

ZŁOTY PÓLMARATON - 21 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2018-07-19
Miejsce: Łądek-Zdrój
Dystans: 21 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Masters K - 40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	WOSZEK Marzena	186	STOWARZYSZENIE PRZYJACIÓŁ GRUDZIC	Masters K - 40	1	01:11:42	02:06:17.00	02:06:25.85		6:00	10 (100%)
2	NIZAR Wioletta	549	CSC ADWENTURE ACADEMY	Masters K - 40	2	01:22:40	02:23:24.75	02:23:35.20	+00:17:09 (11.9%)	6:49	8.8 (88.0%)
3	BOSIANEK Kamila	374	4RUN TEAM PIŁA	Masters K - 40	3	01:22:43	02:24:00.90	02:24:07.55	+00:17:41 (12.3%)	6:51	8.7 (87.0%)
4	HERBICH-SAR Violetta	294	FUDU & CO SPORT TEAM	Masters K - 40	4	01:23:08	02:23:58.95	02:24:27.95	+00:18:02 (12.5%)	6:51	8.8 (88.0%)
5	MARCINKOWSKA Eliza	313	SZWLA	Masters K - 40	5	01:22:13	02:24:20.45	02:24:38.75	+00:18:12 (12.6%)	6:52	8.7 (87.0%)
6	JĘDRASZEK Alicja	632	COEMI.PL	Masters K - 40	6	01:24:27	02:26:04.55	02:27:08.50	+00:20:42 (14.1%)	6:57	8.6 (86.0%)
7	KIRILENKO Aneta	442		Masters K - 40	7	01:25:19	02:33:22.05	02:33:31.95	+00:27:06 (17.7%)	7:18	8.2 (82.0%)
8	WILK Magdalena	585	TEAM ZABIEGANE DNI	Masters K - 40	8	01:26:14	02:38:33.50	02:39:26.85	+00:33:01 (20.7%)	7:33	7.9 (79.0%)
9	MACIASZCZYK Magdalena	487	MACZAS SZCZECIN	Masters K - 40	9	01:29:26	02:43:05.40	02:43:46.95	+00:37:21 (22.8%)	7:45	7.7 (77.0%)
10	STRĄK Izabela	490	WIECZORNE BIEGANIE W SZCZECINIE	Masters K - 40	10	01:32:38	02:43:40.85	02:43:54.85	+00:37:29 (22.9%)	7:47	7.7 (77.0%)
11	ZAMIATOWSKA Kinga	126	BELLA LINE BDG	Masters K - 40	11	01:29:01	02:44:34.45	02:45:02.60	+00:38:36 (23.4%)	7:50	7.7 (77.0%)
12	CHODARCEWICZ Aleksandra	548	NIGHT RUNNERS	Masters K - 40	12	01:35:11	02:44:30.95	02:45:49.95	+00:39:24 (23.8%)	7:50	7.7 (77.0%)
13	GLINA-KRAWCZYK Małgorzata	131	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	Masters K - 40	13	01:36:04	02:46:51.70	02:48:12.85	+00:41:47 (24.8%)	7:56	7.6 (76.0%)
14	CZAUDERNA Klaudia	112	OCHAJORUN & FRIENDS	Masters K - 40	14	01:35:24	02:47:57.50	02:49:28.05	+00:43:02 (25.4%)	7:59	7.5 (75.0%)
15	ZWĘGLIŃSKA Anna	368	URZĄD MIASTA KĘDZIERZYN-KOŹLE	Masters K - 40	15	01:35:10	02:49:03.10	02:49:43.60	+00:43:17 (25.5%)	8:03	7.5 (75.0%)
16	DZIWIIEC-GUZYK Justyna	10		Masters K - 40	16	01:38:30	02:49:59.05	02:50:39.35	+00:44:13 (25.9%)	8:05	7.4 (74.0%)
17	GARCZYŃSKA Ania	183	FIOLETPRINT	Masters K - 40	17	01:37:33	02:51:53.45	02:52:11.75	+00:45:45 (26.6%)	8:11	7.3 (73.0%)
