

VI ZIMOWY MARATON BIESZCZADZKI 2020 - 44KM

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Wydarzenie: Zimowy Maraton Bieszczadzki 2020
Organizator: Fundacja Bieg Rzeźnika
Data: 2020-01-25
Miejsce: Cisna
Dystans: 44 km

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: K40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za Roztoki 18km	Za Skrzyżowaniem 27.6km	Przed Brzeziniak 34.4km	Przed Skrzyżowaniem 40.5km	Czas netto 44km	Czas brutto 44km	Różn	Tempo min/km	Tempo km/h
1	MAKSELON Anna	281		K40	1	01:43:32	02:39:24	03:22:17	04:00:18	04:19:13.50	04:19:48.55		5:53	10.2 (100%)
2	ROŹNIATA Iwona	378	SNG WILD DUCKS	K40	2	01:42:57	02:39:33	03:23:33	04:01:37	04:20:57.55	04:21:22.60	+00:01:34 (0.6%)	5:55	10.1 (99.0%)
3	BEDNARSKA Katarzyna	29	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ/SIEBIEGA	K40	3	01:46:43	02:44:24	03:28:01	04:05:43	04:26:31.85	04:26:50.60	+00:07:02 (2.6%)	6:03	9.9 (97.1%)
4	JANERKA Marzka	157	DZIABNIĘCI	K40	4	01:45:15	02:41:01	03:26:06	04:06:17	04:27:45.60	04:27:51.60	+00:08:03 (3.0%)	6:05	9.9 (97.1%)
5	KIRILENKO Aneta	199		K40	5	01:41:09	02:38:13	03:26:19	04:06:55	04:27:25.60	04:27:55.70	+00:08:07 (3.0%)	6:04	9.9 (97.1%)
6	BORUSZEWSKA Beata	44		K40	6	01:47:08	02:45:22	03:30:22	04:09:18	04:28:51.00	04:30:02.15	+00:10:13 (3.8%)	6:06	9.8 (96.1%)
7	CZAJA Alicja	64	RODZEŃSTWO	K40	7	01:42:58	02:40:47	03:33:38	04:17:12	04:39:37.85	04:39:59.65	+00:20:11 (7.2%)	6:21	9.4 (92.2%)
8	KANCLERZ-MAZURCZUK Monika	182	CROSSFITTER BOX CHEŁM	K40	8	01:50:32	02:50:28	03:39:46	04:19:41	04:42:01.70	04:42:38.65	+00:22:50 (8.1%)	6:24	9.4 (92.2%)
9	MICHALAK Katarzyna	299	ORANGE POLSKA	K40	9	01:52:07	02:51:43	03:39:24	04:21:20	04:42:57.25	04:43:18.35	+00:23:29 (8.3%)	6:25	9.3 (91.2%)
10	ĆWIAKAŁA Halina	69	ATHLETIC ZRĘCIN	K40	10	01:47:44	02:47:28	03:40:30	04:23:05	04:44:03.30	04:44:10.50	+00:24:21 (8.6%)	6:27	9.3 (91.2%)
11	FRĄCKOWIAK Ewelina	105	AMAT*ORKA	K40	11	01:52:50	02:52:59	03:45:47	04:27:15	04:48:02.10	04:49:12.95	+00:29:24 (10.2%)	6:32	9.2 (90.2%)
12	GARBOWSKA Monika	114	COMPAÑEROS ASFALT TEAM	K40	12	01:52:52	02:55:28	03:48:30	04:28:02	04:47:59.55	04:49:33.15	+00:29:44 (10.3%)	6:32	9.2 (90.2%)
13	PAŚNICKA Marta	348		K40	13	01:52:13	02:54:30	03:46:44	04:28:14	04:49:15.55	04:50:45.30	+00:30:56 (10.6%)	6:34	9.1 (89.2%)
14	SOWA-OKRASA Sylwia	412	DOGOŃ GRODZISK MAZOWIECKI	K40	14	01:53:07	02:56:46	03:49:14	04:30:11	04:50:44.80	04:51:11.65	+00:31:23 (10.8%)	6:36	9.1 (89.2%)
15	GARCZYŃSKA Ania	117		K40	15	01:55:08	02:59:59	03:54:12	04:39:44	05:02:40.50	05:03:40.95	+00:43:52 (14.4%)	6:52	8.7 (85.3%)
16	ZMYJ Danuta	532	LACHO TEAM	K40	16	01:56:06	03:02:28	04:02:38	04:43:52	05:07:06.05	05:07:26.30	+00:47:37 (15.5%)	6:58	8.6 (84.3%)

