# VI ZIMOWY MARATON BIESZCZADZKI 2020 - 23KM

**Wydarzenie:** Zimowy Maraton Bieszczadzki 2020
**Organizator:** Fundacja Bieg Rzeźnika
**Data:** 2020-01-25
**Miejsce:** Cisna
**Dystans:** 23 km

## Klasyfikacja: K30

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Za Skrzyżowaniem 6.5km | Brzeziniak 13.3km | Przed Skrzyżowaniem 19.4km | Kara/ bonifikata | Czas netto 23km | Czas brutto 23km | Różn | Tempo min/km | Tempo km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | **TRACZ Paulina** | **1001** | SALCOGARMINTEAM | K30 | 1 | 00:27:31 | 00:58:36 | 01:25:23 | | **01:39:26.15** | **01:39:27.05** | | 4:19 | 13.9 (100%) |
| 2 | **PAPROCKA Urszula** | **1239** | NOWA HUTA TEAM | K30 | 2 | 00:29:32 | 01:02:27 | 01:31:46 | | **01:47:06.85** | **01:47:12.00** | +00:07:44 (7.2%) | 4:39 | 12.9 (92.8%) |
| 3 | **KOWALCZYK Agnieszka** | **1003** | DUKLANOWSKI TEAM | K30 | 3 | 00:29:48 | 01:04:24 | 01:35:14 | | **01:50:54.40** | **01:50:55.90** | +00:11:28 (10.3%) | 4:49 | 12.4 (89.2%) |
| 4 | **SIEMIĄTKOWSKA Katarzyna** | **1280** | RADOSNE GRZYBKI | K30 | 4 | 00:32:47 | 01:09:15 | 01:42:12 | | **01:58:50.10** | **01:59:31.50** | +00:20:04 (16.8%) | 5:10 | 11.6 (83.5%) |
| 5 | **PIĄTEK Beata** | **1253** | WWW.TRENINGFIZJOTERAPIA.PL/ULTRAŁAŃCUT | K30 | 5 | 00:33:29 | 01:11:38 | 01:45:18 | | **02:02:11.50** | **02:02:15.05** | +00:22:48 (18.7%) | 5:18 | 11.3 (81.3%) |
| 6 | **KOŁODZIEJSKA Marta** | **1134** | | K30 | 6 | 00:32:57 | 01:13:01 | 01:49:34 | | **02:08:05.85** | **02:08:15.60** | +00:28:48 (22.5%) | 5:34 | 10.8 (77.7%) |
| 7 | **KOCHANIEC-MATUSZAK Karolina** | **1132** | | K30 | 7 | 00:35:46 | 01:16:02 | 01:52:52 | | **02:11:47.75** | **02:12:16.90** | +00:32:49 (24.8%) | 5:43 | 10.5 (75.5%) |
| 8 | **ZIĘCINA Sylwia** | **1362** | ATLANTIC | K30 | 8 | 00:36:22 | 01:15:18 | 01:51:54 | | **02:11:24.00** | **02:13:35.95** | +00:34:08 (25.6%) | 5:42 | 10.5 (75.5%) |
| 9 | **STRZESAK Patrycja** | **1303** | | K30 | 9 | 00:38:42 | 01:23:53 | 02:01:56 | | **02:21:46.80** | **02:22:33.70** | +00:43:06 (30.2%) | 6:09 | 9.7 (69.8%) |
| 10 | **PIASECZNA Liliana** | **1370** | RUN-G | K30 | 10 | 00:39:34 | 01:20:53 | 01:58:41 | | **02:20:29.15** | **02:22:39.90** | +00:43:12 (30.3%) | 6:06 | 9.8 (70.5%) |
| 11 | **ŚWIGOŃ Aneta** | **1315** | | K30 | 11 | 00:41:38 | 01:26:23 | 02:05:26 | | **02:26:53.75** | **02:28:40.55** | +00:49:13 (33.1%) | 6:23 | 9.4 (67.6%) |
