



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

VI FESTIWAL BIEGU RZEŹNIKA
Fundacja Bieg Rzeźnika
2020-06-06
Cisna
11 km

DYCHA NA JELENI SKOK 2020

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
1	PELA Oliwia	3407		K30	1		01:15:50.00		6:53	8.7 (100%)
2	WOJNAROWSKA Weronika	3069		K30	2		01:25:46.35	+00:09:56 (11.6%)	7:47	7.7 (88.5%)
3	KOMISARCZYK Anna	3294		K30	3		01:27:21.10	+00:11:31 (13.2%)	7:56	7.6 (87.4%)
4	WOŁOSZYN Anna	3020		K30	4		01:28:55.60	+00:13:05 (14.7%)	8:05	7.4 (85.1%)
5	MATYSIAK Agnieszka	3312	KOPALNIA MOCY TARNOBRZEG	K30	5		01:29:45.05	+00:13:55 (15.5%)	8:09	7.4 (85.1%)
6	GALICA-NIEPOKÓJ Agnieszka	3185	BIESZCZADZKI KLUB NORDIC WALKING	K30	6		01:33:50.25	+00:18:00 (19.2%)	8:31	7 (80.5%)
7	DŁUGOSZ-STĘPNIAK Agnieszka	3119	STAY INSANE	K30	7		01:34:14.45	+00:18:24 (19.5%)	8:34	7 (80.5%)
8	JANOWSKA Justyna	3191		K30	8		01:41:17.70	+00:25:27 (25.1%)	9:12	6.5 (74.7%)
9	KIELAR Kamila	3224		K30	9		01:41:21.20	+00:25:31 (25.2%)	9:12	6.5 (74.7%)
10	ŁĄCKA Agata	3420		K30	10		01:43:21.05	+00:27:31 (26.6%)	9:23	6.4 (73.6%)
11	ANDRZEJEWSKA Monika	3360		K30	11		01:45:58.45	+00:30:08 (28.4%)	9:38	6.2 (71.3%)
12	PAJDOSZ Katarzyna	3372	KB BIAŁA BIEGA	K30	12		01:46:34.70	+00:30:44 (28.8%)	9:41	6.2 (71.3%)
13	LUDWINEK-ZARZEKA Iwona	3273	VEGE RUNNERS	K30	13		01:50:26.60	+00:34:36 (31.3%)	10:02	6 (69.0%)
14	CIĄPAŁA Paulina	3013		K30	14		01:52:24.80	+00:36:34 (32.5%)	10:13	5.9 (67.8%)
15	MARCINIAK Paulina	3021		K30	15		01:52:37.80	+00:36:47 (32.7%)	10:14	5.9 (67.8%)
16	MYSZKA Ewelina	3015		K30	16		01:56:42.85	+00:40:52 (35.0%)	10:36	5.7 (65.5%)
17	NOWAK Małgorzata	3262	WALBET TEAM	K30	17		01:59:27.10	+00:43:37 (36.5%)	10:51	5.5 (63.2%)
18	CEGLEWSKA Izabela	3231		K30	18		01:59:35.35	+00:43:45 (36.6%)	10:52	5.5 (63.2%)
19	WALKOWIAK Joanna	3261	WALBET TEAM	K30	19		01:59:35.80	+00:43:45 (36.6%)	10:52	5.5 (63.2%)
20	KNAP Klaudia	3434	R.AMBO DRUGA CREW	K30	20		01:59:58.20	+00:44:08 (36.8%)	10:54	5.5 (63.2%)
21	OCHAŁ Katarzyna	3211		K30	21	01:00:00	02:00:13.00	+00:44:23 (36.9%)	5:28	11 (126.4%)
22	CHOLEWA Agnieszka	3296	MATNER RUNNING TEAM	K30	22		02:00:14.45	+00:44:24 (36.9%)	10:55	5.5 (63.2%)
