

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: K40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
1	LANGE Beata	5171	BIŁGORAJ BIEGA - OTK RZEŹNIK	K40	1		01:03:51.95	01:03:56.30		5:48	10.3 (100%)
2	WALEŃSKA Ewa	5389		K40	2		01:06:30.15	01:06:30.15	+00:02:33 (3.9%)	6:02	9.9 (96.1%)
3	KANDEFER Beata	5128	AKTYWNAKORCZYNA.PL	K40	3		01:07:04.75	01:07:07.75	+00:03:11 (4.8%)	6:05	9.8 (95.1%)
4	DOBROWOLSKA Agnieszka	5061	HEROBOX	K40	4		01:07:48.50	01:07:53.25	+00:03:56 (5.8%)	6:09	9.7 (94.2%)
5	RUS Marta	4971		K40	5	00:00:30	01:08:58.95	01:09:07.95	+00:05:11 (7.5%)	6:13	9.6 (93.2%)
6	URBANEK Małgorzata	5395		K40	6	00:01:00	01:12:42.40	01:12:55.35	+00:08:59 (12.3%)	6:31	9.2 (89.3%)
7	STOLARCZYK Joanna	5309	BIEGAM BO LUBIĘ OSTROŁĘKA	K40	7		01:16:56.50	01:17:10.65	+00:13:14 (17.2%)	6:59	8.6 (83.5%)
8	WAŁĘGA-ROSTEK Małgorzata	5342		K40	8		01:17:32.95	01:17:40.65	+00:13:44 (17.7%)	7:03	8.5 (82.5%)
9	JAŻOWNIK Sylwia	5114		K40	9	00:00:30	01:19:44.35	01:19:50.85	+00:15:54 (19.9%)	7:12	8.3 (80.6%)
10	JĘDRZEJOWSKA - DEC Anna	4962		K40	10		01:20:47.95	01:20:47.95	+00:16:51 (20.9%)	7:20	8.2 (79.6%)
11	KŁODZIŃSKA Barbara	5137	ULTRAMEKI	K40	11		01:20:50.85	01:20:59.10	+00:17:02 (21.0%)	7:21	8.2 (79.6%)
12	GRUSZECKA Anna	5089		K40	12		01:21:04.10	01:21:09.35	+00:17:13 (21.2%)	7:22	8.1 (78.6%)
13	KOCHAŃSKA Joanna	5141	RUN PASJA	K40	13		01:21:53.65	01:22:12.00	+00:18:15 (22.2%)	7:26	8.1 (78.6%)
14	MASZKOWSKA Anna	5191		K40	14		01:26:13.55	01:26:46.25	+00:22:49 (26.3%)	7:50	7.7 (74.8%)
15	STYKOWSKA Wioletta	5311		K40	15		01:26:49.30	01:27:01.55	+00:23:05 (26.5%)	7:53	7.6 (73.8%)
16	ZYGMUNT Monika	5371		K40	16	00:00:30	01:27:55.80	01:28:16.55	+00:24:20 (27.6%)	7:56	7.5 (72.8%)
17	SANDOMIERSKA Karina	5276		K40	17		01:28:27.60	01:28:38.25	+00:24:41 (27.9%)	8:02	7.5 (72.8%)
18	MAZUR Magdalena	5196	HEROBOX	K40	18		01:28:34.95	01:28:46.35	+00:24:50 (28.0%)	8:03	7.5 (72.8%)
19	ZIELIŃSKA IGNASZAK Iwona	5368	HEROBOX	K40	19		01:29:25.00	01:29:35.90	+00:25:39 (28.6%)	8:07	7.4 (71.8%)
20	LIPTAKOVA Adelka	5177	ACTIVE LIFE KOSICE	K40	20		01:30:11.40	01:30:24.20	+00:26:27 (29.3%)	8:12	7.3 (70.9%)
