

V ZIMOWY MARATON BIESZCZADZKI 2019 - 23KM

B4SPORT

Wydarzenie: Zimowy Maraton Bieszczadzki 2019
Organizator: Fundacja Bieg Rzeźnika
Data: 2019-01-26
Miejsce: Cisna
Dystans: 23 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 2km	Split_Mateusz 6.5km	Split_Kamyk 13km	Split_Mateusz 18.5km	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
1	WINIARSKA Katarzyna	1396	PRZEMYSKI KLUB BIEGACZA	K30	1	00:00:34	00:31:02	01:11:00	01:45:30	02:04:02.60	02:04:02.60		5:23	11.1 (100%)
2	GRACZYK Karolina	1437		K30	2	00:00:41	00:38:26	01:29:41	02:10:48	02:32:43.40	02:32:43.40	+00:28:40 (18.8%)	6:38	9 (81.1%)
3	SZUMNY Nina	1356		K30	3	00:00:33	00:39:00	01:33:35	02:16:58	02:40:13.95	02:40:13.95	+00:36:11 (22.6%)	6:57	8.6 (77.5%)
4	ŁUSZCZYC Anna	1256		K30	4	00:01:28	00:42:52	01:36:39	02:21:38	02:44:56.45	02:44:56.45	+00:40:53 (24.8%)	7:10	8.4 (75.7%)
5	MOLASY Dorota	1348	AKTYWNIE Z MOLKAMI	K30	5	00:02:51	00:43:55	01:40:05	02:26:41	02:49:50.95	02:49:50.95	+00:45:48 (27.0%)	7:23	8.1 (73.0%)
6	KUBACKA Marta	1334	DRUŻYNA TVN	K30	6	00:01:34	00:43:21	01:44:14	02:33:19	03:01:45.70	03:01:45.70	+00:57:43 (31.8%)	7:54	7.6 (68.5%)
7	SOKÓŁ Sylwia	1043		K30	7	00:03:39	00:48:40	01:45:38	02:34:36	03:02:52.45	03:02:52.45	+00:58:49 (32.2%)	7:57	7.5 (67.6%)
8	KISZA-GRYNIENKO Anna	2153		K30	8	00:03:21	00:47:26	01:46:27	02:36:47	03:06:29.00	03:06:29.00	+01:02:26 (33.5%)	8:06	7.4 (66.7%)
9	CIEŚLA Magda	1283		K30	9	00:02:23	00:46:30	01:48:28	02:38:37	03:07:42.80	03:07:42.80	+01:03:40 (33.9%)	8:09	7.4 (66.7%)
10	WRÓBLESKA Weronika	1150	BIEGUSIEM.PL	K30	10	00:02:41	00:50:25	01:51:56	02:41:40	03:07:44.65	03:07:44.65	+01:03:42 (33.9%)	8:09	7.4 (66.7%)
11	MATERNIA Karolina	1263		K30	11	00:03:31	00:51:30	01:56:48	02:44:26	03:11:02.60	03:11:02.60	+01:07:00 (35.1%)	8:18	7.2 (64.9%)
12	JOB Weronika	1075		K30	12	00:02:43	00:45:38	01:48:30	02:44:00	03:12:09.10	03:12:09.10	+01:08:06 (35.4%)	8:21	7.2 (64.9%)
13	SOSZYŃSKA - PSTROKOŃSKA Joanna	1119	GAZELE NA STARCIE	K30	13	00:02:59	00:56:34	01:56:16	02:45:35	03:13:30.45	03:13:30.45	+01:09:27 (35.9%)	8:24	7.1 (64.0%)
14	JASZCZAK Marzena	1173	ZAKRZOWIEC TEAM CHALLENGE	K30	14	00:01:08	00:46:10	01:55:58	02:45:53	03:13:32.05	03:13:32.05	+01:09:29 (35.9%)	8:24	7.1 (64.0%)
15	ŁAMPIKA Kinga	1388		K30	15	00:03:39	00:50:49	02:00:02	02:51:33	03:19:12.25	03:19:12.25	+01:15:09 (37.7%)	8:39	6.9 (62.2%)

