

ZŁOTY MARATON - 45 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2019-07-18
Miejsce: Łądek-Zdrój
Dystans: 45 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Senior II K - 30

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	KWIATKOWSKA Kinga	5424	SALCO GARMIN TEAM	Senior II K - 30	1	01:05:29	02:22:50	03:28:23	04:31:58.30	04:32:01.95		6:02	9.9 (100%)
2	WINIARSKA Katarzyna	5415	PRZEMYSKI KLUB BIEGACZA/HERCOG RUNNING TEAM	Senior II K - 30	2	01:09:02	02:32:10	03:46:43	04:56:14.90	04:56:19.40	+00:24:17 (8.2%)	6:35	9.1 (91.9%)
3	DZIĘCZKOWSKA-NIKLEWICZ Joanna	5269	ROKIETNICA BIEGA	Senior II K - 30	3	01:22:24	02:57:56	04:20:21	05:45:02.95	05:45:26.15	+01:13:24 (21.2%)	7:40	7.8 (78.8%)
4	FERENC-SZMUC Edyta	5232	KUDOWIANKA RUN	Senior II K - 30	4	01:28:16	03:05:41	04:27:02	05:52:33.50	05:53:00.20	+01:20:58 (22.9%)	7:50	7.7 (77.8%)
5	OKOŃ Kamila	5267	FALSTART RUDNIKI / FITKOOP	Senior II K - 30	5	01:17:26	02:55:14	04:24:08	05:54:17.20	05:54:22.80	+01:22:20 (23.2%)	7:52	7.6 (76.8%)
6	WIELGAT-KOJDECKA Magdalena	5321		Senior II K - 30	6	01:29:11	03:11:35	04:40:51	06:03:37.50	06:04:03.10	+01:32:01 (25.3%)	8:04	7.4 (74.7%)
7	BOROWSKA-NAJDEREK Paulina	5233	FREE RUN	Senior II K - 30	7	01:20:52	02:55:55	04:26:46	06:05:05.70	06:05:38.00	+01:33:36 (25.6%)	8:06	7.4 (74.7%)
8	WALKOWIAK Joanna	5445	MUAY RUNNING TEAM	Senior II K - 30	8	01:28:26	03:16:44	04:43:33	06:05:02.10	06:05:44.90	+01:33:42 (25.6%)	8:06	7.4 (74.7%)
9	ANTKOWIAK Monika	5444	MUAY RUNNING TEAM	Senior II K - 30	9	01:23:57	03:05:51	04:39:06	06:11:01.10	06:11:43.25	+01:39:41 (26.8%)	8:14	7.3 (73.7%)
10	MAGIERECKA Agnieszka	5245		Senior II K - 30	10	01:28:35	03:14:39	04:47:20	06:15:54.25	06:16:35.65	+01:44:33 (27.8%)	8:21	7.2 (72.7%)
11	HOTAŁA Sylwia	5239	KUDOWIANKA RUN	Senior II K - 30	11	01:34:17	03:17:36	04:46:42	06:16:28.85	06:16:57.05	+01:44:55 (27.8%)	8:21	7.2 (72.7%)
12	BORUTA-KOŁODZIEJ Emilia	5265	PRO-RUN WROCŁAW	Senior II K - 30	12	01:27:45	03:15:09	04:49:56	06:18:34.55	06:19:35.20	+01:47:33 (28.3%)	8:24	7.1 (71.7%)
13	WASIEWICZ Jolanta	5395	MEE	Senior II K - 30	13	01:34:13	03:25:08	04:57:52	06:31:35.85	06:32:18.75	+02:00:16 (30.7%)	8:42	6.9 (69.7%)
14	SKRZYPIEC Katarzyna	5431		Senior II K - 30	14	01:24:27	03:15:05	04:54:02	06:32:28.45	06:32:34.35	+02:00:32 (30.7%)	8:43	6.9 (69.7%)
15	IGNATOWSKA Justyna	5369	CAFFEDELMONDO.PL	Senior II K - 30	15	01:24:47	03:17:12	04:50:39	06:32:34.60	06:32:43.15	+02:00:41 (30.7%)	8:43	6.9 (69.7%)

