

# ZŁOTY PÓLMARATON - 21 KM

B4SPORT

**Wydarzenie:** Dolnośląski Festiwal Biegów Górskich  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2020-07-16  
**Miejsce:** Łądek-Zdrój  
**Dystans:** 21 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Masters K - 40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
1	<b>KOŁECKA Patrycja</b>	<b>7153</b>	BLUE SKY TRAVEL	Masters K - 40	1	01:18:04	<b>02:10:34.30</b>		6:13	9.7 (100%)
2	<b>ADAMCZYK-NOWAK Beata</b>	<b>7228</b>	MIECHOWICKA GRUPA BIEGOWA	Masters K - 40	2	01:23:34	<b>02:19:17.95</b>	+00:08:43 (6.3%)	6:37	9 (92.8%)
3	<b>KUTZMANN Magdalena</b>	<b>7038</b>	WKB META LUBLINIEC	Masters K - 40	3	01:24:53	<b>02:22:51.85</b>	+00:12:17 (8.6%)	6:48	8.8 (90.7%)
4	<b>PARZYCH Katarzyna</b>	<b>7012</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Masters K - 40	4	01:28:19	<b>02:26:20.95</b>	+00:15:46 (10.8%)	6:58	8.6 (88.7%)
5	<b>GROCHOT Edyta</b>	<b>7100</b>	#ADAMCZERWIŃSKITEAM	Masters K - 40	5	01:29:07	<b>02:29:11.40</b>	+00:18:37 (12.5%)	7:06	8.4 (86.6%)
6	<b>KOCIMSKA Katarzyna</b>	<b>7466</b>	EUROVENT ATHLETICS	Masters K - 40	6	01:29:27	<b>02:33:30.00</b>	+00:22:55 (14.9%)	7:18	8.2 (84.5%)
7	<b>OBRZUD Katarzyna</b>	<b>7460</b>		Masters K - 40	7	01:32:12	<b>02:37:37.20</b>	+00:27:02 (17.2%)	7:30	8 (82.5%)
8	<b>KOWALCZUK Anna</b>	<b>7517</b>		Masters K - 40	8	01:30:27	<b>02:38:31.50</b>	+00:27:57 (17.6%)	7:32	7.9 (81.4%)
9	<b>ROGÓŻ Elżbieta</b>	<b>7286</b>	PRORUNNING PROMOTION	Masters K - 40	9	01:35:36	<b>02:38:38.60</b>	+00:28:04 (17.7%)	7:33	7.9 (81.4%)
10	<b>GRONEK Magdalena</b>	<b>7398</b>	BIEGAMDLAZDROWIA.PL	Masters K - 40	10	01:34:38	<b>02:38:52.60</b>	+00:28:18 (17.8%)	7:33	7.9 (81.4%)
11	<b>ŚLIWKA Beata</b>	<b>7180</b>	OLZA CIESZYN	Masters K - 40	11	01:31:27	<b>02:38:55.60</b>	+00:28:21 (17.8%)	7:34	7.9 (81.4%)
12	<b>TOMASZEWSKA Ewa</b>	<b>7505</b>		Masters K - 40	12	01:38:48	<b>02:43:03.95</b>	+00:32:29 (19.9%)	7:45	7.7 (79.4%)
13	<b>KRZESZEWSKA Dorota</b>	<b>7240</b>		Masters K - 40	13	01:35:21	<b>02:43:46.10</b>	+00:33:11 (20.3%)	7:47	7.7 (79.4%)
14	<b>DURCZEWSKA Daria</b>	<b>7439</b>	PRO-RUN WROCŁAW	Masters K - 40	14	01:44:47	<b>02:50:44.95</b>	+00:40:10 (23.5%)	8:07	7.4 (76.3%)
15	<b>GIMZICKA Ewa</b>	<b>7303</b>		Masters K - 40	15	01:41:38	<b>02:52:51.80</b>	+00:42:17 (24.5%)	8:13	7.3 (75.3%)
