



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

XI RZEŹNICZEK, CZYLI MAŁY BIEG RZEŹNIKA

VIII FESTIWAL BIEGU RZEŹNIKA
Fundacja Bieg Rzeźnika
2022-06-18
Cisna
28 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
1	LANGE Beata	3899	EXTREMALNI RZEŹNICY NA RELAKSIE	K40	1		01:44:58	03:15:54.35	03:16:07.10		6:59	8.6 (100%)
2	KAPŁON Anna	3768	INFINITY-GYM	K40	2		01:48:34	03:21:30.60	03:21:36.00	+00:05:28 (2.7%)	7:11	8.3 (96.5%)
3	GOŁĘBIEWSKA Katarzyna	3910	COMFORT ZONE	K40	3		01:49:43	03:24:11.40	03:24:19.35	+00:08:12 (4.0%)	7:17	8.2 (95.3%)
4	WOJCIESZAK Katarzyna	3737	ŚCOBIEGA	K40	4		01:51:44	03:26:48.55	03:27:13.70	+00:11:06 (5.4%)	7:23	8.1 (94.2%)
5	KRUSZYŃSKA Magdalena	3473	BIEGAMYRAZEM.PL / CHYŁOŃSKIE DZIKI	K40	5		01:52:18	03:34:28.70	03:34:39.30	+00:18:32 (8.6%)	7:39	7.8 (90.7%)
6	KOZACZUK Maria	3562		K40	6		01:54:44	03:35:48.20	03:36:39.30	+00:20:32 (9.5%)	7:42	7.8 (90.7%)
7	KOT Wioleta	3863	ULTRA_LASKI	K40	7		01:56:05	03:35:26.80	03:36:47.55	+00:20:40 (9.5%)	7:41	7.8 (90.7%)
8	SADOWSKA Monika	3698		K40	8			03:35:26.90	03:36:47.70	+00:20:40 (9.5%)	7:41	7.8 (90.7%)
9	DOBROWOLSKA Agnieszka	5		K40	9	Tak	01:59:45	03:36:28.65	03:36:52.50	+00:20:45 (9.6%)	7:43	7.8 (90.7%)
10	HOŁUBIEC Agnieszka	3093	YULO RUN TEAM SIEDLCE	K40	10		01:58:05	03:42:36.15	03:43:09.85	+00:27:02 (12.1%)	7:57	7.5 (87.2%)
11	MADEJ Anna	3396	VEGE RUNNERS	K40	11		01:58:51	03:46:33.95	03:46:47.30	+00:30:40 (13.5%)	8:05	7.4 (86.0%)
12	WASZCZYKOWSKA Magdalena	3558		K40	12		02:07:03	03:48:08.80	03:49:21.95	+00:33:14 (14.5%)	8:08	7.4 (86.0%)
13	KRZYSZTOŃ Eliza	3413	AMBITNI AMATORZY	K40	13		02:05:03	03:49:33.30	03:49:59.40	+00:33:52 (14.7%)	8:11	7.3 (84.9%)
14	CZARDYBON Laura	3056		K40	14		02:06:38	03:48:55.30	03:50:08.60	+00:34:01 (14.8%)	8:10	7.3 (84.9%)
15	DOROSZ Barbara	3052	PRZEMYSKI KLUB BIEGACZA	K40	15		02:02:16	03:51:25.00	03:52:57.20	+00:36:50 (15.8%)	8:15	7.3 (84.9%)
16	NICIEJA Anna	3904		K40	16		02:06:00	03:54:25.60	03:55:21.90	+00:39:14 (16.7%)	8:22	7.2 (83.7%)
17	BASZAK Ewa	3885		K40	17		02:07:27	03:55:23.45	03:55:42.60	+00:39:35 (16.8%)	8:24	7.1 (82.6%)
18	MIECHOWICZ Małgorzata	3757		K40	18		02:07:58	04:00:45.35	04:01:15.65	+00:45:08 (18.7%)	8:35	7 (81.4%)
19	RORAT Lena	3895	CHEŁM BIEGA	K40	19		02:11:39	04:00:57.45	04:02:38.05	+00:46:30 (19.2%)	8:36	7 (81.4%)
20	BAR Aleksandra	3859	GMINA STRZELCE OPOLSKIE	K40	20		02:11:33	04:03:19.15	04:03:27.55	+00:47:20 (19.4%)	8:41	6.9 (80.2%)
21	WIŚNIEWSKA Daniela	3705		K40	21		02:08:25	04:04:39.15	04:05:28.55	+00:49:21 (20.1%)	8:44	6.9 (80.2%)
