



BIEG RZEŹNIKA

DYCHA NA JELENI SKOK

B4SPORT

Wydarzenie: VII FESTIWAL BIEGU RZEŹNIKA
Organizator: Fundacja Bieg Rzeźnika
Data: 2021-05-28
Miejsce: Cisna
Dystans: 11 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
1	KAPUSTA-SZYDŁAK Sylwia	3306	RZESZOWSKA AKADEMIA KOLARSKA	K30	1	01:12:32.10		6:35	9.1 (100%)
2	WOJNAROWSKA Weronika	3357		K30	2	01:18:19.05	+00:05:46 (7.4%)	7:07	8.4 (92.3%)
3	PELA Olga	3402	SKY-TRANS	K30	3	01:25:11.75	+00:12:39 (14.9%)	7:44	7.7 (84.6%)
4	SLAWINSKA Anna	3449	REZERWOWE PSY	K30	4	01:26:19.00	+00:13:46 (16.0%)	7:50	7.6 (83.5%)
5	PIEKIELNA Angelika	3331	MUKS "JUNIOR" OCHEŃDZYN	K30	5	01:26:45.60	+00:14:13 (16.4%)	7:53	7.6 (83.5%)
6	POTERA Krystyna	3059		K30	6	01:26:59.40	+00:14:27 (16.6%)	7:54	7.6 (83.5%)
7	SKAWIŃSKA Justyna	3154		K30	7	01:29:13.70	+00:16:41 (18.7%)	8:06	7.4 (81.3%)
8	NOWAK Katarzyna	3139		K30	8	01:33:00.90	+00:20:28 (22.0%)	8:27	7.1 (78.0%)
9	KIELAR Kamila	3308		K30	9	01:33:36.25	+00:21:04 (22.5%)	8:30	7.1 (78.0%)
10	GOLONKA Anna	3659		K30	10	01:37:23.85	+00:24:51 (25.5%)	8:51	6.8 (74.7%)
11	GRONOWSKA Joanna	3379	FFF / CROSS TRENING CIECHANÓW	K30	11	01:38:43.40	+00:26:11 (26.5%)	8:58	6.7 (73.6%)
12	PINTSCHER Paulina	3056	EXPRESSMAP	K30	12	01:39:59.35	+00:27:27 (27.5%)	9:05	6.6 (72.5%)
13	WRZOSEK Kasia	3237	STG WARSZAWA	K30	13	01:42:49.05	+00:30:16 (29.5%)	9:20	6.4 (70.3%)
14	JÓZEFczyk Anna	3491		K30	14	01:42:52.60	+00:30:20 (29.5%)	9:21	6.4 (70.3%)
15	STAROŃ Gabriela	3410		K30	15	01:44:22.90	+00:31:50 (30.5%)	9:29	6.3 (69.2%)
16	KUDZIA Katarzyna	3255	BRACTWO BIEGOWE BGK	K30	16	01:44:28.90	+00:31:56 (30.6%)	9:29	6.3 (69.2%)
17	IVANOVA Alina	3188		K30	17	01:44:33.85	+00:32:01 (30.6%)	9:30	6.3 (69.2%)
18	BOKSA Anna	3001	KKM KALORYFER	K30	18	01:45:02.70	+00:32:30 (30.9%)	9:32	6.3 (69.2%)
19	KĘDRA Agnieszka	3307		K30	19	01:45:04.10	+00:32:32 (31.0%)	9:33	6.3 (69.2%)
20	PIETRZAK Monika	3585		K30	20	01:45:04.95	+00:32:32 (31.0%)	9:33	6.3 (69.2%)
21	LEWTAK Adrianna	3318		K30	21	01:45:34.90	+00:33:02 (31.3%)	9:35	6.3 (69.2%)
22	HEĆMAŃCZUK Katarzyna	3248	ROOKIES	K30	22	01:45:44.75	+00:33:12 (31.4%)	9:36	6.2 (68.1%)
23	GÓRSKA Oliwia	3301		K30	23	01:46:10.45	+00:33:38 (31.7%)	9:39	6.2 (68.1%)
24	ADAMKIEWICZ Natalia	3522		K30	24	01:47:52.70	+00:35:20 (32.8%)	9:48	6.1 (67.0%)