											Czas netto	Czas brutto		
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 2km	Split_Mateusz 6.5km	Split_Kamyk 13km	Split_Mateusz 18.5km	23km	23km	Różn	Tempo min/km	Tempo km/h
16	WÓJCIK Justyna	1397	WKURW_TEAM	K30	16	00:03:26	00:50:42	01:59:28	02:52:08	03:23:14.15	03:23:14.15	+01:19:11 (39.0%)	8:50	6.8 (61.3%)
17	KWIATKOWSKA Iska	1305	WKURW_TEAM	K30	17		00:47:27	01:56:24	02:52:42	03:25:07.00	03:25:07.00	+01:21:04 (39.5%)	8:55	6.7 (60.4%)
18	WYSZYŃSKA Kinga	1218		K30	18	00:03:03	00:52:33	02:00:54	02:55:11	03:25:55.50	03:25:55.50	+01:21:52 (39.8%)	8:57	6.7 (60.4%)
19	SIERADZKA Agnieszka	1154	BIEGAJ Z TRENERAMI	K30	19	00:03:09	00:48:15	02:03:36	02:56:49	03:26:46.05	03:26:46.05	+01:22:43 (40.0%)	8:59	6.7 (60.4%)
20	DANIEL Maria	1414		K30	20	00:03:21	00:53:31	02:00:02	02:53:59	03:29:32.00	03:29:32.00	+01:25:29 (40.8%)	9:06	6.6 (59.5%)
21	WYWRÓT Klaudia	1078		K30	21	00:02:43	00:50:17	02:03:45	02:59:01	03:31:28.45	03:31:28.45	+01:27:25 (41.3%)	9:11	6.5 (58.6%)
22	WAŁĘGA Monika	1313		K30	22	00:03:08	00:52:56	02:07:46	03:02:46	03:32:49.25	03:32:49.25	+01:28:46 (41.7%)	9:15	6.5 (58.6%)
23	KORDOWSKA-WOCH Katarzyna	1197		K30	23	00:03:29	00:55:57	02:02:09	03:00:51	03:34:59.30	03:34:59.30	+01:30:56 (42.3%)	9:20	6.4 (57.7%)
24	PAWEŁAS Marta	1382		K30	24	00:02:02	00:48:28	02:04:21	03:02:51	03:36:41.30	03:36:41.30	+01:32:38 (42.8%)	9:25	6.4 (57.7%)
25	LASZCZYK Anna	1287	LINKLATERS RUNNING TEAM	K30	25	00:01:25	00:47:14	02:11:48	03:01:08	03:37:07.85	03:37:07.85	+01:33:05 (42.9%)	9:26	6.4 (57.7%)
26	POSTÓŁ Karolina	1013		K30	26	00:03:26	00:53:38		03:04:53	03:38:52.70	03:38:52.70	+01:34:50 (43.3%)	9:30	6.3 (56.8%)
27	MIERZEJEWSKA Małgorzata	1229	MORSY OSTROLEKA	K30	27	00:03:14	00:58:22	02:08:45	03:06:39	03:42:26.75	03:42:26.75	+01:38:24 (44.2%)	9:40	6.2 (55.9%)
28	LASKA Anna	1015	OCR TEAM DĘBICA	K30	28	00:02:18	00:54:57	02:14:46	03:10:54	03:44:04.60	03:44:04.60	+01:40:02 (44.6%)	9:44	6.2 (55.9%)
29	BEDNARSKA Joanna	2151	BIEGNĘ ŻEBY BARTEK MÓGL BIEGAĆ	K30	29	00:02:56	00:56:30	02:14:07	03:12:22	03:44:46.85	03:44:46.85	+01:40:44 (44.8%)	9:46	6.1 (55.0%)
30	ZAWADZKA Agnieszka	1064	KLUB SPORTOWY PRESTIGE RZESZÓW	K30	30	00:03:32	00:53:42	02:04:36	03:06:40	03:45:40.65	03:45:40.65	+01:41:38 (45.0%)	9:48	6.1 (55.0%)
31	KOWALCZYK Ewa	1178	HUSARIA RACE TEAM	K30	31	00:02:39	00:55:05	02:10:27	03:06:13	03:45:44.80	03:45:44.80	+01:41:42 (45.1%)	9:48	6.1 (55.0%)
32	GRUCHAŁA Anna	1012	MK TEAM	K30	32	00:01:59	00:51:54	02:14:00	03:11:28	03:45:45.75	03:45:45.75	+01:41:43 (45.1%)	9:48	6.1 (55.0%)
33	RADYMSKA Małgorzata	1051		K30	33	00:01:51	00:54:54	02:13:17	03:15:34	03:46:55.30	03:46:55.30	+01:42:52 (45.3%)	9:51	6.1 (55.0%)