| 12 | **WAŁDOWSKA Anna** | **1328** | XRUNNERS | K30 | 12 | 00:40:03 | 01:25:53 | 02:07:51 | | **02:30:10.85** | **02:30:34.55** | +00:51:07 (34.0%) | 6:31 | 9.2 (66.2%) |
| 13 | **SKELTON Sarah** | **1379** | VEGE RUNNERS | K30 | 13 | 00:37:29 | 01:31:29 | 02:11:55 | | **02:31:12.35** | **02:31:54.05** | +00:52:27 (34.5%) | 6:34 | 9.1 (65.5%) |
| 14 | **KOLASA Anna** | **1133** | | K30 | 14 | 00:41:20 | 01:27:57 | 02:09:08 | | **02:31:18.55** | **02:32:54.40** | +00:53:27 (35.0%) | 6:34 | 9.1 (65.5%) |
| 15 | **KAWALEC Anna** | **1120** | | K30 | 15 | 00:40:29 | 01:32:28 | 02:13:55 | | **02:34:23.40** | **02:34:55.90** | +00:55:28 (35.8%) | 6:42 | 8.9 (64.0%) |
| 16 | **GRAD-KOWALCZYK Barbara** | **1083** | | K30 | 16 | 00:42:45 | 01:31:59 | 02:12:22 | | **02:33:52.80** | **02:35:39.80** | +00:56:12 (36.1%) | 6:41 | 9 (64.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Za Skrzyżowaniem 6.5km | Brzeziniak 13.3km | Przed Skrzyżowaniem 19.4km | Kara/ bonifikata | Czas netto 23km | Czas brutto 23km | Różn | Tempo min/km | Tempo km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 17 | **PALCZEWSKA Milena** | **1237** | JACEKBIEGA RUNNING TEAM | K30 | 17 | 00:39:10 | 01:28:06 | 02:11:36 | | **02:35:48.15** | **02:37:13.45** | +00:57:46 (36.7%) | 6:46 | 8.9 (64.0%) |
| 18 | **KISZA-GRYNIENKO Anna** | **1125** | | K30 | 18 | 00:40:40 | 01:35:00 | 02:15:57 | | **02:35:57.15** | **02:37:33.05** | +00:58:06 (36.9%) | 6:46 | 8.8 (63.3%) |
| 19 | **ŁUSZCZYC Anna** | **1186** | | K30 | 19 | 00:44:33 | 01:35:13 | 02:16:03 | | **02:38:11.75** | **02:39:19.75** | +00:59:52 (37.6%) | 6:52 | 8.7 (62.6%) |
| 20 | **DZIAMENTSYEVA Viyaleta** | **1065** | JACEKBIEGA RUNNING TEAM | K30 | 20 | 00:38:47 | 01:28:18 | 02:14:06 | | **02:39:23.85** | **02:39:36.15** | +01:00:09 (37.7%) | 6:55 | 8.7 (62.6%) |
| 21 | **PAWLIK Anna** | **1243** | STARIS STASZÓW | K30 | 21 | 00:41:44 | 01:32:45 | 02:17:32 | | **02:40:14.20** | **02:40:28.35** | +01:01:01 (38.0%) | 6:58 | 8.6 (61.9%) |
| 22 | **KUROWSKA Monika** | **1158** | ATLANTIC | K30 | 22 | 00:36:54 | 01:18:32 | 01:57:32 | 00:20:00 | **02:38:33.00** | **02:40:44.00** | +01:01:16 (38.1%) | 6:01 | 10 (71.9%) |
