

# ZŁOTY PÓŁMARATON - 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: Senior II K - 30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
1	<b>SZULTK Magdalena</b>	<b>7491</b>	ULTRA ALPACAS TEAM	Senior II K - 30	1	01:13:20	<b>02:05:04.10</b>		5:57	10.1 (100%)
2	<b>ZIELIŃSKA Weronika</b>	<b>7380</b>	12TRI.PL / ASICS FRONTRUNNER POLAND	Senior II K - 30	2	01:16:42	<b>02:11:03.05</b>	+00:05:58 (4.6%)	6:14	9.6 (95.0%)
3	<b>LEŚNIAK Karolina</b>	<b>7425</b>	TMTEAM	Senior II K - 30	3	01:23:10	<b>02:20:17.65</b>	+00:15:13 (10.9%)	6:40	9 (89.1%)
4	<b>JAROSZUK Ania</b>	<b>7103</b>		Senior II K - 30	4	01:24:57	<b>02:24:02.90</b>	+00:18:58 (13.2%)	6:51	8.7 (86.1%)
5	<b>NIERADKA Anna</b>	<b>7172</b>		Senior II K - 30	5	01:26:23	<b>02:25:14.25</b>	+00:20:10 (13.9%)	6:54	8.7 (86.1%)
6	<b>LITWIN Monika</b>	<b>7270</b>	LITEWIN	Senior II K - 30	6	01:22:40	<b>02:25:32.15</b>	+00:20:28 (14.1%)	6:55	8.7 (86.1%)
7	<b>ZDEBSKA Magdalena</b>	<b>7101</b>		Senior II K - 30	7	01:27:36	<b>02:29:24.25</b>	+00:24:20 (16.3%)	7:06	8.4 (83.2%)
8	<b>MIKOŁAJEWSKA Justyna</b>	<b>7410</b>		Senior II K - 30	8	01:29:12	<b>02:29:59.05</b>	+00:24:54 (16.6%)	7:08	8.4 (83.2%)
9	<b>HNATIUK Anna</b>	<b>7221</b>	MATNER RUNNING TEAM	Senior II K - 30	9	01:33:57	<b>02:33:57.30</b>	+00:28:53 (18.8%)	7:19	8.2 (81.2%)
10	<b>BERG Elwira</b>	<b>7177</b>		Senior II K - 30	10	01:31:16	<b>02:37:56.90</b>	+00:32:52 (20.8%)	7:31	8 (79.2%)
11	<b>REDKIEWICZ Agnieszka</b>	<b>7508</b>	PSYCHORUN	Senior II K - 30	11	01:33:15	<b>02:39:47.10</b>	+00:34:43 (21.7%)	7:36	7.9 (78.2%)
12	<b>SOWIŃSKA-JANECZEK Joanna</b>	<b>7028</b>	KB MARATON TUREK	Senior II K - 30	12	01:36:58	<b>02:41:07.10</b>	+00:36:03 (22.4%)	7:40	7.8 (77.2%)
13	<b>KUCIŃSKA Magdalena</b>	<b>7019</b>	BASSET ROLLING TEAM	Senior II K - 30	13	01:33:41	<b>02:41:20.05</b>	+00:36:15 (22.5%)	7:40	7.8 (77.2%)
14	<b>KINER ROMAŃCZUK Gosia</b>	<b>7171</b>		Senior II K - 30	14	01:34:20	<b>02:41:43.20</b>	+00:36:39 (22.7%)	7:42	7.8 (77.2%)
15	<b>DUTKOWIAK Aleksandra</b>	<b>7052</b>	PIĄTKOWO NA BIEGOWO	Senior II K - 30	15	01:39:46	<b>02:44:40.90</b>	+00:39:36 (24.1%)	7:50	7.7 (76.2%)
16	<b>MICHALAK-KLIMCZAK Lucyna</b>	<b>7143</b>		Senior II K - 30	16	01:36:26	<b>02:45:02.55</b>	+00:39:58 (24.2%)	7:51	7.6 (75.2%)
17	<b>WETULA Zofia</b>	<b>7547</b>		Senior II K - 30	17	01:36:24	<b>02:46:42.10</b>	+00:41:38 (25.0%)	7:56	7.6 (75.2%)