23	SZYMCZYŃSKA Konstancja	3172		K30	23		02:00:20.40	+00:44:30 (37.0%)	10:56	5.5 (63.2%)
24	BILCZEWSKA Basia	3311	HEINEKEN KRAKOW RUNNING CLUB	K30	24		02:00:46.10	+00:44:56 (37.2%)	10:58	5.5 (63.2%)
25	MUSKUS Karolina	3152	NOA	K30	25		02:01:56.25	+00:46:06 (37.8%)	11:05	5.4 (62.1%)
26	URBAŃSKA Katarzyna	3105		K30	26		02:03:58.10	+00:48:08 (38.8%)	11:16	5.3 (60.9%)
27	OLEWNIK Aleksandra	3073		K30	27		02:04:40.00	+00:48:50 (39.2%)	11:20	5.3 (60.9%)
28	BAJSAROWICZ Zuzanna	3099		K30	28		02:04:58.40	+00:49:08 (39.3%)	11:21	5.3 (60.9%)
29	CEPA Katarzyna	3374		K30	29		02:05:18.45	+00:49:28 (39.5%)	11:23	5.3 (60.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
30	SADOWSKA Małgorzata	3344		K30	30		02:07:42.75	+00:51:52 (40.6%)	11:36	5.2 (59.8%)
31	KLECKA Paulina	3243	SPARTAŃSKA DZICZ	K30	31		02:09:44.50	+00:53:54 (41.6%)	11:47	5.1 (58.6%)
32	MAJCHROWICZ Justyna	3251	FC PROSIACZEK	K30	32		02:09:46.30	+00:53:56 (41.6%)	11:47	5.1 (58.6%)
33	SKOREK Natalia	3422	SSW TEAM KROŚNICE	K30	33		02:09:51.80	+00:54:01 (41.6%)	11:48	5.1 (58.6%)
34	TYRKA-KACZMAREK Karolina	3091		K30	34		02:10:14.10	+00:54:24 (41.8%)	11:50	5.1 (58.6%)
35	ANGOWSKA Beata	3095		K30	35		02:12:23.60	+00:56:33 (42.7%)	12:02	5 (57.5%)
36	SZYMAŃSKA Jolanta	3370		K30	36		02:13:10.90	+00:57:20 (43.1%)	12:06	5 (57.5%)
37	WALKOWICZ Iwona	3331		K30	37		02:14:03.30	+00:58:13 (43.4%)	12:11	4.9 (56.3%)
38	WIŚNIEWSKA Iwona	3333	BIEGACZE SPECJALNEJ TROSKI	K30	38	01:00:00	02:14:12.00	+00:58:22 (43.5%)	6:44	8.9 (102.3%)
39	STAŃCZYK Emilia	3098		K30	39		02:14:37.75	+00:58:47 (43.7%)	12:14	4.9 (56.3%)
40	DZIAMENTSJEVA Viyaleta	3387		K30	40		02:16:14.00	+01:00:24 (44.3%)	12:23	4.8 (55.2%)
41	SZCZYGIELSKA Patrycja	3313		K30	41		02:18:44.10	+01:02:54 (45.3%)	12:36	4.8 (55.2%)
42	FURMAN Agnieszka	3267	OCHAJORUN & FRIENDS	K30	42		02:19:14.85	+01:03:24 (45.5%)	12:39	4.7 (54.0%)
43	CIECHAROWSKA Justyna	3241	NIKO_TEAM	K30	43		02:19:20.55	+01:03:30 (45.6%)	12:40	4.7 (54.0%)
44	KALICIŃSKA Monika	3050	NOSTROMO	K30	44		02:19:44.40	+01:03:54 (45.7%)	12:42	4.7 (54.0%)
45	MASZEWSKA-WACH Mariola	3464	RAWA TIM ZAWSZE SLIM	K30	45		02:31:21.40	+01:15:31 (49.9%)	13:45	4.4 (50.6%)
