



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
INTELEGNTE ZAWODY SPORTOWE

Classification: K-40

Place	Participant	Number	Club	Category	MCat	Alpinista	Parking 7km	Bledne_Skaly 14km	Penalty/ bonus	Net time 21km	Gap	Pace min/km	Pace km/h
1	BIAŁEK Beata	30	KB HERMES	K-40	1	NIE		01:47:17		02:37:53.25		7:31	8 (100%)
2	MAJEWSKA Agata	304		K-40	2	NIE	00:58:41	01:56:36		02:52:26.05	+00:14:32 (8.4%)	8:12	7.3 (91.3%)
3	KRYM Katarzyna	250	HERCOGRUNNINGTEAM/NIGHT RUNNERS WROCŁAW	K-40	3	NIE	01:00:52			02:52:57.20	+00:15:03 (8.7%)	8:14	7.3 (91.3%)
4	SZYMBORSKA Monika	489		K-40	4	NIE	00:58:30	01:59:24		02:55:36.85	+00:17:43 (10.1%)	8:21	7.2 (90.0%)
5	BIEŃ Magdalena	37		K-40	5		01:01:30	02:04:30		03:01:15.80	+00:23:22 (12.9%)	8:37	7 (87.5%)
6	MARZEC Karolina	314	DZIKIE DZIKI GORZÓW	K-40	6	NIE	01:01:46	01:59:55	00:10:00	03:03:56.80	+00:26:03 (14.2%)	8:16	7.2 (90.0%)
7	KŁACZYŃSKA Danuta	211	FARTY PUSZCZY	K-40	7	NIE	01:01:44	02:01:33	00:10:00	03:06:15.85	+00:28:22 (15.2%)	8:23	7.1 (88.8%)
8	ŁOPATYŃSKA-HUBER Julita	290	KUDOWIANKA RUN	K-40	8	NIE	01:02:44	02:07:02		03:07:36.95	+00:29:43 (15.8%)	8:56	6.7 (83.8%)
9	DĄBKIEWICZ Dominika	101	NIGHT RUNNERS OSTRÓW WIELKOPOLSKI	K-40	9	NIE	01:05:49	02:08:29		03:09:09.30	+00:31:16 (16.5%)	9:00	6.7 (83.8%)
10	ŁAMPIKA Kinga	287	NIGHT RUNNERS WROCŁAW	K-40	10	NIE	01:05:26	02:11:24		03:09:34.55	+00:31:41 (16.7%)	9:01	6.6 (82.5%)
11	BOCHNIARZ Anna	43	BIEGNIJ OŁAWO	K-40	11	NIE	01:09:43	02:18:40		03:18:57.15	+00:41:03 (20.6%)	9:28	6.3 (78.8%)
12	PAKULSKA-TOMZA Dorota	375		K-40	12	NIE	01:09:47	02:18:07		03:21:51.65	+00:43:58 (21.8%)	9:36	6.2 (77.5%)
13	NAPIERAŁA Katarzyna	343		K-40	13	NIE	01:13:28	02:20:57		03:21:51.80	+00:43:58 (21.8%)	9:36	6.2 (77.5%)
14	JASIŃSKA Magdalena	182	RĄCZE RACICZKI	K-40	14	NIE	01:10:51	02:20:42		03:24:58.65	+00:47:05 (23.0%)	9:45	6.1 (76.3%)
15	KARATKÓW Ewa	205		K-40	15	NIE	01:08:59	02:22:21		03:27:10.20	+00:49:16 (23.8%)	9:51	6.1 (76.3%)