25	GÓRNY Kamila	3300	SŁOŃCA JURY	K30	25	01:48:35.40	+00:36:03 (33.2%)	9:52	6.1 (67.0%)
26	KROPIAK Katarzyna	3223	VEGE RUNNERS	K30	26	01:49:44.10	+00:37:12 (33.9%)	9:58	6 (65.9%)
27	WASYLÓW Izabela	3483		K30	27	01:50:46.40	+00:38:14 (34.5%)	10:04	6 (65.9%)
28	KAJMOWICZ Katarzyna	3490		K30	28	01:50:55.35	+00:38:23 (34.6%)	10:05	6 (65.9%)
29	DOMARADZKA- KASZUBOWICZ Wiktoria	3293	DZIEWCZYNY Z SANOKA	K30	29	01:51:51.25	+00:39:19 (35.2%)	10:10	5.9 (64.8%)

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30	HARBAT Jolanta	3602		K30	30	01:51:59.45	+00:39:27 (35.2%)	10:10	5.9 (64.8%)
31	DZIKI Ania	3005	BIEGI W ROGOŹNIKU	K30	31	01:52:36.50	+00:40:04 (35.6%)	10:14	5.9 (64.8%)
32	SUDAKOWSKA Agnieszka	3413	QUICKLYCLEAN AGNIESZKA SUDAKOWSKA	K30	32	01:53:23.10	+00:40:51 (36.0%)	10:18	5.8 (63.7%)
33	RADGOWSKA Gabriela	3333		K30	33	01:53:26.15	+00:40:54 (36.1%)	10:18	5.8 (63.7%)
34	ZAJĄC-MICHALEC Katarzyna	3454	J&K	K30	34	01:54:56.05	+00:42:23 (36.9%)	10:26	5.7 (62.6%)
35	OPALINSKA Malgorzata	3264		K30	35	01:55:05.40	+00:42:33 (37.0%)	10:27	5.7 (62.6%)
36	KALICIŃSKA Monika	3251	NOSTROMO	K30	36	01:56:04.65	+00:43:32 (37.5%)	10:33	5.7 (62.6%)
37	WIERZBICKA Katarzyna	3090		K30	37	01:56:37.35	+00:44:05 (37.8%)	10:36	5.7 (62.6%)
38	MROCZEK Justyna	3323	ADIDAS RUNNERS WARSAW	K30	38	01:57:26.65	+00:44:54 (38.2%)	10:40	5.6 (61.5%)
39	SURDAKKA Edyta	3464	MONKEYSTEAM	K30	39	01:57:31.05	+00:44:58 (38.3%)	10:41	5.6 (61.5%)
40	KAMINSKA-SUCHOWICZ Anna	3024	INŻYNIERIA BIEGANIA	K30	40	01:58:19.80	+00:45:47 (38.7%)	10:45	5.6 (61.5%)
41	NARLOCH Daria	3138	NARLOCHY	K30	41	01:58:34.15	+00:46:02 (38.8%)	10:46	5.6 (61.5%)
42	WYSOCKA Iwona	3281	KS JANUSZE	K30	42	01:58:35.40	+00:46:03 (38.8%)	10:46	5.6 (61.5%)
43	RĘPAŁSKA Agata	3152		K30	43	01:58:46.25	+00:46:14 (38.9%)	10:47	5.6 (61.5%)
44	SZWED Karolina	3158	SUSKA GRUPA BIEGOWA	K30	44	01:59:26.65	+00:46:54 (39.3%)	10:51	5.5 (60.4%)
45	KORZELECKA Karolina	3564	GIANT PSIE POLE	K30	45	01:59:30.10	+00:46:58 (39.3%)	10:51	5.5 (60.4%)
46	TERLECKA Joanna	3235	MŁODY VS STARY	K30	46	02:00:45.75	+00:48:13 (39.9%)	10:58	5.5 (60.4%)
47	MICHOTEK-TARASIUK Karolina	3470	MONKEYS' TEAM	K30	47	02:02:36.15	+00:50:04 (40.8%)	11:08	5.4 (59.3%)
48	CZERWONKA Żaneta	3463		K30	48	02:02:36.40	+00:50:04 (40.8%)	11:08	5.4 (59.3%)
