



ZIMOWY PÓLMARATON GÓR STOŁOWYCH 31 KM

B4SPORT

Wydarzenie: Zimowy Półmaraton Gór Stołowych
Organizator: Fundacja Maratony Górskie
Data: 2024-01-20
Miejsce: Karłów
Dystans: 31 km

B4SPORT
INTELEKTNE 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	2043	ULTRAKOTLINA	K-30	1	00:52:17	01:40:35	02:25:16	03:47:49.40	03:47:50.45		7:20	8.2 (100%)
2	MAJEWSKA Agata	2015		K-40	1	00:55:05	01:44:58	02:33:01	04:03:40.90	04:03:42.70	+00:15:52 (6.5%)	7:51	7.6 (92.7%)
3	KARCZEWSKA Joanna	2118		K-40	2	00:55:05	01:43:55	02:30:27	04:04:20.75	04:04:23.35	+00:16:32 (6.8%)	7:52	7.6 (92.7%)
4	BONIEC-RZEPSKA Gabriela	2188	AW-SZYBCIEJ-TEAM	K-30	2	00:54:20	01:47:02	02:37:04	04:04:48.45	04:04:50.00	+00:16:59 (6.9%)	7:53	7.6 (92.7%)
5	GÓRSKA Agnieszka	2120	ŻARY ULTRA SPAM	K-40	3	01:01:17	01:51:53	02:38:05	04:07:15.00	04:07:26.15	+00:19:35 (7.9%)	7:58	7.5 (91.5%)
6	KRUŻOŁEK Monika	2042	TURBOPTYSIE	K-30	3	00:59:32	01:51:47	02:39:33	04:11:56.10	04:12:01.50	+00:24:11 (9.6%)	8:07	7.4 (90.2%)
7	MARZEC Karolina	2026	DZIKIE DZIKI GORZÓW	K-40	4	00:59:41	01:51:53		04:13:24.25	04:13:27.80	+00:25:37 (10.1%)	8:10	7.3 (89.0%)
8	GRUND Justyna	2022	MAFIA TEAM LUBLINIEC	K-30	4	00:59:06	01:51:53	02:42:04	04:19:12.70	04:19:15.90	+00:31:25 (12.1%)	8:21	7.2 (87.8%)
9	BOGUCKA Emilia	2114	BROWAR FORTUNA TEAM/ WLKP MOUNTAIS ULTRA	K-40	5	01:02:21	01:57:12	02:49:20	04:27:37.95	04:27:42.70	+00:39:52 (14.9%)	8:37	7 (85.4%)
10	SZEP CZYŃSKA Anna	2105	ŻARY RUUNERS TEAM	K-40	6	01:06:44	02:00:28	02:50:43	04:27:50.85	04:28:01.70	+00:40:11 (15.0%)	8:38	6.9 (84.1%)
11	KRYM Katarzyna	2108	GOOD MOVE	K-40	7	01:05:31	02:01:45	02:53:47	04:30:30.00	04:30:36.55	+00:42:46 (15.8%)	8:43	6.9 (84.1%)
12	ŚLIŻ Sylwia	2000		K-30	5	01:03:00	02:00:20	02:52:46	04:31:24.55	04:31:26.85	+00:43:36 (16.1%)	8:45	6.9 (84.1%)
13	PIECUCH Karolina	2032		K-30	6	01:01:29	01:57:53	02:50:57	04:33:05.65	04:33:07.70	+00:45:17 (16.6%)	8:48	6.8 (82.9%)
14	CHOJNACKA Marta	2080	OWOCBIEGA TEAM	K-40	8	01:06:31	02:03:12	02:57:45	04:37:28.55	04:37:33.40	+00:49:42 (17.9%)	8:57	6.7 (81.7%)
15	PYZIK Ewa	2078	MATNER RUNNING TEAM	K-40	9	01:06:47	02:05:37	03:02:04	04:43:36.95	04:43:57.10	+00:56:06 (19.8%)	9:08	6.6 (80.5%)

