

RZEŹNICZEK 2019

B4SPORT

Wydarzenie: V FESTIWAL BIEGU RZEŹNIKA
Organizator: Fundacja Bieg Rzeźnika
Data: 2019-06-22
Miejsce: Cisna
Dystans: 28 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
1	KONSTANTY Katarzyna	4141	HOKA ONE ONE POLAND	K40	1	00:00:13	01:53:21	03:34:19.35	03:34:32.95		7:39	7.8 (100%)
2	SZYBIAK Joanna	4557		K40	2	00:00:33	01:50:40	03:34:23.65	03:34:57.50	+00:00:04 (0.0%)	7:39	7.8 (100%)
3	HERBICH-SAR Violetta	4153	FUDU & CO.	K40	3	00:00:08	01:51:36	03:34:31.35	03:34:40.10	+00:00:12 (0.1%)	7:39	7.8 (100%)
4	CHOMA-GACA Agnieszka	4144	PZU SPORT TEAM	K40	4	00:00:24	01:55:41	03:41:23.65	03:41:47.65	+00:07:04 (3.2%)	7:54	7.6 (97.4%)
5	STARZYŃSKA Katarzyna	1049	POKRĘCENI	K40	5	00:01:29	02:00:05	03:45:28.00	03:46:57.75	+00:11:08 (4.9%)	8:03	7.5 (96.2%)
6	LASSOTA-BUJAK Mariola	4403	#CZELADZBIEGA	K40	6	00:00:48	01:57:10	03:48:42.40	03:49:30.45	+00:14:23 (6.3%)	8:10	7.3 (93.6%)
7	RÓŻAK-RUKUSZEWICZ Magdalena	4291	DZIKIE GRUBASY SZATANA	K40	7	00:01:04	02:02:40	03:58:10.15	03:59:14.75	+00:23:50 (10.0%)	8:30	7.1 (91.0%)
8	ŻELAZNY Agnieszka	4225	GORLICKA GRUPA BIEGOWA	K40	8	00:00:02	01:52:16	03:58:25.95	03:58:28.30	+00:24:06 (10.1%)	8:30	7 (89.7%)
9	PESZEK Katarzyna	4269	DZIKIE GRUBASY SZATANA	K40	9	00:00:17	01:57:15	04:01:15.10	04:01:32.20	+00:26:55 (11.2%)	8:36	7 (89.7%)
10	BIAŁORUCKA Wioletta	4573	MAZOVIA PROACTIV CIECHANÓW	K40	10	00:00:45	02:02:23	04:03:23.75	04:04:09.20	+00:29:04 (11.9%)	8:41	6.9 (88.5%)
11	HULEWICZ-DOLEWSKA Elżbieta	4182	AKADEMIA BIEGANIA GRUDZIĄDZ	K40	11	00:00:11	01:56:21	04:04:26.55	04:04:37.75	+00:30:07 (12.3%)	8:43	6.9 (88.5%)
12	SZPARAGA Dorota	4329	PZU SPORT TEAM	K40	12	00:00:23	02:09:51	04:07:13.85	04:07:36.95	+00:32:54 (13.3%)	8:49	6.8 (87.2%)
13	GOŁĘBIEWSKA Katarzyna	4152		K40	13	00:00:32	02:06:59	04:09:43.10	04:10:15.75	+00:35:23 (14.2%)	8:55	6.7 (85.9%)
14	LESZCZYŃSKA Katarzyna	4477	GDYNIAMEDICA	K40	14	00:00:43	02:06:33	04:10:12.30	04:10:55.45	+00:35:52 (14.3%)	8:56	6.7 (85.9%)
15	ZMYJ Danuta	4185	LACHO TEAM	K40	15	00:00:29	02:04:44	04:11:27.90	04:11:57.10	+00:37:08 (14.8%)	8:58	6.7 (85.9%)

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16	SASAL Monika	4768	FUNDACJA TYLKO BIESZCZADY	K40	16	00:00:58	02:11:17	04:12:19.20	04:13:18.15	+00:37:59 (15.1%)	9:00	6.7 (85.9%)
17	KACZMAREK Katarzyna	4446	#ADAMCZERWIŃSKITEAM	K40	17	00:00:31	02:08:24	04:13:48.85	04:14:19.85	+00:39:29 (15.6%)	9:03	6.6 (84.6%)
18	CIPORA Katarzyna	4581		K40	18	00:00:28	02:10:42	04:18:39.60	04:19:08.05	+00:44:20 (17.1%)	9:14	6.5 (83.3%)
