



**Wydarzenie:** RUDAWY ZIMOWY FESTIWAL BIEGOWY  
**Organizator:** Fundacja Szczyt za Szczytem  
**Data:** 2023-02-18  
**Miejsce:** Karpniki  
**Dystans:** 43.5 km

## CZTERDZIESTKA

B4SPORT

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INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Husyckie Skały 3.5km	4.4km	Szwajcarka 4.5km	Kolorowe Jeziorka 19.5km	Czas netto 43.5km	Czas brutto 43.5km	Różn	Tempo min/km	Tempo km/h
1	LIPNICKA Marta	117	ULTRAKOTLINA TEAM	K30	1	00:21:01	00:31:41	00:32:04		<b>04:53:18.00</b>	<b>04:53:20.15</b>		6:44	8.9 (100%)
2	CHOJNACKA Marta	12	OWOCBIEGA TEAM	K40	1	00:24:19	00:38:09	00:38:33		<b>05:57:02.75</b>	<b>05:57:06.50</b>	+01:03:46 (17.9%)	8:12	7.3 (82.0%)
3	KACZOROWSKA Magdalena	140		K40	2	00:24:07	00:37:16	00:37:40		<b>06:00:15.15</b>	<b>06:00:18.30</b>	+01:06:58 (18.6%)	8:16	7.2 (80.9%)
4	MARCINIAK Daria	150	JEDZ I TRENUJ ŚWIEBODZIN	K30	2	00:25:35	00:38:46	00:39:15		<b>06:01:18.70</b>	<b>06:01:29.80</b>	+01:08:09 (18.9%)	8:18	7.2 (80.9%)
5	GRABOŚ Nina	131		K40	3	00:25:29	00:39:39	00:40:07		<b>06:06:34.80</b>	<b>06:06:38.55</b>	+01:13:18 (20.0%)	8:25	7.1 (79.8%)
6	DZIETCZYK Sylwia	51		K40	4	00:24:03	00:37:09	00:37:31		<b>06:10:07.10</b>	<b>06:10:12.85</b>	+01:16:52 (20.8%)	8:30	7.1 (79.8%)
7	PYZIK Ewa	64	MATNER RUNNING TEAM	K40	5	00:28:45	00:43:27	00:43:55		<b>06:24:23.95</b>	<b>06:24:37.65</b>	+01:31:17 (23.7%)	8:50	6.8 (76.4%)
8	STRAUCHOLD Anna	160		K50	1	00:26:21	00:40:57	00:41:24		<b>06:32:33.30</b>	<b>06:32:40.15</b>	+01:39:20 (25.3%)	9:01	6.6 (74.2%)
9	ŚWIERZOWSKA Magdalena	70	FIZJOTERAPIA BIEGACZA	K40	6	00:28:07	00:43:05	00:43:36		<b>06:52:54.50</b>	<b>06:53:03.15</b>	+01:59:43 (29.0%)	9:29	6.3 (70.8%)
10	KUBIAK Karolina	87		K40	7	00:27:49	00:42:28	00:42:57		<b>06:57:34.10</b>	<b>06:57:45.35</b>	+02:04:25 (29.8%)	9:35	6.3 (70.8%)
11	MADEJ Anna	72	VEGE RUNNERS	K40	8	00:33:16	00:46:27	00:47:18		<b>06:58:09.05</b>	<b>06:58:24.55</b>	+02:05:04 (29.9%)	9:36	6.2 (69.7%)
12	SUPERSON Iwona	49	WAFLE	K50	2	00:29:31	00:44:42	00:46:08		<b>07:00:14.60</b>	<b>07:00:29.40</b>	+02:07:09 (30.2%)	9:39	6.2 (69.7%)
13	LEBODA Katarzyna	13	WILD DOGS TEAM	K30	3	00:29:53	00:45:39	00:46:08		<b>07:07:17.95</b>	<b>07:07:54.15</b>	+02:14:34 (31.4%)	9:49	6.1 (68.5%)
