

# VI ZIMOWA BIESZCZADZKA DYCHA 2020

B4SPORT

**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

Zimowy Maraton Bieszczadzki 2020  
Fundacja Bieg Rzeźnika  
2020-01-25  
Cisna  
10 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K30

| Msc | Zawodnik                  | Numer | Klub                             | Kategoria | Mkat | Za<br>Skrzyżowaniem<br>6.5km | Kara/<br>bonifikata | Czas<br>netto<br>10km | Czas<br>brutto<br>10km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|---------------------------|-------|----------------------------------|-----------|------|------------------------------|---------------------|-----------------------|------------------------|----------------------|-----------------|-----------------|
| 1   | TUROSZ Iwona              | 1703  |                                  | K30       | 1    | 00:30:21                     |                     | 00:46:12.95           | 00:46:18.25            |                      | 4:37            | 13<br>(100%)    |
| 2   | SZNAJDER Joanna           | 1665  | G.O.A.T. TEAM MICHAŁOWICE        | K30       | 2    | 00:35:14                     |                     | 00:53:59.95           | 00:54:03.40            | +00:07:45<br>(14.3%) | 5:24            | 11.1<br>(85.4%) |
| 3   | SURMA Karolina            | 1658  |                                  | K30       | 3    | 00:35:08                     |                     | 00:53:42.90           | 00:54:29.20            | +00:08:10<br>(15.0%) | 5:22            | 11.2<br>(86.2%) |
| 4   | GALICA-NIEPOKÓJ Agnieszka | 1545  | BIESZCZADZKI KLUB NORDIC WALKING | K30       | 4    | 00:36:03                     |                     | 00:54:59.85           | 00:55:04.20            | +00:08:45<br>(15.9%) | 5:30            | 10.9<br>(83.8%) |
| 5   | PIĘNKOWSKA Katarzyna      | 1618  | ADIDAS RUNNERS WARSAW            | K30       | 5    | 00:38:13                     |                     | 00:57:35.30           | 00:57:51.40            | +00:11:33<br>(20.0%) | 5:45            | 10.4<br>(80.0%) |
| 6   | GWIZDAK Justyna           | 1705  |                                  | K30       | 6    | 00:37:22                     |                     | 00:57:36.30           | 00:58:41.00            | +00:12:22<br>(21.1%) | 5:45            | 10.4<br>(80.0%) |
| 7   | BRUSIŁO Ilona             | 1696  | MAMY RUSZAMY                     | K30       | 7    | 00:33:12                     | 00:10:00            | 01:00:34.00           | 01:00:55.00            | +00:14:36<br>(24.0%) | 5:03            | 11.9<br>(91.5%) |
| 8   | SZAL Katarzyna            | 1660  |                                  | K30       | 8    | 00:39:41                     |                     | 01:00:09.55           | 01:02:09.15            | +00:15:50<br>(25.5%) | 6:01            | 10<br>(76.9%)   |
| 9   | STROJNY Urszula           | 1656  | KOT I WILK                       | K30       | 9    | 00:42:25                     |                     | 01:02:44.60           | 01:03:01.20            | +00:16:42<br>(26.5%) | 6:16            | 9.6<br>(73.8%)  |
| 10  | NIEMCZUK-WARNECKE Justyna | 1603  |                                  | K30       | 10   | 00:41:25                     |                     | 01:02:11.10           | 01:03:53.10            | +00:17:34<br>(27.5%) | 6:13            | 9.6<br>(73.8%)  |
| 11  | WILK-PAWŁOWSKA Agnieszka  | 1680  | ROCK&RUN                         | K30       | 11   | 00:42:51                     |                     | 01:04:55.10           | 01:05:10.90            | +00:18:52<br>(29.0%) | 6:29            | 9.2<br>(70.8%)  |
| 12  | MAJEWSKA Kamila           | 1708  |                                  | K30       | 12   | 00:41:42                     |                     | 01:04:36.10           | 01:06:00.40            | +00:19:42<br>(29.8%) | 6:27            | 9.3<br>(71.5%)  |
| 13  | KOLERA Wioleta            | 1571  | WODNIAK                          | K30       | 13   | 00:42:52                     |                     | 01:06:10.80           | 01:06:34.00            | +00:20:15<br>(30.4%) | 6:37            | 9.1<br>(70.0%)  |
| 14  | SZADKOWSKA Justyna        | 1659  | NIGHT RUNNERS GLIWICE            | K30       | 14   | 00:43:17                     |                     | 01:05:41.25           | 01:07:20.05            | +00:21:01<br>(31.2%) | 6:34            | 9.1<br>(70.0%)  |
| 15  | MŁOCKA Matylda            | 1600  |                                  | K30       | 15   | 00:44:44                     |                     | 01:06:17.30           | 01:08:38.30            | +00:22:20<br>(32.5%) | 6:37            | 9.1<br>(70.0%)  |