19	BOJUR Renata	4426		K40	19	00:00:48	02:11:13	04:18:47.10	04:19:35.50	+00:44:27 (17.2%)	9:14	6.5 (83.3%)
20	ŁUKAWSKA-MATUSZEWSKA Katarzyna	4792		K40	20	00:01:50	02:19:25	04:22:28.20	04:24:18.60	+00:48:08 (18.3%)	9:22	6.4 (82.1%)
21	STASIK Beata	4726	BEFIT24TEAM	K40	21	00:00:31	02:08:25	04:22:57.25	04:23:28.80	+00:48:37 (18.5%)	9:23	6.4 (82.1%)
22	HENDZLIK Monika	4413		K40	22	00:00:45	02:17:04	04:23:19.65	04:24:05.50	+00:49:00 (18.6%)	9:24	6.4 (82.1%)
23	CZEGUS Aneta	4536	RUNNING POŁANIEC	K40	23	00:00:21	02:13:31	04:25:11.40	04:25:32.95	+00:50:52 (19.2%)	9:28	6.3 (80.8%)
24	JAWOREK Anna	4461	ROZBIEGAMY NOWY DWÓR	K40	24	00:00:26	02:05:41	04:28:42.95	04:29:09.70	+00:54:23 (20.2%)	9:35	6.3 (80.8%)
25	PRĘDKA Magdalena	4669	OLA TEAM	K40	25	00:01:06	02:25:08	04:29:26.05	04:30:32.25	+00:55:06 (20.5%)	9:37	6.2 (79.5%)
26	JANOWSKA Ula	4464	AKADEMIA BIEGANIA GRUDZIĄDZ	K40	26	00:01:15	02:19:00	04:31:32.90	04:32:48.25	+00:57:13 (21.1%)	9:41	6.2 (79.5%)
27	KRUPA-SZCZĘSNY Izabela	4628	#CZELADZBIEGA	K40	27	00:00:48	02:11:44	04:33:27.95	04:34:16.15	+00:59:08 (21.6%)	9:46	6.1 (78.2%)
28	MIŚTA-DOROBISZ Sylwia	4397	MYSZKÓW BIEGA	K40	28	00:00:35	02:14:50	04:34:05.05	04:34:40.20	+00:59:45 (21.8%)	9:47	6.1 (78.2%)
29	MARUT Katarzyna	4806	NIGHT RUNNERS GLIWICE	K40	29	00:00:48	02:13:57	04:34:35.15	04:35:23.65	+01:00:15 (21.9%)	9:48	6.1 (78.2%)
30	SZMUC Anna	4613	MYSZKÓW BIEGA	K40	30	00:00:34	02:19:23	04:35:23.55	04:35:58.20	+01:01:04 (22.2%)	9:50	6.1 (78.2%)
31	SOBCZAK Beata	4467	-	K40	31	00:01:05	02:20:41	04:37:21.35	04:38:26.45	+01:03:02 (22.7%)	9:54	6.1 (78.2%)
32	MIKULSKA Aneta	4179		K40	32	00:00:13	02:23:55	04:37:39.40	04:37:52.75	+01:03:20 (22.8%)	9:54	6.1 (78.2%)
33	IWANIEC Ewa	4617		K40	33	00:00:53	02:22:37	04:38:16.90	04:39:10.45	+01:03:57 (23.0%)	9:56	6 (76.9%)
34	TOKARSKA Bożena	4533		K40	34	00:00:45	02:22:42	04:38:54.05	04:39:39.90	+01:04:34 (23.2%)	9:57	6 (76.9%)
35	FRIEZE Tatiana	4478		K40	35	00:00:19	02:17:34	04:39:55.75	04:40:14.90	+01:05:36 (23.4%)	9:59	6 (76.9%)
36	ZARZYŃSKA Monika	4500	REPREZENTACJA OŚ. ŚW. ANTONIEGO	K40	36	00:01:06	02:27:28	04:40:27.55	04:41:34.10	+01:06:08 (23.6%)	10:01	6 (76.9%)
37	DYDERSKA Wioletta	4950		K40	37	00:00:58	02:11:07	04:40:30.00	04:41:28.05	+01:06:10 (23.6%)	10:01	6 (76.9%)
38	KORZENIOWSKA Magdalena	4471	NIEPOŁOMICE BIEGAJĄ	K40	38	00:01:33	02:21:40	04:42:35.55	04:44:08.75	+01:08:16 (24.2%)	10:05	5.9 (75.6%)