18	SZULC Edyta	170		Masters K - 40	18	01:40:45	02:54:34.20	02:54:47.60	+00:48:21 (27.7%)	8:18	7.2 (72.0%)
19	ZIELIŃSKA Mirona	144	NIGHT RUNNERS WROCŁAW	Masters K - 40	19	01:40:01	02:53:28.60	02:54:52.35	+00:48:26 (27.7%)	8:15	7.3 (73.0%)
20	BAR Aleksandra	596	GMINA STRZELCE OPOLSKIE	Masters K - 40	20	01:38:01	02:54:46.45	02:55:00.75	+00:48:34 (27.8%)	8:19	7.2 (72.0%)
21	PORADA Małgorzata	481		Masters K - 40	21	01:40:32	02:54:11.25	02:55:05.90	+00:48:40 (27.8%)	8:17	7.2 (72.0%)
22	PRIGAN Anna	128		Masters K - 40	22	01:38:44	02:55:05.65	02:55:13.25	+00:48:47 (27.8%)	8:20	7.2 (72.0%)
23	KANDORA Joanna	116	MIECHOWICKA GRUPA BIEGOWA	Masters K - 40	23	01:42:50	02:54:09.75	02:55:41.60	+00:49:15 (28.0%)	8:17	7.2 (72.0%)
24	CIPORA Katarzyna	423		Masters K - 40	24	01:42:02	02:58:35.30	02:58:52.65	+00:52:26 (29.3%)	8:30	7.1 (71.0%)
25	DOMINIAK Katarzyna	543	PSIA EDUKACJA	Masters K - 40	25	01:41:43	02:58:23.70	02:59:12.45	+00:52:46 (29.5%)	8:29	7.1 (71.0%)
26	JÓZEFOWICZ Edyta	499	KOŚCIAN TEAM	Masters K - 40	26	01:43:10	03:01:05.85	03:01:51.15	+00:55:25 (30.5%)	8:37	7 (70.0%)
27	SPYCHAŁA Agnieszka	399		Masters K - 40	27	01:43:15	03:01:29.85	03:02:12.80	+00:55:46 (30.6%)	8:38	6.9 (69.0%)
28	SZPILAREWICZ Basia	437	RADIO WROCŁAW/ABY DO METY	Masters K - 40	28	01:35:58	03:01:50.05	03:03:12.40	+00:56:46 (31.0%)	8:39	6.9 (69.0%)
29	WÓJCIK Kamila	627	LACHO TEAM	Masters K - 40	29	01:40:53	03:03:39.20	03:04:12.05	+00:57:46 (31.4%)	8:44	6.9 (69.0%)

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30	GIMZICKA Ewa	262		Masters K - 40	30	01:43:24	03:03:33.15	03:04:23.60	+00:57:57 (31.4%)	8:44	6.9 (69.0%)
31	TASZAREK Ewa	492		Masters K - 40	31	01:41:28	03:04:10.50	03:04:32.50	+00:58:06 (31.5%)	8:46	6.8 (68.0%)
32	PIÓRKOWSKA Jolanta	54	KOŁO BIEGA	Masters K - 40	32	01:44:34	03:04:02.10	03:04:41.95	+00:58:16 (31.5%)	8:45	6.8 (68.0%)
33	FILIPIAK Beata	263	MIECHOWICKA GRUPA BIEGOWA	Masters K - 40	33	01:43:02	03:04:37.25	03:06:07.85	+00:59:42 (32.1%)	8:47	6.8 (68.0%)
34	CZEPIEC Agata	460	MUAY RUNNING TEAM	Masters K - 40	34	01:46:05	03:06:46.60	03:07:10.20	+01:00:44 (32.5%)	8:53	6.7 (67.0%)
35	PŁUCIENNIK Katarzyna	598		Masters K - 40	35	01:46:15	03:06:12.80	03:07:27.50	+01:01:01 (32.6%)	8:52	6.8 (68.0%)
36	KOZŁOWSKA Iwona	78		Masters K - 40	36	01:49:59	03:09:07.25	03:09:24.10	+01:02:58 (33.2%)	9:00	6.7 (67.0%)
37	BARAŃSKA Małgorzata	234	BBL OPOLE	Masters K - 40	37	01:43:15	03:12:15.50	03:13:10.00	+01:06:44 (34.5%)	9:09	6.6 (66.0%)
