

BIEG RZEŹNICZEK 2016

B4SPORT

Organizator: Fundacja Rzeźnika
Data: 2016-05-28
Miejsce: Cisna
Dystans: 27 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
1	GOLAS Grażyna	3520	TRI LADIES	K40	1	00:00:27	01:46:11	03:15:09.30	03:15:36.75		7:13	8.3 (100%)
2	MACIASZCZYK Magda	3238	UKL ÓSEMKA POLICE	K40	2	00:00:17	01:54:31	03:32:37.95	03:32:54.95	+00:17:28 (8.2%)	7:52	7.6 (91.6%)
3	TOMCZAK Agnieszka	3374		K40	3	00:00:14	01:52:38	03:33:21.30	03:33:35.80	+00:18:12 (8.5%)	7:54	7.6 (91.6%)
4	KASZYCKA Renata	3519		K40	4	00:00:51	02:03:18	03:39:43.50	03:40:34.80	+00:24:34 (11.2%)	8:08	7.4 (89.2%)
5	JĘDRZEJCZYK Agnieszka	3200	RZESZOWSKIE GAZELE I GEPARDY	K40	5	00:00:15	02:02:02	03:42:51.85	03:43:07.30	+00:27:42 (12.4%)	8:15	7.3 (88.0%)
6	LEŚNIAK-POPEI Marta	3848		K40	6	00:00:59	02:03:48	03:46:30.95	03:47:30.20	+00:31:21 (13.8%)	8:23	7.2 (86.7%)
7	KAWAŁKO Patrycja	3457	TEAM KOPEĆ	K40	7	00:00:22	02:01:16	03:49:28.70	03:49:51.45	+00:34:19 (15.0%)	8:29	7.1 (85.5%)
8	GŁĘBOCKA Marta	4018	E-PRZEMEK.PL	K40	8	00:01:17	02:01:15	03:49:34.70	03:50:52.45	+00:34:25 (15.0%)	8:30	7.1 (85.5%)
9	PASECKA Sylwia	3920		K40	9	00:01:09	02:01:28	03:53:48.65	03:54:58.55	+00:38:39 (16.5%)	8:39	6.9 (83.1%)
10	FABISIAK Ewa	3131	ROZBIEGANY SULEJÓWEK	K40	10	00:00:35	02:06:26	03:56:30.60	03:57:05.75	+00:41:21 (17.5%)	8:45	6.8 (81.9%)
11	GRUMBIANIN Paulina	3948		K40	11	00:00:32	02:09:15	03:56:40.25	03:57:12.95	+00:41:30 (17.5%)	8:45	6.8 (81.9%)
12	MROZOWSKA Magdalena	3247	MARZĘ O RZEŹNIKU	K40	12	00:00:46	02:08:03	03:58:44.55	03:59:31.20	+00:43:35 (18.3%)	8:50	6.8 (81.9%)
13	KWIECIEŃ Kamila	3478	AMBITNE TYGRYSICE	K40	13	00:00:20	02:08:47	03:59:37.35	03:59:58.30	+00:44:28 (18.6%)	8:52	6.8 (81.9%)
14	ODOLIŃSKA Agnieszka	3050	BRZOSOWSKI TEAM	K40	14	00:00:58	02:16:19	03:59:49.20	04:00:48.15	+00:44:39 (18.6%)	8:52	6.8 (81.9%)
15	KACZOREK Beata	3332		K40	15	00:00:14	02:03:56	04:00:06.95	04:00:21.30	+00:44:57 (18.7%)	8:53	6.7 (80.7%)
16	NOWOTARSKA Anita	3498	USTRZYKI DOLNE	K40	16	00:00:52	02:08:54	04:01:27.00	04:02:19.00	+00:46:17 (19.2%)	8:56	6.7 (80.7%)

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17	JAZ Małgorzata	3048	KM TEAM	K40	17	00:00:27	02:10:07	04:02:37.15	04:03:04.70	+00:47:27 (19.6%)	8:59	6.7 (80.7%)
18	GARGAS-MARUT Małgorzata	3288	PZU SPORT TEAM	K40	18	00:00:47	02:17:30	04:02:42.90	04:03:30.80	+00:47:33 (19.6%)	8:59	6.7 (80.7%)
