# VI ZIMOWA BIESZCZADZKA DYCHA 2020

**Wydarzenie:** Zimowy Maraton Bieszczadzki 2020
**Organizator:** Fundacja Bieg Rzeźnika
**Data:** 2020-01-25
**Miejsce:** Cisna
**Dystans:** 10 km

## Klasyfikacja: Kobiety

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Za Skrzyżowaniem 6.5km | Kara/ bonifikata | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | **ADAMCZYK Martyna** | **1502** | ALPIN SPORT HOKA ONE ONE TEAM | K20 | 1 | 00:27:17 | | **00:41:31.05** | **00:41:33.25** | | 4:09 | 14.5 (100%) |
| 2 | **KALBARCZYK Adriana** | **1505** | DUKLANOWSKI TEAM | K20 | 2 | 00:29:52 | | **00:45:44.50** | **00:45:45.80** | +00:04:12 (9.2%) | 4:34 | 13.1 (90.3%) |
| 3 | **TUROSZ Iwona** | **1703** | | K30 | 1 | 00:30:21 | | **00:46:12.95** | **00:46:18.25** | +00:04:45 (10.3%) | 4:37 | 13 (89.7%) |
| 4 | **LORENS Magdalena** | **1504** | G.O.A.T. TEAM MICHAŁOWICE | K20 | 3 | 00:33:12 | | **00:50:25.45** | **00:50:31.95** | +00:08:58 (17.8%) | 5:02 | 11.9 (82.1%) |
| 5 | **SOLIŃSKA Magdalena** | **1648** | | K40 | 1 | 00:33:33 | | **00:51:01.15** | **00:51:13.85** | +00:09:40 (18.9%) | 5:06 | 11.8 (81.4%) |
| 6 | **POGODA Kinga** | **1711** | UKS KOMETA | K20 | 4 | 00:34:04 | | **00:52:06.05** | **00:52:08.45** | +00:10:35 (20.3%) | 5:12 | 11.5 (79.3%) |
| 7 | **SZNAJDER Joanna** | **1665** | G.O.A.T. TEAM MICHAŁOWICE | K30 | 2 | 00:35:14 | | **00:53:59.95** | **00:54:03.40** | +00:12:30 (23.1%) | 5:24 | 11.1 (76.6%) |
| 8 | **SURMA Karolina** | **1658** | | K30 | 3 | 00:35:08 | | **00:53:42.90** | **00:54:29.20** | +00:12:55 (23.7%) | 5:22 | 11.2 (77.2%) |
| 9 | **GALICA-NIEPOKÓJ Agnieszka** | **1545** | BIESZCZADZKI KLUB NORDIC WALKING | K30 | 4 | 00:36:03 | | **00:54:59.85** | **00:55:04.20** | +00:13:30 (24.5%) | 5:30 | 10.9 (75.2%) |
| 10 | **DUDZIAK Agnieszka** | **1537** | POMPA TEAM | K40 | 2 | 00:36:27 | | **00:53:33.55** | **00:55:13.70** | +00:13:40 (24.8%) | 5:21 | 11.2 (77.2%) |
| 11 | **PIEŃKOWSKA Katarzyna** | **1618** | ADIDAS RUNNERS WARSAW | K30 | 5 | 00:38:13 | | **00:57:35.30** | **00:57:51.40** | +00:16:18 (28.2%) | 5:45 | 10.4 (71.7%) |
| 12 | **GRUSZECKA Anna** | **1549** | | K40 | 3 | 00:38:34 | | **00:57:40.00** | **00:58:03.05** | +00:16:29 (28.4%) | 5:46 | 10.4 (71.7%) |
| 13 | **GWIZDAK Justyna** | **1705** | | K30 | 6 | 00:37:22 | | **00:57:36.30** | **00:58:41.00** | +00:17:07 (29.2%) | 5:45 | 10.4 (71.7%) |
