



**BIEGI W SZCZAWNICY**

# CHYŻA DURBASZKA - 20 KM

B4SPORT

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

**Wydarzenie:** Biegi w Szczawnicy  
**Organizator:** Fundacja Strefa Przygód  
**Data:** 2022-04-23  
**Miejsce:** Szczawnica  
**Dystans:** 19.3 km

Klasyfikacja: K30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko pod Durbaszką 11.5km	Czas netto 19.3km	Czas brutto 19.3km	Różn	Tempo min/km	Tempo km/h
1	<b>DUDEK Monika</b>	<b>508</b>	BIEGOWY DZIK	K30	1	01:11:04	<b>01:50:57.30</b>	<b>01:51:00.40</b>		5:44	10.4 (100%)
2	<b>BOCHENEK Magdalena</b>	<b>666</b>	G.O.A.T. TEAM MICHAŁOWICE	K30	2	01:15:10	<b>01:57:40.30</b>	<b>01:57:42.45</b>	+00:06:42 (5.7%)	6:05	9.8 (94.2%)
3	<b>HUDASZEK Magda</b>	<b>627</b>		K30	3	01:17:44	<b>02:00:44.10</b>	<b>02:00:46.20</b>	+00:09:45 (8.1%)	6:15	9.6 (92.3%)
4	<b>RADKOWSKA Małgorzata</b>	<b>430</b>	TEAM PARSZCZYŃSKICH	K30	4	01:21:22	<b>02:04:06.80</b>	<b>02:04:16.15</b>	+00:13:15 (10.7%)	6:25	9.3 (89.4%)
5	<b>WGRZYNIAK Sabina</b>	<b>755</b>		K30	5	01:19:54	<b>02:06:18.00</b>	<b>02:06:36.90</b>	+00:15:36 (12.3%)	6:32	9.2 (88.5%)
6	<b>NOSAL Kamila</b>	<b>645</b>		K30	6	01:23:52	<b>02:08:44.35</b>	<b>02:08:49.65</b>	+00:17:49 (13.8%)	6:40	9 (86.5%)
7	<b>SZTORC Joanna</b>	<b>302</b>		K30	7	01:24:02	<b>02:10:13.20</b>	<b>02:10:27.00</b>	+00:19:26 (14.9%)	6:44	8.9 (85.6%)
8	<b>KRUK Magdalena</b>	<b>789</b>		K30	8	01:24:20	<b>02:13:57.85</b>	<b>02:14:01.75</b>	+00:23:01 (17.2%)	6:56	8.6 (82.7%)
9	<b>JACNIAK Ewa</b>	<b>603</b>	EWA JACNIAK NOLIMITS	K30	9	01:26:53	<b>02:14:23.60</b>	<b>02:14:28.75</b>	+00:23:28 (17.5%)	6:57	8.6 (82.7%)
10	<b>WEGNER Patrycja</b>	<b>709</b>		K30	10	01:30:48	<b>02:21:33.95</b>	<b>02:21:46.15</b>	+00:30:45 (21.7%)	7:20	8.2 (78.8%)
11	<b>STASZCZAK Małgorzata</b>	<b>534</b>	TRI TEAM LUBAŃ	K30	11	01:31:22	<b>02:22:05.65</b>	<b>02:22:23.35</b>	+00:31:22 (22.0%)	7:21	8.2 (78.8%)
12	<b>CIERPIAŁ Adriana</b>	<b>332</b>	STOWARZYSZENIE SPORTOWE SŁOŃCA JURY	K30	12	01:32:20	<b>02:23:09.15</b>	<b>02:23:09.15</b>	+00:32:08 (22.5%)	7:25	8.1 (77.9%)
13	<b>TOMECKA Aleksandra</b>	<b>2787</b>	LPP TEAM	K30	13	01:31:25	<b>02:23:21.20</b>	<b>02:23:28.65</b>	+00:32:28 (22.6%)	7:25	8.1 (77.9%)
14	<b>SOŁTYSIAK Marta</b>	<b>596</b>		K30	14	01:33:58	<b>02:27:29.50</b>	<b>02:27:44.15</b>	+00:36:43 (24.9%)	7:38	7.9 (76.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko pod Durbaszką 11.5km		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						19.3km	19.3km					
