



# ZIMOWY PÓLMARATON GÓR STOŁOWYCH 21 KM

B4SPORT

**Wydarzenie:** Zimowy Półmaraton Gór Stołowych  
**Organizator:** Fundacja Maratony Górskie  
**Data:** 2023-01-21  
**Miejsce:** Karłów  
**Dystans:** 21 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-30

| Msc | Zawodnik                        | Numer      | Klub                  | Kategoria | Mkat | Alpinista | Parking pod<br>Szczelińcem<br>7km | Błędne<br>Skały<br>14km | Czas<br>netto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|---------------------------------|------------|-----------------------|-----------|------|-----------|-----------------------------------|-------------------------|-----------------------|----------------------|-----------------|----------------|
| 1   | <b>FERENC-SZMUC Edyta</b>       | <b>26</b>  | KUDOWIANKA RUN        | K-30      | 1    | NIE       | 00:54:27                          | 01:43:39                | <b>02:32:04.70</b>    |                      | 7:14            | 8.3<br>(100%)  |
| 2   | <b>BOROWSKA Karolina</b>        | <b>242</b> | KGHM ZG RUN           | K-30      | 2    | NIE       | 00:55:12                          | 01:45:13                | <b>02:34:46.95</b>    | +00:02:42<br>(1.7%)  | 7:22            | 8.1<br>(97.6%) |
| 3   | <b>KRUŻOLEK Monika</b>          | <b>284</b> | TURBOPTYSIE           | K-30      | 3    | NIE       | 01:00:28                          | 01:51:47                | <b>02:40:42.30</b>    | +00:08:37<br>(5.4%)  | 7:39            | 7.8<br>(94.0%) |
| 4   | <b>BOGUSZ Żaneta</b>            | <b>536</b> | AWL                   | K-30      | 4    | NIE       | 01:01:29                          | 01:54:23                | <b>02:43:21.85</b>    | +00:11:17<br>(6.9%)  | 7:46            | 7.7<br>(92.8%) |
| 5   | <b>PAULAVA Hanna</b>            | <b>475</b> | LEGENDA               | K-30      | 5    | NIE       | 01:00:39                          | 01:53:32                | <b>02:45:12.95</b>    | +00:13:08<br>(8.0%)  | 7:52            | 7.6<br>(91.6%) |
| 6   | <b>SZYMANSKA Joanna</b>         | <b>143</b> |                       | K-30      | 6    | TAK       | 01:04:39                          | 01:57:17                | <b>02:50:13.65</b>    | +00:18:08<br>(10.7%) | 8:06            | 7.4<br>(89.2%) |
| 7   | <b>WALCZAK Adela</b>            | <b>402</b> | TRAIL IS OUR WAY TEAM | K-30      | 7    | NIE       | 01:06:56                          | 02:01:12                | <b>02:52:14.95</b>    | +00:20:10<br>(11.7%) | 8:12            | 7.3<br>(88.0%) |
| 8   | <b>ZDUŃCZYK Paulina</b>         | <b>160</b> | AKADEMIABIEGACZA.PL   | K-30      | 8    | NIE       | 01:08:50                          | 02:03:22                | <b>02:55:53.90</b>    | +00:23:49<br>(13.5%) | 8:22            | 7.2<br>(86.7%) |
| 9   | <b>PETRYŃSKA Olga</b>           | <b>543</b> | BIEGAMY W PODKOWIE    | K-30      | 9    | NIE       | 01:08:09                          | 02:02:31                | <b>02:56:56.60</b>    | +00:24:51<br>(14.1%) | 8:25            | 7.1<br>(85.5%) |
| 10  | <b>WSZĘDYBYŁ Dorota</b>         | <b>94</b>  | IMMABEE/CITYZEN       | K-30      | 10   | NIE       | 01:12:12                          | 02:08:58                | <b>03:05:40.45</b>    | +00:33:35<br>(18.1%) | 8:50            | 6.8<br>(81.9%) |
| 11  | <b>ANNOMALIA Anna</b>           | <b>503</b> | CTS CZAJA             | K-30      | 11   | NIE       | 01:13:45                          | 02:11:34                | <b>03:06:48.95</b>    | +00:34:44<br>(18.6%) | 8:53            | 6.7<br>(80.7%) |
| 12  | <b>BABIŃSKA-POPIŁKA Ewelina</b> | <b>117</b> |                       | K-30      | 12   | NIE       | 01:03:27                          | 02:06:52                | <b>03:07:43.65</b>    | +00:35:38<br>(19.0%) | 8:56            | 6.7<br>(80.7%) |
| 13  | <b>GRAD Idalia</b>              | <b>342</b> | ŁAKOMCZUSZEK          | K-30      | 13   | NIE       | 01:14:50                          | 02:14:40                | <b>03:08:56.75</b>    | +00:36:52<br>(19.5%) | 8:59            | 6.7<br>(80.7%) |
| 14  | <b>WESOŁEK Paula</b>            | <b>38</b>  | ADIDAS RUNNERS POZNAŃ | K-30      | 14   | NIE       | 01:14:58                          | 02:14:10                | <b>03:09:48.90</b>    | +00:37:44<br>(19.9%) | 9:02            | 6.6<br>(79.5%) |
| 15  | <b>CIBIS Anna</b>               | <b>457</b> |                       | K-30      | 15   | NIE       | 01:16:05                          | 02:14:41                | <b>03:09:53.60</b>    | +00:37:48<br>(19.9%) | 9:02            | 6.6<br>(79.5%) |

