

# ZŁOTY MARATON - 45 KM

B4SPORT

**Wydarzenie:** Dolnośląski Festiwal Biegów Górskich  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2020-07-16  
**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	Różn	Tempo min/km	Tempo km/h
1	<b>GOMOŁYSEK Kinga</b>	<b>5433</b>	KARKONOSZ RUNNING TEAM	Senior II K - 30	1	01:09:16	02:28:10	03:31:58	<b>04:33:02.15</b>		6:04	9.9 (100%)
2	<b>MARKIEWICZ Agnieszka</b>	<b>5041</b>	PRORUNNING PROMOTION	Senior II K - 30	2	01:15:22	02:39:29	03:47:51	<b>04:51:57.00</b>	+00:18:54 (6.5%)	6:29	9.2 (92.9%)
3	<b>SUSMANEK Joanna</b>	<b>5358</b>	EY RUN4FUN	Senior II K - 30	3	01:23:52	02:55:56	04:09:15	<b>05:14:32.55</b>	+00:41:30 (13.2%)	6:59	8.6 (86.9%)
4	<b>FERENC-SZMUC Edyta</b>	<b>5282</b>	KUDOWIANKA RUN	Senior II K - 30	4	01:25:36	02:56:41	04:16:41	<b>05:35:02.50</b>	+01:02:00 (18.5%)	7:26	8.1 (81.8%)
5	<b>BEDNARZ Marta</b>	<b>5385</b>	ADIDAS WARSAW RUNNERS	Senior II K - 30	5	01:27:37	03:10:21	04:35:56	<b>05:57:30.85</b>	+01:24:28 (23.6%)	7:56	7.6 (76.8%)
6	<b>OSMOLAK Agnieszka</b>	<b>5210</b>	PRO-RUN WROCŁAW	Senior II K - 30	6	01:33:46	03:17:17	04:46:04	<b>06:10:17.85</b>	+01:37:15 (26.3%)	8:13	7.3 (73.7%)
7	<b>GONCERZEWICZ Anna</b>	<b>5350</b>	BASSET ROLLING TEAM/STARE BABICE BIEGAJA	Senior II K - 30	7	01:40:19	03:23:40	04:47:54	<b>06:11:26.50</b>	+01:38:24 (26.5%)	8:15	7.3 (73.7%)
8	<b>DRAGANEK Ewelina</b>	<b>5202</b>		Senior II K - 30	8	01:30:35	03:13:54	04:45:07	<b>06:12:46.00</b>	+01:39:43 (26.8%)	8:17	7.2 (72.7%)
9	<b>WIERZBICKA Beata</b>	<b>5240</b>	EBIEGI.PL	Senior II K - 30	9	01:37:39	03:27:47	04:56:45	<b>06:13:21.35</b>	+01:40:19 (26.9%)	8:17	7.2 (72.7%)
10	<b>FRONCZKOWSKA Barbara</b>	<b>5281</b>		Senior II K - 30	10	01:38:23	03:25:09	04:55:14	<b>06:19:38.20</b>	+01:46:36 (28.1%)	8:26	7.1 (71.7%)
11	<b>GÓRECKA Milena</b>	<b>5165</b>	PANDA TEAM	Senior II K - 30	11	01:44:34	03:36:13	05:07:07	<b>06:25:06.85</b>	+01:52:04 (29.1%)	8:33	7 (70.7%)
12	<b>PSZENICZNA Joanna</b>	<b>5013</b>	VEGE RUNNERS	Senior II K - 30	12	01:39:34	03:32:22	05:03:52	<b>06:31:53.55</b>	+01:58:51 (30.3%)	8:42	6.9 (69.7%)
13	<b>OLESIŃSKA Martyna</b>	<b>5506</b>	W POGONI ZA DUCHEM	Senior II K - 30	13	01:40:08	03:31:31	05:09:34	<b>06:39:00.05</b>	+02:05:57 (31.6%)	8:52	6.8 (68.7%)
14	<b>KOLAJ Ewelina</b>	<b>5515</b>		Senior II K - 30	14	01:44:02	03:40:22	05:15:43	<b>06:40:26.55</b>	+02:07:24 (31.8%)	8:53	6.7 (67.7%)
15	<b>ZALEWSKA Agata</b>	<b>5379</b>	KLUB BIEGACZA BOLESŁAWIEC	Senior II K - 30	15	01:40:46	03:33:02	05:08:27	<b>06:40:29.70</b>	+02:07:27 (31.8%)	8:54	6.7 (67.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
16	<b>SZAWARA-ZIÓŁKOWSKA Ewelina</b>	<b>5448</b>	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	16	01:36:10	03:29:02	05:10:44	<b>06:40:49.65</b>	+02:07:47 (31.9%)	8:54	6.7 (67.7%)
17	<b>KOPIEC Izabela</b>	<b>5305</b>	INTER ROPE TEAM	Senior II K - 30	17	01:37:01	03:36:28	05:16:21	<b>06:43:22.15</b>	+02:10:20 (32.3%)	8:57	6.7 (67.7%)
18	<b>PAWLUK Anna</b>	<b>5376</b>		Senior II K - 30	18	01:40:37	03:40:59	05:15:26	<b>06:44:53.45</b>	+02:11:51 (32.6%)	8:59	6.7 (67.7%)