34	KALBARCZYK Izabella	1047	ADIDAS RUNNERS WARSAW	K30	34	00:01:34	00:51:38	02:12:35	03:14:17	03:49:56.20	03:49:56.20	+01:45:53 (46.1%)	9:59	6 (54.1%)
35	BRZozowska Paulina	1102	STEFAN TEAM	K30	35	00:01:59	00:58:38	02:18:04	03:17:44	03:52:16.90	03:52:16.90	+01:48:14 (46.6%)	10:05	5.9 (53.2%)
36	WOŹNIAK Aleksandra	1103		K30	36	00:02:40	00:58:14	02:18:08	03:17:45	03:52:17.35	03:52:17.35	+01:48:14 (46.6%)	10:05	5.9 (53.2%)
37	ROMANOWICZ Karolina	1070	NIGHT RUNNERS POZNAŃ	K30	37	00:02:53	01:00:09	02:21:52	03:20:10	03:53:56.90	03:53:56.90	+01:49:54 (47.0%)	10:10	5.9 (53.2%)
38	DOJS Aleksandra	1088	NIGHT RUNNERS	K30	38	00:02:53	00:54:00	02:30:09	03:26:36	03:54:04.55	03:54:04.55	+01:50:01 (47.0%)	10:10	5.9 (53.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 2km	Split_Mateusz 6.5km	Split_Kamyk 13km	Split_Mateusz 18.5km	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
39	KRASOŃ Justyna	1094	TSA SANDOMIERZ	K30	39	00:02:01	00:57:59	02:25:04	03:20:56	03:54:45.45	03:54:45.45	+01:50:42 (47.2%)	10:12	5.9 (53.2%)
40	OLEKSY Barbara	1206		K30	40	00:03:27	00:56:17	02:25:09	03:21:10	03:57:54.00	03:57:54.00	+01:53:51 (47.9%)	10:20	5.8 (52.3%)
41	KRYPIN Marta	1149	JA I ON	K30	41	00:03:28	00:58:32	02:21:55	03:24:06	03:59:04.45	03:59:04.45	+01:55:01 (48.1%)	10:23	5.8 (52.3%)
42	GAŚIOREK Kamila	1021		K30	42	00:01:21	00:56:18	02:20:57	03:23:37	03:59:14.65	03:59:14.65	+01:55:12 (48.2%)	10:24	5.8 (52.3%)
43	SZKAMRUK Małgorzata	1227		K30	43	00:02:50	00:58:15	02:22:32	03:22:15	04:00:45.35	04:00:45.35	+01:56:42 (48.5%)	10:28	5.7 (51.4%)
44	PAWELEC Justyna	1125	TSA SANDOMIERZ	K30	44	00:03:18	00:59:24	02:24:19	03:24:47	04:03:33.30	04:03:33.30	+01:59:30 (49.1%)	10:35	5.7 (51.4%)
45	WRZOSEK Justyna	1124	TSA SANDOMIERZ	K30	45	00:03:18	00:59:23	02:24:19	03:24:44	04:03:33.40	04:03:33.40	+01:59:30 (49.1%)	10:35	5.7 (51.4%)
46	MARCINIAK Julia	549	NATURAL BORN RUNNERS	K30	46	00:02:42	00:59:26	02:18:27	03:24:33	04:05:10.85	04:05:10.85	+02:01:08 (49.4%)	10:39	5.6 (50.5%)
47	JAWORSKA Agnieszka	1286		K30	47	00:01:29	00:57:30	02:24:37	03:29:40	04:09:01.10	04:09:01.10	+02:04:58 (50.2%)	10:49	5.5 (49.5%)
48	ZIEŃKOWSKA Izabela	166		K30	48	00:02:56	01:03:06	02:31:33	03:39:00	04:16:54.50	04:16:54.50	+02:12:51 (51.7%)	11:10	5.4 (48.6%)
49	GRĘBOWIEC Dominika	1049	TSA SANDOMIERZ	K30	49	00:02:01	00:58:21	02:25:04	03:38:02	04:19:21.70	04:19:21.70	+02:15:19 (52.2%)	11:16	5.3 (47.7%)
50	PRZYBYŁA Aleksandra	1091		K30	50	00:02:53	01:06:31	02:30:11	03:38:29	04:21:10.30	04:21:10.30	+02:17:07 (52.5%)	11:21	5.3 (47.7%)
51	BĄDZIUL Dorota	1011		K30	51	00:01:17	01:05:24	02:31:20	03:46:49	04:26:06.00	04:26:06.00	+02:22:03 (53.4%)	11:34	5.2 (46.8%)

Znaleziono 51 wynik(ów)