



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

DWUDZIESTKA

B4SPORT

B4SPORT
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szwajcarka 4.5km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	DUL Karolina	520	SBG SALCO	K20	1	00:30:17	02:01:06.75	02:01:09.35		5:46	10.4 (100%)
2	MOCZULSKA Małgorzata	399		K40	1	00:30:47	02:06:45.35	02:06:48.20	+00:05:38 (4.5%)	6:02	9.9 (95.2%)
3	PERON Anita	302		K30	1	00:33:30	02:20:42.45	02:20:50.85	+00:19:41 (14.0%)	6:42	9 (86.5%)
4	BIAŁOMYZY Urszula	377		K20	2	00:33:57	02:23:48.05	02:23:50.55	+00:22:41 (15.8%)	6:50	8.8 (84.6%)
5	KURPIEWSKA Anna	406		K40	2	00:36:35	02:26:41.45	02:26:47.10	+00:25:37 (17.5%)	6:59	8.6 (82.7%)
6	KRÓLIKOWSKA Magdalena	488		K40	3	00:35:13	02:28:42.10	02:28:47.55	+00:27:38 (18.6%)	7:04	8.5 (81.7%)
7	RADKOWSKA Małgorzata	392	TEAM PARSZCZYŃSKICH/ SŁODKIE PĄCZKI	K30	2	00:36:23	02:28:59.20	02:29:05.30	+00:27:55 (18.7%)	7:05	8.5 (81.7%)
8	ŻOŁDAK Magdalena	398	ADIDAS RUNNERS POZNAŃ	K40	4	00:37:47	02:29:37.80	02:29:41.65	+00:28:32 (19.1%)	7:07	8.4 (80.8%)
9	KRAKOWSKA Anna	306		K30	3	00:36:41	02:30:56.95	02:31:01.20	+00:29:51 (19.8%)	7:11	8.3 (79.8%)
10	ŚLIŻ Sylwia	416		K30	4	00:39:26	02:33:10.45	02:33:13.55	+00:32:04 (20.9%)	7:17	8.2 (78.8%)
11	BABIŃSKA-POPIŁKA Ewelina	301		K40	5	00:36:16	02:34:06.00	02:34:08.70	+00:32:59 (21.4%)	7:20	8.2 (78.8%)
12	JANOSZ Ewa	498		K20	3	00:36:48	02:36:18.65	02:36:27.00	+00:35:17 (22.6%)	7:26	8.1 (77.9%)
13	BURSZTA-RYPEL Matylda	465	WOSIEK TEAM	K30	5	00:38:53	02:36:52.50	02:36:57.35	+00:35:48 (22.8%)	7:28	8 (76.9%)
14	KWIECIEŃ Monika	458		K20	4	00:39:07	02:37:38.30	02:37:49.60	+00:36:40 (23.2%)	7:30	8 (76.9%)
15	WODZIŃSKA Danuta	419	TRAIL IS OUR WAY/ BIEG OPOLSKI	K40	6	00:37:24	02:39:34.35	02:39:38.35	+00:38:29 (24.1%)	7:35	7.9 (76.0%)
16	SYDORCZYK Magdalena	319	ENDORFINA WSCHOWA	K40	7	00:39:25	02:42:44.25	02:42:52.00	+00:41:42 (25.6%)	7:44	7.7 (74.0%)
17	KWIATKOWSKA Stanisława	535		K50	1	00:42:06	02:46:06.85	02:46:20.40	+00:45:11 (27.2%)	7:54	7.6 (73.1%)
18	CZAPLICKA Izabela	408	GOPR KARKONOSZE	K40	8	00:39:15	02:48:40.35	02:48:46.15	+00:47:36 (28.2%)	8:01	7.5 (72.1%)
19	MACHNICKA Wiktoria	482		K20	5	00:41:39	02:48:34.15	02:48:53.20	+00:47:43 (28.3%)	8:01	7.5 (72.1%)
20	SZUKAŁA Izabela	438		K30	6	00:41:16	02:50:29.00	02:50:42.00	+00:49:32 (29.0%)	8:07	7.4 (71.2%)
21	ADAMSKA Paulina	401	SZYN SZYLA GNIEZNO	K20	6	00:44:01	02:56:12.60	02:56:30.50	+00:55:21 (31.4%)	8:23	7.2 (69.2%)
22	BARTOSZAK Dorota	402	SZYN SZYLA GNIEZNO	K50	2	00:44:04	02:56:20.95	02:56:40.15	+00:55:30 (31.4%)	8:23	7.1 (68.3%)
23	NOWAK Marta	325		K40	9	00:44:11	02:57:26.85	02:57:37.00	+00:56:27 (31.8%)	8:26	7.1 (68.3%)
24	HEJNA Małgorzata	383		K50	3	00:43:17	02:58:14.70	02:58:28.80	+00:57:19 (32.1%)	8:29	7.1 (68.3%)
25	GRZELAK Elżbieta	343		K40	10	00:46:33	03:00:02.90	03:00:20.50	+00:59:11 (32.8%)	8:34	7 (67.3%)
26	MATYJASZCZUK Ela	324		K30	7	00:43:13	03:00:29.90	03:00:39.35	+00:59:30 (32.9%)	8:35	7 (67.3%)
27	KROSCZYŃSKA Jowita	327		K20	7	00:46:34	03:00:51.65	03:00:58.95	+00:59:49 (33.1%)	8:36	7 (67.3%)
28	BILOUS Anastasiia	386		K20	8	00:41:28	03:01:06.55	03:01:12.65	+01:00:03 (33.1%)	8:37	7 (67.3%)
29	KRUSZEWSKA Asia	316	ADIDAS RUNNERS POZNAŃ	K30	8	00:46:31	03:03:26.70	03:03:34.15	+01:02:24 (34.0%)	8:44	6.9 (66.3%)