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16	MASZEWSKA Agata	5279		Senior II K - 30	16	01:35:00	03:26:49	05:03:55	06:32:52.50	06:33:07.70	+02:01:05 (30.8%)	8:43	6.9 (69.7%)
17	NOWIK Jagoda	5238	EKOBIEGI	Senior II K - 30	17	01:34:17	03:20:14	05:00:52	06:35:57.70	06:37:04.50	+02:05:02 (31.5%)	8:47	6.8 (68.7%)
18	NIMSZ Kamila	5178	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	18	01:28:42	03:27:34	05:12:21	06:37:20.45	06:37:41.10	+02:05:39 (31.6%)	8:49	6.8 (68.7%)
19	GONCERZEWICZ Anna	5133	BASSET ROLLING TEAM/STARE BABICE BIEGAJĄ	Senior II K - 30	19	01:41:43	03:40:10	05:12:14	06:37:35.25	06:38:13.15	+02:06:11 (31.7%)	8:50	6.8 (68.7%)
20	DITMAROVÁ Lucie	5365	TEAM JESENÍKY	Senior II K - 30	20	01:21:32	03:20:56	05:01:20	06:48:57.55	06:49:25.60	+02:17:23 (33.6%)	9:05	6.6 (66.7%)
21	ROSZYK Magdalena	5297	DRUŻYNA SZPIKU	Senior II K - 30	21	01:33:21	03:39:58	05:19:48	06:58:13.05	06:58:33.30	+02:26:31 (35.0%)	9:17	6.5 (65.7%)
22	SZUKAŁA Izabela	5008		Senior II K - 30	22	01:34:15	03:31:14	05:16:05	06:59:05.40	06:59:12.05	+02:27:10 (35.1%)	9:18	6.4 (64.6%)
23	GNACY Agnieszka	5122		Senior II K - 30	23	01:38:19	03:40:07	05:19:56	06:59:00.80	06:59:14.10	+02:27:12 (35.1%)	9:18	6.4 (64.6%)
24	LUDA Żaneta	5157	WAWRZYNTTEAM	Senior II K - 30	24	01:33:09	03:39:52	05:19:47	07:01:30.50	07:01:58.85	+02:29:56 (35.5%)	9:22	6.4 (64.6%)
25	MRÓZ Agata	5218	UKS KUMA WAŁCZ	Senior II K - 30	25	01:34:33	03:40:28	05:20:47	07:10:09.95	07:10:34.35	+02:38:32 (36.8%)	9:33	6.3 (63.6%)
26	STRZAŁKOWSKA Urszula	5196		Senior II K - 30	26	01:37:09	03:46:23	05:30:51	07:13:37.65	07:14:46.35	+02:42:44 (37.4%)	9:38	6.2 (62.6%)
27	JELENIEWSKA Barbara	5125		Senior II K - 30	27	01:37:22	03:40:50	05:24:15	07:16:38.85	07:17:56.50	+02:45:54 (37.9%)	9:42	6.2 (62.6%)
28	WITKOWSKA Beata	5068		Senior II K - 30	28	01:39:11	03:41:25	05:31:17	07:23:00.55	07:23:36.30	+02:51:34 (38.7%)	9:50	6.1 (61.6%)
29	MYŚLIŃSKA Magdalena	5148		Senior II K - 30	29	01:34:04	03:36:59	05:28:21	07:29:57.50	07:30:07.05	+02:58:05 (39.6%)	9:59	6 (60.6%)
30	TUREK Magdalena	5177	CHAMPIONMAN TEAM	Senior II K - 30	30	01:38:29	03:51:59	05:36:21	07:31:18.10	07:32:23.90	+03:00:21 (39.9%)	10:01	6 (60.6%)
31	SKORUPSKA Ewa	5356		Senior II K - 30	31	01:44:06	03:55:28	05:47:45	07:36:47.05	07:37:34.10	+03:05:32 (40.5%)	10:09	5.9 (59.6%)
32	SZYSZKO Ewa	5230	MARKOWI BIEGACZE	Senior II K - 30	32	01:47:22	04:03:11	05:52:43	07:37:59.15	07:38:28.35	+03:06:26 (40.7%)	10:10	5.9 (59.6%)
33	PAAKKINEN Laura Paakkinen	5020		Senior II K - 30	33	01:39:00	03:58:45	05:46:44	07:39:13.50	07:40:16.75	+03:08:14 (40.9%)	10:12	5.9 (59.6%)
34	KOCOT Aleksandra	5060		Senior II K - 30	34	01:39:04	03:58:46	05:46:46	07:39:18.95	07:40:22.75	+03:08:20 (40.9%)	10:12	5.9 (59.6%)
35	MICHALSKA Daria	5449	BOHAR PALETY RUNNERS	Senior II K - 30	35	01:41:51	03:58:24	05:50:18	07:41:11.00	07:42:23.30	+03:10:21 (41.2%)	10:14	5.9 (59.6%)
36	ZYGMUNT Małgorzata	5139		Senior II K - 30	36	01:36:26	03:53:18	05:46:38	07:42:17.50	07:42:47.00	+03:10:45 (41.2%)	10:16	5.8 (58.6%)
37	GRABOWSKA Edyta	5407		Senior II K - 30	37	01:39:58	04:12:21	05:59:31	07:46:23.70	07:47:33.40	+03:15:31 (41.8%)	10:21	5.8 (58.6%)
38	ROZMUS Katarzyna	5251	LPP TEAM	Senior II K - 30	38	01:48:12	04:07:16	05:58:19	07:51:09.35	07:51:54.10	+03:19:52 (42.4%)	10:28	5.7 (57.6%)

