ZIMOWY JANOSIK 30+KM | BEDZIES KWICOŁ

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

Klasyfikacja: Open K

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	**SZWAJKA Aneta**	**3271**	STAJNIA BALONA	Weteran Kobiet	1	00:44:39	01:04:10	02:08:54	03:08:58	03:29:47	**03:59:00.30**	**03:59:00.30**	+00:03:23 (1.4%)	7:58	7.5 (98.7%)
3	**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%)
4	**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%)
5	**BOŃSKA Karolina**	**3025**	A NA CO TO KOMU POTRZEBNE	Senior Kobiet	1	00:46:19	01:06:10	02:14:36	03:20:04	03:41:10	**04:09:32.20**	**04:09:32.20**	+00:13:55 (5.6%)	8:19	7.2 (94.7%)
6	**MOLASY Dorota**	**3181**	AKTYWNIE Z MOLKAMI	Senior Kobiet	2	00:45:19	01:05:02	02:14:36	03:21:27	03:42:39	**04:10:54.95**	**04:10:54.95**	+00:15:18 (6.1%)	8:21	7.2 (94.7%)
7	**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%)
8	**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%)
9	**BUKIEL Klaudia**	**3026**		Senior Kobiet	3	03:50:10					**04:19:42.35**	**04:19:42.35**	+00:24:05 (9.3%)	8:39	6.9 (90.8%)
10	**KACPRZYCKA Paulina**	**3098**	4WMBOT	Senior Kobiet	4	00:46:49	01:07:48	02:19:39	03:24:30	03:46:55	**04:20:21.20**	**04:20:21.20**	+00:24:44 (9.5%)	8:40	6.9 (90.8%)
11	**KANDEFER Beata**	**3102**	KB	Weteran Kobiet	2	03:50:37					**04:24:46.70**	**04:24:46.70**	+00:29:09 (11.0%)	8:49	6.8 (89.5%)
12	**EFEMBERG Joanna**	**3043**	STAJNIA BALONA	Weteran Kobiet	3	00:48:20	01:08:54	02:19:40	03:34:52	03:57:19	**04:29:02.00**	**04:29:02.00**	+00:33:25 (12.4%)	8:58	6.7 (88.2%)
13	**ŁOZIŃSKA Magdalena**	**44**	JACEK BIEGA	Senior Kobiet	5		01:11:02	02:26:20	03:40:11		**04:35:54.50**	**04:35:54.50**	+00:40:17 (14.6%)	9:11	6.5 (85.5%)
14	**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%)
15	**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%)
16	**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%)

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17	**PŁAWECKA Katarzyna**	**3213**		Weteran Kobiet	4	04:08:36					**04:42:38.50**	**04:42:38.50**	+00:47:01 (16.6%)	9:25	6.4 (84.2%)
18	**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%)
19	**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%)
20	**KULKA Monika**	**3142**	RĄCZE GAZELE	Weteran Kobiet	5	00:47:56	01:07:40	02:26:37	03:47:40	04:10:39	**04:44:23.45**	**04:44:23.45**	+00:48:46 (17.2%)	9:28	6.3 (82.9%)
21	**WÓŁKIEWICZ Dorota**	**3304**	KS STASZEWSCY	Weteran Kobiet	6	04:11:08					**04:44:44.55**	**04:44:44.55**	+00:49:07 (17.3%)	9:29	6.3 (82.9%)
22	**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%)
23	**PABIAN Elżbieta**	**3196**	EKIPA Z TARNOWA	Weteran Kobiet	7	04:17:49					**04:53:55.80**	**04:53:55.80**	+00:58:18 (19.8%)	9:47	6.1 (80.3%)
24	**CZICHY Barbara**	**3035**	WKB META LUBLINIEC	Weteran Kobiet	8	00:50:46	01:13:20	02:34:05	03:53:07	04:18:38	**04:54:52.65**	**04:54:52.65**	+00:59:15 (20.1%)	9:49	6.1 (80.3%)
25	**BOGUSŁAWSKA Julia**	**3019**		Weteran Kobiet	9	00:51:59	01:13:31	02:40:27	03:55:26		**04:55:23.65**	**04:55:23.65**	+00:59:46 (20.2%)	9:50	6.1 (80.3%)
26	**DZIAMENTSYEVA Viyaleta**	**3042**	JACEKBIEGA RUNNING TEAM	Senior Kobiet	6	04:22:28					**04:55:44.00**	**04:55:44.00**	+01:00:07 (20.3%)	9:51	6.1 (80.3%)
27	**PĘKALA Anna**	**3203**	MIRAZ TACE TEAM	Weteran Kobiet	10	00:54:38	01:17:24	02:37:48	03:55:25	04:20:26	**04:57:11.60**	**04:57:11.60**	+01:01:34 (20.7%)	9:54	6.1 (80.3%)
28	**KLAJNERT Marta**	**3109**	8BALL CROSS GYM CHEŁM	Weteran Kobiet	11	00:49:42	01:13:30	02:32:55	03:58:40	04:23:46	**04:57:16.75**	**04:57:16.75**	+01:01:39 (20.7%)	9:54	6.1 (80.3%)
29	**SZKAMRUK Alicja**	**3262**	EXTREMALNE OTK NA RELAKSIE	Senior Kobiet	7	00:57:07	01:23:38	02:42:45	03:57:23	04:23:51	**05:02:21.60**	**05:02:21.60**	+01:06:44 (22.1%)	10:04	6 (78.9%)
30	**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%)
31	**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%)
32	**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%)
33	**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%)
34	**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%)
35	**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%)
36	**KRAJEWSKA-PALUCH Ewa**	**3129**		Weteran Kobiet	12	00:56:30	01:21:31	02:50:10	04:21:03	04:46:33	**05:21:15.25**	**05:21:15.25**	+01:25:38 (26.7%)	10:42	5.6 (73.7%)
37	**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%)
38	**ZAJĄC Aga**	**3310**	77CATS	Weteran Kobiet	13	04:46:53					**05:22:18.35**	**05:22:18.35**	+01:26:41 (26.9%)	10:44	5.6 (73.7%)
39	**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%)