21	CHOŁUJ Iwona	5042	WARIATKI I HISTRYCZKI	K40	21		01:31:03.45	01:31:16.65	+00:27:20 (30.0%)	8:16	7.2 (69.9%)
22	TOMASZEWSKA Magdalena	5338		K40	22		01:31:21.35	01:31:49.90	+00:27:53 (30.4%)	8:18	7.2 (69.9%)
23	OSIŃSKA Sylwia	5222		K40	23		01:31:35.90	01:31:54.45	+00:27:58 (30.4%)	8:19	7.2 (69.9%)
24	SEBZDA Małgorzata	5277	HUSARIA RACE TEAM	K40	24		01:31:52.10	01:31:55.60	+00:27:59 (30.4%)	8:21	7.2 (69.9%)
25	DOBRZYŃIECKA Magdalena	5062		K40	25	00:00:30	01:34:10.65	01:34:17.30	+00:30:21 (32.2%)	8:31	7 (68.0%)
26	GAJEWSKA Magdalena	5401		K40	26		01:34:57.80	01:35:27.75	+00:31:31 (33.0%)	8:38	6.9 (67.0%)
27	PALUSZKIEWICZ Karolina	5226	ŚREMSKI KLUB MORSÓW 'MROZIK'	K40	27		01:35:27.90	01:35:30.35	+00:31:34 (33.1%)	8:40	6.9 (67.0%)
28	FAFARA Agnieszka	5070		K40	28		01:35:12.85	01:35:51.20	+00:31:54 (33.3%)	8:39	6.9 (67.0%)
29	BRZEWIŃSKA Marzena	5033	BOLT TRZEMESZNO	K40	29		01:36:22.95	01:36:47.75	+00:32:51 (33.9%)	8:45	6.8 (66.0%)

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30	JEZIEWSKA Karina	5116	PĘDZĄCE LASSO	K40	30		01:37:15.35	01:37:44.10	+00:33:47 (34.6%)	8:50	6.8 (66.0%)
31	JAMRÓZ Joanna	5103	JAMERKI	K40	31		01:38:01.20	01:38:20.05	+00:34:23 (35.0%)	8:54	6.7 (65.0%)
32	MOSÓR Lilla	5206	LISY PUSTYNI	K40	32		01:39:03.90	01:39:18.95	+00:35:22 (35.6%)	9:00	6.7 (65.0%)
33	LEPIARZ Beata	5173		K40	33	00:00:30	01:39:22.15	01:39:51.60	+00:35:55 (36.0%)	8:59	6.7 (65.0%)
34	SIERPOWSKA-BARTOSIK Agnieszka	5287	VEGE RUNNERS	K40	34		01:39:38.00	01:40:00.75	+00:36:04 (36.1%)	9:03	6.6 (64.1%)
35	RONDUDA Małgorzata	5263		K40	35		01:39:28.50	01:40:07.25	+00:36:10 (36.1%)	9:02	6.6 (64.1%)
36	GASIK Wioletta	5380	HUMAN&HUNTER RUNNERS TEAM	K40	36		01:41:17.45	01:41:31.90	+00:37:35 (37.0%)	9:12	6.5 (63.1%)
37	GÓRKA Jolanta	5085		K40	37		01:43:07.45	01:43:13.40	+00:39:17 (38.1%)	9:22	6.4 (62.1%)
38	BIEL Agnieszka	5018		K40	38		01:43:30.75	01:43:38.75	+00:39:42 (38.3%)	9:24	6.4 (62.1%)
39	ZACHAREK Ewelina	5358		K40	39		01:43:36.30	01:43:48.90	+00:39:52 (38.4%)	9:25	6.4 (62.1%)
40	FILEWSKA Izabela	5072	HEROBOX	K40	40		01:43:37.55	01:43:49.10	+00:39:52 (38.4%)	9:25	6.4 (62.1%)
