

DYCHA NA JELENI SKOK 2019

B4SPORT

Wydarzenie: V FESTIWAL BIEGU RZEŹNIKA
Organizator: Fundacja Bieg Rzeźnika
Data: 2019-06-22
Miejsce: Cisna
Dystans: 10.8 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
1	KOWALEWSKA Elżbieta	5154	EDI TEAM ZGORZELEC	K30	1		00:57:32.75	00:57:32.75		5:13	11.5 (100%)
2	SZCZEPANIAK Angelika	5452	AKADEMIA BIEGANIA	K30	2		01:01:21.65	01:01:27.10	+00:03:54 (6.4%)	5:34	10.8 (93.9%)
3	JELSKA Elżbieta	5115		K30	3	00:00:30	01:01:46.85	01:01:54.70	+00:04:21 (7.1%)	5:34	10.8 (93.9%)
4	WOJNAROWSKA Weronika	5351		K30	4		01:09:06.25	01:09:16.05	+00:11:43 (16.9%)	6:17	9.5 (82.6%)
5	GUBERNIAK Renata	5091		K30	5		01:09:46.75	01:10:05.70	+00:12:32 (17.9%)	6:20	9.5 (82.6%)
6	ZEMŁA Maja	5418		K30	6	00:00:30	01:11:41.35	01:11:48.15	+00:14:15 (19.9%)	6:28	9.3 (80.9%)
7	DŁUGOSZ-STĘPNIAK Agnieszka	5060		K30	7		01:13:36.90	01:13:41.30	+00:16:08 (21.9%)	6:41	9 (78.3%)
8	KOPACKA Eliza	5146		K30	8	00:00:30	01:15:37.10	01:15:44.85	+00:18:12 (24.0%)	6:49	8.8 (76.5%)
9	WAWRZENIUK Emilia	5344		K30	9		01:15:52.15	01:15:57.15	+00:18:24 (24.2%)	6:53	8.7 (75.7%)
10	ZAJĄC Monika	5359	ELECTROLUX	K30	10		01:16:38.35	01:16:51.95	+00:19:19 (25.1%)	6:58	8.6 (74.8%)
11	DZIARKOWSKA Edyta	5067	#TEAMDKMS	K30	11		01:16:47.60	01:17:05.15	+00:19:32 (25.3%)	6:58	8.6 (74.8%)
12	DĘBOWSKA Katarzyna	5057		K30	12		01:17:26.75	01:17:34.15	+00:20:01 (25.8%)	7:02	8.5 (73.9%)
13	SZOPINSKA Justyna	5323		K30	13	00:00:30	01:17:42.50	01:18:03.65	+00:20:30 (26.3%)	7:01	8.5 (73.9%)
14	DROSIO Klaudia	5065	KASZANKI	K30	14		01:18:40.60	01:18:49.90	+00:21:17 (27.0%)	7:09	8.4 (73.0%)
15	MILCZAREK Magdalena	5202	DRUŻYNA ORZECHA ŻYRARDÓW	K30	15		01:19:06.25	01:19:22.90	+00:21:50 (27.5%)	7:11	8.3 (72.2%)
16	DŁUGOSZ Kasia	5059	STAY INSANE	K30	16		01:20:58.50	01:21:02.65	+00:23:29 (29.0%)	7:21	8.2 (71.3%)
17	WOJNAROWSKA Marcelina	5350		K30	17		01:21:33.05	01:21:43.15	+00:24:10 (29.6%)	7:24	8.1 (70.4%)
18	FONAŁ Lucyna	5399		K30	18		01:22:25.55	01:22:34.40	+00:25:01 (30.3%)	7:29	8 (69.6%)
19	MACHUCKA Ewelina	5369		K30	19	00:01:00	01:22:25.75	01:22:55.30	+00:25:22 (30.6%)	7:24	8.1 (70.4%)
20	SAŁAMACHA Izabela	5273	ŻÓRAWSKI TEAM	K30	20		01:23:01.20	01:23:23.40	+00:25:50 (31.0%)	7:32	8 (69.6%)
21	KUREK Małgorzata	4963		K30	21		01:24:33.40	01:25:13.25	+00:27:40 (32.5%)	7:41	7.8 (67.8%)
22	MARKOWSKA Karolina	5189	EUROPA UBEZPIECZENIA/NOA	K30	22		01:24:57.85	01:25:14.50	+00:27:41 (32.5%)	7:43	7.8 (67.8%)
