



## BIESZCZADZKI WEEKEND BIEGOWY RYSIA

Klasyfikacja: K-OPEN

# BIESZCZADZKI PÓLMARATON RYSIA - 23 KM

B4SPORT

**Wydarzenie:** Bieszczadzki Weekend Biegowy Rysia 2022  
**Organizator:** GOKSiT Polańczyk  
**Data:** 2022-10-23  
**Miejsce:** Polańczyk  
**Dystans:** 23 km



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	16km	Czas netto 23km	Różn	Tempo min/km	Tempo km/h
1	<b>RÓG Dorota</b>	<b>145</b>	RZESZOWSKIE GAZELE I GEPARDY	K-40	1	01:39:25	<b>02:32:23.15</b>		6:37	9.1 (100%)
2	<b>ŚWIĘCH Anna</b>	<b>167</b>	DZIKIE ŚWINKI	K-40	2	01:40:51	<b>02:35:37.75</b>	+00:03:14 (2.1%)	6:45	8.9 (97.8%)
3	<b>ROGOWSKA Anna</b>	<b>141</b>	RZESZOWSKIE GAZELE I GEPARDY K	K-40	3	01:46:14	<b>02:37:35.75</b>	+00:05:12 (3.3%)	6:51	8.8 (96.7%)
4	<b>GAJEK Magdalena</b>	<b>43</b>	AKM PROMILEK	K-40	4	01:46:30	<b>02:38:40.75</b>	+00:06:17 (4.0%)	6:53	8.7 (95.6%)
5	<b>BRYŁA-CRUZ Agnieszka</b>	<b>19</b>	AKM PROMILEK	K-40	5	01:50:43	<b>02:47:59.00</b>	+00:15:35 (9.3%)	7:18	8.2 (90.1%)
6	<b>DUDA Natalia</b>	<b>36</b>	NIEMCE TEAM	K-16	1	01:52:04	<b>02:50:00.90</b>	+00:17:37 (10.4%)	7:23	8.1 (89.0%)
7	<b>ŚLIWA Anna</b>	<b>164</b>	KRESOWIANIE	K-40	6	01:55:11	<b>02:53:51.10</b>	+00:21:27 (12.3%)	7:33	7.9 (86.8%)
8	<b>LIS Paulina</b>	<b>87</b>	GŁOGOVIA GŁOGW MAŁOPOLSKI	K-30	1	01:53:09	<b>02:54:40.70</b>	+00:22:17 (12.8%)	7:35	7.9 (86.8%)
9	<b>JĘDRZEJCZYK Agnieszka</b>	<b>63</b>	RZESZOWSKIE GAZELE I GEPARDY K	K-40	7	01:55:41	<b>02:54:54.65</b>	+00:22:31 (12.9%)	7:36	7.9 (86.8%)
10	<b>ZATORSKA Karolina</b>	<b>185</b>	TREC TEAM	K-30	2	01:55:29	<b>02:56:50.85</b>	+00:24:27 (13.8%)	7:41	7.8 (85.7%)
11	<b>OCHYRA Karolina</b>	<b>118</b>	SANOK BIEGA	K-16	2	01:55:28	<b>02:58:02.70</b>	+00:25:39 (14.4%)	7:44	7.8 (85.7%)
12	<b>RĘPAŁSKA Agata</b>	<b>140</b>	DZIKIE ŚWINKI	K-30	3	01:56:55	<b>02:58:16.85</b>	+00:25:53 (14.5%)	7:45	7.7 (84.6%)
13	<b>WÓJCIK-BILIŃSKA Marta</b>	<b>181</b>		K-40	8	01:59:18	<b>02:59:51.35</b>	+00:27:28 (15.3%)	7:49	7.7 (84.6%)
14	<b>OGŁUSZKA Elżbieta</b>	<b>122</b>	RZESZOWSKIE GAZELE I GEPARDY K	K-30	4	02:04:20	<b>03:05:08.00</b>	+00:32:44 (17.7%)	8:02	7.5 (82.4%)
15	<b>NAUKA Edyta</b>	<b>112</b>	DĘBICKIE GEPARDY	K-50	1	02:08:33	<b>03:06:54.35</b>	+00:34:31 (18.5%)	8:07	7.4 (81.3%)
16	<b>BEDNARZ Iwona</b>	<b>11</b>	WATAHA FIT	K-30	5	02:09:52	<b>03:08:57.90</b>	+00:36:34 (19.4%)	8:12	7.3 (80.2%)
17	<b>MICHNO Małgorzata</b>	<b>104</b>	JAROSŁAWSKI BIEGACZ	K-40	9	02:12:16	<b>03:15:55.90</b>	+00:43:32 (22.2%)	8:31	7 (76.9%)
18	<b>ZARĘBA Jolanta</b>	<b>183</b>	RZESZOWSKIE GAZELE I GEPARDY K	K-50	2	02:10:37	<b>03:15:58.60</b>	+00:43:35 (22.2%)	8:31	7 (76.9%)
