

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: 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	ŁĄCZAK Magdalena	3305		Senior II K - 30	1	01:03:29	02:15:31	03:25:59	04:34:12.90	04:34:15.30		6:05	9.8 (100%)
2	KIK Iwona	3186	WOSIK TERVEL TEAM/KW KRAKÓW	Senior II K - 30	2	01:08:48	02:28:22	03:49:20	05:09:24.40	05:09:27.15	+00:35:11 (11.4%)	6:52	8.7 (88.8%)
3	WALASZCZYK Lucyna	3272	NATURAL BORN RUNNERS	Senior II K - 30	3	01:12:01	02:33:35	03:54:23	05:09:42.95	05:09:50.20	+00:35:34 (11.5%)	6:52	8.7 (88.8%)
4	BONDARA Sylwia	3301	ALPIN SPORT TEAM / JACEKBIEGA RUNNING TEAM	Senior II K - 30	4	01:15:24	02:35:30	03:59:31	05:13:51.50	05:13:57.20	+00:39:41 (12.6%)	6:58	8.6 (87.8%)
5	PRUGAR FUKOWSKA Paulina	3276	DREAM RUN	Senior II K - 30	5	01:15:36	02:38:06	04:02:50	05:15:07.50	05:15:16.60	+00:41:01 (13.0%)	7:00	8.6 (87.8%)
6	BIENIECKA Anna	3302	OTK RZEŹNIK	Senior II K - 30	6	01:13:02	02:43:23	04:14:28	05:31:34.00	05:31:39.00	+00:57:23 (17.3%)	7:22	8.1 (82.7%)
7	BAŁYS Katarzyna	3269	HERCOG RUNNING TEAM/ KASIA I TOMEK	Senior II K - 30	7	01:19:55	02:44:48	04:12:11	05:34:52.15	05:34:58.95	+01:00:43 (18.1%)	7:26	8.1 (82.7%)
8	KUMASZKA Anna	3135		Senior II K - 30	8	01:13:44	02:41:58	04:19:18	05:38:26.85	05:38:40.70	+01:04:25 (19.0%)	7:31	8 (81.6%)
9	MAKOWSKA Olga	3207	JACEKBIEGA RUNNING TEAM	Senior II K - 30	9	01:20:03	02:50:58	04:22:10	05:46:38.00	05:46:45.90	+01:12:30 (20.9%)	7:42	7.8 (79.6%)
10	PIECUCH Karolina	3099	LACHO TEAM/SKLEPBIEGOWY.COM	Senior II K - 30	10	01:20:29	02:50:11	04:21:58	05:50:47.75	05:51:08.35	+01:16:53 (21.9%)	7:47	7.7 (78.6%)
11	JURA Dorota	3271	ULTRA BESKID SPORT	Senior II K - 30	11	01:25:32	02:59:46	04:30:31	05:55:55.80	05:56:17.10	+01:22:01 (23.0%)	7:54	7.6 (77.6%)
12	ZAŁUSKA-LIPA Agnieszka	3030	MOSINA BIEGA	Senior II K - 30	12	01:26:10	02:57:26	04:29:53	05:58:58.85	05:59:18.70	+01:25:03 (23.7%)	7:58	7.5 (76.5%)
13	NADOLNA Ewa	3313		Senior II K - 30	13	01:23:54	02:55:21	04:30:13	05:59:49.15	06:00:27.60	+01:26:12 (23.9%)	7:59	7.5 (76.5%)
14	STRASZKO Monika	3212		Senior II K - 30	14	01:28:24	03:00:03	04:34:53	06:04:58.80	06:05:19.70	+01:31:04 (24.9%)	8:06	7.4 (75.5%)
15	FOGIEL-PAWŁOWSKA Agnieszka	3280	LOS BIEGANEROS	Senior II K - 30	15	01:32:27	03:06:57	04:39:35	06:11:18.10	06:11:52.85	+01:37:37 (26.3%)	8:15	7.3 (74.5%)

