

BIEG RZEŹNICZEK 2016

B4SPORT

Organizator: Fundacja Rzeźnika
Data: 2016-05-28
Miejsce: Cisna
Dystans: 27 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
1	GOLAS Grażyna	3520	TRI LADIES	K40	1	00:00:27	01:46:11	03:15:09.30	03:15:36.75		7:13	8.3
2	MACIASZCZYK Magda	3238	UKL ÓSEMKA POLICE	K40	2	00:00:17	01:54:31	03:32:37.95	03:32:54.95	+00:17:28	7:52	7.6
3	TOMCZAK Agnieszka	3374		K40	3	00:00:14	01:52:38	03:33:21.30	03:33:35.80	+00:18:12	7:54	7.6
4	KASZYCKA Renata	3519		K40	4	00:00:51	02:03:18	03:39:43.50	03:40:34.80	+00:24:34	8:08	7.4
5	JĘDRZEJCZYK Agnieszka	3200	RZESZOWSKIE GAZELE I GEPARDY	K40	5	00:00:15	02:02:02	03:42:51.85	03:43:07.30	+00:27:42	8:15	7.3
6	LEŚNIAK-POPEI Marta	3848		K40	6	00:00:59	02:03:48	03:46:30.95	03:47:30.20	+00:31:21	8:23	7.2
7	KAWAŁKO Patrycja	3457	TEAM KOPEĆ	K40	7	00:00:22	02:01:16	03:49:28.70	03:49:51.45	+00:34:19	8:29	7.1
8	GŁĘBOCKA Marta	4018	E-PRZEMEK.PL	K40	8	00:01:17	02:01:15	03:49:34.70	03:50:52.45	+00:34:25	8:30	7.1
9	PASECKA Sylwia	3920		K40	9	00:01:09	02:01:28	03:53:48.65	03:54:58.55	+00:38:39	8:39	6.9
10	FABISIAK Ewa	3131	ROZBIEGANY SULEJÓWEK	K40	10	00:00:35	02:06:26	03:56:30.60	03:57:05.75	+00:41:21	8:45	6.8
11	GRUMBIAŃNIN Paulina	3948		K40	11	00:00:32	02:09:15	03:56:40.25	03:57:12.95	+00:41:30	8:45	6.8
12	MROZOWSKA Magdalena	3247	MARZĘ O RZEŹNIKU	K40	12	00:00:46	02:08:03	03:58:44.55	03:59:31.20	+00:43:35	8:50	6.8
13	KWIECIEŃ Kamila	3478	AMBITNE TYGRYSICE	K40	13	00:00:20	02:08:47	03:59:37.35	03:59:58.30	+00:44:28	8:52	6.8
14	ODOLIŃSKA Agnieszka	3050	BRZOSOWSKI TEAM	K40	14	00:00:58	02:16:19	03:59:49.20	04:00:48.15	+00:44:39	8:52	6.8
15	KACZOREK Beata	3332		K40	15	00:00:14	02:03:56	04:00:06.95	04:00:21.30	+00:44:57	8:53	6.7
16	NOWOTARSKA Anita	3498	USTRZYKI DOLNE	K40	16	00:00:52	02:08:54	04:01:27.00	04:02:19.00	+00:46:17	8:56	6.7
17	JAZ Małgorzata	3048	KM TEAM	K40	17	00:00:27	02:10:07	04:02:37.15	04:03:04.70	+00:47:27	8:59	6.7
18	GARGAS-MARUT Małgorzata	3288	PZU SPORT TEAM	K40	18	00:00:47	02:17:30	04:02:42.90	04:03:30.80	+00:47:33	8:59	6.7
19	KONIK Sylwia	3591	KONIK TEAM	K40	19	00:00:57	02:14:14	04:04:17.30	04:05:15.20	+00:49:08	9:02	6.6
20	PYZEL Agnieszka	3923		K40	20	00:01:36	02:14:29	04:05:13.10	04:06:49.30	+00:50:03	9:04	6.6
21	MAJ Anna	3251		K40	21	00:00:29	02:13:06	04:07:06.40	04:07:36.30	+00:51:57	9:09	6.6
22	RACZKOWSKA Beata	3375	KIELCE	K40	22	00:00:29	02:17:13	04:07:10.00	04:07:39.00	+00:52:00	9:09	6.6
23	SALA Edyta	3979		K40	23	00:00:26	02:11:33	04:08:55.25	04:09:21.60	+00:53:45	9:13	6.5