15	HURAS Monika	750		K30	15	01:37:14		02:31:59.55	02:32:07.65	+00:41:07 (27.0%)	7:52	7.6 (73.1%)
16	BERNAKIEWICZ Aleksandra	682		K30	16	01:40:55		02:35:28.45	02:35:56.05	+00:44:55 (28.8%)	8:03	7.4 (71.2%)
17	ŁUGOWSKA Aleksandra	602		K30	17	01:40:29		02:35:50.35	02:36:23.05	+00:45:22 (29.0%)	8:04	7.4 (71.2%)
18	MRÓWKA Małgorzata	828		K30	18	01:40:51		02:37:58.90	02:38:07.55	+00:47:07 (29.8%)	8:11	7.3 (70.2%)
19	KURAS Olga	325	NUNEK SPITFIRE	K30	19	01:37:35		02:38:06.10	02:38:16.75	+00:47:16 (29.9%)	8:11	7.3 (70.2%)
20	RAKOWSKA Agnieszka	675		K30	20	01:38:48		02:37:35.65	02:38:19.20	+00:47:18 (29.9%)	8:09	7.3 (70.2%)
21	PIEJKO Joanna	464	BŁĘKITNA XVII-TKA	K30	21	01:42:34		02:39:59.20	02:40:19.65	+00:49:19 (30.8%)	8:17	7.2 (69.2%)
22	TARNAWSKA Anna	407	UKS LIDER SIERCZA	K30	22	01:42:21		02:40:34.80	02:40:47.75	+00:49:47 (31.0%)	8:19	7.2 (69.2%)
23	NOWAK Ewelina	639	SPARTAN TRAINING GROUP TARNÓW	K30	23	01:44:05		02:40:57.35	02:41:07.20	+00:50:06 (31.1%)	8:20	7.2 (69.2%)
24	MICHNO Agata	650		K30	24	01:40:56		02:40:24.00	02:41:14.75	+00:50:14 (31.2%)	8:18	7.2 (69.2%)
25	ALEKSA Irena	503		K30	25	01:46:44		02:42:09.95	02:42:20.30	+00:51:19 (31.6%)	8:24	7.1 (68.3%)
26	RADŁOWSKA Mariola	586	#PROSECCOTEAM	K30	26	01:43:13		02:42:32.15	02:42:55.95	+00:51:55 (31.9%)	8:25	7.1 (68.3%)
27	MACIASZ Sylwia	717		K30	27	01:44:43		02:44:32.60	02:45:03.85	+00:54:03 (32.7%)	8:31	7 (67.3%)
28	KOŁODZIEJ Justyna	377		K30	28	01:45:20		02:44:51.30	02:45:04.60	+00:54:04 (32.8%)	8:32	7 (67.3%)
29	BURNUS Beata	449	PANI	K30	29	01:49:56		02:48:02.20	02:48:27.45	+00:57:27 (34.1%)	8:42	6.9 (66.3%)
30	PENCONEK Agata	536		K30	30	01:46:51		02:49:11.70	02:49:47.45	+00:58:47 (34.6%)	8:45	6.8 (65.4%)
31	SOJKA Anna	341		K30	31	01:52:01		02:59:06.60	02:59:37.85	+01:08:37 (38.2%)	9:16	6.5 (62.5%)
32	SAINTEMARIE Agnieszka	345		K30	32	01:56:38		03:02:04.00	03:02:34.70	+01:11:34 (39.2%)	9:26	6.4 (61.5%)
33	KUBIAK Marta	494		K30	33	01:55:12		03:03:03.90	03:03:58.05	+01:12:57 (39.7%)	9:29	6.3 (60.6%)
34	GAŁUS Angelika	718	NOVEMBEREER RUNNING TEAM	K30	34	01:58:50		03:08:10.45	03:08:51.00	+01:17:50 (41.2%)	9:44	6.2 (59.6%)
35	DARŁAK Joanna	450	NAPRZÓD MŁOCINY	K30	35	02:02:42		03:10:55.90	03:11:38.15	+01:20:37 (42.1%)	9:53	6.1 (58.7%)
36	LARA Natalia	643	WARRIORS ŁÓDŹ	K30	36	02:05:30		03:12:11.90	03:12:43.50	+01:21:43 (42.4%)	9:57	6 (57.7%)
37	BREMER Helena	478		K30	37	02:05:31		03:12:37.75	03:13:29.25	+01:22:28 (42.6%)	9:58	6 (57.7%)

