

# ZŁOTY PÓŁMARATON - 21 KM

B4SPORT

**Event:** Dolnośląski Festiwal Biegów Górskich  
**Organiser:** Fundacja MARATONY GÓRSKIE  
**Date:** 2018-07-19  
**Place:** Łądek-Zdrój  
**Distance:** 21 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Classification: Senior I K - 20

Place	Participant	Number	Club	Category	MCat	B1 10km	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
1	<b>MIERZLIKIN Natalia</b>	<b>603</b>	UKS GEPARD WARSZAWA	Senior I K - 20	1	01:04:46	<b>01:52:29.65</b>	<b>01:52:32.70</b>		5:21	11.2 (100%)
2	<b>DUCZMAL Dominika</b>	<b>551</b>	SPARTA ULTRA TEAM	Senior I K - 20	2	01:11:04	<b>02:01:56.85</b>	<b>02:02:00.15</b>	+00:09:27 (7.8%)	5:48	10.3 (92.0%)
3	<b>WITEK Karolina</b>	<b>182</b>		Senior I K - 20	3	01:11:35	<b>02:08:35.45</b>	<b>02:08:45.25</b>	+00:16:12 (12.6%)	6:07	9.8 (87.5%)
4	<b>GŁOMBIOWSKA Zuzanna</b>	<b>175</b>	BIGYELLOWFOOT ADVENTURE TEAM	Senior I K - 20	4	01:18:46	<b>02:18:42.65</b>	<b>02:18:45.70</b>	+00:26:13 (18.9%)	6:36	9.1 (81.3%)
5	<b>SZYSZKA Anna</b>	<b>415</b>		Senior I K - 20	5	01:21:43	<b>02:22:06.60</b>	<b>02:22:15.55</b>	+00:29:42 (20.9%)	6:46	8.9 (79.5%)
6	<b>RYBARSKA Marta</b>	<b>3</b>	LESZ NO LIMITS RUNNERS	Senior I K - 20	6	01:20:12	<b>02:25:41.85</b>	<b>02:26:10.70</b>	+00:33:38 (23.0%)	6:56	8.6 (76.8%)
7	<b>GRABOWSKA Maja</b>	<b>275</b>		Senior I K - 20	7	01:23:16	<b>02:25:26.95</b>	<b>02:26:39.65</b>	+00:34:06 (23.3%)	6:55	8.7 (77.7%)
8	<b>PIOTROWICZ Kamila</b>	<b>429</b>	KLUB GÓRSKI OLIMP	Senior I K - 20	8	01:24:01	<b>02:30:03.70</b>	<b>02:30:20.20</b>	+00:37:47 (25.1%)	7:08	8.4 (75.0%)
9	<b>GRABOWSKA Agnieszka</b>	<b>310</b>	CRAGMAGAZINE.PL	Senior I K - 20	9	01:29:03	<b>02:43:04.10</b>	<b>02:43:15.75</b>	+00:50:43 (31.1%)	7:45	7.7 (68.8%)
10	<b>TOMCZYK Marta</b>	<b>380</b>		Senior I K - 20	10	01:34:04	<b>02:44:18.05</b>	<b>02:44:33.25</b>	+00:52:00 (31.6%)	7:49	7.7 (68.8%)
11	<b>KAMIŃSKA Anna</b>	<b>580</b>		Senior I K - 20	11	01:34:52	<b>02:45:37.65</b>	<b>02:46:21.00</b>	+00:53:48 (32.3%)	7:53	7.6 (67.9%)
12	<b>KMITA Gabriela</b>	<b>567</b>	NOWA HUTA TEAM	Senior I K - 20	12	01:32:54	<b>02:44:57.80</b>	<b>02:46:33.90</b>	+00:54:01 (32.4%)	7:51	7.6 (67.9%)
13	<b>KOPUCZOK Justyna</b>	<b>667</b>		Senior I K - 20	13	01:35:10	<b>02:46:05.55</b>	<b>02:46:35.15</b>	+00:54:02 (32.4%)	7:54	7.6 (67.9%)