24	ELTANBOULI-JABŁOŃSKA Iwona	3004	NATIONAL GEOGRAPHIC POLSKA	K40	24	00:00:55	02:15:21	04:09:15.00	04:10:10.35	+00:54:05	9:13	6.5
25	ARKUSZYŃSKA Beata	3335	TIME4RUNNING	K40	25	00:00:43	02:08:26	04:10:05.25	04:10:49.20	+00:54:55	9:15	6.5
26	TKACZYK Jolanta	3456		K40	26	00:00:48	02:17:28	04:12:04.10	04:12:52.85	+00:56:54	9:20	6.4
27	SAMBORSKA Anna	3250	ULKS LIPINKI	K40	27	00:01:30	02:12:57	04:14:03.10	04:15:33.55	+00:58:53	9:24	6.4
28	DRWIĘGA Beata	3704		K40	28	00:01:45	02:14:38	04:15:09.50	04:16:54.85	+01:00:00	9:27	6.3
29	RACZYŃSKA Małgorzata	3885	POWERADE TEAM	K40	29	00:01:03	02:16:01	04:16:55.55	04:17:58.60	+01:01:46	9:30	6.3
30	GOŁĘBIEWSKA Barbara	3598	CHEŁM BIEGA	K40	30	00:00:52	02:15:13	04:16:59.85	04:17:51.95	+01:01:50	9:31	6.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
31	POPŁAWSKA Katarzyna	3483	PĘDZIWIATR HIPOLITÓW	K40	31	00:01:04	02:10:27	04:17:33.55	04:18:37.75	+01:02:24	9:32	6.3
32	ŁUKASZEWSKA Anna	3992		K40	32	00:01:21	02:26:48	04:17:53.25	04:19:14.55	+01:02:43	9:33	6.3
33	MIKRUT Małgorzata	3450		K40	33	00:00:26	02:17:55	04:19:30.50	04:19:56.50	+01:04:21	9:36	6.2
34	STANOSZEK Agnieszka	3886	POWERADE TEAM	K40	34	00:01:02	02:15:28	04:20:35.90	04:21:38.65	+01:05:26	9:39	6.2
35	MAREK Magdalena	3769		K40	35	00:01:22	02:23:58	04:21:13.85	04:22:35.85	+01:06:04	9:40	6.2
36	ZABOROWSKA-SOŁTYS Małgorzata	4015		K40	36	00:01:01	02:18:40	04:22:59.20	04:24:01.15	+01:07:49	9:44	6.2
37	JAWOROWICZ Dobrochna	3378	KALIŃSKA TEAM	K40	37	00:01:35	02:21:47	04:23:11.20	04:24:47.10	+01:08:01	9:44	6.2
38	BORC Marzanna	3754	AKADEMIA BIEGANIA GRUDZIĄDZ	K40	38	00:00:20	02:12:59	04:23:41.55	04:24:01.90	+01:08:32	9:45	6.1
39	NAPIERAŁA Katarzyna	3150		K40	39	00:00:15	02:23:55	04:23:43.35	04:23:59.15	+01:08:34	9:46	6.1
40	ZYCH Anna	3098		K40	40	00:00:26	02:21:16	04:25:05.45	04:25:31.65	+01:09:56	9:49	6.1
41	MAZUREK Katarzyna	3054	SKLEP BIEGACZA LUBLIN / LSB	K40	41	00:00:25	02:21:16	04:25:06.75	04:25:31.80	+01:09:57	9:49	6.1
42	JURAŚ-KMIEĆ Marzena	3741		K40	42	00:00:49	02:16:32	04:25:16.15	04:26:06.00	+01:10:06	9:49	6.1
43	WOLAREK Marzena	4048		K40	43	00:00:16	02:24:47	04:25:48.05	04:26:04.60	+01:10:38	9:50	6.1
44	KRAUZA-DERKOWSKA Joanna	3385	NOWOMIESZCZANIELUBIĄBIEGANIE	K40	44	00:00:37	02:14:42	04:26:12.75	04:26:50.60	+01:11:03	9:51	6.1
45	GÓRSKA-KORBA Ewa	4059	4RUN TEAM PIŁA	K40	45	00:01:04	02:31:47	04:27:37.90	04:28:42.80	+01:12:28	9:54	6.1
46	GAJOS Anna	3606		K40	46	00:00:29	02:24:27	04:28:39.25	04:29:08.40	+01:13:29	9:57	6
47	SALONI-SADOWSKA Maria	3553	OBOZYBIEGOWE.PL	K40	47	00:01:25	02:25:43	04:28:47.25	04:30:13.05	+01:13:37	9:57	6
