

BIEG RZEŹNICZEK

B4SPORT

Organiser: OTK Rzeźnik
Date: 2015-06-06
Place: Solinka - Cisna
Distance: 27 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Classification: K40

Place	Participant	Number	Club	Category	MCat	14km	Net time 27km	Czas brutto 27km	Gap	Pace min/km	Pace km/h
1	HYJEK Elżbieta	766	ZABIEGANI MIELEC	K40	1	01:40:31	03:18:25.85	03:18:25.85		7:20	8.2 (100%)
2	PASECKA Sylwia	286	NIGHT RUNNERS GLIWICE	K40	2	01:48:36	03:28:21.25	03:28:21.25	+00:09:55 (4.8%)	7:43	7.8 (95.1%)
3	WĘGRZYN Małgorzata	40	RZESZOWSKIE GAZELE I GEPARDY	K40	3	01:51:24	03:33:54.45	03:33:54.45	+00:15:28 (7.2%)	7:55	7.6 (92.7%)
4	DOMISZEWSKA Maria	865	USTRZYKI DOLNE	K40	4	01:52:35	03:39:19.35	03:39:19.35	+00:20:53 (9.5%)	8:07	7.4 (90.2%)
5	BRZEZOWSKA Beata	216	ALBATROSY	K40	5	01:55:21	03:41:04.40	03:41:04.40	+00:22:38 (10.2%)	8:11	7.3 (89.0%)
6	KOSSAKOWSKA Katarzyna	178	WARSZAWA	K40	6	01:50:16	03:44:18.20	03:44:18.20	+00:25:52 (11.5%)	8:18	7.2 (87.8%)
7	SZYBIAK Joanna	491	AGONA WM	K40	7	01:56:11	03:49:32.35	03:49:32.35	+00:31:06 (13.6%)	8:30	7.1 (86.6%)
8	GURAK-STENCEL Izabela	901		K40	8	01:59:05	03:49:54.85	03:49:54.85	+00:31:29 (13.7%)	8:30	7 (85.4%)
9	WĘCŁAWSKA Aneta	293	BRACTWO BIEGOWE BGK / RUNPLANET TEAM	K40	9	01:58:47	03:49:55.55	03:49:55.55	+00:31:29 (13.7%)	8:30	7 (85.4%)
10	JAZ Małgorzata	806		K40	10	02:00:13	03:50:12.15	03:50:12.15	+00:31:46 (13.8%)	8:31	7 (85.4%)
11	SPYCHAŁA Agnieszka	436	POZNAN	K40	11	02:01:21	03:51:14.00	03:51:14.00	+00:32:48 (14.2%)	8:33	7 (85.4%)
12	PLISZCZYŃSKA Justyna	457		K40	12	01:59:52	03:52:23.70	03:52:23.70	+00:33:57 (14.6%)	8:36	7 (85.4%)
13	DEMKÓW Katarzyna	466	KB SOBÓTKA	K40	13	01:57:09	03:52:50.10	03:52:50.10	+00:34:24 (14.8%)	8:37	7 (85.4%)
14	ŻAK - ŁEBEK Ewa	302	OLKUSZBIEGA.PL	K40	14	01:59:00	03:54:39.30	03:54:39.30	+00:36:13 (15.4%)	8:41	6.9 (84.1%)
