

ZIMOWY JANOSIK 30+KM | BEDZIES KWICOŁ

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie: Zimowy Janosik 2022
Organizator: Fundacja Na Ratunek
Data: 2022-01-22
Miejsce: Niedzica
Dystans: 30 km

Klasyfikacja: Master Kobiet

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Barwinkowa Góra 4km	Łapsze Niżne 9km	OSP Dursztyn 14km	Łapsze Niżne 21km	Barwinkowa Góra 25km	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
1	**SALACHNA - NOWAK Magdalena**	**3238**	STAY INSANE	Master Kobiet	1	00:44:31	01:04:01	02:08:09	03:06:40	03:27:05	**03:55:36.95**	**03:55:36.95**		7:51	7.6 (100%)
2	**POTAŚ Agnieszka**	**3218**	BIEGOWA KUŹNIA	Master Kobiet	2	03:40:59					**04:07:32.65**	**04:07:32.65**	+00:11:55 (4.8%)	8:15	7.3 (96.1%)
3	**LASEK Joanna**	**3150**		Master Kobiet	3	00:45:09	01:04:33	02:13:39	03:20:42	03:40:40	**04:07:51.40**	**04:07:51.40**	+00:12:14 (4.9%)	8:15	7.3 (96.1%)
4	**ŁYCZKO Anna**	**3159**	PODIUM	Master Kobiet	4	00:48:46	01:10:08	02:18:41	03:21:52	03:43:56	**04:14:37.35**	**04:14:37.35**	+00:19:00 (7.5%)	8:29	7.1 (93.4%)
5	**BINIENDA Agnieszka**	**3015**	KOBIETY WATAHY	Master Kobiet	5	03:47:13					**04:17:23.45**	**04:17:23.45**	+00:21:46 (8.5%)	8:34	7 (92.1%)
6	**GROMEK Edyta**	**3081**	LUBLIN	Master Kobiet	6	00:52:44	01:14:07	02:27:44	03:41:08	04:03:59	**04:37:04.45**	**04:37:04.45**	+00:41:27 (15.0%)	9:14	6.5 (85.5%)
7	**ŚWIDERSKA BEM Krystyna**	**3272**		Master Kobiet	7	04:08:13					**04:40:42.70**	**04:40:42.70**	+00:45:05 (16.1%)	9:21	6.4 (84.2%)
8	**BIGOŚ Monika**	**3014**		Master Kobiet	8	00:51:35	01:12:36	02:29:08	03:46:59	04:10:07	**04:42:27.60**	**04:42:27.60**	+00:46:50 (16.6%)	9:24	6.4 (84.2%)
9	**FLAK-WANCERZ Anna**	**3049**	KATOWICE	Master Kobiet	9	00:48:32	01:10:20	02:26:54	03:45:42	04:08:46	**04:43:51.05**	**04:43:51.05**	+00:48:14 (17.0%)	9:27	6.3 (82.9%)
10	**KWIATKOWSKA Beata**	**3148**		Master Kobiet	10	00:50:21	01:10:45	02:26:39	03:47:40	04:10:32	**04:44:22.95**	**04:44:22.95**	+00:48:46 (17.1%)	9:28	6.3 (82.9%)
11	**SZUREK Joanna**	**3270**		Master Kobiet	11	04:16:57					**04:52:03.65**	**04:52:03.65**	+00:56:26 (19.3%)	9:44	6.2 (81.6%)
12	**DYR Dorota**	**3041**		Master Kobiet	12	04:26:26					**05:02:23.10**	**05:02:23.10**	+01:06:46 (22.1%)	10:04	6 (78.9%)
13	**SZKAMRUK Małgorzata**	**3261**	EXTREMALNE OTK NA RELAKSIE	Master Kobiet	13	00:57:14	01:23:39	02:44:56	04:03:02	04:28:45	**05:06:49.70**	**05:06:49.70**	+01:11:12 (23.2%)	10:13	5.9 (77.6%)
14	**KORDOS Elzbieta**	**3115**	JKM KALORYFER	Master Kobiet	14	00:54:52	01:17:53	02:42:48	03:58:05	04:28:30	**05:10:22.05**	**05:10:22.05**	+01:14:45 (24.1%)	10:20	5.8 (76.3%)