14	<b>KORDASZEWSKA Sylwia</b>	<b>264</b>	ORANGE IRON TEAM	Senior I K - 20	14	01:35:47	<b>02:47:34.40</b>	<b>02:48:36.10</b>	+00:56:03 (33.2%)	7:58	7.5 (67.0%)
15	<b>RACZYŃSKA Magdalena</b>	<b>500</b>	VEGE RUNNERS	Senior I K - 20	15	01:30:48	<b>02:47:58.95</b>	<b>02:48:37.00</b>	+00:56:04 (33.3%)	7:59	7.5 (67.0%)
16	<b>RATKOWSKA Izabela</b>	<b>216</b>		Senior I K - 20	16	01:33:00	<b>02:48:09.35</b>	<b>02:48:45.95</b>	+00:56:13 (33.3%)	8:00	7.5 (67.0%)
17	<b>ZYŁA Katarzyna</b>	<b>40</b>	OPOLE BIEGA	Senior I K - 20	17	01:38:03	<b>02:50:15.70</b>	<b>02:51:22.05</b>	+00:58:49 (34.3%)	8:06	7.4 (66.1%)
18	<b>CZESKA Karolina</b>	<b>566</b>	MOSINA BIEGA	Senior I K - 20	18	01:41:36	<b>02:50:55.55</b>	<b>02:52:12.20</b>	+00:59:39 (34.6%)	8:08	7.4 (66.1%)
19	<b>BOCHENEK Gosia</b>	<b>508</b>		Senior I K - 20	19	01:42:11	<b>02:53:22.15</b>	<b>02:53:41.80</b>	+01:01:09 (35.2%)	8:15	7.3 (65.2%)
20	<b>WARDA Justyna</b>	<b>227</b>	HARDCOROWE WYCHYLYLYBYMY	Senior I K - 20	20	01:35:50	<b>02:53:54.15</b>	<b>02:54:06.95</b>	+01:01:34 (35.4%)	8:16	7.2 (64.3%)
21	<b>SKORUPSKA Ewa</b>	<b>573</b>		Senior I K - 20	21	01:41:57	<b>02:55:20.95</b>	<b>02:56:16.70</b>	+01:03:44 (36.2%)	8:21	7.2 (64.3%)
22	<b>DAMASIEWICZ Paula</b>	<b>538</b>	SPARTA ULTRA TEAM	Senior I K - 20	22	01:41:12	<b>02:56:13.20</b>	<b>02:56:28.00</b>	+01:03:55 (36.2%)	8:23	7.1 (63.4%)
23	<b>ROZDZYŃSKA Patrycja</b>	<b>462</b>		Senior I K - 20	23	01:34:55	<b>02:56:41.75</b>	<b>02:57:16.00</b>	+01:04:43 (36.5%)	8:24	7.1 (63.4%)
24	<b>ŁUNIEWSKA Katarzyna</b>	<b>26</b>		Senior I K - 20	24	01:43:59	<b>02:59:08.45</b>	<b>02:59:19.90</b>	+01:06:47 (37.2%)	8:31	7 (62.5%)
25	<b>WOŹNIAK Agata</b>	<b>640</b>		Senior I K - 20	25	01:41:57	<b>03:05:00.30</b>	<b>03:05:25.05</b>	+01:12:52 (39.3%)	8:48	6.8 (60.7%)
26	<b>ŚLIWAK Katarzyna</b>	<b>324</b>		Senior I K - 20	26	01:46:10	<b>03:05:58.75</b>	<b>03:07:11.50</b>	+01:14:38 (39.9%)	8:51	6.8 (60.7%)
27	<b>SOŁDON Katarzyna</b>	<b>396</b>		Senior I K - 20	27	01:38:14	<b>03:08:33.15</b>	<b>03:09:07.95</b>	+01:16:35 (40.5%)	8:58	6.7 (59.8%)
28	<b>FLORCZAK Monika</b>	<b>558</b>	KOBIETA W BIEGU/ RUN BABY	Senior I K - 20	28	01:46:16	<b>03:08:30.70</b>	<b>03:09:23.05</b>	+01:16:50 (40.6%)	8:58	6.7 (59.8%)
29	<b>MACIEJEWSKA Aleksandra</b>	<b>109</b>	NIGHT RUNNERS POZNAŃ	Senior I K - 20	29	01:46:55	<b>03:09:06.05</b>	<b>03:09:39.70</b>	+01:17:07 (40.7%)	9:00	6.7 (59.8%)