38	SALONI-SADOWSKA Maria	480	SN KLASYK	Masters K - 40	38	01:47:36	03:14:17.75	03:15:24.05	+01:08:58 (35.3%)	9:15	6.5 (65.0%)
39	WYSOCKA Agnieszka	198		Masters K - 40	39	01:47:01	03:16:07.00	03:17:06.55	+01:10:40 (35.9%)	9:20	6.4 (64.0%)
40	KULIBERDA Sylwia	426		Masters K - 40	40	01:50:56	03:16:52.70	03:17:30.75	+01:11:04 (36.0%)	9:22	6.4 (64.0%)
41	SOKOŁOWSKA Joanna	634		Masters K - 40	41		03:17:48.00	03:17:49.00	+01:11:23 (36.1%)	9:25	6.4 (64.0%)
42	BĄCZYŃSKA Małgorzata	339		Masters K - 40	42	01:51:17	03:16:44.90	03:18:27.45	+01:12:01 (36.3%)	9:22	6.4 (64.0%)
43	DUDA-RELIGA Ewelina	485	OZKB	Masters K - 40	43	01:50:04	03:18:29.85	03:18:44.75	+01:12:18 (36.4%)	9:27	6.3 (63.0%)
44	CZYŻ Dorota	554		Masters K - 40	44	01:50:25	03:19:12.85	03:19:51.45	+01:13:25 (36.7%)	9:29	6.3 (63.0%)
45	PABICH Magdalena	348	4RUN TEAM PIŁA	Masters K - 40	45	01:56:54	03:18:51.15	03:20:36.55	+01:14:10 (37.0%)	9:28	6.3 (63.0%)
46	ŚWISTUŃ Izolda	517		Masters K - 40	46	01:49:54	03:20:29.55	03:20:51.95	+01:14:26 (37.1%)	9:32	6.3 (63.0%)
47	DOWNAR-ZAPOLSKA Rita	27	@MD_RUN	Masters K - 40	47	01:53:58	03:20:48.20	03:20:56.10	+01:14:30 (37.1%)	9:33	6.3 (63.0%)
48	SZULC Joanna	84	ALBATROSY	Masters K - 40	48	01:55:17	03:20:51.55	03:21:31.05	+01:15:05 (37.3%)	9:33	6.3 (63.0%)
49	STRAMOWSKA Kasia	329		Masters K - 40	49	01:57:08	03:22:31.85	03:23:27.10	+01:17:01 (37.9%)	9:38	6.2 (62.0%)
50	TCHÓRZEWSKA-PIETRZYK Anna	110		Masters K - 40	50	01:56:06	03:24:33.05	03:25:36.40	+01:19:10 (38.5%)	9:44	6.2 (62.0%)
51	KAYSIEWICZ Joanna	290		Masters K - 40	51	01:56:47	03:24:04.40	03:25:46.20	+01:19:20 (38.6%)	9:43	6.2 (62.0%)
52	TRZECIAK Ewelina	7		Masters K - 40	52	01:58:12	03:28:13.05	03:28:28.65	+01:22:02 (39.4%)	9:54	6.1 (61.0%)
53	SPOZ Magdalena	102	SZAKAL RUNNERS/WKURW_TEAM	Masters K - 40	53	01:52:17	03:30:15.90	03:30:53.05	+01:24:27 (40.0%)	10:00	6 (60.0%)
54	STANOWSKA Katarzyna	307		Masters K - 40	54	01:55:31	03:30:29.30	03:30:54.30	+01:24:28 (40.1%)	10:01	6 (60.0%)
55	CZECH Dorota	272	PRO-RUN WROCŁAW	Masters K - 40	55	01:54:29	03:30:36.30	03:31:23.65	+01:24:57 (40.2%)	10:01	6 (60.0%)
56	PERKA Barbara	36	RAJSPORT	Masters K - 40	56	01:56:57	03:32:43.55	03:32:47.45	+01:26:21 (40.6%)	10:07	5.9 (59.0%)
57	AUGUSTYŃSKA Kinga	208	LACHO TEAM	Masters K - 40	57	02:01:32	03:32:36.40	03:33:29.85	+01:27:04 (40.8%)	10:07	5.9 (59.0%)
58	CIASTOWICZ- TOMCZAK Inga	142		Masters K - 40	58	02:00:42	03:32:52.15	03:33:34.45	+01:27:08 (40.8%)	10:08	5.9 (59.0%)
59	KACZMAREK Magdalena	106	NEST TEAM	Masters K - 40	59	01:56:38	03:34:23.50	03:35:01.35	+01:28:35 (41.2%)	10:12	5.9 (59.0%)