22	ŁUGOWSKA Agnieszka	3529	CAMEL	K40	22		02:15:36	04:05:06.80	04:06:49.55	+00:50:42 (20.5%)	8:45	6.9 (80.2%)
23	DUDA Justyna	3648		K40	23		02:16:26	04:06:28.10	04:07:52.10	+00:51:45 (20.9%)	8:48	6.8 (79.1%)
24	FRANKOWSKA Katarzyna	3833	PRO366	K40	24		02:15:47	04:07:28.40	04:08:07.10	+00:52:00 (21.0%)	8:50	6.8 (79.1%)
25	SKROBAŃSKA Katarzyna	3431	SKROBKITEAM	K40	25		02:11:11	04:08:09.40	04:08:35.20	+00:52:28 (21.1%)	8:51	6.8 (79.1%)
26	WIŚNIEWSKA Katarzyna	3449	KUTERNÓŻKA	K40	26		02:09:19	04:09:02.10	04:10:13.55	+00:54:06 (21.6%)	8:53	6.7 (77.9%)
27	WÓJCIK Kamila	3884	LACHO-TEAM	K40	27		02:18:16	04:13:46.80	04:14:09.30	+00:58:02 (22.8%)	9:03	6.6 (76.7%)
28	KUCHCIŃSKA Monika	3480	STRASZYN BIEGA	K40	28		02:06:03	04:13:07.45	04:14:22.55	+00:58:15 (22.9%)	9:02	6.6 (76.7%)
29	BACZYŃSKA Aneta	3088	YULO RUN TEAM SIEDLCE	K40	29		02:15:00	04:14:21.35	04:15:30.00	+00:59:22 (23.2%)	9:05	6.6 (76.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
30	BRZEZIŃSKA Agnieszka	3309		K40	30		02:04:43	04:15:25.85	04:15:46.35	+00:59:39 (23.3%)	9:07	6.6 (76.7%)
31	RATKOWSKA Małgorzata	3316	THE RUNNERS ŚWIECIE	K40	31		02:13:28	04:14:49.60	04:15:48.70	+00:59:41 (23.3%)	9:06	6.6 (76.7%)
32	BRUDEREK Anna	3239	PRIMUM CURRERE	K40	32		02:17:12	04:15:16.00	04:16:00.65	+00:59:53 (23.4%)	9:07	6.6 (76.7%)
33	SZOPA Urszula	3801		K40	33		02:18:01	04:21:07.10	04:21:24.00	+01:05:16 (25.0%)	9:19	6.4 (74.4%)
34	RUDNICKA-GÓRALCZYK Joanna	3212		K40	34		02:16:23	04:21:08.75	04:21:40.95	+01:05:33 (25.1%)	9:19	6.4 (74.4%)
35	NOWAKOWSKA Beata	3106		K40	35		02:18:24	04:20:39.30	04:21:42.50	+01:05:35 (25.1%)	9:18	6.4 (74.4%)
36	KIERUZALSKA Małgorzata	3256		K40	36		02:11:09	04:21:05.35	04:21:42.95	+01:05:35 (25.1%)	9:19	6.4 (74.4%)
37	KRĘPACKA Monika	3054	CHEŁM BIEGA	K40	37		02:11:08	04:21:04.70	04:21:43.00	+01:05:35 (25.1%)	9:19	6.4 (74.4%)
38	BLADOWSKA Katarzyna	3691	RUNEDA	K40	38		02:20:30	04:20:36.70	04:22:35.05	+01:06:27 (25.3%)	9:18	6.4 (74.4%)
39	WIŚNIEWSKA Justyna	3901		K40	39		02:24:33	04:23:54.35	04:24:09.40	+01:08:02 (25.8%)	9:25	6.4 (74.4%)
40	MASZKOWSKA Anna	3744		K40	40		02:23:53	04:25:05.35	04:25:53.35	+01:09:46 (26.2%)	9:28	6.3 (73.3%)
41	BOŹKIEWICZ Patrycja	3024	PIEKIELNIE ZGRANI	K40	41		02:24:29	04:26:58.05	04:27:15.30	+01:11:08 (26.6%)	9:32	6.3 (73.3%)
42	POTĘGA Justyna	3673		K40	42		02:22:41	04:28:09.35	04:28:15.95	+01:12:08 (26.9%)	9:34	6.3 (73.3%)
43	GOŁDYN Katarzyna	3241		K40	43		02:21:38	04:28:10.00	04:28:17.95	+01:12:10 (26.9%)	9:34	6.3 (73.3%)
44	GODZIMIRSKA Eliza	3090	REEBOK RUN CREW	K40	44		02:19:51	04:32:33.85	04:33:13.50	+01:17:06 (28.2%)	9:44	6.2 (72.1%)