48	CZAWA Aneta	3859		K40	48	00:01:15	02:26:24	04:29:44.10	04:30:59.50	+01:14:34	9:59	6
49	KALBARCZYK Beata	3124	ORANGE	K40	49	00:01:11	02:19:22	04:30:24.45	04:31:36.10	+01:15:15	10:00	6
50	KRÓL Grażyna	3488		K40	50	00:00:17	02:17:53	04:30:29.80	04:30:47.30	+01:15:20	10:01	6
51	RYNKOWSKA Katarzyna	3506		K40	51	00:00:45	02:27:59	04:32:31.40	04:33:16.50	+01:17:22	10:05	5.9
52	KUCHKO Irena	3809		K40	52	00:00:36	02:11:29	04:32:33.40	04:33:09.90	+01:17:24	10:05	5.9
53	RYŁKO Mariola	3650	SOLINA TEAM	K40	53	00:00:19	02:17:26	04:33:36.55	04:33:55.95	+01:18:27	10:08	5.9
54	PAUL Violetta	4024	NIGHT RUNNERS GLIWICE	K40	54	00:01:14	02:29:14	04:33:45.75	04:35:00.35	+01:18:36	10:08	5.9
54	BRZEZIŃSKA Teresa	3049	NIGHT RUNNERS GLIWICE	K40	55	00:01:14	02:33:30	04:33:45.75	04:35:00.65	+01:18:36	10:08	5.9
54	GABRYŚ Jolanta	3102	NIGHT RUNNERS GLIWICE	K40	56	00:01:14	02:33:31	04:33:45.75	04:35:00.60	+01:18:36	10:08	5.9
57	MILDNER Jolanta	3387	BANK SPÓŁDZIELCZY JASTRZĘBIE ZDRÓJ	K40	57	00:01:05	02:26:08	04:34:10.80	04:35:16.20	+01:19:01	10:09	5.9
58	MATOGA Lucyna	3429		K40	58	00:01:21	02:31:41	04:38:34.15	04:39:55.60	+01:23:24	10:19	5.8
59	GNIOT Joanna	3563	DIABELKOWA AŚ	K40	59	00:00:25	02:27:07	04:39:17.85	04:39:43.55	+01:24:08	10:20	5.8
60	RYNKOWSKA Magdalena	3469		K40	60	00:00:46	02:27:58	04:44:50.50	04:45:37.10	+01:29:41	10:33	5.7
61	CICHECKA Anna	3421		K40	61	00:00:26	02:30:49	04:45:16.45	04:45:42.80	+01:30:07	10:33	5.7
62	WEŁPA Katarzyna	3786		K40	62	00:00:47	02:28:33	04:48:08.45	04:48:56.40	+01:32:59	10:40	5.6
63	STARZYŃSKA Marta	3509	PERFECT RUNNER LUBLIN	K40	63	00:00:41	02:30:31	04:48:16.90	04:48:58.80	+01:33:07	10:40	5.6
64	MINIUR Małgorzata	3152	BIEGNĘ	K40	64	00:01:01	02:30:39	04:50:13.40	04:51:14.95	+01:35:04	10:44	5.6
65	ZAWADZKA Marzena	4060	4RUN TEAM PIŁA	K40	65	00:01:04	02:32:32	04:50:42.95	04:51:47.85	+01:35:33	10:46	5.6
66	KRAKOWSKA - TWORZYDŁO Katarzyna	3529	NIGHT RUNNERS KRAKÓW	K40	66	00:00:53	02:40:22	04:54:27.30	04:55:20.30	+01:39:18	10:54	5.5
67	KOSTRZEWA Elwira	3401	PZU SPORT TEAM	K40	67	00:00:48	02:33:41	04:55:24.50	04:56:13.20	+01:40:15	10:56	5.5
68	SZOŁTYSEK Beata	3546		K40	68	00:02:26	02:40:23	04:56:02.30	04:58:29.15	+01:40:53	10:57	5.5
69	GRANICA Dani	3303	VIRTUAL RUNNER CLUB	K40	69	00:00:24	02:35:11	04:56:10.10	04:56:34.70	+01:41:00	10:58	5.5
70	JODKO Magda	3158		K40	70	00:00:24	02:39:01	04:56:10.55	04:56:35.00	+01:41:01	10:58	5.5
71	MAJOS Małgorzata	3991		K40	71	00:01:20	02:28:49	04:58:29.65	04:59:50.20	+01:43:20	11:03	5.4
