



BIESZCZADZKI WEEKEND BIEGOWY RYSIA

Klasyfikacja: K-30

BIESZCZADZKI WEEKEND BIEGOWY RYSIA - PO 3 ETAPACH

B4SPORT

Wydarzenie: Bieszczadzki Weekend Biegowy Rysia 2019
Organizator: GOKSiT Polańczyk
Data: 2019-10-20
Miejsce: Polańczyk
Dystans: 42 km

 **HERKULES**
www.herkules.org.pl

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Etap 13km | Etap 6km | Etap 23km | Czas netto 42km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------------|-------------|--|-----------|------|-------------|-------------|-------------|--------------------|-------------------|--------------|-------------|
| 1 | WINIARSKA Katarzyna | 2267 | FANTASTYCZNA TRÓJKA | K-30 | 1 | 01:14:30.00 | 00:23:02.00 | 02:06:54.00 | 03:44:26.00 | | 5:20 | 11.2 (100%) |
| 2 | KLINGER Weronika | 2110 | PRZEMYSKI KLUB BIEGACZA 1 | K-30 | 2 | 01:23:35.00 | 00:26:07.00 | 02:24:45.00 | 04:14:27.00 | +00:30:01 (11.8%) | 6:03 | 9.9 (88.4%) |
| 3 | ROGOWSKA Anna | 2135 | DECARUN RZESZÓW | K-30 | 3 | 01:27:14.00 | 00:26:43.00 | 02:23:16.00 | 04:17:13.00 | +00:32:47 (12.7%) | 6:07 | 9.8 (87.5%) |
| 4 | MATYSIAK Agnieszka | 2020 | KOPALNIA MOCY TARNOBRZEG | K-30 | 4 | 01:25:24.00 | 00:25:47.00 | 02:26:34.00 | 04:17:45.00 | +00:33:19 (12.9%) | 6:08 | 9.8 (87.5%) |
| 5 | AMROŹKIEWICZ - GROMEK Judyta | 2003 | AMROŹKIEWICZ TEAM/ SAN-REH BOGDAN GROMEK | K-30 | 5 | 01:25:56.00 | 00:27:56.00 | 02:34:57.00 | 04:28:49.00 | +00:44:23 (16.5%) | 6:24 | 9.4 (83.9%) |
| 6 | OGŁUSZKA Elżbieta | 2179 | DECARUN RZESZÓW | K-30 | 6 | 01:33:58.00 | 00:27:30.00 | 02:38:21.00 | 04:39:49.00 | +00:55:23 (19.8%) | 6:39 | 9 (80.4%) |
| 7 | CIEPAŁOWICZ Ewa | 2040 | PRZEMYSKI KLUB BIEGACZA | K-30 | 7 | 01:29:22.00 | 00:29:00.00 | 02:47:11.00 | 04:45:33.00 | +01:01:07 (21.4%) | 6:47 | 8.8 (78.6%) |
| 8 | DOROSZ Barbara | 2052 | PRZEMYSKI KLUB BIEGACZA 1 | K-30 | 8 | 01:38:09.00 | 00:28:45.00 | 02:44:40.00 | 04:51:34.00 | +01:07:08 (23.0%) | 6:56 | 8.6 (76.8%) |
| 9 | SZYMALA-LIPKA Magdalena | 2247 | LIPKI RULEZ | K-30 | 9 | 01:38:41.00 | 00:30:47.00 | 02:48:30.00 | 04:57:58.00 | +01:13:32 (24.7%) | 7:05 | 8.5 (75.9%) |
| 10 | GRADOWSKA Katarzyna | 2083 | PRZEMYSKI KLUB BIEGACZA | K-30 | 10 | 01:38:05.00 | 00:30:21.00 | 02:59:02.00 | 05:07:28.00 | +01:23:02 (27.0%) | 7:19 | 8.2 (73.2%) |
| 11 | KORZENIOWSKA Joanna | 2120 | UMCS BIEGA | K-30 | 11 | 01:39:58.00 | 00:30:39.00 | 03:00:36.00 | 05:11:13.00 | +01:26:47 (27.9%) | 7:24 | 8.1 (72.3%) |
| 12 | DUDEK Katarzyna | 2059 | PRZEMYSKI KLUB BIEGACZA | K-30 | 12 | 01:43:04.00 | 00:31:59.00 | 03:12:23.00 | 05:27:26.00 | +01:43:00 (31.5%) | 7:47 | 7.7 (68.8%) |
| 13 | PERŁOWSKA-ŁOŚ Justyna | 2193 | | K-30 | 13 | 01:55:44.00 | 00:36:11.00 | 03:19:34.00 | 05:51:29.00 | +02:07:03 (36.1%) | 8:22 | 7.2 (64.3%) |

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|-----|---------------------|-------------|-------------------------|-----------|------|-------------|-------------|-------------|--------------------|----------------------|--------------|----------------|
| 14 | RADYK Joanna | 2204 | PRZEMYSKI KLUB BIEGACZA | K-30 | 14 | 01:57:38.00 | 00:38:21.00 | 03:38:22.00 | 06:14:21.00 | +02:29:55 (40.0%) | 8:54 | 6.7 (59.8%) |

Znaleziono 14 wynik(ów)