



**Wydarzenie:** RUDAWY ZIMOWY FESTIWAL BIEGOWY  
**Organizator:** Fundacja Szczyt za Szczytem  
**Data:** 2022-02-19  
**Miejsce:** Karpniki  
**Dystans:** 10.5 km

## DZIESIĄTKA

B4SPORT

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INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K40

| Msc | Zawodnik                          | Numer       | Klub                | Kategoria | Mkat | 5km      | Czas netto 10.5km  | Czas brutto 10.5km | Różn              | Tempo min/km | Tempo km/h  |
|-----|-----------------------------------|-------------|---------------------|-----------|------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| 1   | <b>KAWECKA Małgorzata</b>         | <b>1075</b> | DRÄXLMAIER          | K40       | 1    | 00:36:01 | <b>01:12:58.85</b> | <b>01:13:01.60</b> |                   | 6:56         | 8.6 (100%)  |
| 2   | <b>KRYSTYNA Grzybowska</b>        | <b>1019</b> | PROGRESJA           | K40       | 2    | 00:35:46 | <b>01:16:57.85</b> | <b>01:17:03.45</b> | +00:04:01 (5.2%)  | 7:19         | 8.2 (95.3%) |
| 3   | <b>UPTAS Ewa</b>                  | <b>1015</b> | FITNESS I SQASCH    | K40       | 3    | 00:44:59 | <b>01:26:07.90</b> | <b>01:26:15.95</b> | +00:13:14 (15.3%) | 8:12         | 7.3 (84.9%) |
| 4   | <b>PAWLIKOWSKA Anna</b>           | <b>1029</b> |                     | K40       | 4    | 00:43:54 | <b>01:27:22.15</b> | <b>01:27:30.25</b> | +00:14:28 (16.5%) | 8:19         | 7.2 (83.7%) |
| 5   | <b>MYTKOWSKA Joanna</b>           | <b>1087</b> |                     | K40       | 5    | 00:42:41 | <b>01:27:38.95</b> | <b>01:27:50.70</b> | +00:14:49 (16.9%) | 8:20         | 7.2 (83.7%) |
| 6   | <b>WIRKIJOWSKA Aneta</b>          | <b>987</b>  | NOA                 | K40       | 6    | 00:44:51 | <b>01:30:45.00</b> | <b>01:30:45.00</b> | +00:17:43 (19.5%) | 8:38         | 6.9 (80.2%) |
| 7   | <b>RENCZMIŃ Izabela</b>           | <b>982</b>  |                     | K40       | 7    | 00:45:28 | <b>01:33:53.05</b> | <b>01:34:00.50</b> | +00:20:58 (22.3%) | 8:56         | 6.7 (77.9%) |
| 8   | <b>MODZELEWSKA Agnieszka</b>      | <b>1012</b> |                     | K40       | 8    | 00:46:58 | <b>01:34:05.55</b> | <b>01:34:13.90</b> | +00:21:12 (22.5%) | 8:57         | 6.7 (77.9%) |
| 9   | <b>LEDNICKA Lidia</b>             | <b>1061</b> |                     | K40       | 9    | 00:48:38 | <b>01:36:17.20</b> | <b>01:36:35.80</b> | +00:23:34 (24.4%) | 9:10         | 6.5 (75.6%) |
| 10  | <b>KASZEWSKA Agnieszka</b>        | <b>1076</b> | DRÄXLMAIER          | K40       | 10   | 00:49:25 | <b>01:38:06.35</b> | <b>01:38:09.90</b> | +00:25:08 (25.6%) | 9:20         | 6.4 (74.4%) |
| 11  | <b>MARTAN Iwona</b>               | <b>1045</b> |                     | K40       | 11   | 00:50:33 | <b>01:38:26.55</b> | <b>01:38:38.10</b> | +00:25:36 (26.0%) | 9:22         | 6.4 (74.4%) |
| 12  | <b>GAJEWSKA Weronika</b>          | <b>1001</b> | RYSIE               | K40       | 12   | 00:49:01 | <b>01:39:31.25</b> | <b>01:39:44.85</b> | +00:26:43 (26.8%) | 9:28         | 6.3 (73.3%) |