45	LATOS Joanna	3654		K40	45		02:22:59	04:32:37.60	04:33:35.70	+01:17:28 (28.3%)	9:44	6.2 (72.1%)
46	GARBACZ Kamila	3696		K40	46		02:25:28	04:33:08.95	04:33:54.65	+01:17:47 (28.4%)	9:45	6.2 (72.1%)
47	JAZUKIEWICZ Ewa	3844	EAZYMUT.PL	K40	47		02:22:33	04:35:24.30	04:36:45.40	+01:20:38 (29.1%)	9:50	6.1 (70.9%)
48	DUDEK Dorota	3433	DZIK KOMANDO	K40	48		02:24:42	04:40:06.35	04:41:56.90	+01:25:49 (30.4%)	10:00	6 (69.8%)
49	PROSIŃSKA Agata	3308	NEON TEAM	K40	49		02:26:03	04:42:31.80	04:42:52.90	+01:26:45 (30.7%)	10:05	5.9 (68.6%)
50	GÓRECKA Anna	3488	KB ORANGE POLSKA	K40	50		02:28:08	04:41:46.85	04:42:56.40	+01:26:49 (30.7%)	10:03	6 (69.8%)
51	KOISZEWSKA Izabela	3144	KLUB 42,2 LĘBORK	K40	51		02:24:50	04:42:22.00	04:43:06.35	+01:26:59 (30.7%)	10:05	5.9 (68.6%)
52	KIJEWSKA Karolina	3142		K40	52		02:29:00	04:44:09.10	04:45:42.80	+01:29:35 (31.4%)	10:08	5.9 (68.6%)
53	LESZCZYŃSKA Katarzyna	3466		K40	53		02:30:16	04:44:27.75	04:46:29.25	+01:30:22 (31.5%)	10:09	5.9 (68.6%)
54	MAĆKOWIAK Karolina	3416	MAĆKOWIAK TEAM	K40	54		02:25:10	04:47:42.30	04:48:21.95	+01:32:14 (32.0%)	10:16	5.8 (67.4%)
55	ZOWADA Janina	3692		K40	55		02:21:40	04:48:44.90	04:48:51.10	+01:32:44 (32.1%)	10:18	5.8 (67.4%)
56	RUCYK Justyna	3740		K40	56		02:29:18	04:49:09.85	04:50:06.25	+01:33:59 (32.4%)	10:19	5.8 (67.4%)
57	GAŁECKA Dagmara	3358		K40	57		02:43:34	04:48:23.60	04:50:07.45	+01:34:00 (32.4%)	10:17	5.8 (67.4%)
58	AUGUSTYŃSKA Kinga	3147	BŁĘKITNA XVII-TKA	K40	58		02:28:15	04:49:50.20	04:50:20.05	+01:34:12 (32.5%)	10:21	5.8 (67.4%)
59	BRELA Justyna	3016		K40	59		02:34:46	04:49:28.15	04:50:34.20	+01:34:27 (32.5%)	10:20	5.8 (67.4%)
60	OKAPIEC Dagmara	3368		K40	60		02:28:57	04:50:46.60	04:52:01.90	+01:35:54 (32.8%)	10:23	5.8 (67.4%)
61	PILECKA Joanna	3594		K40	61		02:28:48	04:51:42.50	04:52:16.80	+01:36:09 (32.9%)	10:25	5.8 (67.4%)
62	POPEK Małgorzata	3782	FOREVER TEAM	K40	62		02:35:25	04:52:44.60	04:53:51.15	+01:37:44 (33.3%)	10:27	5.7 (66.3%)
63	SZYMANIK Lidia	3684		K40	63		02:41:46	04:54:09.70	04:55:03.30	+01:38:56 (33.5%)	10:30	5.7 (66.3%)
64	BURDA Monika	3352		K40	64		02:34:10	04:54:16.35	04:55:47.50	+01:39:40 (33.7%)	10:30	5.7 (66.3%)
65	STĘPLEWSKA Małgorzata	3313		K40	65		02:35:47	05:02:08.75	05:03:08.55	+01:47:01 (35.3%)	10:47	5.6 (65.1%)
66	PRUSZKOWSKA Katarzyna	3177	CHEŁM BIEGA	K40	66		02:41:35	05:06:27.45	05:07:02.00	+01:50:54 (36.1%)	10:56	5.5 (64.0%)
67	LEPA-ROMAN Magdalena	3013	SDORA BMK	K40	67		02:38:48	05:08:02.65	05:09:04.10	+01:52:57 (36.5%)	11:00	5.5 (64.0%)
