



BIESZCZADZKI WEEKEND BIEGOWY RYSIA

Klasyfikacja: K-Open

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Bieszczadzki Weekend Biegowy Rysia 2019
GOKSiT Polańczyk
2019-10-19
Polańczyk
13 km

BIESZCZADZKI KLASYK RYSIA - 13 KM

B4SPORT

 **HERKULES**
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Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.5km	9.5km	12km	Czas netto 13km	Różn	Tempo min/km	Tempo km/h
1	DUTKEVYCH Viktoriya	63		K-16	1	00:25:32	00:42:57	01:05:40	01:12:16.13		5:33	10.8 (100%)
2	WINIARSKA Katarzyna	267	FANTASTYCZNA TRÓJKA	K-30	1	00:26:19	00:44:42	01:08:04	01:14:30.62	+00:02:14 (3.0%)	5:43	10.5 (97.2%)
3	KLINGER Weronika	110	PRZEMYSKI KLUB BIEGACZA 1	K-30	2	00:30:23	00:50:50	01:16:24	01:23:35.96	+00:11:19 (13.6%)	6:25	9.3 (86.1%)
4	STEFAŃSKA Maria	235	PRZEMYSKI KLUB BIEGACZA 1	K-40	1	00:30:23	00:51:19	01:17:17	01:24:38.98	+00:12:22 (14.6%)	6:30	9.2 (85.2%)
5	MATYSIAK Agnieszka	20	KOPALNIA MOCY TARNOBRZEG	K-30	3	00:30:57	00:52:37	01:18:18	01:25:24.39	+00:13:08 (15.4%)	6:34	9.1 (84.3%)
6	AMROŹKIEWICZ - GROMEK Judyta	3	AMROŹKIEWICZ TEAM/ SAN-REH BOGDAN GROMEK	K-30	4	00:30:36	00:51:11	01:18:20	01:25:56.92	+00:13:40 (15.9%)	6:36	9.1 (84.3%)
7	ROGOWSKA Anna	135	DECARUN RZESZÓW	K-30	5	00:31:17	00:52:48	01:19:27	01:27:14.38	+00:14:58 (17.2%)	6:42	8.9 (82.4%)
8	ZAPOŁOCH Bożena	23	POZYTYWNE ZABIEGANI SANOK	K-30	6	00:31:31	00:53:16	01:21:04	01:28:44.72	+00:16:28 (18.6%)	6:49	8.8 (81.5%)
9	CIEPAŁOWICZ Ewa	40	PRZEMYSKI KLUB BIEGACZA 6	K-30	7	00:31:40	00:54:07	01:21:50	01:29:22.74	+00:17:06 (19.1%)	6:52	8.7 (80.6%)
10	OLEKSZYK Joanna	182	DECARUN RZESZÓW	K-16	2	00:32:29	00:54:23	01:22:02	01:29:40.42	+00:17:24 (19.4%)	6:53	8.7 (80.6%)
11	CYPRYŚ Joanna	44	DECARUN RZESZÓW	K-16	3	00:33:08	00:56:23	01:24:50	01:32:49.63	+00:20:33 (22.1%)	7:08	8.4 (77.8%)
12	OGŁUSZKA Elżbieta	179	DECARUN RZESZÓW	K-30	8	00:33:01	00:56:19	01:26:09	01:33:58.84	+00:21:42 (23.1%)	7:13	8.3 (76.9%)
13	CZURA Renata	45	PRZEMYSKI KLUB BIEGACZA 5	K-40	2	00:33:26	00:57:22	01:27:41	01:36:00.39	+00:23:44 (24.7%)	7:23	8.1 (75.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.5km	9.5km	12km	Czas netto 13km	Różn	Tempo min/km	Tempo km/h
14	KULIK Anna	132	5 BATALION STRZELCÓW PODHALAŃSKICH 1	K-40	3	00:34:01	00:57:30	01:28:47	01:36:52.31	+00:24:36 (25.4%)	7:27	8.1 (75.0%)
15	ĆWIAKAŁA Halina	47	ATHLETIC ZRĘCIN	K-40	4	00:33:36	00:57:03	01:29:00	01:37:17.21	+00:25:01 (25.7%)	7:29	8 (74.1%)
16	BANASIK Monika	14	PRUCHNICKA GRUPA BIEGOWA	K-30	9	00:34:53	00:58:08	01:29:34	01:37:43.88	+00:25:27 (26.1%)	7:31	8 (74.1%)
