



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

RUDAWY ZIMOWY FESTIWAL BIEGOWY
Fundacja Szczyt za Szczytem
2022-02-19
Karpniki
21 km

DWUDZIESTKA

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	NOWAKOWSKA Anna	562	ALPIMADE TEAM	K30	1	00:31:55	02:07:45.45	02:07:47.20		6:05	9.9 (100%)
2	SKRZYPCZYK Paulina	632	TEAM FRUN / 42K PRO TEAM	K30	2	00:33:37	02:14:50.00	02:14:50.00	+00:07:02 (5.2%)	6:25	9.3 (93.9%)
3	BIHUN Natalia	579	NOA RUN YOUR LIFE	K30	3	00:36:38	02:23:44.70	02:23:46.60	+00:15:59 (11.1%)	6:50	8.8 (88.9%)
4	BIERNACKA Katarzyna	678	SBRT WROCŁAW	K30	4	00:35:04	02:24:04.85	02:24:06.15	+00:16:18 (11.3%)	6:51	8.7 (87.9%)
5	RADKOWSKA Małgorzata	484	TEAM PARSZCZYŃSKICH/ SŁODKIE PĄCZKI	K30	5	00:37:15	02:24:50.60	02:25:02.45	+00:17:15 (11.9%)	6:53	8.7 (87.9%)
6	KORONA-SIERADZKA Bogusława	530		K30	6	00:37:32	02:26:30.50	02:26:35.90	+00:18:48 (12.8%)	6:58	8.6 (86.9%)
7	MECAN Magdalena	595		K30	7	00:39:00	02:28:19.75	02:28:26.25	+00:20:39 (13.9%)	7:03	8.5 (85.9%)
8	KRUŻOŁEK Monika	682		K30	8	00:44:41	02:29:55.40	02:30:13.30	+00:22:26 (14.9%)	7:08	8.4 (84.8%)
9	BATOR Paula	596		K30	9	00:37:59	02:30:14.40	02:30:14.40	+00:22:27 (14.9%)	7:09	8.4 (84.8%)
10	MASTERNAK Marta	432		K30	10	00:39:54	02:40:13.20	02:40:26.80	+00:32:39 (20.4%)	7:37	7.9 (79.8%)
11	BONIEC Gabriela	583		K30	11	00:40:41	02:41:00.45	02:41:06.10	+00:33:18 (20.7%)	7:40	7.8 (78.8%)
12	SZCZUCKA Róża	528		K30	12	00:42:41	02:41:31.45	02:41:46.95	+00:33:59 (21.0%)	7:41	7.8 (78.8%)
13	ŚREDNIAWA Paulina	680	_ZCHARTOWANI_	K30	13	00:42:34	02:42:03.25	02:42:13.50	+00:34:26 (21.2%)	7:43	7.8 (78.8%)
14	DOMAGAŁA Grażyna	652		K30	14	00:41:29	02:42:44.20	02:42:59.70	+00:35:12 (21.6%)	7:44	7.7 (77.8%)
15	WEGNER Patrycja	550		K30	15	00:41:07	02:42:48.90	02:43:05.15	+00:35:17 (21.6%)	7:45	7.7 (77.8%)
16	WRÓBEL Małgorzata	590	OBORYGENI	K30	16	00:42:26	02:46:08.15	02:46:16.45	+00:38:29 (23.1%)	7:54	7.6 (76.8%)
17	BŁĘDKOWSKA Katarzyna	687	AGROAS TEAM	K30	17	00:45:44	02:56:06.05	02:56:06.05	+00:48:18 (27.4%)	8:23	7.2 (72.7%)
18	JARZĄBEK Magdalena	627		K30	18	00:46:14	02:56:37.85	02:57:22.35	+00:49:35 (28.0%)	8:24	7.1 (71.7%)
19	JACKOWIAK Agnieszka	611		K30	19	00:46:25	02:58:08.25	02:58:13.00	+00:50:25 (28.3%)	8:28	7.1 (71.7%)
20	DUBAS Anna	453	SPRAWDZAMY-NIERUCHOMOSCI.PL	K30	20	00:45:08	02:59:41.20	02:59:57.75	+00:52:10 (29.0%)	8:33	7 (70.7%)
21	KUŚWIK Beata	489	CAŁE ŻYCIE NA REDUKCJI	K30	21	00:44:37	03:02:04.40	03:02:10.25	+00:54:23 (29.9%)	8:40	6.9 (69.7%)
22	CHOJNICKA Magdalena	343		K30	22	00:48:50	03:02:54.25	03:03:18.55	+00:55:31 (30.3%)	8:42	6.9 (69.7%)
23	PIEKIELNA Angelika	635		K30	23	00:45:59	03:05:31.65	03:05:47.90	+00:58:00 (31.2%)	8:50	6.8 (68.7%)
24	SUCHY Katarzyna	393	POGOŃ BYDŁO	K30	24	00:47:00	03:08:45.25	03:09:04.25	+01:01:17 (32.4%)	8:59	6.7 (67.7%)
25	DZIĘGIELEWSKA Dominika	334		K30	25	00:48:43	03:08:58.95	03:09:12.75	+01:01:25 (32.5%)	8:59	6.7 (67.7%)
26	TYLKA Gosia	403		K30	26	00:47:23	03:09:08.45	03:09:25.30	+01:01:38 (32.5%)	9:00	6.7 (67.7%)
27	TOMYŚLAK Magdalena	457		K30	27	00:46:03	03:10:50.75	03:11:08.20	+01:03:21 (33.1%)	9:05	6.6 (66.7%)
