

VI ZIMOWY MARATON BIESZCZADZKI 2020 - 23KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

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

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za Skrzyżowaniem 6.5km	Brzeziniak 13.3km	Przed Skrzyżowaniem 19.4km	Kara/ bonifikata	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
1	ZALEWSKA Anna	1358	BBL ZDUŃSKA WOLA	K40	1	00:32:17	01:08:43	01:41:50		01:58:35.35	01:58:41.75		5:09	11.6 (100%)
2	WOŹNICZKA Jolanta	1353	SBRT WARSZAWA	K40	2	00:31:33	01:08:06	01:41:39		02:00:31.85	02:00:31.85	+00:01:50 (1.5%)	5:14	11.5 (99.1%)
3	BIENIECKA Anna	1400		K40	3	00:33:26	01:12:09	01:46:39		02:05:13.60	02:05:18.90	+00:06:37 (5.3%)	5:26	11 (94.8%)
4	CZARTORYSKA Sylwia	1050	NASTĘPNY KROK	K40	4	00:37:15	01:17:23	01:51:32		02:09:46.45	02:10:09.90	+00:11:28 (8.8%)	5:38	10.6 (91.4%)
5	RÓLKA Mariola	1274	BP RUNNING TEAM	K40	5	00:38:58	01:19:50	01:53:54		02:10:48.40	02:11:37.60	+00:12:55 (9.8%)	5:41	10.6 (91.4%)
6	KITOWSKA Anna	1126	PERFECT RUNNER TEAM	K40	6	00:35:43	01:17:45	01:55:46		02:16:27.35	02:17:33.85	+00:18:52 (13.7%)	5:55	10.1 (87.1%)
7	DOBEK Halina	1389		K40	7	00:40:02	01:25:11	02:04:45		02:24:32.95	02:24:49.45	+00:26:07 (18.0%)	6:17	9.5 (81.9%)
8	HABRAT Dorota	1090	HABRAT TEAM	K40	8	00:38:02	01:23:54	02:05:30		02:27:22.65	02:28:33.80	+00:29:52 (20.1%)	6:24	9.4 (81.0%)
9	KOWALCZYK Monika	1147		K40	9	00:38:03	01:20:36	02:02:54		02:30:27.20	02:32:07.35	+00:33:25 (22.0%)	6:32	9.2 (79.3%)
10	WEBER Agata	1337	JACEKBIEGA RUNNING TEAM	K40	10	00:40:14	01:29:09	02:10:19		02:31:36.25	02:33:01.30	+00:34:19 (22.4%)	6:35	9.1 (78.4%)
11	PORĘBSKA Dorota	1259	NOWA HUTA TEAM	K40	11	00:40:41	01:31:07	02:12:24		02:34:01.40	02:35:03.00	+00:36:21 (23.4%)	6:41	9 (77.6%)
12	LASKA Anna	1166	OCR TEAM DĘBICA	K40	12	00:40:35	01:28:05	02:10:24		02:33:28.95	02:35:07.35	+00:36:25 (23.5%)	6:40	9 (77.6%)
13	ŁAGOŃSKA Monika	1178	JELENIA PLAST SPORT TEAM	K40	13	00:41:26	01:31:27	02:11:49		02:33:43.50	02:35:10.40	+00:36:28 (23.5%)	6:41	9 (77.6%)
14	SASAL Monika	1278	FUNDACJA TYLKO BIESZCZADY	K40	14	00:39:16	01:26:19	02:12:00		02:35:58.75	02:36:24.85	+00:37:43 (24.1%)	6:46	8.8 (75.9%)
15	PLUTA Marta	1257	DZIKIE MUSTANGI	K40	15	00:42:05	01:30:21	02:12:49		02:35:03.25	02:36:52.75	+00:38:11 (24.3%)	6:44	8.9 (76.7%)
16	ŁATKOWSKA Monika	1182	GRUPA BIEGOWA CHTMO	K40	16	00:44:00	01:33:17	02:16:19		02:37:15.75	02:37:43.55	+00:39:01 (24.7%)	6:50	8.8 (75.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za	Brzeziniak	Przed	Kara/ bonifikata	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						Skrzyżowaniem 6.5km	13.3km	Skrzyżowaniem 19.4km		netto 23km	brutto 23km			
17	BRUDEREK Anna	1037	RUNNERS TEAM JABŁONNA	K40	17	00:43:58	01:32:49	02:16:18		02:37:15.00	02:37:43.75	+00:39:02 (24.7%)	6:50	8.8 (75.9%)
18	SOBURA Magdalena	1292	WOŹNIAK RUNNING TEAM	K40	18	00:43:17	01:32:34	02:16:48		02:38:07.75	02:39:16.70	+00:40:34 (25.5%)	6:52	8.7 (75.0%)