| Msc | Zawodnik                      | Numer      | Klub                          | Kategoria | Mkat | Alpinista | Parking pod<br>Szczelińcem<br>7km | Błędne<br>Skały<br>14km | Czas<br>netto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-------------------------------|------------|-------------------------------|-----------|------|-----------|-----------------------------------|-------------------------|-----------------------|----------------------|-----------------|----------------|
| 16  | <b>SZUKAŁA Izabela</b>        | <b>384</b> |                               | K-30      | 16   | NIE       | 01:11:39                          | 02:10:44                | <b>03:11:12.50</b>    | +00:39:07<br>(20.5%) | 9:06            | 6.6<br>(79.5%) |
| 17  | <b>WOLFF Maria</b>            | <b>434</b> |                               | K-30      | 17   | NIE       | 01:11:57                          | 02:13:35                | <b>03:12:20.50</b>    | +00:40:15<br>(20.9%) | 9:09            | 6.6<br>(79.5%) |
| 18  | <b>TOMIAK Paulina</b>         | <b>186</b> | WOLSZTYŃSKA AKADEMIA BIEGOWA  | K-30      | 18   | NIE       | 01:20:07                          | 02:15:18                | <b>03:13:27.65</b>    | +00:41:22<br>(21.4%) | 9:12            | 6.5<br>(78.3%) |
| 19  | <b>HOFFMANN Barbara</b>       | <b>538</b> | KS HADES POZNAŃ               | K-30      | 19   | NIE       | 01:13:12                          | 02:16:51                | <b>03:16:45.70</b>    | +00:44:41<br>(22.7%) | 9:22            | 6.4<br>(77.1%) |
| 20  | <b>WETULA Zofia</b>           | <b>562</b> | TATRA EXPLORE                 | K-30      | 20   | TAK       | 01:14:16                          | 02:16:45                | <b>03:19:27.80</b>    | +00:47:23<br>(23.8%) | 9:29            | 6.3<br>(75.9%) |
| 21  | <b>FLORCZAK Monika</b>        | <b>146</b> |                               | K-30      | 21   | NIE       | 01:20:17                          | 02:20:26                | <b>03:19:53.80</b>    | +00:47:49<br>(23.9%) | 9:31            | 6.3<br>(75.9%) |
| 22  | <b>WRZESZCZ Marta</b>         | <b>189</b> | NIGHT RUNERS                  | K-30      | 22   | NIE       | 01:23:44                          | 02:25:54                | <b>03:25:14.25</b>    | +00:53:09<br>(25.9%) | 9:46            | 6.1<br>(73.5%) |
| 23  | <b>DZIERGWA Agnieszka</b>     | <b>560</b> | PRZEDWOJEWSKI TEAM / RNB TEAM | K-30      | 23   | NIE       | 01:16:04                          | 02:22:14                | <b>03:26:18.30</b>    | +00:54:13<br>(26.3%) | 9:49            | 6.1<br>(73.5%) |
| 24  | <b>RADŁOWSKA Mariola</b>      | <b>490</b> | #PROSECCOTEAM                 | K-30      | 24   | NIE       | 01:18:45                          | 02:22:49                | <b>03:30:04.55</b>    | +00:57:59<br>(27.6%) | 10:00           | 6<br>(72.3%)   |
| 25  | <b>ŻAK Dominika</b>           | <b>109</b> | FARTY PUSZCZY                 | K-30      | 25   | NIE       | 01:20:04                          | 02:27:00                | <b>03:30:17.70</b>    | +00:58:13<br>(27.7%) | 10:00           | 6<br>(72.3%)   |
| 26  | <b>SOWIŃSKA Aleksandra</b>    | <b>392</b> | OJ NIEFAJNIE                  | K-30      | 26   | NIE       | 01:21:21                          | 02:24:17                | <b>03:30:38.70</b>    | +00:58:34<br>(27.8%) | 10:01           | 6<br>(72.3%)   |
