



# DYCHA NA JELENI SKOK

B4SPORT

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

**B4SPORT**

INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: K40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
1	<b>BIENIECKA Anna</b>	<b>3183</b>	BIEG RZEŹNIKA	K40	1	<b>01:18:24.20</b>		7:07	8.4 (100%)
2	<b>BARTKOWSKA Joanna</b>	<b>3563</b>		K40	2	<b>01:21:58.60</b>	+00:03:34 (4.4%)	7:27	8.1 (96.4%)
3	<b>OLSZEWSKA Oszi</b>	<b>3656</b>		K40	3	<b>01:22:08.15</b>	+00:03:43 (4.5%)	7:28	8 (95.2%)
4	<b>ODOLIŃSKA Agnieszka</b>	<b>3326</b>		K40	4	<b>01:25:14.40</b>	+00:06:50 (8.0%)	7:44	7.7 (91.7%)
5	<b>SZCZYPLIŃSKA Anna</b>	<b>3234</b>	SFORA BMK	K40	5	<b>01:29:00.90</b>	+00:10:36 (11.9%)	8:05	7.4 (88.1%)
6	<b>PASIEKA Agnieszka</b>	<b>3142</b>	KB ATHLETIC ZRĘCIN	K40	6	<b>01:29:21.55</b>	+00:10:57 (12.3%)	8:07	7.4 (88.1%)
7	<b>KORZEP-CZEKALSKA Dorota</b>	<b>3500</b>		K40	7	<b>01:32:55.10</b>	+00:14:30 (15.6%)	8:26	7.1 (84.5%)
8	<b>ZAWADA Magdalena</b>	<b>3361</b>	JJFIT RUNNING TEAM	K40	8	<b>01:39:07.65</b>	+00:20:43 (20.9%)	9:00	6.7 (79.8%)
9	<b>ZAPAŁA Monika</b>	<b>3103</b>		K40	9	<b>01:40:39.45</b>	+00:22:15 (22.1%)	9:09	6.6 (78.6%)
10	<b>SZYMANIK Lidia</b>	<b>3075</b>		K40	10	<b>01:40:44.40</b>	+00:22:20 (22.2%)	9:09	6.6 (78.6%)
11	<b>FAFARA Agnieszka</b>	<b>3295</b>		K40	11	<b>01:41:12.55</b>	+00:22:48 (22.5%)	9:12	6.5 (77.4%)
12	<b>KOSEWSKA Monika</b>	<b>3221</b>	SFORA BMK	K40	12	<b>01:42:38.65</b>	+00:24:14 (23.6%)	9:19	6.4 (76.2%)
13	<b>BROŻYNA Magda</b>	<b>3002</b>		K40	13	<b>01:43:10.30</b>	+00:24:46 (24.0%)	9:22	6.4 (76.2%)
14	<b>SLIWINSKA Katarzyna</b>	<b>3274</b>		K40	14	<b>01:43:54.30</b>	+00:25:30 (24.5%)	9:26	6.4 (76.2%)
15	<b>CHOJNACKA Małgorzata</b>	<b>3489</b>	TEAM ZALESICE	K40	15	<b>01:44:50.70</b>	+00:26:26 (25.2%)	9:31	6.3 (75.0%)
16	<b>MAJEWSKA Joanna</b>	<b>3477</b>	PGE RUN OBRÓT	K40	16	<b>01:45:04.65</b>	+00:26:40 (25.4%)	9:33	6.3 (75.0%)
17	<b>WOJDAS Izabela</b>	<b>3096</b>		K40	17	<b>01:46:03.85</b>	+00:27:39 (26.1%)	9:38	6.2 (73.8%)
18	<b>CEBRAT Ewa</b>	<b>3289</b>	DZIEWCZYNY Z SANOKA	K40	18	<b>01:46:06.30</b>	+00:27:42 (26.1%)	9:38	6.2 (73.8%)
19	<b>KORZENIOWSKA Justyna</b>	<b>3665</b>	RK ATHLETICS	K40	19	<b>01:49:07.30</b>	+00:30:43 (28.2%)	9:55	6 (71.4%)
20	<b>DONIEC Katarzyna</b>	<b>3294</b>	AGARUN	K40	20	<b>01:49:39.50</b>	+00:31:15 (28.5%)	9:58	6 (71.4%)
21	<b>KORBUS-GUZ Małgorzata</b>	<b>3311</b>		K40	21	<b>01:50:46.85</b>	+00:32:22 (29.2%)	10:04	6 (71.4%)
22	<b>LEŚNIAK-POPIEL Marta</b>	<b>3317</b>	DZIEWCZYNY Z SANOKA	K40	22	<b>01:51:52.65</b>	+00:33:28 (29.9%)	10:10	5.9 (70.2%)
23	<b>KURAS-SMOLNIK Magdalena</b>	<b>3034</b>	SIERADZBIEGA.PL	K40	23	<b>01:52:59.25</b>	+00:34:35 (30.6%)	10:16	5.8 (69.0%)
24	<b>CHOMA Grażyna</b>	<b>3244</b>	PĘDZĄCE LENIWCE	K40	24	<b>01:53:17.00</b>	+00:34:52 (30.8%)	10:17	5.8 (69.0%)
