



# BIESZCZADZKI WEEKEND BIEGOWY RYSIA

Klasyfikacja: K-OPEN

## BIESZCZADZKI PÓLMARATON RYSIA - 23 KM

B4SPORT

**Wydarzenie:** Bieszczadzki Weekend Biegowy Rysia 2019  
**Organizator:** GOKSiT Polańczyk  
**Data:** 2019-10-20  
**Miejsce:** Polańczyk  
**Dystans:** 23 km



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.5km	15km	19km	22km	Czas netto 23km	Różn	Tempo min/km	Tempo km/h
1	DUTKEVYCH Viktoriya	63		K-16	1	00:27:39	01:21:07	01:37:24	01:59:53	<b>02:06:15.56</b>		5:29	10.9 (100%)
2	WINIARSKA Katarzyna	267	FANTASTYCZNA TRÓJKA	K-30	1	00:27:43	01:22:37	01:37:55	02:00:40	<b>02:06:54.05</b>	+00:00:38 (0.5%)	5:31	10.9 (100%)
3	ROGOWSKA Anna	135	DECARUN RZESZÓW	K-30	2	00:32:17	01:33:06	01:48:43	02:15:42	<b>02:23:16.23</b>	+00:17:00 (11.9%)	6:13	9.6 (88.1%)
4	KLINGER Weronika	110	PRZEMYSKI KLUB BIEGACZA 1	K-30	3	00:32:29	01:34:10	01:50:09	02:17:44	<b>02:24:45.46</b>	+00:18:29 (12.8%)	6:17	9.5 (87.2%)
5	MATYSIAK Agnieszka	20	KOPALNIA MOCY TARNOBRZEG	K-30	4	00:32:34	01:34:47	01:51:09	02:18:53	<b>02:26:34.37</b>	+00:20:18 (13.9%)	6:22	9.4 (86.2%)
6	STEFAŃSKA Maria	235	PRZEMYSKI KLUB BIEGACZA 1	K-40	1	00:32:56	01:36:29	01:53:26	02:21:44	<b>02:29:17.77</b>	+00:23:02 (15.4%)	6:29	9.2 (84.4%)
7	AMROŹKIEWICZ - GROMEK Judyta	3	AMROŹKIEWICZ TEAM/ SAN-REH BOGDAN GROMEK	K-30	5	00:34:03	01:38:48	01:56:44	02:25:57	<b>02:34:57.10</b>	+00:28:41 (18.5%)	6:44	8.9 (81.7%)
8	OGŁUSZKA Elżbieta	179	DECARUN RZESZÓW	K-30	6	00:33:50	01:41:42	01:59:52	02:30:17	<b>02:38:21.17</b>	+00:32:05 (20.3%)	6:53	8.7 (79.8%)
9	OLEKSZYK Joanna	182	DECARUN RZESZÓW	K-16	2	00:34:06	01:41:38	02:00:08	02:30:34	<b>02:39:03.35</b>	+00:32:47 (20.6%)	6:54	8.7 (79.8%)
10	CYPRYŚ Joanna	44	DECARUN RZESZÓW	K-16	3	00:34:03	01:41:46	02:00:12	02:30:31	<b>02:39:04.93</b>	+00:32:49 (20.6%)	6:55	8.7 (79.8%)
11	DOROSZ Barbara	52	PRZEMYSKI KLUB BIEGACZA 1	K-30	7	00:30:19	01:48:46	02:07:44		<b>02:44:40.01</b>	+00:38:24 (23.3%)	7:09	8.4 (77.1%)
12	CIEPAŁOWICZ Ewa	40	PRZEMYSKI KLUB BIEGACZA	K-30	8	00:36:46	01:48:55	02:08:11	02:38:54	<b>02:47:11.44</b>	+00:40:55 (24.5%)	7:16	8.3 (76.1%)
13	SZYMALA-LIPKA Magdalena	247	LIPKI RULEZ	K-30	9	00:36:25	01:48:43	02:08:32	02:39:42	<b>02:48:30.84</b>	+00:42:15 (25.1%)	7:19	8.2 (75.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.5km	15km	19km	22km	Czas		Tempo min/km	Tempo km/h
										netto	Różn		
14	<b>ĆWIAKAŁA Halina</b>	<b>47</b>	ATHLETIC ZRĘCIN	K-40	2	00:35:49	01:48:33	02:08:41	02:40:18	<b>02:49:13.01</b>	+00:42:57 (25.4%)	7:21	8.2 (75.2%)
15	<b>WARĘCKA Katarzyna</b>	<b>258</b>	PIERDZĄCE ZAJĄCE	K-16	4	00:35:13	01:49:35	02:09:45	02:42:40	<b>02:51:31.06</b>	+00:45:15 (26.4%)	7:27	8 (73.4%)