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30	PŁUSA Aneta	357	BBC KROSNO ODRZAŃSKIE	K40	11	00:44:01	03:03:27.40	03:03:35.15	+01:02:25 (34.0%)	8:44	6.9 (66.3%)
31	JODŁOWSKA Ewa	322	BBC KROSNO ODRZANSKIE	K40	12	00:44:00	03:03:57.00	03:04:03.55	+01:02:54 (34.2%)	8:45	6.8 (65.4%)
32	KOWACZ Agata	540	SPEEDBAR	K40	13	00:47:59	03:06:36.95	03:06:46.15	+01:05:36 (35.1%)	8:53	6.8 (65.4%)
33	NARKUN Ewa	388		K40	14	00:46:38	03:07:25.05	03:07:32.65	+01:06:23 (35.4%)	8:55	6.7 (64.4%)
34	MAZUR Katarzyna	385	UMLAUT	K40	15	00:45:14	03:08:21.00	03:08:25.95	+01:07:16 (35.7%)	8:58	6.7 (64.4%)
35	PRUCHNIEWSKA Agnieszka	503		K40	16	00:44:18	03:08:44.30	03:08:51.20	+01:07:41 (35.8%)	8:59	6.7 (64.4%)
36	LEWICKA Magdalena	538	CAŁA OLEŚNICA BIEGA	K40	17	00:47:36	03:08:42.15	03:09:05.05	+01:07:55 (35.9%)	8:59	6.7 (64.4%)
37	CHRZANOWSKA Agnieszka	407	IDĘ DALEJ	K40	18	00:47:21	03:09:09.85	03:09:23.25	+01:08:13 (36.0%)	9:00	6.7 (64.4%)
38	KŁOPOTEK Nina	460	EXTREME FAMILY	K20	9	00:48:21	03:11:45.00	03:12:04.65	+01:10:55 (36.9%)	9:07	6.6 (63.5%)
39	LACH Agnieszka	485	MOCNA GRUPA CEZARA	K50	4	00:48:02	03:12:05.25	03:12:10.80	+01:11:01 (37.0%)	9:08	6.6 (63.5%)
40	MILLER Agnieszka	344	BIEGAM BO LUBIĘ LASY BOGDANIEC	K30	9	00:47:35	03:11:42.95	03:12:14.90	+01:11:05 (37.0%)	9:07	6.6 (63.5%)
41	TROFIMOVA Victoria	495	RUNNING RED SQUIRREL	K30	10	00:48:24	03:17:03.50	03:17:17.25	+01:16:07 (38.6%)	9:23	6.4 (61.5%)
42	GÓRNA Amelia	521	KLUB BIEGACZA BOLESŁAWIEC	K50	5	00:43:11	03:17:31.20	03:17:41.85	+01:16:32 (38.7%)	9:24	6.4 (61.5%)
43	JURCZAK Agata	471		K20	10	00:46:56	03:17:50.95	03:17:59.25	+01:16:49 (38.8%)	9:25	6.4 (61.5%)
44	SYNOWIEC-JUDA Agata	418		K40	19	00:49:18	03:17:42.20	03:17:59.90	+01:16:50 (38.8%)	9:24	6.4 (61.5%)
45	CHUDA Joanna	426		K30	11	00:52:28	03:18:18.10	03:18:23.25	+01:17:13 (38.9%)	9:26	6.4 (61.5%)
46	BENTKOWSKA Magdalena	491	DIRTY SPARROWS	K30	12	00:46:06	03:18:58.15	03:19:10.40	+01:18:01 (39.2%)	9:28	6.3 (60.6%)
47	TRZCIŃSKA Jolanta	362	ROCK BALANCING ICE	K40	20		03:21:14.65	03:21:31.00	+01:20:21 (39.9%)	9:34	6.3 (60.6%)
48	DOJS Aleksandra	337		K40	21	00:50:22	03:22:47.90	03:23:11.10	+01:22:01 (40.4%)	9:39	6.2 (59.6%)
49	NOWICKA Anna	354		K30	13	00:51:34	03:23:58.05	03:24:27.65	+01:23:18 (40.7%)	9:42	6.2 (59.6%)
50	HANGIEL Urszula	450	ŻWAWĘ ŻÓŁWIE	K40	22		03:28:22.50	03:29:02.30	+01:27:52 (42.0%)	9:55	6 (57.7%)
51	KWIASOWSKA Martyna	425		K30	14		03:29:58.55	03:30:12.30	+01:29:02 (42.4%)	9:59	6 (57.7%)
52	WESOŁOWSKA Iwona	510		K40	23	00:50:23	03:30:45.65	03:31:02.20	+01:29:52 (42.6%)	10:02	6 (57.7%)