| 14 | **DYLĄG Marlena** | **1539** | G.O.A.T. TEAM MICHAŁOWICE | K20 | 5 | 00:39:22 | | **00:59:14.45** | **00:59:20.70** | +00:17:47 (30.0%) | 5:55 | 10.1 (69.7%) |
| 15 | **MALINOWSKA Iwona** | **1588** | | K40 | 4 | 00:39:02 | | **00:59:10.00** | **01:00:20.45** | +00:18:47 (31.1%) | 5:55 | 10.1 (69.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Za Skrzyżowaniem 6.5km | Kara/ bonifikata | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 16 | **BRUSIŁO Ilona** | **1696** | MAMY RUSZAMY | K30 | 7 | 00:33:12 | 00:10:00 | **01:00:34.00** | **01:00:55.00** | +00:19:21 (31.8%) | 5:03 | 11.9 (82.1%) |
| 17 | **SZAL Katarzyna** | **1660** | | K30 | 8 | 00:39:41 | | **01:00:09.55** | **01:02:09.15** | +00:20:35 (33.1%) | 6:01 | 10 (69.0%) |
| 18 | **STROJNY Urszula** | **1656** | KOT I WILK | K30 | 9 | 00:42:25 | | **01:02:44.60** | **01:03:01.20** | +00:21:27 (34.1%) | 6:16 | 9.6 (66.2%) |
| 19 | **MAGALSKA Natalia** | **1586** | | K20 | 6 | 00:40:00 | | **01:01:17.90** | **01:03:07.25** | +00:21:34 (34.2%) | 6:07 | 9.8 (67.6%) |
| 20 | **NIEMCZUK-WARNECKE Justyna** | **1603** | | K30 | 10 | 00:41:25 | | **01:02:11.10** | **01:03:53.10** | +00:22:19 (35.0%) | 6:13 | 9.6 (66.2%) |
| 21 | **ŻELAZNY Agnieszla** | **1693** | GORLICKA GRUPA BIEGOWA | K40 | 5 | 00:35:21 | 00:10:00 | **01:04:06.00** | **01:04:21.00** | +00:22:47 (35.4%) | 5:24 | 11.1 (76.6%) |
| 22 | **KOŁODZIEJ Katarzyna** | **1572** | | K40 | 6 | 00:42:31 | | **01:04:28.20** | **01:04:53.35** | +00:23:20 (36.0%) | 6:26 | 9.3 (64.1%) |
| 23 | **SOBEL Natalia** | **1710** | UKS KOMETA | K20 | 7 | 00:42:19 | | **01:04:50.50** | **01:04:54.10** | +00:23:20 (36.0%) | 6:29 | 9.3 (64.1%) |
| 24 | **WOŹNIAK Lidia** | **1686** | PORMAT JEDLICZEBIEGA | K50 | 1 | 00:42:22 | | **01:04:44.35** | **01:05:01.25** | +00:23:28 (36.1%) | 6:28 | 9.3 (64.1%) |
| 25 | **WILK-PAWŁOWSKA Agnieszka** | **1680** | ROCK&RUN | K30 | 11 | 00:42:51 | | **01:04:55.10** | **01:05:10.90** | +00:23:37 (36.2%) | 6:29 | 9.2 (63.4%) |
| 26 | **PAWŁOWSKA Agnieszka** | **1613** | PRZEMYSKI KLUB BIEGACZA | K40 | 7 | 00:42:33 | | **01:03:26.75** | **01:05:31.20** | +00:23:57 (36.6%) | 6:20 | 9.5 (65.5%) |
| 27 | **NIZIK Magdalena** | **1606** | VEGEDOG | K40 | 8 | | | **01:04:33.80** | **01:05:48.15** | +00:24:14 (36.9%) | 6:27 | 9.3 (64.1%) |
| 28 | **MAJEWSKA Kamila** | **1708** | | K30 | 12 | 00:41:42 | | **01:04:36.10** | **01:06:00.40** | +00:24:27 (37.0%) | 6:27 | 9.3 (64.1%) |
