

DYCHA NA JELENI SKOK 2018

B4SPORT

Wydarzenie: IV FESTIWAL BIEGU RZEŹNIKA
Organizator: Fundacja Bieg Rzeźnika
Data: 2018-06-03
Miejsce: Cisna
Dystans: 11 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
1	KRAWCZAK Paulina	4257		K30	1	01:03:08.60	01:03:11.10		5:44	10.5 (100%)
2	RUS Marta	4273		K40	1	01:04:01.80	01:04:16.85	+00:01:05 (1.7%)	5:49	10.3 (98.1%)
3	RACHWALSKA Marzena	4205		K30	2	01:04:21.90	01:04:23.50	+00:01:12 (1.9%)	5:51	10.3 (98.1%)
4	PAJDOSZ Katarzyna	4207		K30	3	01:05:49.55	01:05:53.25	+00:02:42 (4.1%)	5:59	10 (95.2%)
5	DŁUGOSZ Kasia	4077	STAY INSANE	K30	4	01:06:45.00	01:06:47.80	+00:03:36 (5.4%)	6:04	9.9 (94.3%)
6	MALECKA-LEŃ Patrycja	4104		K30	5	01:07:59.80	01:08:08.85	+00:04:57 (7.3%)	6:10	9.7 (92.4%)
7	PODLASEK Kamila	4144		K30	6	01:10:32.55	01:10:51.45	+00:07:40 (10.8%)	6:24	9.4 (89.5%)
8	ŁAMPIKA Kinga	4307		K30	7	01:11:18.60	01:11:29.05	+00:08:17 (11.6%)	6:29	9.3 (88.6%)
9	KRYM Katarzyna	4305		K40	2	01:11:18.50	01:11:29.35	+00:08:18 (11.6%)	6:29	9.3 (88.6%)
10	RUDZIARCZYK Karolina	4169	FUCHS OIL TEAM	K20	1	01:11:33.50	01:11:40.95	+00:08:29 (11.9%)	6:30	9.2 (87.6%)
11	DABROWSKA Agnieszka	4079		K30	8	01:12:35.45	01:12:42.70	+00:09:31 (13.1%)	6:35	9.1 (86.7%)
12	KĘDRA Agnieszka	4037		K20	2	01:12:35.50	01:12:53.20	+00:09:42 (13.3%)	6:36	9.1 (86.7%)
13	WYSOCKA Agnieszka	4066	WKURW_TEAM / ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	K40	3	01:13:26.15	01:13:30.60	+00:10:19 (14.0%)	6:40	9 (85.7%)
14	MOTYLEWSKA Marta	4288		K20	3	01:13:30.15	01:13:34.80	+00:10:23 (14.1%)	6:40	9 (85.7%)
15	FILIP-KLOCEK Marlena	4166		K30	9	01:15:18.60	01:15:26.30	+00:12:15 (16.2%)	6:50	8.8 (83.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
16	NORBERT Anna	4041		K30	10	01:15:00.70	01:15:28.30	+00:12:17 (16.3%)	6:49	8.8 (83.8%)
17	PRZYWARA Dominika	4163	WWF UR/ ZABIEGANI MIELEC	K20	4	01:15:39.05	01:15:43.60	+00:12:32 (16.6%)	6:52	8.7 (82.9%)
18	OSTROWSKA-MARKOWSKA Małgorzata	4082		K30	11	01:15:41.05	01:15:45.30	+00:12:34 (16.6%)	6:52	8.7 (82.9%)
19	SASAL Monika	4103	FUNDACJA TYLKO BIESZCZADY	K30	12	01:15:37.85	01:15:48.95	+00:12:37 (16.7%)	6:52	8.7 (82.9%)
20	PAWŁOWSKA Elżbieta	4067		K30	13	01:15:40.65	01:15:49.95	+00:12:38 (16.7%)	6:52	8.7 (82.9%)
21	DIEBEL Monika	4278		K30	14	01:16:01.65	01:16:07.55	+00:12:56 (17.0%)	6:54	8.7 (82.9%)
22	DŁUGOSZ-STĘPNIAK Agnieszka	4123		K30	15	01:16:20.70	01:16:24.75	+00:13:13 (17.3%)	6:56	8.6 (81.9%)