15	ŚWIDEREK Kasia	294	JÓZEFOSŁAW	K40	15	01:55:40	03:54:43.70	03:54:43.70	+00:36:17 (15.5%)	8:41	6.9 (84.1%)
16	SZYMAŃSKA Agnieszka	272	PKO BANK POLSKI	K40	16	02:03:42	03:55:11.75	03:55:11.75	+00:36:45 (15.6%)	8:42	6.9 (84.1%)
17	KRAUZA-DERKOWSKA Joanna	295	NOWOMIESZCZANIELUBIĄBIEGANIE	K40	17	01:58:55	03:56:31.50	03:56:31.50	+00:38:05 (16.1%)	8:45	6.8 (82.9%)
18	KRASNODĘBSKA Agnieszka	416	ORTOREH TEAM	K40	18	01:55:31	03:56:33.65	03:56:33.65	+00:38:07 (16.1%)	8:45	6.8 (82.9%)
19	RUTKA Monika	873	RUN RACE TEAM	K40	19	01:59:54	03:56:42.70	03:56:42.70	+00:38:16 (16.2%)	8:46	6.8 (82.9%)
20	CZERWIŃSKA Magdalena	832	GLIWICE	K40	20	01:58:39	03:59:40.00	03:59:40.00	+00:41:14 (17.2%)	8:52	6.8 (82.9%)
21	ŻACZEK Anna	456	BIEGUSIEM.PL	K40	21	02:10:11	04:01:50.25	04:01:50.25	+00:43:24 (17.9%)	8:57	6.7 (81.7%)
22	BUCZYŃSKA Sylwia	412	KRAKÓW	K40	22	02:02:07	04:03:23.45	04:03:23.45	+00:44:57 (18.5%)	9:00	6.7 (81.7%)
23	LESZCZYŃSKA Iwona	371	CELESTYNÓW	K40	23	02:05:43	04:03:35.60	04:03:35.60	+00:45:09 (18.5%)	9:01	6.7 (81.7%)
24	NOWOTARSKA Anita	876		K40	24	01:57:39	04:06:56.20	04:06:56.20	+00:48:30 (19.6%)	9:08	6.6 (80.5%)
25	GRANICA Danuta	349	VIRTUAL RUNNER CLUB	K40	25	02:04:48	04:08:30.50	04:08:30.50	+00:50:04 (20.2%)	9:12	6.5 (79.3%)
26	PETRICZKO Elżbieta	875		K40	26	02:08:54	04:14:17.30	04:14:17.30	+00:55:51 (22.0%)	9:25	6.4 (78.0%)
27	WASILEWSKA Joanna	359	WITC	K40	27	02:11:18	04:14:45.90	04:14:45.90	+00:56:20 (22.1%)	9:26	6.4 (78.0%)
28	PAPROCKA Natalia	366		K40	28	02:13:18	04:15:12.70	04:15:12.70	+00:56:46 (22.2%)	9:27	6.3 (76.8%)
29	SOŁKIEWICZ Marta	377	BIESZCZADZKIE ANIOŁY	K40	29	02:15:33	04:18:54.75	04:18:54.75	+01:00:28 (23.4%)	9:35	6.3 (76.8%)
30	WIEWIÓRA Anna	759	BIELSKO-BIAŁA	K40	30	02:11:59	04:19:50.10	04:19:50.10	+01:01:24 (23.6%)	9:37	6.2 (75.6%)

