

ZŁOTY MARATON - 45 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2021-07-15
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	BIAŁOŁOCKA Alicja	5125	SOBASTEAM	Senior II K - 30	1	01:08:59	02:29:16	03:42:22	04:50:58.35		6:27	9.3 (100%)
2	FLOREK Katarzyna	5411		Senior II K - 30	2	01:15:43	02:39:11	03:53:31	05:03:52.10	+00:12:53 (4.2%)	6:45	8.9 (95.7%)
3	DUDEK Monika	5138	PCH SPORT TEAM	Senior II K - 30	3	01:12:28	02:40:20	03:54:45	05:05:38.00	+00:14:39 (4.8%)	6:47	8.8 (94.6%)
4	HNATIUK Anna	5345	MATNER RUNNING TEAM	Senior II K - 30	4	01:15:11	02:45:13	04:05:37	05:15:32.10	+00:24:33 (7.8%)	7:00	8.6 (92.5%)
5	LEŚNIAK Karolina	5485	FUNTRI	Senior II K - 30	5	01:23:17	02:57:39	04:15:53	05:25:54.20	+00:34:55 (10.7%)	7:14	8.3 (89.2%)
6	MOSIOŁEK Monika	5719	BIEGNĘ ŻEBY BARTEK MÓGŁ BIEGAĆ	Senior II K - 30	6	01:16:25	02:50:18	04:13:09	05:32:51.40	+00:41:53 (12.6%)	7:23	8.1 (87.1%)
7	KODZIK Aleksandra Kodzik	5563	#FITDZIADEK	Senior II K - 30	7	01:18:10	02:49:30	04:12:58	05:35:02.35	+00:44:04 (13.2%)	7:26	8.1 (87.1%)
8	LUTOMSKA Dorota	5437	OFIX.PL BIKE TEAM	Senior II K - 30	8	01:18:57	02:49:46	04:16:52	05:37:23.20	+00:46:24 (13.8%)	7:29	8 (86.0%)
9	ROZNEKSKA Dagmara	5615	KB SOBÓTKA	Senior II K - 30	9	01:23:37	02:59:05	04:22:38	05:38:00.40	+00:47:02 (13.9%)	7:30	8 (86.0%)
10	PTASZYŃSKA Wioletta	5149		Senior II K - 30	10	01:23:20	02:55:47	04:21:22	05:38:10.55	+00:47:12 (14.0%)	7:30	8 (86.0%)
11	DROGOSZEWSKA Magdalena	5362		Senior II K - 30	11	01:23:45	02:59:27	04:21:56	05:38:53.05	+00:47:54 (14.1%)	7:31	8 (86.0%)
12	SZOSTAK Anna	5456	OLIMPIA ZABRZE	Senior II K - 30	12	01:16:26	02:48:55	04:13:53	05:39:05.75	+00:48:07 (14.2%)	7:32	8 (86.0%)
13	ORDYŃSKA Anna	5727	SUPADUPAFly	Senior II K - 30	13	01:28:01	03:01:00	04:22:35	05:39:44.10	+00:48:45 (14.4%)	7:32	7.9 (84.9%)
14	GROT Izabela	5565	PREDATORS WAŁBRZYCH	Senior II K - 30	14	01:19:40	02:54:12	04:20:07	05:41:02.00	+00:50:03 (14.7%)	7:34	7.9 (84.9%)
15	HAJDZIONA Agata	5047	MARATOŃCZYK POZNAŃ	Senior II K - 30	15	01:27:45	03:09:53	04:45:44	06:02:54.70	+01:11:56 (19.8%)	8:03	7.4 (79.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
16	PIECUCH Karolina	5415		Senior II K - 30	16	01:22:11	03:02:16	04:37:41	06:03:21.20	+01:12:22 (19.9%)	8:04	7.4 (79.6%)
17	RESPONDEK Anna	5221		Senior II K - 30	17	01:19:27	03:01:13	04:41:30	06:03:37.30	+01:12:38 (20.0%)	8:04	7.4 (79.6%)
18	MICHALSKA Agnieszka	5542		Senior II K - 30	18	01:24:22	03:08:17	04:41:16	06:06:49.75	+01:15:51 (20.7%)	8:09	7.4 (79.6%)
19	WRÓBEL Małgorzata	5278	OBORYGENI	Senior II K - 30	19	01:32:51	03:14:55	04:48:30	06:13:01.55	+01:22:03 (22.0%)	8:17	7.2 (77.4%)
