



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: OPEN Kobiety

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	DUCZMAL Dominika	502		K20	1	00:33:02	02:08:30.15	02:08:32.05	+00:00:44 (0.6%)	6:07	9.8 (99.0%)
3	ŁUKASIEWICZ Ewa	677		K50	1	00:33:32	02:09:33.35	02:09:36.50	+00:01:49 (1.4%)	6:10	9.7 (98.0%)
4	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%)
5	TELATYNSKA Sylwia	474	STOWARZYSZENIE KLUB SPORTOWY AKTYWNE CHOSZCZNO	K40	1	00:33:27	02:16:28.65	02:16:29.80	+00:08:42 (6.4%)	6:29	9.2 (92.9%)
6	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%)
7	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%)
8	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%)
9	BOĆKO Ewa	383		K40	2	00:37:57	02:26:28.90	02:26:32.30	+00:18:45 (12.8%)	6:58	8.6 (86.9%)
10	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%)
11	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%)
12	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%)
13	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%)
14	RATAJCZAK Dorota	689		K40	3	00:39:10	02:34:39.90	02:34:39.90	+00:26:52 (17.4%)	7:21	8.1 (81.8%)
15	STARCZEWSKA Izabela	312		K50	2	00:40:58	02:35:08.90	02:35:19.80	+00:27:32 (17.7%)	7:23	8.1 (81.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
16	KŁACZYŃSKA Danuta	322	FARTY PUSZCZY	K40	4	00:40:58	02:36:34.30	02:36:52.35	+00:29:05 (18.5%)	7:27	8 (80.8%)
17	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%)
18	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%)
19	SYDORCZYK Magdalena	336		K40	5	00:44:09	02:41:13.55	02:41:36.20	+00:33:49 (20.9%)	7:40	7.8 (78.8%)
20	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%)
21	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%)
22	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%)
23	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%)
24	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%)
25	MADEJ Anna	466	VEGE RUNNERS	K40	6	00:44:08	02:46:47.80	02:47:01.80	+00:39:14 (23.5%)	7:56	7.6 (76.8%)
26	KASPERSKA Sylwia	597	KB ZDYSZAAANI CHOCIANÓW	K40	7	00:40:36	02:47:13.45	02:47:17.75	+00:39:30 (23.6%)	7:57	7.5 (75.8%)
27	ORTYL Ewelina	326		K40	8	00:41:11	02:47:56.10	02:47:56.10	+00:40:08 (23.9%)	7:59	7.5 (75.8%)
28	NIMSZ Kamila	341		K40	9	00:46:33	02:52:07.80	02:52:26.60	+00:44:39 (25.9%)	8:11	7.3 (73.7%)
29	GRABOWA Paulina	311	ULTRA DIABŁY TEAM LUBRZA	K20	2	00:44:13	02:52:32.15	02:52:41.65	+00:44:54 (26.0%)	8:12	7.3 (73.7%)
30	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%)
31	ZABORSKA KONKOLEWSKA Agnieszka	604	BROWAR FORTUNA	K40	10	00:44:19	02:55:55.95	02:56:07.50	+00:48:20 (27.4%)	8:22	7.2 (72.7%)
32	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%)
33	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%)
34	TRZEPACZ Dorota	417	KB LUPUS OLEŚNICA	K40	11	00:44:05	02:58:26.30	02:58:39.00	+00:50:51 (28.5%)	8:29	7.1 (71.7%)
35	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%)
36	ROGÓŻ Elżbieta	638	ULTRATRACK	K40	12	00:46:18	03:01:37.60	03:01:47.10	+00:53:59 (29.7%)	8:38	6.9 (69.7%)
37	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%)
38	BRONOWSKA Justyna	545		K40	13	00:46:25	03:02:54.90	03:03:02.10	+00:55:14 (30.2%)	8:42	6.9 (69.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
39	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%)
40	BANDUROWSKA Agnieszka	616	KB WIKON NOWA SÓL	K40	14	00:44:28	03:03:44.45	03:03:50.35	+00:56:03 (30.5%)	8:44	6.9 (69.7%)