16	<b>BARTKIEWICZ Halina</b>	<b>7009</b>		Masters K - 40	16	01:45:19	<b>02:52:52.00</b>	+00:42:17 (24.5%)	8:13	7.3 (75.3%)
17	<b>WOJCIECHOWSKA Anna</b>	<b>7050</b>	PIĄTKOWO NA BIEGOWO	Masters K - 40	17	01:47:50	<b>02:53:48.40</b>	+00:43:14 (24.9%)	8:16	7.2 (74.2%)
18	<b>SZWED Monika</b>	<b>7239</b>		Masters K - 40	18	01:44:40	<b>02:54:04.55</b>	+00:43:30 (25.0%)	8:17	7.2 (74.2%)
19	<b>CZERNIAK Agnieszka</b>	<b>7207</b>	PIĄTKOWO NA BIEGOWO	Masters K - 40	19	01:48:10	<b>02:54:15.35</b>	+00:43:41 (25.1%)	8:17	7.2 (74.2%)
20	<b>ZINIEWICZ Małgorzata</b>	<b>7495</b>		Masters K - 40	20	01:44:35	<b>02:55:39.80</b>	+00:45:05 (25.7%)	8:21	7.2 (74.2%)
21	<b>APANASEWICZ Dominika</b>	<b>7400</b>		Masters K - 40	21	01:51:28	<b>03:00:58.95</b>	+00:50:24 (27.9%)	8:37	7 (72.2%)
22	<b>SKRZĄTEK Anna</b>	<b>7116</b>		Masters K - 40	22	01:51:08	<b>03:02:11.80</b>	+00:51:37 (28.3%)	8:40	6.9 (71.1%)
23	<b>PERKA Barbara</b>	<b>7090</b>	,ZAŁOGA GÓRSKA	Masters K - 40	23	01:46:30	<b>03:02:50.45</b>	+00:52:16 (28.6%)	8:42	6.9 (71.1%)
24	<b>RĘBECKA Violetta</b>	<b>7041</b>	BIEGAMDLAZDROWIA.PL	Masters K - 40	24	01:52:57	<b>03:06:19.15</b>	+00:55:44 (29.9%)	8:52	6.8 (70.1%)
25	<b>PORADA Małgorzata</b>	<b>7255</b>		Masters K - 40	25	01:55:11	<b>03:09:58.70</b>	+00:59:24 (31.3%)	9:02	6.6 (68.0%)
26	<b>BOJEK Beata</b>	<b>7064</b>	R-TEAM RYDZYNA	Masters K - 40	26	01:55:00	<b>03:10:06.70</b>	+00:59:32 (31.3%)	9:03	6.6 (68.0%)
27	<b>MARONKA Agnieszka</b>	<b>7350</b>		Masters K - 40	27	01:53:18	<b>03:13:55.65</b>	+01:03:21 (32.7%)	9:14	6.5 (67.0%)
28	<b>NOWICKA-BŁASZCZYK Izabela</b>	<b>7230</b>		Masters K - 40	28	01:58:35	<b>03:14:36.45</b>	+01:04:02 (32.9%)	9:16	6.5 (67.0%)
29	<b>FIKSA Katarzyna</b>	<b>7231</b>	WOJART TEAM	Masters K - 40	29	01:58:36	<b>03:14:44.65</b>	+01:04:10 (33.0%)	9:16	6.5 (67.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						B1 10.3km	netto 21km			
30	MARCINKOWSKA Katarzyna	7266	LADY AEROBIK NYSA	Masters K - 40	30	01:53:20	<b>03:15:13.40</b>	+01:04:39 (33.1%)	9:17	6.5 (67.0%)
31	KOPKA - JĘDRYCHOWSKA Monika	7253		Masters K - 40	31	01:55:02	<b>03:17:25.30</b>	+01:06:51 (33.9%)	9:24	6.4 (66.0%)
32	GERMAN-GIENTKOWSKA Iwona	7344		Masters K - 40	32	01:59:23	<b>03:18:22.85</b>	+01:07:48 (34.2%)	9:26	6.4 (66.0%)
