

# ZŁOTY PÓLMARATON - 21 KM

B4SPORT

**Event:** Dolnośląski Festiwal Biegów Górskich  
**Organiser:** Stowarzyszenie TKKF Kompas  
**Date:** 2017-07-20  
**Place:** Łądek Zdrój  
**Distance:** 21 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Classification: Masters K - 40

Place	Participant	Number	Club	Category	MCat	B1 10km	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
1	WALEŃSKA Ewa	2271	GT RAT	Masters K - 40	1	01:13:30	02:08:18.80	02:08:30.05		6:06	9.8 (100%)
2	SWIETEK-OZDOBA Sylwia	2037	LTT	Masters K - 40	2	01:19:57	02:19:48.70	02:19:57.55	+00:11:27 (8.2%)	6:39	9 (91.8%)
3	CZEBOTAR Barbara	2385		Masters K - 40	3	01:21:24	02:22:33.65	02:22:55.40	+00:14:25 (10.1%)	6:47	8.8 (89.8%)
4	BIERNACKA Kasia	2415	SPELEO KLUB WARSZAWSKI	Masters K - 40	4		02:22:53.65	02:22:59.80	+00:14:29 (10.1%)	6:48	8.8 (89.8%)
5	GRABIŃSKA Gizela	2206	DREAM RUN/ AZS UW	Masters K - 40	5	01:24:36	02:27:03.15	02:27:15.55	+00:18:45 (12.7%)	7:00	8.6 (87.8%)
6	WOJTKOWIAK Renata	2156	PIĄTKOWO NA BIEGOWO	Masters K - 40	6	01:21:16	02:28:16.25	02:28:39.05	+00:20:09 (13.6%)	7:03	8.5 (86.7%)
7	BANDUROWSKA Agnieszka	2067	KB SPOCENI NOWA SÓL	Masters K - 40	7	01:29:11	02:28:36.45	02:28:45.20	+00:20:15 (13.6%)	7:04	8.5 (86.7%)
8	KWIATKOWSKA Zuzanna	2317		Masters K - 40	8	01:31:29	02:38:34.60	02:38:51.50	+00:30:21 (19.1%)	7:33	7.9 (80.6%)
9	LUBAŃSKA Alicja	2129		Masters K - 40	9	01:30:48	02:41:11.50	02:41:16.95	+00:32:46 (20.3%)	7:40	7.8 (79.6%)
10	FILIPOWICZ Aleksandra	2316		Masters K - 40	10	01:36:43	02:45:09.25	02:45:34.20	+00:37:04 (22.4%)	7:51	7.6 (77.6%)
11	GARCZEWSKA-PASZKO Joanna	2069		Masters K - 40	11	01:34:54	02:46:52.75	02:47:10.65	+00:38:40 (23.1%)	7:56	7.6 (77.6%)
12	BARAŃSKA Małgorzata	2086	BBL OPOLE	Masters K - 40	12	01:38:05	02:49:13.60	02:49:41.00	+00:41:10 (24.3%)	8:03	7.4 (75.5%)
13	ŚWIDEREK Kasia	2368		Masters K - 40	13	01:37:48	02:52:43.95	02:52:50.85	+00:44:20 (25.7%)	8:13	7.3 (74.5%)
14	PISKORZ Daria	2354	DRUŻYNA SZPIKU SITECH	Masters K - 40	14	01:44:50	02:57:01.90	02:57:49.30	+00:49:19 (27.7%)	8:25	7.1 (72.4%)
15	MILEJSKA Joanna	2087	BBL OPOLE	Masters K - 40	15	01:44:00	02:57:23.15	02:58:08.60	+00:49:38 (27.9%)	8:26	7.1 (72.4%)
16	ŻARSKA Izabela	2307	FUDU&CO SPORT TEAM	Masters K - 40	16	01:44:33	03:01:03.90	03:01:17.50	+00:52:47 (29.1%)	8:37	7 (71.4%)
17	LUBOCH Agnieszka	2108		Masters K - 40	17	01:43:23	03:02:02.00	03:02:13.85	+00:53:43 (29.5%)	8:40	6.9 (70.4%)
18	RYNKOWSKA Katarzyna	2177		Masters K - 40	18	01:45:19	03:05:33.25	03:05:57.65	+00:57:27 (30.9%)	8:50	6.8 (69.4%)
19	GRĘZEL-GAWRON Jolanta	2084		Masters K - 40	19	01:44:16	03:05:49.95	03:06:03.15	+00:57:33 (30.9%)	8:50	6.8 (69.4%)
20	ŚLEMP Bernadetta	2375		Masters K - 40	20	01:51:58	03:07:55.15	03:08:44.55	+01:00:14 (31.9%)	8:56	6.7 (68.4%)
21	GÓRSKA-NOWAK Tatiana	2255	AGB TORFY	Masters K - 40	21	01:47:30	03:08:50.40	03:09:18.00	+01:00:47 (32.1%)	8:59	6.7 (68.4%)
22	KULIBERDA Sylwia	2308		Masters K - 40	22	01:53:02	03:08:58.30	03:09:43.00	+01:01:12 (32.3%)	8:59	6.7 (68.4%)
23	PRĘDKA Magdalena	2045	OLA CLUB	Masters K - 40	23	01:50:23	03:14:33.85	03:15:25.15	+01:06:55 (34.2%)	9:15	6.5 (66.3%)
24	SALONI-SADOWSKA Maria	2274	OBOZYBIEGOWE.PL	Masters K - 40	24	01:51:16	03:16:26.40	03:16:50.60	+01:08:20 (34.7%)	9:21	6.4 (65.3%)
25	LESZCZYŃSKA Lidia	2002	POKERUN	Masters K - 40	25	01:52:24	03:17:35.75	03:17:52.85	+01:09:22 (35.1%)	9:24	6.4 (65.3%)
26	PRZYBYŁ Jolanta	2028	BIEGOLOGIA.PL / EASY RUNNERS	Masters K - 40	26	01:52:09	03:18:36.80	03:18:52.95	+01:10:22 (35.4%)	9:27	6.3 (64.3%)
27	SZULC Joanna	2031	ALBATROSY	Masters K - 40	27	01:59:42	03:20:06.70	03:20:33.15	+01:12:03 (35.9%)	9:31	6.3 (64.3%)
28	RYNKOWSKA Magdalena	2176		Masters K - 40	28	02:01:18	03:29:33.15	03:29:57.00	+01:21:26 (38.8%)	9:58	6 (61.2%)
29	KACZMAREK Agata	2034	TKD SZAKAL JEŻYCE RUNNERS	Masters K - 40	29	02:07:27	03:29:55.25	03:30:22.05	+01:21:52 (38.9%)	9:59	6 (61.2%)