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15	**WILŃSKA-ZYWERT Agnieszka**	**3289**		Master Kobiet	15	00:55:21	01:18:24	02:43:42	04:17:43	04:41:09	**05:14:36.30**	**05:14:36.30**	+01:18:59 (25.1%)	10:29	5.7 (75.0%)
16	**BOKSA Anna**	**3023**	KKM KALORYFER	Master Kobiet	16	00:56:44	01:22:20	02:47:07	04:13:59	04:39:46	**05:15:52.00**	**05:15:52.00**	+01:20:15 (25.4%)	10:31	5.7 (75.0%)
17	**KALICZYŃSKA Wioletta**	**3099**	PROJEKT1000UP	Master Kobiet	17	00:49:49	01:13:44	02:37:28	04:14:12	04:38:20	**05:17:11.10**	**05:17:11.10**	+01:21:34 (25.7%)	10:34	5.7 (75.0%)
18	**PANEK Agata**	**3200**	GRUPA JURA.PL	Master Kobiet	18	00:50:10	01:15:17	02:44:35	04:19:32	04:45:11	**05:22:08.10**	**05:22:08.10**	+01:26:31 (26.9%)	10:44	5.6 (73.7%)
19	**GAJEWSKA-BROŻYNA Kamila**	**3057**	KLUB BIEGACZA WARTA	Master Kobiet	19	04:47:04					**05:22:20.60**	**05:22:20.60**	+01:26:43 (26.9%)	10:44	5.6 (73.7%)
20	**FURDYNA Maria**	**3052**		Master Kobiet	20	04:46:50					**05:23:15.50**	**05:23:15.50**	+01:27:38 (27.1%)	10:46	5.6 (73.7%)
21	**ZAMOJSKA Iwona**	**3313**	MIECHOWICKA GRUPA BIEGOWA	Master Kobiet	21	00:55:34	01:20:24	02:52:49	04:23:27	04:48:35	**05:24:42.00**	**05:24:42.00**	+01:29:05 (27.4%)	10:49	5.5 (72.4%)
22	**KOWALCZYK Aneta**	**3121**	KLUB BIEGACZA WARTA	Master Kobiet	22	04:47:41					**05:25:08.00**	**05:25:08.00**	+01:29:31 (27.5%)	10:50	5.5 (72.4%)
23	**MODLIŃSKA Kinga**	**3180**	KLUB BIEGACZA WARTA	Master Kobiet	23	00:59:37	01:22:14	02:46:47	04:20:43	04:48:30	**05:32:24.70**	**05:32:24.70**	+01:36:47 (29.1%)	11:04	5.4 (71.1%)
24	**JĘDRZEJEWSKA Beata**	**3091**	KOBIETY WATAHY	Master Kobiet	24	00:56:25	01:22:01	02:48:28	04:28:38	04:55:22	**05:34:13.45**	**05:34:13.45**	+01:38:36 (29.5%)	11:08	5.4 (71.1%)
25	**PAWLAK Ewelina**	**3202**		Master Kobiet	25	00:54:45	01:19:49	02:45:00	04:26:27		**05:34:18.20**	**05:34:18.20**	+01:38:41 (29.5%)	11:08	5.4 (71.1%)
26	**HAUTON Monika**	**3087**	NIE TERAZ, POTEM	Master Kobiet	26	00:58:17	01:24:18	03:04:11	04:38:44	05:07:16	**05:48:30.75**	**05:48:30.75**	+01:52:53 (32.4%)	11:37	5.2 (68.4%)
27	**SZKLANNY-RECLIK Elżbieta**	**3263**	AKTYWNA PSZCZYNA RUNNERS TEAM	Master Kobiet	27	00:41:11	01:29:33	02:57:49	04:36:47	05:06:49	**05:49:48.65**	**05:49:48.65**	+01:54:11 (32.6%)	11:39	5.1 (67.1%)
27	**ZABOST Anna**	**3308**		Master Kobiet	27	01:01:46	01:29:33	02:57:48	04:36:48		**05:49:48.65**	**05:49:48.65**	+01:54:11 (32.6%)	11:39	5.1 (67.1%)
29	**ZAKRZEWSKA Anna**	**3312**		Master Kobiet	29	05:19:45					**06:01:45.85**	**06:01:45.85**	+02:06:08 (34.9%)	12:03	5 (65.8%)
30	**MURASZEW - DĄBROWSKA Katarzyna**	**3185**	DZIKIE SKRZYDŁO	Master Kobiet	30	05:16:22					**06:05:01.00**	**06:05:01.00**	+02:09:24 (35.5%)	12:10	4.9 (64.5%)
31	**WIŚNIEWSKA Dorota**	**3291**		Master Kobiet	31	01:02:01	01:34:06	03:17:13		05:32:25	**06:20:01.80**	**06:20:01.80**	+02:24:24 (38.0%)	12:40	4.7 (61.8%)
32	**KALINOWSKA Joanna**	**3100**	ULTRA BESKID SPORT	Master Kobiet	32	00:56:06	01:22:09	02:58:11	04:54:03	05:26:03	**06:23:48.95**	**06:23:48.95**	+02:28:12 (38.6%)	12:47	4.7 (61.8%)
33	**MANIAKOWSKA Agnieszka**	**3166**	WYBIEGAJ SIEBIE	Master Kobiet	33	01:03:02	01:37:05	03:32:09	05:29:05	05:59:33	**06:38:25.70**	**06:38:25.70**	+02:42:48 (40.9%)	13:16	4.5 (59.2%)
34	**ROWIŃSKA Marta**	**3231**		Master Kobiet	34	01:02:58	01:37:06	03:32:11	05:29:05	06:00:17	**06:42:07.40**	**06:42:07.40**	+02:46:30 (41.4%)	13:24	4.5 (59.2%)
35	**BIENIEWSKA Agnieszka**	**3012**	WYBIEGAJ SIEBIE	Master Kobiet	35	01:05:19	01:37:36	03:32:10	05:29:06	06:00:04	**06:48:04.90**	**06:48:04.90**	+02:52:27 (42.3%)	13:36	4.4 (57.9%)
36	**MARYNIAK Katarzyna**	**3168**	WYBIEGAJ SIEBIE	Master Kobiet	36	01:10:11	01:46:01	03:52:39	06:10:04	06:48:47	**07:47:08.00**	**07:47:08.00**	+03:51:31 (49.6%)	15:34	3.9 (51.3%)

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37	**GNIADEK Elżbieta**	**3074**	WYBIEGAJ SIEBIE	Master Kobiet	37	01:10:13	01:42:15	03:53:00	06:09:25	06:48:22	**07:47:08.50**	**07:47:08.50**	+03:51:31 (49.6%)	15:34	3.9 (51.3%)
	FRYŚ-RZEZAK Justyna	**3051**	WYBIEGAJ SIEBIE	Master Kobiet		01:03:13 DNF	01:35:07 DNF	03:32:14 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)

Znaleziono 38 wynik(ów)