



ZŁOTY PÓLMARATON - 21 KM

B4SPORT

Event: Dolnośląski Festiwal Biegów Górskich
Organiser: Fundacja MARATONY GÓRSKIE
Date: 2023-07-13
Place: Łądek-Zdrój
Distance: 21 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Classification: Weteran K - 50

Place	Participant	Number	Club	Category	MCat	B1 10.3km	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
1	REDMANN Edyta	7916		Weteran K - 50	1	01:29:06	02:36:55.70	02:37:18.40		7:28	8 (100%)
2	KOZŁEWSKA Beata	7917	GÓRYLASY	Weteran K - 50	2	01:31:15	02:40:19.25	02:40:35.60	+00:03:17 (2.0%)	7:38	7.9 (98.8%)
3	TURCZYŃSKA Monika	7880	SEKCJA BIEGOWA OIL WARSZAWA	Weteran K - 50	3	01:30:21	02:41:59.50	02:42:35.25	+00:05:16 (3.2%)	7:42	7.8 (97.5%)
4	PATYCKA Edyta	7759	NIGHT RUNNERS PYSKOWICE	Weteran K - 50	4	01:36:02	02:54:40.60	02:55:00.60	+00:17:42 (10.1%)	8:19	7.2 (90.0%)
5	KĘSY Ania	7097	KĘSY TEAM	Weteran K - 50	5	01:43:30	02:53:49.65	02:55:48.40	+00:18:30 (10.5%)	8:16	7.2 (90.0%)
6	SARNA Beata	7452		Weteran K - 50	6	01:42:30	02:58:37.50	03:00:15.50	+00:22:57 (12.7%)	8:30	7.1 (88.8%)
7	CHOŁUJ Małgorzata	7567		Weteran K - 50	7	01:42:30	02:58:36.85	03:00:15.80	+00:22:57 (12.7%)	8:30	7.1 (88.8%)
8	CHMIELEWSKA Sylwia	7	BBL LEGNICA	Weteran K - 50	8	01:38:24	02:59:48.60	03:00:21.90	+00:23:03 (12.8%)	8:33	7 (87.5%)
9	BERSKÁ Lenka	28		Weteran K - 50	9	01:44:03	03:03:33.05	03:06:39.40	+00:29:21 (15.7%)	8:44	6.9 (86.3%)
10	LUBAŃSKA Alicja	7389	DTR BIEGA / MARIO TEAM	Weteran K - 50	10	01:40:51	03:11:30.50	03:11:45.95	+00:34:27 (18.0%)	9:07	6.6 (82.5%)
11	KASZYŃSKA Dorota	7149	PARKRUN JEZIORO SWARZĘDZKIE	Weteran K - 50	11	01:59:31	03:19:17.80	03:20:14.20	+00:42:55 (21.4%)	9:29	6.3 (78.8%)
12	JASIŃSKA Lidia	7402	STRZESZYN BIEGA	Weteran K - 50	12	01:51:04	03:19:46.15	03:20:14.25	+00:42:55 (21.4%)	9:30	6.3 (78.8%)
13	KROSZKA Beata	7138	TEAM ZABIEGANEDNI	Weteran K - 50	13	01:53:55	03:18:26.55	03:20:47.75	+00:43:29 (21.7%)	9:26	6.3 (78.8%)
14	LISKE Dorota	7663		Weteran K - 50	14	01:52:45	03:21:00.05	03:21:23.40	+00:44:05 (21.9%)	9:34	6.3 (78.8%)
15	FRANEK Aneta	7673		Weteran K - 50	15	01:51:43	03:24:37.15	03:24:39.25	+00:47:20 (23.1%)	9:44	6.2 (77.5%)
16	SAMULSKA Agata	7075	BBLLASY BOGDANIEC / MORSY ESKIMO	Weteran K - 50	16	01:56:18	03:26:17.60	03:26:39.55	+00:49:21 (23.9%)	9:49	6.1 (76.3%)
17	WŁODAREK Urszula	7803	DENTALCARE	Weteran K - 50	17	01:57:29	03:28:52.80	03:30:08.15	+00:52:49 (25.1%)	9:56	6 (75.0%)
18	NOLAS Jolanta	7897	KB HARCOWNIK	Weteran K - 50	18	01:58:51	03:27:23.70	03:30:16.60	+00:52:58 (25.2%)	9:52	6.1 (76.3%)
19	RYCHŁOWSKA Magdalena	7251	WIEWIÓRA TEAM	Weteran K - 50	19	02:03:11	03:31:24.85	03:32:35.25	+00:55:16 (26.0%)	10:04	6 (75.0%)
20	MIĄSKO Renata	7177	TEAM ZABIEGANEDNI / 12TRI.PL	Weteran K - 50	20	01:59:44	03:33:45.45	03:34:21.70	+00:57:03 (26.6%)	10:10	5.9 (73.8%)
21	BARAŃSKA Małgorzata	7239	BBL OPOLE	Weteran K - 50	21	01:58:31	03:34:12.35	03:35:16.50	+00:57:58 (26.9%)	10:12	5.9 (73.8%)
22	DUNOWSKA Ilona	7095		Weteran K - 50	22	02:02:18	03:33:26.80	03:35:59.50	+00:58:41 (27.2%)	10:09	5.9 (73.8%)
23	FLIS Danuta	14	10 CHOSZCZAŃSKA	Weteran K - 50	23	01:52:03	03:36:05.80	03:36:11.10	+00:58:52 (27.2%)	10:17	5.8 (72.5%)
24	WRÓBEL Marzena	7240	TARNOWO PODGÓRNE BIEGA	Weteran K - 50	24	01:56:13	03:34:18.55	03:37:08.10	+00:59:49 (27.6%)	10:12	5.9 (73.8%)
25	BŁACHNIO Dorota	7191	RAZ SZCZECIN	Weteran K - 50	25	02:00:28	03:38:37.30	03:39:45.90	+01:02:27 (28.4%)	10:24	5.8 (72.5%)
26	DATA Izabela	7561	KUGUAR XTREME RUNNERS	Weteran K - 50	26	02:04:27	03:44:19.45	03:44:50.45	+01:07:32 (30.0%)	10:40	5.6 (70.0%)
27	WESOŁEK Aleksandra	7383	NIGHT RUNNERS	Weteran K - 50	27	02:07:43	03:43:01.60	03:46:17.95	+01:08:59 (30.5%)	10:37	5.6 (70.0%)
28	GARCZEWSKA-PASZKO Joanna	7134		Weteran K - 50	28	02:07:37	03:46:27.25	03:48:16.55	+01:10:58 (31.1%)	10:47	5.6 (70.0%)
29	RODZIŃSKA Anita	7051	PARKRUN GRUDZIĄDZ	Weteran K - 50	29	02:11:17	03:50:00.55	03:51:32.85	+01:14:14 (32.1%)	10:57	5.5 (68.8%)

