



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: OPEN Kobiety

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	ŁUKASIEWICZ Ewa	513	AW - SZYBCIEJ - TEAM	K50	1	00:23:17	00:34:34	00:34:57	02:24:47.80	02:24:50.50	+00:14:05 (9.7%)	6:53	8.7 (90.6%)
3	NOWAKOWSKA Anna	385	ZAWISZA BYDGOSZCZ	K30	1	00:20:41	00:32:34	00:32:57	02:25:56.95	02:25:59.90	+00:15:15 (10.4%)	6:56	8.6 (89.6%)
4	IDCZAK Agnieszka	343		K30	2	00:23:52	00:35:55	00:36:17	02:26:38.55	02:26:49.10	+00:16:04 (10.9%)	6:58	8.6 (89.6%)
5	BIAŁOMYZY Urszula	594		K20	1	00:22:28	00:33:43	00:34:07	02:31:03.15	02:31:10.45	+00:20:25 (13.5%)	7:11	8.3 (86.5%)
6	RADKOWSKA Małgorzata	538	TEAM PARSCZYŃSKICH	K30	3	00:23:14	00:36:24	00:36:47	02:33:35.10	02:33:42.95	+00:22:58 (14.9%)	7:18	8.2 (85.4%)
7	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%)
8	FERET Kamila	421	TRAIL IS OUR WAY TEAM	K20	2	00:23:21	00:35:42	00:36:03	02:37:00.80	02:37:04.00	+00:26:19 (16.8%)	7:28	8 (83.3%)
9	PATROŃSKA Magdalena	527	ŻARŁOKI	K30	4	00:27:13	00:40:47	00:41:16	02:46:12.50	02:46:27.40	+00:35:42 (21.5%)	7:54	7.6 (79.2%)
10	ŻUROWSKA-SOPALA Iwona	570		K30	5	00:26:04	00:39:01	00:39:32	02:47:32.95	02:48:01.35	+00:37:16 (22.2%)	7:58	7.5 (78.1%)
11	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	+00:41:00 (23.9%)	8:09	7.4 (77.1%)
12	DUSZYŃSKA Ewa	336		K30	7		00:38:28	00:38:53	02:54:25.70	02:54:30.45	+00:43:45 (25.1%)	8:18	7.2 (75.0%)
13	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%)
14	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%)
15	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Husyckie			Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
						3.5km	4.4km	Szwajcarka 4.5km					
16	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%)
17	TRZEPACZ Dorota	346	KB LUPUS OLEŚNICA	K50	2	00:27:14	00:41:21	00:41:54	03:01:23.65	03:01:35.85	+00:50:51 (28.0%)	8:38	6.9 (71.9%)
18	WOŹNIAK Karolina	358	INKA TEAM	K30	8	00:27:47	00:42:59	00:43:25	03:01:55.60	03:01:55.60	+00:51:11 (28.1%)	8:39	6.9 (71.9%)
19	KŁACZYŃSKA Danuta	382	IDĘ DALEJ	K50	3	00:28:04	00:43:17	00:43:47	03:03:23.55	03:03:41.55	+00:52:56 (28.8%)	8:43	6.9 (71.9%)
20	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%)
21	TOMYŚLAK Magdalena	427	TAKE CONTROL	K30	9	00:28:48	00:43:28	00:43:55	03:04:37.55	03:04:59.40	+00:54:14 (29.3%)	8:47	6.8 (70.8%)
22	SUCHY Katarzyna	397	POGOŃ BYDŁO	K30	10	00:27:30	00:42:47	00:43:32	03:06:38.40	03:06:52.60	+00:56:08 (30.0%)	8:53	6.8 (70.8%)
23	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	+00:57:14 (30.4%)	8:56	6.7 (69.8%)
24	ZIELIŃSKA Dorota	460	RUNNERS TEAM	K20	3	00:26:55	00:40:43	00:41:24	03:08:43.40	03:08:48.80	+00:58:04 (30.8%)	8:59	6.7 (69.8%)
25	BŁĘDKOWSKA Katarzyna	597		K30	12	00:29:14	00:43:57	00:44:52	03:12:15.15	03:12:29.75	+01:01:45 (32.1%)	9:09	6.6 (68.8%)
26	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%)
27	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%)
28	SZAMOCKA Paulina	394		K30	13	00:30:46	00:47:47	00:48:17	03:15:48.45	03:16:19.25	+01:05:34 (33.4%)	9:19	6.4 (66.7%)
29	PTAK Dorota	412		K50	4	00:31:16	00:48:10	00:48:35	03:16:01.60	03:16:19.35	+01:05:34 (33.4%)	9:20	6.4 (66.7%)
30	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%)
31	SIKORA Malwina	518		K20	4	00:30:11	00:46:38	00:47:17	03:16:07.85	03:16:39.55	+01:05:54 (33.5%)	9:20	6.4 (66.7%)
32	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%)
33	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%)
34	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	+01:08:27 (34.4%)	9:28	6.3 (65.6%)
35	GÓRNA Amelia	477		K50	5	00:28:06	00:43:18	00:43:54	03:23:47.70	03:24:01.95	+01:13:17 (35.9%)	9:42	6.2 (64.6%)
36	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%)
37	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	+01:17:31 (37.2%)	9:54	6.1 (63.5%)
38	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%)