33	GAJDECKA Adriana	7225	ORANGE	Masters K - 40	33	01:57:52	<b>03:18:25.20</b>	+01:07:50 (34.2%)	9:26	6.4 (66.0%)
34	KOŃ Aleksandra	7149		Masters K - 40	34	01:59:36	<b>03:19:48.00</b>	+01:09:13 (34.6%)	9:30	6.3 (64.9%)
35	GIDASZEWSKA Jolanta	7049	NESSI	Masters K - 40	35	02:04:11	<b>03:20:16.25</b>	+01:09:41 (34.8%)	9:32	6.3 (64.9%)
36	JÓZEFczyk Justyna	7010	PIĄTKOWO NA BIEGOWO	Masters K - 40	36	02:02:14	<b>03:21:04.50</b>	+01:10:30 (35.1%)	9:34	6.3 (64.9%)
37	KOZIOŁ Joanna	7158		Masters K - 40	37	02:03:32	<b>03:23:51.40</b>	+01:13:17 (35.9%)	9:42	6.2 (63.9%)
38	SZCZODRZYŃSKA Kasia	7473		Masters K - 40	38	02:05:39	<b>03:24:25.05</b>	+01:13:50 (36.1%)	9:44	6.2 (63.9%)
39	GRZYB Beata	7478	KOBIETY BIEGAJĄ	Masters K - 40	39	02:05:52	<b>03:24:37.35</b>	+01:14:03 (36.2%)	9:44	6.2 (63.9%)
40	MAGDA Natasza	7091	NIGHT RUNNERS PYSKOWICE	Masters K - 40	40	01:59:46	<b>03:27:16.25</b>	+01:16:41 (37.0%)	9:52	6.1 (62.9%)
41	TCHÓRZEWSKA-PIETRZYK Anna	7287		Masters K - 40	41	02:06:34	<b>03:27:39.80</b>	+01:17:05 (37.1%)	9:53	6.1 (62.9%)
42	KNOBLOCH Ewa	7441		Masters K - 40	42	02:07:15	<b>03:27:59.20</b>	+01:17:24 (37.2%)	9:54	6.1 (62.9%)
43	WIZE-ZIELONKA Karolina	7442		Masters K - 40	43	02:07:35	<b>03:28:19.30</b>	+01:17:45 (37.3%)	9:55	6 (61.9%)
44	PRZESTRZELSKA-HAAS Marta	7004	BACKPACKING OKAPI TEAM	Masters K - 40	44	02:05:39	<b>03:28:57.30</b>	+01:18:23 (37.5%)	9:57	6 (61.9%)
45	SZCZYGIEŁ Beata	7245		Masters K - 40	45	02:04:30	<b>03:29:04.35</b>	+01:18:30 (37.5%)	9:57	6 (61.9%)
46	KAYSIEWICZ Joanna	7381		Masters K - 40	46	02:05:53	<b>03:29:35.40</b>	+01:19:01 (37.7%)	9:58	6 (61.9%)
47	NESTOROWICZ Monika	7154	KLUB BIEGACZA JURUND SZCZYTNO	Masters K - 40	47	02:09:06	<b>03:32:57.45</b>	+01:22:23 (38.7%)	10:08	5.9 (60.8%)
48	TRELA Aniela	7275	DB LESZCZYNY	Masters K - 40	48	02:10:03	<b>03:35:07.90</b>	+01:24:33 (39.3%)	10:14	5.9 (60.8%)
49	GRESER Beata	7141	ORGANIC RACE TEAM	Masters K - 40	49	02:08:26	<b>03:35:48.80</b>	+01:25:14 (39.5%)	10:16	5.8 (59.8%)
50	PALUSIŃSKA Agnieszka	7039	LOVELASY	Masters K - 40	50	02:16:33	<b>03:37:39.70</b>	+01:27:05 (40.0%)	10:21	5.8 (59.8%)
51	KONCA Beata	7216	KB OŻARÓW MAZOWIECKI BIEGA	Masters K - 40	51	02:18:39	<b>03:38:40.00</b>	+01:28:05 (40.3%)	10:24	5.8 (59.8%)