Place	Participant	Number	Club	Category	MCat	Alpinista	Parking 7km	Bledne_Skaly 14km	Penalty/ bonus	Net	Gap	Pace min/km	Pace km/h
										time 21km			
16	ORTYL Ewelina	371		K-40	16	NIE	01:09:47	02:21:18		03:28:06.80	+00:50:13 (24.1%)	9:54	6.1 (76.3%)
17	KUBICKA Magdalena	256		K-40	17	NIE	01:11:20	02:23:39		03:29:53.50	+00:52:00 (24.8%)	9:59	6 (75.0%)
18	TRZEPACZ Dorota	508	KB LUPUS OLEŚNICA	K-40	18	NIE	01:09:15	02:25:54		03:31:13.20	+00:53:19 (25.2%)	10:03	6 (75.0%)
19	MATUSZEWSKI Małgorzata	318	RUNNER'S POWER ŚREM	K-40	19	NIE	01:14:04	02:27:01		03:31:56.00	+00:54:02 (25.5%)	10:05	5.9 (73.8%)
20	CHRZANOWSKA Agnieszka	79		K-40	20	NIE	01:16:45	02:31:19		03:34:58.75	+00:57:05 (26.6%)	10:14	5.9 (73.8%)
21	KRAWCZYK Anna	244	NIGHT RUNNERS	K-40	21	NIE	01:13:45	02:29:17		03:38:55.20	+01:01:01 (27.9%)	10:25	5.8 (72.5%)
22	ŚWIĄTEK Julia	497	IMMABEE / KS GVT	K-40	22	NIE	01:11:26	02:33:23		03:39:10.70	+01:01:17 (28.0%)	10:26	5.7 (71.3%)
23	CHRAPLEWSKA Karolina	78	CHATABIEGACZA K34	K-40	23		01:13:39	02:24:08	00:10:00	03:39:29.05	+01:01:35 (28.1%)	9:58	6 (75.0%)
24	FRAŃCZEK Iwona	128	FUNTRI	K-40	24	NIE	01:15:48	02:32:10		03:41:13.10	+01:03:19 (28.6%)	10:32	5.7 (71.3%)
25	NIEDOBA Barbara	347	TIM JEST TIM	K-40	25	NIE	01:18:19	02:40:19		03:41:46.85	+01:03:53 (28.8%)	10:33	5.7 (71.3%)
26	STANISZEWSKA-DUDA Katarzyna	462	TIM JEST TIM	K-40	26	NIE	01:18:00	02:40:20		03:41:49.50	+01:03:56 (28.8%)	10:33	5.7 (71.3%)
27	KOPKA Elżbieta	226	AGB TORFY	K-40	27	NIE	01:19:51	02:34:57		03:42:18.25	+01:04:25 (29.0%)	10:35	5.7 (71.3%)
28	SZULECKA Kamila	485		K-40	28	NIE	01:19:17	02:33:08		03:42:35.95	+01:04:42 (29.1%)	10:35	5.7 (71.3%)
29	STRUSIŃSKA Katarzyna	471		K-40	29	NIE	01:18:39	02:35:12		03:43:25.00	+01:05:31 (29.3%)	10:38	5.6 (70.0%)
30	KOLEJ Monika	217	DZIKIE DZIKI GORZOW	K-40	30	NIE	01:17:17	02:37:10		03:45:56.90	+01:08:03 (30.1%)	10:45	5.6 (70.0%)
31	KOŃ Aleksandra	224	EKIPA LIPA	K-40	31	NIE	01:13:40	02:34:56		03:46:54.20	+01:09:00 (30.4%)	10:48	5.6 (70.0%)
32	CZECH Dorota	92	ASICS FRONTRUNNER POLAND	K-40	32	NIE	01:19:09	02:36:52		03:47:03.00	+01:09:09 (30.5%)	10:48	5.5 (68.8%)
33	ŻYLIŃSKA Urszula	578		K-40	33	NIE	01:23:22	02:41:30		03:52:20.35	+01:14:27 (32.0%)	11:03	5.4 (67.5%)
34	FARION Marzena	115		K-40	34	NIE	01:12:01	02:35:52		03:52:29.25	+01:14:36 (32.1%)	11:04	5.4 (67.5%)
35	AUGUSTOWSKA Izabela	10	KB GEOTERMIA UNIEJÓW	K-40	35	NIE	01:21:16	02:46:48		03:56:34.55	+01:18:41 (33.3%)	11:15	5.3 (66.3%)
36	SOROKA Monika	455	PASTERKA PANY	K-40	36	NIE	01:15:41	02:37:11		03:58:12.85	+01:20:19 (33.7%)	11:20	5.3 (66.3%)
37	RYPIŃSKA Magdalena	433		K-40	37	NIE	01:25:02	02:51:39		04:04:32.40	+01:26:39 (35.4%)	11:38	5.2 (65.0%)
38	KACIUPA Agnieszka	198	FARTY PUSZCZY	K-40	38	NIE	01:27:57	02:54:49		04:06:51.65	+01:28:58 (36.0%)	11:45	5.1 (63.8%)