68	BLICHARSKA Joanna	3806	ELITARNA GRUPA POD ZIMNYM MORSEM	K40	68		02:25:48	05:08:42.85	05:09:30.40	+01:53:23 (36.6%)	11:01	5.4 (62.8%)
69	BEŃKOWSKA Halina	3441		K40	69		02:38:02	05:07:38.90	05:09:31.95	+01:53:24 (36.6%)	10:59	5.5 (64.0%)
70	KAŁA Jola	3429	BP RUNNING TEAM	K40	70		02:38:02	05:07:56.20	05:09:48.60	+01:53:41 (36.7%)	10:59	5.5 (64.0%)
71	GALUS Agnieszka	3840	OJOS	K40	71		02:43:50	05:10:31.25	05:10:38.90	+01:54:31 (36.9%)	11:05	5.4 (62.8%)
71	LICHNOWSKA Anna	3659		K40	71		02:43:46	05:10:29.65	05:10:38.90	+01:54:31 (36.9%)	11:05	5.4 (62.8%)
73	PAWĘZOWSKA Anna	3208	BIEGOWA KUŹNIA	K40	73		02:34:27	05:09:59.25	05:11:44.20	+01:55:37 (37.1%)	11:04	5.4 (62.8%)

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74	RUDNICKA Elżbieta	3445	DZIK KOMANDO	K40	74		02:39:44	05:10:36.10	05:12:22.30	+01:56:15 (37.2%)	11:05	5.4 (62.8%)
75	KURAS-SMOLNIK Magdalena	3366		K40	75		02:40:30	05:11:53.40	05:13:27.40	+01:57:20 (37.4%)	11:08	5.4 (62.8%)
76	TOMCZAK Magdalena	3687		K40	76		02:43:56	05:12:32.80	05:14:19.70	+01:58:12 (37.6%)	11:09	5.4 (62.8%)
77	MAŃKA Magdalena	3167		K40	77		02:41:58	05:14:47.70	05:15:27.80	+01:59:20 (37.8%)	11:14	5.3 (61.6%)
78	SOWIŃSKA Anetta	3811		K40	78		02:48:46	05:15:49.70	05:16:20.50	+02:00:13 (38.0%)	11:16	5.3 (61.6%)
79	NIŻNIK Monika	3455		K40	79		02:44:28	05:15:42.90	05:16:48.40	+02:00:41 (38.1%)	11:16	5.3 (61.6%)
80	LESNIAKOWSKA Anna	3430	TUR ZAMIENIE	K40	80		02:37:56	05:19:10.05	05:20:53.15	+02:04:46 (38.9%)	11:23	5.3 (61.6%)
81	WITEK Sylwia	3595		K40	81		02:32:43	05:20:14.60	05:21:47.10	+02:05:40 (39.1%)	11:26	5.2 (60.5%)
82	HOOG Wioleta	3597		K40	82		02:36:35	05:20:14.35	05:21:47.50	+02:05:40 (39.1%)	11:26	5.2 (60.5%)
83	PALCZYŃSKA Agnieszka	3504	FABRYKA DZIKA	K40	83		02:48:21	05:20:45.80	05:22:26.20	+02:06:19 (39.2%)	11:27	5.2 (60.5%)
84	DAMASZKE Oriana	3097		K40	84		02:37:37	05:20:40.50	05:22:33.65	+02:06:26 (39.2%)	11:27	5.2 (60.5%)
85	PIETRZAK Agnieszka	3180		K40	85		02:47:59	05:24:21.55	05:25:40.15	+02:09:33 (39.8%)	11:35	5.2 (60.5%)
86	MARCINIAK Anna	3163		K40	86		02:44:09	05:25:35.90	05:27:50.15	+02:11:43 (40.2%)	11:37	5.2 (60.5%)
87	PRZYŁUCKA Agnieszka	3235		K40	87		02:36:54	05:26:32.85	05:28:20.80	+02:12:13 (40.3%)	11:39	5.1 (59.3%)
88	TUREK Marzena	3094	ROZBIEGANY PIASTÓW	K40	88		02:41:39	05:27:53.20	05:28:53.20	+02:12:46 (40.4%)	11:42	5.1 (59.3%)
89	BAK Magdalena	3721		K40	89		02:41:31	05:27:53.35	05:28:53.35	+02:12:46 (40.4%)	11:42	5.1 (59.3%)
90	BOGUSZ Emilia	3201		K40	90		02:41:41	05:31:27.75	05:32:51.55	+02:16:44 (41.1%)	11:50	5.1 (59.3%)