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						Roztoki 18km	Skrzyżowaniem 27.6km							
17	KANDEFER Beata	183	KB „ATHLETIC”ZRĘCIN	K40	17	01:50:03	02:53:28	03:59:41	04:43:27	05:08:04.20	05:08:10.60	+00:48:22 (15.7%)	7:00	8.6 (84.3%)
18	WOLF Weronika	505	3PBOT POZYTYWNE ZABIEGANI SANOK	K40	18	02:02:19	03:12:32	04:02:02	04:46:00	05:07:58.00	05:09:25.40	+00:49:36 (16.0%)	6:59	8.6 (84.3%)
19	SIENNICA Joanna	396	ŚWIDNICKA GRUPA BIEGOWA	K40	19	01:54:53	03:02:56	04:01:10	04:46:14	05:09:36.15	05:10:26.85	+00:50:38 (16.3%)	7:02	8.5 (83.3%)
20	ZŁOTNICKA Olga	530	ŚWIDNICKA GRUPA BIEGOWA	K40	20	01:54:54	03:02:58	04:02:12	04:46:16	05:09:36.45	05:10:27.10	+00:50:38 (16.3%)	7:02	8.5 (83.3%)
21	PAUL Violetta	350	BPRT	K40	21	02:04:09	03:11:15	04:07:52	04:51:59	05:15:30.50	05:16:20.50	+00:56:31 (17.9%)	7:10	8.4 (82.4%)
22	NAZIMEK Lilianna	318	SUO TEMPORE	K40	22	01:59:36	03:11:12	04:10:58	04:59:24	05:25:08.30	05:26:28.75	+01:06:40 (20.4%)	7:23	8.1 (79.4%)
23	RĘKOSIEWICZ-TOKARZ Monika	373	TKKF SOKÓŁ	K40	23	02:07:13	03:17:50	04:16:30	05:05:20	05:29:55.40	05:31:03.40	+01:11:14 (21.5%)	7:29	8 (78.4%)
24	KUSZTAL Justyna	254	ESKADRA KRAKÓW	K40	24	02:02:12	03:10:10	04:14:38	05:05:30	05:31:06.20	05:31:30.15	+01:11:41 (21.6%)	7:31	8 (78.4%)
25	ZAJĄC Marzena	520		K40	25	02:01:15	03:12:00	04:14:54	05:06:10	05:32:21.20	05:32:41.65	+01:12:53 (21.9%)	7:33	7.9 (77.5%)
26	BAR Aleksandra	22	GMINA STRZELCE OPOLSKIE	K40	26	02:03:24	03:21:23	04:24:46	05:13:07	05:36:58.80	05:38:30.60	+01:18:42 (23.2%)	7:39	7.8 (76.5%)
27	ADAMSKA Agnieszka	11	AKTYWNY OSTRZESZÓW: KS STASZEWSKY	K40	27	02:01:27	03:19:21	04:35:33	05:22:22	05:43:25.10	05:44:12.60	+01:24:24 (24.5%)	7:48	7.7 (75.5%)
28	KOSECKA Justyna	224	ORTIMED RUNNERS TEAM	K40	28	02:16:05	03:31:49	04:28:02	05:17:56	05:44:04.30	05:44:49.20	+01:25:00 (24.7%)	7:49	7.7 (75.5%)
29	ARENT-STEFANSKA Jolanta	16		K40	29	02:11:09	03:23:07	04:25:33	05:17:11	05:44:11.10	05:44:55.25	+01:25:06 (24.7%)	7:49	7.7 (75.5%)
30	KOSEWSKA Monika	225	BRAVEHEARTS LEGIONOWO	K40	30	02:08:34	03:27:43	04:32:51	05:21:57	05:51:26.60	05:52:44.70	+01:32:56 (26.3%)	7:59	7.5 (73.5%)
31	GARCARZ Monika	115		K40	31	02:11:58	03:29:23	04:33:12	05:28:43	05:55:11.70	05:55:25.85	+01:35:37 (26.9%)	8:04	7.4 (72.5%)
32	TOMAKA Agnieszka	461		K40	32	02:04:16	03:18:49	04:29:56	05:29:27	05:59:50.55	06:00:46.95	+01:40:58 (28.0%)	8:10	7.3 (71.6%)
33	SKAŁA Sabina	399	THE FORT	K40	33	02:11:49	03:25:58	04:31:07	05:29:28	06:00:03.30	06:00:59.05	+01:41:10 (28.0%)	8:11	7.3 (71.6%)
34	DOBROWOLSKA Grażyna	75	MARATONCZYK DĘBICA	K40	34	02:16:03	03:41:34	04:47:40	05:40:09	06:05:58.50	06:07:25.50	+01:47:36 (29.3%)	8:19	7.2 (70.6%)
35	KUC Małgorzata	247		K40	35	02:06:50	03:26:34	04:40:24	05:37:37	06:08:59.10	06:10:24.95	+01:50:36 (29.9%)	8:23	7.2 (70.6%)
36	SIKORSKA Agnieszka	397	EKOBIEGI WARSZAWA	K40	36	02:18:49	03:36:14	04:47:37	05:41:40	06:11:11.90	06:12:48.05	+01:52:59 (30.3%)	8:26	7.1 (69.6%)
37	TOKARSKA Bożena	458	#ADAMCZERWIŃSKITEAM	K40	37	02:10:43	03:34:43	04:51:22	05:42:07	06:12:17.25	06:13:13.75	+01:53:25 (30.4%)	8:27	7.1 (69.6%)
38	CAPINSKA Anna	53		K40	38	02:10:54	03:34:40	04:51:23	05:42:16	06:12:17.70	06:13:14.70	+01:53:26 (30.4%)	8:27	7.1 (69.6%)
39	WYDRO Agata	515	FUN & RUN	K40	39	02:13:20	03:37:23	04:58:02	05:47:30	06:13:18.95	06:14:11.50	+01:54:22 (30.6%)	8:29	7.1 (69.6%)
40	SZEWczyk Katarzyna	440	MONKEYS' TEAM	K40	40	02:21:18	03:45:44	04:53:02	05:46:19	06:15:16.35	06:16:29.90	+01:56:41 (31.0%)	8:31	7 (68.6%)