18	<b>ANDRZEJCZAK Anna</b>	<b>7192</b>	NKB CHYŻY NOWY TOMYŚL	Senior II K - 30	18	01:39:55	<b>02:47:10.80</b>	+00:42:06 (25.2%)	7:57	7.5 (74.3%)
19	<b>GLUSZKO Katarzyna</b>	<b>7327</b>	MIRA TEAM	Senior II K - 30	19	01:37:35	<b>02:47:38.80</b>	+00:42:34 (25.4%)	7:59	7.5 (74.3%)
20	<b>PLINIEWICZ Joanna</b>	<b>7362</b>	STRONSKA GRUPA ROWEROWA	Senior II K - 30	20	01:38:14	<b>02:48:13.05</b>	+00:43:08 (25.7%)	8:00	7.5 (74.3%)
21	<b>CHRZANOWSKA Olga</b>	<b>7509</b>	PSYCHORUN	Senior II K - 30	21	01:41:31	<b>02:49:24.00</b>	+00:44:19 (26.2%)	8:04	7.4 (73.3%)
22	<b>GĘBKA Małgorzata</b>	<b>7451</b>	CRAZY RUNNERS	Senior II K - 30	22	01:44:13	<b>02:52:08.25</b>	+00:47:04 (27.3%)	8:11	7.3 (72.3%)
23	<b>GUDZ Beata</b>	<b>7522</b>		Senior II K - 30	23	01:43:33	<b>02:56:37.35</b>	+00:51:33 (29.2%)	8:24	7.1 (70.3%)
24	<b>KACZMAREK Dorota</b>	<b>7382</b>	RADZIKI	Senior II K - 30	24	01:48:25	<b>02:57:40.55</b>	+00:52:36 (29.6%)	8:27	7.1 (70.3%)
25	<b>SAMBORSKA Monika</b>	<b>7396</b>	BIEGACZE W RADOMSKU	Senior II K - 30	25	01:46:45	<b>02:57:48.55</b>	+00:52:44 (29.7%)	8:28	7.1 (70.3%)
26	<b>SZCZERBA Kasia</b>	<b>7214</b>		Senior II K - 30	26	01:47:14	<b>02:58:44.85</b>	+00:53:40 (30.0%)	8:30	7 (69.3%)
27	<b>STUDZIŃSKA Joanna</b>	<b>7098</b>		Senior II K - 30	27	01:45:09	<b>02:59:27.30</b>	+00:54:23 (30.3%)	8:32	7 (69.3%)
28	<b>HAGEL Julita</b>	<b>7446</b>		Senior II K - 30	28	01:42:35	<b>03:00:04.70</b>	+00:55:00 (30.5%)	8:34	7 (69.3%)
29	<b>SZUCHTA Zuzanna</b>	<b>7390</b>	ADIDAS RUNNERS WARSAW	Senior II K - 30	29	01:51:50	<b>03:01:57.30</b>	+00:56:53 (31.3%)	8:39	6.9 (68.3%)

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							netto 21km	Różn		
30	MICHAEL Monika	7389	ADIDAS RUNNERS WARSAW	Senior II K - 30	30	01:51:37	<b>03:04:15.35</b>	+00:59:11 (32.1%)	8:46	6.8 (67.3%)
31	JUREWICZ Agata	7477	VEGERUNNERS	Senior II K - 30	31	01:48:44	<b>03:04:39.35</b>	+00:59:35 (32.3%)	8:47	6.8 (67.3%)
32	JURASZ Aleksandra	7201		Senior II K - 30	32	01:46:23	<b>03:05:33.20</b>	+01:00:29 (32.6%)	8:50	6.8 (67.3%)
33	BABICA Paulina	7136	KOBIETY BIEGAJĄ	Senior II K - 30	33	01:53:52	<b>03:09:16.05</b>	+01:04:11 (33.9%)	9:00	6.7 (66.3%)
34	SMURA Ewa	7372		Senior II K - 30	34	01:54:04	<b>03:09:29.45</b>	+01:04:25 (34.0%)	9:01	6.6 (65.3%)
35	KUBIACZYK Malwina	7464	NIGHT RUNNERS PYSKOWICE	Senior II K - 30	35	01:52:32	<b>03:10:12.85</b>	+01:05:08 (34.2%)	9:03	6.6 (65.3%)
