



Organizator:
Data:
Miejsce:
Dystans:

Fundacja Bieg Rzeźnika
2016-01-31
Cisna
10 km

II ZIMOWA BIESZCZADZKA DYCHA 2016

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K20

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	5.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	ROMANOWICZ Emilia	1258		K20	1	00:08:21	00:23:43	00:41:28.05	00:41:28.05		4:08	14.5 (100%)
2	KRENZEL Regina	1060		K20	2	00:09:57	00:28:08	00:48:36.30	00:48:36.30	+00:07:08 (14.7%)	4:51	12.3 (84.8%)
3	MATUSIAK Małgorzata	1140		K20	3	00:11:11	00:28:29	00:49:10.80	00:49:10.80	+00:07:42 (15.7%)	4:55	12.2 (84.1%)
4	SOŁTYSIAK Emilia	1237	KALIŃSKA TEAM	K20	4	00:12:39	00:30:51	00:49:41.85	00:49:41.85	+00:08:13 (16.6%)	4:58	12.1 (83.4%)
5	SIKORA Irmína	1190		K20	5	00:12:36	00:30:52	00:50:33.30	00:50:33.30	+00:09:05 (18.0%)	5:03	11.9 (82.1%)
6	WOJTOWICZ -SANDER Sylwia	1183		K20	6	00:12:37	00:31:03	00:52:27.70	00:52:27.70	+00:10:59 (21.0%)	5:14	11.4 (78.6%)
7	STAROŃ Jolanta	1054		K20	7	00:12:18	00:32:02	00:54:14.25	00:54:14.25	+00:12:46 (23.5%)	5:25	11.1 (76.6%)
8	RUTKOWSKA Hanna	1168	-	K20	8	00:12:37	00:31:51	00:54:27.75	00:54:27.75	+00:12:59 (23.9%)	5:26	11 (75.9%)
9	FELSKA Katarzyna	1154	NIGHT RUNNERS SŁUPSK	K20	9	00:11:25	00:31:04	00:54:33.30	00:54:33.30	+00:13:05 (24.0%)	5:27	11 (75.9%)
10	WINIARSKA Katarzyna	1136		K20	10	00:13:34	00:33:29	00:55:31.85	00:55:31.85	+00:14:03 (25.3%)	5:33	10.8 (74.5%)
11	CHLEBIŃSKA Paulina	1268	RZESZOWSKIE GAZELE I GEPARDY	K20	11	00:12:45	00:32:50	00:55:54.95	00:55:54.95	+00:14:26 (25.8%)	5:35	10.7 (73.8%)
12	GRZEBNIEWSKA Judyta	1147	WF SPORTRUN TEAM	K20	12	00:13:04	00:34:07	00:57:35.70	00:57:35.70	+00:16:07 (28.0%)	5:45	10.4 (71.7%)
13	MIESZCZAK Anna	1134	AZS AWF KATOWICE	K20	13	00:11:39	00:32:43	00:57:41.40	00:57:41.40	+00:16:13 (28.1%)	5:46	10.4 (71.7%)
14	FANSLAU Magdalena	1230		K20	14	00:14:23	00:35:22	00:58:35.40	00:58:35.40	+00:17:07 (29.2%)	5:51	10.2 (70.3%)
15	BARCZEWSKA Agnieszka	1290	FC MI SIĘ NIE CHCE	K20	15	00:13:31	00:34:57	00:59:09.55	00:59:09.55	+00:17:41 (29.9%)	5:54	10.1 (69.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	5.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	CHRUŚCIEL Monika	1089		K20	16	00:13:56	00:35:06	00:59:16.40	00:59:16.40	+00:17:48 (30.0%)	5:55	10.1 (69.7%)
17	ZAGASKA Linda	1169	GLIWICKIE TOWARZYSTWO TRIATHLONOWE	K20	17	00:13:17	00:34:21	00:59:41.65	00:59:41.65	+00:18:13 (30.5%)	5:58	10.1 (69.7%)
18	SOŁTYS Teresa	1267		K20	18	00:14:34	00:37:05	01:02:16.25	01:02:16.25	+00:20:48 (33.4%)	6:13	9.6 (66.2%)
19	MAGOCSY Justyna	1148		K20	19	00:14:00	00:37:13	01:03:54.85	01:03:54.85	+00:22:26 (35.1%)	6:23	9.4 (64.8%)
20	WRÓBEL Agnieszka	1219	ZAMEK DUBIECKO RUNNING TEAM	K20	20	00:13:10	00:36:58	01:04:13.65	01:04:13.65	+00:22:45 (35.4%)	6:25	9.3 (64.1%)
21	DYKMAN-WALICKA Małgorzata	1231	PILATES POWER	K20	21	00:13:31	00:37:09	01:05:45.65	01:05:45.65	+00:24:17 (36.9%)	6:34	9.1 (62.8%)
22	GĘBSKA Gabriela	1253		K20	22	00:13:42	00:37:57	01:06:38.05	01:06:38.05	+00:25:10 (37.8%)	6:39	9 (62.1%)
23	WILISOWSKA Ewelina	1049		K20	23	00:14:26	00:38:40	01:06:54.85	01:06:54.85	+00:25:26 (38.0%)	6:41	9 (62.1%)
24	FILAK Natalia	1208		K20	24	00:13:41	00:38:52	01:07:30.80	01:07:30.80	+00:26:02 (38.6%)	6:45	8.9 (61.4%)
25	NIEMIEC Edyta	1293	NOWOSARZYŃSKA GB TATARY	K20	25	00:15:11	00:40:50	01:07:55.90	01:07:55.90	+00:26:27 (39.0%)	6:47	8.8 (60.7%)
26	SOWA Magdalena	1255		K20	26	00:14:09	00:40:45	01:13:17.15	01:13:17.15	+00:31:49 (43.4%)	7:19	8.2 (56.6%)
27	GĘBSKA Karolina	1260		K20	27	00:14:09	00:40:46	01:13:20.10	01:13:20.10	+00:31:52 (43.5%)	7:20	8.2 (56.6%)
28	WĘGLARZ Monika	1135	FINISZ RYMANÓW	K20	28	00:15:35	00:44:53	01:17:57.70	01:17:57.70	+00:36:29 (46.8%)	7:47	7.7 (53.1%)

Znaleziono 28 wynik(ów)