



Wydarzenie: RUDAWY ZIMOWY FESTIWAL BIEGOWY
Organizator: Fundacja Szczyt za Szczytem
Data: 2024-02-10
Miejsce: Karpniki
Dystans: 21 km

DWUDZIESTKA

B4SPORT

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: K40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szwajcarka 4.5km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	MOCZULSKA Małgorzata	399		K40	1	00:30:47	02:06:45.35	02:06:48.20		6:02	9.9 (100%)
2	KURPIEWSKA Anna	406		K40	2	00:36:35	02:26:41.45	02:26:47.10	+00:19:58 (13.6%)	6:59	8.6 (86.9%)
3	KRÓLIKOWSKA Magdalena	488		K40	3	00:35:13	02:28:42.10	02:28:47.55	+00:21:59 (14.8%)	7:04	8.5 (85.9%)
4	ŻOŁDAK Magdalena	398	ADIDAS RUNNERS POZNAŃ	K40	4	00:37:47	02:29:37.80	02:29:41.65	+00:22:53 (15.3%)	7:07	8.4 (84.8%)
5	BABIŃSKA-POPIŁKA Ewelina	301		K40	5	00:36:16	02:34:06.00	02:34:08.70	+00:27:20 (17.7%)	7:20	8.2 (82.8%)
6	WODZIŃSKA Danuta	419	TRAIL IS OUR WAY/ BIEG OPOLSKI	K40	6	00:37:24	02:39:34.35	02:39:38.35	+00:32:50 (20.6%)	7:35	7.9 (79.8%)
7	SYDORCZYK Magdalena	319	ENDORFINA WSCHOWA	K40	7	00:39:25	02:42:44.25	02:42:52.00	+00:36:03 (22.1%)	7:44	7.7 (77.8%)
8	CZAPLICKA Izabela	408	GOPR KARKONOSZE	K40	8	00:39:15	02:48:40.35	02:48:46.15	+00:41:57 (24.9%)	8:01	7.5 (75.8%)
9	NOWAK Marta	325		K40	9	00:44:11	02:57:26.85	02:57:37.00	+00:50:48 (28.6%)	8:26	7.1 (71.7%)
10	GRZELAK Elżbieta	343		K40	10	00:46:33	03:00:02.90	03:00:20.50	+00:53:32 (29.7%)	8:34	7 (70.7%)
11	PŁUSA Aneta	357	BBC KROSNO ODRZAŃSKIE	K40	11	00:44:01	03:03:27.40	03:03:35.15	+00:56:46 (30.9%)	8:44	6.9 (69.7%)
12	JODŁOWSKA Ewa	322	BBC KROSNO ODRZANSKIE	K40	12	00:44:00	03:03:57.00	03:04:03.55	+00:57:15 (31.1%)	8:45	6.8 (68.7%)
13	KOWACZ Agata	540	SPEEDBAR	K40	13	00:47:59	03:06:36.95	03:06:46.15	+00:59:57 (32.1%)	8:53	6.8 (68.7%)
14	NARKUN Ewa	388		K40	14	00:46:38	03:07:25.05	03:07:32.65	+01:00:44 (32.4%)	8:55	6.7 (67.7%)
15	MAZUR Katarzyna	385	UMLAUT	K40	15	00:45:14	03:08:21.00	03:08:25.95	+01:01:37 (32.7%)	8:58	6.7 (67.7%)
16	PRUCHNIEWSKA Agnieszka	503		K40	16	00:44:18	03:08:44.30	03:08:51.20	+01:02:03 (32.9%)	8:59	6.7 (67.7%)
17	LEWICKA Magdalena	538	CAŁA OLEŚNICA BIEGA	K40	17	00:47:36	03:08:42.15	03:09:05.05	+01:02:16 (32.9%)	8:59	6.7 (67.7%)
18	CHRZANOWSKA Agnieszka	407	IDĘ DALEJ	K40	18	00:47:21	03:09:09.85	03:09:23.25	+01:02:35 (33.0%)	9:00	6.7 (67.7%)
19	SYNOWIEC-JUDA Agata	418		K40	19	00:49:18	03:17:42.20	03:17:59.90	+01:11:11 (36.0%)	9:24	6.4 (64.6%)
20	TRZCIŃSKA Jolanta	362	ROCK BALANCING ICE	K40	20		03:21:14.65	03:21:31.00	+01:14:42 (37.1%)	9:34	6.3 (63.6%)
21	DOJS Aleksandra	337		K40	21	00:50:22	03:22:47.90	03:23:11.10	+01:16:22 (37.6%)	9:39	6.2 (62.6%)
22	HANGIEL Urszula	450	ŻWAWĘ ŻÓŁWIE	K40	22		03:28:22.50	03:29:02.30	+01:22:14 (39.3%)	9:55	6 (60.6%)
23	WESOŁOWSKA Iwona	510		K40	23	00:50:23	03:30:45.65	03:31:02.20	+01:24:14 (39.9%)	10:02	6 (60.6%)
24	SOBIESKA Weronika	332	OKI OKI TEAM	K40	24	00:49:07	03:34:44.45	03:35:04.35	+01:28:16 (41.0%)	10:13	5.9 (59.6%)
25	WALCZAK Anna	311		K40	25	00:51:40	03:35:53.35	03:36:20.70	+01:29:32 (41.4%)	10:16	5.8 (58.6%)
26	ŚMIECHOWSKA Małgorzata	333		K40	26	00:52:10	03:36:10.90	03:36:26.65	+01:29:38 (41.4%)	10:17	5.8 (58.6%)
27	RÓŻAŃSKA Magdalena	328		K40	27		03:38:14.55	03:38:25.90	+01:31:37 (41.9%)	10:23	5.8 (58.6%)
28	GAWLIK-ŁUPKOWSKA Agnieszka	404	KĘSY TEAM	K40	28	00:53:37	03:39:19.55	03:39:32.35	+01:32:44 (42.2%)	10:26	5.7 (57.6%)
29	GRZEGRZÓŁKA Anna	409	ZABIEGANI Z LEŚNEJ	K40	29	00:56:20	03:39:10.90	03:39:33.25	+01:32:45 (42.2%)	10:26	5.7 (57.6%)