60	MARKIEWICZ Joanna Zuza	271	KOBIETY BIEGAJĄ	Masters K - 40	60	01:54:06	03:34:12.10	03:35:03.40	+01:28:37 (41.2%)	10:12	5.9 (59.0%)
61	WÓJTOWICZ Edyta	6	LOVELASY	Masters K - 40	61	01:58:09	03:36:48.40	03:37:07.65	+01:30:41 (41.8%)	10:19	5.8 (58.0%)
62	ŻARSKA Izabela	661	FUDU&CO SPORT TEAM	Masters K - 40	62	01:56:22	03:38:41.20	03:39:08.95	+01:32:43 (42.3%)	10:24	5.8 (58.0%)
63	JEŻEWSKA Sylwia	171	DRUŻYNA SZPIKU	Masters K - 40	63	01:57:16	03:38:29.40	03:39:12.55	+01:32:46 (42.3%)	10:24	5.8 (58.0%)
64	WIERZGAŁA Iwona	312		Masters K - 40	64	01:59:18	03:39:37.00	03:40:41.75	+01:34:15 (42.7%)	10:27	5.7 (57.0%)
65	BAKA Elzbieta	77	FLY MEYSI	Masters K - 40	65	01:57:19	03:41:26.75	03:42:40.35	+01:36:14 (43.2%)	10:32	5.7 (57.0%)
66	MATUSZCZAK-SZULC Iwona	188		Masters K - 40	66	02:05:41	03:42:16.25	03:42:42.55	+01:36:16 (43.2%)	10:35	5.7 (57.0%)
67	LECHNA Mirella	323		Masters K - 40	67	02:04:05	03:42:16.35	03:43:30.35	+01:37:04 (43.4%)	10:35	5.7 (57.0%)
68	SZCZYGIEŁ Beata	355	MAJA HANUSZEK	Masters K - 40	68	02:04:38	03:45:38.25	03:47:13.90	+01:40:48 (44.4%)	10:44	5.6 (56.0%)
69	KOCIĄK Magdalena	371		Masters K - 40	69	02:04:36	03:47:25.35	03:48:08.40	+01:41:42 (44.6%)	10:49	5.5 (55.0%)
70	JAGUSIAK Barbara	352		Masters K - 40	70	02:05:33	03:48:12.90	03:49:48.35	+01:43:22 (45.0%)	10:52	5.5 (55.0%)
71	KACZYŃSKA Laura	50	KACZYŚ TEAM	Masters K - 40	71	01:59:11	03:49:01.80	03:50:46.95	+01:44:21 (45.2%)	10:54	5.5 (55.0%)
72	PTAK Dorota	57		Masters K - 40	72	02:08:38	03:52:23.95	03:52:34.25	+01:46:08 (45.6%)	11:04	5.4 (54.0%)
73	ZAJĄC Agnieszka	279		Masters K - 40	73	02:05:41	03:52:21.20	03:52:51.45	+01:46:25 (45.7%)	11:03	5.4 (54.0%)

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74	FURTACZ Anna	591		Masters K - 40	74	02:15:04	03:57:28.55	03:58:16.05	+01:51:50 (46.9%)	11:18	5.3 (53.0%)
75	ŁEMPICKA-GROMEK Joanna	672		Masters K - 40	75	02:13:57	04:09:24.90	04:11:05.30	+02:04:39 (49.6%)	11:52	5.1 (51.0%)
76	MICHNO Anna	260	LACHO TEAM	Masters K - 40	76	02:24:06	04:13:31.00	04:14:29.40	+02:08:03 (50.3%)	12:04	5 (50.0%)
77	BILSKA-MROCZKA Henryka	414		Masters K - 40	77		04:40:48.65	04:41:21.60	+02:34:55 (55.1%)	13:22	4.5 (45.0%)
78	ANDRYSZAK Karolina	17	#TEAMFARFALLA	Masters K - 40	78	02:21:36	04:43:04.80	04:44:49.10	+02:38:23 (55.6%)	13:28	4.5 (45.0%)
78	GORGOL Renata	178	LP 500	Masters K - 40	79	02:22:35	04:43:04.80	04:44:49.10	+02:38:23 (55.6%)	13:28	4.5 (45.0%)

Znaleziono 79 wynik(ów)