| 23 | **POŹNIAK-STYCZYŃSKA Maja** | **1261** | DDC | K30 | 23 | 00:40:15 | 01:31:13 | 02:16:34 | | **02:40:47.50** | **02:42:52.15** | +01:03:25 (38.9%) | 6:59 | 8.6 (61.9%) |
| 24 | **MARCINEK Marta** | **1197** | DROGA DO ULTRA | K30 | 24 | 00:40:34 | 01:35:27 | 02:18:48 | | **02:42:31.10** | **02:43:21.05** | +01:03:54 (39.1%) | 7:04 | 8.5 (61.2%) |
| 25 | **SOBOLEWSKA Aleksandra** | **1291** | | K30 | 25 | 00:42:38 | 01:32:15 | 02:18:27 | | **02:42:51.25** | **02:43:24.40** | +01:03:57 (39.1%) | 7:04 | 8.5 (61.2%) |
| 26 | **LASZCZYK Anna** | **1167** | | K30 | 26 | 00:38:37 | 01:36:24 | 02:22:08 | | **02:45:28.15** | **02:45:59.05** | +01:06:32 (40.1%) | 7:11 | 8.3 (59.7%) |
| 27 | **PERŁOWSKA-ŁOŚ Justyna** | **1248** | | K30 | 27 | 00:45:43 | 01:38:18 | 02:25:26 | | **02:48:18.85** | **02:50:25.95** | +01:10:58 (41.6%) | 7:19 | 8.2 (59.0%) |
| 28 | **RODZEŃ Katarzyna** | **1272** | | K30 | 28 | 00:43:34 | 01:37:19 | 02:24:30 | | **02:50:06.85** | **02:50:55.60** | +01:11:28 (41.8%) | 7:23 | 8.1 (58.3%) |
| 29 | **DUDA Iwona** | **1059** | LUBELSKA GRUPA TRIATHLONU | K30 | 29 | 00:45:21 | 01:41:38 | 02:26:45 | | **02:50:18.20** | **02:52:13.85** | +01:12:46 (42.3%) | 7:24 | 8.1 (58.3%) |
| 30 | **PENCONEK Agata** | **1247** | | K30 | 30 | 00:45:53 | 01:42:10 | 02:28:15 | | **02:52:59.05** | **02:54:57.90** | +01:15:30 (43.2%) | 7:31 | 8 (57.6%) |
| 31 | **WAŁĘGA Monika** | **1330** | | K30 | 31 | 00:44:28 | 01:41:59 | 02:30:08 | | **02:54:46.35** | **02:55:22.05** | +01:15:55 (43.3%) | 7:35 | 7.9 (56.8%) |
| 32 | **MAJSZCZYK Paulina** | **1193** | HARDCOROWE WYCHYLYLYBYMY | K30 | 32 | 00:40:36 | 01:32:17 | 02:26:22 | | **02:55:47.10** | **02:56:19.30** | +01:16:52 (43.6%) | 7:38 | 7.9 (56.8%) |
| 33 | **MUJTA Ewelina** | **1217** | | K30 | 33 | 00:42:23 | 01:42:53 | 02:28:46 | | **02:54:38.20** | **02:56:50.85** | +01:17:23 (43.8%) | 7:35 | 7.9 (56.8%) |
| 34 | **NOWAK Wioletta** | **1225** | DZIKIE MUSTANGI | K30 | 34 | 00:46:33 | 01:45:41 | 02:33:42 | | **02:58:02.95** | **02:59:52.60** | +01:20:25 (44.7%) | 7:44 | 7.8 (56.1%) |
| 35 | **LAMPART Marta** | **1165** | DZIKIE MUSTANGI | K30 | 35 | 00:46:31 | 01:45:36 | 02:33:43 | | **02:58:00.90** | **02:59:54.20** | +01:20:27 (44.7%) | 7:44 | 7.8 (56.1%) |
| 36 | **MAZUR Mariola** | **1206** | DZIKIE MUSTANGI | K30 | 36 | 00:46:41 | 01:42:49 | 02:33:36 | | **02:58:01.25** | **02:59:55.05** | +01:20:28 (44.7%) | 7:44 | 7.8 (56.1%) |
