

VI ZIMOWY MARATON BIESZCZADZKI 2020 - 23KM

B4SPORT
INTELLIGENTNE ZAWODY SPORTOWE

Wydarzenie: Zimowy Maraton Bieszczadzki 2020
Organizator: Fundacja Bieg Rzeźnika
Data: 2020-01-25
Miejsce: Cisna
Dystans: 23 km

B4SPORT
INTELLIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za		Przed		Kara/ bonifikata	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
						Skrzyżowaniem 6.5km	Brzeziniak 13.3km	Skrzyżowaniem 19.4km							
1	TRACZ Paulina	1001	SALCOGARMINTEAM	K30	1	00:27:31	00:58:36	01:25:23			01:39:26.15	01:39:27.05		4:19	13.9
2	PAPROCKA Urszula	1239	NOWA HUTA TEAM	K30	2	00:29:32	01:02:27	01:31:46			01:47:06.85	01:47:12.00	+00:07:44	4:39	12.9
3	KOWALCZYK Agnieszka	1003	DUKLANOWSKI TEAM	K30	3	00:29:48	01:04:24	01:35:14			01:50:54.40	01:50:55.90	+00:11:28	4:49	12.4
4	SIEMIĄTKOWSKA Katarzyna	1280	RADOSNE GRZYBKI	K30	4	00:32:47	01:09:15	01:42:12			01:58:50.10	01:59:31.50	+00:20:04	5:10	11.6
5	PIĄTEK Beata	1253	WWW.TRENINGFIZJOTERAPIA.PL/ULTRAŁAŃCUT	K30	5	00:33:29	01:11:38	01:45:18			02:02:11.50	02:02:15.05	+00:22:48	5:18	11.3
6	KOŁODZIEJSKA Marta	1134		K30	6	00:32:57	01:13:01	01:49:34			02:08:05.85	02:08:15.60	+00:28:48	5:34	10.8
7	KOCHANIEC-MATUSZAK Karolina	1132		K30	7	00:35:46	01:16:02	01:52:52			02:11:47.75	02:12:16.90	+00:32:49	5:43	10.5
8	ZIĘCINA Sylwia	1362	ATLANTIC	K30	8	00:36:22	01:15:18	01:51:54			02:11:24.00	02:13:35.95	+00:34:08	5:42	10.5
9	STRZESAK Patrycja	1303		K30	9	00:38:42	01:23:53	02:01:56			02:21:46.80	02:22:33.70	+00:43:06	6:09	9.7
10	PIASECZNA Liliana	1370	RUN-G	K30	10	00:39:34	01:20:53	01:58:41			02:20:29.15	02:22:39.90	+00:43:12	6:06	9.8
11	ŚWIGOŃ Aneta	1315		K30	11	00:41:38	01:26:23	02:05:26			02:26:53.75	02:28:40.55	+00:49:13	6:23	9.4
12	WAŁDOWSKA Anna	1328	XRUNNERS	K30	12	00:40:03	01:25:53	02:07:51			02:30:10.85	02:30:34.55	+00:51:07	6:31	9.2
13	SKELTON Sarah	1379	VEGE RUNNERS	K30	13	00:37:29	01:31:29	02:11:55			02:31:12.35	02:31:54.05	+00:52:27	6:34	9.1
14	KOLASA Anna	1133		K30	14	00:41:20	01:27:57	02:09:08			02:31:18.55	02:32:54.40	+00:53:27	6:34	9.1
15	KAWALEC Anna	1120		K30	15	00:40:29	01:32:28	02:13:55			02:34:23.40	02:34:55.90	+00:55:28	6:42	8.9
16	GRAD-KOWALCZYK Barbara	1083		K30	16	00:42:45	01:31:59	02:12:22			02:33:52.80	02:35:39.80	+00:56:12	6:41	9
17	PALCZEWSKA Milena	1237	JACEKBIEGA RUNNING TEAM	K30	17	00:39:10	01:28:06	02:11:36			02:35:48.15	02:37:13.45	+00:57:46	6:46	8.9
18	KISZA-GRYNIENKO Anna	1125		K30	18	00:40:40	01:35:00	02:15:57			02:35:57.15	02:37:33.05	+00:58:06	6:46	8.8
19	ŁUSZCZYC Anna	1186		K30	19	00:44:33	01:35:13	02:16:03			02:38:11.75	02:39:19.75	+00:59:52	6:52	8.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za		Przed	Kara/ bonifikata	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						Skrzyżowaniem 6.5km	Brzeziniak 13.3km	Skrzyżowaniem 19.4km		netto 23km	brutto 23km			
20	DZIAMENTSJEVA Vijaleta	1065	JACEKBIEGA RUNNING TEAM	K30	20	00:38:47	01:28:18	02:14:06		02:39:23.85	02:39:36.15	+01:00:09	6:55	8.7
21	PAWLIK Anna	1243	STARIS STASZÓW	K30	21	00:41:44	01:32:45	02:17:32		02:40:14.20	02:40:28.35	+01:01:01	6:58	8.6