Place	Participant	Number	Club	Category	MCat	B1 10km	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
30	<b>RATAJCZAK Monika</b>	<b>270</b>		Senior I K - 20	30	01:54:21	<b>03:13:04.65</b>	<b>03:13:39.75</b>	+01:21:07 (41.9%)	9:11	6.5 (58.0%)
31	<b>OLCZYK Joanna</b>	<b>468</b>		Senior I K - 20	31	01:50:09	<b>03:13:42.65</b>	<b>03:14:44.95</b>	+01:22:12 (42.2%)	9:13	6.5 (58.0%)
32	<b>SATURNIEWICZ Daria</b>	<b>53</b>	NIGHT RUNNERS	Senior I K - 20	32	01:46:05	<b>03:14:19.85</b>	<b>03:14:52.70</b>	+01:22:20 (42.2%)	9:15	6.5 (58.0%)
33	<b>TABACZYŃSKA Monika</b>	<b>524</b>		Senior I K - 20	33	01:44:34	<b>03:14:05.35</b>	<b>03:15:32.60</b>	+01:22:59 (42.4%)	9:14	6.5 (58.0%)
34	<b>JÓŻWIAK Sonia</b>	<b>475</b>	FIZJOTERAPEUTASPORTOWY.PL	Senior I K - 20	34	01:48:41	<b>03:15:12.00</b>	<b>03:16:36.60</b>	+01:24:03 (42.8%)	9:17	6.5 (58.0%)
35	<b>SMYK Agnieszka</b>	<b>24</b>	42DOSZCZESCIA.PL	Senior I K - 20	35	01:51:43	<b>03:15:39.55</b>	<b>03:16:57.45</b>	+01:24:24 (42.9%)	9:19	6.4 (57.1%)
36	<b>KOCZAJA Malgorzata</b>	<b>68</b>		Senior I K - 20	36	01:49:00	<b>03:21:00.85</b>	<b>03:21:20.35</b>	+01:28:47 (44.1%)	9:34	6.3 (56.3%)
37	<b>SZAŁAJSKA Monika</b>	<b>74</b>		Senior I K - 20	37	01:49:20	<b>03:21:27.30</b>	<b>03:22:31.85</b>	+01:29:59 (44.4%)	9:35	6.3 (56.3%)
38	<b>TALAGA Alicja</b>	<b>484</b>	OLKUSZBIEGA.PL	Senior I K - 20	38	01:49:53	<b>03:23:40.40</b>	<b>03:23:51.75</b>	+01:31:19 (44.8%)	9:41	6.2 (55.4%)
39	<b>DRYNKORN Hanna</b>	<b>353</b>		Senior I K - 20	39	01:54:46	<b>03:23:34.15</b>	<b>03:24:47.00</b>	+01:32:14 (45.0%)	9:41	6.2 (55.4%)
40	<b>KRZESZOWSKA Iga</b>	<b>388</b>		Senior I K - 20	40	01:45:27	<b>03:25:05.40</b>	<b>03:26:40.15</b>	+01:34:07 (45.5%)	9:46	6.1 (54.5%)
41	<b>JANUSZEWSKA Joanna</b>	<b>387</b>	POTRZYMI MI PIWO	Senior I K - 20	41	01:53:00	<b>03:29:30.10</b>	<b>03:31:04.70</b>	+01:38:32 (46.7%)	9:58	6 (53.6%)
42	<b>ZAJĄCZKOWSKA Agnieszka</b>	<b>646</b>		Senior I K - 20	42	01:53:26	<b>03:30:29.45</b>	<b>03:31:14.75</b>	+01:38:42 (46.7%)	10:01	6 (53.6%)
43	<b>SEFTLEBEN Mirosława</b>	<b>404</b>		Senior I K - 20	43	01:58:24	<b>03:30:10.85</b>	<b>03:31:21.30</b>	+01:38:48 (46.8%)	10:00	6 (53.6%)
44	<b>ŁASEK-PIETRZAK Agnieszka</b>	<b>196</b>	WKURW_TEAM	Senior I K - 20	44	01:56:47	<b>03:30:59.30</b>	<b>03:32:18.70</b>	+01:39:46 (47.0%)	10:02	6 (53.6%)
45	<b>NOWACZYK Zuzanna</b>	<b>413</b>		Senior I K - 20	45	01:52:28	<b>03:32:00.55</b>	<b>03:32:29.05</b>	+01:39:56 (47.0%)	10:05	5.9 (52.7%)
46	<b>PIETROWICZ Weronika</b>	<b>432</b>		Senior I K - 20	46	01:52:26	<b>03:31:59.95</b>	<b>03:32:29.25</b>	+01:39:56 (47.0%)	10:05	5.9 (52.7%)
47	<b>SIENKIEWICZ Gabrysia</b>	<b>145</b>	OGARY DOLORES	Senior I K - 20	47	01:57:02	<b>03:34:43.30</b>	<b>03:36:22.70</b>	+01:43:50 (48.0%)	10:13	5.9 (52.7%)
48	<b>ZMARZLIK Marta</b>	<b>641</b>		Senior I K - 20	48	01:59:16	<b>03:42:19.90</b>	<b>03:42:45.25</b>	+01:50:12 (49.5%)	10:35	5.7 (50.9%)
	<b>KANTOR Martyna</b>	<b>615</b>	BUFF TEAM POLSKA	Senior I K - 20		01:21:50 DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>KORONA-SIERADZKA Bogusława</b>	<b>73</b>		Senior I K - 20		02:00:41 DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)

Total 50 results.