23	HODUR Karolina	5096		K30	23		01:25:06.85	01:25:27.30	+00:27:54 (32.7%)	7:44	7.8 (67.8%)
24	JASTRZĄBEK Agnieszka	4969		K30	24		01:25:03.45	01:25:27.45	+00:27:54 (32.7%)	7:43	7.8 (67.8%)
25	WÓJCICKA Justyna	5393		K30	25		01:25:21.25	01:25:43.05	+00:28:10 (32.9%)	7:45	7.7 (67.0%)
26	JARZABSKA Justyna	5110		K30	26		01:25:29.00	01:25:52.30	+00:28:19 (33.0%)	7:46	7.7 (67.0%)
27	TOKARZ Magdalena	5336	SSW TEAM KROŚNICE	K30	27	00:00:30	01:26:06.45	01:26:21.25	+00:28:48 (33.4%)	7:47	7.7 (67.0%)
28	ROSIŃSKA Magdalena	5265	BOLT TRZEMESZNO	K30	28		01:26:06.10	01:26:27.25	+00:28:54 (33.4%)	7:49	7.7 (67.0%)
29	KOTOWSKA Sylwia	5150		K30	29		01:26:43.55	01:27:08.65	+00:29:35 (34.0%)	7:53	7.6 (66.1%)

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30	JARZĘBOWICZ Magdalena	5111	DTR	K30	30	00:00:30	01:26:53.10	01:27:16.10	+00:29:43 (34.1%)	7:51	7.6 (66.1%)
31	JABŁOŃSKA Justyna	5098	SSW TEAM KROŚNICE	K30	31		01:27:25.05	01:27:39.40	+00:30:06 (34.4%)	7:56	7.6 (66.1%)
32	NISZCZAK Beata	5213		K30	32		01:27:52.25	01:27:56.85	+00:30:24 (34.6%)	7:59	7.5 (65.2%)
33	DARŁAK Joanna	5052		K30	33		01:27:29.70	01:28:03.55	+00:30:30 (34.7%)	7:57	7.5 (65.2%)
34	KIELIŃSKA Kamila	5134		K30	34	00:00:30	01:28:59.65	01:29:10.85	+00:31:38 (35.5%)	8:02	7.5 (65.2%)
35	PIETRZAK Sylwia	5238		K30	35		01:29:39.65	01:29:47.35	+00:32:14 (35.9%)	8:09	7.4 (64.3%)
36	ADAMKIEWICZ Dorota	5001		K30	36		01:29:30.15	01:29:56.05	+00:32:23 (36.0%)	8:08	7.4 (64.3%)
37	SZYIŃSKA Alicja	5327	NOA	K30	37		01:30:15.30	01:30:31.25	+00:32:58 (36.4%)	8:12	7.3 (63.5%)
38	CYRAN Monika	5159		K30	38		01:30:09.70	01:30:32.45	+00:32:59 (36.4%)	8:11	7.3 (63.5%)
39	SEPELAKOVA Lucia	4961		K30	39		01:30:04.85	01:30:39.80	+00:33:07 (36.5%)	8:11	7.3 (63.5%)
40	SETA Wiktoria	5281	PADŁ NA RYJ	K30	40		01:31:59.75	01:32:21.60	+00:34:48 (37.7%)	8:21	7.2 (62.6%)
41	GADAMSKA-KABATA Paulina	5439		K30	41		01:32:09.75	01:32:43.60	+00:35:10 (37.9%)	8:22	7.2 (62.6%)
42	NIEMCZUK-WARNECKE Justyna	5212		K30	42		01:32:33.95	01:32:44.85	+00:35:12 (38.0%)	8:24	7.1 (61.7%)
43	ANCUKIEWICZ Magdalena	5004		K30	43		01:33:28.55	01:33:35.35	+00:36:02 (38.5%)	8:29	7.1 (61.7%)
44	NIEGŁOS Karolina	5211		K30	44		01:33:44.45	01:33:54.90	+00:36:22 (38.7%)	8:31	7 (60.9%)
45	STĘPIEŃ Justyna	5305		K30	45	00:00:30	01:33:46.45	01:34:14.10	+00:36:41 (38.9%)	8:28	7.1 (61.7%)