46	SUDOŁ Iłona	3080		K30	46		02:36:45.60	+01:20:55 (51.6%)	14:15	4.2 (48.3%)
47	GRZESIK Renata	3219		K30	47		02:39:06.80	+01:23:16 (52.3%)	14:27	4.1 (47.1%)
48	PIOTROWSKA Marta	3193		K30	48		02:41:22.55	+01:25:32 (53.0%)	14:40	4.1 (47.1%)
49	JASTRZĘBSKA Paulina	3140	SKY RUNNER	K30	49		02:42:39.15	+01:26:49 (53.4%)	14:47	4.1 (47.1%)
50	RADYK Joanna	3210	PRZEMYSKI KLUB BIEGACZA	K30	50		02:45:55.20	+01:30:05 (54.3%)	15:05	4 (46.0%)
51	KUCZAKOWSKA Joanna	3253	BIEGOWE MISIE	K30	51		02:47:11.10	+01:31:21 (54.6%)	15:11	3.9 (44.8%)
52	WOLNA Agata	3402	ECO LED PRESTIGE	K30	52		02:49:38.05	+01:33:48 (55.3%)	15:25	3.9 (44.8%)
53	BUKOWSKA Dominika	3401	RENEW INSTITUTE	K30	53		02:49:44.25	+01:33:54 (55.3%)	15:25	3.9 (44.8%)
54	BOROWIEC-RÓŻYCKA Magdalena	3130	BIEGAJĄCY ŚWIDNIK	K30	54		02:53:13.45	+01:37:23 (56.2%)	15:44	3.8 (43.7%)
55	OLCZYK Anna	3008	DABEX-BOLT	K30	55		02:53:23.20	+01:37:33 (56.3%)	15:45	3.8 (43.7%)
56	MATRASZEK Patrycja	3233	STOWARZYSZENIE PACZKA DLA BOHATERA	K30	56		02:54:39.80	+01:38:49 (56.6%)	15:52	3.8 (43.7%)
57	ERENBERG Małgorzata	3026	FUDU&CO. SPORT TEAM	K30	57		02:56:30.10	+01:40:40 (57.0%)	16:02	3.7 (42.5%)
58	CIECIERA Marta	3388		K30	58		02:56:44.80	+01:40:54 (57.1%)	16:04	3.7 (42.5%)
59	KRYSIEWICZ Aleksandra	3419		K30	59		02:59:56.70	+01:44:06 (57.9%)	16:21	3.7 (42.5%)
60	WŁODARCZYK Natalia	3206	SĄ WOLNIEJSI	K30	60		03:07:46.25	+01:51:56 (59.6%)	17:04	3.5 (40.2%)
61	MEDYŃSKA Aleksandra	3144		K30	61		03:07:46.90	+01:51:56 (59.6%)	17:04	3.5 (40.2%)
62	NICPOŃ Katarzyna	3120	PATOBIEGACZE	K30	62		03:22:03.10	+02:06:13 (62.5%)	18:22	3.3 (37.9%)
63	NOWAKOWSKA Agnieszka	3438		K30	63		03:24:37.60	+02:08:47 (62.9%)	18:36	3.2 (36.8%)
64	BOROWIEC Alicja	3128	BIEGAJĄCY ŚWIDNIK	K30	64		03:30:03.40	+02:14:13 (63.9%)	19:05	3.1 (35.6%)
65	CYMBORSKA Jolanta	3269	WARSAW RUN CLUB	K30	65		03:41:09.10	+02:25:19 (65.7%)	20:06	3 (34.5%)
66	BACZEWSKA Klaudia	3393	BIEGAM BO LUBIĘ OSTROŁĘKA	K30	66		03:46:58.95	+02:31:08 (66.6%)	20:38	2.9 (33.3%)
67	JAWORSKA Katarzyna	3135	GĄBIN BIEGA	K30	67		04:00:10.10	+02:44:20 (68.4%)	21:50	2.7 (31.0%)
68	SOKOŁOWSKA Sylwia	3043		K30	68		04:30:28.80	+03:14:38 (72.0%)	24:35	2.4 (27.6%)