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31	GAŁUSZEK Olga	442	POZNAŃ	K40	31	02:06:50	04:21:00.05	04:21:00.05	+01:02:34 (24.0%)	9:40	6.2 (75.6%)
31	SZTUREMSKA-PRZYBYŁ Agata	822	KRAKÓW	K40	32	02:06:59	04:21:00.05	04:21:00.05	+01:02:34 (24.0%)	9:40	6.2 (75.6%)
33	MAJ Anna	740	BIESZCZADZKIE ANIOŁY	K40	33	02:13:20	04:26:31.30	04:26:31.30	+01:08:05 (25.5%)	9:52	6.1 (74.4%)
34	KRÓL Grażyna	767		K40	34	02:08:39	04:27:50.60	04:27:50.60	+01:09:24 (25.9%)	9:55	6 (73.2%)
35	PRZYBYŁO Lucyna	883		K40	35	02:03:30	04:28:13.85	04:28:13.85	+01:09:48 (26.0%)	9:56	6 (73.2%)
36	JODKO Magda	307	AKADEMIA BIEGANIA GRUDZIĄDZ	K40	36	02:09:30	04:28:39.10	04:28:39.10	+01:10:13 (26.1%)	9:57	6 (73.2%)
37	RYNKOWSKA Magdalena	432	WARSZAWA	K40	37	02:17:10	04:31:09.30	04:31:09.30	+01:12:43 (26.8%)	10:02	6 (73.2%)
38	NITSCH Joanna	738		K40	38	02:13:54	04:33:33.75	04:33:33.75	+01:15:07 (27.5%)	10:07	5.9 (72.0%)
39	RYNKOWSKA Katarzyna	441	WARSZAWA	K40	39	02:15:38	04:33:56.15	04:33:56.15	+01:15:30 (27.6%)	10:08	5.9 (72.0%)
40	MINIUR Małgorzata	736	BIESZCZADZKIE ANIOŁY	K40	40	02:18:11	04:36:06.60	04:36:06.60	+01:17:40 (28.1%)	10:13	5.9 (72.0%)
41	SUCHANEK-KRAWIEC Agnieszka	462		K40	41	02:10:18	04:36:12.90	04:36:12.90	+01:17:47 (28.2%)	10:13	5.9 (72.0%)
42	POPŁAWSKA Katarzyna	455	HALINÓW	K40	42	02:11:45	04:38:04.40	04:38:04.40	+01:19:38 (28.6%)	10:17	5.8 (70.7%)
43	WÓJTOWICZ Edyta	472	KB DZIK	K40	43	02:18:00	04:40:44.80	04:40:44.80	+01:22:18 (29.3%)	10:23	5.8 (70.7%)
44	BOGUCKA Martyna	869	JACEKBIEGA RUNNING TEAM	K40	44	02:17:36	04:44:31.00	04:44:31.00	+01:26:05 (30.3%)	10:32	5.7 (69.5%)
45	NOWAK Anna	474	WARSZAWA	K40	45	02:21:20	04:47:19.10	04:47:19.10	+01:28:53 (30.9%)	10:38	5.6 (68.3%)
46	DABROWSKA Barbara	846	WĄBRZEŻNO	K40	46	02:19:23	04:54:41.60	04:54:41.60	+01:36:15 (32.7%)	10:54	5.5 (67.1%)
47	SAPEK Magdalena	834	GLIWICE	K40	47	02:17:47	04:56:51.50	04:56:51.50	+01:38:25 (33.2%)	10:59	5.5 (67.1%)
48	BARANOWSKA-KUŻMA Monika	805	YULO RUN TEAM SIEDLCE	K40	48	02:29:23	04:58:17.35	04:58:17.35	+01:39:51 (33.5%)	11:02	5.4 (65.9%)
49	SZYSZKA Monika	449	TRUCHTACZ.PL	K40	49	02:32:18	05:04:05.95	05:04:05.95	+01:45:40 (34.7%)	11:15	5.3 (64.6%)
50	FRĄTCZAK Magdalena	741		K40	50	02:15:37	05:05:51.20	05:05:51.20	+01:47:25 (35.1%)	11:19	5.3 (64.6%)
51	KASPRZAK Beata	764	RUN EXPERT LEJDIS	K40	51	02:42:55	05:09:10.85	05:09:10.85	+01:50:45 (35.8%)	11:27	5.2 (63.4%)
52	BEŁKOWSKA VEL KAMIŃSKA Dorota	745		K40	52	02:39:30	05:19:19.90	05:19:19.90	+02:00:54 (37.9%)	11:49	5.1 (62.2%)
53	KASPRZAK Magdalena	492	RUN EXPERT LEJDIS	K40	53	02:42:56	05:29:47.45	05:29:47.45	+02:11:21 (39.8%)	12:12	4.9 (59.8%)
54	BEDNARCZYK Agnieszka	440	FORMA MIKOŁÓW	K40	54	02:24:19	05:39:59.05	05:39:59.05	+02:21:33 (41.6%)	12:35	4.8 (58.5%)
55	PACANOWSKA Agnieszka	486	WEŁNICA BIEGA	K40	55	02:39:24	05:48:08.20	05:48:08.20	+02:29:42 (43.0%)	12:53	4.7 (57.3%)
55	MICHALSKA PRZYBYLSKA Żaneta	800	GNIEZNO	K40	56	02:39:25	05:48:08.20	05:48:08.20	+02:29:42 (43.0%)	12:53	4.7 (57.3%)

Total 56 results.