49	KOWALCZYK Magdalena	3193	ROZBIEGANY SULEJÓWEK	K30	49	02:05:29.00	+00:52:56 (42.2%)	11:24	5.3 (58.2%)
50	MAZUR Katarzyna	3178	UKS AZYMUT PABIANICE	K30	50	02:06:00.70	+00:53:28 (42.4%)	11:27	5.2 (57.1%)
51	SZUBEL Katarzyna	3486		K30	51	02:06:41.15	+00:54:09 (42.7%)	11:31	5.2 (57.1%)
52	LASKOWSKA Joanna	3256	DZIEWCZYNY Z MAZUR	K30	52	02:09:22.45	+00:56:50 (43.9%)	11:45	5.1 (56.0%)
53	DOLATA Magdalena	3292	SOCIOS SILESIA	K30	53	02:09:33.95	+00:57:01 (44.0%)	11:46	5.1 (56.0%)
54	BDZIKOT Anna	3362		K30	54	02:09:35.25	+00:57:03 (44.0%)	11:46	5.1 (56.0%)
55	STASZCZYK Anna	3347		K30	55	02:10:57.25	+00:58:25 (44.6%)	11:54	5 (54.9%)
56	FORMELLA Joanna	3011		K30	56	02:11:33.10	+00:59:01 (44.9%)	11:57	5 (54.9%)
57	SZANIAWSKA Agata	3609		K30	57	02:12:28.65	+00:59:56 (45.2%)	12:02	5 (54.9%)
58	ZADROŻNA Olga	3425	CROSS TRENING MAZOVIA CIECHANÓW	K30	58	02:13:52.35	+01:01:20 (45.8%)	12:10	4.9 (53.8%)
59	KOSIN Irena	3312	WKURW_TEAM	K30	59	02:15:06.20	+01:02:34 (46.3%)	12:16	4.9 (53.8%)
60	WÓDZ Anna	3167		K30	60	02:18:34.50	+01:06:02 (47.7%)	12:35	4.8 (52.7%)
61	SZMATLOCH Karolina	3504		K30	61	02:18:39.70	+01:06:07 (47.7%)	12:36	4.8 (52.7%)
62	MARCOL Oriana	3537		K30	62	02:19:09.50	+01:06:37 (47.9%)	12:39	4.7 (51.6%)
63	WARCHOŁ Elżbieta	3215		K30	63	02:19:30.20	+01:06:58 (48.0%)	12:40	4.7 (51.6%)
64	OBIDZIŃSKA Katarzyna	3325		K30	64	02:22:16.05	+01:09:43 (49.0%)	12:56	4.6 (50.5%)
65	FURMAN Agnieszka	3373	OCHAJORUN & FRIENDS	K30	65	02:22:19.80	+01:09:47 (49.0%)	12:56	4.6 (50.5%)
66	PAWELEC Justyna	3328	TSA SANDOMIERZ	K30	66	02:22:48.10	+01:10:16 (49.2%)	12:58	4.6 (50.5%)
67	WRZOSEK Justyna	3360	TSA SANDOMIERZ	K30	67	02:22:48.40	+01:10:16 (49.2%)	12:58	4.6 (50.5%)
68	MATYSIAK Karolina	3040	ZWOLEŃNICY BIEGANIA	K30	68	02:23:50.65	+01:11:18 (49.6%)	13:04	4.6 (50.5%)
69	KOGUT Katarzyna	3128	SII RUNNING TEAM	K30	69	02:24:02.15	+01:11:30 (49.6%)	13:05	4.6 (50.5%)
70	ZALAS Anna	3510		K30	70	02:24:09.65	+01:11:37 (49.7%)	13:06	4.6 (50.5%)
71	WILOWSKI Jowita	3587		K30	71	02:25:33.25	+01:13:01 (50.2%)	13:13	4.5 (49.5%)
72	KĘDZIORA Alicja	3189	GSK FIT PIORUNY	K30	72	02:26:27.55	+01:13:55 (50.5%)	13:18	4.5 (49.5%)
73	KOZIOŁ Joanna	3195		K30	73	02:26:29.05	+01:13:56 (50.5%)	13:19	4.5 (49.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
74	SZKAMRUK Alicja	3553	EXTREMALNE OTK NA RELAKSIE	K30	74	02:26:37.50	+01:14:05 (50.5%)	13:19	4.5 (49.5%)