16	<b>DRWIĘGA Beata</b>	<b>55</b>	SWIMRUN FOX TEAM	K-40	3	00:34:57	01:49:15	02:09:46	02:42:23	<b>02:52:11.89</b>	+00:45:56 (26.7%)	7:29	8 (73.4%)
17	<b>NIEMIEC-DRWIĘGA Bernadeta</b>	<b>172</b>	NA PRZEKÓR	K-40	4	00:34:51	01:49:19	02:09:59	02:42:49	<b>02:52:12.60</b>	+00:45:57 (26.7%)	7:29	8 (73.4%)
18	<b>KULIK Anna</b>	<b>132</b>		K-40	5	00:35:26	01:51:33	02:12:27	02:46:34	<b>02:56:05.72</b>	+00:49:50 (28.3%)	7:39	7.8 (71.6%)
19	<b>ŁOPATKIEWICZ Beata</b>	<b>143</b>		K-50	1	00:37:27	01:53:08	02:13:46	02:47:13	<b>02:57:48.17</b>	+00:51:32 (29.0%)	7:43	7.8 (71.6%)
20	<b>GRADOWSKA Katarzyna</b>	<b>83</b>	PRZEMYSKI KLUB BIEGACZA	K-30	10	00:36:30	01:58:10	02:18:30	02:50:32	<b>02:59:02.97</b>	+00:52:47 (29.5%)	7:47	7.7 (70.6%)
21	<b>CZURA Renata</b>	<b>45</b>	PRZEMYSKI KLUB BIEGACZA 5	K-40	6	00:40:19	02:00:29	02:18:51	02:51:09	<b>02:59:29.37</b>	+00:53:13 (29.7%)	7:48	7.7 (70.6%)
22	<b>GÓRA Agnieszka</b>	<b>205</b>	"ZABIEGANI NOCĄ"	K-40	7	00:37:35	01:54:27	02:15:18	02:51:08	<b>03:00:18.95</b>	+00:54:03 (30.0%)	7:50	7.7 (70.6%)
23	<b>SUCHODOLSKA Anna</b>	<b>221</b>		K-30	11	00:37:13	01:54:25	02:15:44	02:51:03	<b>03:00:19.15</b>	+00:54:03 (30.0%)	7:50	7.7 (70.6%)
24	<b>KORZENIOWSKA Joanna</b>	<b>120</b>	UMCS BIEGA	K-30	12	00:38:12	01:57:07	02:20:16	02:52:02	<b>03:00:36.98</b>	+00:54:21 (30.1%)	7:51	7.6 (69.7%)
25	<b>ZARĘBA Jolanta</b>	<b>305</b>	RZESZOWSKIE GAZELE I GEPARDY	K-50	2	00:38:36	01:57:54	02:19:05	02:53:22	<b>03:02:42.78</b>	+00:56:27 (30.9%)	7:56	7.6 (69.7%)
26	<b>WOLF Weronika</b>	<b>273</b>	POZYTYWNI ZABIEGANI SANOK	K-40	8	00:37:50	01:56:34	02:19:41	02:52:49	<b>03:02:58.71</b>	+00:56:43 (31.0%)	7:57	7.5 (68.8%)
27	<b>MAŚLAK Marzena</b>	<b>152</b>	POZYTYWNI ZABIEGANI SANOK	K-30	13	00:37:55	01:56:48	02:19:48	02:52:56	<b>03:02:58.88</b>	+00:56:43 (31.0%)	7:57	7.5 (68.8%)
28	<b>ŁUCZYCKA Iwona</b>	<b>144</b>	POZYTYWNI ZABIEGANI SANOK	K-40	9	00:38:08	01:56:47	02:20:03	02:52:54	<b>03:02:59.70</b>	+00:56:44 (31.0%)	7:57	7.5 (68.8%)
29	<b>SUCHOWIECKA Sabina</b>	<b>237</b>		K-16	5	00:38:50	01:56:46	02:23:48	02:56:25	<b>03:05:57.79</b>	+00:59:42 (32.1%)	8:05	7.4 (67.9%)
30	<b>WOJDON Monika</b>	<b>271</b>	DECARUN RZESZÓW	K-40	10	00:40:14	02:03:29	02:26:02	03:00:50	<b>03:10:16.93</b>	+01:04:01 (33.6%)	8:16	7.3 (67.0%)
31	<b>DUDEK Katarzyna</b>	<b>59</b>	PRZEMYSKI KLUB BIEGACZA	K-30	14	00:42:18	02:06:17	02:28:25	03:03:57	<b>03:12:23.27</b>	+01:06:07 (34.4%)	8:21	7.2 (66.1%)
32	<b>KONIECZNA Joanna</b>	<b>117</b>	POZYTYWNI ZABIEGANI SANOK	K-40	11	00:41:33	02:04:03	02:25:46	03:02:18	<b>03:12:32.21</b>	+01:06:16 (34.4%)	8:22	7.2 (66.1%)