23	FILA Monika	4234		K30	16	01:17:27.25	01:17:43.85	+00:14:32 (18.7%)	7:02	8.5 (81.0%)
24	MILCZAREK Magdalena	4235		K30	17	01:17:30.00	01:17:46.35	+00:14:35 (18.8%)	7:02	8.5 (81.0%)
25	KRAWCZYK Marta	4168	KOSTRZYŃSKA GRUPA BIEGOWA	K30	18	01:17:46.10	01:17:48.75	+00:14:37 (18.8%)	7:04	8.5 (81.0%)
26	SOSZKA Mateusz	4291		K20	5	01:17:33.10	01:17:50.60	+00:14:39 (18.8%)	7:03	8.5 (81.0%)
27	ŚWIĘTONIOWSKA Justyna	4010	SPARTAN RACE TRAINING GROUP RZESZÓW	K30	19	01:17:35.70	01:18:01.15	+00:14:50 (19.0%)	7:03	8.5 (81.0%)
28	PEŁECHATA Julita	4016		K20	6	01:18:32.90	01:18:56.90	+00:15:45 (20.0%)	7:08	8.4 (80.0%)
29	BĄCZYK Monika	4202		K40	4	01:19:21.50	01:19:33.30	+00:16:22 (20.6%)	7:12	8.3 (79.0%)
30	MAJSZCZYK Paulina	4267		K20	7	01:19:37.70	01:19:41.85	+00:16:30 (20.7%)	7:14	8.3 (79.0%)
31	SZAMUS Piotr	4246		K40	5	01:19:35.30	01:19:43.70	+00:16:32 (20.7%)	7:14	8.3 (79.0%)
32	PATEREK Agata	4068	WKURW_TEAM	K30	20	01:19:44.05	01:20:04.60	+00:16:53 (21.1%)	7:14	8.3 (79.0%)
33	KUBISIAK Marta	4199		K20	8	01:20:07.95	01:20:18.70	+00:17:07 (21.3%)	7:17	8.2 (78.1%)
34	CIEĆKO Elżbieta	4046	SĄ WOLNIEJSI	K20	9	01:20:04.00	01:20:19.65	+00:17:08 (21.3%)	7:16	8.2 (78.1%)
35	WIECZOREK Magdalena	4058	PSEUDOULTRASKI	K40	6	01:21:37.35	01:21:49.35	+00:18:38 (22.8%)	7:25	8.1 (77.1%)
36	KURCIŃSKA Lidia	4152		K30	21	01:21:44.95	01:22:03.75	+00:18:52 (23.0%)	7:25	8.1 (77.1%)
37	JANOWSKA Anna	4239		K30	22	01:23:14.80	01:23:33.25	+00:20:22 (24.4%)	7:34	7.9 (75.2%)
38	PABISEK Anna	4184		K30	23	01:23:26.30	01:23:37.05	+00:20:25 (24.4%)	7:35	7.9 (75.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 11km	brutto 11km			
39	MACIEJEWSKA Angelika	4140		K20	10	01:23:16.20	01:23:38.00	+00:20:26 (24.4%)	7:34	7.9 (75.2%)
40	KLESSA Anna	4086	FITNESS24SEVEN	K20	11	01:23:18.85	01:23:38.80	+00:20:27 (24.5%)	7:34	7.9 (75.2%)
41	GOLDA-RZEPKA Mariola	4129		K30	24	01:23:38.30	01:23:48.45	+00:20:37 (24.6%)	7:36	7.9 (75.2%)
42	PRZĄDO Monika	4179		K30	25	01:23:37.90	01:23:50.25	+00:20:39 (24.6%)	7:36	7.9 (75.2%)
43	SOSNOWSKA-SCHILLER Bernadetta	4031	SCHODY HISZPAŃSKIE	K30	26	01:24:25.20	01:24:42.10	+00:21:31 (25.4%)	7:40	7.8 (74.3%)
44	PIKIEWICZ Maja	4206		K30	27	01:24:42.70	01:24:49.80	+00:21:38 (25.5%)	7:42	7.8 (74.3%)
45	MAJCHRZAK Marta	4232		K30	28	01:24:43.15	01:24:51.05	+00:21:39 (25.5%)	7:42	7.8 (74.3%)
46	PIECHOWICZ-KUROWSKA Agata	4280		K30	29	01:24:47.45	01:25:15.25	+00:22:04 (25.9%)	7:42	7.8 (74.3%)