19	<b>KOZICZAK Katarzyna</b>	<b>5377</b>		Senior II K - 30	19	01:49:56	03:43:32	05:22:30	<b>06:52:56.90</b>	+02:19:54 (33.9%)	9:10	6.5 (65.7%)
20	<b>ŚWIĘTONIOWSKA Justyna</b>	<b>5017</b>	SPARTAN TRAINING GROUP RZESZÓW	Senior II K - 30	20	01:48:53	03:43:18	05:21:01	<b>06:52:57.75</b>	+02:19:55 (33.9%)	9:10	6.5 (65.7%)
21	<b>ŻELAZOWSKA Ola</b>	<b>5246</b>	PRO-RUN WROCLAW	Senior II K - 30	21	01:43:05	03:39:02	05:15:05	<b>06:55:48.45</b>	+02:22:46 (34.3%)	9:14	6.5 (65.7%)
22	<b>LACHOWICZ Marta</b>	<b>5109</b>	NIGHT RUNNERS WROCLAW	Senior II K - 30	22	01:40:18	03:35:11	05:19:42	<b>06:56:04.10</b>	+02:23:01 (34.4%)	9:14	6.5 (65.7%)
23	<b>SUCHANEK Aleksandra</b>	<b>5214</b>	NIGHT RUNNERS PYSKOWICE	Senior II K - 30	23	01:52:32	03:46:32	05:28:40	<b>06:57:15.55</b>	+02:24:13 (34.6%)	9:16	6.5 (65.7%)
24	<b>LEONARSKA Małgorzata</b>	<b>5291</b>	ZDEZORIENTOWANI	Senior II K - 30	24	01:47:54	03:42:35	05:26:35	<b>07:00:06.50</b>	+02:27:04 (35.0%)	9:20	6.4 (64.6%)
25	<b>FLORCZAK Monika</b>	<b>5024</b>	RB ACTIVE	Senior II K - 30	25	01:46:38	03:44:46	05:29:28	<b>07:04:52.45</b>	+02:31:50 (35.7%)	9:26	6.4 (64.6%)
26	<b>PAWLIK Joanna</b>	<b>5094</b>	KS PRETORIUM POZNAŃ	Senior II K - 30	26	01:51:19	03:53:20	05:38:10	<b>07:11:25.35</b>	+02:38:23 (36.7%)	9:35	6.3 (63.6%)
27	<b>BORUTA-KOŁODZIEJ Emilia</b>	<b>5441</b>	PRO-RUN WROCLAW	Senior II K - 30	27	01:41:22	03:40:08	05:27:48	<b>07:12:40.80</b>	+02:39:38 (36.9%)	9:36	6.2 (62.6%)
28	<b>MARCINKOWSKA Anita</b>	<b>5259</b>		Senior II K - 30	28	01:45:42	03:51:41	05:34:06	<b>07:22:32.00</b>	+02:49:29 (38.3%)	9:50	6.1 (61.6%)
29	<b>DWORNIK Małgorzata</b>	<b>5010</b>	WARCZĄCE SZPRYCHY	Senior II K - 30	29	01:48:54	03:47:38	05:37:19	<b>07:28:45.25</b>	+02:55:43 (39.2%)	9:58	6 (60.6%)
30	<b>KAMINSKA Magdalena</b>	<b>5152</b>		Senior II K - 30	30	01:50:04	04:02:08	05:53:10	<b>07:33:26.45</b>	+03:00:24 (39.8%)	10:04	6 (60.6%)
31	<b>GRECH-BARAN Marta</b>	<b>5402</b>		Senior II K - 30	31	01:50:18	04:01:42	05:50:25	<b>07:34:19.40</b>	+03:01:17 (39.9%)	10:05	5.9 (59.6%)
32	<b>LEWICKA Magdalena</b>	<b>5095</b>	OBORNICKI KLUB LEEKOATLETYCZNY	Senior II K - 30	32	01:57:02	04:02:01	05:58:07	<b>07:37:43.35</b>	+03:04:41 (40.3%)	10:10	5.9 (59.6%)
33	<b>HANGIEL Urszula</b>	<b>5399</b>	ŻWAWĘ ŻÓŁWIE	Senior II K - 30	33	02:02:52	04:22:14	06:11:13	<b>07:49:49.90</b>	+03:16:47 (41.9%)	10:26	5.7 (57.6%)
34	<b>PAWLIK-NIEDZIELA Sandra</b>	<b>5195</b>	BIEGOWA KUŹNIA	Senior II K - 30	34	01:53:43	04:11:39	06:04:13	<b>07:50:56.05</b>	+03:17:53 (42.0%)	10:27	5.7 (57.6%)
35	<b>GRĘBOWICZ Agnieszka</b>	<b>5234</b>		Senior II K - 30	35	02:06:26	04:20:10	06:09:35	<b>07:54:15.35</b>	+03:21:13 (42.4%)	10:32	5.7 (57.6%)
36	<b>WIELICZKO Dagmara</b>	<b>5064</b>		Senior II K - 30	36	01:56:51	04:14:13	06:21:37	<b>08:04:23.10</b>	+03:31:20 (43.6%)	10:45	5.6 (56.6%)
37	<b>KALINOWSKA Katarzyna</b>	<b>5463</b>		Senior II K - 30	37	01:53:34	04:09:59	06:13:08	<b>08:06:01.65</b>	+03:32:59 (43.8%)	10:48	5.6 (56.6%)
38	<b>MAŁGORZATA Modelska</b>	<b>5338</b>		Senior II K - 30	38	02:06:14	04:27:35	06:29:35	<b>08:16:56.35</b>	+03:43:54 (45.1%)	11:02	5.4 (54.5%)