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39	PIOTROWSKA Anna	4591		K40	39	00:00:50	02:14:32	04:43:02.30	04:43:53.10	+01:08:42 (24.3%)	10:06	5.9 (75.6%)
40	KRAUZE-ROMEJKO Katarzyna	4318		K40	40	00:00:18	02:19:59	04:43:37.50	04:43:56.35	+01:09:18 (24.4%)	10:07	5.9 (75.6%)
41	AUGUSTYŃSKA Kinga	4524	LACHO TEAM	K40	41	00:00:41	02:22:24	04:46:05.10	04:46:46.65	+01:11:45 (25.1%)	10:13	5.9 (75.6%)
42	MAŚLAK Anna	4625	BIEGAMYRAZEM.PL	K40	42	00:01:09	02:24:59	04:47:06.80	04:48:16.05	+01:12:47 (25.4%)	10:15	5.9 (75.6%)
43	GRZESZCZAK Małgorzata	4501	BIEGAMYRAZEM.PL	K40	43	00:01:09	02:24:57	04:47:06.85	04:48:15.90	+01:12:47 (25.4%)	10:15	5.9 (75.6%)
44	ZALEWSKA Agnieszka	4565	BIEGAMYRAZEM.PL	K40	44	00:01:09	02:24:56	04:47:07.15	04:48:16.20	+01:12:47 (25.4%)	10:15	5.9 (75.6%)
45	PAWLAK Beata	4735		K40	45	00:01:22	02:25:44	04:50:32.50	04:51:54.50	+01:16:13 (26.2%)	10:22	5.8 (74.4%)
46	PYTEL Bożena	4345		K40	46	00:01:13	02:23:52	04:52:31.10	04:53:44.85	+01:18:11 (26.7%)	10:26	5.7 (73.1%)
47	SIEROCIŃSKA Monika	4438	CROSSFIT SIEDLCE	K40	47	00:00:34	02:19:55	04:52:40.90	04:53:15.50	+01:18:21 (26.8%)	10:27	5.7 (73.1%)
48	MARCINIAK Anna	4851		K40	48	00:01:09	02:18:49	04:53:28.05	04:54:37.75	+01:19:08 (27.0%)	10:28	5.7 (73.1%)
49	DONIEC Katarzyna	4522	NAPIERAJDALEJ	K40	49	00:00:31	02:29:51	04:53:34.50	04:54:06.40	+01:19:15 (27.0%)	10:29	5.7 (73.1%)
50	PABIAŃCZYK Małgorzata	4366		K40	50	00:00:50	02:23:37	04:53:52.85	04:54:43.15	+01:19:33 (27.1%)	10:29	5.7 (73.1%)
51	CZARNECKA Żaneta	4717	PARKRUN GRUDZIADZ	K40	51	00:01:32	02:34:28	04:56:31.10	04:58:03.30	+01:22:11 (27.7%)	10:35	5.7 (73.1%)
52	KORNILAK Edyta	4690	GRUPA BIEGACZY SKÓRZEC BIEGA	K40	52	00:01:26	02:23:00	04:56:31.70	04:57:57.95	+01:22:12 (27.7%)	10:35	5.7 (73.1%)
53	JAWOREK Monika	4100		K40	53	00:00:09	02:16:51	04:58:03.80	04:58:13.20	+01:23:44 (28.1%)	10:38	5.6 (71.8%)
54	ADAMUS Katarzyna	4597	OLZA CIESZYN	K40	54	00:00:38	02:27:46	04:59:53.90	05:00:32.80	+01:25:34 (28.5%)	10:42	5.6 (71.8%)
55	MALINOWSKA Aneta	4598	OLZA CIESZYN	K40	55	00:00:38	02:27:46	04:59:54.20	05:00:32.90	+01:25:34 (28.5%)	10:42	5.6 (71.8%)
56	SOBOŃ Anna	4660	AUTO-SERWIS PIORT SOBOŃ	K40	56	00:01:45	02:31:44	05:00:24.60	05:02:10.05	+01:26:05 (28.7%)	10:43	5.6 (71.8%)
57	LATOS Joanna	4730		K40	57	00:01:09	02:26:09	05:01:26.50	05:02:36.35	+01:27:07 (28.9%)	10:45	5.6 (71.8%)
58	SZCZOTKA Agata	4491	JAROSŁAWSKI BIEGACZ	K40	58	00:00:55	02:26:42	05:02:15.30	05:03:10.85	+01:27:55 (29.1%)	10:47	5.6 (71.8%)