47	LIPSKA Paulina	4214		K20	12	01:24:54.35	01:25:17.95	+00:22:06 (25.9%)	7:43	7.8 (74.3%)
48	PAWLYTA Weronika	4215		K30	30	01:24:55.35	01:25:18.20	+00:22:07 (25.9%)	7:43	7.8 (74.3%)
49	GĄSIOROWSKA Dorota	4286		K40	7	01:25:04.50	01:25:20.00	+00:22:08 (26.0%)	7:44	7.8 (74.3%)
50	WÓJCIK PYRĆ Katarzyna	4253		K30	31	01:25:22.00	01:25:31.45	+00:22:20 (26.1%)	7:45	7.7 (73.3%)
51	RATAJCZAK Karolina	4121		K20	13	01:25:18.05	01:25:36.00	+00:22:24 (26.2%)	7:45	7.7 (73.3%)
52	BARANIAN Izabela	4264		K-OPEN	1	01:25:23.90	01:25:36.95	+00:22:25 (26.2%)	7:45	7.7 (73.3%)
53	PABIAŃCZYK Małgorzata	4007		K30	32	01:25:23.55	01:25:40.15	+00:22:29 (26.2%)	7:45	7.7 (73.3%)
54	SZTANDERA Berenika	4178	VEGE RUNNERS	K30	33	01:25:33.20	01:25:42.15	+00:22:31 (26.3%)	7:46	7.7 (73.3%)
55	ZYGMUNT Monika	4295		K40	8	01:25:30.25	01:25:43.85	+00:22:32 (26.3%)	7:46	7.7 (73.3%)
56	STĘPIEŃ Justyna	4145		K30	34	01:25:41.40	01:26:00.80	+00:22:49 (26.5%)	7:47	7.7 (73.3%)
57	GARBOS Barbara	4042		K30	35	01:26:01.15	01:26:23.00	+00:23:11 (26.9%)	7:49	7.7 (73.3%)
58	ZAWADZKA Agnieszka	4023	KLUB SPORTOWY PRESTIGE	K30	36	01:26:19.25	01:26:24.20	+00:23:13 (26.9%)	7:50	7.6 (72.4%)
59	BIESZKE Iza	4203	WYMIATACZE	K30	37	01:27:02.05	01:27:20.75	+00:24:09 (27.7%)	7:54	7.6 (72.4%)
60	KOWALEWSKA Ewelina	4204		K30	38	01:27:01.75	01:27:20.90	+00:24:09 (27.7%)	7:54	7.6 (72.4%)
61	BUKOWSKI Sebastian	4258		K30	39	01:27:32.50	01:27:35.65	+00:24:24 (27.9%)	7:57	7.5 (71.4%)

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62	SUWAŁA Anna	4256		K30	40	01:27:24.45	01:27:35.70	+00:24:24 (27.9%)	7:56	7.6 (72.4%)
63	GRABOWSKA-SKALSKA Iwona	4171		K30	41	01:27:20.30	01:27:37.00	+00:24:25 (27.9%)	7:56	7.6 (72.4%)
64	PONIEWIERSKA Magdalena	4210		K20	14	01:28:16.60	01:28:34.40	+00:25:23 (28.7%)	8:01	7.5 (71.4%)
65	PŁATEK Katarzyna	4233	WKURW TEAM	K30	42	01:29:02.65	01:29:13.80	+00:26:02 (29.2%)	8:05	7.4 (70.5%)
66	ŁOPĄG Anna	4172	CHEŁMSKA GRUPA TRIATHLONU	K40	9	01:29:08.35	01:29:18.20	+00:26:07 (29.2%)	8:06	7.4 (70.5%)
66	KOMAN Monika	4153	CHEŁMSKA GRUPA TRIATHLONU	K30	43	01:29:08.25	01:29:18.20	+00:26:07 (29.2%)	8:06	7.4 (70.5%)
68	BALCERZAK Agnieszka	4039	PASZCZAKI 3	K40	10	01:29:14.35	01:29:28.90	+00:26:17 (29.4%)	8:06	7.4 (70.5%)
69	URBANOWICZ Agnieszka	4090		K30	44	01:29:40.60	01:30:02.50	+00:26:51 (29.8%)	8:09	7.4 (70.5%)
70	FOTYGA Agnieszka	4167		K40	11	01:30:31.35	01:30:39.85	+00:27:28 (30.3%)	8:13	7.3 (69.5%)
