

# ZŁOTY MARATON - 45 KM

B4SPORT

**Wydarzenie:** Dolnośląski Festiwal Biegów Górskich  
**Organizator:** Stowarzyszenie TKKF Kompas  
**Data:** 2017-07-20  
**Miejsce:** Łądek Zdrój  
**Dystans:** 45 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN KOBIET

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	<b>ŁĄCZAK Magdalena</b>	<b>3305</b>		Senior II K - 30	1	01:03:29	02:15:31	03:25:59	<b>04:34:12.90</b>	<b>04:34:15.30</b>		6:05	9.8 (100%)
2	<b>KIK Iwona</b>	<b>3186</b>	WOSIK TERVEL TEAM/KW KRAKÓW	Senior II K - 30	2	01:08:48	02:28:22	03:49:20	<b>05:09:24.40</b>	<b>05:09:27.15</b>	+00:35:11 (11.4%)	6:52	8.7 (88.8%)
3	<b>WALASZCZYK Lucyna</b>	<b>3272</b>	NATURAL BORN RUNNERS	Senior II K - 30	3	01:12:01	02:33:35	03:54:23	<b>05:09:42.95</b>	<b>05:09:50.20</b>	+00:35:34 (11.5%)	6:52	8.7 (88.8%)
4	<b>BONDARA Sylwia</b>	<b>3301</b>	ALPIN SPORT TEAM / JACEKBIEGA RUNNING TEAM	Senior II K - 30	4	01:15:24	02:35:30	03:59:31	<b>05:13:51.50</b>	<b>05:13:57.20</b>	+00:39:41 (12.6%)	6:58	8.6 (87.8%)
5	<b>PRUGAR FUKOWSKA Paulina</b>	<b>3276</b>	DREAM RUN	Senior II K - 30	5	01:15:36	02:38:06	04:02:50	<b>05:15:07.50</b>	<b>05:15:16.60</b>	+00:41:01 (13.0%)	7:00	8.6 (87.8%)
6	<b>BIENIECKA Anna</b>	<b>3302</b>	OTK RZEŹNIK	Senior II K - 30	6	01:13:02	02:43:23	04:14:28	<b>05:31:34.00</b>	<b>05:31:39.00</b>	+00:57:23 (17.3%)	7:22	8.1 (82.7%)
7	<b>BAŁYS Katarzyna</b>	<b>3269</b>	HERCOG RUNNING TEAM/ KASIA I TOMEK	Senior II K - 30	7	01:19:55	02:44:48	04:12:11	<b>05:34:52.15</b>	<b>05:34:58.95</b>	+01:00:43 (18.1%)	7:26	8.1 (82.7%)
8	<b>KUMASZKA Anna</b>	<b>3135</b>		Senior II K - 30	8	01:13:44	02:41:58	04:19:18	<b>05:38:26.85</b>	<b>05:38:40.70</b>	+01:04:25 (19.0%)	7:31	8 (81.6%)
9	<b>PETRYNA Jagoda</b>	<b>3247</b>	NOA	Senior I K - 20	1	01:22:19	02:50:33	04:20:08	<b>05:41:02.70</b>	<b>05:41:09.35</b>	+01:06:54 (19.6%)	7:34	7.9 (80.6%)
10	<b>MAKOWSKA Olga</b>	<b>3207</b>	JACEKBIEGA RUNNING TEAM	Senior II K - 30	9	01:20:03	02:50:58	04:22:10	<b>05:46:38.00</b>	<b>05:46:45.90</b>	+01:12:30 (20.9%)	7:42	7.8 (79.6%)
11	<b>KOWALSKA Kasia</b>	<b>3102</b>		Masters K - 40	1	01:24:00	02:54:11	04:22:32	<b>05:46:51.25</b>	<b>05:47:11.40</b>	+01:12:56 (21.0%)	7:42	7.8 (79.6%)
12	<b>PIEUCH Karolina</b>	<b>3099</b>	LACHO TEAM/SKLEPBIEGOWY.COM	Senior II K - 30	10	01:20:29	02:50:11	04:21:58	<b>05:50:47.75</b>	<b>05:51:08.35</b>	+01:16:53 (21.9%)	7:47	7.7 (78.6%)
13	<b>MAĆKOWIAK Magda</b>	<b>3203</b>	NOA	Senior I K - 20	2	01:20:47	02:55:50	04:27:50	<b>05:51:07.70</b>	<b>05:51:12.00</b>	+01:16:56 (21.9%)	7:48	7.7 (78.6%)
14	<b>JURA Dorota</b>	<b>3271</b>	ULTRA BESKID SPORT	Senior II K - 30	11	01:25:32	02:59:46	04:30:31	<b>05:55:55.80</b>	<b>05:56:17.10</b>	+01:22:01 (23.0%)	7:54	7.6 (77.6%)