19	KONIK Sylwia	3591	KONIK TEAM	K40	19	00:00:57	02:14:14	04:04:17.30	04:05:15.20	+00:49:08 (20.1%)	9:02	6.6 (79.5%)
20	PYZEL Agnieszka	3923		K40	20	00:01:36	02:14:29	04:05:13.10	04:06:49.30	+00:50:03 (20.4%)	9:04	6.6 (79.5%)
21	MAJ Anna	3251		K40	21	00:00:29	02:13:06	04:07:06.40	04:07:36.30	+00:51:57 (21.0%)	9:09	6.6 (79.5%)
22	RACZKOWSKA Beata	3375	KIELCE	K40	22	00:00:29	02:17:13	04:07:10.00	04:07:39.00	+00:52:00 (21.0%)	9:09	6.6 (79.5%)
23	SALA Edyta	3979		K40	23	00:00:26	02:11:33	04:08:55.25	04:09:21.60	+00:53:45 (21.6%)	9:13	6.5 (78.3%)
24	ELTANBOULI-JABŁOŃSKA Iwona	3004	NATIONAL GEOGRAPHIC POLSKA	K40	24	00:00:55	02:15:21	04:09:15.00	04:10:10.35	+00:54:05 (21.7%)	9:13	6.5 (78.3%)
25	ARKUSZYŃSKA Beata	3335	TIME4RUNNING	K40	25	00:00:43	02:08:26	04:10:05.25	04:10:49.20	+00:54:55 (22.0%)	9:15	6.5 (78.3%)
26	TKACZYK Jolanta	3456		K40	26	00:00:48	02:17:28	04:12:04.10	04:12:52.85	+00:56:54 (22.6%)	9:20	6.4 (77.1%)
27	SAMBORSKA Anna	3250	ULKS LIPINKI	K40	27	00:01:30	02:12:57	04:14:03.10	04:15:33.55	+00:58:53 (23.2%)	9:24	6.4 (77.1%)
28	DRWIĘGA Beata	3704		K40	28	00:01:45	02:14:38	04:15:09.50	04:16:54.85	+01:00:00 (23.5%)	9:27	6.3 (75.9%)
29	RACZYŃSKA Małgorzata	3885	POWERADE TEAM	K40	29	00:01:03	02:16:01	04:16:55.55	04:17:58.60	+01:01:46 (24.0%)	9:30	6.3 (75.9%)
30	GOŁĘBIEWSKA Barbara	3598	CHEŁM BIEGA	K40	30	00:00:52	02:15:13	04:16:59.85	04:17:51.95	+01:01:50 (24.1%)	9:31	6.3 (75.9%)
31	POPŁAWSKA Katarzyna	3483	PĘDZIWIATR HIPOLITÓW	K40	31	00:01:04	02:10:27	04:17:33.55	04:18:37.75	+01:02:24 (24.2%)	9:32	6.3 (75.9%)
32	ŁUKASZEWSKA Anna	3992		K40	32	00:01:21	02:26:48	04:17:53.25	04:19:14.55	+01:02:43 (24.3%)	9:33	6.3 (75.9%)
33	MIKRUT Małgorzata	3450		K40	33	00:00:26	02:17:55	04:19:30.50	04:19:56.50	+01:04:21 (24.8%)	9:36	6.2 (74.7%)
34	STANOSZEK Agnieszka	3886	POWERADE TEAM	K40	34	00:01:02	02:15:28	04:20:35.90	04:21:38.65	+01:05:26 (25.1%)	9:39	6.2 (74.7%)
35	MAREK Magdalena	3769		K40	35	00:01:22	02:23:58	04:21:13.85	04:22:35.85	+01:06:04 (25.3%)	9:40	6.2 (74.7%)
36	ZABOROWSKA-SOŁTYS Małgorzata	4015		K40	36	00:01:01	02:18:40	04:22:59.20	04:24:01.15	+01:07:49 (25.8%)	9:44	6.2 (74.7%)
37	JAWOROWICZ Dobrochna	3378	KALIŃSKA TEAM	K40	37	00:01:35	02:21:47	04:23:11.20	04:24:47.10	+01:08:01 (25.8%)	9:44	6.2 (74.7%)
38	BORC Marzanna	3754	AKADEMIA BIEGANIA GRUDZIĄDZ	K40	38	00:00:20	02:12:59	04:23:41.55	04:24:01.90	+01:08:32 (26.0%)	9:45	6.1 (73.5%)