Place	Participant	Number	Club	Category	MCat	Alpinista	Parking 7km	Bledne_Skaly 14km	Penalty/ bonus	Net		Pace min/km	Pace km/h
										time 21km	Gap		
39	JEDYNAK-DOROSZ Izabela	187	KB MANIAC POZNAŃ	K-40	39	NIE	01:27:11	02:54:04		04:07:16.70	+01:29:23 (36.1%)	11:46	5.1 (63.8%)
40	JAŚKIEWICZ Katarzyna	183		K-40	40	NIE	01:25:58	02:55:14		04:08:01.00	+01:30:07 (36.3%)	11:48	5.1 (63.8%)
41	BOROŃ Izabela	51		K-40	41	NIE	01:27:17	02:51:56		04:08:15.40	+01:30:22 (36.4%)	11:49	5.1 (63.8%)
42	KUMOR Weronika	267	EVERRUN	K-40	42	NIE	01:27:20	02:52:58		04:09:42.95	+01:31:49 (36.8%)	11:53	5 (62.5%)
43	KONKIEWICZ Katarzyna	221	NIAGARA	K-40	43	NIE	01:32:15	02:57:25		04:10:23.15	+01:32:29 (36.9%)	11:55	5 (62.5%)
44	NIEDZIELA Danuta	349	GOSTYŃ	K-40	44	NIE	01:28:12	02:58:51		04:12:04.90	+01:34:11 (37.4%)	12:00	5 (62.5%)
45	KLUK Agnieszka	210		K-40	45	NIE	01:27:51	03:00:03		04:13:17.80	+01:35:24 (37.7%)	12:03	5 (62.5%)
46	WOJDAŁOWICZ Ewa	579		K-40	46	NIE	01:28:02	02:54:58		04:13:53.75	+01:36:00 (37.8%)	12:05	5 (62.5%)
47	BEDNARSKA-KOZIOŁ Danuta	26	WKURW-TEAM	K-40	47	NIE	01:25:45	02:59:11		04:14:53.20	+01:36:59 (38.1%)	12:08	4.9 (61.3%)
48	JAKIMKO Monika	173	EKIPA LIPA	K-40	48	NIE	01:24:57	02:57:44		04:15:21.30	+01:37:28 (38.2%)	12:09	4.9 (61.3%)
49	TUREK Karolina	511	BIAŁY DOMEK BIEGA	K-40	49	NIE	01:29:25	03:00:37		04:16:53.85	+01:39:00 (38.5%)	12:13	4.9 (61.3%)
50	WEYNA Anna	532	BIAŁY DOMEK BIEGA	K-40	50	NIE	01:29:25	03:00:45		04:16:54.50	+01:39:01 (38.5%)	12:14	4.9 (61.3%)
51	MASALSKA Anna	315		K-40	51	NIE	01:25:24	02:56:03		04:17:29.95	+01:39:36 (38.7%)	12:15	4.9 (61.3%)
52	OGÓRKIEWICZ Sylwia	364		K-40	52	NIE	01:31:49	03:00:33		04:17:51.35	+01:39:58 (38.8%)	12:16	4.9 (61.3%)
53	MARCINIAK Agata	310	ŁODZIANKA TEAM	K-40	53		01:36:54	03:06:56		04:20:06.90	+01:42:13 (39.3%)	12:23	4.8 (60.0%)
54	SZARPAK Anna	477		K-40	54	NIE	01:32:25	03:09:21		04:25:33.00	+01:47:39 (40.5%)	12:38	4.7 (58.8%)
55	KOWAŃSKA Aleksandra	233		K-40	55	NIE	01:32:50	03:09:25		04:28:10.70	+01:50:17 (41.1%)	12:46	4.7 (58.8%)
56	KRZYWAK Anna	254		K-40	56	NIE	01:30:14	03:13:36		04:33:43.65	+01:55:50 (42.3%)	13:02	4.6 (57.5%)
57	NORKOWSKA Aleksandra	351	ORANGE POLSKA	K-40	57	NIE	01:39:58	03:19:51		04:40:02.70	+02:02:09 (43.6%)	13:20	4.5 (56.3%)
58	PEPŁOWSKA Sylwia	385		K-40	58	NO	01:43:04	03:23:27		04:46:43.10	+02:08:49 (44.9%)	13:39	4.4 (55.0%)
59	BAJZERT Magdalena	14		K-40	59	NIE	01:42:20	03:24:03		04:49:25.55	+02:11:32 (45.4%)	13:46	4.4 (55.0%)
60	OLEK-WYSOCKA Monika	368	KUGUAR XTREME RUNNERS	K-40	60	NIE	01:45:28	03:27:11		04:50:58.80	+02:13:05 (45.7%)	13:51	4.3 (53.8%)
61	FAFARA Agnieszka	116	BIEGNIĘTE LASKI	K-40	61	NIE	01:37:26	03:21:35		04:51:18.40	+02:13:25 (45.8%)	13:52	4.3 (53.8%)

Place	Participant	Number	Club	Category	MCat	Alpinista	Parking 7km	Bledne_Skaly 14km	Penalty/ bonus	Net time 21km	Gap	Pace min/km	Pace km/h
62	OCHOCKA Ewa	361		K-40	62	NIE	01:37:37	03:21:36		04:51:18.70	+02:13:25 (45.8%)	13:52	4.3 (53.8%)
63	BOROŃ-KOSIK Magda	52		K-40	63	NIE	01:39:51	03:23:33		05:01:22.75	+02:23:29 (47.6%)	14:21	4.2 (52.5%)
64	WŁODARCZYK Małgorzata	542	COLOR TREND ORZECHOWO	K-40	64	NIE	01:48:41	03:43:23			+01:56:06	15:57	3.8 (47.5%)
65	BAKA Elzbieta	15	LADIESLOSTGĄSBAGĄS	K-40	65	NIE	00:58:12					8:18	7.2 (90.0%)
66	BARTOSIK Kamila	23	NIGHT RUNNERS WROCLAW	K-40	66	NO	00:59:51					8:33	7 (87.5%)

Total 66 results.