



# ZIMOWY PÓLMARATON GÓR STOŁOWYCH 31 KM

B4SPORT

**Event:** Zimowy Półmaraton Gór Stołowych  
**Organiser:** Fundacja Maratony Górskie  
**Date:** 2022-01-23  
**Place:** Kartów  
**Distance:** 31 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Classification: K-40

Place	Participant	Number	Club	Category	MCat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Lisia Przełęcz 19.7km	Net time 31km	Gap	Pace min/km	Pace km/h
1	KARCZEWSKA Joanna	113	FUNDACJA KIERUNEK ULTRA	K-40	1	00:55:21	01:45:59	02:36:22	<b>04:01:20.75</b>		7:47	7.7 (100%)
2	MAJ-ROKSZ Maria	176	MAJA TEAM	K-40	2	00:57:37	01:52:14	02:40:43	<b>04:02:04.85</b>	+00:00:44 (0.3%)	7:48	7.7 (100%)
3	KOŚCIELNIAK Wioletta	134	RUNNERS TEAM NYSA	K-40	3	00:56:02	01:47:49	02:44:19	<b>04:07:32.85</b>	+00:06:12 (2.5%)	7:59	7.5 (97.4%)
4	FOGIEL-PAWŁOWSKA Agnieszka	50		K-40	4	00:55:36	01:48:55	02:43:20	<b>04:07:49.70</b>	+00:06:28 (2.6%)	7:59	7.5 (97.4%)
5	KORALEWSKA Edyta	130		K-40	5	01:02:18	02:01:49	02:54:33	<b>04:28:48.95</b>	+00:27:28 (10.2%)	8:40	6.9 (89.6%)
6	CHOMIAK Katarzyna	24	BIEGAJ W JEDLINIE	K-40	6	01:02:34	02:01:33	02:54:48	<b>04:30:01.30</b>	+00:28:40 (10.6%)	8:42	6.9 (89.6%)
7	CYMBORSKA Jolanta	32	WARSAW RUN CLUB	K-40	7	01:02:21	02:05:35	02:57:52	<b>04:30:08.90</b>	+00:28:48 (10.7%)	8:42	6.9 (89.6%)
8	SERAFIN Ewelina	256		K-40	8	01:02:47	02:03:38	02:58:00	<b>04:31:34.75</b>	+00:30:14 (11.1%)	8:45	6.8 (88.3%)
9	SZNEJDER Anita	281	FUNDACJA KIERUNEK ULTRA	K-40	9	01:04:24	02:06:49	03:01:50	<b>04:38:25.90</b>	+00:37:05 (13.3%)	8:58	6.7 (87.0%)
10	TKACZYK Katarzyna	292		K-40	10	01:08:06	02:12:28	03:06:48	<b>04:48:18.70</b>	+00:46:57 (16.3%)	9:18	6.5 (84.4%)
11	HACHOŁ Justyna	76		K-40	11	01:07:06	02:13:44	03:09:02	<b>04:50:16.55</b>	+00:48:55 (16.9%)	9:21	6.4 (83.1%)
12	ROSZYK Magdalena	248	DRUŻYNA SZPIKU	K-40	12	01:09:39	02:15:19	03:10:01	<b>04:51:18.65</b>	+00:49:57 (17.2%)	9:23	6.4 (83.1%)
13	CZAPRAN Magdalena	35		K-40	13	01:06:37	02:12:05	03:12:20	<b>04:59:24.10</b>	+00:58:03 (19.4%)	9:39	6.2 (80.5%)
14	MATUSZEWSKA Małgorzata	180	RUNNER'S POWER SREM	K-40	14	01:12:54	02:24:47	03:24:19	<b>05:05:36.35</b>	+01:04:15 (21.0%)	9:51	6.1 (79.2%)
15	SZMECHTIG-GAUDEN Ewa	280	PODGÓRZ TORUŃ	K-40	15	01:10:27	02:16:49	03:16:26	<b>05:10:36.25</b>	+01:09:15 (22.3%)	10:01	6 (77.9%)