20	MIKOŁAJEWSKA Justyna	5390		Senior II K - 30	20	01:29:06	03:14:36	04:47:52	06:15:16.70	+01:24:18 (22.5%)	8:20	7.2 (77.4%)
21	SZYDŁO Klaudia	5174	BRAK	Senior II K - 30	21	01:25:37	03:04:39	04:49:54	06:18:13.05	+01:27:14 (23.1%)	8:24	7.1 (76.3%)
22	TOMCZYK Angelika	5183	RESHAPE RUNNERS	Senior II K - 30	22	01:31:22	03:20:07	04:54:24	06:18:44.60	+01:27:46 (23.2%)	8:24	7.1 (76.3%)
23	STAŃCO Mariola	5343		Senior II K - 30	23	01:30:22	03:14:52	04:52:53	06:20:35.60	+01:29:37 (23.5%)	8:27	7.1 (76.3%)
24	SOWIŃSKA-JANECZEK Joanna	5080	KB MARATON TUREK	Senior II K - 30	24	01:29:40	03:16:06	04:52:41	06:20:40.55	+01:29:42 (23.6%)	8:27	7.1 (76.3%)
25	PAJDOSZ Katarzyna	5612	KB BIAŁA BIEGA	Senior II K - 30	25	01:32:46	03:22:05	05:00:12	06:26:27.95	+01:35:29 (24.7%)	8:35	7 (75.3%)
26	WOJTYCZKA Katarzyna	5751	GÓRAL Z MAZUR RUNNING TEAM	Senior II K - 30	26	01:27:27	03:14:21	04:56:09	06:26:33.10	+01:35:34 (24.7%)	8:35	7 (75.3%)
27	BOMBA Alina	5591		Senior II K - 30	27	01:33:43	03:24:55	05:04:18	06:32:54.00	+01:41:55 (25.9%)	8:43	6.9 (74.2%)
28	NOWAK-GÓRECKA Anna	5642		Senior II K - 30	28	01:32:12	03:20:14	05:02:00	06:38:28.65	+01:47:30 (27.0%)	8:51	6.8 (73.1%)
29	KUSTRA Klaudia	5535		Senior II K - 30	29	01:30:37	03:20:30	05:04:46	06:39:38.50	+01:48:40 (27.2%)	8:52	6.8 (73.1%)
30	KUDŁA Joanna	5090		Senior II K - 30	30	01:31:21	03:25:04	05:06:23	06:40:43.15	+01:49:44 (27.4%)	8:54	6.7 (72.0%)
31	RABIEJ OLSZEWSKA Hanna	5208	ROZBIEGANI CHOJNÓW	Senior II K - 30	31	01:36:13	03:27:45	05:04:46	06:43:53.55	+01:52:55 (28.0%)	8:58	6.7 (72.0%)
32	DĄBKOWSKA Monika	5296	ACIVERUNŁASK	Senior II K - 30	32	01:27:56	03:20:11	05:07:07	06:44:37.60	+01:53:39 (28.1%)	8:59	6.7 (72.0%)
33	ŻELAZOWSKA Ola	5283	PRO-RUN WROCŁAW	Senior II K - 30	33	01:30:30	03:23:33	05:12:28	06:47:54.20	+01:56:55 (28.7%)	9:03	6.6 (71.0%)
34	FRONCZKOWSKA Barbara	5242		Senior II K - 30	34	01:33:24	03:28:35	05:15:29	06:56:14.65	+02:05:16 (30.1%)	9:14	6.5 (69.9%)
35	ZAJKOWSKA Ewa	5121	VEGE RUNNERS	Senior II K - 30	35	01:41:16	03:43:37	05:29:51	06:59:57.60	+02:08:59 (30.7%)	9:19	6.4 (68.8%)
36	FRĄCKOWIAK Aneta	5498	MAMY-BIEGAMY/LOCO BABKI	Senior II K - 30	36	01:35:51	03:35:42	05:26:47	07:01:22.10	+02:10:23 (30.9%)	9:21	6.4 (68.8%)
37	KAMIŃSKA Ewelina	5570		Senior II K - 30	37	01:44:46	03:41:36	05:28:23	07:02:52.25	+02:11:53 (31.2%)	9:23	6.4 (68.8%)
38	MOŃKA Karolina	5703	SPARTA ULTRA TEAM	Senior II K - 30	38	01:35:57	03:34:27	05:27:22	07:07:19.80	+02:16:21 (31.9%)	9:29	6.3 (67.7%)

Czas netto 45km												
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
39	KLOZA Iwona	5111	NIGHT RUNNERS PYSKOWICE	Senior II K - 30	39	01:38:05	03:40:54	05:31:07	07:07:48.40	+02:16:50 (32.0%)	9:30	6.3 (67.7%)
