30	22	NIE	01:00:27	02:11:11	03:15:49.20	+00:45:41 (23.3%)		9:19	6.4 (76.2%)
23	WESOŁEK Paula	530		K-30	23	NIE	01:12:43	02:18:10	03:19:08.85	+00:49:00 (24.6%)		9:28	6.3 (75.0%)
24	ZDUŃCZYK Paulina	563		K-30	24	NIE	01:11:13	02:18:48	03:21:22.35	+00:51:14 (25.4%)		9:35	6.3 (75.0%)
25	DIUWE Marzena	103	PASTERKA PANY	K-30	25	NIE	01:13:26	02:24:15	03:27:34.45	+00:57:26 (27.7%)		9:53	6.1 (72.6%)
26	ŻAK Dominika	572	FARTY PUSZCZY	K-30	26	NIE	01:13:34	02:24:43	03:29:04.60	+00:58:56 (28.2%)		9:57	6 (71.4%)
27	ROBAKOWSKA Joanna	419	NIGHT RUNNERS OSTRÓW WIELKOPOLSKI	K-30	27	NIE	01:13:43	02:29:25	03:29:44.50	+00:59:36 (28.4%)		9:59	6 (71.4%)
28	WOLFF Maria	546		K-30	28	NIE	01:10:10	02:25:50	03:30:56.25	+01:00:48 (28.8%)		10:02	6 (71.4%)
29	ŻYCHSKA Anna	575		K-30	29	NIE	01:12:09	02:25:00	03:33:29.25	+01:03:21 (29.7%)		10:09	5.9 (70.2%)
30	PILZ-JEDRZEJCZYK Dominika	395		K-30	30	NIE	01:13:39	02:27:07	03:33:47.00	+01:03:38 (29.8%)		10:10	5.9 (70.2%)
31	SZAL Małgorzata	475	TENIS CENTRUM AS	K-30	31	NIE	01:13:14	02:35:42	03:36:56.20	+01:06:48 (30.8%)		10:19	5.8 (69.0%)
32	NOWAK Dorota	357		K-30	32	NIE	01:18:15	02:32:25	03:37:55.25	+01:07:47 (31.1%)		10:22	5.8 (69.0%)
33	GRUSZKA Katarzyna	151		K-30	33	NIE	01:11:28	02:33:24	03:39:09.80	+01:09:01 (31.5%)		10:26	5.7 (67.9%)
34	NOWAK Katarzyna	355	TIM JEST TIM	K-30	34	NIE	01:18:26	02:40:26	03:41:20.45	+01:11:12 (32.2%)		10:32	5.7 (67.9%)
35	RYZNER Natalia	434	BIEGNIJ OŁAWO	K-30	35	NIE	01:14:14	02:30:37	03:42:21.05	+01:12:12 (32.5%)		10:35	5.7 (67.9%)
36	BIEDZIAK-ŁUCZAK Urszula	33	RUN4ENERGY	K-30	36	NIE	01:15:38	02:34:45	03:42:40.15	+01:12:31 (32.6%)		10:36	5.7 (67.9%)
37	WALIGÓRA Aleksandra	520	NIAGARA FITNESS KLUB	K-30	37	NIE	01:20:45	02:40:00	03:43:58.20	+01:13:50 (33.0%)		10:39	5.6 (66.7%)
38	BARAN Paulina	19	NIE W SZCZEPIONKĘ TEAM	K-30	38	NIE	01:21:44	02:38:02	03:46:02.10	+01:15:53 (33.6%)		10:45	5.6 (66.7%)

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39	KULAS Katarzyna	266	KOTWICA BRZEG	K-30	39	NIE	01:16:50	02:34:05	03:46:30.20	+01:16:22 (33.7%)	10:47	5.6 (66.7%)
40	WĘŻYK Kamila	534		K-30	40	NIE	01:21:42	02:40:14	03:47:02.70	+01:16:54 (33.9%)	10:48	5.5 (65.5%)