71	SIEPIETOWSKA Natalia	4164	HUSARIA RACE TEAM	K20	15	01:30:23.15	01:30:43.70	+00:27:32 (30.4%)	8:13	7.3 (69.5%)
72	KULIBERDA Sylwia	4028		K40	12	01:30:46.25	01:31:06.95	+00:27:55 (30.7%)	8:15	7.3 (69.5%)
73	BLASZKE Beata	4282		K40	13	01:30:43.20	01:31:07.55	+00:27:56 (30.7%)	8:14	7.3 (69.5%)
74	MIKULSKA Aneta	4014	#GOPATI TEAM	K30	45	01:31:11.65	01:31:32.80	+00:28:21 (31.0%)	8:17	7.2 (68.6%)
75	MAŃKA Paulina	4275		K30	46	01:32:07.20	01:32:15.30	+00:29:04 (31.5%)	8:22	7.2 (68.6%)
76	PAJĄK Anna	4106		K40	14	01:32:09.20	01:32:16.95	+00:29:05 (31.5%)	8:22	7.2 (68.6%)
77	BEBŁOT Ewa	4217	SNAILS OF DOOM	K20	16	01:31:56.10	01:32:22.25	+00:29:11 (31.6%)	8:21	7.2 (68.6%)
78	LEWIŃSKA Aleksandra	4227		K30	47	01:33:00.95	01:33:11.10	+00:30:00 (32.2%)	8:27	7.1 (67.6%)
79	SKUZA Malgorzata	4114		K40	15	01:33:44.05	01:33:52.50	+00:30:41 (32.7%)	8:31	7 (66.7%)
80	SCHWITALLA Katarzyna	4222		K40	16	01:33:42.75	01:33:54.75	+00:30:43 (32.7%)	8:31	7 (66.7%)
81	TYSZKA Sylwia	4213		K40	17	01:33:58.45	01:34:04.65	+00:30:53 (32.8%)	8:32	7 (66.7%)
82	PAWLAK Ewa	4173		K30	48	01:34:09.35	01:34:30.20	+00:31:19 (33.1%)	8:33	7 (66.7%)
83	GAWLIK Anna	4221		K30	49	01:34:36.70	01:34:48.90	+00:31:37 (33.4%)	8:36	7 (66.7%)
84	PAWLIK Marta	4074		K30	50	01:34:56.80	01:35:10.60	+00:31:59 (33.6%)	8:37	7 (66.7%)

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85	GÓRECKA Barbara	4259		K30	51	01:35:20.95	01:35:33.70	+00:32:22 (33.9%)	8:40	6.9 (65.7%)
86	GRABOWSKA Natalia	4048	ENDORŚWINKI	K20	17	01:35:20.20	01:35:35.45	+00:32:24 (33.9%)	8:40	6.9 (65.7%)
87	GRABOWSKA Joanna	4043	ENDORŚWINKI	K30	52	01:35:20.90	01:35:36.55	+00:32:25 (33.9%)	8:40	6.9 (65.7%)
88	JĘDRZEJOWSKA Anna	4469		K40	18	01:35:48.95	01:35:48.95	+00:32:37 (34.1%)	8:42	6.9 (65.7%)
89	STAWSKA Alicja	4201		K30	53	01:36:02.90	01:36:25.15	+00:33:14 (34.5%)	8:43	6.9 (65.7%)
90	JĘDRYSZKA Urszula	4185	KUŹNIA TRIATHLONU	K30	54	01:36:42.30	01:37:07.15	+00:33:56 (34.9%)	8:47	6.8 (64.8%)
91	POMIANOWSKA Anna	4177	KTÓRĘDYDOMETY	K30	55	01:36:49.90	01:37:10.45	+00:33:59 (35.0%)	8:48	6.8 (64.8%)
92	WCISEŁ Kinga	4136	DOGONIĆ ŻÓŁWIA TEAM	K30	56	01:37:22.15	01:37:36.10	+00:34:25 (35.3%)	8:51	6.8 (64.8%)
93	JANICKA Elżbieta	4059		K40	19	01:37:52.25	01:38:09.50	+00:34:58 (35.6%)	8:53	6.7 (63.8%)
94	SZYMAŁA Monika	4131		K20	18	01:38:49.20	01:39:14.80	+00:36:03 (36.3%)	8:59	6.7 (63.8%)