36	KRÓL Katarzyna	7227		Senior II K - 30	36	01:53:44	<b>03:11:52.80</b>	+01:06:48 (34.8%)	9:08	6.6 (65.3%)
37	KOZŁOWSKA Renata	7265	LADY AEROBIK NYSA	Senior II K - 30	37	01:50:43	<b>03:14:07.00</b>	+01:09:02 (35.6%)	9:14	6.5 (64.4%)
38	PAPIERNIAK Anna	7034		Senior II K - 30	38	01:53:52	<b>03:14:35.90</b>	+01:09:31 (35.7%)	9:16	6.5 (64.4%)
39	SKRZYPIŃSKA Agnieszka	7315	PSI PATROL	Senior II K - 30	39	01:57:44	<b>03:15:15.15</b>	+01:10:11 (35.9%)	9:17	6.5 (64.4%)
40	HERMAN Barbara	7209		Senior II K - 30	40	01:51:10	<b>03:16:34.50</b>	+01:11:30 (36.4%)	9:21	6.4 (63.4%)
41	MARCINKIEWICZ Agnieszka	7534		Senior II K - 30	41	01:59:55	<b>03:16:50.95</b>	+01:11:46 (36.5%)	9:22	6.4 (63.4%)
42	CENDROWICZ Magdalena	7512	AMBASADRZYFB	Senior II K - 30	42	01:58:03	<b>03:18:27.85</b>	+01:13:23 (37.0%)	9:27	6.3 (62.4%)
43	WISZNIEWICZ Agnieszka	7472		Senior II K - 30	43	01:57:24	<b>03:18:42.60</b>	+01:13:38 (37.1%)	9:27	6.3 (62.4%)
44	SIKORSKA Karolina	7407		Senior II K - 30	44	01:58:49	<b>03:19:05.05</b>	+01:14:00 (37.2%)	9:28	6.3 (62.4%)
45	STRZELCZYK Paulina	7051	NESSI	Senior II K - 30	45	02:03:58	<b>03:20:03.60</b>	+01:14:59 (37.5%)	9:31	6.3 (62.4%)
46	NIEWCZAS Barbara	7199		Senior II K - 30	46	01:56:22	<b>03:20:28.40</b>	+01:15:24 (37.6%)	9:32	6.3 (62.4%)
47	HYLIŃSKA Hanna	7045		Senior II K - 30	47	01:54:29	<b>03:21:40.50</b>	+01:16:36 (38.0%)	9:36	6.2 (61.4%)
48	ŁAŻNIAK-PFAJFER Agata	7306	CARDIORUNNERS	Senior II K - 30	48	02:04:37	<b>03:26:25.30</b>	+01:21:21 (39.4%)	9:49	6.1 (60.4%)
49	SIKORA Agnieszka	7269		Senior II K - 30	49	01:57:12	<b>03:26:33.60</b>	+01:21:29 (39.5%)	9:50	6.1 (60.4%)
50	TCHÓRZEWSKA Monika	7288		Senior II K - 30	50	02:06:21	<b>03:27:29.80</b>	+01:22:25 (39.7%)	9:52	6.1 (60.4%)
51	KODZIS Sylwia	7200	BIEGAM W GÓRACH BARDZKICH	Senior II K - 30	51	02:06:14	<b>03:27:38.85</b>	+01:22:34 (39.8%)	9:53	6.1 (60.4%)
52	KOWALEWSKA Anna	7125	KOBIETY W BIEGU	Senior II K - 30	52	02:06:22	<b>03:27:46.95</b>	+01:22:42 (39.8%)	9:53	6.1 (60.4%)
53	PIETRZAK Sylwia	7401	12TRI	Senior II K - 30	53	02:08:42	<b>03:28:14.20</b>	+01:23:10 (39.9%)	9:54	6.1 (60.4%)
54	KLAJA Agnieszka	7017		Senior II K - 30	54	02:07:31	<b>03:28:17.85</b>	+01:23:13 (40.0%)	9:55	6 (59.4%)
55	RUDA Kamila	7371	KURACJUSZE	Senior II K - 30	55	01:53:21	<b>03:34:16.10</b>	+01:29:12 (41.6%)	10:12	5.9 (58.4%)