41	SZATAN Jowita	478		K-30	41	NIE	01:17:52	02:39:05	03:47:44.45	+01:17:36 (34.1%)	10:50	5.5 (65.5%)
42	JURASZ Aleksandra	194	PROJEKT ULTRA	K-30	42	NIE	01:18:52	02:38:58	03:56:58.45	+01:26:50 (36.6%)	11:17	5.3 (63.1%)
43	PAŁUCKA Marta	378		K-30	43	NIE	01:24:20	02:44:51	03:57:48.75	+01:27:40 (36.9%)	11:19	5.3 (63.1%)
44	GOSK Urszula	144		K-30	44	NIE	01:22:44	02:47:29	04:02:42.60	+01:32:34 (38.1%)	11:33	5.2 (61.9%)
45	CHWASTYK Ewa	85	FARTY PUSZCZY	K-30	45	NIE	01:22:42	02:47:29	04:02:42.70	+01:32:34 (38.1%)	11:33	5.2 (61.9%)
46	FINKOWIAT - SZYMCZAK Katarzyna	123		K-30	46	NIE	01:29:09	02:54:46	04:06:51.40	+01:36:43 (39.2%)	11:45	5.1 (60.7%)
47	ŁUSIAK Kasia	295		K-30	47	NIE	01:25:59	03:00:06	04:07:41.70	+01:37:33 (39.4%)	11:47	5.1 (60.7%)
48	HORBACZ-ROSA Hanna	165		K-30	48	NIE	01:20:57	02:50:30	04:09:10.25	+01:39:02 (39.7%)	11:51	5.1 (60.7%)
49	BOSY Joanna	56		K-30	49	NIE	01:25:47	02:56:03	04:09:21.40	+01:39:13 (39.8%)	11:52	5.1 (60.7%)
50	MAJEROWSKA Magdalena	303		K-30	50	NIE	01:29:38	03:00:07	04:15:19.15	+01:45:10 (41.2%)	12:09	4.9 (58.3%)
51	JAKÓBCZYK Ewelina	175		K-30	51	NIE	01:23:53	02:54:47	04:15:36.20	+01:45:28 (41.3%)	12:10	4.9 (58.3%)
52	MIECHOWIECKA Maja	327		K-30	52	NIE	01:25:51	02:58:30	04:20:40.25	+01:50:32 (42.4%)	12:24	4.8 (57.1%)
53	LENERT Ksenia	273		K-30	53	NIE	01:31:35	03:03:02	04:24:25.10	+01:54:16 (43.2%)	12:35	4.8 (57.1%)
54	CHEŁCHOWSKA Katarzyna	74		K-30	54	NO	01:31:19	03:04:39	04:25:58.05	+01:55:49 (43.6%)	12:39	4.7 (56.0%)
55	PAWŁOWSKA Basia	383		K-30	55	NIE	01:34:17	03:15:10	04:37:02.45	+02:06:54 (45.8%)	13:11	4.5 (53.6%)
56	GINTER Katarzyna	138		K-30	56	NIE	01:37:49	03:19:08	04:43:12.70	+02:13:04 (47.0%)	13:29	4.4 (52.4%)
57	CISŁAK Anna	91		K-30	57	NIE	01:43:01	03:23:29	04:46:44.15	+02:16:35 (47.6%)	13:39	4.4 (52.4%)
58	BABIŃSKA Malwina	11		K-30	58	NIE	01:41:51	03:29:06	04:57:58.40	+02:27:50 (49.6%)	14:11	4.2 (50.0%)
59	MYSZYWODA Monika	342		K-30	59	NIE	01:54:59	03:40:08	05:13:39.15	+02:43:30 (52.1%)	14:56	4 (47.6%)
60	LEŚNA Monika	275		K-30	60	NIE	01:52:32	03:38:31		+01:57:07	15:36	3.8 (45.2%)