59	JAKÓBCZYK Sylwia	4603		K40	59	00:02:46	02:34:57	05:05:46.55	05:08:32.95	+01:31:27 (29.9%)	10:55	5.5 (70.5%)
60	JODKO Magda	4934	KOŚCIUCHY TEAM	K40	60	00:01:14	02:28:22	05:06:46.05	05:08:00.75	+01:32:26 (30.1%)	10:57	5.5 (70.5%)
61	PIETRZAK Agnieszka	4654		K40	61	00:00:58	02:36:41	05:07:30.80	05:08:29.15	+01:33:11 (30.3%)	10:58	5.5 (70.5%)

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62	SZOŁTYSEK Beata	4951		K40	62	00:01:14	02:31:36	05:08:05.15	05:09:19.35	+01:33:45 (30.4%)	11:00	5.5 (70.5%)
63	SCHWITALLA Katarzyna	4512	KATRIX/MKS SIECHNICE	K40	63	00:01:31	02:33:21	05:08:25.90	05:09:57.15	+01:34:06 (30.5%)	11:00	5.4 (69.2%)
64	NIEWDZIĘCZNA Barbara	4866	SĄ WOLNIEJSI	K40	64	00:01:43	02:37:02	05:09:14.35	05:10:57.35	+01:34:55 (30.7%)	11:02	5.4 (69.2%)
65	REDEK Sylwia	4830	TEAM ZABIEGANEDNI	K40	65	00:01:45	02:32:35	05:09:45.85	05:11:31.00	+01:35:26 (30.8%)	11:03	5.4 (69.2%)
66	ŚCISŁY Ola	4824		K40	66	00:01:38	02:36:42	05:09:50.80	05:11:29.30	+01:35:31 (30.8%)	11:03	5.4 (69.2%)
67	FOTYGA Agnieszka	4234	OSTROBIEC	K40	67	00:00:08	02:28:03	05:09:52.20	05:10:00.55	+01:35:32 (30.8%)	11:04	5.4 (69.2%)
68	NIŻNIK Monika	4429	KURY.MAJA.PAZURY	K40	68	00:01:03	02:28:06	05:10:18.95	05:11:22.65	+01:35:59 (30.9%)	11:04	5.4 (69.2%)
69	JĘDZURA Agnieszka	4610		K40	69	00:00:19	02:28:31	05:10:38.50	05:10:58.45	+01:36:19 (31.0%)	11:05	5.4 (69.2%)
70	CZECH Dorota	4466	PRO-RUN WROCŁAW	K40	70	00:00:57	02:27:32	05:15:53.85	05:16:51.05	+01:41:34 (32.2%)	11:16	5.3 (67.9%)
71	WINICKA Daria	4713		K40	71	00:01:40	02:31:52	05:17:10.75	05:18:51.05	+01:42:51 (32.4%)	11:19	5.3 (67.9%)
72	CHRUŚCIEL Agata	4693	NIGHT DRINKERS	K40	72	00:00:45	02:24:22	05:18:22.60	05:19:07.75	+01:44:03 (32.7%)	11:22	5.3 (67.9%)
73	ORZECHOWSKA Karolina	4214		K40	73	00:00:16	02:35:00	05:20:13.80	05:20:30.55	+01:45:54 (33.1%)	11:26	5.2 (66.7%)
74	ADAMCZYK Agnieszka	4858		K40	74	00:00:00	02:35:51	05:21:24.95	05:21:24.95	+01:47:05 (33.3%)	11:28	5.2 (66.7%)
75	SOBALA Justyna	4103	RK ATHLETICS	K40	75	00:00:02	02:36:53	05:22:22.90	05:22:25.80	+01:48:03 (33.5%)	11:30	5.2 (66.7%)
76	MEJKA Aneta	4422	RACEFIGHTER	K40	76	00:00:49	02:30:44	05:24:27.90	05:25:17.60	+01:50:08 (33.9%)	11:35	5.2 (66.7%)
77	MARCINIAK Lidka	4853		K40	77	00:01:39		05:26:45.15	05:28:24.55	+01:52:25 (34.4%)	11:40	5.1 (65.4%)
78	RYBCZYŃSKA Magdalena	4636		K40	78	00:01:37	02:36:57	05:26:46.55	05:28:24.35	+01:52:27 (34.4%)	11:40	5.1 (65.4%)
