

II ZIMOWA BIESZCZADZKA DYCHA 2016

Organizator: Fundacja Bieg Rzeźnika
Data: 2016-01-31
Miejsce: Cisna
Dystans: 10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	5.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	**MIELOCH Tamara**	**1289**		K30	1	00:09:44	00:25:59	**00:43:17.15**	**00:43:17.15**		4:19	13.9 (100%)
2	**SZALACHA Katarzyna**	**1236**		K30	2	00:11:10	00:28:27	**00:48:09.35**	**00:48:09.35**	+00:04:52 (10.1%)	4:48	12.5 (89.9%)
3	**WITKOWSKA Beata**	**1027**	KLUB BIEGACZA WARTA	K30	3	00:11:04	00:28:35	**00:49:33.45**	**00:49:33.45**	+00:06:16 (12.7%)	4:57	12.1 (87.1%)
4	**JAKUBÓW Magdalena**	**1099**	PRZEMYSKI KLUB BIEGACZA	K30	4	00:10:48	00:28:57	**00:50:28.95**	**00:50:28.95**	+00:07:11 (14.3%)	5:02	11.9 (85.6%)
5	**KATYŃSKA Marta**	**1079**		K30	5	00:12:10	00:31:06	**00:52:42.40**	**00:52:42.40**	+00:09:25 (17.9%)	5:16	11.4 (82.0%)
6	**PREJS Beata Marta**	**1058**		K30	6	00:11:23	00:30:32	**00:53:06.95**	**00:53:06.95**	+00:09:49 (18.5%)	5:18	11.3 (81.3%)
7	**URYGA Kinga**	**1222**		K30	7	00:12:09	00:31:14	**00:53:56.75**	**00:53:56.75**	+00:10:39 (19.8%)	5:23	11.1 (79.9%)
8	**MYSZKOWSKA Teresa**	**1202**	BIEGOMANIA LUBACZÓW	K30	8	00:12:27	00:31:27	**00:53:59.30**	**00:53:59.30**	+00:10:42 (19.8%)	5:23	11.1 (79.9%)
9	**ZAWADZKA Agnieszka**	**1123**		K30	9	00:12:30	00:32:07	**00:55:10.25**	**00:55:10.25**	+00:11:53 (21.5%)	5:31	10.9 (78.4%)
10	**MAGDALIŃSKA Joanna**	**1107**	SPELEOKLUB WARSZAWSKI	K30	10	00:12:56	00:32:56	**00:55:29.70**	**00:55:29.70**	+00:12:12 (22.0%)	5:32	10.8 (77.7%)
11	**WITKOWSKA Anna**	**1265**		K30	11	00:12:50	00:33:33	**00:56:03.15**	**00:56:03.15**	+00:12:46 (22.8%)	5:36	10.7 (77.0%)
12	**SOCHA Dorota**	**1224**	SPORTRUN	K30	12	00:13:04	00:34:11	**00:56:57.65**	**00:56:57.65**	+00:13:40 (24.0%)	5:41	10.5 (75.5%)
13	**KARKUT Katarzyna**	**1295**		K30	13	00:13:59	00:33:58	**00:56:59.95**	**00:56:59.95**	+00:13:42 (24.1%)	5:41	10.5 (75.5%)
14	**DĘBICKA Brygida**	**1225**	WOSZK ZAKOPANE	K30	14	00:12:24	00:33:39	**00:57:19.55**	**00:57:19.55**	+00:14:02 (24.5%)	5:43	10.5 (75.5%)
15	**ŁAPIŃSKA Anna**	**1160**	PRZEMYSKI KLUB BIEGACZA	K30	15	00:12:17	00:33:31	**00:57:22.50**	**00:57:22.50**	+00:14:05 (24.6%)	5:44	10.5 (75.5%)

