

DWUDZIESTKA

B4SPORT



Wydarzenie: RUDAWY ZIMOWY FESTIWAL BIEGOWY
Organizator: Fundacja Szczyt za Szczytem
Data: 2022-02-19
Miejsce: Karpniki
Dystans: 21 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	TELATYNSKA Sylwia	474	STOWARZYSZENIE KLUB SPORTOWY AKTYWNE CHOSZCZNO	K40	1	00:33:27	02:16:28.65	02:16:29.80		6:29	9.2 (100%)
2	BOĆKO Ewa	383		K40	2	00:37:57	02:26:28.90	02:26:32.30	+00:10:02 (6.9%)	6:58	8.6 (93.5%)
3	RATAJCZAK Dorota	689		K40	3	00:39:10	02:34:39.90	02:34:39.90	+00:18:10 (11.7%)	7:21	8.1 (88.0%)
4	KŁACZYŃSKA Danuta	322	FARTY PUSZCZY	K40	4	00:40:58	02:36:34.30	02:36:52.35	+00:20:22 (13.0%)	7:27	8 (87.0%)
5	SYDORCZYK Magdalena	336		K40	5	00:44:09	02:41:13.55	02:41:36.20	+00:25:06 (15.5%)	7:40	7.8 (84.8%)
6	MADEJ Anna	466	VEGE RUNNERS	K40	6	00:44:08	02:46:47.80	02:47:01.80	+00:30:32 (18.3%)	7:56	7.6 (82.6%)
7	KASPERSKA Sylwia	597	KB ZDYSZAAANI CHOCIANÓW	K40	7	00:40:36	02:47:13.45	02:47:17.75	+00:30:47 (18.4%)	7:57	7.5 (81.5%)
8	ORTYL Ewelina	326		K40	8	00:41:11	02:47:56.10	02:47:56.10	+00:31:26 (18.7%)	7:59	7.5 (81.5%)
9	NIMSZ Kamila	341		K40	9	00:46:33	02:52:07.80	02:52:26.60	+00:35:56 (20.8%)	8:11	7.3 (79.3%)
10	ZABORSKA KONKOLEWSKA Agnieszka	604	BROWAR FORTUNA	K40	10	00:44:19	02:55:55.95	02:56:07.50	+00:39:37 (22.5%)	8:22	7.2 (78.3%)
11	TRZEPACZ Dorota	417	KB LUPUS OLEŚNICA	K40	11	00:44:05	02:58:26.30	02:58:39.00	+00:42:09 (23.6%)	8:29	7.1 (77.2%)
12	ROGÓŻ Elżbieta	638	ULTRATRACK	K40	12	00:46:18	03:01:37.60	03:01:47.10	+00:45:17 (24.9%)	8:38	6.9 (75.0%)
13	BRONOWSKA Justyna	545		K40	13	00:46:25	03:02:54.90	03:03:02.10	+00:46:32 (25.4%)	8:42	6.9 (75.0%)
14	BANDUROWSKA Agnieszka	616	KB WIKON NOWA SÓL	K40	14	00:44:28	03:03:44.45	03:03:50.35	+00:47:20 (25.8%)	8:44	6.9 (75.0%)
15	JAKUBOWSKA Ewelina	414	NOA	K40	15	00:49:26	03:03:46.50	03:04:20.75	+00:47:50 (26.0%)	8:45	6.9 (75.0%)