19	BEDNARSKA Joanna	1018	BIEGNĘ ŻEBY BARTEK MÓGL BIEGAĆ	K40	19	00:43:15	01:32:33	02:17:29		02:39:56.80	02:41:06.20	+00:42:24 (26.3%)	6:57	8.6 (74.1%)
20	STARZECKA Joanna	1297		K40	20	00:44:23	01:33:58	02:17:42		02:41:40.00	02:42:33.05	+00:43:51 (27.0%)	7:01	8.5 (73.3%)
21	STACHURA Beata	1296	ATLANTIC	K40	21	00:36:53	01:18:38	02:00:49	00:20:00	02:43:39.00	02:45:51.00	+00:47:09 (28.4%)	6:14	9.6 (82.8%)
22	MARUT Kaśka	1198	BP RUNNING TEAM GLIWICE	K40	22	00:44:04	01:38:10	02:22:14		02:45:49.85	02:46:40.00	+00:47:58 (28.8%)	7:12	8.3 (71.6%)
23	ZIÓŁKOWSKA Bożena	1366	BIEGUNY WALBA	K40	23	00:41:44	01:34:40	02:23:14		02:46:46.75	02:47:59.65	+00:49:17 (29.3%)	7:15	8.3 (71.6%)
24	WALKOWSKA Justyna	1327	JACEKBIEGA RUNNING TEAM	K40	24	00:43:18	01:38:15	02:23:13		02:46:51.90	02:48:17.35	+00:49:35 (29.5%)	7:15	8.3 (71.6%)
25	PĘKAŁA Anna	1251	NIGHT RUNNERS ZABRZE	K40	25	00:43:57	01:35:32	02:21:46		02:46:52.55	02:48:40.15	+00:49:58 (29.6%)	7:15	8.3 (71.6%)
26	KOWALCZYK Anna	1148	DOGOŃ GRODZISK MAZOWIECKI	K40	26	00:42:58	01:36:50	02:23:47		02:48:05.75	02:48:52.35	+00:50:10 (29.7%)	7:18	8.2 (70.7%)
27	BOZA Beata	1034	PADŁ NA RYJ TEAM	K40	27	00:46:27	01:41:53	02:26:23		02:48:26.90	02:49:22.10	+00:50:40 (29.9%)	7:19	8.2 (70.7%)
28	CZECHOWSKA Izabela	1051	WW TEAM	K40	28	00:42:02	01:39:19	02:27:14		02:53:14.65	02:53:43.55	+00:55:01 (31.7%)	7:31	8 (69.0%)
29	MASZKOWSKA Anna	1199		K40	29	00:46:01	01:46:14	02:31:12		02:52:10.00	02:54:18.80	+00:55:37 (31.9%)	7:29	8 (69.0%)
30	KAPUSTA Zuzanna	1116	DZIKIE MUSTANGI	K40	30	00:46:27	01:42:49	02:33:36		02:57:59.60	02:59:52.60	+01:01:10 (34.0%)	7:44	7.8 (67.2%)
31	KROCZEK Liliana	1149	BPRT GLIWICE	K40	31	00:46:25	01:44:29	02:32:16		02:59:09.85	02:59:58.75	+01:01:17 (34.1%)	7:47	7.7 (66.4%)
32	MAĆKOWIAK- RYDZYŃSKA Anna	1189		K40	32	00:42:48	01:43:27	02:31:50		02:59:24.15	03:00:38.30	+01:01:56 (34.3%)	7:48	7.7 (66.4%)
33	ŚWISTAK Karolina	1304		K40	33	00:43:35	01:44:08	02:29:20		03:01:15.90	03:02:27.80	+01:03:46 (34.9%)	7:52	7.6 (65.5%)
34	SKOREK MASZOTA Weronika	1283	PADŁ NA RYJ TEAM	K40	34	00:49:24	01:48:37	02:39:15		03:04:48.10	03:05:42.40	+01:07:00 (36.1%)	8:02	7.5 (64.7%)
35	KULITA Ela	1156	TAK LUBIE SANDOMIERZ	K40	35	00:45:54	01:43:06	02:43:48		03:10:24.65	03:10:48.65	+01:12:06 (37.8%)	8:16	7.2 (62.1%)
36	WĘGLIŃSKA Joanna	1340	MKB DREPTAK	K40	36	00:46:43	01:58:12	02:46:12		03:14:02.65	03:14:44.25	+01:16:02 (39.0%)	8:26	7.1 (61.2%)
37	PAWŁOWSKA- LIS Maria	1245	MARUSIABIEGAPL	K40	37	00:52:08	01:57:06	02:47:00		03:13:16.20	03:14:49.95	+01:16:08 (39.1%)	8:24	7.1 (61.2%)
38	SZYMANOWSKA Monika	1308		K40	38	00:49:19	01:52:30	02:47:04		03:16:18.40	03:16:18.40	+01:17:36 (39.5%)	8:32	7 (60.3%)
39	FAFARA Agnieszka	1069		K40	39	00:53:16	01:56:14	02:49:32		03:14:14.35	03:16:20.65	+01:17:38 (39.5%)	8:26	7.1 (61.2%)