95	MOSÓR Lilla	4160	LISY PUSTYNI	K40	20	01:39:18.05	01:39:32.60	+00:36:21 (36.5%)	9:01	6.6 (62.9%)
96	OWSIANIK Ewelina	4118		K30	57	01:40:26.50	01:40:33.80	+00:37:22 (37.2%)	9:07	6.6 (62.9%)
97	SAWIŃSKA Natalia	4117		K30	58	01:40:26.20	01:40:33.90	+00:37:22 (37.2%)	9:07	6.6 (62.9%)
98	KACZYŃSKA Julia	4212		K14	1	01:40:20.45	01:40:39.90	+00:37:28 (37.2%)	9:07	6.6 (62.9%)
99	MIECZNIKOWSKA Barbara	4071		K40	21	01:40:25.25	01:40:44.45	+00:37:33 (37.3%)	9:07	6.6 (62.9%)
100	SOBALA Justyna	4226	R K ATHLETICS	K40	22	01:40:43.30	01:40:45.80	+00:37:34 (37.3%)	9:09	6.6 (62.9%)
101	MRUCZYŃSKA-PIETRUCZANIS Katarzyna	4020	KS AKTYWNI WĘGRÓW	K40	23	01:40:57.95	01:41:22.70	+00:38:11 (37.7%)	9:10	6.5 (61.9%)
102	KOŁODZIEJ Anna	4054		K20	19	01:43:04.80	01:43:24.75	+00:40:13 (38.9%)	9:22	6.4 (61.0%)
103	TORKA-ŁUNERT Grażyna	4283		K50	1	01:43:26.05	01:43:32.25	+00:40:21 (39.0%)	9:24	6.4 (61.0%)
104	SALACH Małgorzata	4032	TY I JA	K30	59	01:43:11.05	01:43:34.80	+00:40:23 (39.0%)	9:22	6.4 (61.0%)
105	PLAWIAK-MOWNA Anna	4189		K40	24	01:44:07.25	01:44:24.15	+00:41:13 (39.5%)	9:28	6.3 (60.0%)
106	PIGOŃ Katarzyna	4252		K20	20	01:45:16.40	01:45:26.05	+00:42:14 (40.1%)	9:34	6.3 (60.0%)
107	THRUN Aleksandra	4218		K30	60	01:47:05.85	01:47:24.65	+00:44:13 (41.2%)	9:44	6.2 (59.0%)

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108	HADAM Ewa	4301		K50	2	01:48:17.65	01:48:43.10	+00:45:32 (41.9%)	9:50	6.1 (58.1%)
109	NOWAKOWSKA Agnieszka	4277		K30	61	01:50:48.25	01:50:55.20	+00:47:44 (43.0%)	10:04	6 (57.1%)
110	KĄDZIOŁKA Emilia	4287		K40	25	01:50:48.00	01:50:55.25	+00:47:44 (43.0%)	10:04	6 (57.1%)
111	NAROLEWSKA Dorota	4302		K30	62	01:51:07.95	01:51:13.05	+00:48:01 (43.2%)	10:06	5.9 (56.2%)
112	SMOGORZEWSKA Marta	4064	WKURW_TEAM	K30	63	01:51:13.55	01:51:38.10	+00:48:27 (43.4%)	10:06	5.9 (56.2%)
113	OŻÓG Dorota	4127		K40	26	01:52:00.50	01:52:17.70	+00:49:06 (43.7%)	10:10	5.9 (56.2%)
114	OŻÓG Iwona	4126		K40	27	01:52:00.65	01:52:17.85	+00:49:06 (43.7%)	10:10	5.9 (56.2%)
115	FRAĆ Elżbieta	4011	NIGHT RUNNERS GLIWICE	K40	28	01:56:02.55	01:56:09.50	+00:52:58 (45.6%)	10:33	5.7 (54.3%)
116	TKACZYK Sylwia	4075		K40	29	01:56:26.50	01:56:35.35	+00:53:24 (45.8%)	10:35	5.7 (54.3%)
117	BORKOWSKA Ewa	4003	WKURW-TEAM	K60	1	01:59:52.50	02:00:06.75	+00:56:55 (47.4%)	10:53	5.5 (52.4%)
118	KOLASA Barbara	4004	KLUB J.SŁOWACKIEGO	K60	2	02:00:50.85	02:00:52.65	+00:57:41 (47.7%)	10:59	5.5 (52.4%)

Znaleziono 118 wynik(ów)