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39	<b>PIETRUSIAK Agnieszka</b>	<b>5278</b>		Senior II K - 30	39	02:06:25	04:35:13	06:32:27	<b>08:18:22.05</b>	+03:45:19 (45.2%)	11:04	5.4 (54.5%)
40	<b>STAWSKA-KISIAŁA Natalia</b>	<b>5220</b>	LACHO TEAM	Senior II K - 30	40	02:16:41	04:40:35	06:36:16	<b>08:18:47.85</b>	+03:45:45 (45.3%)	11:05	5.4 (54.5%)
41	<b>SOBAŃSKA Paulina</b>	<b>5124</b>	TARNOWO PODGÓRNE BIEGA	Senior II K - 30	41	02:06:17	04:31:58	06:32:58	<b>08:20:05.25</b>	+03:47:03 (45.4%)	11:06	5.4 (54.5%)
42	<b>ROMAN Ewelina</b>	<b>5161</b>	MONIA GYM	Senior II K - 30	42	02:00:03	04:18:40	06:24:59	<b>08:25:47.15</b>	+03:52:45 (46.0%)	11:14	5.3 (53.5%)
43	<b>ADAMIAK Marta</b>	<b>5526</b>		Senior II K - 30	43	01:56:35	04:23:52	06:33:33	<b>08:28:29.55</b>	+03:55:27 (46.3%)	11:18	5.3 (53.5%)
44	<b>KATA Aleksandra</b>	<b>5299</b>		Senior II K - 30	44	02:02:10	04:25:30	06:23:42	<b>08:33:13.95</b>	+04:00:11 (46.8%)	11:24	5.3 (53.5%)
45	<b>BIELECKA Iwona</b>	<b>5072</b>	PRO-RUN WROCLAW	Senior II K - 30	45	02:02:20	04:25:40	06:24:43	<b>08:33:23.80</b>	+04:00:21 (46.8%)	11:24	5.3 (53.5%)
46	<b>BARZAK Justyna</b>	<b>5256</b>		Senior II K - 30	46	01:58:24	04:40:35	06:52:36	<b>08:40:55.55</b>	+04:07:53 (47.6%)	11:34	5.2 (52.5%)
47	<b>TARASZEWSKA Paulina</b>	<b>5129</b>		Senior II K - 30	47	01:59:35	04:29:25	06:33:42	<b>08:46:15.15</b>	+04:13:13 (48.1%)	11:41	5.1 (51.5%)
48	<b>REGULSKA Aneta</b>	<b>5059</b>	DRUŻYNA SZPIKU	Senior II K - 30	48	02:24:28	05:07:28	07:22:19	<b>09:28:50.30</b>	+04:55:48 (52.0%)	12:38	4.7 (47.5%)
49	<b>WIETRZYŃSKA Agnieszka</b>	<b>5208</b>	MASZ PRZEBIEGANE	Senior II K - 30	49	02:17:17	05:03:33	07:17:11	<b>09:34:51.75</b>	+05:01:49 (52.5%)	12:46	4.7 (47.5%)
50	<b>WOŁCZEK Małgorzata</b>	<b>5157</b>		Senior II K - 30	50	02:30:59	05:22:58	07:46:43	<b>09:40:56.75</b>	+05:07:54 (53.0%)	12:54	4.6 (46.5%)
51	<b>JAWORSKA-NIZIOŁ Magdalena</b>	<b>5136</b>		Senior II K - 30	51	02:18:38	05:52:02	07:48:03	<b>09:45:52.70</b>	+05:12:50 (53.4%)	13:01	4.6 (46.5%)
	<b>MALECKA-LEŃ Patrycja</b>	<b>5440</b>	STAJNIA BALONA	Senior II K - 30		01:20:59 DNF	DNF	DNF	<b>DNF</b>		-	- (0.0%)

Znaleziono 52 wynik(ów)