

ZŁOTY MARATON - 45 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2018-07-19
Miejsce: Łądek-Zdrój
Dystans: 45 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Masters K - 40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
1	BOGUCA Emilia	362	PRACOWNIA RZEŻBIARSKA BOGUCCY	Masters K - 40	1	01:16:31	02:52:56	04:21:27	05:43:58.55	05:44:09.35		7:38	7.8 (100%)
2	BOCHEŃSKA Aleksandra	126	PRO-RUN WROCŁAW	Masters K - 40	2	01:22:06	03:00:35	04:28:01	05:45:17.50	05:45:34.30	+00:01:24 (0.4%)	7:40	7.8 (100%)
3	RAKOWSKA Magdalena	276	DRUŻYNA TVN	Masters K - 40	3	01:23:44	03:04:09	04:36:59	05:59:31.75	05:59:41.80	+00:15:32 (4.3%)	7:59	7.5 (96.2%)
4	REDMANN Edyta	319		Masters K - 40	4	01:27:24	03:07:40	04:38:48	06:01:51.00	06:02:05.35	+00:17:56 (5.0%)	8:02	7.5 (96.2%)
5	KOSINSKA Bozena	373		Masters K - 40	5	01:27:11	03:10:34	04:41:57	06:05:01.75	06:05:29.95	+00:21:20 (5.8%)	8:06	7.4 (94.9%)
6	WOJTKOWIAK Renata	10	PIĄTKOWO NA BIEGOWO	Masters K - 40	6	01:24:37	03:07:25	04:42:30	06:06:23.30	06:06:41.95	+00:22:32 (6.1%)	8:08	7.4 (94.9%)
7	WALEŃSKA Ewa	189	GT RAT	Masters K - 40	7	01:21:43	03:05:06	04:39:28	06:08:29.30	06:08:45.65	+00:24:36 (6.7%)	8:11	7.3 (93.6%)
8	BALICKA-KOCHEL Monika	353	KOWARY BIEGAJĄ	Masters K - 40	8	01:24:40	03:08:43	04:43:58	06:14:11.20	06:14:23.90	+00:30:14 (8.1%)	8:18	7.2 (92.3%)
9	BURDAJEWICZ Katarzyna	124	RUNNERS POWER ŚREM	Masters K - 40	9	01:25:55	03:15:18	04:53:23	06:24:57.40	06:25:06.55	+00:40:57 (10.6%)	8:33	7 (89.7%)
10	GŁOWACKA Renata	36	TRI AKTYWNY PIOTRKÓW	Masters K - 40	10	01:28:15	03:14:16	04:57:05	06:31:32.35	06:31:38.30	+00:47:28 (12.1%)	8:42	6.9 (88.5%)
11	TOMCZAK Agnieszka	316		Masters K - 40	11	01:27:08	03:31:52	05:11:54	06:43:31.70	06:43:40.55	+00:59:31 (14.7%)	8:58	6.7 (85.9%)
12	SMAŻYK Ewelina	192		Masters K - 40	12	01:36:09	03:27:03	05:14:47	06:52:24.65	06:52:48.60	+01:08:39 (16.6%)	9:09	6.5 (83.3%)
13	TARCZYŃSKA Halina	366		Masters K - 40	13	01:31:29	03:25:54	05:11:47	06:52:47.30	06:53:10.90	+01:09:01 (16.7%)	9:10	6.5 (83.3%)
14	BRZĘCZEK Izabela	56		Masters K - 40	14	01:36:11	03:34:42	05:24:12	07:03:39.95	07:04:01.95	+01:19:52 (18.8%)	9:24	6.4 (82.1%)
15	BANDUROWSKA Agnieszka	176	KB SPOCENI NOWA SÓL	Masters K - 40	15	01:36:44	03:32:02	05:23:18	07:07:47.95	07:08:03.70	+01:23:54 (19.6%)	9:30	6.3 (80.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
16	SZNAJDER Joanna	354	BIEGAM BRUM BRUM	Masters K - 40	16	01:35:23	03:36:38	05:25:46	07:08:23.20	07:08:37.35	+01:24:28 (19.7%)	9:31	6.3 (80.8%)
17	ZOWAL Anna	45	W POGONI ZA DUCHEM	Masters K - 40	17	01:42:09	03:43:29	05:32:36	07:10:46.55	07:10:51.85	+01:26:42 (20.1%)	9:34	6.3 (80.8%)
18	GĄSOWSKA Renata	21	DREAM RUN / RADOSNE-TRENOWANIE.BLOGSPOT.COM	Masters K - 40	18	01:44:51	03:49:26	05:34:29	07:11:02.30	07:11:50.65	+01:27:41 (20.3%)	9:34	6.3 (80.8%)
19	CIERPIKOWSKA Agnieszka	242		Masters K - 40	19	01:44:27	03:42:38	05:32:28	07:13:00.40	07:13:54.20	+01:29:44 (20.7%)	9:37	6.2 (79.5%)
20	SOBORSKA Sylwia	347	SAINT-GOBAIN SQUAD	Masters K - 40	20	01:42:50	03:49:38	05:39:13	07:13:46.75	07:14:05.40	+01:29:56 (20.7%)	9:38	6.2 (79.5%)
21	DANIELIK-SŁODKOWSKA Sylwia	112		Masters K - 40	21	01:36:39	03:44:56	05:33:26	07:21:24.55	07:21:32.35	+01:37:23 (22.1%)	9:48	6.1 (78.2%)
22	PUCHALSKA Olga	380		Masters K - 40	22	01:41:08	03:47:50	05:38:22	07:21:34.25	07:21:58.75	+01:37:49 (22.1%)	9:48	6.1 (78.2%)
23	WESOŁOWSKA Joanna	136	WKS B	Masters K - 40	23	01:40:33	03:45:14	05:34:23	07:21:53.65	07:22:14.00	+01:38:04 (22.2%)	9:49	6.1 (78.2%)