52	KACZMAREK Monika	7299	PHOENIX CONTACT WIELKOPOLSKA	Masters K - 40	52	02:19:49	<b>03:42:03.00</b>	+01:31:28 (41.2%)	10:34	5.7 (58.8%)
53	DADAŚ Elżbieta	7007	BP RUNNING TEAM GLIWICE	Masters K - 40	53	02:19:25	<b>03:42:04.30</b>	+01:31:30 (41.2%)	10:34	5.7 (58.8%)
54	STASZEWSKA Aneta	7305	NIGHT RUNNERS PYSKOWICE	Masters K - 40	54	02:16:12	<b>03:42:40.95</b>	+01:32:06 (41.4%)	10:36	5.7 (58.8%)
55	SOBCZYK Ela	7212	KB OŻARÓW MAZOWIECKI BIEGA	Masters K - 40	55	02:20:29	<b>03:43:26.05</b>	+01:32:51 (41.6%)	10:38	5.6 (57.7%)
56	PIJANKA Monika	7121		Masters K - 40	56	02:24:43	<b>03:43:45.65</b>	+01:33:11 (41.6%)	10:39	5.6 (57.7%)
57	CHOJNOWSKA Barbara	7026	PUSIA TEAM	Masters K - 40	57	02:15:17	<b>03:44:59.05</b>	+01:34:24 (42.0%)	10:42	5.6 (57.7%)
58	NAMYŚLAK Renata	7483	KOŁO BIEGA	Masters K - 40	58	02:13:47	<b>03:46:17.70</b>	+01:35:43 (42.3%)	10:46	5.6 (57.7%)
59	GAJ-JURCZYK Renata	7465	STAN UMYSŁU LEWIN BIEGA	Masters K - 40	59	02:10:31	<b>03:49:11.75</b>	+01:38:37 (43.0%)	10:54	5.5 (56.7%)
60	STOŁOWSKA Natalia	7258		Masters K - 40	60	02:15:46	<b>03:49:31.85</b>	+01:38:57 (43.1%)	10:55	5.5 (56.7%)
61	PAKUŁA Beata	7203		Masters K - 40	61	02:10:58	<b>03:53:05.30</b>	+01:42:31 (44.0%)	11:05	5.4 (55.7%)
62	SOSNOWSKA Barbara	7108	LACHO TEAM	Masters K - 40	62	02:23:46	<b>03:54:41.05</b>	+01:44:06 (44.4%)	11:10	5.4 (55.7%)
63	URBANIĄK Agnieszka	7123		Masters K - 40	63	02:19:29	<b>03:55:32.90</b>	+01:44:58 (44.6%)	11:13	5.3 (54.6%)
64	ŁABOWICZ Magdalena	7493		Masters K - 40	64		<b>03:58:23.00</b>	+01:47:48 (45.2%)	11:21	5.3 (54.6%)
65	SIEWIERA Katarzyna	7492		Masters K - 40	65	02:25:23	<b>03:58:26.25</b>	+01:47:51 (45.2%)	11:21	5.3 (54.6%)
66	JEZIERSKA Karina	7094		Masters K - 40	66	02:22:39	<b>04:02:00.20</b>	+01:51:25 (46.0%)	11:31	5.2 (53.6%)
67	BEDNARCZYK Sylwia	7003		Masters K - 40	67	02:37:37	<b>04:04:32.05</b>	+01:53:57 (46.6%)	11:38	5.2 (53.6%)
68	JUSZKO Monika	7235		Masters K - 40	68	02:24:47	<b>04:10:39.70</b>	+02:00:05 (47.9%)	11:56	5 (51.5%)
69	KNOSOWSKA Sylwia	7086	HEKI TEAM	Masters K - 40	69	02:30:08	<b>04:12:05.65</b>	+02:01:31 (48.2%)	12:00	5 (51.5%)
<b>Przekroczony limit czasu: 05:00:00</b>										
70	MRÓWCZYŃSKA PĘZIOŁ Ewa	7541		Masters K - 40	70	02:54:06	<b>05:08:40.00</b>	+02:58:05 (57.7%)	14:41	4.1 (42.3%)