| Msc | Zawodnik                  | Numer | Klub                    | Kategoria | Mkat | Za<br>Skrzyżowaniem<br>6.5km | Kara/<br>bonifikata | Czas<br>netto<br>10km | Czas<br>brutto<br>10km | Różn                 | Tempo<br>min/km | Tempo<br>km/h    |
|-----|---------------------------|-------|-------------------------|-----------|------|------------------------------|---------------------|-----------------------|------------------------|----------------------|-----------------|------------------|
| 16  | SZUKOWSKA Amelia          | 1668  |                         | K30       | 16   | 00:45:26                     |                     | 01:07:40.50           | 01:09:11.60            | +00:22:53<br>(33.1%) | 6:46            | 8.9<br>(68.5%)   |
| 17  | PAWLAK Magdalena          | 1611  | KB V-MAX ADAMÓW         | K30       | 17   | 00:27:19                     | 00:30:00            | 01:11:54.00           | 01:12:00.00            | +00:25:41<br>(35.7%) | 4:11            | 14.3<br>(110.0%) |
| 18  | SZCZĘSNA - MARMON Justyna | 1663  | KKJM ŚNIEŻNE ŁAZY       | K30       | 18   | 00:47:04                     |                     | 01:11:56.20           | 01:13:13.70            | +00:26:55<br>(36.8%) | 7:11            | 8.3<br>(63.8%)   |
| 19  | SKOWROŃ Izabela           | 1639  | WKURW_TEAM              | K30       | 19   | 00:47:55                     |                     | 01:12:29.25           | 01:13:44.30            | +00:27:26<br>(37.2%) | 7:14            | 8.3<br>(63.8%)   |
| 20  | SOLAREWICZ Monika         | 1647  |                         | K30       | 20   | 00:48:28                     |                     | 01:13:02.80           | 01:13:48.90            | +00:27:30<br>(37.3%) | 7:18            | 8.2<br>(63.1%)   |
| 21  | WAWRZY尼亚K Katarzyna       | 1677  | MAMY RYSZAMY            | K30       | 21   | 00:47:30                     |                     | 01:12:30.30           | 01:13:52.85            | +00:27:34<br>(37.3%) | 7:15            | 8.3<br>(63.8%)   |
| 22  | MAJCHROWICZ Justyna       | 1587  | FC PROSIACZEK           | K30       | 22   | 00:47:25                     |                     | 01:12:30.05           | 01:14:22.05            | +00:28:03<br>(37.7%) | 7:15            | 8.3<br>(63.8%)   |
| 23  | HARATYK Roksana           | 1553  | DZIKIE MUSTANGI         | K30       | 23   | 00:47:49                     |                     | 01:12:39.10           | 01:14:40.35            | +00:28:22<br>(38.0%) | 7:15            | 8.3<br>(63.8%)   |
| 24  | STANKIEWICZ Ewa           | 1651  |                         | K30       | 24   | 00:47:49                     |                     | 01:14:34.80           | 01:16:37.70            | +00:30:19<br>(39.6%) | 7:27            | 8 (61.5%)        |
| 25  | DĄBRÓWKA Nina             | 1532  | FUNDACJA LATARNIA       | K30       | 25   | 00:49:06                     |                     | 01:16:47.15           | 01:17:57.60            | +00:31:39<br>(40.6%) | 7:40            | 7.8<br>(60.0%)   |
| 26  | WEŁOŃCZYK Joanna          | 1678  |                         | K30       | 26   | 00:52:33                     |                     | 01:17:38.75           | 01:18:35.75            | +00:32:17<br>(41.1%) | 7:45            | 7.7<br>(59.2%)   |
| 27  | TRZECIAK Albina           | 1674  | 1989                    | K30       | 27   | 00:51:30                     |                     | 01:17:56.35           | 01:19:27.30            | +00:33:09<br>(41.7%) | 7:47            | 7.7<br>(59.2%)   |
| 28  | CEDROWICZ Ewa             | 1520  |                         | K30       | 28   | 00:46:03                     | 00:10:00            | 01:20:54.00           | 01:22:19.00            | +00:36:00<br>(43.7%) | 7:05            | 8.5<br>(65.4%)   |
| 29  | POCZTOWSKA Katarzyna      | 1623  |                         | K30       | 29   | 00:53:05                     |                     | 01:23:45.25           | 01:25:54.55            | +00:39:36<br>(46.1%) | 8:22            | 7.2<br>(55.4%)   |
| 30  | RADYK Joanna              | 1732  | PRZEMYSKI KLUB BIEGACZA | K30       | 30   | 00:57:09                     |                     | 01:26:53.10           | 01:28:38.00            | +00:42:19<br>(47.8%) | 8:41            | 6.9<br>(53.1%)   |
| 31  | WACHNIK Agnieszka         | 1676  | NOWA HUTA TEAM          | K30       | 31   | 00:59:02                     |                     | 01:26:57.95           | 01:29:00.35            | +00:42:42<br>(48.0%) | 8:41            | 6.9<br>(53.1%)   |
| 32  | CZUBA Jadwiga             | 1697  |                         | K30       | 32   | 00:52:16                     | 00:10:00            | 01:29:51.00           | 01:30:25.00            | +00:44:06<br>(48.8%) | 7:59            | 7.5<br>(57.7%)   |
| 33  | DUDEK Monika              | 1535  |                         | K30       | 33   | 00:46:53                     | 00:20:00            | 01:32:23.00           | 01:32:45.00            | +00:46:26<br>(50.1%) | 7:14            | 8.3<br>(63.8%)   |
| 34  | ANTCZAK Aleksandra        | 1507  |                         | K30       | 34   | 01:01:39                     |                     | 01:39:39.45           | 01:41:55.25            | +00:55:37<br>(54.6%) | 9:58            | 6 (46.2%)        |

Znaleziono 34 wynik(ów)