



Wydarzenie: RUDAWY ZIMOWY FESTIWAL BIEGOWY
Organizator: Fundacja Szczyt za Szczytem
Data: 2022-02-19
Miejsce: Karpniki
Dystans: 43.5 km

CZTERDZIESTKA

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Kolorowe Jeziora 19.5km	Kara/ bonifkata	Czas netto 43.5km	Czas brutto 43.5km	Różn	Tempo min/km	Tempo km/h
1	KAZUBOWSKA Ola	233		K40	1	00:40:16	02:36:04	-00:10:00	05:55:12.85	05:55:19.20		8:23	7.1 (100%)
2	PAWLIKOWSKA Monika	107		K40	2	00:47:46	03:00:20	-00:10:00	06:43:05.10	06:43:20.20	+00:48:01 (11.9%)	9:29	6.3 (88.7%)
3	ŚWIERZOWSKA Magdalena	138	FIZJOTERAPIA BIEGACZA	K40	3	00:43:59	03:02:14	-00:10:00	06:48:09.85	06:48:18.10	+00:52:58 (13.0%)	9:36	6.2 (87.3%)
4	GLÓRA Aleksandra	247		K40	4	00:43:28	02:58:54	-00:10:00	06:48:43.65	06:49:03.40	+00:53:44 (13.1%)	9:37	6.2 (87.3%)
5	WROE Agnieszka	125		K40	5	00:44:01	03:01:39	-00:10:00	07:06:41.00	07:06:47.15	+01:11:27 (16.7%)	10:02	6 (84.5%)
6	ŻYGIĘŁO Monika	8	CHOSZCZEŃSKA 10	K40	6	00:48:53	03:02:41	-00:10:00	07:11:46.55	07:12:07.55	+01:16:48 (17.8%)	10:09	5.9 (83.1%)
7	WÓJCIK Monika	114		K40	7	00:49:45	03:06:55		07:16:05.65	07:16:10.75	+01:20:51 (18.5%)	10:01	6 (84.5%)
8	ZDROJEWSKA Magdalena	179		K40	8	00:50:04	03:00:24		07:19:33.90	07:19:43.10	+01:24:23 (19.2%)	10:06	5.9 (83.1%)
9	KASPERSKA Barbara	157	BBL GORZÓW	K40	9	00:45:06	03:02:10	-00:10:00	07:26:42.10	07:26:50.85	+01:31:31 (20.5%)	10:29	5.7 (80.3%)
10	MAŚNICA-SZYMAŃSKA Joanna	61	WOLSZTYŃSKI KLUB BIEGOWY	K40	10	00:47:07	03:10:03	-00:10:00	07:29:50.15	07:29:56.60	+01:34:37 (21.0%)	10:34	5.7 (80.3%)
11	KUBIAK Karolina	234		K40	11	00:43:57	03:08:47	-00:10:00	07:30:25.30	07:30:35.75	+01:35:16 (21.1%)	10:35	5.7 (80.3%)
12	CHRZANOWSKA Agnieszka	109		K40	12	01:05:55	03:19:18		07:52:48.65	07:53:12.10	+01:57:52 (24.9%)	10:52	5.5 (77.5%)
13	WITKOWSKA Beata	168		K40	13	00:57:18	03:20:44		07:56:20.90	07:56:47.40	+02:01:28 (25.5%)	10:57	5.5 (77.5%)
14	GAWLIK Sylwia	222		K40	14	00:53:34	03:15:29		08:00:10.60	08:00:27.80	+02:05:08 (26.0%)	11:02	5.4 (76.1%)
15	OLECHNOWICZ Magda	187		K40	15	00:55:03	03:09:40		08:01:56.65	08:02:07.95	+02:06:48 (26.3%)	11:04	5.4 (76.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Kolorowe Jeziora 19.5km	Kara/ bonifikata	Czas netto 43.5km	Czas brutto 43.5km	Różn	Tempo min/km	Tempo km/h
16	KOSECKA Justyna	4		K40	16	00:59:50	03:22:22		08:12:29.25	08:12:48.90	+02:17:29 (27.9%)	11:19	5.3 (74.6%)
17	OSTACH Daria	11		K40	17	00:53:59	03:14:51		08:14:46.00	08:15:01.55	+02:19:42 (28.2%)	11:22	5.3 (74.6%)
18	MALICKA Małgorzata	42		K40	18	00:57:21	03:19:08		08:23:51.80	08:24:04.60	+02:28:45 (29.5%)	11:34	5.2 (73.2%)
19	ZASADA Iwona	41		K40	19	00:57:21	03:19:08		08:23:51.50	08:24:05.25	+02:28:46 (29.5%)	11:34	5.2 (73.2%)
20	KRZYŻYK Agnieszka	146	TRIO FORTIS	K40	20	00:57:22	03:19:03		08:23:51.55	08:24:05.35	+02:28:46 (29.5%)	11:34	5.2 (73.2%)
21	KARAŚ Anna	209		K40	21	00:54:52	03:23:13		08:41:53.85	08:42:24.15	+02:47:04 (32.0%)	11:59	5 (70.4%)
22	RZECZYŃSKA Anna	188		K40	22	00:55:00	03:30:29		08:47:08.55	08:47:20.70	+02:52:01 (32.6%)	12:07	5 (70.4%)
23	WŁODARCZYK Anna	116		K40	23	00:54:30	03:29:28		09:18:50.60	09:18:56.20	+03:23:37 (36.4%)	12:50	4.7 (66.2%)
24	KAZUBOWSKA Małgorzata	176		K40	24	00:58:50	03:55:18		09:22:36.00	09:22:48.15	+03:27:28 (36.9%)	12:56	4.6 (64.8%)
25	HAUSMAN Magdalena	210	PARKRUN GRUDZIĄDZ	K40	25	00:57:00	03:40:55		09:27:18.10	09:27:30.55	+03:32:11 (37.4%)	13:02	4.6 (64.8%)

Znaleziono 25 wynik(ów)