33	<b>ZAORSKA Justyna</b>	<b>319</b>	STALOWOWOLSKI KLUB BIEGACZA	K-40	12	00:39:27	01:59:18	02:21:56	03:03:38	<b>03:12:38.19</b>	+01:06:22 (34.5%)	8:22	7.2 (66.1%)
34	<b>KRÓL Grażyna</b>	<b>127</b>		K-40	13	00:41:46	02:06:15	02:28:15		<b>03:13:23.65</b>	+01:07:08 (34.7%)	8:24	7.1 (65.1%)
35	<b>RZESZUTEK Anna</b>	<b>215</b>	DECARUN RZESZÓW	K-16	6	00:42:23	02:06:56	02:28:48	03:04:07	<b>03:14:12.49</b>	+01:07:56 (35.0%)	8:26	7.1 (65.1%)
36	<b>MOSKAL Marzena</b>	<b>167</b>		K-40	14	00:42:25	02:06:46	02:29:10	03:04:43	<b>03:14:48.26</b>	+01:08:32 (35.2%)	8:28	7.1 (65.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.5km	15km	19km	22km	Czas netto 23km	Różn	Tempo min/km	Tempo km/h
37	<b>BABINSKA Inga</b>	<b>290</b>	PRZEMYSKI KLUB BIEGACZA	K-40	15	00:43:37	02:09:17	02:30:09	03:07:53	<b>03:19:00.35</b>	+01:12:44 (36.6%)	8:39	6.9 (63.3%)
38	<b>PERŁOWSKA-ŁOŚ Justyna</b>	<b>193</b>		K-30	15	00:42:02	02:09:02	02:31:06	03:09:12	<b>03:19:34.87</b>	+01:13:19 (36.7%)	8:40	6.9 (63.3%)
39	<b>JAŁOCHA Barbara</b>	<b>96</b>	PRZEMYSKI KLUB BIEGACZA 5	K-50	3	00:43:59	02:12:33	02:35:40	03:14:43	<b>03:25:06.86</b>	+01:18:51 (38.4%)	8:55	6.7 (61.5%)
40	<b>CUDZIŁO Joanna</b>	<b>41</b>	PKO BANK POLSKI S.A.	K-40	16	00:42:27	02:10:23	02:34:13	03:15:02	<b>03:25:57.53</b>	+01:19:41 (38.7%)	8:57	6.7 (61.5%)
41	<b>SYCZ Barbara</b>	<b>304</b>	PRZEMYSKI KLUB BIEGACZA	K-40	17	00:42:50	02:12:49	02:37:01	03:15:43	<b>03:26:02.09</b>	+01:19:46 (38.7%)	8:57	6.7 (61.5%)
42	<b>KALINOWSKA Lucyna</b>	<b>105</b>		K-50	4	00:42:20	02:20:44	02:46:09	03:26:31	<b>03:36:36.31</b>	+01:30:20 (41.7%)	9:25	6.4 (58.7%)
43	<b>RADYK Joanna</b>	<b>204</b>	PRZEMYSKI KLUB BIEGACZA	K-30	16	00:44:52	02:25:20	02:49:39	03:27:50	<b>03:38:22.02</b>	+01:32:06 (42.2%)	9:29	6.3 (57.8%)
44	<b>PAWLOWSKA Agnieszka</b>	<b>190</b>	PRZEMYSKI KLUB BIEGACZA	K-40	18	00:45:00	02:25:23	02:50:12	03:29:16	<b>03:40:05.87</b>	+01:33:50 (42.6%)	9:34	6.3 (57.8%)
45	<b>GAWEŁ Marzena</b>	<b>72</b>	PRZEMYSKI KLUB BIEGACZA 5	K-40	19	00:44:56	02:25:14	02:49:53	03:29:06	<b>03:40:06.15</b>	+01:33:50 (42.6%)	9:34	6.3 (57.8%)
46	<b>BANAS Małgorzata</b>	<b>306</b>		K-50	5	00:45:33	02:26:30	02:52:53	03:35:44	<b>03:47:22.29</b>	+01:41:06 (44.5%)	9:53	6.1 (56.0%)
47	<b>FORNEK Paulina</b>	<b>311</b>	DZIKIE MUSTANGI	K-16	7	00:45:15	02:24:49	02:54:20	03:43:53	<b>03:56:32.34</b>	+01:50:16 (46.6%)	10:17	5.8 (53.2%)
48	<b>GŁUSZKO Justyna</b>	<b>78</b>	SOLINA TEAM	K-30	17	00:46:13	02:30:45	03:03:00	03:51:16	<b>04:03:03.88</b>	+01:56:48 (48.1%)	10:34	5.7 (52.3%)

Znaleziono 48 wynik(ów)