28	BESZTOCHA Jadwiga	548	ZEN RUNNING TEAM	K30	28	00:46:35	03:11:55.05	03:12:01.70	+01:04:14 (33.5%)	9:08	6.6 (66.7%)
29	KOZICZAK Katarzyna	347		K30	29	00:49:39	03:16:56.85	03:17:11.25	+01:09:24 (35.2%)	9:22	6.4 (64.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
30	KĘDZIORA Alicja	626		K30	30	00:51:06	03:19:08.80	03:19:14.85	+01:11:27 (35.9%)	9:28	6.3 (63.6%)
31	MISIAK Dorota	421		K30	31	00:52:19	03:20:47.75	03:21:19.10	+01:13:31 (36.5%)	9:33	6.3 (63.6%)
32	WANAT Kasia	354	VERGE	K30	32	00:52:44	03:26:10.75	03:26:57.85	+01:19:10 (38.3%)	9:49	6.1 (61.6%)
33	SZERSZEŃ Agata	628	DTR BIEGA / MARIO TEAM	K30	33	00:57:10	03:26:50.80	03:27:39.45	+01:19:52 (38.5%)	9:50	6.1 (61.6%)
34	FANAJŁO Kasia	362	ZGZB	K30	34	00:52:35	03:28:48.95	03:29:02.10	+01:21:14 (38.9%)	9:56	6 (60.6%)
35	OLEŚ Ewa	443		K30	35	00:54:45	03:31:51.65	03:32:34.25	+01:24:47 (39.9%)	10:05	5.9 (59.6%)
36	WINNICKA Edyta	388	ADIDAS RUNNERS WARSAW SŁODKIE PĄCZKI	K30	36	00:54:17	03:34:42.90	03:35:11.10	+01:27:23 (40.6%)	10:13	5.9 (59.6%)
37	PYZIO Magdalena	454	SPRAWDZAMY NIERUCHOMOŚCI	K30	37	00:52:15	03:37:00.50	03:37:18.10	+01:29:30 (41.2%)	10:20	5.8 (58.6%)
38	MICHALIK Iwona	592		K30	38	00:55:49	03:37:32.20	03:37:49.35	+01:30:02 (41.3%)	10:21	5.8 (58.6%)
39	ŻAK Dominika	366	FARTY PUSZCZY	K30	39	00:56:22	03:37:50.35	03:38:24.45	+01:30:37 (41.5%)	10:22	5.8 (58.6%)
40	BOGACKA Aneta	479	ZGZB	K30	40	00:56:07	03:40:49.25	03:41:30.25	+01:33:43 (42.3%)	10:30	5.7 (57.6%)
41	STACHOWIAK Magda	527	RUN TEAM RYDZYNA	K30	41	00:54:21	03:42:35.65	03:42:56.60	+01:35:09 (42.7%)	10:35	5.7 (57.6%)
42	FINKOWIAT - SZYMCZAK Katarzyna	307	FARTY PUSZCZY	K30	42	00:56:24	03:42:55.35	03:43:27.80	+01:35:40 (42.8%)	10:36	5.7 (57.6%)
43	WALIŃSKA Agata	456	WWW.SPRAWDZAMY-NIERUCHOMOSCI.PL	K30	43	00:55:24	03:46:37.60	03:46:37.60	+01:38:50 (43.6%)	10:47	5.6 (56.6%)
44	KOLESIŃSKA Anna	685		K30	44	01:00:50	03:54:33.25	03:54:57.75	+01:47:10 (45.6%)	11:10	5.4 (54.5%)
45	WÓJCIK-RATNICKA Natalia	686		K30	45	01:00:49	03:54:39.75	03:55:05.00	+01:47:17 (45.6%)	11:10	5.4 (54.5%)
46	LENDĄ-PETRYKOWSKA Marzena	633	SURGICAL NINJA OWL	K30	46	01:02:30	03:58:26.70	03:58:54.90	+01:51:07 (46.5%)	11:21	5.3 (53.5%)
47	HOREŻGA Dorota	306		K30	47	01:00:45	04:00:13.55	04:00:21.95	+01:52:34 (46.8%)	11:26	5.2 (52.5%)
48	MYSZYWODA Monika	410		K30	48	01:02:31	04:04:27.70	04:04:52.20	+01:57:05 (47.8%)	11:38	5.2 (52.5%)
49	WOŚKO Gabriela	694	STG WARSZAWA	K30	49	01:04:50	04:07:16.10	04:07:48.85	+02:00:01 (48.4%)	11:46	5.1 (51.5%)
50	PISTL Anna	305		K30	50	01:00:33	04:10:08.60	04:10:31.70	+02:02:44 (49.0%)	11:54	5 (50.5%)
51	ZIAJA Aleksandra	386		K30	51	01:02:16	04:10:55.70	04:11:25.40	+02:03:38 (49.2%)	11:56	5 (50.5%)
52	MATUSZ Magdalena	356	POBIEROWO BIEGA	K30	52	01:03:41	04:20:04.70	04:20:36.55	+02:12:49 (51.0%)	12:23	4.8 (48.5%)
53	POŁOMSKA Kamila	348		K30	53	01:03:43	04:20:27.55	04:20:58.15	+02:13:10 (51.0%)	12:24	4.8 (48.5%)
54	GÓRECKA Karolina	358	POBIEROWO BIEGA	K30	54	01:03:41	04:21:32.65	04:22:05.30	+02:14:18 (51.2%)	12:27	4.8 (48.5%)
55	ŁADOŃSKA Agata	415		K30	55	01:02:59	04:39:08.45	04:39:50.55	+02:32:03 (54.3%)	13:17	4.5 (45.5%)

Znaleziono 55 wynik(ów)