46	ŁUCJANEK Justyna	5183		K30	46		01:34:14.20	01:34:26.20	+00:36:53 (39.1%)	8:34	7 (60.9%)
47	BOGUSZ Emilia	5027		K30	47	00:00:30	01:34:12.85	01:34:26.25	+00:36:53 (39.1%)	8:31	7 (60.9%)
48	ZGORZELSKA Ania	5365		K30	48		01:39:42.55	01:39:55.65	+00:42:22 (42.4%)	9:03	6.6 (57.4%)
49	KOLAJ Hanna	5143		K30	49		01:40:23.70	01:40:52.55	+00:43:19 (43.0%)	9:07	6.6 (57.4%)
50	SYGUŁA Dominika	5406		K30	50	00:00:30	01:40:51.95	01:41:08.00	+00:43:35 (43.1%)	9:07	6.6 (57.4%)
51	MACIEJAK LECHOWSKA Kamila	5184	WKURW_TEAM	K30	51		01:41:42.20	01:42:09.20	+00:44:36 (43.7%)	9:14	6.5 (56.5%)
52	TOCZEK Katarzyna	5335		K30	52		01:41:43.20	01:42:10.35	+00:44:37 (43.7%)	9:14	6.5 (56.5%)
53	MONKIEWICZ-OBZUT Agata	5204		K30	53		01:42:35.15	01:42:56.30	+00:45:23 (44.1%)	9:19	6.4 (55.7%)
54	CZYŻEWSKA-MALŻ Ewelina	5051		K30	54		01:44:55.75	01:45:20.35	+00:47:47 (45.4%)	9:32	6.3 (54.8%)
55	STANKIEWICZ Ewa	5303		K30	55		01:45:24.50	01:45:58.20	+00:48:25 (45.7%)	9:35	6.3 (54.8%)
56	ROMANOWSKA Marta	5262		K30	56		01:45:59.20	01:46:12.00	+00:48:39 (45.8%)	9:38	6.2 (53.9%)
57	LEWIŃSKA Aleksandra	5451		K30	57	00:00:30	01:46:17.85	01:46:30.00	+00:48:57 (46.0%)	9:37	6.2 (53.9%)
58	MARCINIAK Magdalena	5188		K30	58		01:46:27.65	01:46:33.90	+00:49:01 (46.0%)	9:40	6.2 (53.9%)
59	PIETRZAK-POROWSKA Agnieszka	5239		K30	59	00:01:00	01:49:41.10	01:50:18.35	+00:52:45 (47.8%)	9:52	6.1 (53.0%)
60	SMUG Ewelina	5299		K30	60		01:50:33.85	01:50:40.15	+00:53:07 (48.0%)	10:03	6 (52.2%)
61	GOŁĘBIEWSKA Marta	5082		K30	61		01:52:08.25	01:52:22.10	+00:54:49 (48.8%)	10:11	5.9 (51.3%)
62	MACIEJEWSKA Angelika	5185	WKURW_TEAM	K30	62	00:00:30	01:52:19.95	01:52:54.50	+00:55:21 (49.0%)	10:10	5.9 (51.3%)
63	CYMMER Marta	5046		K30	63		01:56:28.35	01:56:45.00	+00:59:12 (50.7%)	10:35	5.7 (49.6%)
64	ROSINSKA Barbara	5264	BOLT TRZEMESZNO	K30	64		01:57:58.15	01:58:23.70	+01:00:50 (51.4%)	10:43	5.6 (48.7%)
65	NAWROCKA Karolina	5425		K30	65	00:00:30	01:59:16.00	01:59:50.10	+01:02:17 (52.0%)	10:47	5.6 (48.7%)
66	PUKOCZ Katarzyna	5256		K30	66		01:59:44.25	02:00:13.65	+01:02:40 (52.1%)	10:53	5.5 (47.8%)
67	BOROWIAK Patrycja	5028	WKURW_TEAM	K30	67	00:00:30	02:02:21.70	02:02:56.75	+01:05:24 (53.2%)	11:04	5.4 (47.0%)
68	ZWYDAK Anna	5403	WKURW_TEAM	K30	68		02:04:54.25	02:05:27.75	+01:07:55 (54.1%)	11:21	5.3 (46.1%)
69	BOROWIK Agata	5378	CAŁA OLEŚNICA BIEGA	K30	69		02:10:22.35	02:10:30.55	+01:12:57 (55.9%)	11:51	5.1 (44.3%)