

ZŁOTY MARATON - 45 KM

B4SPORT

Event: Dolnośląski Festiwal Biegów Górskich
Organiser: Fundacja MARATONY GÓRSKIE
Date: 2020-07-16
Place: Łądek-Zdrój
Distance: 45 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Classification: Masters K - 40

Place	Participant	Number	Club	Category	MCat	B1 10km	B2 22km	A15 33km	Net time 45km	Gap	Pace min/km	Pace km/h
1	CICHOŃ Magdalena	5458		Masters K - 40	1	01:29:46	03:05:04	04:22:09	05:35:11.85		7:26	8.1 (100%)
2	ZYCH Katarzyna	5003	BONNIE & CLYDE	Masters K - 40	2	01:24:04	03:01:39	04:22:02	05:41:14.55	+00:06:02 (1.8%)	7:34	7.9 (97.5%)
3	STRAUCHOLD Anna	5169	PRO RUN WROCŁAW	Masters K - 40	3	01:26:42	03:03:08	04:26:29	05:44:03.00	+00:08:51 (2.6%)	7:38	7.8 (96.3%)
4	RÓLKA Mariola	5471	BRACIA PIETRZAK RUNNING TEAM	Masters K - 40	4	01:27:57	03:09:25	04:36:38	05:52:43.75	+00:17:31 (5.0%)	7:50	7.7 (95.1%)
5	ZŁOTNICKA Olga	5118		Masters K - 40	5	01:37:04	03:25:05	04:55:11	06:18:15.75	+00:43:03 (11.4%)	8:24	7.1 (87.7%)
6	SIENNICA Joanna	5097		Masters K - 40	6	01:37:16	03:25:15	04:55:23	06:18:25.80	+00:43:13 (11.4%)	8:24	7.1 (87.7%)
7	KUJAWSKA Agnieszka	5098		Masters K - 40	7	01:36:03	03:26:37	04:58:18	06:27:34.65	+00:52:22 (13.5%)	8:36	7 (86.4%)
8	DZIUBEK Monika	5236	W POGONI ZA DUCHEM	Masters K - 40	8	01:40:17	03:31:34	05:07:05	06:32:28.05	+00:57:16 (14.6%)	8:43	6.9 (85.2%)
9	ŚWIATOWIEC Anna	5062		Masters K - 40	9	01:41:50	03:32:07	05:05:50	06:34:30.60	+00:59:18 (15.0%)	8:46	6.8 (84.0%)
10	KORBANEK Emilia	5508	GRUNWALD TEAM POZNAŃ	Masters K - 40	10	01:44:50	03:42:22	05:14:54	06:41:34.45	+01:06:22 (16.5%)	8:55	6.7 (82.7%)
11	ROSZYK Magdalena	5043	DRUŻYNA SZPIKU	Masters K - 40	11	01:48:56	03:42:19	05:18:56	06:44:58.60	+01:09:46 (17.2%)	8:59	6.7 (82.7%)
12	SARNOWSKA Karolina	5266	PRORUNNING PROMOTION	Masters K - 40	12	01:39:08	03:33:38	05:17:33	06:46:27.50	+01:11:15 (17.5%)	9:01	6.6 (81.5%)
13	MOSKAL Izabella	5154	TKKF MPK POZNAŃ	Masters K - 40	13	01:39:20	03:36:37	05:16:41	06:48:48.70	+01:13:36 (18.0%)	9:05	6.6 (81.5%)
14	KRZYZIŃSKA Sylwia	5481	DOGOŃ GRODZISK MAZOWIECKI	Masters K - 40	14	01:45:30	03:49:42	05:29:49	06:57:03.85	+01:21:52 (19.6%)	9:16	6.5 (80.2%)
15	LIBERACKA-KOPYTEK Ewa	5046		Masters K - 40	15	01:40:16	03:31:17	05:17:11	06:57:29.00	+01:22:17 (19.7%)	9:16	6.5 (80.2%)