Msc	Zawodnik	Numer		Klub	Kategoria	Mkat	Husyckie		Szwajcarka	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							3.5km	4.4km						
39	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%)
40	KALIŃSKA Dorota	490			K30	16	00:33:51	00:51:51	00:52:56	03:30:31.35	03:31:10.35	+01:20:25 (38.1%)	10:01	6 (62.5%)
41	MISIAK Ula	613			K30	17	00:30:43	00:48:16	00:50:37	03:31:30.70	03:31:38.00	+01:20:53 (38.2%)	10:04	6 (62.5%)
42	KĘDZIORA Alicja	438			K30	18	00:33:08	00:51:13	00:54:14	03:32:43.55	03:32:56.55	+01:22:11 (38.6%)	10:07	5.9 (61.5%)
43	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%)
44	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%)
45	SZCZOTKA Katarzyna	354			K20	5	00:31:57	00:48:49	00:49:53	03:33:57.95	03:34:19.50	+01:23:34 (39.0%)	10:11	5.9 (61.5%)
46	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%)
47	WOJTCZAK Małgorzata	551			K50	6	00:32:07	00:50:42	00:51:22	03:34:22.30	03:34:32.90	+01:23:48 (39.1%)	10:12	5.9 (61.5%)
48	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%)
49	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%)
50	KAŃDUŁA 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%)
51	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	+01:25:46 (39.6%)	10:18	5.8 (60.4%)
52	BENTKOWSKA Magdalena	442	DIRTY SPARROWS		K30	20	00:30:51	00:48:07	00:50:23	03:36:23.50	03:36:51.15	+01:26:06 (39.7%)	10:18	5.8 (60.4%)
53	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	+01:26:25 (39.8%)	10:19	5.8 (60.4%)
54	DOMINIAK Iwona	431			K50	7	00:32:41	00:50:34	00:51:34	03:37:39.35	03:37:45.20	+01:27:00 (40.0%)	10:21	5.8 (60.4%)
55	JĘDRZEJCZAK Anna	492			K50	8	00:33:13	00:51:35	00:54:52	03:37:52.35	03:38:29.90	+01:27:45 (40.2%)	10:22	5.8 (60.4%)
56	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	+01:29:28 (40.6%)	10:28	5.7 (59.4%)
57	PYZIO Magda	430			K30	23	00:32:45	00:50:18	00:50:55	03:39:55.30	03:40:16.55	+01:29:31 (40.6%)	10:28	5.7 (59.4%)
58	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%)
59	JĘDROWSKA Emilia	401			K30	24	00:33:09	00:51:16	00:54:15	03:43:58.15	03:44:10.90	+01:33:26 (41.7%)	10:39	5.6 (58.3%)
60	GAJEWSKA Weronika	472	RYŚIE		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%)
61	WASILEWSKA Joanna	360			K50	9	00:33:23	00:51:46	00:54:17	03:51:52.75	03:52:19.30	+01:41:34 (43.7%)	11:02	5.4 (56.3%)

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
62	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%)
63	SCHLOSSBERGER Lidia	504		K30	25	00:34:53	00:53:44	00:55:43	03:52:32.20	03:52:49.80	+01:42:05 (43.8%)	11:04	5.4 (56.3%)
64	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%)
65	SZYPURA Katarzyna	553	OPALENICKI KLUB BIEGACZA	K50	10	00:34:31	00:53:32	00:54:24	03:57:03.20	03:57:34.75	+01:46:50 (45.0%)	11:17	5.3 (55.2%)
66	DUNOWSKA Ilona	342		K50	11	00:34:28	00:54:16	00:55:08	03:58:51.50	03:59:08.25	+01:48:23 (45.3%)	11:22	5.3 (55.2%)
67	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%)
68	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%)
69	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%)
70	KATA Wioletta	467	FIT STYLE ZONE	K50	12	00:35:13	00:54:25	00:55:07	04:09:03.70	04:09:17.90	+01:58:33 (47.6%)	11:51	5.1 (53.1%)
71	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%)
72	DWORZAŃSKA Anna	584	MARATOŃCZYK POZNAŃ	K30	26	00:36:26	00:56:29	00:57:34	04:09:32.70	04:10:15.45	+01:59:30 (47.8%)	11:52	5 (52.1%)
73	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%)
74	SOBKÓW Katarzyna	521	MISIE BIEGAJĄ	K30	27	00:38:38	00:58:15		04:17:38.30	04:17:58.00	+02:07:13 (49.3%)	12:16	4.9 (51.0%)
75	PAWLAK Katarzyna	334		K30	28	00:36:58	00:57:26	00:59:52	04:18:02.55	04:18:25.65	+02:07:41 (49.4%)	12:17	4.9 (51.0%)
76	PLUSKOTA Ewa	404		K30	29	00:36:18	00:58:20	00:59:46	04:22:51.45	04:23:16.55	+02:12:31 (50.3%)	12:31	4.8 (50.0%)
77	STĘPIEŃ Maria	331	OPALENICKI KLUB BIEGACZA	K60	1	00:39:34	01:01:17	01:02:14	04:24:11.10	04:24:44.05	+02:13:59 (50.6%)	12:34	4.8 (50.0%)
78	SIEKIERA Aleksandra	355		K20	6	00:38:47	00:58:49	01:02:37	04:25:09.65	04:25:46.85	+02:15:02 (50.8%)	12:37	4.8 (50.0%)
79	ZIAJA Aleksandra	339		K30	30	00:39:06	01:00:00	01:01:53	04:29:59.30	04:30:30.30	+02:19:45 (51.7%)	12:51	4.7 (49.0%)
80	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%)
81	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%)