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						11.5km						
38	<b>TOCZEK Hana</b>	<b>583</b>		K30	38	02:06:36		<b>03:15:16.50</b>	<b>03:16:08.65</b>	+01:25:08 (43.4%)	10:07	5.9 (56.7%)
39	<b>CZAJKA Agata</b>	<b>499</b>		K30	39	02:07:45		<b>03:17:04.10</b>	<b>03:17:56.05</b>	+01:26:55 (43.9%)	10:12	5.9 (56.7%)
40	<b>SPRINGER Marta</b>	<b>689</b>	NIGHT RUNNERS	K30	40	02:10:12		<b>03:18:22.85</b>	<b>03:18:48.00</b>	+01:27:47 (44.2%)	10:16	5.8 (55.8%)
41	<b>SAMBORSKA Aneta</b>	<b>347</b>		K30	41	02:07:27		<b>03:18:30.95</b>	<b>03:19:21.05</b>	+01:28:20 (44.3%)	10:17	5.8 (55.8%)
42	<b>MILCZAREK Marta</b>	<b>528</b>		K30	42	02:05:49		<b>03:19:20.25</b>	<b>03:20:13.20</b>	+01:29:12 (44.6%)	10:19	5.8 (55.8%)
43	<b>WAŚIK Patrycja</b>	<b>489</b>	OSTROBIEC	K30	43	02:09:57		<b>03:21:02.55</b>	<b>03:21:38.60</b>	+01:30:38 (44.9%)	10:24	5.8 (55.8%)
44	<b>MAJCHRZYK Aleksandra</b>	<b>672</b>	JB WARSAW	K30	44	02:07:43		<b>03:22:02.20</b>	<b>03:22:08.65</b>	+01:31:08 (45.1%)	10:28	5.7 (54.8%)
45	<b>ROMANOWSKA Ewa</b>	<b>664</b>	JB WARSAW	K30	45	02:04:50		<b>03:22:02.35</b>	<b>03:22:09.05</b>	+01:31:08 (45.1%)	10:28	5.7 (54.8%)
46	<b>NAWROCKA Natalia</b>	<b>498</b>		K30	46	02:11:10		<b>03:21:48.60</b>	<b>03:22:29.85</b>	+01:31:29 (45.2%)	10:27	5.7 (54.8%)
47	<b>WIECZOREK Wioleta</b>	<b>373</b>	ZABIEGANE STARACHOWICE	K30	47	02:09:39		<b>03:23:15.65</b>	<b>03:23:26.60</b>	+01:32:26 (45.4%)	10:31	5.7 (54.8%)
48	<b>POKROP Agnieszka</b>	<b>317</b>	NATALIA TOMASIAK GÓRSKI STYL TEAM	K30	48	02:10:27		<b>03:24:21.30</b>	<b>03:24:40.85</b>	+01:33:40 (45.8%)	10:35	5.7 (54.8%)
49	<b>PERLAK Magdalena</b>	<b>399</b>		K30	49	02:11:38		<b>03:24:39.60</b>	<b>03:25:11.75</b>	+01:34:11 (45.9%)	10:36	5.7 (54.8%)
50	<b>RZĘDZIAN Beata</b>	<b>390</b>	ŁĘCZNA BIEGA	K30	50	02:15:05		<b>03:27:42.45</b>	<b>03:28:27.05</b>	+01:37:26 (46.7%)	10:45	5.6 (53.8%)
51	<b>OCHREMIAK Aleksandra</b>	<b>381</b>	MOKOBIEGACZE	K30	51	02:12:32		<b>03:28:09.55</b>	<b>03:28:56.60</b>	+01:37:56 (46.9%)	10:47	5.6 (53.8%)
52	<b>OSTASZEWSKA Karolina</b>	<b>598</b>		K30	52	02:16:01		<b>03:31:52.35</b>	<b>03:32:40.20</b>	+01:41:39 (47.8%)	10:58	5.5 (52.9%)
53	<b>WIŚNIEWSKA Anna</b>	<b>463</b>	STREFA FIT	K30	53	02:18:24		<b>03:34:30.50</b>	<b>03:35:23.75</b>	+01:44:23 (48.5%)	11:06	5.4 (51.9%)
54	<b>KLAJA Agnieszka</b>	<b>700</b>		K30	54	02:18:16		<b>03:35:16.50</b>	<b>03:35:31.25</b>	+01:44:30 (48.5%)	11:09	5.4 (51.9%)