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30	MIŁOSZEWSKA Katarzyna	410	IZERY BOGATYNIA	K40	30	00:56:17	03:40:34.25	03:40:57.75	+01:34:09 (42.6%)	10:30	5.7 (57.6%)
31	PLACHIMOWICZ Natalia	484	MOCNA GRUPA CEZARA	K40	31	00:59:06	03:41:38.55	03:42:02.25	+01:35:14 (42.9%)	10:33	5.7 (57.6%)
32	SIKORSKA Agnieszka	530		K40	32	00:54:49	03:43:26.45	03:44:07.45	+01:37:19 (43.4%)	10:38	5.6 (56.6%)
33	PTAK Ewa	497		K40	33	00:55:08	03:57:23.60	03:57:51.75	+01:51:03 (46.7%)	11:18	5.3 (53.5%)
34	KARASIŃSKA Karolina	309		K40	34	00:59:29	03:57:49.50	03:58:15.45	+01:51:27 (46.8%)	11:19	5.3 (53.5%)
35	LIS Anna	342		K40	35	00:56:51	03:58:03.45	03:58:34.30	+01:51:46 (46.8%)	11:20	5.3 (53.5%)
36	KUCHCIŃSKA Diana	434		K40	36	00:57:01	04:07:09.95	04:07:30.00	+02:00:41 (48.8%)	11:46	5.1 (51.5%)
37	INOROWICZ Joanna	420		K40	37	00:56:48	04:13:31.35	04:13:41.85	+02:06:53 (50.0%)	12:04	5 (50.5%)
38	KAPŁON Anna	315		K40	38	01:04:51	04:18:22.95	04:18:49.85	+02:12:01 (51.0%)	12:18	4.9 (49.5%)
39	MERKLINGHAUS-KOBER Monika	476	SPEED FEET '16/ MIEJSKA KONDYCJA	K40	39	01:07:36	04:27:59.55	04:28:14.25	+02:21:26 (52.7%)	12:45	4.7 (47.5%)
40	OTT Małgorzata	313		K40	40	01:14:44	04:54:21.45	04:54:50.55	+02:48:02 (57.0%)	14:01	4.3 (43.4%)

Znaleziono 40 wynik(ów)