22	KUROWSKA Monika	1158	ATLANTIC	K30	22	00:36:54	01:18:32	01:57:32	00:20:00	02:38:33.00	02:40:44.00	+01:01:16	6:01	10
23	POŹNIAK-STYCZYŃSKA Maja	1261	DDC	K30	23	00:40:15	01:31:13	02:16:34		02:40:47.50	02:42:52.15	+01:03:25	6:59	8.6
24	MARCINEK Marta	1197	DROGA DO ULTRA	K30	24	00:40:34	01:35:27	02:18:48		02:42:31.10	02:43:21.05	+01:03:54	7:04	8.5
25	SOBOLEWSKA Aleksandra	1291		K30	25	00:42:38	01:32:15	02:18:27		02:42:51.25	02:43:24.40	+01:03:57	7:04	8.5
26	LASZCZYK Anna	1167		K30	26	00:38:37	01:36:24	02:22:08		02:45:28.15	02:45:59.05	+01:06:32	7:11	8.3
27	PERŁOWSKA-ŁOŚ Justyna	1248		K30	27	00:45:43	01:38:18	02:25:26		02:48:18.85	02:50:25.95	+01:10:58	7:19	8.2
28	RODZEŃ Katarzyna	1272		K30	28	00:43:34	01:37:19	02:24:30		02:50:06.85	02:50:55.60	+01:11:28	7:23	8.1
29	DUDA Iwona	1059	LUBELSKA GRUPA TRIATHLONU	K30	29	00:45:21	01:41:38	02:26:45		02:50:18.20	02:52:13.85	+01:12:46	7:24	8.1
30	PENCONEK Agata	1247		K30	30	00:45:53	01:42:10	02:28:15		02:52:59.05	02:54:57.90	+01:15:30	7:31	8
31	WAŁĘGA Monika	1330		K30	31	00:44:28	01:41:59	02:30:08		02:54:46.35	02:55:22.05	+01:15:55	7:35	7.9
32	MAJSZCZYK Paulina	1193	HARDCOROWE WYCHYLYBYMY	K30	32	00:40:36	01:32:17	02:26:22		02:55:47.10	02:56:19.30	+01:16:52	7:38	7.9
33	MUJTA Ewelina	1217		K30	33	00:42:23	01:42:53	02:28:46		02:54:38.20	02:56:50.85	+01:17:23	7:35	7.9
34	NOWAK Wioletta	1225	DZIKIE MUSTANGI	K30	34	00:46:33	01:45:41	02:33:42		02:58:02.95	02:59:52.60	+01:20:25	7:44	7.8
35	LAMPART Marta	1165	DZIKIE MUSTANGI	K30	35	00:46:31	01:45:36	02:33:43		02:58:00.90	02:59:54.20	+01:20:27	7:44	7.8
36	MAZUR Mariola	1206	DZIKIE MUSTANGI	K30	36	00:46:41	01:42:49	02:33:36		02:58:01.25	02:59:55.05	+01:20:28	7:44	7.8
37	LAMPART Dorota	1164	DZIKIE MUSTANGI	K30	37	00:46:34	01:45:38	02:33:46		02:58:14.05	03:00:04.00	+01:20:36	7:45	7.7
38	ZIMEK Dominika	1363		K30	38	00:46:35	01:44:06	02:32:35		02:59:52.55	03:00:26.60	+01:20:59	7:49	7.7
39	SIKORSKA Agnieszka	1282		K30	39	00:47:44	01:46:20	02:34:30		03:00:00.40	03:02:17.70	+01:22:50	7:49	7.7
40	PROKOPOWICZ Anna	1262		K30	40	00:47:00	01:43:07	02:34:39		03:02:20.80	03:04:10.30	+01:24:43	7:55	7.6
41	WARAS Barbara	1334		K30	41	00:44:38	01:39:33	02:33:50		03:03:34.95	03:05:06.10	+01:25:39	7:58	7.5
42	JASIŃSKA Natalia	1105	EXTREMEWOLF	K30	42	00:50:49	01:49:08	02:38:34		03:05:34.55	03:06:35.55	+01:27:08	8:04	7.4
43	KULPAN Agata	1157		K30	43	00:47:19	01:42:51	02:37:14		03:06:10.70	03:08:27.30	+01:29:00	8:05	7.4
44	KIELIŃSKA Kamila	1124		K30	44	00:49:20	01:51:34	02:42:28		03:08:49.75	03:09:00.95	+01:29:33	8:12	7.3
45	ŚPIEWAK Karolina	1312	WECZORNE BIEGANIE W SZCZECINIE	K30	45	00:50:51	01:52:39	02:43:33		03:12:08.50	03:13:10.10	+01:33:43	8:21	7.2
46	SOŁTYS Teresa	1294	WKURW_TEAM	K30	46	00:46:27	01:49:13	02:42:08		03:14:21.50	03:16:13.30	+01:36:46	8:27	7.1
47	BASAK Justyna	1015	WKURW_TEAM	K30	47	00:46:32	01:49:14	02:42:08		03:14:37.40	03:16:28.95	+01:37:01	8:27	7.1
48	WASILEWSKA Małgorzata	1335		K30	48	00:53:36	01:57:48	02:53:31		03:25:02.95	03:26:44.70	+01:47:17	8:54	6.7
49	JEŻEWSKA Angelika	1109		K30	49	00:53:36	01:57:47	02:53:31		03:25:04.40	03:26:45.45	+01:47:18	8:54	6.7