| 27  | <b>BIECUSZEK Marlena</b>      | <b>346</b> | AKTYWNA NOWA RUDA             | K-30      | 27   | NIE       | 01:20:07                          | 02:26:56                | <b>03:32:41.15</b>    | +01:00:36<br>(28.5%) | 10:07           | 5.9<br>(71.1%) |
| 28  | <b>STUPAK Ada</b>             | <b>323</b> | KB ODRA OPOLE                 | K-30      | 28   | NIE       | 01:26:44                          | 02:32:28                | <b>03:33:47.20</b>    | +01:01:42<br>(28.9%) | 10:10           | 5.9<br>(71.1%) |
| 29  | <b>STEPIEN Magdalena</b>      | <b>86</b>  | PSZCZÓŁKI                     | K-30      | 29   | NIE       | 01:26:56                          | 02:33:11                | <b>03:33:48.85</b>    | +01:01:44<br>(28.9%) | 10:10           | 5.9<br>(71.1%) |
| 30  | <b>SZCZEPANIAK Anna</b>       | <b>347</b> | AS CAMPS                      | K-30      | 30   | NIE       | 01:16:46                          | 02:20:54                | <b>03:34:13.10</b>    | +01:02:08<br>(29.0%) | 10:12           | 5.9<br>(71.1%) |
| 31  | <b>BEKER Katarzyna</b>        | <b>137</b> | HOREDUPY                      | K-30      | 31   | NIE       | 01:22:02                          | 02:29:38                | <b>03:35:25.00</b>    | +01:03:20<br>(29.4%) | 10:15           | 5.8<br>(69.9%) |
| 32  | <b>WALIGÓRA Aleksandra</b>    | <b>183</b> | NIAGARA                       | K-30      | 32   | NIE       | 01:28:25                          | 02:37:04                | <b>03:36:43.50</b>    | +01:04:38<br>(29.8%) | 10:19           | 5.8<br>(69.9%) |
| 33  | <b>OLESZEK Magdalena</b>      | <b>424</b> | W POGONI ZA DUCHEM            | K-30      | 33   | TAK       | 01:20:10                          | 02:25:28                | <b>03:37:44.95</b>    | +01:05:40<br>(30.2%) | 10:22           | 5.8<br>(69.9%) |
| 34  | <b>CHUDA Joanna</b>           | <b>357</b> |                               | K-30      | 34   | NIE       | 01:23:20                          | 02:31:21                | <b>03:38:14.15</b>    | +01:06:09<br>(30.3%) | 10:23           | 5.8<br>(69.9%) |
| 35  | <b>KORBECKA Ula</b>           | <b>447</b> |                               | K-30      | 35   | NIE       | 01:14:51                          | 02:25:04                | <b>03:38:32.40</b>    | +01:06:27<br>(30.4%) | 10:24           | 5.8<br>(69.9%) |
| 36  | <b>WIŚNIEWSKA Anna</b>        | <b>445</b> |                               | K-30      | 36   | TAK       | 01:23:31                          | 02:31:29                | <b>03:40:04.70</b>    | +01:08:00<br>(30.9%) | 10:28           | 5.7<br>(68.7%) |
| 37  | <b>NIGBOR-FOGEL Katarzyna</b> | <b>471</b> |                               | K-30      | 37   | NIE       | 01:22:27                          | 02:32:43                | <b>03:42:39.85</b>    | +01:10:35<br>(31.7%) | 10:36           | 5.7<br>(68.7%) |
| 38  | <b>BARAN Paulina</b>          | <b>208</b> |                               | K-30      | 38   | NIE       | 01:24:11                          | 02:37:23                | <b>03:51:51.95</b>    | +01:19:47<br>(34.4%) | 11:02           | 5.4<br>(65.1%) |