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39	WYSZOMIRSKA Agnieszka	5333		Senior II K - 30	39	01:48:01	04:12:12	06:01:39	07:51:05.35	07:52:01.40	+03:19:59 (42.4%)	10:28	5.7 (57.6%)
40	STAWSKA Natalia	5172		Senior II K - 30	40	01:49:56	04:16:37	06:05:08	07:56:19.50	07:57:30.85	+03:25:28 (43.0%)	10:35	5.7 (57.6%)
41	TOBERA Alicja	5258		Senior II K - 30	41	01:44:00	04:14:13	06:13:35	08:04:49.20	08:05:23.60	+03:33:21 (44.0%)	10:46	5.6 (56.6%)
42	NOWAK Natalia	5274	EKIPA Z TARNOWA	Senior II K - 30	42	01:37:10	03:59:38	06:04:26	08:10:47.45	08:11:18.80	+03:39:16 (44.6%)	10:54	5.5 (55.6%)
43	MARCINKOWSKA Anita	5199		Senior II K - 30	43	01:39:43	04:00:19	06:05:08	08:14:15.30	08:14:27.00	+03:42:25 (45.0%)	10:59	5.5 (55.6%)
44	SZWARGOT Marta	5149	TARNOWO PODGÓRNE BIEGA	Senior II K - 30	44	01:48:05	04:22:01	06:18:53	08:17:01.65	08:17:57.50	+03:45:55 (45.4%)	11:02	5.4 (54.5%)
45	WIERZBICKA Natalia	5098	PCH_RUN	Senior II K - 30	45	01:54:21	04:24:30	06:21:39	08:19:58.55	08:20:48.15	+03:48:46 (45.7%)	11:06	5.4 (54.5%)
46	BĄDZIUL Dorota	5001		Senior II K - 30	46	01:56:50	04:28:24	06:27:38	08:29:50.55	08:31:01.70	+03:58:59 (46.8%)	11:19	5.3 (53.5%)
47	LISOWSKA Kamila	5231		Senior II K - 30	47	01:49:13	04:27:35	06:27:41	08:31:28.20	08:32:18.45	+04:00:16 (46.9%)	11:21	5.3 (53.5%)
48	BARZAK Justyna	5300		Senior II K - 30	48	01:46:15	04:15:21	06:28:59	08:36:42.00	08:37:25.40	+04:05:23 (47.4%)	11:28	5.2 (52.5%)
49	SABOK- MUSZYŃSKA Katarzyna	5107		Senior II K - 30	49	01:46:16	04:15:20	06:28:58	08:36:42.10	08:37:25.60	+04:05:23 (47.4%)	11:28	5.2 (52.5%)
50	BARTOSIEWICZ Dorota	5337		Senior II K - 30	50	01:43:37	04:15:40	06:29:23	08:45:51.50	08:46:02.70	+04:14:00 (48.3%)	11:41	5.1 (51.5%)
Przekroczony limit czasu: 09:00:00													
51	GAJGER Joanna	5078		Senior II K - 30	51	02:05:32	04:57:14	07:23:43	09:46:16.70	09:47:14.90	+05:15:12 (53.7%)	13:01	4.6 (46.5%)

Znaleziono 51 wynik(ów)