39	NAPIERAŁA Katarzyna	3150		K40	39	00:00:15	02:23:55	04:23:43.35	04:23:59.15	+01:08:34 (26.0%)	9:46	6.1 (73.5%)

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40	ZYCH Anna	3098		K40	40	00:00:26	02:21:16	04:25:05.45	04:25:31.65	+01:09:56 (26.4%)	9:49	6.1 (73.5%)
41	MAZUREK Katarzyna	3054	SKLEP BIEGACZA LUBLIN / LSB	K40	41	00:00:25	02:21:16	04:25:06.75	04:25:31.80	+01:09:57 (26.4%)	9:49	6.1 (73.5%)
42	JURAŚ-KMIEĆ Marzena	3741		K40	42	00:00:49	02:16:32	04:25:16.15	04:26:06.00	+01:10:06 (26.4%)	9:49	6.1 (73.5%)
43	WOLAREK Marzena	4048		K40	43	00:00:16	02:24:47	04:25:48.05	04:26:04.60	+01:10:38 (26.6%)	9:50	6.1 (73.5%)
44	KRAUZA-DERKOWSKA Joanna	3385	NOWOMIESZCZANIELUBIĄBIEGANIE	K40	44	00:00:37	02:14:42	04:26:12.75	04:26:50.60	+01:11:03 (26.7%)	9:51	6.1 (73.5%)
45	GÓRSKA-KORBA Ewa	4059	4RUN TEAM PIŁA	K40	45	00:01:04	02:31:47	04:27:37.90	04:28:42.80	+01:12:28 (27.1%)	9:54	6.1 (73.5%)
46	GAJOS Anna	3606		K40	46	00:00:29	02:24:27	04:28:39.25	04:29:08.40	+01:13:29 (27.4%)	9:57	6 (72.3%)
47	SALONI-SADOWSKA Maria	3553	OBOZYBIEGOWE.PL	K40	47	00:01:25	02:25:43	04:28:47.25	04:30:13.05	+01:13:37 (27.4%)	9:57	6 (72.3%)
48	CZAWA Aneta	3859		K40	48	00:01:15	02:26:24	04:29:44.10	04:30:59.50	+01:14:34 (27.6%)	9:59	6 (72.3%)
49	KALBARCZYK Beata	3124	ORANGE	K40	49	00:01:11	02:19:22	04:30:24.45	04:31:36.10	+01:15:15 (27.8%)	10:00	6 (72.3%)
50	KRÓL Grażyna	3488		K40	50	00:00:17	02:17:53	04:30:29.80	04:30:47.30	+01:15:20 (27.9%)	10:01	6 (72.3%)
51	RYNKOWSKA Katarzyna	3506		K40	51	00:00:45	02:27:59	04:32:31.40	04:33:16.50	+01:17:22 (28.4%)	10:05	5.9 (71.1%)
52	KUCHKO Irena	3809		K40	52	00:00:36	02:11:29	04:32:33.40	04:33:09.90	+01:17:24 (28.4%)	10:05	5.9 (71.1%)
53	RYŁKO Mariola	3650	SOLINA TEAM	K40	53	00:00:19	02:17:26	04:33:36.55	04:33:55.95	+01:18:27 (28.7%)	10:08	5.9 (71.1%)
54	PAUL Violetta	4024	NIGHT RUNNERS GLIWICE	K40	54	00:01:14	02:29:14	04:33:45.75	04:35:00.35	+01:18:36 (28.7%)	10:08	5.9 (71.1%)
54	BRZEZIŃSKA Teresa	3049	NIGHT RUNNERS GLIWICE	K40	55	00:01:14	02:33:30	04:33:45.75	04:35:00.65	+01:18:36 (28.7%)	10:08	5.9 (71.1%)
54	GABRYŚ Jolanta	3102	NIGHT RUNNERS GLIWICE	K40	56	00:01:14	02:33:31	04:33:45.75	04:35:00.60	+01:18:36 (28.7%)	10:08	5.9 (71.1%)
57	MILDNER Jolanta	3387	BANK SPÓŁDZIELCZY JASTRZĘBIE ZDRÓJ	K40	57	00:01:05	02:26:08	04:34:10.80	04:35:16.20	+01:19:01 (28.8%)	10:09	5.9 (71.1%)