15	<b>KSIĘŻNIK Dorota</b>	<b>3303</b>		Weteran K - 50	1	01:27:17	03:01:44	04:33:40	<b>05:58:30.45</b>	<b>05:58:54.85</b>	+01:24:39 (23.6%)	7:58	7.5 (76.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km					
16	<b>ZAŁUSKA-LIPA Agnieszka</b>	<b>3030</b>	MOSINA BIEGA	Senior II K - 30	12	01:26:10	02:57:26	04:29:53	<b>05:58:58.85</b>	<b>05:59:18.70</b>	+01:25:03 (23.7%)	7:58	7.5 (76.5%)
17	<b>NADOLNA Ewa</b>	<b>3313</b>		Senior II K - 30	13	01:23:54	02:55:21	04:30:13	<b>05:59:49.15</b>	<b>06:00:27.60</b>	+01:26:12 (23.9%)	7:59	7.5 (76.5%)
18	<b>STRASZKO Monika</b>	<b>3212</b>		Senior II K - 30	14	01:28:24	03:00:03	04:34:53	<b>06:04:58.80</b>	<b>06:05:19.70</b>	+01:31:04 (24.9%)	8:06	7.4 (75.5%)
19	<b>MAJOCH Anna</b>	<b>3005</b>	GVT	Masters K - 40	2	01:24:17	03:01:48	04:39:12	<b>06:08:40.15</b>	<b>06:08:52.30</b>	+01:34:37 (25.7%)	8:11	7.3 (74.5%)
20	<b>FOGIEL-PAWŁOWSKA Agnieszka</b>	<b>3280</b>	LOS BIEGANEROS	Senior II K - 30	15	01:32:27	03:06:57	04:39:35	<b>06:11:18.10</b>	<b>06:11:52.85</b>	+01:37:37 (26.3%)	8:15	7.3 (74.5%)
21	<b>KAMER Joanna</b>	<b>3045</b>	UKA	Senior II K - 30	16	01:30:42	03:08:46	04:45:08	<b>06:15:42.30</b>	<b>06:15:51.60</b>	+01:41:36 (27.0%)	8:20	7.2 (73.5%)
22	<b>POLAK Michalina</b>	<b>3006</b>		Senior I K - 20	3	01:28:35	03:09:58	04:51:50	<b>06:23:05.35</b>	<b>06:23:19.95</b>	+01:49:04 (28.5%)	8:30	7 (71.4%)
23	<b>PAWLIK Joanna</b>	<b>3053</b>	PRETORIUM/ NBR	Senior II K - 30	17	01:27:40	03:07:51	04:51:46	<b>06:24:18.35</b>	<b>06:24:31.40</b>	+01:50:16 (28.7%)	8:32	7 (71.4%)
24	<b>KOT Klaudia</b>	<b>3236</b>	NIGHT RUNNERS	Senior I K - 20	4	01:21:26	03:02:39	05:00:25	<b>06:27:04.60</b>	<b>06:27:10.30</b>	+01:52:55 (29.2%)	8:36	7 (71.4%)
25	<b>REDMANN Edyta</b>	<b>3123</b>	TEAMOCHAL	Masters K - 40	3	01:34:50	03:14:43	04:54:41	<b>06:27:16.70</b>	<b>06:27:43.95</b>	+01:53:28 (29.3%)	8:36	7 (71.4%)
26	<b>OSIKOWSKA Teresa</b>	<b>3193</b>		Senior II K - 30	18	01:31:37	03:10:41	04:53:18	<b>06:28:39.65</b>	<b>06:28:54.60</b>	+01:54:39 (29.5%)	8:38	6.9 (70.4%)
27	<b>DOMAGAŁA Grażyna</b>	<b>3002</b>	NIGHT RUNNERS WROCŁAW	Senior II K - 30	19	01:24:59	03:11:17	04:56:54	<b>06:29:21.35</b>	<b>06:29:58.65</b>	+01:55:43 (29.7%)	8:39	6.9 (70.4%)
28	<b>SONNEK Marta</b>	<b>3060</b>	KB LUPUS	Senior II K - 30	20	01:23:32	03:01:44	04:53:40	<b>06:30:07.00</b>	<b>06:30:21.60</b>	+01:56:06 (29.7%)	8:40	6.9 (70.4%)
29	<b>SAWICZ Monika</b>	<b>3086</b>	FINISZ MORĄG	Senior I K - 20	5	01:24:16	03:07:38	04:51:47	<b>06:34:03.00</b>	<b>06:34:11.90</b>	+01:59:56 (30.4%)	8:45	6.9 (70.4%)
30	<b>CHELIŃSKA Daria</b>	<b>3210</b>	PIĄTKOWO NA BIEGOWO	Senior I K - 20	6	01:31:04	03:15:49	05:00:42	<b>06:37:32.15</b>	<b>06:37:49.80</b>	+02:03:34 (31.1%)	8:50	6.8 (69.4%)