41	PĘKAŁSKA Anna	5234		K40	41	00:00:30	01:43:29.85	01:43:58.45	+00:40:02 (38.5%)	9:21	6.4 (62.1%)
42	BURZ Jowita	5037		K40	42		01:43:58.40	01:44:16.70	+00:40:20 (38.7%)	9:27	6.3 (61.2%)
43	NIZIK Magdalena	5214	VEGEDOG	K40	43		01:45:06.00	01:45:30.10	+00:41:33 (39.4%)	9:33	6.3 (61.2%)
44	BODULSKA Izabela	5025		K40	44		01:45:51.30	01:45:54.35	+00:41:58 (39.6%)	9:37	6.2 (60.2%)
45	SULEWSKA Kasia	5313	BIEGAM BO LUBIĘ OSTROŁĘKA	K40	45		01:46:06.45	01:46:32.35	+00:42:36 (40.0%)	9:38	6.2 (60.2%)
46	PAWLIK Agnieszka	5231	CAŁA OLEŚNICA BIEGA	K40	46		01:46:03.65	01:46:35.00	+00:42:38 (40.0%)	9:38	6.2 (60.2%)
47	PODBIELSKA Anna	5246	KAJA TEAM	K40	47		01:46:33.75	01:46:44.95	+00:42:48 (40.1%)	9:41	6.2 (60.2%)
48	RYŻYŃSKA Agnieszka	5268	CHEŁM BIEGA	K40	48		01:47:26.40	01:47:47.85	+00:43:51 (40.7%)	9:46	6.1 (59.2%)
49	GAŁKA Aleksandra	5076	KB SUKCES ŻMIGRÓD	K40	49		01:48:58.70	01:49:29.80	+00:45:33 (41.6%)	9:54	6.1 (59.2%)
50	MIKSZA Aneta	5199		K40	50		01:50:08.65	01:50:20.15	+00:46:23 (42.1%)	10:00	6 (58.3%)
51	WILK Magdalena	5348	WKURW_TEAM	K40	51		01:51:49.90	01:52:22.15	+00:48:25 (43.1%)	10:10	5.9 (57.3%)
52	SOŁKIEWICZ Marta	5301	WKURW_TEAM	K40	52		01:51:49.55	01:52:22.80	+00:48:26 (43.1%)	10:09	5.9 (57.3%)
53	GRZESKOWIAK Anna	5090		K40	53		01:53:10.40	01:53:41.10	+00:49:44 (43.8%)	10:17	5.8 (56.3%)
54	PILECKA Joanna	5241		K40	54		01:53:11.30	01:53:41.85	+00:49:45 (43.8%)	10:17	5.8 (56.3%)
55	DASZCZYŃSKA Iwona	5053		K40	55		01:54:19.75	01:54:47.30	+00:50:51 (44.3%)	10:23	5.8 (56.3%)
56	LIMAN Dorota	5175		K40	56		01:56:05.45	01:56:19.05	+00:52:22 (45.0%)	10:33	5.7 (55.3%)
57	GRINIG Mirela	5087		K40	57		01:56:42.60	01:57:10.85	+00:53:14 (45.4%)	10:36	5.7 (55.3%)
58	NAWROCKA Małgorzata	5210	CF Z16	K40	58	00:00:30	01:59:17.40	01:59:51.70	+00:55:55 (46.7%)	10:47	5.6 (54.4%)
59	ŚCISŁY Aleksandra	5414		K40	59		01:59:45.15	02:00:13.50	+00:56:17 (46.8%)	10:53	5.5 (53.4%)
60	KAJEWSKA Katarzyna	5121		K40	60		02:14:24.25	02:14:44.90	+01:10:48 (52.5%)	12:13	4.9 (47.6%)
61	SKOMOROWSKA Monika	5290	TEAMZABIEGANEDNI/WKURW-TEAM	K40	61		02:14:38.80	02:14:56.05	+01:10:59 (52.6%)	12:14	4.9 (47.6%)

Znaleziono 61 wynik(ów)