53	SOBIESKA Weronika	332	OKI OKI TEAM	K40	24	00:49:07	03:34:44.45	03:35:04.35	+01:33:55 (43.7%)	10:13	5.9 (56.7%)
54	WALCZAK Anna	311		K40	25	00:51:40	03:35:53.35	03:36:20.70	+01:35:11 (44.0%)	10:16	5.8 (55.8%)
55	ŚMIECHOWSKA Małgorzata	333		K40	26	00:52:10	03:36:10.90	03:36:26.65	+01:35:17 (44.0%)	10:17	5.8 (55.8%)
56	RÓŻAŃSKA Magdalena	328		K40	27		03:38:14.55	03:38:25.90	+01:37:16 (44.5%)	10:23	5.8 (55.8%)
57	GAWLIK-ŁUPKOWSKA Agnieszka	404	KĘSY TEAM	K40	28	00:53:37	03:39:19.55	03:39:32.35	+01:38:23 (44.8%)	10:26	5.7 (54.8%)
58	GRZEGRZÓŁKA Anna	409	ZABIEGANI Z LEŚNEJ	K40	29	00:56:20	03:39:10.90	03:39:33.25	+01:38:23 (44.8%)	10:26	5.7 (54.8%)
59	MIŁOSZEWSKA Katarzyna	410	IZERY BOGATYNIA	K40	30	00:56:17	03:40:34.25	03:40:57.75	+01:39:48 (45.2%)	10:30	5.7 (54.8%)
60	KALIŃSKA Dorota	345		K30	15		03:41:08.55	03:41:27.60	+01:40:18 (45.3%)	10:31	5.7 (54.8%)
61	PLACHIMOWICZ Natalia	484	MOCNA GRUPA CEZARA	K40	31	00:59:06	03:41:38.55	03:42:02.25	+01:40:52 (45.4%)	10:33	5.7 (54.8%)
62	SIKORSKA Agnieszka	530		K40	32	00:54:49	03:43:26.45	03:44:07.45	+01:42:58 (45.9%)	10:38	5.6 (53.8%)
63	WOŁOWICZ Martyna	308		K30	16		03:44:28.85	03:44:54.65	+01:43:45 (46.1%)	10:41	5.6 (53.8%)
64	MORAŃSKA Małgorzata	394		K30	17	00:53:32	03:51:01.45	03:51:24.05	+01:50:14 (47.6%)	11:00	5.5 (52.9%)
65	ZIAJA Aleksandra	358		K30	18	01:00:51	03:55:12.10	03:55:34.85	+01:54:25 (48.6%)	11:12	5.4 (51.9%)
66	PTAK Ewa	497		K40	33	00:55:08	03:57:23.60	03:57:51.75	+01:56:42 (49.1%)	11:18	5.3 (51.0%)
67	KARASIŃSKA Karolina	309		K40	34	00:59:29	03:57:49.50	03:58:15.45	+01:57:06 (49.1%)	11:19	5.3 (51.0%)
68	LIS Anna	342		K40	35	00:56:51	03:58:03.45	03:58:34.30	+01:57:24 (49.2%)	11:20	5.3 (51.0%)
69	KUCHCIŃSKA Diana	434		K40	36	00:57:01	04:07:09.95	04:07:30.00	+02:06:20 (51.0%)	11:46	5.1 (49.0%)
70	INOROWICZ Joanna	420		K40	37	00:56:48	04:13:31.35	04:13:41.85	+02:12:32 (52.2%)	12:04	5 (48.1%)
71	PAŁCZYŃSKA Marta	466		K30	19	01:02:19	04:16:36.60	04:16:54.30	+02:15:44 (52.8%)	12:13	4.9 (47.1%)
72	KAPŁON Anna	315		K40	38	01:04:51	04:18:22.95	04:18:49.85	+02:17:40 (53.2%)	12:18	4.9 (47.1%)
73	MERKLINGHAUS-KOBER Monika	476	SPEED FEET '16/ MIEJSKA KONDYCJA	K40	39	01:07:36	04:27:59.55	04:28:14.25	+02:27:04 (54.8%)	12:45	4.7 (45.2%)

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74	OTT Małgorzata	313		K40	40	01:14:44	04:54:21.45	04:54:50.55	+02:53:41 (58.9%)	14:01	4.3 (41.3%)
75	GRABOWIECKA Aldona	307		K50	6	01:14:48	04:54:23.25	04:54:50.75	+02:53:41 (58.9%)	14:01	4.3 (41.3%)

Znaleziono 75 wynik(ów)