91	SZYMKIEWICZ Ewa	3572		K40	91		02:50:33	05:32:21.25	05:33:08.05	+02:17:00 (41.1%)	11:52	5.1 (59.3%)
92	RYŻYŃSKA Agnieszka	3047	CHEŁM BIEGA	K40	92		02:48:13	05:31:27.65	05:33:08.65	+02:17:01 (41.1%)	11:50	5.1 (59.3%)
93	KOCOT Kornelia	3891		K40	93		02:41:51	05:32:36.25	05:34:03.15	+02:17:56 (41.3%)	11:52	5.1 (59.3%)
94	WOJTYSIAK Dorota	3153		K40	94		02:49:34	05:33:15.75	05:34:08.15	+02:18:01 (41.3%)	11:54	5 (58.1%)
94	SKOREK-BILCZYŃSKA Patrycja	3104		K40	94		02:39:31	05:33:42.45	05:34:08.15	+02:18:01 (41.3%)	11:55	5 (58.1%)
96	DADAŚ Elżbieta	3133	BP RUNNING TEAM GLIWICE	K40	96		02:56:50	05:37:30.90	05:39:02.50	+02:22:55 (42.2%)	12:03	5 (58.1%)
97	SWICARZ Monika	3249		K40	97		02:38:21	05:39:59.85	05:41:32.65	+02:25:25 (42.6%)	12:08	4.9 (57.0%)
98	ADAMCZEWSKA Agnieszka	3391		K40	98		02:56:31	05:42:13.00	05:42:58.30	+02:26:51 (42.8%)	12:13	4.9 (57.0%)
99	ADAMCZEWSKA Anna	3390		K40	99		02:56:30	05:42:14.80	05:42:58.40	+02:26:51 (42.8%)	12:13	4.9 (57.0%)
100	CHMIEL Justyna	3476		K40	100		02:44:34	05:43:36.90	05:44:10.10	+02:28:03 (43.0%)	12:16	4.9 (57.0%)
101	LEWIŃSKA Aleksandra	3483		K40	101		02:45:12	05:43:36.60	05:44:10.25	+02:28:03 (43.0%)	12:16	4.9 (57.0%)
102	KILAR-HOSZOWSKA Sabina	3334	MEDUZY	K40	102			05:44:33.35	05:46:08.35	+02:30:01 (43.3%)	12:18	4.9 (57.0%)
103	RYSIAWA Joanna	3189		K40	103		02:57:50	05:47:40.50	05:48:14.75	+02:32:07 (43.7%)	12:25	4.8 (55.8%)
104	MIKOŁAJCZAK Magdalena	3187	HRMAX ŻORY	K40	104		02:52:08	06:00:18.30	06:00:38.80	+02:44:31 (45.6%)	12:52	4.7 (54.7%)
105	JUSZKO Monika	3541		K40	105		03:00:23	06:07:14.40	06:08:41.00	+02:52:33 (46.8%)	13:06	4.6 (53.5%)
106	OLEĐZKA-KULIK Monika	3148	GRUPA BIEGACZY SKÓRZEC BIEGA	K40	106		02:49:45	06:08:45.00	06:09:56.65	+02:53:49 (47.0%)	13:10	4.6 (53.5%)
107	PAWŁOWSKA Danuta	3354		K40	107		03:11:29	06:20:51.00	06:20:57.90	+03:04:50 (48.5%)	13:36	4.4 (51.2%)
108	GASIŃSKI Agnieszka	3323	SŁOŃCA JURY	K40	108		03:23:48	06:30:34.50	06:31:59.70	+03:15:52 (50.0%)	13:56	4.3 (50.0%)
109	ZACHAREK Ewelina	3809	HERO BOX	K40	109		03:13:32	06:33:39.25	06:34:42.25	+03:18:35 (50.3%)	14:03	4.3 (50.0%)
110	JANCZEWSKA Izabela	3590	HEROBOX	K40	110		03:13:32	06:33:39.00	06:34:42.30	+03:18:35 (50.3%)	14:03	4.3 (50.0%)
111	HERNAS-SZTRĄF Aneta	3640		K40	111		03:07:43	06:36:10.35	06:37:24.65	+03:21:17 (50.7%)	14:08	4.2 (48.8%)
112	MATYJASEK Agata	3580	ROZBIEGANY PIASTÓW	K40	112		03:03:57	06:46:08.85	06:47:08.65	+03:31:01 (51.8%)	14:30	4.1 (47.7%)
113	PALUDA Ewa	3287		K40	113		03:47:30	07:37:19.10	07:38:24.30	+04:22:17 (57.2%)	16:19	3.7 (43.0%)

Znaleziono 113 wynik(ów)