14	QUIRINI Ewa	113		K40	9	00:29:54	00:45:36	00:46:49		<b>07:22:15.85</b>	<b>07:22:32.05</b>	+02:29:11 (33.7%)	10:10	5.9 (66.3%)
15	ŻYGIEŁO Monika	14	CH10	K40	10	00:29:41	00:46:44	00:47:18		<b>07:29:39.35</b>	<b>07:29:48.15</b>	+02:36:28 (34.8%)	10:20	5.8 (65.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Husyckie Skały		Szwajcarka	Kolorowe Jezioro	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						3.5km	4.4km							
16	<b>GORZUCH Justyna</b>	<b>147</b>		K30	4	00:32:26	00:50:27	00:51:29		<b>07:52:47.80</b>	<b>07:53:05.15</b>	+02:59:45 (38.0%)	10:52	5.5 (61.8%)
17	<b>FRĄCKOWIAK Ewelina</b>	<b>48</b>		K40	11	00:31:25	00:48:18	00:48:55		<b>07:54:04.90</b>	<b>07:54:27.20</b>	+03:01:07 (38.2%)	10:53	5.5 (61.8%)
18	<b>SKÓRZAŃSKA Agnieszka</b>	<b>124</b>		K30	5	00:31:42	00:50:14	00:51:00		<b>08:02:17.55</b>	<b>08:02:39.05</b>	+03:09:18 (39.2%)	11:05	5.4 (60.7%)
19	<b>MATUSZEWSKA Małgorzata</b>	<b>36</b>	RUNNER'S POWER ŚREM	K40	12	00:35:00	00:53:39	00:54:17		<b>08:04:03.30</b>	<b>08:04:21.85</b>	+03:11:01 (39.4%)	11:07	5.4 (60.7%)
20	<b>MARCINIAK Anna</b>	<b>37</b>	BBL LEGNICA	K40	13	00:33:04	00:51:23	00:52:06		<b>08:05:12.55</b>	<b>08:05:25.10</b>	+03:12:04 (39.6%)	11:09	5.4 (60.7%)
21	<b>WESOŁOWSKA Iwona</b>	<b>125</b>		K30	6	00:30:33	00:48:23	00:49:46		<b>08:10:41.45</b>	<b>08:10:56.05</b>	+03:17:35 (40.2%)	11:16	5.3 (59.6%)
22	<b>BYLEWSKA Ewa</b>	<b>33</b>	3:33 TEAM	K40	14	00:33:51	00:52:02	00:52:42		<b>08:16:26.45</b>	<b>08:16:42.80</b>	+03:23:22 (40.9%)	11:24	5.3 (59.6%)
23	<b>KOPCZYŃSKA Marta</b>	<b>55</b>		K30	7	00:36:50	00:55:30	00:57:08		<b>08:47:55.05</b>	<b>08:48:22.40</b>	+03:55:02 (44.5%)	12:08	4.9 (55.1%)
24	<b>OKONIEWSKA Agnieszka</b>	<b>19</b>		K40	15	00:33:11	00:51:35	00:54:53		<b>08:50:05.85</b>	<b>08:50:20.15</b>	+03:57:00 (44.7%)	12:11	4.9 (55.1%)
25	<b>WALIGÓRA Judyta</b>	<b>21</b>		K30	8	00:33:04	00:51:24	00:54:53		<b>08:50:06.65</b>	<b>08:50:20.20</b>	+03:57:00 (44.7%)	12:11	4.9 (55.1%)
26	<b>WIECZOREK Monika</b>	<b>65</b>	PGB LEŚNE DZIKI	K40	16	00:33:16	00:52:21	00:53:11	03:29:25	<b>08:59:47.00</b>	<b>08:59:52.65</b>	+04:06:32 (45.7%)	12:24	4.8 (53.9%)
27	<b>DUBOWIK Anna</b>	<b>42</b>		K40	17	00:32:59	00:51:38	00:53:17		<b>09:02:08.75</b>	<b>09:02:37.30</b>	+04:09:17 (45.9%)	12:27	4.8 (53.9%)

Znaleziono 27 wynik(ów)