25	<b>WIŚNIEWSKA Katarzyna</b>	<b>3166</b>		K40	25	<b>01:54:09.65</b>	+00:35:45 (31.3%)	10:22	5.8 (69.0%)
26	<b>KOCHANOWSKA Anna</b>	<b>3127</b>	CZEWARUN TIM	K40	26	<b>01:54:19.40</b>	+00:35:55 (31.4%)	10:23	5.8 (69.0%)
27	<b>KIJEWSKA Karolina</b>	<b>3029</b>	BRYGADA KRYZYS WIEKU ŚREDNIEGO	K40	27	<b>01:54:24.60</b>	+00:36:00 (31.5%)	10:24	5.8 (69.0%)
28	<b>MRUCZYŃSKA-PIETRUCZANIS Katarzyna</b>	<b>3324</b>	AKTYWNI WĘGRÓW, DEVI HIMAL TEAM	K40	28	<b>01:54:33.75</b>	+00:36:09 (31.6%)	10:24	5.8 (69.0%)
29	<b>PŁACZEK Jolanta</b>	<b>3446</b>	J&K	K40	29	<b>01:54:58.80</b>	+00:36:34 (31.8%)	10:27	5.7 (67.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
30	<b>RUDNICKA Elżbieta</b>	<b>3063</b>		K40	30	<b>01:55:51.05</b>	+00:37:26 (32.3%)	10:31	5.7 (67.9%)
31	<b>TEJWAN Sylwia</b>	<b>3430</b>	SPARTAN TRAINING GROUP WARSZAWA	K40	31	<b>01:58:29.10</b>	+00:40:04 (33.8%)	10:46	5.6 (66.7%)
32	<b>GÓRKA Jolanta</b>	<b>3124</b>	SUSKA GRUPA BIEGOWA	K40	32	<b>01:59:27.05</b>	+00:41:02 (34.4%)	10:51	5.5 (65.5%)
33	<b>TYBURCY-MASŁOWSKA Anna</b>	<b>3277</b>		K40	33	<b>01:59:30.30</b>	+00:41:06 (34.4%)	10:51	5.5 (65.5%)
34	<b>MICHALAK Justyna</b>	<b>3518</b>	QUEENS OF CHAMONIX	K40	34	<b>02:01:01.95</b>	+00:42:37 (35.2%)	11:00	5.5 (65.5%)
35	<b>WAŚACZ Urszula</b>	<b>3279</b>		K40	35	<b>02:03:52.45</b>	+00:45:28 (36.7%)	11:15	5.3 (63.1%)
36	<b>KACZMARZYK Izabela</b>	<b>3249</b>		K40	36	<b>02:04:14.45</b>	+00:45:50 (36.9%)	11:17	5.3 (63.1%)
37	<b>GUZIK Justyna</b>	<b>3017</b>	KKM KALORYFER	K40	37	<b>02:04:44.25</b>	+00:46:20 (37.1%)	11:20	5.3 (63.1%)
38	<b>STANKOWSKA Justyna</b>	<b>3409</b>	KIJKOWE TRZEMESZNO	K40	38	<b>02:04:57.50</b>	+00:46:33 (37.3%)	11:21	5.3 (63.1%)
39	<b>MIKULSKA Aneta</b>	<b>3194</b>	ROZBIEGANY SULEJÓWEK	K40	39	<b>02:05:29.10</b>	+00:47:04 (37.5%)	11:24	5.3 (63.1%)
40	<b>BIENIEK Iwona</b>	<b>3286</b>		K40	40	<b>02:07:12.80</b>	+00:48:48 (38.4%)	11:33	5.2 (61.9%)
41	<b>NESTOROWICZ Monika</b>	<b>3202</b>	KLUB BIEGACZA JURUND SZCZYTNO	K40	41	<b>02:07:14.95</b>	+00:48:50 (38.4%)	11:34	5.2 (61.9%)
42	<b>WALISZEWSKA-PLEWA Izabela</b>	<b>3088</b>		K40	42	<b>02:08:22.00</b>	+00:49:57 (38.9%)	11:40	5.1 (60.7%)
43	<b>KUCZYŃSKA Agnieszka</b>	<b>3033</b>		K40	43	<b>02:08:51.90</b>	+00:50:27 (39.2%)	11:42	5.1 (60.7%)
44	<b>ZIELIŃSKA Marta</b>	<b>3523</b>	JACEKBIEGA RUNNING TEAM	K40	44	<b>02:08:52.80</b>	+00:50:28 (39.2%)	11:42	5.1 (60.7%)
45	<b>PATALON-KŁODAWSKA Dorota</b>	<b>3266</b>	DZIEWCZYNY Z MAZUR	K40	45	<b>02:09:22.40</b>	+00:50:58 (39.4%)	11:45	5.1 (60.7%)
46	<b>WIŚNIEWSKA Magdalena</b>	<b>3095</b>	ZMASAKROWANI	K40	46	<b>02:09:38.10</b>	+00:51:13 (39.5%)	11:47	5.1 (60.7%)
47	<b>BLIM Sylwia</b>	<b>3000</b>	ZMASAKROWANI	K40	47	<b>02:09:39.15</b>	+00:51:14 (39.5%)	11:47	5.1 (60.7%)
48	<b>WOLSKA Anna</b>	<b>3097</b>		K40	48	<b>02:11:32.80</b>	+00:53:08 (40.4%)	11:57	5 (59.5%)