| 13  | <b>CIEKAŃSKA Joanna</b>           | <b>1053</b> |                     | K40       | 13   | 00:50:22 | <b>01:39:37.45</b> | <b>01:39:48.35</b> | +00:26:46 (26.8%) | 9:29         | 6.3 (73.3%) |
| 14  | <b>ANTONIAK Teresa</b>            | <b>1056</b> | BOLESŁAWIEC         | K40       | 14   | 00:50:31 | <b>01:40:17.75</b> | <b>01:40:25.95</b> | +00:27:24 (27.3%) | 9:33         | 6.3 (73.3%) |
| 15  | <b>KUCHCINSKA Diana</b>           | <b>1052</b> |                     | K40       | 15   | 00:50:21 | <b>01:41:06.75</b> | <b>01:41:17.35</b> | +00:28:15 (27.9%) | 9:37         | 6.2 (72.1%) |
| 16  | <b>ZDUNEK Małgorzata</b>          | <b>993</b>  |                     | K40       | 16   | 00:52:18 | <b>01:45:59.45</b> | <b>01:46:02.60</b> | +00:33:01 (31.1%) | 10:05        | 5.9 (68.6%) |
| 17  | <b>SYNDER-TAMBORSKA Katarzyna</b> | <b>1009</b> | HTF LUDWIK SIKORSKI | K40       | 17   | 00:53:19 | <b>01:49:12.60</b> | <b>01:49:32.30</b> | +00:36:30 (33.3%) | 10:24        | 5.8 (67.4%) |
| 18  | <b>GRZĄBA Joanna</b>              | <b>1006</b> |                     | K40       | 18   | 00:53:22 | <b>01:50:32.65</b> | <b>01:50:39.35</b> | +00:37:37 (34.0%) | 10:31        | 5.7 (66.3%) |
| 19  | <b>ADAMCZAK Sylwia</b>            | <b>1067</b> |                     | K40       | 19   | 00:55:21 | <b>01:50:31.65</b> | <b>01:50:47.85</b> | +00:37:46 (34.1%) | 10:31        | 5.7 (66.3%) |
| 20  | <b>BALCERZAK Agnieszka</b>        | <b>981</b>  |                     | K40       | 20   | 00:55:11 | <b>01:54:30.25</b> | <b>01:54:41.15</b> | +00:41:39 (36.3%) | 10:54        | 5.5 (64.0%) |
| 21  | <b>SOBIERAJSKA Paulina</b>        | <b>1017</b> |                     | K40       | 21   | 01:01:27 | <b>02:00:56.95</b> | <b>02:01:04.10</b> | +00:48:02 (39.7%) | 11:31        | 5.2 (60.5%) |
| 22  | <b>JARMUŁO Agnieszka</b>          | <b>1014</b> |                     | K40       | 22   | 01:01:28 | <b>02:06:09.65</b> | <b>02:06:17.45</b> | +00:53:15 (42.2%) | 12:00        | 5 (58.1%)   |
| 23  | <b>PODSIEDLIK Viola</b>           | <b>1037</b> |                     | K40       | 23   | 01:04:57 | <b>02:13:05.85</b> | <b>02:13:19.25</b> | +01:00:17 (45.2%) | 12:40        | 4.7 (54.7%) |
| 24  | <b>PARTYKA Agnieszka</b>          | <b>1090</b> | KB HARCOWNIK        | K40       | 24   | 01:06:39 | <b>02:13:55.60</b> | <b>02:14:07.40</b> | +01:01:05 (45.6%) | 12:45        | 4.7 (54.7%) |
| 25  | <b>KOZIEŁ Natalia</b>             | <b>1049</b> | TOUR DE RUN         | K40       | 25   | 01:12:53 | <b>02:17:53.60</b> | <b>02:18:06.75</b> | +01:05:05 (47.1%) | 13:07        | 4.6 (53.5%) |
| 26  | <b>LAKWA Karina</b>               | <b>1062</b> | ORTHOS TEAM         | K40       | 26   | 01:13:26 | <b>02:28:11.80</b> | <b>02:28:35.90</b> | +01:15:34 (50.9%) | 14:06        | 4.3 (50.0%) |
| 27  | <b>GÓRSKA-KRZESŁOWSKA Sylwia</b>  | <b>1059</b> | ORTHOS TEAM         | K40       | 27   | 01:13:27 | <b>02:28:18.30</b> | <b>02:28:42.05</b> | +01:15:40 (50.9%) | 14:07        | 4.2 (48.8%) |
|     | <b>BOROŃ-KOSIK Magda</b>          | <b>969</b>  |                     | K40       |      | DNF      | <b>DNF</b>         | <b>DNF</b>         |                   | -            | - (0.0%)    |