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16	ERET Marzena	566		K40	16	00:46:28	03:04:16.25	03:04:21.85	+00:47:52 (26.0%)	8:46	6.8 (73.9%)
17	WASILEWSKA Agata	407	AKADEMIA MISTRZÓW SPORTU	K40	17	00:46:50	03:05:32.70	03:06:01.40	+00:49:31 (26.6%)	8:50	6.8 (73.9%)
18	KACZMAREK Dorota	519	RADZIKI	K40	18	00:48:23	03:09:48.20	03:10:09.70	+00:53:39 (28.2%)	9:02	6.6 (71.7%)
19	MARCINIAK Anna	617		K40	19	00:50:46	03:14:10.60	03:14:25.90	+00:57:56 (29.8%)	9:14	6.5 (70.7%)
20	ZIENKIEWICZ Justyna	669		K40	20	00:57:33	03:14:50.35	03:15:26.60	+00:58:56 (30.2%)	9:16	6.5 (70.7%)
21	ZIENKIEWICZ Agata	507	PIASECZNO RUNNING	K40	21	00:57:34	03:14:51.30	03:15:26.70	+00:58:56 (30.2%)	9:16	6.5 (70.7%)
22	MAZUR Katarzyna	683	UMLAUT	K40	22	00:50:37	03:16:57.35	03:17:05.75	+01:00:35 (30.7%)	9:22	6.4 (69.6%)
23	DOBROCHOWSKA Ilona	476	STRZEGOMSKA DWUNASTKA	K40	23	00:50:27	03:16:53.00	03:17:16.65	+01:00:46 (30.8%)	9:22	6.4 (69.6%)
24	ŚMIECHOWSKA Małgorzata	629	ŚDS RECZ	K40	24	00:49:45	03:19:42.05	03:19:47.05	+01:03:17 (31.7%)	9:30	6.3 (68.5%)
25	SYNOWIEC-JUDA Agata	373		K40	25	00:52:47	03:22:15.45	03:22:36.15	+01:06:06 (32.6%)	9:37	6.2 (67.4%)
26	KOŃ Aleksandra	345	EKIPA LIPA	K40	26	00:51:08	03:23:50.15	03:24:04.70	+01:07:34 (33.1%)	9:42	6.2 (67.4%)
27	JAWORSKA Magdalena	570	GB WIELKOPOLSCY BIEGACZE/TEAM KGB	K40	27	00:53:37	03:26:34.60	03:27:17.90	+01:10:48 (34.2%)	9:50	6.1 (66.3%)
28	PISZ Ewelina	420	POBIEROWO BIEGA	K40	28	00:58:15	03:30:28.05	03:31:00.40	+01:14:30 (35.3%)	10:01	6 (65.2%)
29	BURMAN Beata	314	AKTYWNI RAZEM	K40	29	00:51:08	03:32:26.50	03:32:56.50	+01:16:26 (35.9%)	10:06	5.9 (64.1%)
30	PRZYBYSZEWSKA Lidia	390	ULTRA DIABŁY TEAM LUBRZA	K40	30	00:54:11	03:33:14.00	03:33:24.45	+01:16:54 (36.0%)	10:09	5.9 (64.1%)
31	JANKOWSKA Marzena	449	FU FU FU TEAM	K40	31	00:55:58	03:36:42.75	03:36:52.45	+01:20:22 (37.1%)	10:19	5.8 (63.0%)
32	MALINOWSKA Zyta	309	ULTRA DIABŁY LUBRZA	K40	32	00:53:28	03:37:03.60	03:37:15.00	+01:20:45 (37.2%)	10:20	5.8 (63.0%)
33	FRAĆKOWIAK Elżbieta	539		K40	33	00:55:30	03:38:35.55	03:38:43.65	+01:22:13 (37.6%)	10:24	5.8 (63.0%)
34	HUGETH Agnieszka	434	BBL BOLESŁAWIEC	K40	34	00:59:23	03:38:50.30	03:39:21.60	+01:22:51 (37.8%)	10:25	5.8 (63.0%)
35	MAGDA Iwona	496	EKIPA ZAJĄCA	K40	35	00:59:22	03:38:50.50	03:39:21.85	+01:22:52 (37.8%)	10:25	5.8 (63.0%)
36	GZULA Beata	589	TEAM PARSZCZYŃSKICH	K40	36	01:03:11	03:39:48.55	03:40:18.85	+01:23:49 (38.0%)	10:28	5.7 (62.0%)
37	GRABOWIECKA Marta	485	ZIELONA GÓRA ZACZNIJ BIEGAĆ	K40	37	00:56:02	03:40:50.10	03:41:30.30	+01:25:00 (38.4%)	10:30	5.7 (62.0%)
38	SZYMANKIEWICZ Edyta	381	CROSS STRACEŃCÓW TEAM	K40	38	00:59:42	03:41:24.80	03:41:44.40	+01:25:14 (38.4%)	10:32	5.7 (62.0%)

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39	MECH Marta	643		K40	39	01:01:56	03:42:23.85	03:43:00.90	+01:26:31 (38.8%)	10:35	5.7 (62.0%)
40	ZIEMKOWSKA Monika	301		K40	40	00:57:46	03:43:55.75	03:44:21.90	+01:27:52 (39.2%)	10:39	5.6 (60.9%)
41	BARTKIEWICZ Halina	430	KRWIOBIEGANIE, ZGZB	K40	41	00:56:23	03:43:48.55	03:44:29.70	+01:27:59 (39.2%)	10:39	5.6 (60.9%)
42	ZELMANOWICZ - SZŁAPA Ewa	558		K40	42	00:59:22	03:45:42.15	03:46:23.15	+01:29:53 (39.7%)	10:44	5.6 (60.9%)
43	GÓRNA Aldona	547	ŻÓŁWICE W BIEGU	K40	43	01:01:02	03:48:21.10	03:48:28.50	+01:31:58 (40.3%)	10:52	5.5 (59.8%)
44	LANGE Hanna	546	ŻÓŁWICE W BIEGU	K40	44	01:01:02	03:48:22.45	03:48:29.10	+01:31:59 (40.3%)	10:52	5.5 (59.8%)
45	DOJS Aleksandra	340	NIGHT RUNNERS	K40	45	01:02:21	03:52:21.65	03:52:33.75	+01:36:03 (41.3%)	11:03	5.4 (58.7%)
46	OCHNIO Ewa	359	DALEKA DROGA	K40	46	01:03:06	03:53:34.90	03:54:10.40	+01:37:40 (41.7%)	11:07	5.4 (58.7%)
47	KOWALEWSKA Izabela	670	PIASECZNO RUNNING	K40	47	01:00:44	03:54:31.85	03:55:08.90	+01:38:39 (42.0%)	11:10	5.4 (58.7%)
48	SZERSZEŃ Małgorzata	446	PIASECZNO RUNNING	K40	48	01:00:44	03:54:33.90	03:55:10.00	+01:38:40 (42.0%)	11:10	5.4 (58.7%)
49	PTAK Ewa	241		K40	49	01:00:59	03:56:45.40	03:57:23.35	+01:40:53 (42.5%)	11:16	5.3 (57.6%)
50	SYPKO-KUBICKA Katarzyna	378	DOBRA FORMA/ KOZŁOWICKI CROSS	K40	50	01:02:56	04:10:37.45	04:11:00.70	+01:54:30 (45.6%)	11:56	5 (54.3%)
51	DUDEK Mariola	404	STRZEGOMSKA DWUNASTKA	K40	51	01:03:46	04:15:59.55	04:16:23.45	+01:59:53 (46.8%)	12:11	4.9 (53.3%)
52	WIŚNIEWSKA Dorota	464		K40	52	01:05:19	04:18:32.05	04:18:46.20	+02:02:16 (47.3%)	12:18	4.9 (53.3%)
	ŻESŁAWSKA Wiola	477		K40		03:10:06 DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 53 wynik(ów)