| 29 | **KŁODZIŃSKA Barbara** | **1568** | ULTRAMĘKI | K40 | 9 | 00:43:36 | | **01:05:03.70** | **01:06:09.25** | +00:24:36 (37.2%) | 6:30 | 9.2 (63.4%) |
| 30 | **KOLERA Wioleta** | **1571** | WODNIAK | K30 | 13 | 00:42:52 | | **01:06:10.80** | **01:06:34.00** | +00:25:00 (37.6%) | 6:37 | 9.1 (62.8%) |
| 31 | **PISZCZYGŁOWA Bernadeta** | **1620** | | K40 | 10 | 00:42:47 | | **01:05:56.85** | **01:06:36.45** | +00:25:03 (37.6%) | 6:35 | 9.1 (62.8%) |
| 32 | **BARTOSZEK Renia** | **1511** | | K40 | 11 | 00:44:01 | | **01:06:18.45** | **01:06:58.40** | +00:25:25 (38.0%) | 6:37 | 9 (62.1%) |
| 33 | **STEFANIAK Maria** | **1655** | | K20 | 8 | 00:42:48 | | **01:05:11.55** | **01:07:09.35** | +00:25:36 (38.1%) | 6:31 | 9.2 (63.4%) |
| 34 | **SZADKOWSKA Justyna** | **1659** | NIGHT RUNNERS GLIWICE | K30 | 14 | 00:43:17 | | **01:05:41.25** | **01:07:20.05** | +00:25:46 (38.3%) | 6:34 | 9.1 (62.8%) |
| 35 | **MŁOCKA Matylda** | **1600** | | K30 | 15 | 00:44:44 | | **01:06:17.30** | **01:08:38.30** | +00:27:05 (39.5%) | 6:37 | 9.1 (62.8%) |
| 36 | **SZUKOWSKA Amelia** | **1668** | | K30 | 16 | 00:45:26 | | **01:07:40.50** | **01:09:11.60** | +00:27:38 (39.9%) | 6:46 | 8.9 (61.4%) |
| 37 | **KUBASIK Angelika** | **1698** | | K20 | 9 | 00:45:14 | | **01:07:59.20** | **01:09:15.00** | +00:27:41 (40.0%) | 6:48 | 8.8 (60.7%) |
| 38 | **ŚWIGONIAK Anna** | **1672** | NOWA HUTA TEAM | K40 | 12 | 00:46:06 | | **01:08:21.45** | **01:10:23.95** | +00:28:50 (41.0%) | 6:50 | 8.8 (60.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Za Skrzyżowaniem 6.5km | Kara/ bonifikata | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 39 | **PRUSZKOWSKA Katarzyna** | **1626** | CROSSFITTER BOX CHEŁM | K40 | 13 | 00:46:28 | | **01:08:59.00** | **01:10:44.05** | +00:29:10 (41.3%) | 6:53 | 8.7 (60.0%) |
| 40 | **MATUSZAK Klaudia** | **1598** | NOWOCZESNYSPORT.PL | K20 | 10 | 00:46:16 | | **01:10:20.35** | **01:11:29.80** | +00:29:56 (41.9%) | 7:02 | 8.5 (58.6%) |
| 41 | **PAWLAK Magdalena** | **1611** | KB V-MAX ADAMÓW | K30 | 17 | 00:27:19 | 00:30:00 | **01:11:54.00** | **01:12:00.00** | +00:30:26 (42.3%) | 4:11 | 14.3 (98.6%) |
| 42 | **BOGUCKA Martyna** | **1514** | JACEKBIEGA RUNNING TEAM | K40 | 14 | 00:47:33 | | **01:10:43.75** | **01:12:13.65** | +00:30:40 (42.5%) | 7:04 | 8.5 (58.6%) |
| 43 | **GIEŁBAGA Anna** | **1547** | | K40 | 15 | 00:46:06 | | **01:10:43.25** | **01:12:13.70** | +00:30:40 (42.5%) | 7:04 | 8.5 (58.6%) |