58	MATOGA Lucyna	3429		K40	58	00:01:21	02:31:41	04:38:34.15	04:39:55.60	+01:23:24 (29.9%)	10:19	5.8 (69.9%)
59	GNIOT Joanna	3563	DIABELKOWA AŚ	K40	59	00:00:25	02:27:07	04:39:17.85	04:39:43.55	+01:24:08 (30.1%)	10:20	5.8 (69.9%)
60	RYNKOWSKA Magdalena	3469		K40	60	00:00:46	02:27:58	04:44:50.50	04:45:37.10	+01:29:41 (31.5%)	10:33	5.7 (68.7%)
61	CICHECKA Anna	3421		K40	61	00:00:26	02:30:49	04:45:16.45	04:45:42.80	+01:30:07 (31.6%)	10:33	5.7 (68.7%)
62	WEŁPA Katarzyna	3786		K40	62	00:00:47	02:28:33	04:48:08.45	04:48:56.40	+01:32:59 (32.3%)	10:40	5.6 (67.5%)

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63	STARZYŃSKA Marta	3509	PERFECT RUNNER LUBLIN	K40	63	00:00:41	02:30:31	04:48:16.90	04:48:58.80	+01:33:07 (32.3%)	10:40	5.6 (67.5%)
64	MINIUR Małgorzata	3152	BIEGNĘ	K40	64	00:01:01	02:30:39	04:50:13.40	04:51:14.95	+01:35:04 (32.8%)	10:44	5.6 (67.5%)
65	ZAWADZKA Marzena	4060	4RUN TEAM PIŁA	K40	65	00:01:04	02:32:32	04:50:42.95	04:51:47.85	+01:35:33 (32.9%)	10:46	5.6 (67.5%)
66	KRAKOWSKA - TWORZYDŁO Katarzyna	3529	NIGHT RUNNERS KRAKÓW	K40	66	00:00:53	02:40:22	04:54:27.30	04:55:20.30	+01:39:18 (33.7%)	10:54	5.5 (66.3%)
67	KOSTRZEWA Elwira	3401	PZU SPORT TEAM	K40	67	00:00:48	02:33:41	04:55:24.50	04:56:13.20	+01:40:15 (33.9%)	10:56	5.5 (66.3%)
68	SZOŁTYSEK Beata	3546		K40	68	00:02:26	02:40:23	04:56:02.30	04:58:29.15	+01:40:53 (34.1%)	10:57	5.5 (66.3%)
69	GRANICA Dani	3303	VIRTUAL RUNNER CLUB	K40	69	00:00:24	02:35:11	04:56:10.10	04:56:34.70	+01:41:00 (34.1%)	10:58	5.5 (66.3%)
70	JODKO Magda	3158		K40	70	00:00:24	02:39:01	04:56:10.55	04:56:35.00	+01:41:01 (34.1%)	10:58	5.5 (66.3%)
71	MAJOS Małgorzata	3991		K40	71	00:01:20	02:28:49	04:58:29.65	04:59:50.20	+01:43:20 (34.6%)	11:03	5.4 (65.1%)
72	JANICKA Aneta	3486	PRO-RUN WROCŁAW	K40	72	00:01:40	02:36:58	04:59:16.10	05:00:57.05	+01:44:06 (34.8%)	11:05	5.4 (65.1%)
73	GĄSIOROWSKA Dorota	3078	WARSZAWA	K40	73	00:01:24	02:40:21	05:00:25.85	05:01:50.55	+01:45:16 (35.0%)	11:07	5.4 (65.1%)
74	TURCZANIK Aneta	3411		K40	74	00:01:26	02:33:23	05:01:48.95	05:03:15.90	+01:46:39 (35.3%)	11:10	5.4 (65.1%)
75	PIKOR Agata	3427	POLSKA	K40	75	00:01:26	02:33:21	05:01:49.05	05:03:15.90	+01:46:39 (35.3%)	11:10	5.4 (65.1%)
76	TWARDOSZ Maja	3566		K40	76	00:01:03	02:39:29	05:02:12.05	05:03:15.25	+01:47:02 (35.4%)	11:11	5.4 (65.1%)
