



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

RUDAWY ZIMOWY FESTIWAL BIEGOWY
Fundacja Szczyt za Szczytem
2023-02-18
Karpniki
21 km

DWUDZIESTKA

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Husyckie Skały 3.5km	4.4km	Szwajcarka 4.5km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	NOWAKOWSKA Anna	385	ZAWISZA BYDGOSZCZ	K30	1	00:20:41	00:32:34	00:32:57	02:25:56.95	02:25:59.90		6:56	8.6 (100%)
2	IDCZAK Agnieszka	343		K30	2	00:23:52	00:35:55	00:36:17	02:26:38.55	02:26:49.10	+00:00:49 (0.6%)	6:58	8.6 (100%)
3	RADKOWSKA Małgorzata	538	TEAM PARSZCZYŃSKICH	K30	3	00:23:14	00:36:24	00:36:47	02:33:35.10	02:33:42.95	+00:07:43 (5.0%)	7:18	8.2 (95.3%)
4	PATROŃSKA Magdalena	527	ŻARŁOKI	K30	4	00:27:13	00:40:47	00:41:16	02:46:12.50	02:46:27.40	+00:20:27 (12.3%)	7:54	7.6 (88.4%)
5	ŻUROWSKA-SOPALA Iwona	570		K30	5	00:26:04	00:39:01	00:39:32	02:47:32.95	02:48:01.35	+00:22:01 (13.1%)	7:58	7.5 (87.2%)
6	SOŁTYSIAK Marta	368	SZAKALE BAŁUT ŁÓDŹ	K30	6	00:26:23	00:41:01	00:41:28	02:51:20.70	02:51:45.45	+00:25:45 (15.0%)	8:09	7.4 (86.0%)
7	DUSZYŃSKA Ewa	336		K30	7		00:38:28	00:38:53	02:54:25.70	02:54:30.45	+00:28:30 (16.3%)	8:18	7.2 (83.7%)
8	WOŹNIAK Karolina	358	INKA TEAM	K30	8	00:27:47	00:42:59	00:43:25	03:01:55.60	03:01:55.60	+00:35:55 (19.7%)	8:39	6.9 (80.2%)
9	TOMYŚLAK Magdalena	427	TAKE CONTROL	K30	9	00:28:48	00:43:28	00:43:55	03:04:37.55	03:04:59.40	+00:38:59 (21.1%)	8:47	6.8 (79.1%)
10	SUCHY Katarzyna	397	POGOŃ BYDŁO	K30	10	00:27:30	00:42:47	00:43:32	03:06:38.40	03:06:52.60	+00:40:52 (21.9%)	8:53	6.8 (79.1%)
11	DUBAS Anna	428	WWW.SPRAWDZAMY-NIERUCHOMOSCI.PL	K30	11	00:28:47	00:43:10	00:43:36	03:07:36.25	03:07:58.85	+00:41:58 (22.3%)	8:56	6.7 (77.9%)
12	BŁĘDKOWSKA Katarzyna	597		K30	12	00:29:14	00:43:57	00:44:52	03:12:15.15	03:12:29.75	+00:46:29 (24.2%)	9:09	6.6 (76.7%)
13	SZAMOCKA Paulina	394		K30	13	00:30:46	00:47:47	00:48:17	03:15:48.45	03:16:19.25	+00:50:19 (25.6%)	9:19	6.4 (74.4%)
14	DZIERGWA Agnieszka	609	PRZEDWOJEWSKI TEAM / RNB TEAM	K30	14	00:27:50	00:43:28	00:43:55	03:18:57.10	03:19:12.35	+00:53:12 (26.7%)	9:28	6.3 (73.3%)
15	KUSZ Joanna	344	CROSS STRACEŃCÓW TEAM	K30	15	00:29:41	00:45:32	00:46:22	03:28:03.15	03:28:16.15	+01:02:16 (29.9%)	9:54	6.1 (70.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Husyckie Skały 3.5km	4.4km	Szwajcarka 4.5km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
16	KALIŃSKA Dorota	490		K30	16	00:33:51	00:51:51	00:52:56	03:30:31.35	03:31:10.35	+01:05:10 (30.9%)	10:01	6 (69.8%)
17	MISIAK Ula	613		K30	17	00:30:43	00:48:16	00:50:37	03:31:30.70	03:31:38.00	+01:05:38 (31.0%)	10:04	6 (69.8%)
18	KĘDZIORA Alicja	438		K30	18	00:33:08	00:51:13	00:54:14	03:32:43.55	03:32:56.55	+01:06:56 (31.4%)	10:07	5.9 (68.6%)
19	KOZAKIEWICZ Beata	452	CAŁE ŻYCIE NA REDUKCJI	K30	19	00:32:26	00:50:29	00:50:58	03:36:22.45	03:36:30.85	+01:10:30 (32.6%)	10:18	5.8 (67.4%)
20	BENTKOWSKA Magdalena	442	DIRTY SPARROWS	K30	20	00:30:51	00:48:07	00:50:23	03:36:23.50	03:36:51.15	+01:10:51 (32.7%)	10:18	5.8 (67.4%)
21	WINNICKA Edyta	351	ADIDAS RUNNERS WARSAW SŁODKIE PĄCZKI	K30	21	00:33:12	00:52:11	00:52:43	03:36:45.10	03:37:10.35	+01:11:10 (32.8%)	10:19	5.8 (67.4%)
22	WALIŃSKA Agata	429	WWW.SPRAWDZAMY-NIERUCHOMOSCI.PL	K30	22	00:32:45	00:50:18	00:50:57	03:39:51.25	03:40:13.20	+01:14:13 (33.7%)	10:28	5.7 (66.3%)
23	PYZIO Magda	430		K30	23	00:32:45	00:50:18	00:50:55	03:39:55.30	03:40:16.55	+01:14:16 (33.7%)	10:28	5.7 (66.3%)
24	JĘDROWSKA Emilia	401		K30	24	00:33:09	00:51:16	00:54:15	03:43:58.15	03:44:10.90	+01:18:11 (34.9%)	10:39	5.6 (65.1%)
25	SCHLOSSBERGER Lidia	504		K30	25	00:34:53	00:53:44	00:55:43	03:52:32.20	03:52:49.80	+01:26:49 (37.3%)	11:04	5.4 (62.8%)
26	DWORZAŃSKA Anna	584	MARATOŃCZYK POZNAŃ	K30	26	00:36:26	00:56:29	00:57:34	04:09:32.70	04:10:15.45	+01:44:15 (41.7%)	11:52	5 (58.1%)
27	SOBKÓW Katarzyna	521	MISIE BIEGAJĄ	K30	27	00:38:38	00:58:15		04:17:38.30	04:17:58.00	+01:51:58 (43.4%)	12:16	4.9 (57.0%)
28	PAWLAK Katarzyna	334		K30	28	00:36:58	00:57:26	00:59:52	04:18:02.55	04:18:25.65	+01:52:25 (43.5%)	12:17	4.9 (57.0%)
29	PLUSKOTA Ewa	404		K30	29	00:36:18	00:58:20	00:59:46	04:22:51.45	04:23:16.55	+01:57:16 (44.5%)	12:31	4.8 (55.8%)
30	ZIAJA Aleksandra	339		K30	30	00:39:06	01:00:00	01:01:53	04:29:59.30	04:30:30.30	+02:04:30 (46.0%)	12:51	4.7 (54.7%)

Znaleziono 30 wynik(ów)