Place	Participant	Number	Club	Category	MCat	B1	B2	A15	Net time	Gap	Pace min/km	Pace km/h
						10km	22km	33km	45km			
16	WIECZOREK Elżbieta	5178	POMIDOROWA ALTERNATYWA	Masters K - 40	16	01:46:23	03:43:49	05:31:10	06:58:46.25	+01:23:34 (20.0%)	9:18	6.4 (79.0%)
17	ŻELAZNY Agnieszka	5032	GORLICKA GRUPA BIEGOWA	Masters K - 40	17	01:38:12	03:35:55	05:22:11	07:00:22.45	+01:25:10 (20.3%)	9:20	6.4 (79.0%)
18	ZIELIŃSKA Mirona	5113		Masters K - 40	18	01:53:40	03:51:45	05:31:05	07:09:28.05	+01:34:16 (22.0%)	9:32	6.3 (77.8%)
19	URBANIK Zuzanna	5446		Masters K - 40	19	01:36:19	03:41:48	05:37:07	07:12:56.75	+01:37:44 (22.6%)	9:37	6.2 (76.5%)
20	BOROWICZ Paulina	5393	QUAY POZNAŃ	Masters K - 40	20	01:47:34	03:51:02	05:40:45	07:15:34.15	+01:40:22 (23.0%)	9:40	6.2 (76.5%)
21	WÓJCIK Kamila	5510	LACHO TEAM	Masters K - 40	21	01:54:17	04:07:16	05:49:25	07:16:15.00	+01:41:03 (23.2%)	9:41	6.2 (76.5%)
22	CZECH Dorota	5104	PRO-RUN WROCŁAW	Masters K - 40	22	01:47:29	03:51:56	05:39:11	07:16:59.25	+01:41:47 (23.3%)	9:42	6.2 (76.5%)
23	HRYCIUK Katarzyna	5122	EKOBIEGI	Masters K - 40	23	01:49:02	03:51:40	05:39:11	07:18:47.50	+01:43:35 (23.6%)	9:45	6.2 (76.5%)
24	ŁASKAWSKA Justyna	5504		Masters K - 40	24	01:39:23	03:44:05	05:32:11	07:20:03.25	+01:44:51 (23.8%)	9:46	6.1 (75.3%)
25	JAWORSKA Katarzyna	5248		Masters K - 40	25	01:49:24	04:00:06	05:45:53	07:21:18.75	+01:46:06 (24.0%)	9:48	6.1 (75.3%)
26	ADAMSKA Agnieszka	5319	AKTYWNY OSTRZESZÓW	Masters K - 40	26	01:57:12	04:00:04	05:52:00	07:25:46.45	+01:50:34 (24.8%)	9:54	6.1 (75.3%)
27	ŁATKOWSKA Monika	5288	GRUPA BIEGOWA CHTMO	Masters K - 40	27	01:51:38	03:58:24	05:52:31	07:30:13.60	+01:55:01 (25.5%)	10:00	6 (74.1%)
28	KAPELSKA-KOBLAŃSKA Milena	5134	MATNER RUNNING TEAM	Masters K - 40	28	01:50:24	03:50:49	05:47:45	07:31:07.75	+01:55:55 (25.7%)	10:01	6 (74.1%)
29	JAWORSKA Magdalena	5088	GB WIELKOPOLSCY BIEGACZE/TEAM KGB	Masters K - 40	29	01:46:50	03:55:54	05:50:13	07:31:23.50	+01:56:11 (25.7%)	10:01	6 (74.1%)
30	SZYSZKO Ewa	5085	MARKOWI BIEGACZE	Masters K - 40	30	01:54:07	04:05:04	05:59:10	07:32:36.50	+01:57:24 (25.9%)	10:03	6 (74.1%)
31	LACH Agnieszka	5326		Masters K - 40	31	01:44:55	03:51:13	05:49:14	07:32:37.25	+01:57:25 (25.9%)	10:03	6 (74.1%)
32	WILK Magdalena	5445	ULTRAPOŚLADACH/TEAM ZABIEGANEDNI	Masters K - 40	32	01:43:55	03:53:11	05:54:17	07:33:02.00	+01:57:50 (26.0%)	10:04	6 (74.1%)
33	CZARNY Anna	5227		Masters K - 40	33	01:56:45	04:06:19	05:56:17	07:35:19.30	+02:00:07 (26.4%)	10:07	5.9 (72.8%)
34	BAIER-JASTRZĄBEK Marta	5076	OBORNICKI KLUB LEEKOATLETYCZNY	Masters K - 40	34	01:57:20	04:02:10	05:58:35	07:35:28.40	+02:00:16 (26.4%)	10:07	5.9 (72.8%)
35	RUNOWICZ Magdalena	5056		Masters K - 40	35	01:52:34	03:56:38	05:44:38	07:37:37.35	+02:02:25 (26.8%)	10:10	5.9 (72.8%)
36	GRĘZEL-GAWRON Jolanta	5329	J.G JOLANTA GRĘZEL-GAWRON	Masters K - 40	36	01:51:43	04:06:31	05:56:52	07:42:23.15	+02:07:11 (27.5%)	10:16	5.8 (71.6%)
37	JANOWSKA Ula	5093		Masters K - 40	37	01:48:36	03:58:00	05:41:39	07:45:15.10	+02:10:03 (28.0%)	10:20	5.8 (71.6%)
38	IGNASZEWSKA Marta	5015	DRUŻYNA SZPIKU	Masters K - 40	38	01:48:43	04:01:33	06:06:25	07:48:31.60	+02:13:19 (28.5%)	10:24	5.8 (71.6%)