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40	**PULKOWSKA Justyna**	**3224**		Senior Kobiet	8	04:49:47					**05:22:26.65**	**05:22:26.65**	+01:26:49 (26.9%)	10:44	5.6 (73.7%)
41	**ZYGMUNT Monika**	**3317**		Weteran Kobiet	14	00:56:52	01:22:10	02:56:58	04:23:59	04:48:50	**05:23:05.30**	**05:23:05.30**	+01:27:28 (27.1%)	10:46	5.6 (73.7%)
42	**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%)
43	**NYKIEL Małgorzata**	**3190**	MIECHOWICKA GRUPA BIEGOWA	Weteran Kobiet	15	00:55:38	01:20:24	02:52:46	04:23:27	04:49:31	**05:24:41.85**	**05:24:41.85**	+01:29:04 (27.4%)	10:49	5.5 (72.4%)
44	**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%)
45	**WIŚNIEWSKA Ewa**	**3290**		Weteran Kobiet	16	00:56:49	01:22:11	02:56:59	04:25:00	04:48:39	**05:24:48.15**	**05:24:48.15**	+01:29:11 (27.5%)	10:49	5.5 (72.4%)
46	**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%)
47	**TUSIŃSKA Mariola**	**3280**	MARIOLA TUSIŃSKA	Weteran Kobiet	17	04:47:59					**05:27:15.85**	**05:27:15.85**	+01:31:38 (28.0%)	10:54	5.5 (72.4%)
48	**RUTKOWSKA Małgorzata**	**3234**		Weteran Kobiet	18	04:49:25					**05:29:06.50**	**05:29:06.50**	+01:33:29 (28.4%)	10:58	5.5 (72.4%)
49	**MRACHACZ Dorota**	**3182**	MIECHOWICKA GRUPA BIEGOWA	Weteran Kobiet	19	00:57:45	01:26:00	02:52:48	04:24:53	04:52:45	**05:32:11.00**	**05:32:11.00**	+01:36:34 (29.1%)	11:04	5.4 (71.1%)
50	**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%)
51	**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%)
52	**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%)
53	**ZAWISZA Beata**	**3314**	KOBIETY WATAHY	Weteran Kobiet	20		01:21:59	02:48:31	04:28:42		**05:34:24.50**	**05:34:24.50**	+01:38:47 (29.5%)	11:08	5.4 (71.1%)
54	**JASEK Wioletta**	**3090**	KOBIETY WATAHY	Weteran Kobiet	21	00:55:01	01:20:15	02:49:03	04:26:55	04:55:50	**05:35:22.65**	**05:35:22.65**	+01:39:45 (29.7%)	11:10	5.4 (71.1%)
55	**JODKO Magda**	**3092**		Weteran Kobiet	22	01:01:18	01:27:19	02:59:02	04:36:06	05:05:49	**05:47:49.10**	**05:47:49.10**	+01:52:12 (32.3%)	11:35	5.2 (68.4%)
56	**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%)
57	**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%)
57	**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%)
59	**MATERA Kinga**	**3170**	GRUPĄ JURA PL	Weteran Kobiet	23	05:11:07					**05:57:25.80**	**05:57:25.80**	+02:01:48 (34.1%)	11:54	5 (65.8%)
60	**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%)
61	**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%)
62	**WÓJCICKA Magdalena**	**3300**	WYBIEGAJ SIEBIE	Weteran Kobiet	24	01:03:08	01:35:08	03:16:44	04:56:16	05:25:11	**06:06:33.90**	**06:06:33.90**	+02:10:56 (35.7%)	12:13	4.9 (64.5%)

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63	**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%)
64	**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%)
65	**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%)
66	**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%)
67	**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%)
68	**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%)
69	**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%)
70	**KARASIŃSKA Elżbieta**	**3103**	WYBIEGAJ SIEBIE	Weteran Kobiet	25	01:10:16	01:42:13	03:53:09	06:09:21	06:48:29	**07:47:09.10**	**07:47:09.10**	+03:51:32 (49.6%)	15:34	3.9 (51.3%)
71	**CIEŚLIKOWSKA Barbara**	**3031**	WYBIEGAJ SIEBIE	Weteran Kobiet	26	01:00:17	01:42:25	03:49:39	06:09:29	06:48:26	**07:47:10.50**	**07:47:10.50**	+03:51:33 (49.6%)	15:34	3.9 (51.3%)
	WŁODARCZYK Anna	**3296**	SPARTA LUBLIN	Senior Kobiet		00:55:25 DNF	01:21:43 DNF	02:49:11 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	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%)
	ROSINSKA Monika	**3230**	WYBIEGAJ SIEBIE	Weteran Kobiet		01:18:37 DNF	DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)

Znaleziono 74 wynik(ów)