24	GÓRSKA-NOWAK Tatiana	128	AGB TORFY	Masters K - 40	24	01:43:14	03:49:01	05:42:59	07:24:31.50	07:25:20.25	+01:41:10 (22.7%)	9:52	6.1 (78.2%)
25	LESZCZYŃSKA Iwona	413	AIR CONSULTING	Masters K - 40	25	01:35:11	03:44:06	05:33:48	07:25:00.80	07:25:51.95	+01:41:42 (22.8%)	9:53	6.1 (78.2%)
26	POŁOMSKA Agnieszka	264	AKTYWNY OSTRZESZÓW	Masters K - 40	26	01:44:54	03:52:54		07:29:10.00	07:29:10.00	+01:45:00 (23.4%)	9:58	6 (76.9%)
27	PIJANKA Monika	153	BBL OPOLE	Masters K - 40	27	01:47:46	03:58:59	05:49:27	07:29:19.55	07:30:05.10	+01:45:55 (23.5%)	9:59	6 (76.9%)
28	DRAJERCZAK Marlena	387	MUAY RUNNING TEAM	Masters K - 40	28	01:43:35	03:52:44	05:52:43	07:46:57.15	07:47:27.60	+02:03:18 (26.4%)	10:22	5.8 (74.4%)
29	BOROWIEC Renata	66	MAMY-BIEGAMY KIELCE	Masters K - 40	29	01:44:57	03:55:05	05:56:04	07:47:36.85	07:48:27.10	+02:04:17 (26.5%)	10:23	5.8 (74.4%)
30	LECHOWSKA Katarzyna	64	MAMY BIEGAMY KIELCE, WKURW_TEAM	Masters K - 40	30	01:44:56	03:54:49	05:54:50	07:47:36.90	07:48:27.55	+02:04:18 (26.5%)	10:23	5.8 (74.4%)
31	PORTACHA Katarzyna	37		Masters K - 40	31	01:44:58	04:06:13	06:01:31	07:48:19.55	07:48:57.45	+02:04:48 (26.6%)	10:24	5.8 (74.4%)
32	WAŚCIŃSKA Edyta	151	PĘDZI - PARA	Masters K - 40	32	01:44:38	03:53:07		07:50:05.35	07:50:18.35	+02:06:09 (26.8%)	10:26	5.7 (73.1%)
33	ONAK Izabela	235	OCHAJORUN & FRIENDS	Masters K - 40	33	01:46:08	04:05:30	06:03:12	07:50:33.80	07:50:58.15	+02:06:48 (26.9%)	10:27	5.7 (73.1%)
34	LESZCZYŃSKA Lidia	72		Masters K - 40	34	01:43:18	03:56:20	06:09:05	07:52:26.30	07:52:47.50	+02:08:38 (27.2%)	10:29	5.7 (73.1%)
35	SMOLEŃ Dagmara	381		Masters K - 40	35	01:49:18	04:09:19	06:05:07	07:52:28.85	07:52:53.30	+02:08:43 (27.2%)	10:29	5.7 (73.1%)
36	WOJEWODA Renata	44	RUN THE PARK TRIWAWA	Masters K - 40	36	01:44:58	03:57:55	06:02:58	07:53:50.10	07:54:38.85	+02:10:29 (27.5%)	10:31	5.7 (73.1%)
37	SZOŁTYSEK Beata	406	OCHAJORUN & FRIENDS	Masters K - 40	37	01:46:17	04:05:31	06:03:17	07:57:51.50	07:58:15.75	+02:14:06 (28.0%)	10:37	5.7 (73.1%)
38	BAREŁKOWSKA Katarzyna	19	NIGHT RUNNERS	Masters K - 40	38	01:44:56	04:03:59	06:14:12	07:58:01.00	07:58:49.15	+02:14:39 (28.1%)	10:37	5.6 (71.8%)
Przekroczony limit czasu: 08:00:00													

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39	GARCZEWSKA-PASZKO Joanna	82		Masters K - 40	39	01:43:01	04:13:49	06:21:44	08:13:57.15	08:14:14.85	+02:30:05 (30.4%)	10:58	5.5 (70.5%)
40	KACZMAREK Agata	71	NEST TEAM	Masters K - 40	40	01:50:55	04:17:13	06:30:00	08:28:39.85	08:28:54.80	+02:44:45 (32.4%)	11:18	5.3 (67.9%)
41	KOWAL Ewa	211		Masters K - 40	41	01:52:02	04:20:38	06:26:19	08:28:32.35	08:28:55.15	+02:44:45 (32.4%)	11:18	5.3 (67.9%)
42	GRĘZEL-GAWRON Jolanta	48		Masters K - 40	42	01:50:00	04:21:00	06:38:29	08:36:00.60	08:36:34.95	+02:52:25 (33.4%)	11:28	5.2 (66.7%)
	NAMYŚLAK Renata	160	KOŁO BIEGA	Masters K - 40		01:55:16 DNF	04:36:21 DNF	DNF	DNF	DNF		-	- (0.0%)
	PTASZYŃSKA Anna	105	SPEED FEET '16	Masters K - 40		01:57:32 DNF	04:38:07 DNF	DNF	DNF	DNF		-	- (0.0%)
	POLAK Agnieszka	363	AGIREH	Masters K - 40		01:42:57 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	SKIBICKA Dorota	372	PZU SPORT TEAM	Masters K - 40		01:51:42 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	MICHALSKA Małgorzata	132	FUDU&CO SPORT TEAM	Masters K - 40		03:00:00 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	MALIK Agnieszka	414		Masters K - 40		DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 48 wynik(ów)