40	RYPUŁA Maria	5369	ZEN RUNNING TEAM	Senior II K - 30	40	01:40:46	03:36:58	05:35:03	07:09:44.75	+02:18:46 (32.3%)	9:32	6.3 (67.7%)
41	SOŁTYSIAK Marta	5073		Senior II K - 30	41	01:29:22	03:33:45	05:28:43	07:10:14.10	+02:19:15 (32.4%)	9:33	6.3 (67.7%)
42	GORĄCZNIK Anna	5009	KOBIETY BIEGAJĄ	Senior II K - 30	42	01:40:46	03:41:46	05:33:08	07:11:22.05	+02:20:23 (32.5%)	9:35	6.3 (67.7%)
43	PODBIELSKA Gosia	5543		Senior II K - 30	43	01:38:52	03:39:54	05:40:59	07:13:23.15	+02:22:24 (32.9%)	9:37	6.2 (66.7%)
44	JOŃCZYK Anna	5392		Senior II K - 30	44	01:34:07	03:34:47	05:31:40	07:14:10.10	+02:23:11 (33.0%)	9:38	6.2 (66.7%)
45	MAJEWSKA Anna	5541	AKG ŁÓDŹ	Senior II K - 30	45	01:38:10	03:43:58	05:34:54	07:18:24.80	+02:27:26 (33.6%)	9:44	6.2 (66.7%)
46	JANUSZEWSKA Izabela	5316	BIEGAM U KOLESI	Senior II K - 30	46	01:40:58	03:44:09	05:35:50	07:18:36.30	+02:27:37 (33.7%)	9:44	6.2 (66.7%)
47	ANUSZ Roksana	5562		Senior II K - 30	47	01:35:41	03:42:43	05:43:04	07:23:53.75	+02:32:55 (34.5%)	9:51	6.1 (65.6%)
48	OLCZYK Joanna	5626		Senior II K - 30	48	01:42:45	03:52:43	05:44:15	07:24:12.70	+02:33:14 (34.5%)	9:52	6.1 (65.6%)
49	OSINSKA Marta	5444		Senior II K - 30	49	01:42:04	03:51:45	05:39:52	07:25:21.25	+02:34:22 (34.7%)	9:53	6.1 (65.6%)
50	KUBIACZYK Malwina	5079	NIGHT RUNNERS PYSKOWICE	Senior II K - 30	50	01:45:01	03:57:48	05:51:27	07:25:21.70	+02:34:23 (34.7%)	9:53	6.1 (65.6%)
51	SZUKAŁA Izabela	5445		Senior II K - 30	51	01:42:04	03:51:48	05:39:53	07:25:22.25	+02:34:23 (34.7%)	9:53	6.1 (65.6%)
52	STACHOWIAK Magda	5176	RTEAM RYDZYNA	Senior II K - 30	52	01:40:14	03:54:43	05:57:42	07:37:04.50	+02:46:06 (36.3%)	10:09	5.9 (63.4%)
53	SKORNIAK Katarzyna	5572	WOLNE ŚLIMAKI	Senior II K - 30	53	01:43:24	03:52:56	05:54:12	07:40:48.40	+02:49:50 (36.9%)	10:14	5.9 (63.4%)
54	PIĘTNIK Ewelina	5481		Senior II K - 30	54	01:45:33	03:58:33	05:56:58	07:44:53.50	+02:53:55 (37.4%)	10:19	5.8 (62.4%)
55	NIEZNAJ Beata	5521		Senior II K - 30	55	01:42:52	03:55:01	05:57:57	07:45:21.70	+02:54:23 (37.5%)	10:20	5.8 (62.4%)
56	HANOUSKOVÁ Ester	5277		Senior II K - 30	56	01:41:52	03:52:57	05:52:49	07:46:58.95	+02:56:00 (37.7%)	10:22	5.8 (62.4%)
57	SIKORSKA Karolina	5109	NOA	Senior II K - 30	57	01:43:04	03:53:29	05:58:14	07:49:57.00	+02:58:58 (38.1%)	10:26	5.7 (61.3%)
58	KAROLAK Monika	5352	M.I.L.A.	Senior II K - 30	58	01:38:11	03:51:22	05:53:28	07:51:28.05	+03:00:29 (38.3%)	10:28	5.7 (61.3%)
59	SIKORSKA Agnieszka	5731		Senior II K - 30	59	01:47:18	04:00:54	06:07:29	07:56:30.45	+03:05:32 (38.9%)	10:35	5.7 (61.3%)
60	HAREMZA Joanna	5448		Senior II K - 30	60	01:42:29	04:02:45	06:11:46	08:02:57.40	+03:11:59 (39.8%)	10:43	5.6 (60.2%)
