



**ZIMOWY
PÓLMARATON
GÓR STOŁOWYCH**

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Zimowy Półmaraton Gór Stołowych
Fundacja Maratony Górskie
2023-01-22
Kartów
31 km

ZIMOWY PÓLMARATON GÓR STOŁOWYCH 31 KM

B4SPORT

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: OPEN KOBIEC

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Lisia Przełęcz 19.7km	Czas netto 31km	Czas brutto 31km	Różn	Tempo min/km	Tempo km/h
1	LIPNICKA Marta	1170	ULTRAKOTLINA TEAM	K-30	1	00:48:45	01:31:16	02:13:35	03:34:33.55	03:34:33.55		6:55	8.7 (100%)
2	KULIK-GAWĘDA Iwona	1038	KUDOWIANKA RUN	K-30	2	00:48:51	01:31:10	02:15:07	03:41:24.70	03:41:24.70	+00:06:51 (3.1%)	7:08	8.4 (96.6%)
3	BONIEC-RZEPSKA Gabriela	1006	ANDRZEJ WITEK SZYBCIEJ TEAM	K-30	3	00:55:40	01:47:16	02:38:23	04:22:25.90	04:22:25.90	+00:47:52 (18.2%)	8:27	7.1 (81.6%)
4	PIECUCH Karolina	1105		K-30	4	00:59:56	01:53:07	02:44:57	04:24:29.05	04:24:29.05	+00:49:55 (18.9%)	8:31	7 (80.5%)
5	GNITECKA Katarzyna	1160	KUDOWIANKA RUN	K-30	5	01:02:53	01:57:04	02:49:25	04:25:25.40	04:25:25.40	+00:50:51 (19.2%)	8:33	7 (80.5%)
6	HAJDA Justyna	1080	MAFIA TEAM LUBLINIEC	K-20	1	01:04:04	01:58:34	02:50:06	04:26:43.40	04:26:43.40	+00:52:09 (19.6%)	8:36	7 (80.5%)
7	ABRAMOWICZ Agata	1159		K-20	2	01:02:11	01:55:26	02:47:40	04:31:00.95	04:31:00.95	+00:56:27 (20.8%)	8:44	6.9 (79.3%)
8	RADZIWOŃ Anna	1108	GRUPA NIENACHALNIE HEROICZNA	K-40	1	01:06:46	02:03:29	02:58:50	04:41:19.35	04:41:19.35	+01:06:45 (23.7%)	9:04	6.6 (75.9%)
9	MACHAJEWSKA Aneta	1187		K-40	2	01:04:06	01:58:22	02:54:34	04:42:02.10	04:42:02.10	+01:07:28 (23.9%)	9:05	6.6 (75.9%)
10	ŁUKASIEWICZ Ewelina	1151	POLFERRIES/PŻB	K-20	3	01:05:29	02:00:30	02:57:30	04:42:48.00	04:42:48.00	+01:08:14 (24.1%)	9:07	6.6 (75.9%)
11	KOWALSKA Justyna	1140	MORSY OŚNO LUBUSKIE	K-40	3	01:04:53	02:03:05	02:59:31	04:47:40.30	04:47:40.30	+01:13:06 (25.4%)	9:16	6.5 (74.7%)
12	WOLF Weronika	1062	W GÓRACH JEST WSZYSTKO CO KOCHAM ♥	K-40	4	01:09:44	02:05:40	03:01:32	04:48:18.55	04:48:18.55	+01:13:45 (25.6%)	9:18	6.5 (74.7%)
13	CHOMIAK Katarzyna	1083		K-40	5	01:09:31	02:08:27	03:06:23	04:59:54.20	04:59:54.20	+01:25:20 (28.5%)	9:40	6.2 (71.3%)
14	WOSIAK Katarzyna	1201		K-30	6	01:04:09	02:02:05	03:03:33	05:13:13.60	05:13:13.60	+01:38:40 (31.5%)	10:06	5.9 (67.8%)
15	ŁOWICKA Maja	1094	AKTYWNI RAZEM	K-30	7	01:12:09	02:11:51	03:11:10	05:14:09.80	05:14:09.80	+01:39:36 (31.7%)	10:08	5.9 (67.8%)