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40	PABIAŃCZYK Małgorzata	1235		K40	40	00:48:22	01:49:38	02:46:55		03:17:58.15	03:19:44.85	+01:21:03 (40.6%)	8:36	7 (60.3%)
41	JAWORSKA Agnieszka	1107		K40	41	00:52:56	02:04:00	02:56:26		03:24:07.70	03:24:40.85	+01:25:59 (42.0%)	8:52	6.8 (58.6%)
42	NASARZEWSKA Joanna	1221	WEST COAST RUNNERS CYPRUS	K40	42	00:48:34	02:05:06	02:58:16		03:25:45.30	03:27:14.45	+01:28:32 (42.7%)	8:56	6.7 (57.8%)
43	URBANIAK Agnieszka	1325		K40	43	00:53:49	01:59:12	02:56:31		03:26:48.55	03:28:51.80	+01:30:10 (43.2%)	8:59	6.7 (57.8%)
44	ZIOBRO- MYŚLIWIEC Anna	1364	FUN&RUN	K40	44	00:49:07	02:00:14	02:56:04		03:29:01.15	03:29:55.45	+01:31:13 (43.5%)	9:05	6.6 (56.9%)
45	SKORUPKA Anna	1284		K40	45	00:55:34	01:59:37	02:59:26		03:29:58.50	03:31:01.30	+01:32:19 (43.8%)	9:07	6.6 (56.9%)
46	DZIURZYŃSKA Uika	1068	GOODCOACHTEAM	K40	46	00:53:49	02:10:05	03:04:58		03:31:38.80	03:33:53.05	+01:35:11 (44.5%)	9:12	6.5 (56.0%)
47	OŻÓG Dorota	1232		K40	47	00:54:00	02:05:25	03:02:28		03:33:09.90	03:34:26.25	+01:35:44 (44.6%)	9:16	6.5 (56.0%)
48	OŻÓG Iwona	1233		K40	48	00:54:03	02:05:26	03:02:52		03:33:23.30	03:34:39.60	+01:35:57 (44.7%)	9:16	6.5 (56.0%)
49	JASIUL Mariola	1106		K40	49	00:56:11	02:04:49	03:04:09		03:35:55.75	03:37:29.50	+01:38:47 (45.4%)	9:23	6.4 (55.2%)
50	BURZ Jowita	1042		K40	50	00:53:35	02:09:25	03:09:57		03:41:53.60	03:42:37.25	+01:43:55 (46.7%)	9:38	6.2 (53.4%)
51	GENDERA Ewa	1078	NIGHT RUNNERS	K40	51	01:01:08	02:31:15	03:32:48		04:06:55.35	04:08:20.65	+02:09:38 (52.2%)	10:44	5.6 (48.3%)
52	WANDEL Agnieszka	1332	FACE NORDIC WALKING TEAM	K40	52	01:01:09	02:31:15	03:32:48		04:06:57.60	04:08:22.15	+02:09:40 (52.2%)	10:44	5.6 (48.3%)

Znaleziono 52 wynik(ów)