19	<b>ORLOWSKA Beata</b>	<b>125</b>	STAŁOWOWOLSKI KLUB BIEGACZA	K-50	3	02:12:18	<b>03:15:58.65</b>	+00:43:35 (22.2%)	8:31	7 (76.9%)
20	<b>NAMIOTA Urszula</b>	<b>110</b>	MARATOŃCZYK DĘBICA	K-60+	1	02:12:04	<b>03:16:51.45</b>	+00:44:28 (22.6%)	8:33	7 (76.9%)
21	<b>RAGAN Monika</b>	<b>139</b>	WATAHA FIT	K-30	6	02:09:53	<b>03:18:42.60</b>	+00:46:19 (23.3%)	8:38	6.9 (75.8%)
22	<b>ĆWIAKAŁA Halina</b>	<b>32</b>	ATHLETIC ZRĘCIN	K-40	10	02:11:49	<b>03:18:58.80</b>	+00:46:35 (23.4%)	8:39	6.9 (75.8%)
23	<b>BABIŃSKA Inga</b>	<b>4</b>	PRZEMYSKI KLUB BIEGACZA	K-40	11	02:19:33	<b>03:28:12.50</b>	+00:55:49 (26.8%)	9:03	6.6 (72.5%)
24	<b>WAWRZYŃSKA Wioletta</b>	<b>188</b>		K-50	4	02:17:40	<b>03:28:16.65</b>	+00:55:53 (26.8%)	9:03	6.6 (72.5%)
25	<b>FOLTA Anita</b>	<b>39</b>	DZIKIE ŚWINKI	K-50	5	02:24:13	<b>03:37:29.85</b>	+01:05:06 (29.9%)	9:27	6.3 (69.2%)
26	<b>MAJCHROWICZ Marzenna</b>	<b>97</b>		K-40	12	02:23:45	<b>03:39:30.40</b>	+01:07:07 (30.6%)	9:32	6.3 (69.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	16km	Czas netto 23km	Różn	Tempo min/km	Tempo km/h
27	<b>SZCZOTKA Agata</b>	<b>158</b>	JAROSŁAWSKI BIEGACZ	K-40	13	02:25:05	<b>03:39:57.85</b>	+01:07:34 (30.7%)	9:33	6.3 (69.2%)
28	<b>ŚNIEŻEK Lidia</b>	<b>165</b>	PKB	K-50	6	02:26:08	<b>03:40:37.10</b>	+01:08:13 (30.9%)	9:35	6.3 (69.2%)
29	<b>WIATROWICZ Barbara</b>	<b>173</b>	STALOWOWOLSKI KLUB BIEGACZA	K-60+	2	02:27:28	<b>03:42:05.55</b>	+01:09:42 (31.4%)	9:39	6.2 (68.1%)
30	<b>NOWACZEK Aleksandra</b>	<b>116</b>	MULTIMEDIA RUNNERS PUŁAWY	K-30	7	02:24:08	<b>03:44:55.05</b>	+01:12:31 (32.2%)	9:46	6.1 (67.0%)
31	<b>MAZUR Kinga</b>	<b>102</b>	DĘBICKIE GEPARDY	K-30	8	02:33:00	<b>03:48:14.45</b>	+01:15:51 (33.2%)	9:55	6 (65.9%)
32	<b>WIERCHOŁA Joanna</b>	<b>174</b>		K-60+	3	02:36:39	<b>03:53:19.05</b>	+01:20:55 (34.7%)	10:08	5.9 (64.8%)
33	<b>CELEK Katarzyna</b>	<b>24</b>	RZESZOWSKIE GAZELE I GEPARDY K	K-30	9	02:44:23	<b>03:54:29.75</b>	+01:22:06 (35.0%)	10:11	5.9 (64.8%)
34	<b>WISZNIEWSKA Marzena</b>	<b>178</b>	DZIKIE MORSY KARŁOWICE	K-30	10	02:46:09	<b>04:17:19.75</b>	+01:44:56 (40.8%)	11:11	5.4 (59.3%)
35	<b>MAZUREK Małgorzata</b>	<b>103</b>	AKM PROMILEK	K-40	14	02:51:10	<b>04:17:21.45</b>	+01:44:58 (40.8%)	11:11	5.4 (59.3%)
36	<b>HEJDUK Monika</b>	<b>52</b>	UMCS BIEGA	K-40	15	02:51:08	<b>04:17:23.60</b>	+01:45:00 (40.8%)	11:11	5.4 (59.3%)
37	<b>CHUDY Paulina</b>	<b>27</b>		K-40	16	03:00:09	<b>04:29:46.50</b>	+01:57:23 (43.5%)	11:43	5.1 (56.0%)
38	<b>KORDOWSKA Kasia</b>	<b>75</b>		K-40	17	03:00:43	<b>04:29:47.15</b>	+01:57:24 (43.5%)	11:43	5.1 (56.0%)

Znaleziono 38 wynik(ów)