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16	RADWAŃSKA Justyna	1175		K-40	6	01:23:31	02:25:23	03:29:35	05:17:05.35	05:17:05.35	+01:42:31 (32.3%)	10:13	5.9 (67.8%)
17	KUBIAK Anna	1137	STRZEGOMSKA DWUNASTKA	K-40	7	01:18:54	02:25:19	03:25:20	05:18:02.10	05:18:02.10	+01:43:28 (32.5%)	10:15	5.8 (66.7%)
18	GRAU Joanna	1089	KWIDZYN BIEGA	K-40	8	01:12:12	02:17:13	03:18:40	05:20:49.65	05:20:49.65	+01:46:16 (33.1%)	10:20	5.8 (66.7%)
19	SERAFIN Ewelina	1037		K-40	9	01:08:38	02:11:39	03:14:19	05:23:11.05	05:23:11.05	+01:48:37 (33.6%)	10:25	5.8 (66.7%)
20	CZUBALA Beata	1123	LKS ZIĘBICE	K-40	10	01:18:18	02:25:18	03:25:00	05:24:23.80	05:24:23.80	+01:49:50 (33.9%)	10:27	5.7 (65.5%)
21	DRAJERCZAK Marlena	1132		K-40	11	01:19:20	02:24:51	03:26:20	05:27:20.15	05:27:20.15	+01:52:46 (34.5%)	10:33	5.7 (65.5%)
22	SZAL Małgorzata	1068	TENIS CENTRUM AS	K-30	8	01:12:37	02:19:50	03:23:19	05:27:22.00	05:27:22.00	+01:52:48 (34.5%)	10:33	5.7 (65.5%)
23	SAMBORSKA Anna	1184	ROSSMANN	K-30	9	01:18:07	02:27:01	03:34:40	05:37:15.05	05:37:15.05	+02:02:41 (36.4%)	10:52	5.5 (63.2%)
24	LEWANDOWSKA Karolina	1192		K-30	10	01:14:02	02:20:13	03:33:56	05:44:41.05	05:44:41.05	+02:10:07 (37.8%)	11:07	5.4 (62.1%)
25	ZAKRZEWSKA Anna	1088		K-40	12	01:22:02	02:30:14	03:37:16	05:47:47.10	05:47:47.10	+02:13:13 (38.3%)	11:13	5.3 (60.9%)
26	PANEK Aleksandra	1084		K-50	1	01:18:56	02:31:24	03:37:59	05:47:58.20	05:47:58.20	+02:13:24 (38.3%)	11:13	5.3 (60.9%)
27	KWIATKOWSKA Zuzanna	1043	RNB TEAM POLANICA ZDRÓJ	K-50	2	01:18:07	02:23:53	03:29:23	05:56:38.90	05:56:38.90	+02:22:05 (39.8%)	11:30	5.2 (59.8%)
28	KOŁODZIEJCZYK Kasia	1164		K-30	11	01:23:35	02:31:31	03:41:13	06:04:46.30	06:04:46.30	+02:30:12 (41.2%)	11:46	5.1 (58.6%)
29	WOJCIESZAK Klaudia	1009	TEAM ZABIEGANEDNI	K-40	13	01:23:48	02:41:00	03:56:12	06:05:16.00	06:05:16.00	+02:30:42 (41.3%)	11:46	5.1 (58.6%)
30	JURASZ Aleksandra	1035		K-30	12	01:21:09	02:31:38	03:41:52	06:06:04.00	06:06:04.00	+02:31:30 (41.4%)	11:48	5.1 (58.6%)
31	BAK Katarzyna	1041	SPARTANIE DZIECIOM	K-30	13	01:19:19	02:29:07	03:42:14	06:06:09.40	06:06:09.40	+02:31:35 (41.4%)	11:48	5.1 (58.6%)
32	JARCZYŃSKA Katarzyna	1005	DRUŻYNA BELGUSA	K-40	14	01:27:04	02:40:43	03:57:41	06:17:10.90	06:17:10.90	+02:42:37 (43.1%)	12:10	4.9 (56.3%)
33	PASZKIEL Agnieszka	1145	LEŚNE ULTRA DZIADY	K-50	3	01:23:34	02:41:20	03:56:22	06:21:59.15	06:21:59.15	+02:47:25 (43.8%)	12:19	4.9 (56.3%)
34	BIEŃ Małgorzata	1014		K-40	15	01:26:42	02:50:26	04:06:29	06:32:39.85	06:32:39.85	+02:58:06 (45.4%)	12:39	4.7 (54.0%)
35	KRZYSZTOFOWICZ Karolina	1186	ULTRASZY	K-40	16	01:28:26	02:48:58	04:04:23	06:38:34.80	06:38:34.80	+03:04:01 (46.2%)	12:51	4.7 (54.0%)
36	CZOSZYK-KAWALA Olga	1131	ŚWIERCZEWO RUN	K-40	17	01:28:34	02:43:21	04:05:17	06:39:41.20	06:39:41.20	+03:05:07 (46.3%)	12:53	4.7 (54.0%)
37	BINKOWSKA Marta	1122	ŚWIERCZEWO RUN	K-30	14	01:26:58	02:43:23	04:04:16	06:39:41.25	06:39:41.25	+03:05:07 (46.3%)	12:53	4.7 (54.0%)
38	ROSIŃSKA Agnieszka	1128	ŚWIERCZEWO RUN	K-40	18	01:29:03	02:43:58	04:06:37	06:44:35.35	06:44:35.35	+03:10:01 (47.0%)	13:03	4.6 (52.9%)

Znaleziono 38 wynik(ów)