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16	**BIAŁECKA Magdalena**	**1022**	BARLINEK	K30	16	00:12:18	00:34:06	**00:57:52.95**	**00:57:52.95**	+00:14:35 (25.2%)	5:47	10.4 (74.8%)
17	**MIKUTANIEC Patrycja**	**1213**		K30	17	00:13:08	00:33:31	**00:57:54.40**	**00:57:54.40**	+00:14:37 (25.2%)	5:47	10.4 (74.8%)
18	**MACIEJEWSKA Małgorzata**	**1184**		K30	18	00:13:02	00:34:14	**00:58:19.60**	**00:58:19.60**	+00:15:02 (25.8%)	5:49	10.3 (74.1%)
19	**ZYGUŁA Magdalena**	**1216**	NOWA HUTA TEAM	K30	19	00:14:16	00:35:34	**01:00:52.95**	**01:00:52.95**	+00:17:35 (28.9%)	6:05	9.9 (71.2%)
20	**STYŚ- LITWIN Magdalena**	**1256**		K30	20	00:14:12	00:35:50	**01:00:57.35**	**01:00:57.35**	+00:17:40 (29.0%)	6:05	9.8 (70.5%)
21	**ZARZYCKA Sylwia**	**1185**	KLUB WYSOKOGÓRSKI WARSZAWA	K30	21	00:13:02	00:36:01	**01:01:26.05**	**01:01:26.05**	+00:18:08 (29.5%)	6:08	9.8 (70.5%)
22	**NIERADKA Katarzyna**	**1035**		K30	22	00:15:10	00:37:00	**01:01:39.85**	**01:01:39.85**	+00:18:22 (29.8%)	6:09	9.7 (69.8%)
23	**GOSTYŃSKA Weronika**	**1198**	GOSTYŃSCY TEAM	K30	23	00:14:29	00:35:48	**01:01:40.40**	**01:01:40.40**	+00:18:23 (29.8%)	6:10	9.7 (69.8%)
24	**MAJEWSKA Edyta**	**1172**	WIDŁOROGI	K30	24	00:13:00	00:36:25	**01:02:05.30**	**01:02:05.30**	+00:18:48 (30.3%)	6:12	9.7 (69.8%)
25	**MAZUR Magdalena**	**1206**	PRZEMYŚL	K30	25	00:13:53	00:36:09	**01:02:26.95**	**01:02:26.95**	+00:19:09 (30.7%)	6:14	9.6 (69.1%)
26	**POLIKOWSKA-WYZINA Barbara**	**1115**	KLUB (SPORTING CLUB NAME)	K30	26	00:14:25	00:37:09	**01:03:23.90**	**01:03:23.90**	+00:20:06 (31.7%)	6:20	9.5 (68.3%)
27	**HRYŃ Agata**	**1097**	NIGHT RUNNERS	K30	27	00:13:30	00:37:25	**01:03:31.60**	**01:03:31.60**	+00:20:14 (31.9%)	6:21	9.4 (67.6%)
28	**TYBUREK Agnieszka**	**1200**		K30	28	00:14:23	00:37:02	**01:04:16.90**	**01:04:16.90**	+00:20:59 (32.7%)	6:25	9.3 (66.9%)
29	**ROSIEK Anna**	**1085**	USTRZYKI DOLNE	K30	29	00:15:30	00:38:50	**01:04:45.75**	**01:04:45.75**	+00:21:28 (33.2%)	6:28	9.3 (66.9%)
30	**WRÓBEL Nina**	**1201**		K30	30	00:14:37	00:37:42	**01:05:12.40**	**01:05:12.40**	+00:21:55 (33.6%)	6:31	9.2 (66.2%)
31	**KOCZWARA Agnieszka**	**1220**		K30	31	00:14:37	00:37:43	**01:05:12.60**	**01:05:12.60**	+00:21:55 (33.6%)	6:31	9.2 (66.2%)
32	**ŚWIGONIAK Anna**	**1082**	NOWA HUTA TEAM	K30	32	00:15:53	00:39:29	**01:05:21.00**	**01:05:21.00**	+00:22:03 (33.8%)	6:32	9.2 (66.2%)
33	**SPYRA Anna**	**1050**	ŚLĄSKA OFICYNA DRUKARSKA	K30	33	00:15:01	00:39:17	**01:05:24.40**	**01:05:24.40**	+00:22:07 (33.8%)	6:32	9.2 (66.2%)
34	**STRYJKOWSKA-GÓRA Aleksandra**	**1128**	ALEKSANDRA STRYJKOWSKA-GÓRA	K30	34	00:13:32	00:36:52	**01:05:45.80**	**01:05:45.80**	+00:22:28 (34.2%)	6:34	9.1 (65.5%)
35	**SYREK-KAPLITA Karolina**	**1157**		K30	35	00:13:32	00:36:59	**01:05:45.85**	**01:05:45.85**	+00:22:28 (34.2%)	6:34	9.1 (65.5%)
36	**CHRUŚCIEL Agata**	**1173**		K30	36	00:15:17	00:38:31	**01:06:10.10**	**01:06:10.10**	+00:22:52 (34.6%)	6:37	9.1 (65.5%)
37	**WILK Agnieszka**	**1087**		K30	37	00:13:32	00:38:04	**01:06:16.10**	**01:06:16.10**	+00:22:58 (34.7%)	6:37	9.1 (65.5%)
38	**BARAN Marta**	**1059**		K30	38	00:15:55	00:40:28	**01:06:26.90**	**01:06:26.90**	+00:23:09 (34.9%)	6:38	9 (64.7%)

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39	**KWAS Edyta**	**1037**		K30	39	00:14:25	00:38:38	**01:06:54.70**	**01:06:54.70**	+00:23:37 (35.3%)	6:41	9 (64.7%)
40	**ZARYCKA Julia**	**1143**	TERRA AVENTURA	K30	40	00:13:27	00:35:52	**01:07:09.05**	**01:07:09.05**	+00:23:51 (35.5%)	6:42	8.9 (64.0%)
41	**HULKO Jarosław**	**1285**		K30	41	00:13:41	00:38:49	**01:07:31.25**	**01:07:31.25**	+00:24:14 (35.9%)	6:45	8.9 (64.0%)
42	**NIZIOŁEK Gabriela Wiktoria**	**1052**	PEDRAFORZA / NIZIOŁKI ZABORZAŃSKIE	K30	42	00:14:33	00:39:46	**01:08:09.35**	**01:08:09.35**	+00:24:52 (36.5%)	6:48	8.8 (63.3%)
43	**DĘBSKA Małgorzata**	**1095**		K30	43	00:15:53	00:41:01	**01:10:56.40**	**01:10:56.40**	+00:27:39 (39.0%)	7:05	8.5 (61.2%)
44	**SURDEJ Agnieszka**	**1291**	FINISZ RYMANÓW	K30	44	00:15:51	00:44:14	**01:13:42.90**	**01:13:42.90**	+00:30:25 (41.3%)	7:22	8.1 (58.3%)
45	**SŁOBODA Elżbieta**	**1114**	USTRZYKI DOLNE	K30	45	00:16:46	00:44:21	**01:16:32.00**	**01:16:32.00**	+00:33:14 (43.4%)	7:39	7.8 (56.1%)
46	**LAMPART Marta**	**1235**	NIGHT RUNNERS	K30	46	00:14:34	00:42:33	**01:33:16.20**	**01:33:16.20**	+00:49:59 (53.6%)	9:19	6.4 (46.0%)
47	**SURUS Karolina**	**1270**		K30	47	00:14:47	00:45:46	**01:34:45.75**	**01:34:45.75**	+00:51:28 (54.3%)	9:28	6.3 (45.3%)

Znaleziono 47 wynik(ów)