75	ŚWIĘTOCHOWSKA Magdalena	3213		K30	75	02:27:07.45	+01:14:35 (50.7%)	13:22	4.5 (49.5%)
76	WASZAK Celina	3163		K30	76	02:27:26.90	+01:14:54 (50.8%)	13:24	4.5 (49.5%)
77	ŚWIERAD Małgorzata	3160		K30	77	02:27:42.60	+01:15:10 (50.9%)	13:25	4.5 (49.5%)
78	SZKAMRUK Alicja	3666	EXTREMALNE OTK NA RELAKSIE	K30	78	02:29:44.10	+01:17:12 (51.6%)	13:36	4.4 (48.4%)
79	KOCLĘGA Justyna	3593	GIT EKIPA!	K30	79	02:32:34.15	+01:20:02 (52.5%)	13:52	4.3 (47.3%)
80	TESCHE Basia	3082	GORĄCE PĄCZKI	K30	80	02:35:01.05	+01:22:28 (53.2%)	14:05	4.3 (47.3%)
81	WAŚNIK Natalia	3089		K30	81	02:35:04.05	+01:22:31 (53.2%)	14:05	4.3 (47.3%)
82	KRYSIEWICZ Aleksandra	3224		K30	82	02:41:53.05	+01:29:20 (55.2%)	14:43	4.1 (45.1%)
83	JANICKA Katarzyna	3497		K30	83	02:49:38.40	+01:37:06 (57.2%)	15:25	3.9 (42.9%)
84	LENARCZYK Klaudia	3316		K30	84	02:49:47.40	+01:37:15 (57.3%)	15:26	3.9 (42.9%)
85	ŁYSEK Olga	3037	NIE LAM SIĘ	K30	85	02:51:50.00	+01:39:17 (57.8%)	15:37	3.8 (41.8%)
86	RYBCZYNSKA Anna	3545	SARNI TĘTENT	K30	86	02:57:58.75	+01:45:26 (59.2%)	16:10	3.7 (40.7%)
87	STACHURA Anna	3437	MIMI	K30	87	02:58:47.85	+01:46:15 (59.4%)	16:15	3.7 (40.7%)
88	WÓJCIK Gabriela	3098		K30	88	03:04:10.60	+01:51:38 (60.6%)	16:44	3.6 (39.6%)
89	SZCZĘSNA Anna	3156		K30	89	03:17:53.95	+02:05:21 (63.3%)	17:59	3.3 (36.3%)
90	WALASEK Justyna	3508	STOWARZYSZENIE SPORTOWE "SŁOŃCA JURY"	K30	90	03:21:31.85	+02:08:59 (64.0%)	18:19	3.3 (36.3%)
91	RADYK Joanna	3335	PRZEMYSKI KLUB BIEGACZA	K30	91	03:23:12.30	+02:10:40 (64.3%)	18:28	3.2 (35.2%)
92	MAJER Magda	3197	S AR CA SM	K30	92	03:30:29.80	+02:17:57 (65.5%)	19:08	3.1 (34.1%)
93	SMIT Katarzyna	3516	MORSY KANZAS	K30	93	03:41:31.05	+02:28:58 (67.3%)	20:08	3 (33.0%)
94	PIECHOWSKA Magda	3330	FABRYKA DZIKA	K30	94	03:41:56.70	+02:29:24 (67.3%)	20:10	3 (33.0%)
95	FOLTA Paulina	3009	BRZOZÓW BIEGA	K30	95	03:43:11.60	+02:30:39 (67.5%)	20:17	3 (33.0%)
96	TESCHE Zosia	3083	GORĄCE PĄCZKI	K30	96	03:51:17.15	+02:38:45 (68.6%)	21:01	2.9 (31.9%)
97	TESCHE Agata	3080		K30	97	03:51:46.45	+02:39:14 (68.7%)	21:04	2.8 (30.8%)
98	GÓRSKA Romana	3535		K30	98	04:19:23.70	+03:06:51 (72.0%)	23:34	2.5 (27.5%)
99	GROBORZ Malwina	3016	LECYMY DURŚ	K30	99	04:26:18.20	+03:13:46 (72.8%)	24:12	2.5 (27.5%)
	BARTOŃ Ewa	3499		K30		DNF		-	- (0.0%)

Znaleziono 100 wynik(ów)