

X ZIMOWY MARATON BIESZCZADZKI 2024 - 43KM



Event: X Zimowy Maraton Bieszczadzki
Organiser: Fundacja Bieg Rzeźnika
Date: 2024-01-27
Place: Cisna
Distance: 43 km



Classification: Kobiety

Place	Participant	Number	Club	Category	MCat	Kruczowka				Net time 41km	Czas brutto 41km	Gap	Pace min/km	Pace km/h
						na stokowce 27km	Karczma Brzeziniak 34km	Wyjscie z Karczmy 34.1km	na stokowce (powrot) 39km					
1	TARNOWSKA Aleksandra	4063		K20	1	02:03:53	02:38:21	02:38:36	03:08:05	03:32:35.00	03:32:44.80		5:11	11.6 (100%)
2	BOCHENEK Magdalena	4095	G.O.A.T. TEAM MICHAŁOWICE	K30	1	02:12:22	02:49:48	02:50:39	03:23:37	03:51:56.80	03:51:57.75	+00:19:12 (8.3%)	5:39	10.6 (91.4%)
3	GÓRALIK Sylwia	4109	KS ZAS AWF KRAKÓW	K40	1	02:15:19	02:54:55	02:55:13	03:28:59	03:57:54.40	03:57:55.15	+00:25:10 (10.6%)	5:48	10.3 (88.8%)
4	ŁUKASIK Anna	4023	MKL BRYGADA BESKIDÓW	K40	2	02:29:11	03:13:10	03:13:22	03:49:30	04:21:52.40	04:21:54.05	+00:49:09 (18.8%)	6:23	9.4 (81.0%)
5	ZIĘBA Sabina	4170	FOREVER	K40	3	02:28:45	03:14:32	03:14:47	03:54:56	04:29:28.80	04:29:30.65	+00:56:45 (21.1%)	6:34	9.1 (78.4%)
6	DŁUGOSZ- STĘPNIAK Agnieszka	4083	STAY INSANE	K30	2	02:34:14	03:20:26	03:21:30	04:00:26	04:31:47.50	04:31:55.65	+00:59:10 (21.8%)	6:37	9.1 (78.4%)
7	SOBIESZEK Sylwia	4046	ZWOLEŃNICY BIEGANIA	K40	4	02:25:51	03:12:11	03:12:31	03:57:04	04:41:19.25	04:41:28.20	+01:08:43 (24.4%)	6:51	8.7 (75.0%)
8	SZAFRAŃSKA Aleksandra	4104		K30	3	02:34:12	03:22:12	03:26:59	04:10:47	04:48:24.90	04:49:06.85	+01:16:22 (26.4%)	7:02	8.5 (73.3%)
9	WOŁOSZYN Małgorzata	4191	MARGO TEAM	K40	5	02:47:00	03:35:37	03:36:51	04:18:08	04:56:40.15	04:56:53.60	+01:24:08 (28.3%)	7:14	8.3 (71.6%)
10	WALKOWIAK Joanna	4162		K40	6	02:51:50	03:41:18	03:45:45	04:27:15	05:03:16.20	05:03:34.30	+01:30:49 (29.9%)	7:23	8.1 (69.8%)
11	PRAGNAĆA Milena	4013	PORANNY PATROL	K40	7	02:53:36	03:48:03	03:51:30	04:38:50	05:19:33.60	05:19:38.00	+01:46:53 (33.4%)	7:47	7.7 (66.4%)
12	RADWAŃSKA Justyna	4176		K40	8	02:53:11	03:45:50	03:46:49	04:31:40	05:29:16.90	05:29:31.30	+01:56:46 (35.4%)	8:01	7.5 (64.7%)
13	ADAMOWICZ Agnieszka	4055	SKÓRZEC BIEGA/ZWOLEŃNICY BIEGANIA	K40	9	03:03:44	03:59:08	04:01:30	04:49:32	05:34:41.55	05:34:51.20	+02:02:06 (36.5%)	8:09	7.4 (63.8%)
14	LEŚNIAK Izabela	4029		K20	2	03:09:34	04:06:17	04:06:47	04:59:18	05:43:57.00	05:44:40.50	+02:11:55 (38.3%)	8:23	7.2 (62.1%)