Place	Participant	Number	Club	Category	MCat	B1 10.3km	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
30	PRIMKE Beata	7283	WIECZORNE BIEGANIE W OPOLU	Weteran K - 50	30	02:02:53	03:50:13.65	03:51:34.65	+01:14:16 (32.1%)	10:57	5.5 (68.8%)
31	STRUG Agnieszka	7129		Weteran K - 50	31	02:01:12	03:51:11.35	03:53:40.50	+01:16:22 (32.7%)	11:00	5.5 (68.8%)
32	GAŁKA Marzena	7064	CAŁA OLEŚNICA BIEGA	Weteran K - 50	32	02:11:54	03:51:53.95	03:54:34.85	+01:17:16 (32.9%)	11:02	5.4 (67.5%)
33	MAJCHRZAK Monika	7055	WKURW_TEAM	Weteran K - 50	33	02:12:31	03:55:37.45	03:56:06.60	+01:18:48 (33.4%)	11:13	5.3 (66.3%)
34	LIS Ewelina	7265		Weteran K - 50	34	02:07:08	03:55:29.15	03:58:53.75	+01:21:35 (34.2%)	11:12	5.4 (67.5%)
35	WOŹNIAK Lidia	7108	PORMAT JEDLICZE BIEGA	Weteran K - 50	35	02:15:08	04:00:36.80	04:01:37.25	+01:24:18 (34.9%)	11:27	5.2 (65.0%)
36	MŁODECKA Sylwia	7387	KNEIPP TEAM	Weteran K - 50	36	02:18:35	04:02:57.85	04:03:46.60	+01:26:28 (35.5%)	11:34	5.2 (65.0%)
37	ROSÓŁ Anna	7428		Weteran K - 50	37	02:17:01	04:06:29.10	04:08:06.10	+01:30:47 (36.6%)	11:44	5.1 (63.8%)
38	SEREDYŃSKA Edyta	7984		Weteran K - 50	38	02:15:12	04:08:36.30	04:12:04.95	+01:34:46 (37.6%)	11:50	5.1 (63.8%)
39	FRĄCKOWIAK Anna	7569	KB HARCOWNIK	Weteran K - 50	39	02:19:48	04:10:54.05	04:13:46.95	+01:36:28 (38.0%)	11:56	5 (62.5%)
40	BASTA Joanna	7084	BBL LASY BOGDANIEC, BASTA TEAM	Weteran K - 50	40	02:15:40	04:16:06.75	04:18:38.75	+01:41:20 (39.2%)	12:11	4.9 (61.3%)
41	BIELECKA Arleta	7746	ENERGY KACZORY	Weteran K - 50	41	02:16:18	04:16:58.00	04:20:29.45	+01:43:11 (39.6%)	12:14	4.9 (61.3%)
42	WOJTKOWIAK Dorota	7451		Weteran K - 50	42	02:14:10	04:17:52.25	04:21:27.15	+01:44:08 (39.8%)	12:16	4.9 (61.3%)
43	JUSZKO Monika	7945		Weteran K - 50	43	02:25:35	04:22:27.80	04:24:38.30	+01:47:19 (40.6%)	12:29	4.8 (60.0%)
44	KOZAK Krystyna	7364	RUN TEAM RYDZYNA	Weteran K - 50	44	02:27:01	04:31:30.85	04:34:51.65	+01:57:33 (42.8%)	12:55	4.6 (57.5%)
45	DROŹDŹ Dorota	7859		Weteran K - 50	45	02:21:53	04:38:30.70	04:40:28.80	+02:03:10 (43.9%)	13:15	4.5 (56.3%)
46	ZALESZCZAK Renata	7298	KB SZAMOTUŁY	Weteran K - 50	46	02:21:49	04:40:58.10	04:42:21.80	+02:05:03 (44.3%)	13:22	4.5 (56.3%)
	SZYMAŃSKA Ania	7193		Weteran K - 50		02:42:48 DNF	DNF	DNF	-	-	- (0.0%)

Total 47 results.