49	<b>TOMCZAK Magdalena</b>	<b>3351</b>		K40	49	<b>02:12:59.50</b>	+00:54:35 (41.0%)	12:05	5 (59.5%)
50	<b>GŁOWACKA Aleksandra</b>	<b>3219</b>	MŁODY VS STARY	K40	50	<b>02:16:38.55</b>	+00:58:14 (42.6%)	12:25	4.8 (57.1%)
51	<b>UCHEREK Kinga</b>	<b>3353</b>		K40	51	<b>02:17:52.45</b>	+00:59:28 (43.1%)	12:32	4.8 (57.1%)
52	<b>OCHWAT Elżbieta</b>	<b>3432</b>	UKS ARKA UMIESZCZ	K40	52	<b>02:18:02.05</b>	+00:59:37 (43.2%)	12:32	4.8 (57.1%)
53	<b>NOWAK Ania</b>	<b>3485</b>		K40	53	<b>02:18:36.50</b>	+01:00:12 (43.4%)	12:36	4.8 (57.1%)
54	<b>KONIECPOLSKA Jadwiga</b>	<b>3192</b>		K40	54	<b>02:19:30.35</b>	+01:01:06 (43.8%)	12:40	4.7 (56.0%)
55	<b>GRESER Beata</b>	<b>3302</b>	GS TEAM	K40	55	<b>02:20:18.80</b>	+01:01:54 (44.1%)	12:45	4.7 (56.0%)
56	<b>SZKAMRUK Małgorzata</b>	<b>3551</b>	EXTREMALNE OTK NA RELAKSIE	K40	56	<b>02:20:47.60</b>	+01:02:23 (44.3%)	12:47	4.7 (56.0%)
57	<b>BADOWSKA Monika</b>	<b>3170</b>		K40	57	<b>02:21:13.70</b>	+01:02:49 (44.5%)	12:50	4.7 (56.0%)
58	<b>PIETRZYK Marzena</b>	<b>3231</b>		K40	58	<b>02:23:13.55</b>	+01:04:49 (45.3%)	13:01	4.6 (54.8%)
59	<b>GASIŃSKA Oliwia</b>	<b>3478</b>	SŁOŃCA JURY	K40	59	<b>02:25:24.55</b>	+01:07:00 (46.1%)	13:13	4.5 (53.6%)
60	<b>GASIŃSKA Agnieszka</b>	<b>3571</b>	SŁOŃCA JURY	K40	60	<b>02:25:37.25</b>	+01:07:13 (46.2%)	13:14	4.5 (53.6%)
61	<b>PIENIAŻEK Agnieszka</b>	<b>3205</b>		K40	61	<b>02:27:09.60</b>	+01:08:45 (46.7%)	13:22	4.5 (53.6%)
62	<b>URBANOWICZ Agnieszka</b>	<b>3162</b>		K40	62	<b>02:28:03.85</b>	+01:09:39 (47.0%)	13:27	4.5 (53.6%)
63	<b>KORZENIOWSKA Justyna</b>	<b>3578</b>	RK ATHLETICS	K40	63	<b>02:29:21.45</b>	+01:10:57 (47.5%)	13:34	4.4 (52.4%)
64	<b>DASZCZYŃSKA Iwona</b>	<b>3368</b>	ADASKO TEAM	K40	64	<b>02:29:52.75</b>	+01:11:28 (47.7%)	13:37	4.4 (52.4%)
65	<b>SKRZYCKA-GOŁĘBIEWSKA Ewa</b>	<b>3065</b>		K40	65	<b>02:31:27.50</b>	+01:13:03 (48.2%)	13:46	4.4 (52.4%)
66	<b>PAWĘZOWSKA Anna</b>	<b>3055</b>	BĘDZIN TEAM	K40	66	<b>02:31:27.85</b>	+01:13:03 (48.2%)	13:46	4.4 (52.4%)
67	<b>KLARECKA Joanna</b>	<b>3387</b>	ASTMA TEAM	K40	67	<b>02:33:55.95</b>	+01:15:31 (49.1%)	13:59	4.3 (51.2%)
68	<b>ADAMCZEWSKA Anna</b>	<b>3168</b>		K40	68	<b>02:34:39.50</b>	+01:16:15 (49.3%)	14:03	4.3 (51.2%)
69	<b>ADAMCZEWSKA Agnieszka</b>	<b>3169</b>		K40	69	<b>02:34:39.70</b>	+01:16:15 (49.3%)	14:03	4.3 (51.2%)
70	<b>PAWŁOWSKA Danuta</b>	<b>3329</b>	WKURW_TEAM	K40	70	<b>02:36:22.60</b>	+01:17:58 (49.9%)	14:12	4.2 (50.0%)
71	<b>OLĘDZKA-KULIK Monika</b>	<b>3180</b>		K40	71	<b>02:38:33.00</b>	+01:20:08 (50.5%)	14:24	4.2 (50.0%)
72	<b>CICHOCKA Renata</b>	<b>3112</b>		K40	72	<b>02:40:13.75</b>	+01:21:49 (51.1%)	14:33	4.1 (48.8%)
73	<b>SIERECKA Dorota</b>	<b>3273</b>	TEAM ZABIEGANEDNI // WKURW_TEAM	K40	73	<b>02:42:28.75</b>	+01:24:04 (51.7%)	14:46	4.1 (48.8%)