| 37 | **LAMPART Dorota** | **1164** | DZIKIE MUSTANGI | K30 | 37 | 00:46:34 | 01:45:38 | 02:33:46 | | **02:58:14.05** | **03:00:04.00** | +01:20:36 (44.8%) | 7:45 | 7.7 (55.4%) |
| 38 | **ZIMEK Dominika** | **1363** | | K30 | 38 | 00:46:35 | 01:44:06 | 02:32:35 | | **02:59:52.55** | **03:00:26.60** | +01:20:59 (44.9%) | 7:49 | 7.7 (55.4%) |
| 39 | **SIKORSKA Agnieszka** | **1282** | | K30 | 39 | 00:47:44 | 01:46:20 | 02:34:30 | | **03:00:00.40** | **03:02:17.70** | +01:22:50 (45.4%) | 7:49 | 7.7 (55.4%) |
| 40 | **PROKOPOWICZ Anna** | **1262** | | K30 | 40 | 00:47:00 | 01:43:07 | 02:34:39 | | **03:02:20.80** | **03:04:10.30** | +01:24:43 (46.0%) | 7:55 | 7.6 (54.7%) |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 41 | **WARAS Barbara** | **1334** | | K30 | 41 | 00:44:38 | 01:39:33 | 02:33:50 | | **03:03:34.95** | **03:05:06.10** | +01:25:39 (46.3%) | 7:58 | 7.5 (54.0%) |
| 42 | **JASIŃSKA Natalia** | **1105** | EXTREMEWOLF | K30 | 42 | 00:50:49 | 01:49:08 | 02:38:34 | | **03:05:34.55** | **03:06:35.55** | +01:27:08 (46.7%) | 8:04 | 7.4 (53.2%) |
| 43 | **KULPAN Agata** | **1157** | | K30 | 43 | 00:47:19 | 01:42:51 | 02:37:14 | | **03:06:10.70** | **03:08:27.30** | +01:29:00 (47.2%) | 8:05 | 7.4 (53.2%) |
| 44 | **KIELIŃSKA Kamila** | **1124** | | K30 | 44 | 00:49:20 | 01:51:34 | 02:42:28 | | **03:08:49.75** | **03:09:00.95** | +01:29:33 (47.4%) | 8:12 | 7.3 (52.5%) |
| 45 | **ŚPIEWAK Karolina** | **1312** | WIECZORNE BIEGANIE W SZCZECINIE | K30 | 45 | 00:50:51 | 01:52:39 | 02:43:33 | | **03:12:08.50** | **03:13:10.10** | +01:33:43 (48.5%) | 8:21 | 7.2 (51.8%) |
| 46 | **SOŁTYS Teresa** | **1294** | WKURW_TEAM | K30 | 46 | 00:46:27 | 01:49:13 | 02:42:08 | | **03:14:21.50** | **03:16:13.30** | +01:36:46 (49.3%) | 8:27 | 7.1 (51.1%) |
| 47 | **BASAK Justyna** | **1015** | WKURW_TEAM | K30 | 47 | 00:46:32 | 01:49:14 | 02:42:08 | | **03:14:37.40** | **03:16:28.95** | +01:37:01 (49.4%) | 8:27 | 7.1 (51.1%) |
| 48 | **WASILEWSKA Małgorzata** | **1335** | | K30 | 48 | 00:53:36 | 01:57:48 | 02:53:31 | | **03:25:02.95** | **03:26:44.70** | +01:47:17 (51.9%) | 8:54 | 6.7 (48.2%) |
| 49 | **JEŻEWSKA Angelika** | **1109** | | K30 | 49 | 00:53:36 | 01:57:47 | 02:53:31 | | **03:25:04.40** | **03:26:45.45** | +01:47:18 (51.9%) | 8:54 | 6.7 (48.2%) |

Znaleziono 49 wynik(ów)