Place	Participant	Number	Club	Category	MCat	B1 10km	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
30	<b>MICHALSKA Małgorzata</b>	<b>2066</b>	FUDU&CO. SPORT TEAM	Masters K - 40	30	01:59:58	<b>03:31:54.00</b>	<b>03:32:08.30</b>	+01:23:38 (39.4%)	10:05	5.9 (60.2%)
31	<b>ZAJDLIC Renata</b>	<b>2172</b>		Masters K - 40	31	02:10:56	<b>03:37:10.35</b>	<b>03:37:30.40</b>	+01:29:00 (40.9%)	10:20	5.8 (59.2%)
32	<b>SPOZ Magdalena</b>	<b>2039</b>	TKD SZAKAL JEŻYCE RUNNERS	Masters K - 40	32	02:07:27	<b>03:49:06.25</b>	<b>03:49:32.40</b>	+01:41:02 (44.0%)	10:54	5.5 (56.1%)
33	<b>JUSZKO Monika</b>	<b>2225</b>		Masters K - 40	33	02:09:51	<b>04:04:48.80</b>	<b>04:05:20.55</b>	+01:56:50 (47.6%)	11:39	5.1 (52.0%)
34	<b>GORGOL Renia</b>	<b>2342</b>		Masters K - 40	34	02:20:00	<b>04:24:55.30</b>	<b>04:25:37.85</b>	+02:17:07 (51.6%)	12:36	4.8 (49.0%)
35	<b>ANDRYSZAK Karolina</b>	<b>2341</b>	#TEAMFARFALLA	Masters K - 40	35	02:20:04	<b>04:24:55.75</b>	<b>04:25:38.50</b>	+02:17:08 (51.6%)	12:36	4.8 (49.0%)

Total 35 results.