41	JAKUBOWSKA Ewelina	414	NOA	K40	15	00:49:26	03:03:46.50	03:04:20.75	+00:56:33 (30.7%)	8:45	6.9 (69.7%)
42	ERET Marzena	566		K40	16	00:46:28	03:04:16.25	03:04:21.85	+00:56:34 (30.7%)	8:46	6.8 (68.7%)
43	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%)
44	WASILEWSKA Agata	407	AKADEMIA MISTRZÓW SPORTU	K40	17	00:46:50	03:05:32.70	03:06:01.40	+00:58:14 (31.3%)	8:50	6.8 (68.7%)
45	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%)
46	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%)
47	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%)
48	KACZMAREK Dorota	519	RADZIKI	K40	18	00:48:23	03:09:48.20	03:10:09.70	+01:02:22 (32.8%)	9:02	6.6 (66.7%)
49	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%)
50	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%)
51	PTAK Dorota	582	PIĄTKOWO NA BIEGOWO	K50	3	00:50:31	03:13:55.40	03:14:16.60	+01:06:29 (34.2%)	9:14	6.5 (65.7%)
52	MARCINIAK Anna	617		K40	19	00:50:46	03:14:10.60	03:14:25.90	+01:06:38 (34.3%)	9:14	6.5 (65.7%)
53	ZIENKIEWICZ Justyna	669		K40	20	00:57:33	03:14:50.35	03:15:26.60	+01:07:39 (34.6%)	9:16	6.5 (65.7%)
54	ZIENKIEWICZ Agata	507	PIASECZNO RUNNING	K40	21	00:57:34	03:14:51.30	03:15:26.70	+01:07:39 (34.6%)	9:16	6.5 (65.7%)
55	MAZUR Katarzyna	683	UMLAUT	K40	22	00:50:37	03:16:57.35	03:17:05.75	+01:09:18 (35.2%)	9:22	6.4 (64.6%)
56	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%)
57	DOBROCHOWSKA Ilona	476	STRZEGOMSKA DWUNASTKA	K40	23	00:50:27	03:16:53.00	03:17:16.65	+01:09:29 (35.2%)	9:22	6.4 (64.6%)
58	DURA Zofia	463		K20	3	00:50:45	03:17:51.15	03:18:04.35	+01:10:17 (35.5%)	9:25	6.4 (64.6%)
59	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%)
60	ŚMIECHOWSKA Małgorzata	629	ŚDS RECZ	K40	24	00:49:45	03:19:42.05	03:19:47.05	+01:11:59 (36.0%)	9:30	6.3 (63.6%)
61	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 21km	brutto 21km			
62	GRABOWSKA Zuzanna	523	IZBICKO W BIEGU	K20	4	00:59:25	03:21:45.45	03:22:25.75	+01:14:38 (36.9%)	9:36	6.2 (62.6%)
63	SYNOWIEC-JUDA Agata	373		K40	25	00:52:47	03:22:15.45	03:22:36.15	+01:14:48 (36.9%)	9:37	6.2 (62.6%)
64	KOŃ Aleksandra	345	EKIPA LIPA	K40	26	00:51:08	03:23:50.15	03:24:04.70	+01:16:17 (37.4%)	9:42	6.2 (62.6%)
65	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%)
66	JAWORSKA Magdalena	570	GB WIELKOPOLSCY BIEGACZE/TEAM KGB	K40	27	00:53:37	03:26:34.60	03:27:17.90	+01:19:30 (38.4%)	9:50	6.1 (61.6%)
67	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%)
68	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%)
69	PISZ Ewelina	420	POBIEROWO BIEGA	K40	28	00:58:15	03:30:28.05	03:31:00.40	+01:23:13 (39.4%)	10:01	6 (60.6%)
70	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%)
71	BURMAN Beata	314	AKTYWNI RAZEM	K40	29	00:51:08	03:32:26.50	03:32:56.50	+01:25:09 (40.0%)	10:06	5.9 (59.6%)
72	PRZYBYSZEWSKA Lidia	390	ULTRA DIABŁY TEAM LUBRZA	K40	30	00:54:11	03:33:14.00	03:33:24.45	+01:25:37 (40.1%)	10:09	5.9 (59.6%)
73	KOZŁOWSKA Alicja	572		K50	4	00:53:04	03:34:26.05	03:34:54.60	+01:27:07 (40.5%)	10:12	5.9 (59.6%)
74	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%)
75	JANKOWSKA Marzena	449	FU FU FU TEAM	K40	31	00:55:58	03:36:42.75	03:36:52.45	+01:29:05 (41.1%)	10:19	5.8 (58.6%)
76	MALINOWSKA Zyta	309	ULTRA DIABŁY LUBRZA	K40	32	00:53:28	03:37:03.60	03:37:15.00	+01:29:27 (41.2%)	10:20	5.8 (58.6%)
77	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%)
78	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%)
79	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%)