79	CZARNECKA Agnieszka	4665		K40	79	00:01:37	02:36:52	05:26:46.90	05:28:24.25	+01:52:27 (34.4%)	11:40	5.1 (65.4%)
80	DOWNAR Andżelika	4645		K40	80	00:01:37	02:36:58	05:26:47.35	05:28:24.85	+01:52:28 (34.4%)	11:40	5.1 (65.4%)
81	PIASECKA Marta	4826	WIECZORNE BIEGANIE W SZCZECINIE	K40	81	00:01:37	02:37:09	05:26:47.45	05:28:24.50	+01:52:28 (34.4%)	11:40	5.1 (65.4%)
82	WALCZAK-DĘBOWSKA Iwona	4856		K40	82	00:02:02	02:41:46	05:28:04.85	05:30:07.10	+01:53:45 (34.7%)	11:43	5.1 (65.4%)
83	ROGACKA - RZEPKA Maria	4237		K40	83	00:01:14	02:47:25	05:28:12.40	05:29:26.45	+01:53:53 (34.7%)	11:43	5.1 (65.4%)
84	SZYMAŃSKA Ewa	4755		K40	84	00:01:11	02:37:45	05:29:35.30	05:30:46.35	+01:55:15 (35.0%)	11:46	5.1 (65.4%)

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85	LESZCZYŃSKA Małgorzata	4463		K40	85	00:01:11	02:43:37	05:30:01.50	05:31:13.10	+01:55:42 (35.1%)	11:47	5.1 (65.4%)
86	POLKOWSKA-KRYPSKA Eliza	4767		K40	86	00:01:42	02:37:01	05:30:59.55	05:32:42.25	+01:56:40 (35.2%)	11:49	5.1 (65.4%)
87	BAREŁKOWSKA Katarzyna	4470	NIGHT RUNNERS	K40	87	00:01:00	02:35:47	05:36:08.65	05:37:09.15	+02:01:49 (36.2%)	12:00	5 (64.1%)
88	TOMCZYK Małgorzata	4832		K40	88	00:02:01	02:41:44	05:37:41.45	05:39:43.10	+02:03:22 (36.5%)	12:03	5 (64.1%)
89	MRUCZYŃSKA-PIETRUCZANIS Katarzyna	4621	WKURW_TEAM : AKTYWNI WĘGRÓW	K40	89	00:00:42	02:46:36	05:37:54.45	05:38:36.55	+02:03:35 (36.6%)	12:04	5 (64.1%)
90	SKOMOROWSKA Monika	4679	TEAM ZABIEGANEDNI	K40	90	00:01:45	02:51:07	05:39:51.20	05:41:36.45	+02:05:31 (36.9%)	12:08	4.9 (62.8%)
91	SZUMIŃSKA Małgorzata	4732		K40	91	00:02:01	02:47:23	05:40:04.70	05:42:06.45	+02:05:45 (37.0%)	12:08	4.9 (62.8%)
92	ŚWIERKOSZ-HOŁYSZ Małgorzata	4486		K40	92	00:01:08	02:51:45	05:40:58.10	05:42:06.55	+02:06:38 (37.1%)	12:10	4.9 (62.8%)
93	DADAŚ Elżbieta	4908	NIGHT RUNNERS GLIWICE	K40	93	00:01:41	02:47:35	05:43:39.10	05:45:20.50	+02:09:19 (37.6%)	12:16	4.9 (62.8%)
94	JEŻEWSKA Sylwia	4912	DRUŻYNA SZPIKU	K40	94	00:01:13	02:35:32	05:43:57.60	05:45:10.70	+02:09:38 (37.7%)	12:17	4.9 (62.8%)
95	WOJCIECHOWSKA Jolanta	4604		K40	95	00:01:42	02:44:49	05:48:03.95	05:49:46.35	+02:13:44 (38.4%)	12:25	4.8 (61.5%)
96	RAJCHEL Joanna	4428		K40	96	00:01:02	02:41:13	05:52:42.35	05:53:44.40	+02:18:23 (39.2%)	12:35	4.8 (61.5%)
97	URBAŃCZYK Ewa	4864		K40	97	00:00:38	02:49:46	06:01:23.10	06:02:01.30	+02:27:03 (40.7%)	12:54	4.6 (59.0%)
98	PAWŁOWSKA Danuta	4743	WKURW_TEAM	K40	98	00:00:43	03:00:33	06:14:36.80	06:15:19.85	+02:40:17 (42.8%)	13:22	4.5 (57.7%)

Znaleziono 98 wynik(ów)