61	BINEK Katarzyna	5511	NIGHT RUNNERS	Senior II K - 30	61	01:51:07	04:12:33	06:24:56	08:10:46.30	+03:19:47 (40.7%)	10:54	5.5 (59.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
62	JARMUDA Justyna	5245		Senior II K - 30	62	01:48:46	04:09:51	06:21:10	08:11:41.65	+03:20:43 (40.8%)	10:55	5.5 (59.1%)
63	PLEWA Katarzyna	5256		Senior II K - 30	63	01:41:57	04:03:11	06:15:00	08:12:19.90	+03:21:21 (40.9%)	10:56	5.5 (59.1%)
64	OWCZARZAK Daria	5175		Senior II K - 30	64	01:52:59	04:18:18	06:30:35	08:19:08.70	+03:28:10 (41.7%)	11:05	5.4 (58.1%)
65	KRZOS Dominika	5354		Senior II K - 30	65	01:42:00	03:56:38	05:58:23	08:19:22.55	+03:28:24 (41.7%)	11:05	5.4 (58.1%)
66	JERCZYŃSKA Beata	5349		Senior II K - 30	66	01:48:05	04:06:16	06:19:51	08:22:55.45	+03:31:57 (42.1%)	11:10	5.4 (58.1%)
67	FEDOROWICZ Jowita	5675	KOTWICA BRZEG	Senior II K - 30	67	02:01:10	04:27:40	06:38:56	08:23:11.85	+03:32:13 (42.2%)	11:10	5.4 (58.1%)
68	GLIWICKA-WOJDAKOWSKA Aneta	5730	BIEGOWA KUŹNIA	Senior II K - 30	68	01:53:29	04:23:49	06:33:50	08:26:38.75	+03:35:40 (42.6%)	11:15	5.3 (57.0%)
69	POŚPIECH Anna	5709	BIEGOWA KUŹNIA	Senior II K - 30	69	01:53:49	04:23:46	06:34:39	08:26:39.10	+03:35:40 (42.6%)	11:15	5.3 (57.0%)
70	HAGEL Julita	5056		Senior II K - 30	70	01:45:40	04:07:21	06:22:35	08:28:41.95	+03:37:43 (42.8%)	11:18	5.3 (57.0%)
71	NOWAK-KASPRZAK Anna	5005		Senior II K - 30	71	01:48:15	04:08:18	06:24:58	08:28:59.10	+03:38:00 (42.8%)	11:18	5.3 (57.0%)
72	SZOJDA Małgorzata	5003	INŻYNIERIA BIEGANIA TEAM	Senior II K - 30	72	01:45:23	04:03:05	06:21:10	08:32:09.90	+03:41:11 (43.2%)	11:22	5.3 (57.0%)
73	DOBEK Agata	5230	PZU SPORT TEAM	Senior II K - 30	73	01:50:29	04:15:41	06:37:21	08:42:33.70	+03:51:35 (44.3%)	11:36	5.2 (55.9%)
74	SWRWATKA Angelika	5657	KOBIETY WATAHY	Senior II K - 30	74	01:51:09	04:25:57	06:45:04	08:49:53.95	+03:58:55 (45.1%)	11:46	5.1 (54.8%)
75	MRÓZ Izabela	5676	WOLNE ŚLIMAKI	Senior II K - 30	75	02:02:02	04:38:12	06:45:08	09:01:33.20	+04:10:34 (46.3%)	12:02	5 (53.8%)
76	WAJMAN-GRASZA Katarzyna	5712	EKSTREMALNE OTK NA RELAKSIE	Senior II K - 30	76	01:59:42	04:40:15	07:10:24	09:15:01.30	+04:24:02 (47.6%)	12:20	4.9 (52.7%)
77	BARZAK Justyna	5381		Senior II K - 30	77	02:02:32	04:49:40	07:27:24	09:42:13.10	+04:51:14 (50.0%)	12:56	4.6 (49.5%)
78	CICHOCKA Natalia	5101	NIGHT RUNNERS PYSKOWICE	Senior II K - 30	78	01:59:33	04:58:28	07:43:51	09:45:32.20	+04:54:33 (50.3%)	13:00	4.6 (49.5%)
	KATARZYNA Bałys	5766	HERCOG RUNNING TEAM	Senior II K - 30		01:11:33 DNF	02:39:35 DNF	DNF	DNF		-	- (0.0%)
	SZAWARA-ZIÓŁKOWSKA Ewelina	5677		Senior II K - 30		01:35:18 DNF	DNF	DNF	DNF		-	- (0.0%)
	PAWLIK-NIEDZIELA Sandra	5617	BIEGOWA KUŹNIA	Senior II K - 30		01:45:14 DNF	DNF	DNF	DNF		-	- (0.0%)