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16	PACZKOWSKA Katarzyna	2204	WLKP MOUNTAINS ULTRA	K-40	10	01:03:42	02:00:19	02:56:44	04:45:57.60	04:46:00.00	+00:58:09 (20.3%)	9:13	6.5 (79.3%)
17	RYBARCZYK Ilona	2039	KOŁO BIEGA/GRUNT	K-30	7	01:07:28	02:05:14	03:02:26	04:46:24.50	04:46:28.70	+00:58:38 (20.5%)	9:14	6.5 (79.3%)
18	DUBAS Anna	2145	SPRAWDZAMY-NIERUCHOMOSCI.PL	K-30	8	01:06:02	02:04:39	03:04:43	04:57:08.20	04:57:08.20	+01:09:17 (23.3%)	9:35	6.3 (76.8%)
19	GRĄCKA Agnieszka	2151	COMMERZBANK	K-40	11	01:09:38	02:07:56	03:09:14	04:58:07.10	04:58:12.20	+01:10:21 (23.6%)	9:37	6.2 (75.6%)
20	PROMIŃSKA Karolina	2082	PĘDZĄCE ŻELKI	K-30	9	01:07:57	02:07:53	03:06:35	05:06:10.10	05:06:15.95	+01:18:25 (25.6%)	9:52	6.1 (74.4%)
21	MICHALSKA Bogna	2181		K-40	12	01:12:49	02:14:42	03:16:23	05:10:03.10	05:10:11.20	+01:22:20 (26.5%)	10:00	6 (73.2%)
22	WOJCIECHOWSKA Małgorzata	2085		K-30	10	01:08:35	02:14:38	03:17:17	05:12:58.00	05:13:01.10	+01:25:10 (27.2%)	10:05	5.9 (72.0%)
23	TOMYŚLAK Magdalena	2132	TAKECONTROL	K-30	11	01:13:47	02:17:08	03:17:32	05:15:11.60	05:15:21.40	+01:27:30 (27.8%)	10:10	5.9 (72.0%)
24	KUSZTELSKA Lucyna	2173	WLKP MOUNTAINS ULTRA	K-40	13	01:13:31	02:16:07	03:24:31	05:15:47.15	05:15:53.70	+01:28:03 (27.9%)	10:11	5.9 (72.0%)
25	WALASIK Urszula	2024	BLACKDEVILS	K-50	1	01:17:35	02:20:39	03:25:47	05:18:30.30	05:18:38.15	+01:30:47 (28.5%)	10:16	5.8 (70.7%)
26	KAMELA-KRÓL Iwona	2103	ULTRA BANICI/NIGHT RUNNERS	K-40	14	01:13:25	02:18:59	03:22:06	05:19:53.60	05:19:57.30	+01:32:06 (28.8%)	10:19	5.8 (70.7%)
26	RAJEWSKA Magdalena	2106	ULTRA BANICI / NIGHT RUNNERS	K-30	12	01:13:26	02:18:58	03:22:11	05:19:54.20	05:19:57.30	+01:32:06 (28.8%)	10:19	5.8 (70.7%)
28	SZAROWAR Alicja	2113	KW ZIELONA GÓRA	K-40	15	01:16:14	02:19:41	03:25:25	05:22:24.90	05:22:46.45	+01:34:56 (29.4%)	10:24	5.8 (70.7%)
29	WUJDA Marta	2088	ULTRA SPAM ŻARY	K-40	16	01:17:05	02:24:36	03:30:58	05:25:54.10	05:26:09.05	+01:38:18 (30.1%)	10:30	5.7 (69.5%)
30	FORYŚ Agnieszka	2150		K-40	17	01:19:24	02:27:35	03:33:15	05:34:04.40	05:34:11.55	+01:46:21 (31.8%)	10:46	5.6 (68.3%)
31	WESOŁOWSKA Iwona	2175		K-40	18	01:19:13	02:28:50	03:35:57	05:41:49.85	05:41:55.80	+01:54:05 (33.4%)	11:01	5.4 (65.9%)
32	NADOBNIK Beata	2137	SPORTOWY KAŻMIERZ	K-50	2	01:26:29	02:33:14	03:41:00	05:42:15.35	05:42:25.60	+01:54:35 (33.5%)	11:02	5.4 (65.9%)
33	KACZMAREK Marta	2159	SPORTOWY KAŻMIERZ	K-40	19	01:26:42	02:33:39	03:41:31	05:42:44.15	05:42:55.90	+01:55:05 (33.6%)	11:03	5.4 (65.9%)
34	ŁOBASIUK Iwona	2194		K-50	3	01:20:59	02:35:01	03:45:43	05:49:54.35	05:50:26.35	+02:02:35 (35.0%)	11:17	5.3 (64.6%)
35	PYZIO Magda	2135		K-30	13	01:17:06	02:27:12	03:40:49	05:51:49.70	05:51:58.55	+02:04:08 (35.3%)	11:20	5.3 (64.6%)
35	WALIŃSKA Agata	2144	WWW.SPRAWDZAMY-NIERUCHOMOSCI.PL	K-40	20	01:19:22	02:28:19	03:40:04	05:51:10.20	05:51:58.55	+02:04:08 (35.3%)	11:19	5.3 (64.6%)
37	BIRECKA Kamilla	2003		K-50	4	01:22:35	02:36:48	03:45:55	05:56:50.45	05:57:32.30	+02:09:41 (36.3%)	11:30	5.2 (63.4%)
38	KWIATKOWSKA Zuzanna	2072	RNB TEAM POLANICA ZDRÓJ	K-50	5	01:21:01	02:32:35	03:40:47	06:02:21.15	06:02:36.75	+02:14:46 (37.2%)	11:41	5.1 (62.2%)

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39	GAJEWSKA Joanna	2057		K-30	14	01:23:17	02:38:12	03:48:38	06:02:44.85	06:03:08.90	+02:15:18 (37.3%)	11:42	5.1 (62.2%)
40	SURDEL Aleksandra	2017		K-40	21	01:15:13	02:28:47	03:43:31	06:03:09.15	06:03:11.75	+02:15:21 (37.3%)	11:42	5.1 (62.2%)
41	SZWARGOT Marta	2156	SPORTOWY KAŻMIERZ	K-30	15	01:26:45	02:35:41	03:46:52	06:05:20.55	06:05:31.30	+02:17:40 (37.7%)	11:47	5.1 (62.2%)
42	MILLER Agnieszka	2041	BIEGAM BO LUBIĘ LASY BOGDANIEC	K-30	16	01:24:22	02:40:10	03:52:10	06:09:17.90	06:09:38.10	+02:21:47 (38.4%)	11:54	5 (61.0%)
43	CZEKALSKA Magdalena	2070	NARAMOWICE BIEGAJĄ	K-40	22	01:27:10	02:43:23	03:57:04	06:12:02.70	06:12:38.80	+02:24:48 (38.9%)	12:00	5 (61.0%)
44	NOWAK Marta	2148	NARAMOWICE BIEGAJĄ	K-40	23	01:27:14	02:43:24	03:57:49	06:12:41.65	06:13:15.70	+02:25:25 (39.0%)	12:01	5 (61.0%)
45	DUNOWSKA Ilona	2046	BBL LASY BOGDANIEC	K-50	6	01:36:56	03:02:43	04:23:30	06:55:36.00	06:55:56.30	+03:08:05 (45.2%)	13:24	4.5 (54.9%)
	SOWIŃSKA Anetta	2048		K-50		01:51:41	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 46 wynik(ów)