77	SZYSZKA Monika	3975	TRUCHTACZ.PL	K40	77	00:01:26	02:44:41	05:04:45.80	05:06:12.00	+01:49:36 (36.0%)	11:17	5.3 (63.9%)
78	KASPRZAK Beata	3123	RUN EXPERT LEJDIS	K40	78	00:00:22	02:43:37	05:05:03.85	05:05:26.45	+01:49:54 (36.0%)	11:17	5.3 (63.9%)
79	GORGOL Renata	3515	RUN BYDGOSZCZ	K40	79	00:00:56	02:36:35	05:06:35.60	05:07:31.70	+01:51:26 (36.3%)	11:21	5.3 (63.9%)
80	CIECIERA Aneta	3955	PRZELAJOWIEC.PL	K40	80	00:01:29	02:37:25	05:07:17.75	05:08:47.15	+01:52:08 (36.5%)	11:22	5.3 (63.9%)
81	SOZYNSKA Edyta	3399		K40	81	00:01:38	02:42:19	05:07:38.40	05:09:17.30	+01:52:29 (36.6%)	11:23	5.3 (63.9%)
82	LIPIŃSKA Żaneta	3748	AKADEMIA BIEGANIA GRUDZIĄDZ	K40	82	00:01:12	02:39:11	05:12:56.35	05:14:09.25	+01:57:47 (37.6%)	11:35	5.2 (62.7%)
83	SADOWIŃSKA Adriana	3167	POKOJOWY PATROL	K40	83	00:00:33	02:46:34	05:16:27.55	05:17:01.15	+02:01:18 (38.3%)	11:43	5.1 (61.4%)
84	SABATOWSKA Magda	3410		K40	84	00:00:40	02:42:11	05:19:48.60	05:20:29.55	+02:04:39 (39.0%)	11:50	5.1 (61.4%)
85	JANAS Edyta	3112	IM	K40	85	00:00:51	02:59:23	05:26:31.60	05:27:22.95	+02:11:22 (40.2%)	12:05	5 (60.2%)

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86	SZCZEPANIAK Lucyna	3100	CALYPSO PIŁA	K40	86	00:01:18	02:49:16	05:27:44.45	05:29:03.20	+02:12:35 (40.5%)	12:08	4.9 (59.0%)
87	KOWALEWSKA Dorota	3825	SPARTANIE DZIECIOM	K40	87	00:00:14	02:49:10	05:28:18.75	05:28:33.45	+02:13:09 (40.6%)	12:09	4.9 (59.0%)
88	MAZUR Beata	3501	MAZUR FAMILY	K40	88	00:00:29	02:51:15	05:32:49.05	05:33:18.45	+02:17:39 (41.4%)	12:19	4.9 (59.0%)
89	KUKLINSKA Joanna	3985		K40	89	00:00:39	02:46:00	05:33:12.45	05:33:52.35	+02:18:03 (41.4%)	12:20	4.9 (59.0%)
90	BARANOWSKA-KUŹMA Monika	3561		K40	90	00:01:00	02:45:03	05:48:31.45	05:49:32.40	+02:33:22 (44.0%)	12:54	4.6 (55.4%)
91	KUNA Katarzyna	3641	ROZBIEGANY SULEJÓWEK	K40	91	00:01:13	02:53:35	06:06:57.55	06:08:11.30	+02:51:48 (46.8%)	13:35	4.4 (53.0%)
92	CHAŁUPA Ola	3060	KLUB BIEGACZA GOCH	K40	92	00:01:27	03:02:28	06:20:41.15	06:22:08.95	+03:05:31 (48.7%)	14:05	4.3 (51.8%)
93	KASPRZAK Magdalena	3226	RUN EXPERT LEJDIS	K40	93	00:00:27	03:19:41	06:27:51.50	06:28:19.20	+03:12:42 (49.7%)	14:21	4.2 (50.6%)
	CZARNECKA Jolanta	3648		K40		DNF	03:06:52 DNF	DNF	DNF		-	- (0.0%)
	SKOCZYLAS Małgorzata	3229		K40		DNF	03:07:14 DNF	DNF	DNF		-	- (0.0%)
	HOLOVIN Hanna	3290		K40		DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 96 wynik(ów)