80	FRAĆKOWIAK Elżbieta	539		K40	33	00:55:30	03:38:35.55	03:38:43.65	+01:30:56 (41.6%)	10:24	5.8 (58.6%)
81	HUGETH Agnieszka	434	BBL BOLESŁAWIEC	K40	34	00:59:23	03:38:50.30	03:39:21.60	+01:31:34 (41.7%)	10:25	5.8 (58.6%)
82	MAGDA Iwona	496	EKIPA ZAJĄCA	K40	35	00:59:22	03:38:50.50	03:39:21.85	+01:31:34 (41.7%)	10:25	5.8 (58.6%)
83	GZULA Beata	589	TEAM PARSZCZYŃSKICH	K40	36	01:03:11	03:39:48.55	03:40:18.85	+01:32:31 (42.0%)	10:28	5.7 (57.6%)
84	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%)

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							netto 21km	brutto 21km			
85	GRABOWIECKA Marta	485	ZIELONA GÓRA ZACZNIJ BIEGAĆ	K40	37	00:56:02	03:40:50.10	03:41:30.30	+01:33:43 (42.3%)	10:30	5.7 (57.6%)
86	SZYMANIEWICZ Edyta	381	CROSS STRACENÓW TEAM	K40	38	00:59:42	03:41:24.80	03:41:44.40	+01:33:57 (42.4%)	10:32	5.7 (57.6%)
87	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%)
88	MECH Marta	643		K40	39	01:01:56	03:42:23.85	03:43:00.90	+01:35:13 (42.7%)	10:35	5.7 (57.6%)
89	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%)
90	ZIEMKOWSKA Monika	301		K40	40	00:57:46	03:43:55.75	03:44:21.90	+01:36:34 (43.0%)	10:39	5.6 (56.6%)
91	BARTKIEWICZ Halina	430	KRWIOBIEGANIE, ZGZB	K40	41	00:56:23	03:43:48.55	03:44:29.70	+01:36:42 (43.1%)	10:39	5.6 (56.6%)
92	ZELMANOWICZ - SZŁAPA Ewa	558		K40	42	00:59:22	03:45:42.15	03:46:23.15	+01:38:35 (43.6%)	10:44	5.6 (56.6%)
93	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%)
94	GÓRNA Aldona	547	ŻÓŁWICE W BIEGU	K40	43	01:01:02	03:48:21.10	03:48:28.50	+01:40:41 (44.1%)	10:52	5.5 (55.6%)
95	LANGE Hanna	546	ŻÓŁWICE W BIEGU	K40	44	01:01:02	03:48:22.45	03:48:29.10	+01:40:41 (44.1%)	10:52	5.5 (55.6%)
96	DOJS Aleksandra	340	NIGHT RUNNERS	K40	45	01:02:21	03:52:21.65	03:52:33.75	+01:44:46 (45.1%)	11:03	5.4 (54.5%)
97	OCHNIO Ewa	359	DALEKA DROGA	K40	46	01:03:06	03:53:34.90	03:54:10.40	+01:46:23 (45.4%)	11:07	5.4 (54.5%)
98	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%)
99	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%)
100	KOWALEWSKA Izabela	670	PIASECZNO RUNNING	K40	47	01:00:44	03:54:31.85	03:55:08.90	+01:47:21 (45.7%)	11:10	5.4 (54.5%)
101	SZERSZEŃ Małgorzata	446	PIASECZNO RUNNING	K40	48	01:00:44	03:54:33.90	03:55:10.00	+01:47:22 (45.7%)	11:10	5.4 (54.5%)
102	PTAK Ewa	241		K40	49	01:00:59	03:56:45.40	03:57:23.35	+01:49:36 (46.2%)	11:16	5.3 (53.5%)
103	LENDIA-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%)
104	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%)
105	KATA Wioletta	419		K50	5	01:00:55	04:03:27.55	04:03:58.95	+01:56:11 (47.6%)	11:35	5.2 (52.5%)
106	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%)
107	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
108	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%)
109	SYPKO-KUBICKA Katarzyna	378	DOBRA FORMA/ KOZŁOWICKI CROSS	K40	50	01:02:56	04:10:37.45	04:11:00.70	+02:03:13 (49.1%)	11:56	5 (50.5%)
110	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%)
111	DUDEK Mariola	404	STRZEGOMSKA DWUNASTKA	K40	51	01:03:46	04:15:59.55	04:16:23.45	+02:08:36 (50.2%)	12:11	4.9 (49.5%)
112	WIŚNIEWSKA Dorota	464		K40	52	01:05:19	04:18:32.05	04:18:46.20	+02:10:59 (50.6%)	12:18	4.9 (49.5%)
113	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%)
114	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%)
115	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%)
116	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%)
	ŻEŚLAWSKA Wiola	477		K40		03:10:06 DNF	DNF	DNF		-	- (0.0%)

Znaleziono 117 wynik(ów)