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
16	KAMER Joanna	3045	UKA	Senior II K - 30	16	01:30:42	03:08:46	04:45:08	06:15:42.30	06:15:51.60	+01:41:36 (27.0%)	8:20	7.2 (73.5%)
17	PAWLIK Joanna	3053	PRETORIUM/ NBR	Senior II K - 30	17	01:27:40	03:07:51	04:51:46	06:24:18.35	06:24:31.40	+01:50:16 (28.7%)	8:32	7 (71.4%)
18	OSIKOWSKA Teresa	3193		Senior II K - 30	18	01:31:37	03:10:41	04:53:18	06:28:39.65	06:28:54.60	+01:54:39 (29.5%)	8:38	6.9 (70.4%)
19	DOMAGAŁA Grażyna	3002	NIGHT RUNNERS WROCŁAW	Senior II K - 30	19	01:24:59	03:11:17	04:56:54	06:29:21.35	06:29:58.65	+01:55:43 (29.7%)	8:39	6.9 (70.4%)
20	SONNEK Marta	3060	KB LUPUS	Senior II K - 30	20	01:23:32	03:01:44	04:53:40	06:30:07.00	06:30:21.60	+01:56:06 (29.7%)	8:40	6.9 (70.4%)
21	HASIUK Ewelina	3140	VEGE RUNNERS	Senior II K - 30	21	01:33:29	03:22:24	05:08:23	06:47:38.80	06:47:49.30	+02:13:34 (32.8%)	9:03	6.6 (67.3%)
22	FIGLEWICZ Maria	3064		Senior II K - 30	22	01:35:22	03:23:44	05:14:56	06:50:59.15	06:51:06.10	+02:16:50 (33.3%)	9:08	6.6 (67.3%)
23	KOSTECZKA Paulina	3023	KB MANIAC POZNAŃ	Senior II K - 30	23	01:32:28	03:19:23	05:11:22	06:55:09.40	06:55:25.35	+02:21:10 (34.0%)	9:13	6.5 (66.3%)
24	POPIEL Marta	3057		Senior II K - 30	24	01:34:30	03:23:46	05:14:08	06:57:00.05	06:57:18.05	+02:23:02 (34.3%)	9:16	6.5 (66.3%)
25	KAŃDUŁA Klaudia	3026	TKD SZAKAL JEŻYCE RUNNERS	Senior II K - 30	25	01:41:37	03:34:21	05:22:43	07:07:49.20	07:08:25.20	+02:34:09 (36.0%)	9:30	6.3 (64.3%)
26	STALA-KONDRAKIEWICZ Katarzyna	3025	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	26	01:40:32	03:35:32	05:33:15	07:24:18.55	07:24:36.50	+02:50:21 (38.3%)	9:52	6.1 (62.2%)
27	KIEŁBOWICZ Aneta	3159	SŁYNNI KENIJCZYCY	Senior II K - 30	27	01:40:38	03:35:02	05:38:35	07:36:25.20	07:36:44.35	+03:02:29 (40.0%)	10:08	5.9 (60.2%)
28	WYRWAS-ZYGARŁOWSKA Izabela	3136	KOBIETY BIEGAJĄ	Senior II K - 30	28	01:35:48	03:28:49	05:27:50	07:38:18.65	07:38:37.35	+03:04:22 (40.2%)	10:11	5.9 (60.2%)
29	KUKLA-KOWALSKA Alicja	3018	BIEGAM BO NIE LUBIĘ	Senior II K - 30	29	01:45:27	03:46:21	05:49:27	07:49:09.65	07:49:32.25	+03:15:16 (41.6%)	10:25	5.8 (59.2%)
30	KICINSKA Dorota	3206	ROZBIEGANY RAWICZ	Senior II K - 30	30	01:42:57	03:41:55	05:51:45	08:11:45.75	08:12:07.35	+03:37:52 (44.3%)	10:55	5.5 (56.1%)

Znaleziono 30 wynik(ów)