56	URBANIAK Alina	7474	KURACJUSZE	Senior II K - 30	56	01:53:30	<b>03:34:32.50</b>	+01:29:28 (41.7%)	10:12	5.9 (58.4%)
57	STOMPTEL Ewelina	7151		Senior II K - 30	57	02:01:48	<b>03:34:49.35</b>	+01:29:45 (41.8%)	10:13	5.9 (58.4%)
58	SIENKIEWICZ Joanna	7140	ORGANIC RACE TEAM	Senior II K - 30	58	02:08:17	<b>03:35:38.55</b>	+01:30:34 (42.0%)	10:16	5.8 (57.4%)
59	SAWICKA Izabela	7022	PARKRUN	Senior II K - 30	59	02:16:38	<b>03:36:08.45</b>	+01:31:04 (42.1%)	10:17	5.8 (57.4%)
60	PACIA Beata	7402		Senior II K - 30	60	02:06:36	<b>03:36:44.45</b>	+01:31:40 (42.3%)	10:19	5.8 (57.4%)
61	HETMAŃSKA Diana	7078	LOVELASY	Senior II K - 30	61	02:16:26	<b>03:37:30.40</b>	+01:32:26 (42.5%)	10:21	5.8 (57.4%)
62	SZCZEPANIAK Sylwia	7432		Senior II K - 30	62	02:05:33	<b>03:38:32.00</b>	+01:33:27 (42.8%)	10:24	5.8 (57.4%)
63	SZCZYGIELSKA Patrycja	7274		Senior II K - 30	63	02:16:22	<b>03:41:02.55</b>	+01:35:58 (43.4%)	10:31	5.7 (56.4%)
64	BLICHERT Anna	7507	1986	Senior II K - 30	64	02:18:50	<b>03:46:04.85</b>	+01:41:00 (44.7%)	10:45	5.6 (55.4%)
65	JANKOWSKA Magdalena	7487	KOŁO BIEGA	Senior II K - 30	65	02:13:36	<b>03:46:08.05</b>	+01:41:03 (44.7%)	10:46	5.6 (55.4%)
66	SMUG Ewelina	7061		Senior II K - 30	66	02:16:05	<b>03:50:27.00</b>	+01:45:22 (45.7%)	10:58	5.5 (54.5%)
67	SZALSKA Elżbieta	7532		Senior II K - 30	67	02:05:19	<b>03:50:54.20</b>	+01:45:50 (45.8%)	10:59	5.5 (54.5%)
68	KOSTULSKA Olga	7236	WKURW_TEAM	Senior II K - 30	68	02:20:44	<b>03:59:58.90</b>	+01:54:54 (47.9%)	11:25	5.3 (52.5%)
69	MAZZARA Dominika	7459	PROGRESS	Senior II K - 30	69	02:42:51	<b>04:04:20.80</b>	+01:59:16 (48.8%)	11:38	5.2 (51.5%)
70	JARCZYŃSKA Adriana	7450		Senior II K - 30	70	02:42:44	<b>04:05:52.90</b>	+02:00:48 (49.1%)	11:42	5.1 (50.5%)
71	WITKOWSKA Ania	7029	PARKRUN GORZÓW WIELKOPOLSKI	Senior II K - 30	71	02:28:39	<b>04:07:37.45</b>	+02:02:33 (49.5%)	11:47	5.1 (50.5%)
72	KRUCZEK Ewa	7084	KW OPOLE	Senior II K - 30	72	02:25:25	<b>04:11:26.60</b>	+02:06:22 (50.3%)	11:58	5 (49.5%)
73	SCISŁOWSKA Anna	7093		Senior II K - 30	73	02:29:14	<b>04:11:38.15</b>	+02:06:34 (50.3%)	11:58	5 (49.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
74	<b>POLOWCZYK Dominika</b>	<b>7092</b>		Senior II K - 30	74	02:29:24	<b>04:11:48.00</b>	+02:06:43 (50.3%)	11:59	5 (49.5%)
75	<b>ORDON Dorota</b>	<b>7059</b>		Senior II K - 30	75	02:36:15	<b>04:35:28.65</b>	+02:30:24 (54.6%)	13:07	4.6 (45.5%)

Znaleziono 75 wynik(ów)