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41	DANIŁ Monika	71		K40	41	02:16:30	03:44:47	04:57:18	05:47:59	06:16:46.20	06:18:02.30	+01:58:13 (31.3%)	8:33	7 (68.6%)
42	WÓJCIK Monika	511		K40	42	02:13:58	03:40:34	04:59:47	05:52:39	06:19:12.70	06:19:20.45	+01:59:31 (31.5%)	8:37	7 (68.6%)
43	KARBOWSKA Beata	186		K40	43	02:14:44	03:40:28	04:59:44	05:53:05	06:21:48.35	06:21:55.90	+02:02:07 (32.0%)	8:40	6.9 (67.6%)
44	SZCZEPANIAK Agnieszka	438		K40	44	02:16:32	03:44:48	04:57:20	05:52:15	06:23:07.55	06:24:22.75	+02:04:34 (32.4%)	8:42	6.9 (67.6%)
45	SYGUŁA Katarzyna	435	WKURW_TEAM	K40	45	02:19:33	03:39:35	04:59:01	05:59:40	06:27:24.90	06:28:53.85	+02:09:05 (33.2%)	8:48	6.8 (66.7%)
46	OKSIEJUK-WASILEWSKA Anna	332		K40	46	02:26:52	03:46:54	05:05:15	06:01:35	06:30:57.10	06:32:55.75	+02:13:07 (33.9%)	8:53	6.8 (66.7%)
47	WINIARSKA Izabela	495	EKOBIEGI	K40	47	02:18:56	03:54:42	05:10:16	06:03:31	06:31:48.45	06:33:25.85	+02:13:37 (34.0%)	8:54	6.7 (65.7%)
48	JEDLIŃSKA Izabela	547	MARATOŃCZYK DĘBICA	K40	48	02:23:44	03:48:20	05:02:06	06:08:54	06:41:10.50	06:43:25.85	+02:23:37 (35.6%)	9:07	6.6 (64.7%)
49	SOBOTKA Monika	411	WARSAW RUN CLUB	K40	49	02:19:21	03:58:59	05:29:03	06:24:17	06:52:55.15	06:54:11.35	+02:34:22 (37.3%)	9:23	6.4 (62.7%)

Znaleziono 49 wynik(ów)