| 44 | **WÓJCIK Kamila** | **1688** | LACHO-TEAM | K40 | 16 | 00:47:33 | | **01:12:13.55** | **01:12:34.75** | +00:31:01 (42.7%) | 7:13 | 8.3 (57.2%) |
| 45 | **MARMON Marcelina** | **1595** | KKJM ŚNIEŻNE ŁAZY | K20 | 11 | 00:48:25 | | **01:11:54.65** | **01:13:13.70** | +00:31:40 (43.3%) | 7:11 | 8.3 (57.2%) |
| 45 | **SZCZĘSNA - MARMON Justyna** | **1663** | KKJM ŚNIEŻNE ŁAZY | K30 | 18 | 00:47:04 | | **01:11:56.20** | **01:13:13.70** | +00:31:40 (43.3%) | 7:11 | 8.3 (57.2%) |
| 47 | **SKOWROŃ Izabela** | **1639** | WKURW_TEAM | K30 | 19 | 00:47:55 | | **01:12:29.25** | **01:13:44.30** | +00:32:11 (43.6%) | 7:14 | 8.3 (57.2%) |
| 48 | **SOLAREWICZ Monika** | **1647** | | K30 | 20 | 00:48:28 | | **01:13:02.80** | **01:13:48.90** | +00:32:15 (43.7%) | 7:18 | 8.2 (56.6%) |
| 49 | **WAWRZYNIAK Katarzyna** | **1677** | MAMY RYSZAMY | K30 | 21 | 00:47:30 | | **01:12:30.30** | **01:13:52.85** | +00:32:19 (43.8%) | 7:15 | 8.3 (57.2%) |
| 50 | **KAPLON Danuta** | **1565** | | K60 | 1 | 00:47:41 | | **01:12:02.80** | **01:13:58.35** | +00:32:25 (43.8%) | 7:12 | 8.3 (57.2%) |
| 51 | **SUŁKOWSKA Joanna** | **1657** | | K40 | 17 | 00:47:24 | | **01:13:28.75** | **01:14:20.70** | +00:32:47 (44.1%) | 7:20 | 8.2 (56.6%) |
| 52 | **MAJCHROWICZ Justyna** | **1587** | FC PROSIACZEK | K30 | 22 | 00:47:25 | | **01:12:30.05** | **01:14:22.05** | +00:32:48 (44.1%) | 7:15 | 8.3 (57.2%) |
| 53 | **FORNEK Paulina** | **1541** | DZIKIE MUSTANGI | K20 | 12 | 00:47:49 | | **01:12:39.90** | **01:14:40.25** | +00:33:07 (44.4%) | 7:16 | 8.3 (57.2%) |
| 54 | **HARATYK Roksana** | **1553** | DZIKIE MUSTANGI | K30 | 23 | 00:47:49 | | **01:12:39.10** | **01:14:40.35** | +00:33:07 (44.4%) | 7:15 | 8.3 (57.2%) |
| 55 | **TUROSZ Cecylia** | **1722** | | K60 | 2 | 00:49:26 | | **01:14:59.75** | **01:15:54.05** | +00:34:20 (45.3%) | 7:30 | 8 (55.2%) |
| 56 | **PĘKALSKA Anna** | **1616** | | K40 | 18 | 00:49:06 | | **01:14:12.80** | **01:15:56.20** | +00:34:22 (45.3%) | 7:25 | 8.1 (55.9%) |
| 57 | **RADYK Aleksandra** | **1631** | PRZEMYSKI KLUB BIEGACZA | K20 | 13 | 00:48:03 | | **01:14:35.65** | **01:16:21.00** | +00:34:47 (45.6%) | 7:27 | 8 (55.2%) |
| 58 | **STANKIEWICZ Ewa** | **1651** | | K30 | 24 | 00:47:49 | | **01:14:34.80** | **01:16:37.70** | +00:35:04 (45.8%) | 7:27 | 8 (55.2%) |
| 59 | **DĄBRÓWKA Nina** | **1532** | FUNDACJA LATARNIA | K30 | 25 | 00:49:06 | | **01:16:47.15** | **01:17:57.60** | +00:36:24 (46.7%) | 7:40 | 7.8 (53.8%) |