31	<b>BUŁATEWICZ Małgorzata</b>	<b>3158</b>		Senior I K - 20	7	01:34:17	03:21:24	05:07:14	<b>06:43:32.90</b>	<b>06:43:59.50</b>	+02:09:44 (32.1%)	8:58	6.7 (68.4%)
32	<b>MRUGALSKA Liliana</b>	<b>3014</b>	NETBOX BIEGA	Senior I K - 20	8	01:35:15	03:20:14	05:08:59	<b>06:44:07.65</b>	<b>06:44:21.95</b>	+02:10:06 (32.2%)	8:58	6.7 (68.4%)
33	<b>GIBASZEWSKA Justyna</b>	<b>3093</b>		Masters K - 40	4	01:39:57	03:23:43	05:10:14	<b>06:44:13.10</b>	<b>06:44:22.50</b>	+02:10:07 (32.2%)	8:58	6.7 (68.4%)
34	<b>HASIUK Ewelina</b>	<b>3140</b>	VEGE RUNNERS	Senior II K - 30	21	01:33:29	03:22:24	05:08:23	<b>06:47:38.80</b>	<b>06:47:49.30</b>	+02:13:34 (32.8%)	9:03	6.6 (67.3%)
35	<b>FIGLEWICZ Maria</b>	<b>3064</b>		Senior II K - 30	22	01:35:22	03:23:44	05:14:56	<b>06:50:59.15</b>	<b>06:51:06.10</b>	+02:16:50 (33.3%)	9:08	6.6 (67.3%)
36	<b>KORBA Ewa</b>	<b>3065</b>		Masters K - 40	5	01:34:01	03:24:14	05:14:33	<b>06:52:36.40</b>	<b>06:52:58.95</b>	+02:18:43 (33.6%)	9:10	6.5 (66.3%)
37	<b>KOSTECZKA Paulina</b>	<b>3023</b>	KB MANIAC POZNAŃ	Senior II K - 30	23	01:32:28	03:19:23	05:11:22	<b>06:55:09.40</b>	<b>06:55:25.35</b>	+02:21:10 (34.0%)	9:13	6.5 (66.3%)
38	<b>POPIEL Marta</b>	<b>3057</b>		Senior II K - 30	24	01:34:30	03:23:46	05:14:08	<b>06:57:00.05</b>	<b>06:57:18.05</b>	+02:23:02 (34.3%)	9:16	6.5 (66.3%)

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
39	<b>KAŃDUŁA Klaudia</b>	<b>3026</b>	TKD SZAKAL JEŻYCE RUNNERS	Senior II K - 30	25	01:41:37	03:34:21	05:22:43	<b>07:07:49.20</b>	<b>07:08:25.20</b>	+02:34:09 (36.0%)	9:30	6.3 (64.3%)
40	<b>SZYMANKIEWICZ Kalina</b>	<b>3256</b>		Masters K - 40	6	01:36:39	03:25:50	05:22:42	<b>07:12:27.10</b>	<b>07:12:54.85</b>	+02:38:39 (36.6%)	9:36	6.2 (63.3%)
41	<b>BRAUN Maria</b>	<b>3265</b>	SMARTOYS	Masters K - 40	7	01:43:12	03:36:36	05:37:25	<b>07:20:25.05</b>	<b>07:20:31.85</b>	+02:46:16 (37.7%)	9:47	6.1 (62.2%)
42	<b>GŁOWACKA Renata</b>	<b>3009</b>	TRI AKTYWNY PIOTRKÓW	Masters K - 40	8	01:36:54	03:35:32	05:38:47	<b>07:21:46.55</b>	<b>07:21:57.45</b>	+02:47:42 (37.9%)	9:49	6.1 (62.2%)
43	<b>MAŚLANKA Klaudia</b>	<b>3245</b>		Senior I K - 20	9	01:29:22	03:20:32	05:30:54	<b>07:23:45.75</b>	<b>07:24:02.35</b>	+02:49:47 (38.2%)	9:51	6.1 (62.2%)
44	<b>STALA-KONDRAKIEWICZ Katarzyna</b>	<b>3025</b>	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	26	01:40:32	03:35:32	05:33:15	<b>07:24:18.55</b>	<b>07:24:36.50</b>	+02:50:21 (38.3%)	9:52	6.1 (62.2%)
45	<b>PARYSZ Anna</b>	<b>3041</b>	STARE BABICE BIEGAJĄ	Weteran K - 50	2	01:44:21	03:44:38	05:43:52	<b>07:30:52.75</b>	<b>07:31:16.55</b>	+02:57:01 (39.2%)	10:01	6 (61.2%)
46	<b>ŚWIST Beata</b>	<b>3237</b>		Masters K - 40	9	01:42:54	03:39:27	05:45:56	<b>07:34:52.55</b>	<b>07:35:10.85</b>	+03:00:55 (39.7%)	10:06	5.9 (60.2%)