Place	Participant	Number	Club	Category	MCat	B1	B2	A15	Net time	Gap	Pace min/km	Pace km/h
						10km	22km	33km	45km			
39	GMAJ Karolina	5127		Masters K - 40	39	01:51:34	04:09:36	06:04:15	07:49:57.90	+02:14:46 (28.7%)	10:26	5.7 (70.4%)
40	SKIBICKA Dorota	5355	PZU SPORT TEAM	Masters K - 40	40	01:52:03	04:09:34	06:08:34	07:51:13.55	+02:16:01 (28.9%)	10:28	5.7 (70.4%)
41	GAJEWSKA Agnieszka	5035	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Masters K - 40	41	01:52:06	04:04:25	06:09:21	07:53:14.20	+02:18:02 (29.2%)	10:31	5.7 (70.4%)
42	KOWALSKA Małgorzata	5296		Masters K - 40	42	02:06:16	04:20:00	06:09:25	07:54:05.35	+02:18:53 (29.3%)	10:32	5.7 (70.4%)
43	GŁĄBICA Justyna	5231		Masters K - 40	43	01:48:57	04:20:49	06:26:31	07:56:18.80	+02:21:06 (29.6%)	10:35	5.7 (70.4%)
44	BAGIŃSKA Paulina	5374		Masters K - 40	44	01:36:59	03:48:17	05:54:59	07:57:12.30	+02:22:00 (29.8%)	10:36	5.7 (70.4%)
45	POMIANOWSKA Anna	5386		Masters K - 40	45	01:58:22	04:14:31	06:12:12	07:59:09.55	+02:23:57 (30.0%)	10:38	5.6 (69.1%)
46	MAJCHRZAK Monika	5044	WKURW_TEAM	Masters K - 40	46	01:59:46	04:19:09	06:14:51	08:01:23.90	+02:26:12 (30.4%)	10:41	5.6 (69.1%)
47	RZYWUCKA Jolanta	5198	4 RUN TEAM PIŁA	Masters K - 40	47	02:09:47	04:24:04	06:18:21	08:06:55.10	+02:31:43 (31.2%)	10:49	5.5 (67.9%)
48	KRAJEWSKA-KŁODA Katarzyna	5058	DRUŻYNA SZPIKU	Masters K - 40	48	02:11:42	04:40:00	06:38:03	08:14:39.05	+02:39:27 (32.2%)	10:59	5.5 (67.9%)
49	BARANIAK Beata	5176	DRUŻYNA SZPIKU	Masters K - 40	49	02:11:52	04:40:07	06:38:15	08:14:49.25	+02:39:37 (32.3%)	10:59	5.5 (67.9%)
50	TRZECIAK Ewelina	5283		Masters K - 40	50	02:00:02	04:31:53	06:34:23	08:16:34.85	+02:41:23 (32.5%)	11:02	5.4 (66.7%)
51	BĘDZIŃSKA Jolanta	5279		Masters K - 40	51	02:06:16	04:35:04	06:32:19	08:18:10.95	+02:42:59 (32.7%)	11:04	5.4 (66.7%)
52	KUKLA-KOWALSKA Alicja	5114		Masters K - 40	52	01:58:52	04:23:39	06:28:27	08:18:34.65	+02:43:22 (32.8%)	11:04	5.4 (66.7%)
