



ZIMOWY PÓLMARATON GÓR STOŁOWYCH 21 KM

B4SPORT

Wydarzenie: Zimowy Półmaraton Gór Stołowych
Organizator: Fundacja Maratony Górskie
Data: 2024-01-20
Miejsce: Kartów
Dystans: 21 km

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: K-30

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Alpinista | Parking pod Szczelińcem 7km | Błędne Skały 14km | Czas netto 21km | Czas brutto 21km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------|-------|---------------------|-----------|------|-----------|-----------------------------|-------------------|--------------------|--------------------|-------------------|--------------|-------------|
| 1 | PAPROCKA Urszula | 1299 | | K-30 | 1 | NIE | 00:45:14 | 01:25:36 | 02:05:06.80 | 02:05:08.15 | | 5:57 | 10.1 (100%) |
| 2 | KULIK-GAWĘDA Iwona | 1478 | KUDOWIANKA RUN | K-30 | 2 | NIE | 00:48:49 | 01:33:17 | 02:17:28.20 | 02:17:30.70 | +00:12:22 (9.0%) | 6:32 | 9.2 (91.1%) |
| 3 | KMEŤOVÁ Kristína | 1313 | | K-30 | 3 | NIE | 00:50:13 | 01:37:19 | 02:22:46.60 | 02:22:48.35 | +00:17:40 (12.4%) | 6:47 | 8.8 (87.1%) |
| 4 | FERENC-SZMUC Edyta | 1178 | KUDOWIANKA RUN | K-30 | 4 | NIE | 00:50:55 | 01:39:10 | 02:25:55.15 | 02:25:57.65 | +00:20:49 (14.3%) | 6:56 | 8.6 (85.1%) |
| 5 | KRAWCZYK Adriana | 1349 | | K-30 | 5 | NIE | 00:52:30 | 01:39:50 | 02:26:15.55 | 02:26:18.35 | +00:21:10 (14.5%) | 6:57 | 8.6 (85.1%) |
| 6 | SWORNOWSKA Anna | 1265 | | K-30 | 6 | NIE | 01:05:26 | 01:58:51 | 02:47:50.15 | 02:48:23.55 | +00:43:15 (25.7%) | 7:59 | 7.5 (74.3%) |
| 7 | SZYMANSKA Joanna | 1230 | | K-30 | 7 | TAK | 01:02:48 | 01:56:30 | 02:49:38.05 | 02:49:46.15 | +00:44:38 (26.3%) | 8:04 | 7.4 (73.3%) |
| 8 | WOŹNIAK Karolina | 1358 | TRAIL IS OUR WAY | K-30 | 8 | NIE | 01:02:46 | 01:59:11 | 02:50:40.75 | 02:50:45.40 | +00:45:37 (26.7%) | 8:07 | 7.4 (73.3%) |
| 9 | ŁUSIAK Katarzyna | 1292 | GOOD MOVE | K-30 | 9 | NIE | 01:04:54 | 02:02:29 | 03:00:45.55 | 03:00:51.40 | +00:55:43 (30.8%) | 8:36 | 7 (69.3%) |
| 10 | CIBIS Anna | 1242 | | K-30 | 10 | NIE | 01:07:27 | 02:03:21 | 03:01:48.90 | 03:02:23.90 | +00:57:15 (31.4%) | 8:39 | 6.9 (68.3%) |
| 11 | PUTOWSKA Beata | 1181 | FEHLAU RUN TEAM | K-30 | 11 | NIE | 01:08:37 | 02:06:54 | 03:02:55.15 | 03:03:05.45 | +00:57:57 (31.7%) | 8:42 | 6.9 (68.3%) |
| 12 | JAWORSKA Wioleta | 1066 | | K-30 | 12 | NIE | 01:10:13 | 02:07:03 | 03:03:23.75 | 03:03:38.80 | +00:58:30 (31.9%) | 8:43 | 6.9 (68.3%) |
| 13 | ZDUŃCZYK Paulina | 1362 | AKADEMIABIEGACZA.PL | K-30 | 13 | NIE | 01:08:25 | 02:09:28 | 03:05:49.85 | 03:05:54.55 | +01:00:46 (32.7%) | 8:50 | 6.8 (67.3%) |
| 14 | MICHALSKA Marta | 1484 | | K-30 | 14 | NIE | 01:40:10 | | 03:09:07.75 | 03:10:00.40 | +01:04:52 (34.1%) | 9:00 | 6.7 (66.3%) |
| 15 | WOJEWODA Marta | 1340 | ORT | K-30 | 15 | NIE | 01:11:36 | 02:12:14 | 03:11:28.35 | 03:11:33.60 | +01:06:25 (34.7%) | 9:07 | 6.6 (65.3%) |