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74	<b>HERMAN Agnieszka</b>	<b>3590</b>		K40	74	<b>02:44:01.20</b>	+01:25:37 (52.2%)	14:54	4 (47.6%)
75	<b>MROCZEK Kinga</b>	<b>3259</b>		K40	75	<b>02:47:42.90</b>	+01:29:18 (53.3%)	15:14	3.9 (46.4%)
76	<b>SZEWCZYK Anna</b>	<b>3457</b>		K40	76	<b>02:50:32.05</b>	+01:32:07 (54.0%)	15:30	3.9 (46.4%)
77	<b>MAŚLANA Monika</b>	<b>3198</b>		K40	77	<b>02:58:10.65</b>	+01:39:46 (56.0%)	16:11	3.7 (44.0%)
78	<b>ŻARNOWSKA Sylwia</b>	<b>3283</b>	SAMI SWOI	K40	78	<b>02:59:06.85</b>	+01:40:42 (56.2%)	16:16	3.7 (44.0%)
79	<b>SENDERECKA Dorota</b>	<b>3599</b>		K40	79	<b>03:02:42.60</b>	+01:44:18 (57.1%)	16:36	3.6 (42.9%)
80	<b>KOSTECKA Magdalena</b>	<b>3132</b>	KMKRUN	K40	80	<b>03:07:02.90</b>	+01:48:38 (58.1%)	17:00	3.5 (41.7%)
81	<b>TOMKIEWICZ Edyta</b>	<b>3214</b>		K40	81	<b>03:09:39.60</b>	+01:51:15 (58.7%)	17:14	3.5 (41.7%)
82	<b>WASILEWSKA Justyna</b>	<b>3550</b>		K40	82	<b>03:11:17.45</b>	+01:52:53 (59.0%)	17:23	3.5 (41.7%)
83	<b>MICHALIK Agnieszka</b>	<b>3321</b>	SŁOŃCA JURY	K40	83	<b>03:21:31.30</b>	+02:03:07 (61.1%)	18:19	3.3 (39.3%)
84	<b>PASIŃSKA Anna</b>	<b>3327</b>	FABRYKA DZIKA	K40	84	<b>03:41:56.15</b>	+02:23:31 (64.7%)	20:10	3 (35.7%)
85	<b>LENARD Aneta</b>	<b>3393</b>		K40	85	<b>03:44:24.30</b>	+02:26:00 (65.1%)	20:24	2.9 (34.5%)
86	<b>ŁUKASIAK Dorota</b>	<b>3396</b>		K40	86	<b>03:44:26.05</b>	+02:26:01 (65.1%)	20:24	2.9 (34.5%)
87	<b>SOWA Renata</b>	<b>3345</b>	DRUŻYNA PIERŚCIENIA	K40	87	<b>03:45:45.55</b>	+02:27:21 (65.3%)	20:31	2.9 (34.5%)
	<b>MIKSZA Aneta</b>	<b>3045</b>	CROSSFITTER BOX CHEŁM	K40		<b>DNF</b>		-	- (0.0%)

Znaleziono 88 wynik(ów)