55	<b>SZELAĞIEWICZ Magdalena</b>	<b>334</b>		K30	55	02:30:07		<b>03:40:40.40</b>	<b>03:41:30.55</b>	+01:50:30 (49.9%)	11:26	5.2 (50.0%)
56	<b>ŚWIERAD-NOWAK Karolina</b>	<b>486</b>		K30	56			<b>03:43:16.00</b>	<b>03:43:16.00</b>	+01:52:15 (50.3%)	11:34	5.2 (50.0%)
57	<b>NOWAK Paulina</b>	<b>350</b>	EPIC TEAM	K30	57	02:21:46		<b>03:44:10.40</b>	<b>03:44:19.85</b>	+01:53:19 (50.5%)	11:36	5.2 (50.0%)
58	<b>SZELAĞ Iwona</b>	<b>698</b>		K30	58	02:23:01		<b>03:44:37.85</b>	<b>03:44:50.85</b>	+01:53:50 (50.6%)	11:38	5.2 (50.0%)
59	<b>SZULENCKA Aleksandra</b>	<b>516</b>	ZABIEGANI PO USZY	K30	59	02:25:10		<b>03:44:54.30</b>	<b>03:45:12.30</b>	+01:54:11 (50.7%)	11:39	5.1 (49.0%)
60	<b>DUDA Justyna</b>	<b>383</b>		K30	60	02:39:42		<b>03:48:22.85</b>	<b>03:48:22.85</b>	+01:57:22 (51.4%)	11:49	5.1 (49.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko pod Durbaszką 11.5km	Czas netto 19.3km	Czas brutto 19.3km	Różn	Tempo min/km	Tempo km/h
61	<b>WŁODARCZYK Anna</b>	<b>769</b>	SPARTA LUBLIN	K30	61	02:21:52	<b>03:48:54.60</b>	<b>03:49:25.35</b>	+01:58:24 (51.6%)	11:51	5.1 (49.0%)
62	<b>CIBIOR Ewelina</b>	<b>421</b>		K30	62	02:33:09	<b>03:54:17.20</b>	<b>03:54:45.30</b>	+02:03:44 (52.7%)	12:08	4.9 (47.1%)
63	<b>POŹNIAK-STYCZYŃSKA Maja</b>	<b>706</b>	DDC	K30	63	02:24:19	<b>03:55:45.80</b>	<b>03:56:18.20</b>	+02:05:17 (53.0%)	12:12	4.9 (47.1%)
64	<b>BARRON Anna Lea</b>	<b>658</b>		K30	64	02:34:22	<b>04:07:44.60</b>	<b>04:08:06.90</b>	+02:17:06 (55.3%)	12:50	4.7 (45.2%)
65	<b>MYSZYWODA Monika</b>	<b>726</b>		K30	65	02:38:55	<b>04:11:54.25</b>	<b>04:12:32.45</b>	+02:21:32 (56.0%)	13:03	4.6 (44.2%)
66	<b>KASPRZAK Iwona</b>	<b>893</b>	BIEGAJĄCY ŚWIDNIK	K30	66	02:38:17	<b>04:15:06.90</b>	<b>04:15:47.95</b>	+02:24:47 (56.6%)	13:13	4.5 (43.3%)
67	<b>MICHALCZEWSKA Weronika</b>	<b>794</b>		K30	67	02:44:37	<b>04:22:28.60</b>	<b>04:22:39.10</b>	+02:31:38 (57.7%)	13:35	4.4 (42.3%)
68	<b>DĄBROWSKA Daria</b>	<b>519</b>	NEW4YOU TEAM	K30	68	02:48:23	<b>04:27:52.80</b>	<b>04:28:20.50</b>	+02:37:20 (58.6%)	13:52	4.3 (41.3%)
69	<b>JANKOWSKA Magdalena</b>	<b>753</b>	KOŁO BIEGA	K30	69	02:48:20	<b>04:27:52.55</b>	<b>04:28:20.85</b>	+02:37:20 (58.6%)	13:52	4.3 (41.3%)
70	<b>KUNA Aleksandra</b>	<b>1888</b>		K30	70	02:50:42	<b>04:29:03.40</b>	<b>04:29:48.70</b>	+02:38:48 (58.9%)	13:56	4.3 (41.3%)
71	<b>GNIADEK Elżbieta</b>	<b>455</b>	WYBIEGAJ SIEBIE	K30	71	02:59:51	<b>04:41:33.55</b>	<b>04:41:44.05</b>	+02:50:43 (60.6%)	14:35	4.1 (39.4%)

Znaleziono 71 wynik(ów)