17	GRADOWSKA Katarzyna	83	PRZEMYSKI KLUB BIEGACZA 6	K-30	10	00:34:03	00:58:40	01:28:54	01:38:05.88	+00:25:49 (26.3%)	7:32	8 (74.1%)
18	RYŚ Katarzyna	214	PRZEMYSKI KLUB BIEGACZA	K-30	11	00:33:39	00:59:01	01:30:15	01:38:07.73	+00:25:51 (26.4%)	7:32	7.9 (73.1%)
19	DOROSZ Barbara	52	PRZEMYSKI KLUB BIEGACZA 1	K-30	12	00:32:09	00:56:35	01:29:02	01:38:09.92	+00:25:53 (26.4%)	7:33	7.9 (73.1%)
20	DRWIĘGA Beata	55	SWIMRUN FOX TEAM	K-40	5	00:34:24	00:59:28	01:29:38	01:38:24.08	+00:26:07 (26.6%)	7:34	7.9 (73.1%)
21	NIEMIEC-DRWIĘGA Bernadeta	172	NA PRZEKÓR	K-40	6	00:34:20	00:59:31	01:29:51	01:38:24.99	+00:26:08 (26.6%)	7:34	7.9 (73.1%)
22	SZYMALA-LIPKA Magdalena	247	LIPKI RULEZ	K-30	13	00:33:42	00:57:43	01:30:09	01:38:41.94	+00:26:25 (26.8%)	7:35	7.9 (73.1%)
23	WARĘCKA Katarzyna	258	PIERDZĄCE ZAJĄCE	K-16	4	00:34:20	00:58:49	01:30:16	01:38:57.33	+00:26:41 (27.0%)	7:36	7.9 (73.1%)
24	ZAORSKA Justyna	319	STAŁOWOWOLSKI KLUB BIEGACZA	K-40	7	00:35:14	00:59:17	01:31:11	01:39:14.52	+00:26:58 (27.2%)	7:38	7.9 (73.1%)
25	WOLF Weronika	273	3PBOT, POZYTYWNIE ZABIEGANI SANOK	K-40	8	00:35:34	01:01:07	01:30:46	01:39:26.21	+00:27:10 (27.3%)	7:38	7.8 (72.2%)
26	MAŚLAK Marzena	152	POZYTYWNIE ZABIEGANI SANOK	K-30	14	00:35:35	01:01:15	01:31:01	01:39:26.99	+00:27:10 (27.3%)	7:39	7.8 (72.2%)
27	KORZENIOWSKA Joanna	120	UMCS BIEGA	K-30	15	00:34:44	00:59:31	01:31:21	01:39:58.42	+00:27:42 (27.7%)	7:41	7.8 (72.2%)
28	ZARĘBA Jolanta	305	RZESZOWSKIE GAZELE I GEPARDY	K-50	1	00:35:38	01:00:56	01:32:27	01:41:22.98	+00:29:06 (28.7%)	7:47	7.7 (71.3%)
29	BANDROWSKA Małgorzata	16		K-16	5	00:37:43	01:04:33	01:18:11	01:41:45.55	+00:29:29 (29.0%)	7:49	7.7 (71.3%)
30	STADNIK Renata	230	PRZEMYSKI KLUB BIEGACZA	K-40	9	00:35:12	01:00:29	01:32:38	01:42:05.66	+00:29:49 (29.2%)	7:51	7.6 (70.4%)
31	SUCHOWIECKA Sabina	237		K-16	6	00:36:49	01:04:21	01:33:55	01:42:14.58	+00:29:58 (29.3%)	7:51	7.6 (70.4%)
32	DUDEK Katarzyna	59	PRZEMYSKI KLUB BIEGACZA	K-30	16	00:36:43	01:03:04	01:34:39	01:43:04.66	+00:30:48 (29.9%)	7:55	7.6 (70.4%)
33	JAWORSKA Aleksandra	102	BIEGACZE ŚWINOUJŚCIE	K-30	17	00:35:36	01:01:33	01:35:08	01:44:39.85	+00:32:23 (31.0%)	8:03	7.5 (69.4%)
34	ŁOPATKIEWICZ Beata	143		K-50	2	00:36:38	01:02:14	01:35:11	01:44:43.23	+00:32:27 (31.0%)	8:03	7.4 (68.5%)
35	WOJDON Monika	271	DECARUN RZESZÓW	K-40	10	00:37:12	01:04:55	01:36:56	01:45:15.17	+00:32:59 (31.3%)	8:05	7.4 (68.5%)
36	ŁUCZYCKA Iwona	144	POZYTYWNIE ZABIEGANI SANOK	K-40	11	00:36:47	01:04:09	01:38:22	01:47:53.30	+00:35:37 (33.0%)	8:17	7.2 (66.7%)