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|-----|-----------------------------|-------------|------------------------------|-----------|------|-----------|-----------------------------|-------------------|--------------------|--------------------|-------------------|--------------|-------------|
| 16 | SZAMOCCA Paulina | 1414 | TRAIL IS OUR WAY | K-30 | 16 | NIE | 01:12:49 | 02:14:29 | 03:13:29.85 | 03:13:50.90 | +01:08:42 (35.4%) | 9:12 | 6.5 (64.4%) |
| 17 | WACHOWIAK Anna | 1064 | | K-30 | 17 | NIE | 01:14:15 | 02:14:57 | 03:15:22.75 | 03:15:52.60 | +01:10:44 (36.1%) | 9:18 | 6.4 (63.4%) |
| 18 | BENTKOWSKA Magdalena | 1449 | DIRTY SPARROWS | K-30 | 18 | NIE | 01:14:26 | 02:16:44 | 03:18:32.30 | 03:18:50.70 | +01:13:42 (37.1%) | 9:27 | 6.3 (62.4%) |
| 19 | ŚLEBODA Joanna | 1092 | KOBIETY BIEGAJĄ | K-30 | 19 | NIE | 01:18:53 | 02:19:26 | 03:18:14.65 | 03:19:13.15 | +01:14:05 (37.2%) | 9:26 | 6.4 (63.4%) |
| 20 | KUNA Aleksandra | 1457 | SII RUNNING TEAM | K-30 | 20 | NIE | 01:11:44 | 02:14:59 | 03:22:15.60 | 03:22:30.05 | +01:17:21 (38.2%) | 9:37 | 6.2 (61.4%) |
| 21 | ŁAZUKA Klaudia | 1371 | ING BANK ŚLĄSKI | K-30 | 21 | | 01:16:38 | 02:20:34 | 03:22:59.80 | 03:23:23.25 | +01:18:15 (38.5%) | 9:39 | 6.2 (61.4%) |
| 22 | KUPKA Martyna | 1226 | SWAT TEAM | K-30 | 22 | NIE | 01:17:44 | 02:21:49 | 03:25:50.10 | 03:25:55.05 | +01:20:46 (39.2%) | 9:48 | 6.1 (60.4%) |
| 23 | KUKOBNIKAVA Vitaliya | 1389 | BIEGACZE STU MOSTÓW | K-30 | 23 | NIE | 01:22:59 | 02:32:34 | 03:30:23.15 | 03:30:40.75 | +01:25:32 (40.6%) | 10:01 | 6 (59.4%) |
| 24 | WACHOWSKA Katarzyna | 1201 | SMOK TRÓJGŁOWY | K-30 | 24 | NIE | 01:21:24 | 02:26:19 | 03:32:03.70 | 03:32:28.40 | +01:27:20 (41.1%) | 10:05 | 5.9 (58.4%) |
| 25 | WRZESZCZ Marta | 1293 | GOOD MOVE TEAM | K-30 | 25 | NIE | 01:13:47 | 02:23:00 | 03:32:57.00 | 03:33:06.35 | +01:27:58 (41.3%) | 10:08 | 5.9 (58.4%) |
| 26 | HOFFMANN Barbara | 1281 | KS HADES POZNAŃ | K-30 | 26 | NIE | 01:14:18 | 02:25:27 | 03:33:17.10 | 03:33:20.65 | +01:28:12 (41.3%) | 10:09 | 5.9 (58.4%) |
| 27 | SZYDŁO Klaudia | 1356 | | K-30 | 27 | NIE | 01:08:10 | 02:15:41 | 03:35:14.35 | 03:35:35.10 | +01:30:26 (42.0%) | 10:14 | 5.9 (58.4%) |
| 28 | BARAN Paulina | 1033 | OSPRO OCR | K-30 | 28 | NIE | 01:20:24 | 02:29:19 | 03:37:27.05 | 03:38:20.30 | +01:33:12 (42.7%) | 10:21 | 5.8 (57.4%) |
| 29 | RUDA Kamila | 1214 | KURACJUSZE | K-30 | 29 | NIE | 01:18:47 | 02:29:00 | 03:40:06.80 | 03:40:44.30 | +01:35:36 (43.3%) | 10:28 | 5.7 (56.4%) |
| 30 | STACHOWIAK Magda | 1483 | RUN TEAM RYDZYNA | K-30 | 30 | NIE | 01:20:59 | 02:30:28 | 03:44:41.75 | 03:45:02.05 | +01:39:53 (44.4%) | 10:41 | 5.6 (55.4%) |
| 31 | KOTKO Małgorzata | 1435 | | K-30 | 31 | NIE | 01:19:26 | 02:31:22 | 03:45:48.55 | 03:46:07.00 | +01:40:58 (44.7%) | 10:45 | 5.6 (55.4%) |
| 32 | TYLKA Gosia | 1198 | | K-30 | 32 | NIE | 01:28:27 | 02:36:24 | 03:45:58.05 | 03:47:10.40 | +01:42:02 (44.9%) | 10:45 | 5.6 (55.4%) |
| 33 | ILNICKA Monika | 1410 | WIECZORNE BIEGANIE W OPOLU | K-30 | 33 | NIE | 01:27:30 | 02:39:14 | 03:51:49.45 | 03:52:42.15 | +01:47:34 (46.2%) | 11:02 | 5.4 (53.5%) |
| 34 | PAŁUCKA Marta | 1071 | PROJEKT ULTRA | K-30 | 34 | NIE | 01:30:33 | 02:42:18 | 03:53:07.95 | 03:54:04.15 | +01:48:56 (46.5%) | 11:06 | 5.4 (53.5%) |
| 35 | MILEWSKA Agnieszka | 1190 | NIGHT RUNNERS | K-30 | 35 | NIE | 01:31:22 | 02:38:13 | 03:54:31.80 | 03:55:28.60 | +01:50:20 (46.9%) | 11:10 | 5.4 (53.5%) |
| 36 | POCHCIAŁ Magdalena | 1257 | BIEGOWE ŚRODY 20 | K-30 | 36 | NIE | 01:30:04 | 02:43:47 | 03:54:39.30 | 03:55:45.75 | +01:50:37 (46.9%) | 11:10 | 5.4 (53.5%) |
| 37 | MARCZAK Ola | 1252 | KB HARCOWNIK JELCZ-LASKOWICE | K-30 | 37 | NIE | 01:31:04 | 02:47:31 | 04:00:51.70 | 04:01:34.00 | +01:56:25 (48.2%) | 11:28 | 5.2 (51.5%) |
| 38 | BIEDAK Adrianna | 1195 | NIGHT RUNNERS | K-30 | 38 | NIE | 01:31:23 | 02:46:54 | 04:04:50.65 | 04:05:46.35 | +02:00:38 (49.1%) | 11:39 | 5.1 (50.5%) |