| 60 | **WELOŃCZYK Joanna** | **1678** | | K30 | 26 | 00:52:33 | | **01:17:38.75** | **01:18:35.75** | +00:37:02 (47.1%) | 7:45 | 7.7 (53.1%) |
| 61 | **TRZECIAK Albina** | **1674** | 1989 | K30 | 27 | 00:51:30 | | **01:17:56.35** | **01:19:27.30** | +00:37:54 (47.7%) | 7:47 | 7.7 (53.1%) |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 62 | **LEŚNIAK Beata** | **1582** | | K40 | 19 | 00:52:10 | | **01:19:47.60** | **01:20:28.45** | +00:38:55 (48.4%) | 7:58 | 7.5 (51.7%) |
| 63 | **CEDROWICZ Ewa** | **1520** | | K30 | 28 | 00:46:03 | 00:10:00 | **01:20:54.00** | **01:22:19.00** | +00:40:45 (49.5%) | 7:05 | 8.5 (58.6%) |
| 64 | **KOLASA Barbara** | **1570** | | K60 | 3 | 00:53:52 | | **01:25:01.90** | **01:25:40.90** | +00:44:07 (51.5%) | 8:30 | 7.1 (49.0%) |
| 65 | **POCZTOWSKA Katarzyna** | **1623** | | K30 | 29 | 00:53:05 | | **01:23:45.25** | **01:25:54.55** | +00:44:21 (51.6%) | 8:22 | 7.2 (49.7%) |
| 66 | **RADYK Joanna** | **1732** | PRZEMYSKI KLUB BIEGACZA | K30 | 30 | 00:57:09 | | **01:26:53.10** | **01:28:38.00** | +00:47:04 (53.1%) | 8:41 | 6.9 (47.6%) |
| 67 | **RADYK Anna** | **1630** | PRZEMYSKI KLUB BIEGACZA | K20 | 14 | 00:57:12 | | **01:26:56.40** | **01:28:42.05** | +00:47:08 (53.2%) | 8:41 | 6.9 (47.6%) |
| 68 | **WACHNIK Agnieszka** | **1676** | NOWA HUTA TEAM | K30 | 31 | 00:59:02 | | **01:26:57.95** | **01:29:00.35** | +00:47:27 (53.3%) | 8:41 | 6.9 (47.6%) |
| 69 | **CZUBA Jadwiga** | **1697** | | K30 | 32 | 00:52:16 | 00:10:00 | **01:29:51.00** | **01:30:25.00** | +00:48:51 (54.0%) | 7:59 | 7.5 (51.7%) |
| 70 | **JANIK Anna** | **1559** | | K40 | 20 | 00:46:49 | 00:20:00 | **01:31:25.00** | **01:31:47.00** | +00:50:13 (54.7%) | 7:08 | 8.4 (57.9%) |
| 71 | **DUDEK Monika** | **1535** | | K30 | 33 | 00:46:53 | 00:20:00 | **01:32:23.00** | **01:32:45.00** | +00:51:11 (55.2%) | 7:14 | 8.3 (57.2%) |
| 72 | **ANTCZAK Aleksandra** | **1507** | | K30 | 34 | 01:01:39 | | **01:39:39.45** | **01:41:55.25** | +01:00:22 (59.2%) | 9:58 | 6 (41.4%) |
| 73 | **HADAM Ewa** | **1735** | SPARTAN TRAINING GROUP RZESZÓW | K50 | 2 | 00:51:49 | 00:30:00 | **01:49:17.00** | **01:50:52.00** | +01:09:18 (62.5%) | 7:55 | 7.6 (52.4%) |
| 74 | **SOŁTYSIAK Krystyna** | **1734** | SPARTAN TRAINING GROUP RZESZÓW | K50 | 3 | 00:51:52 | 00:30:00 | **01:49:22.00** | **01:50:57.00** | +01:09:23 (62.5%) | 7:56 | 7.6 (52.4%) |

Znaleziono 74 wynik(ów)