Place	Participant	Number	Club	Category	MCat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Lisia Przełęcz 19.7km	Net time 31km	Gap	Pace min/km	Pace km/h
16	<b>KUBIAK Anna</b>	<b>152</b>	STRZEGOMSKA DWUNASTKA	K-40	16	01:09:57	02:23:05	03:22:12	<b>05:12:00.60</b>	+01:10:39 (22.6%)	10:03	6 (77.9%)
17	<b>ŁOBASIUK Iwona</b>	<b>167</b>	FUNDACJA KIERUNEK ULTRA	K-40	17	01:12:47	02:23:48	03:24:04	<b>05:13:01.00</b>	+01:11:40 (22.9%)	10:05	5.9 (76.6%)
18	<b>ZIENKIEWICZ Justyna</b>	<b>326</b>		K-40	18	01:17:46	02:33:24	03:31:36	<b>05:17:43.00</b>	+01:16:22 (24.0%)	10:14	5.9 (76.6%)
19	<b>ZIENKIEWICZ Agata</b>	<b>325</b>	PIASECZNO RUNNING	K-40	19	01:17:38	02:33:26	03:31:32	<b>05:17:43.05</b>	+01:16:22 (24.0%)	10:14	5.9 (76.6%)
20	<b>KUSZTELSKA Lucyna</b>	<b>159</b>		K-40	20	01:12:31	02:25:22	03:31:31	<b>05:19:29.35</b>	+01:18:08 (24.5%)	10:18	5.8 (75.3%)
21	<b>FAJNAS Katarzyna</b>	<b>44</b>	DOGOŃ GRODZISK MAZOWIECKI / DANFOSS	K-40	21	01:13:25	02:26:11	03:31:38	<b>05:26:36.75</b>	+01:25:16 (26.1%)	10:32	5.7 (74.0%)
22	<b>KOŚNIEWSKA-NOWAK Joanna</b>	<b>135</b>	WIECZORNE BIEGANIE W OPOLU	K-40	22	01:17:30	02:32:54	03:38:30	<b>05:33:38.05</b>	+01:32:17 (27.7%)	10:45	5.6 (72.7%)
23	<b>KOZAK Ewa</b>	<b>142</b>	KOZAKI	K-40	23	01:14:41	02:28:26	03:34:59	<b>05:37:42.40</b>	+01:36:21 (28.5%)	10:53	5.5 (71.4%)
24	<b>GRĘZEL-GAWRON Jolanta</b>	<b>70</b>		K-40	24	01:20:11	02:39:52	03:44:30	<b>05:44:13.40</b>	+01:42:52 (29.9%)	11:06	5.4 (70.1%)
25	<b>JEDYNAK-DOROSZ Izabela</b>	<b>101</b>	KB MANIAC POZNAŃ	K-40	25	01:27:41	02:49:00	03:54:12	<b>05:50:33.70</b>	+01:49:12 (31.2%)	11:18	5.3 (68.8%)
26	<b>PAWŁOWSKA Anna</b>	<b>334</b>		K-40	26	01:21:05	02:46:04	03:58:25	<b>06:20:22.35</b>	+02:19:01 (36.6%)	12:16	4.9 (63.6%)
27	<b>PAWŁOWSKA Anna</b>	<b>342</b>		K-40	27	01:20:59	02:46:03	03:58:27	<b>06:20:22.80</b>	+02:19:02 (36.6%)	12:16	4.9 (63.6%)
28	<b>SOWIŃSKA Anetta</b>	<b>269</b>		K-40	28	01:35:55	03:04:47	04:17:32	<b>06:36:33.55</b>	+02:35:12 (39.1%)	12:47	4.7 (61.0%)
29	<b>KOCZOROWSKA Anna</b>	<b>122</b>	TEAM ZABIEGANEDNI	K-40	29			04:02:26		+	12:18	4.9 (63.6%)

Total 29 results.