72	JANIĆKA Aneta	3486	PRO-RUN WROCŁAW	K40	72	00:01:40	02:36:58	04:59:16.10	05:00:57.05	+01:44:06	11:05	5.4
73	GAŚIOROWSKA Dorota	3078	WARSZAWA	K40	73	00:01:24	02:40:21	05:00:25.85	05:01:50.55	+01:45:16	11:07	5.4
74	TURCZANIK Aneta	3411		K40	74	00:01:26	02:33:23	05:01:48.95	05:03:15.90	+01:46:39	11:10	5.4

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75	PIKOR Agata	3427	POLSKA	K40	75	00:01:26	02:33:21	05:01:49.05	05:03:15.90	+01:46:39	11:10	5.4
76	TWARDOSZ Maja	3566		K40	76	00:01:03	02:39:29	05:02:12.05	05:03:15.25	+01:47:02	11:11	5.4
77	SZYSZKA Monika	3975	TRUCHTACZ.PL	K40	77	00:01:26	02:44:41	05:04:45.80	05:06:12.00	+01:49:36	11:17	5.3
78	KASPRZAK Beata	3123	RUN EXPERT LEJDIS	K40	78	00:00:22	02:43:37	05:05:03.85	05:05:26.45	+01:49:54	11:17	5.3
79	GORGOL Renata	3515	RUN BYDGOSZCZ	K40	79	00:00:56	02:36:35	05:06:35.60	05:07:31.70	+01:51:26	11:21	5.3
80	CIECIERA Aneta	3955	PRZELAJOWIEC.PL	K40	80	00:01:29	02:37:25	05:07:17.75	05:08:47.15	+01:52:08	11:22	5.3
81	SOZYNSKA Edyta	3399		K40	81	00:01:38	02:42:19	05:07:38.40	05:09:17.30	+01:52:29	11:23	5.3
82	LIPIŃSKA Żaneta	3748	AKADEMIA BIEGANIA GRUDZIĄDZ	K40	82	00:01:12	02:39:11	05:12:56.35	05:14:09.25	+01:57:47	11:35	5.2
83	SADOWIŃSKA Adriana	3167	POKOJOWY PATROL	K40	83	00:00:33	02:46:34	05:16:27.55	05:17:01.15	+02:01:18	11:43	5.1
84	SABATOWSKA Magda	3410		K40	84	00:00:40	02:42:11	05:19:48.60	05:20:29.55	+02:04:39	11:50	5.1
85	JANAS Edyta	3112	IM	K40	85	00:00:51	02:59:23	05:26:31.60	05:27:22.95	+02:11:22	12:05	5
86	SZCZEPANIAK Lucyna	3100	CALYPSO PIŁA	K40	86	00:01:18	02:49:16	05:27:44.45	05:29:03.20	+02:12:35	12:08	4.9
87	KOWALEWSKA Dorota	3825	SPARTANIE DZIECIOM	K40	87	00:00:14	02:49:10	05:28:18.75	05:28:33.45	+02:13:09	12:09	4.9
88	MAZUR Beata	3501	MAZUR FAMILY	K40	88	00:00:29	02:51:15	05:32:49.05	05:33:18.45	+02:17:39	12:19	4.9
89	KUKLINSKA Joanna	3985		K40	89	00:00:39	02:46:00	05:33:12.45	05:33:52.35	+02:18:03	12:20	4.9
90	BARANOWSKA-KUŻMA Monika	3561		K40	90	00:01:00	02:45:03	05:48:31.45	05:49:32.40	+02:33:22	12:54	4.6
91	KUNA Katarzyna	3641	ROZBIEGANY SULEJÓWEK	K40	91	00:01:13	02:53:35	06:06:57.55	06:08:11.30	+02:51:48	13:35	4.4
92	CHAŁUPA Ola	3060	KLUB BIEGACZA GOCH	K40	92	00:01:27	03:02:28	06:20:41.15	06:22:08.95	+03:05:31	14:05	4.3
93	KASPRZAK Magdalena	3226	RUN EXPERT LEJDIS	K40	93	00:00:27	03:19:41	06:27:51.50	06:28:19.20	+03:12:42	14:21	4.2
	CZARNECKA Jolanta	3648		K40		DNF	03:06:52 DNF	DNF	DNF	-	-	-
	SKOCZYLAS Małgorzata	3229		K40		DNF	03:07:14 DNF	DNF	DNF	-	-	-
	HOLOVIN Hanna	3290		K40		DNF	DNF	DNF	DNF	-	-	-

Znaleziono 96 wynik(ów)