47	<b>KIEŁBOWICZ Aneta</b>	<b>3159</b>	SŁYNNI KENIJCZYCY	Senior II K - 30	27	01:40:38	03:35:02	05:38:35	<b>07:36:25.20</b>	<b>07:36:44.35</b>	+03:02:29 (40.0%)	10:08	5.9 (60.2%)
48	<b>WYRWAS-ZYGARŁOWSKA Izabela</b>	<b>3136</b>	KOBIETY BIEGAJĄ	Senior II K - 30	28	01:35:48	03:28:49	05:27:50	<b>07:38:18.65</b>	<b>07:38:37.35</b>	+03:04:22 (40.2%)	10:11	5.9 (60.2%)
49	<b>GĄSIOROWSKA Dorota</b>	<b>3003</b>	ŚNIĘTY SUM	Masters K - 40	10	01:44:10	03:44:42	05:52:05	<b>07:38:32.80</b>	<b>07:38:48.70</b>	+03:04:33 (40.2%)	10:11	5.9 (60.2%)
50	<b>MAZURCZAK Ewa</b>	<b>3194</b>	KOBIETAWBIEGU.PL	Masters K - 40	11	01:44:00	03:43:46	05:47:31	<b>07:40:57.20</b>	<b>07:41:08.45</b>	+03:06:53 (40.5%)	10:14	5.9 (60.2%)
51	<b>PIETRZAK Monika</b>	<b>3098</b>		Masters K - 40	12	01:47:25	03:48:26	05:47:36	<b>07:41:29.80</b>	<b>07:41:51.60</b>	+03:07:36 (40.6%)	10:15	5.9 (60.2%)
52	<b>CZYŻ Dorota</b>	<b>3266</b>		Masters K - 40	13	01:44:08	03:44:33	05:49:43	<b>07:45:47.20</b>	<b>07:46:12.55</b>	+03:11:57 (41.2%)	10:21	5.8 (59.2%)
53	<b>KUKLA-KOWALSKA Alicja</b>	<b>3018</b>	BIEGAM BO NIE LUBIĘ	Senior II K - 30	29	01:45:27	03:46:21	05:49:27	<b>07:49:09.65</b>	<b>07:49:32.25</b>	+03:15:16 (41.6%)	10:25	5.8 (59.2%)
54	<b>ZAWADZKA Marzena</b>	<b>3052</b>	4RUN TEAM PIŁA	Masters K - 40	14	01:43:28		06:03:02	<b>07:52:46.80</b>	<b>07:53:09.05</b>	+03:18:53 (42.0%)	10:30	5.7 (58.2%)
55	<b>BRYKSA Iwona</b>	<b>3222</b>		Weteran K - 50	3	01:49:07		06:21:28	<b>08:10:48.45</b>	<b>08:11:02.55</b>	+03:36:47 (44.1%)	10:54	5.5 (56.1%)
56	<b>KICINSKA Dorota</b>	<b>3206</b>	ROZBIEGANY RAWICZ	Senior II K - 30	30	01:42:57	03:41:55	05:51:45	<b>08:11:45.75</b>	<b>08:12:07.35</b>	+03:37:52 (44.3%)	10:55	5.5 (56.1%)
	<b>MACIASZCZYK Magda</b>	<b>3130</b>		Masters K - 40		01:34:50 DNF	03:26:08 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>RONKOWSKA Małgorzata</b>	<b>3128</b>	POLKASPORT	Senior I K - 20		01:46:05 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>PIEUCH Małgorzata</b>	<b>3038</b>	PRZEWORSKA GRUPA BIEGOWA	Weteran K - 50		01:49:55 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>DOMINIAK - LESZCZYŃSKA Elżbieta</b>	<b>3292</b>	LASY WAWERSKIE	Weteran K - 50		01:58:08 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>BAKA Elżbieta</b>	<b>3031</b>		Masters K - 40		02:02:11 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

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
	<b>ZUBOWICZ Janina</b>	<b>3080</b>		Weteran K - 50		02:08:54 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>KANCLERZ-JANUSZEWSKA Katarzyna</b>	<b>3144</b>	KOBIETY NA 5+	Weteran K - 50		DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 63 wynik(ów)