Place	Participant	Number	Club	Category	MCat	Krzyzowka	Karczma	Wyjscie	Krzyzowka	Net	Czas	Gap	Pace	Pace
						na	Brzeziniak	z	na					
						27km	34km	34.1km	(powrot)	41km	brutto		min/km	km/h
15	HOLIK Iwona	4133	GORLICKA GRUPA BIEGOWA	K40	10	03:06:46	04:04:59	04:11:33	05:01:37	05:49:47.15	05:50:09.80	+02:17:25 (39.2%)	8:31	7 (60.3%)
16	LEŚNIAK- POPIEL Marta	4141		K40	11	03:08:12	04:06:24	04:13:56	05:03:42	05:50:54.15	05:51:04.10	+02:18:19 (39.4%)	8:33	7 (60.3%)
17	DYLAĞ Katarzyna	4142	GGB	K40	12	03:06:46	04:05:01	04:11:45	05:01:38	05:51:04.50	05:51:27.55	+02:18:42 (39.5%)	8:33	7 (60.3%)
18	PARYSZ Anna	4015	STARE BABICE BIEGAJĄ	K60	1	03:25:19	04:24:18	04:28:55	05:21:30	06:10:50.05	06:11:09.80	+02:38:25 (42.7%)	9:02	6.6 (56.9%)
19	KĘDZIORA Marta	4165		K30	4	03:29:53	04:33:09	04:37:06	05:30:10	06:16:22.35	06:17:01.00	+02:44:16 (43.6%)	9:10	6.5 (56.0%)
20	ŻACZEK Anna	4081	BIEGUSIEM.PL	K50	1	03:36:49	04:38:54	04:46:05	05:39:28	06:28:12.25	06:28:17.45	+02:55:32 (45.2%)	9:28	6.3 (54.3%)
21	GOLEŃ Justyna	4082		K40	13	03:34:28	04:39:08	04:50:58	05:47:46	06:44:50.70	06:45:14.95	+03:12:30 (47.5%)	9:52	6.1 (52.6%)
22	PRYCIŃSKA Wiesława	4143		K40	14	03:36:59	04:38:52	04:46:12	05:40:17	06:45:37.10	06:46:08.95	+03:13:24 (47.6%)	9:53	6.1 (52.6%)
23	KASPEREK Magdalena	4024		K40	15	03:27:16	04:31:18	04:49:10	05:45:56	06:53:32.25	06:54:28.35	+03:21:43 (48.7%)	10:05	5.9 (50.9%)
24	CISKA Renata	4036	RYKOWISKO TEAM	K40	16	03:34:06	04:40:26	04:54:43	05:54:04	06:55:21.45	06:55:58.00	+03:23:13 (48.9%)	10:07	5.9 (50.9%)
25	LEJMAN Malgorzata	4019		K40	17	03:39:31	04:51:47	05:00:47	06:07:49	07:14:22.05	07:14:52.65	+03:42:07 (51.1%)	10:35	5.7 (49.1%)
26	BARTO Sylwia	4016		K40	18	03:39:30	04:52:07	05:00:24	06:08:10	07:14:39.35	07:15:10.25	+03:42:25 (51.1%)	10:36	5.7 (49.1%)
Przekroczony limit czasu: 07:30:00														
27	JUSZCZYK Małgorzata	4021	NIEPOŁOMICE BIEGAJĄ	K40	19	04:07:10	05:23:49	05:35:16	06:41:13	07:43:19.75	07:43:19.75	+04:10:34 (54.1%)	11:18	5.3 (45.7%)
28	WIERCHOŁA Joanna	4189		K60	2	04:07:40	05:21:06	05:28:19	06:40:21	07:52:37.55	07:53:04.35	+04:20:19 (55.0%)	11:31	5.2 (44.8%)

Total 28 results.