53	ZIELIŃSKA CZERBNIAK Izabela	5200	TARNOWO PODGÓRNA BIEGA	Masters K - 40	53	02:06:27	04:32:07	06:33:07	08:20:14.10	+02:45:02 (33.0%)	11:06	5.4 (66.7%)
54	SZULC Joanna	5082	WYBIEGANIA MPK	Masters K - 40	54	02:05:04	04:33:26	06:34:53	08:24:36.40	+02:49:24 (33.6%)	11:12	5.4 (66.7%)
55	MRUCZYŃSKA-PIETRUCZANIS Katarzyna	5071	WKURW_TEAM / AKTYWNI WĘGRÓW	Masters K - 40	55	02:03:47	04:29:56	06:31:54	08:25:26.60	+02:50:14 (33.7%)	11:13	5.3 (65.4%)
56	LATOS Joanna	5180		Masters K - 40	56	02:11:24	04:37:40	06:37:28	08:25:41.60	+02:50:29 (33.7%)	11:14	5.3 (65.4%)
57	KIEŁCZYŃSKA Katarzyna	5036	OVER 40 TEAM	Masters K - 40	57	01:55:48	04:29:51	06:36:42	08:25:43.60	+02:50:31 (33.7%)	11:14	5.3 (65.4%)
58	BĄCZYK Monika	5160	MONIA GYM	Masters K - 40	58	02:00:04	04:18:41	06:25:03	08:25:47.60	+02:50:35 (33.7%)	11:14	5.3 (65.4%)
59	LEWANDOWSKA Ewa	5110		Masters K - 40	59	02:01:46	04:19:22	06:26:44	08:32:11.45	+02:56:59 (34.6%)	11:22	5.3 (65.4%)
60	GÓRNA Aldona	5101	ŻÓŁWICE W BIEGU	Masters K - 40	60	02:00:37	04:38:53	06:42:51	08:43:34.30	+03:08:22 (36.0%)	11:38	5.2 (64.2%)
61	LANGHE Hanna	5102	ŻÓŁWICE W BIEGU	Masters K - 40	61	02:00:47	04:39:05	06:43:00	08:43:45.45	+03:08:33 (36.0%)	11:38	5.2 (64.2%)

Place	Participant	Number	Club	Category	MCat	Net time			Net time 45km	Gap	Pace min/km	Pace km/h
						B1 10km	B2 22km	A15 33km				
62	WAŁECKA Agnieszka	5381	3W	Masters K - 40	62	02:31:09	05:23:07	07:46:47	09:41:03.45	+04:05:51 (42.3%)	12:54	4.6 (56.8%)
63	FORMELA Justyna	5411		Masters K - 40	63	02:12:51	05:07:55	07:29:51	09:48:39.95	+04:13:28 (43.1%)	13:04	4.6 (56.8%)
64	MAKAREWICZ Sylwia	5520		Masters K - 40	64	02:14:19	04:56:33	07:26:12	10:09:58.70	+04:34:46 (45.0%)	13:33	4.4 (54.3%)
Przekroczony limit czasu: 10:45:00												
65	PAWŁOWSKA Danuta	5369		Masters K - 40	65	02:41:15	05:52:22	08:33:57	11:36:25.10	+06:01:13 (51.9%)	15:28	3.9 (48.1%)

Total 65 results.