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|-----|------------------------------|-------------|-------------------|-----------|------|-----------|-----------------------------------|-------------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 39 | KACZMARCZYK Anna | 1003 | | K-30 | 39 | TAK | 01:39:03 | 03:03:31 | 04:14:11.70 | 04:14:47.90 | +02:09:39 (50.9%) | 12:06 | 5 (49.5%) |
| 40 | DOROŻAŁA Natalia | 1287 | | K-30 | 40 | NIE | 01:38:39 | 02:56:49 | 04:15:19.15 | 04:16:21.70 | +02:11:13 (51.2%) | 12:09 | 4.9 (48.5%) |
| 41 | GRUSZKA Martyna | 1212 | WKTJ | K-30 | 41 | NIE | 01:38:52 | 03:01:09 | 04:25:29.00 | 04:26:16.65 | +02:21:08 (53.0%) | 12:38 | 4.7 (46.5%) |
| 41 | KACZMARCZYK Katarzyna | 1241 | | K-30 | 41 | NIE | 01:38:53 | 03:01:11 | 04:25:29.30 | 04:26:16.65 | +02:21:08 (53.0%) | 12:38 | 4.7 (46.5%) |
| 43 | MAGOCSY Justyna | 1249 | ASICS FRONTRUNNER | K-30 | 43 | NIE | 01:49:43 | 03:16:11 | 04:43:26.40 | 04:44:30.10 | +02:39:21 (56.0%) | 13:29 | 4.4 (43.6%) |
| | KLAJA Agnieszka | 1172 | KBŻ | K-30 | | NIE | 01:40:48 DNF | DNF | DNF | DNF | | - | - (0.0%) |
| | PAWŁOWSKA Barbara | 1432 | | K-30 | | NIE | 01:45:03 DNF | DNF | DNF | DNF | | - | - (0.0%) |

Znaleziono 45 wynik(ów)