



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: K40

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	MOCZULSKA Małgorzata	608		K40	1	00:19:49	00:30:14	00:30:37	02:10:40.65	02:10:44.60		6:13	9.6 (100%)
2	KAZUBOWSKA Aleksandra	365	VEGE RUNNERKA	K40	2	00:23:22	00:35:50	00:36:13	02:35:45.60	02:35:49.90	+00:25:05 (16.1%)	7:25	8.1 (84.4%)
3	UPTAS Ewa	341	FITNESS & SGUASCH	K40	3	00:28:19	00:43:36	00:43:59	02:55:59.25	02:56:11.75	+00:45:27 (25.8%)	8:22	7.2 (75.0%)
4	GRONEK Magdalena	454	BIEGAMDLAZDROWIA. PL	K40	4	00:27:31	00:42:05	00:42:32	02:56:21.15	02:56:31.80	+00:45:47 (25.9%)	8:23	7.1 (74.0%)
5	LIS Anna	614		K40	5	00:26:50	00:40:36	00:41:02	02:57:10.10	02:57:16.45	+00:46:31 (26.2%)	8:26	7.1 (74.0%)
6	SYDORCZYK Magdalena	498	ENDORFINA WSCHOWA	K40	6	00:27:18	00:41:22	00:41:50	02:58:50.10	02:58:56.65	+00:48:12 (26.9%)	8:30	7 (72.9%)
7	CHRZANOWSKA Agnieszka	364	IDĘ DALEJ	K40	7	00:28:04	00:43:18	00:43:47	03:03:23.60	03:03:41.80	+00:52:57 (28.8%)	8:43	6.9 (71.9%)
8	ORTYL Ewelina	370		K40	8	00:27:31	00:43:23	00:44:00	03:14:29.85	03:14:36.50	+01:03:51 (32.8%)	9:15	6.5 (67.7%)
9	WYTYKOWSKA Joanna	488	ŁKW	K40	9	00:28:00	00:43:04	00:43:47	03:15:05.80	03:15:31.60	+01:04:47 (33.1%)	9:17	6.5 (67.7%)
10	NOWAK Marta	516		K40	10	00:33:38	00:51:56	00:55:21	03:16:07.90	03:16:25.80	+01:05:41 (33.4%)	9:20	6.4 (66.7%)
11	MAZUR Katarzyna	422	UMLAUT	K40	11	00:29:44	00:46:37	00:47:10	03:18:11.10	03:18:20.25	+01:07:35 (34.1%)	9:26	6.4 (66.7%)
12	JODŁOWSKA Ewa	423	BIEGAMY BO CHCEMY	K40	12	00:29:42	00:46:54	00:48:03	03:18:39.60	03:18:52.00	+01:08:07 (34.3%)	9:27	6.3 (65.6%)
13	KĘDZIORA Aleksandra	552		K40	13	00:32:08	00:49:48	00:50:23	03:25:41.25	03:26:11.25	+01:15:26 (36.6%)	9:47	6.1 (63.5%)
14	MARTAN Iwona	474	ORTHOS TEAM	K40	14	00:37:55	00:54:53	00:55:50	03:27:54.20	03:28:23.40	+01:17:38 (37.3%)	9:54	6.1 (63.5%)
15	PŁUSA Aneta	564	BBC	K40	15	00:29:43	00:46:53	00:48:00	03:28:51.30	03:29:05.85	+01:18:21 (37.5%)	9:56	6 (62.5%)

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	ŚMIECHOWSKA Małgorzata	414		K40	16	00:32:17	00:51:08	00:52:17	03:32:43.50	03:33:01.10	+01:22:16 (38.6%)	10:07	5.9 (61.5%)
17	HOŁOWNIA Patrycja	484	BIEGUSY CZAPLE	K40	17	00:30:28	00:47:40	00:48:11	03:33:01.80	03:33:20.50	+01:22:35 (38.7%)	10:08	5.9 (61.5%)
18	MALCZEWSKA- CHAŁADAJ Karina	550		K40	18	00:34:27	00:52:17	00:52:49	03:34:02.05	03:34:22.75	+01:23:38 (39.0%)	10:11	5.9 (61.5%)
19	MODZELEWSKA Agnieszka	502		K40	19	00:33:21	00:51:04	00:51:44	03:34:10.00	03:34:45.35	+01:24:00 (39.1%)	10:11	5.9 (61.5%)
20	OLEKSIEWICZ Beata	499	SZAKALE BAŁUT ŁÓDŹ	K40	20	00:32:41	00:51:09	00:52:34	03:34:18.65	03:34:49.95	+01:24:05 (39.1%)	10:12	5.9 (61.5%)
21	KANDUŁA Klaudia	315	LION GROUP	K40	21	00:32:31	00:50:37	00:51:16	03:34:31.95	03:34:52.25	+01:24:07 (39.2%)	10:12	5.9 (61.5%)
22	PAWLIKOWSKA Monika	532		K40	22	00:34:44	00:53:16	00:55:01	03:41:44.10	03:41:54.55	+01:31:09 (41.1%)	10:33	5.7 (59.4%)
23	GAJEWSKA Weronika	472	RYSIE	K40	23	00:33:36	00:52:00	00:52:47	03:46:37.35	03:47:04.15	+01:36:19 (42.4%)	10:47	5.6 (58.3%)
24	BROŚ Bożena	359	KLUB BIEGACZA ORANGE POLSKA	K40	24	00:33:23	00:51:45	00:54:15	03:51:53.20	03:52:19.45	+01:41:34 (43.7%)	11:02	5.4 (56.3%)
25	SIKORSKA Agnieszka	606		K40	25	00:35:32	00:57:12	00:57:58	03:54:54.95	03:55:40.70	+01:44:56 (44.5%)	11:11	5.4 (56.3%)
26	INOROWICZ Joanna	517		K40	26	00:33:40	00:51:57	00:55:23	04:01:23.55	04:01:41.15	+01:50:56 (45.9%)	11:29	5.2 (54.2%)
27	PTAK Ewa	587		K40	27	00:35:38	00:54:49	00:55:47	04:06:51.40	04:07:10.65	+01:56:26 (47.1%)	11:45	5.1 (53.1%)
28	HAGEL Julita	432		K40	28	00:32:33	00:51:39	00:55:02	04:08:03.45	04:08:06.80	+01:57:22 (47.3%)	11:48	5.1 (53.1%)
29	CHAJDYS Monika	592	SKOSZEWY RUNNERS	K40	29	00:34:31	00:54:24	00:55:27	04:09:46.85	04:10:10.35	+01:59:25 (47.7%)	11:53	5 (52.1%)
30	KARAŚ Anna	456		K40	30	00:37:18	00:57:30	01:01:20	04:10:04.60	04:10:18.40	+01:59:33 (47.8%)	11:54	5 (52.1%)
31	DZIECIELSKA Agnieszka	309		K40	31	00:44:53	01:10:58	01:13:10	05:20:11.85	05:20:47.85	+03:10:03 (59.2%)	15:14	3.9 (40.6%)
32	MERKLINGHAUS-KOBER Monika	367	SPEED FEET '16	K40	32	00:47:47	01:15:55	01:17:56	05:22:38.85	05:23:11.00	+03:12:26 (59.5%)	15:21	3.9 (40.6%)

Znaleziono 32 wynik(ów)