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37	CURZYDŁO Magdalena	43	POZYTYWNE ZABIEGANI SANOK	K-30	18	00:36:42	01:04:10	01:38:25	01:47:53.38	+00:35:37 (33.0%)	8:17	7.2 (66.7%)
38	FURMAN Brygida	69		K-16	7	00:37:31	01:06:10	01:39:51	01:49:50.90	+00:37:34 (34.2%)	8:27	7.1 (65.7%)
39	KRUKOWSKA Ewa	128	PLATINIUM CROSS ZAMOŚĆ	K-30	19	00:38:25	01:07:18	01:40:41	01:50:09.63	+00:37:53 (34.4%)	8:28	7.1 (65.7%)
40	KONIECZNA Joanna	117	POZYTYWNE ZABIEGANI SANOK	K-40	12	00:39:10	01:08:10	01:41:42	01:50:48.51	+00:38:32 (34.8%)	8:31	7 (64.8%)
41	MOSKAL Marzena	167		K-40	13	00:39:12	01:06:59	01:42:17	01:51:40.90	+00:39:24 (35.3%)	8:35	7 (64.8%)
42	SYCZ Barbara	304	PRZEMYSKI KLUB BIEGACZA	K-40	14	00:38:22	01:05:37	01:41:59	01:52:38.99	+00:40:22 (35.8%)	8:39	6.9 (63.9%)
43	RZESZUTEK Anna	215	DECARUN RZESZÓW	K-16	8	00:38:52	01:07:12	01:43:10	01:53:12.22	+00:40:56 (36.2%)	8:42	6.9 (63.9%)
44	BABINSKA Inga	290	PRZEMYSKI KLUB BIEGACZA	K-40	15	00:38:35	01:06:58	01:43:16	01:53:36.37	+00:41:20 (36.4%)	8:44	6.9 (63.9%)
45	GŁUSZKO Justyna	78	SOLINA TEAM	K-30	20	00:40:52	01:09:20	01:44:54	01:54:56.73	+00:42:40 (37.1%)	8:50	6.8 (63.0%)
46	PERŁOWSKA-ŁOŚ Justyna	193		K-30	21	00:40:25	01:08:51	01:46:09	01:55:44.79	+00:43:28 (37.6%)	8:54	6.7 (62.0%)
47	JAŁOCHA Barbara	96	PRZEMYSKI KLUB BIEGACZA 5	K-50	3	00:40:09	01:09:26	01:46:14	01:56:17.41	+00:44:01 (37.9%)	8:56	6.7 (62.0%)
48	KRÓL Grażyna	127		K-40	16	00:40:57	01:10:47	01:47:20	01:56:38.05	+00:44:21 (38.0%)	8:58	6.7 (62.0%)
49	CUDZIŁO Joanna	41	PKO BANK POLSKI S.A.	K-40	17	00:40:59	01:09:22	01:46:41	01:56:38.34	+00:44:22 (38.0%)	8:58	6.7 (62.0%)
50	RADYK Joanna	204	PRZEMYSKI KLUB BIEGACZA	K-30	22	00:41:17	01:14:19	01:48:37	01:57:38.92	+00:45:22 (38.6%)	9:03	6.6 (61.1%)
51	KALINOWSKA Lucyna	105		K-50	4	00:40:07	01:10:40	01:47:59	01:57:47.68	+00:45:31 (38.6%)	9:03	6.6 (61.1%)
52	GAWEŁ Marzena	72	PRZEMYSKI KLUB BIEGACZA 5	K-40	18	00:41:24	01:11:57	01:49:43	02:00:01.02	+00:47:44 (39.8%)	9:13	6.5 (60.2%)
53	SZCZERBICKA Aleksandra	243		K-16	9	00:43:15	01:12:52	01:49:49	02:00:01.29	+00:47:45 (39.8%)	9:14	6.5 (60.2%)
54	PAWLOWSKA Agnieszka	190	PRZEMYSKI KLUB BIEGACZA	K-40	19	00:41:29	01:14:42	01:50:51	02:00:41.39	+00:48:25 (40.1%)	9:17	6.5 (60.2%)
55	FURMAN Katarzyna	317		K-30	23	00:41:12	01:12:24	01:51:01	02:01:32.69	+00:49:16 (40.5%)	9:21	6.4 (59.3%)
56	BANAS Małgorzata	306		K-50	5	00:42:47	01:14:57	01:51:19	02:01:36.71	+00:49:20 (40.6%)	9:21	6.4 (59.3%)
57	MIODUNKA Jolanta	164	STG DĘBICA	K-40	20	00:43:14	01:14:11	01:51:26	02:01:46.99	+00:49:30 (40.7%)	9:22	6.4 (59.3%)
58	MIELCZARSKA Monika	160		K-30	24	00:41:04	01:12:21	01:50:29	02:02:02.01	+00:49:45 (40.8%)	9:23	6.4 (59.3%)
59	HARATYK Roksana	90	DZIKIE MUSTANGI	K-30	25	00:41:51	01:13:56	01:54:37	02:05:34.10	+00:53:17 (42.4%)	9:39	6.2 (57.4%)

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60	FORNEK Paulina	68	DZIKIE MUSTANGI	K-16	10	00:41:41	01:13:39	01:54:22	02:05:34.32	+00:53:18 (42.4%)	9:39	6.2 (57.4%)
61	PRZĄDKA Katarzyna	200		K-30	26	00:44:25	01:18:22	02:00:14	02:11:06.16	+00:58:50 (44.9%)	10:05	5.9 (54.6%)
62	ZBIEĆ Angelika	278	DARFIK TEAM	K-30	27	00:44:18	01:18:13	02:00:11	02:11:06.76	+00:58:50 (44.9%)	10:05	5.9 (54.6%)
63	ZBIEĆ Bożena	280	DARFIK TEAM	K-50	6	00:44:48	01:18:28	02:00:29	02:12:07.09	+00:59:50 (45.3%)	10:09	5.9 (54.6%)

Znaleziono 63 wynik(ów)