| Msc                                       | Zawodnik                         | Numer      | Klub                    | Kategoria | Mkat | Alpinista | Parking pod Szczelińcem 7km | Błędne Skały 14km | Czas netto 21km    | Różn                 | Tempo min/km | Tempo km/h     |
|---|----------------------------------|------------|-------------------------|-----------|------|-----------|-----------------------------|-------------------|--------------------|----------------------|--------------|----------------|
| 39  | <b>GRUSZKA Katarzyna</b>         | <b>48</b>  |                         | K-30      | 39   | NIE       | 01:28:22                    | 02:38:48          | <b>03:52:38.00</b> | +01:20:33<br>(34.6%) | 11:04        | 5.4<br>(65.1%) |
| 40  | <b>RATAJCZAK Karolina</b>        | <b>205</b> |                         | K-30      | 40   | NIE       | 01:26:31                    | 02:40:00          | <b>03:54:56.75</b> | +01:22:52<br>(35.3%) | 11:11        | 5.4<br>(65.1%) |
| 41  | <b>GINTER Katarzyna</b>          | <b>213</b> |                         | K-30      | 41   | NIE       | 01:27:54                    | 02:41:53          | <b>03:58:08.95</b> | +01:26:04<br>(36.1%) | 11:20        | 5.3<br>(63.9%) |
| 42  | <b>ŁUSIAK Katarzyna</b>          | <b>52</b>  | NIGHT RUNNERS WROCŁAW   | K-30      | 42   | NIE       | 01:22:43                    | 02:41:26          | <b>03:59:11.25</b> | +01:27:06<br>(36.4%) | 11:23        | 5.3<br>(63.9%) |
| 43  | <b>PAŁUCKA Marta</b>             | <b>128</b> | PROJEKT ULTRA           | K-30      | 43   | NIE       | 01:31:44                    | 02:45:05          | <b>04:00:02.20</b> | +01:27:57<br>(36.6%) | 11:25        | 5.2<br>(62.7%) |
| 44  | <b>MICHAŁKIEWICZ Monika</b>      | <b>100</b> |                         | K-30      | 44   | NIE       | 01:34:22                    | 02:51:37          | <b>04:05:36.35</b> | +01:33:31<br>(38.1%) | 11:41        | 5.1<br>(61.4%) |
| 45  | <b>PAWŁOWSKA Basia</b>           | <b>373</b> |                         | K-30      | 45   | NIE       | 01:33:34                    | 02:55:00          | <b>04:09:39.70</b> | +01:37:35<br>(39.1%) | 11:53        | 5<br>(60.2%)   |
| 46  | <b>BANACH-SKOWRONEK Joanna</b>   | <b>420</b> | OJ NIEFAJNIE            | K-30      | 46   | NIE       | 01:31:59                    | 02:54:58          | <b>04:20:36.05</b> | +01:48:31<br>(41.6%) | 12:24        | 4.8<br>(57.8%) |
| 47  | <b>SPRINGER Marta</b>            | <b>206</b> | NIGHT RUNNERS           | K-30      | 47   | NIE       | 01:46:30                    | 03:07:30          | <b>04:21:03.85</b> | +01:48:59<br>(41.7%) | 12:25        | 4.8<br>(57.8%) |
| 48  | <b>RUDA Kamila</b>               | <b>274</b> | KURACJUSZE              | K-30      | 48   | NIE       | 01:30:32                    | 02:54:49          | <b>04:27:35.50</b> | +01:55:30<br>(43.2%) | 12:44        | 4.7<br>(56.6%) |
| 49  | <b>KLAJA Agnieszka</b>           | <b>231</b> |                         | K-30      | 49   | NIE       | 01:43:56                    | 03:09:21          | <b>04:30:36.80</b> | +01:58:32<br>(43.8%) | 12:53        | 4.7<br>(56.6%) |
| 50  | <b>RECZEK Małgorzata</b>         | <b>161</b> |                         | K-30      | 50   | NIE       | 01:52:45                    | 03:19:34          | <b>04:45:13.50</b> | +02:13:08<br>(46.7%) | 13:34        | 4.4<br>(53.0%) |
| 51  | <b>SZYMCZAK Katarzyna</b>        | <b>179</b> | POZYTYWNIENIE NAKRĘCENI | K-30      | 51   | NIE       | 01:49:41                    | 03:21:31          | <b>04:46:27.25</b> | +02:14:22<br>(46.9%) | 13:38        | 4.4<br>(53.0%) |
| 52  | <b>KORDALEWSKA Maria</b>         | <b>555</b> |                         | K-30      | 52   | NIE       | 01:38:26                    | 03:30:07          | <b>04:51:24.55</b> | +02:19:19<br>(47.8%) | 13:52        | 4.3<br>(51.8%) |
| <b>Przekroczony limit czasu: 05:00:00</b> |                                  |            |                         |           |      |           |                             |                   |                    |                      |              |                |
| 53  | <b>GRUSZKA Martyna</b>           | <b>391</b> | WKTJ                    | K-30      | 53   | NIE       | 01:39:02                    | 03:41:10          | <b>05:15:00.75</b> | +02:42:56<br>(51.7%) | 15:00        | 4<br>(48.2%)   |
| DNC                                       | <b>PILZ-JEDRZEJCZYK Dominika</b> | <b>250</b> |                         | K-30      |      | NIE       |                             | 00:50:59          | <b>02:40:03.75</b> |                      | 0:00         | 7.9<br>(95.2%) |

Znaleziono 54 wynik(ów)