



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

RUDAWY ZIMOWY FESTIWAL BIEGOWY
Fundacja Szczyt za Szczytem
2023-02-18
Karpniki
10.5 km

DZIESIĄTKA

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Husyckie Skały 3.5km	4.4km	Szwajcarka 4.5km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
1	BIAŁOŁOCKA Alicja	1054		K30	1	00:20:30	00:31:04	00:31:25	01:05:56.00	01:05:59.25		6:16	9.6 (100%)
2	KRUŻOŁEK Monika	1055		K30	2	00:21:54	00:33:19	00:33:44	01:10:20.45	01:10:23.90	+00:04:24 (6.3%)	6:41	9 (93.8%)
3	BOROWSKA Karolina	1010	KGHM ZG RUN	K30	3	00:22:11	00:33:53	00:34:19	01:11:28.20	01:11:31.10	+00:05:31 (7.7%)	6:48	8.8 (91.7%)
4	ROZDZYNSKA Patrycja	1043	STAJNIAK TEAM	K20	1	00:22:25	00:35:13	00:35:36	01:14:43.90	01:14:48.75	+00:08:49 (11.8%)	7:06	8.4 (87.5%)
5	WOCH Agnieszka	1027		K50	1	00:23:31	00:36:46	00:37:20	01:15:51.65	01:15:55.60	+00:09:56 (13.1%)	7:13	8.3 (86.5%)
6	RABIEJ-OLSZEWSKA Hanna	1047	SOBAS TEAM	K30	4	00:23:25	00:36:37	00:37:07	01:17:19.20	01:17:22.50	+00:11:23 (14.7%)	7:21	8.1 (84.4%)
7	PIĄTEK Iwona	987	ŚWIDNICKA GRUPA BIEGOWA	K40	1	00:23:48	00:36:43	00:37:10	01:17:30.40	01:17:36.25	+00:11:37 (15.0%)	7:22	8.1 (84.4%)
8	SOBEL-ADAMSKA Dorota	997	STARA KOCIARA	K30	5	00:24:33	00:38:09	00:38:34	01:17:49.45	01:17:54.30	+00:11:55 (15.3%)	7:24	8.1 (84.4%)
9	CHRUŚCIŃSKA Joanna	980	ADIENT RUNNING TEAM	K20	2	00:24:45	00:39:05	00:39:28	01:22:37.20	01:22:43.65	+00:16:44 (20.2%)	7:52	7.6 (79.2%)
10	ADAMSKA Paulina	978	SZYNSZYLA GNIEZNO	K20	3	00:27:51	00:42:35	00:43:01	01:26:32.45	01:26:44.15	+00:20:44 (23.9%)	8:14	7.3 (76.0%)
11	TROSZCZYŃSKA Izabela	956		K30	6	00:28:11	00:42:25	00:42:58	01:27:46.50	01:28:00.95	+00:22:01 (25.0%)	8:21	7.2 (75.0%)
12	ZIELONKA Agnieszka	1029		K40	2		00:40:52	00:41:19	01:28:52.60	01:29:07.20	+00:23:07 (26.0%)	8:27	7.1 (74.0%)
13	BARTOSZAK Dorota	979	SZYNSZYLA GNIEZNO	K50	2	00:29:13	00:45:16	00:45:43	01:33:39.05	01:33:50.90	+00:27:51 (29.7%)	8:55	6.7 (69.8%)
14	DACZKOWSKA Agata	1031		K30	7	00:28:28	00:45:38	00:46:03	01:34:30.85	01:34:37.80	+00:28:38 (30.3%)	9:00	6.7 (69.8%)
15	LEKI Adriana	1022		K30	8	00:28:12	00:44:15	00:44:44	01:34:41.70	01:34:49.90	+00:28:50 (30.4%)	9:01	6.7 (69.8%)

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						Skały 3.5km	4.4km						
16	WOCH Natalia	1028		K20	4	00:29:37	00:46:00	00:46:31	01:34:52.30	01:35:01.45	+00:29:02 (30.6%)	9:02	6.6 (68.8%)
17	PAWLIKOWSKA Anna	966		K40	3	00:28:55	00:46:50	00:47:20	01:35:51.75	01:36:00.60	+00:30:01 (31.3%)	9:07	6.6 (68.8%)
18	GWOŹDZIK-BŁASZCZYK Karolina	1004		K40	4	00:29:38	00:46:03	00:46:33	01:36:29.00	01:36:33.95	+00:30:34 (31.7%)	9:11	6.5 (67.7%)
19	BERNACKA Kinga	973		K30	9	00:30:02	00:45:48	00:47:03	01:40:04.20	01:40:16.45	+00:34:17 (34.2%)	9:31	6.3 (65.6%)
20	KRÓLAK Katarzyna	1042	SLOW JOGGING WAŁBRZYCH	K30	10	00:31:55	00:49:06	00:49:46	01:43:05.15	01:43:11.80	+00:37:12 (36.1%)	9:49	6.1 (63.5%)
21	KWIASOWSKA Martyna	1012	BE AGGRESSIVE	K30	11	00:32:04	00:50:26	00:51:02	01:43:59.25	01:44:19.75	+00:38:20 (36.8%)	9:54	6.1 (63.5%)
22	OLEŚ Ewa	1020		K30	12	00:32:30	00:50:48	00:51:19	01:46:06.25	01:46:25.75	+00:40:26 (38.0%)	10:06	5.9 (61.5%)
23	KLISOWSKA Weronika	1001	FLY OR DIE	K30	13	00:33:57	00:53:36	00:54:47	01:47:58.10	01:48:14.35	+00:42:15 (39.0%)	10:16	5.8 (60.4%)
24	SŁOMKA Magda	988		K40	5	00:34:06	00:53:16	00:54:32	01:49:26.20	01:49:39.30	+00:43:40 (39.8%)	10:25	5.8 (60.4%)
25	LESAK- JAŚKOWSKA Sylwia	1060		K50	3	00:33:29	00:52:24	00:53:01	01:51:10.15	01:51:16.15	+00:45:16 (40.7%)	10:35	5.7 (59.4%)
26	LIS Anna	964		K40	6	00:34:39	00:53:19	00:54:56	01:51:23.40	01:51:27.25	+00:45:28 (40.8%)	10:36	5.7 (59.4%)
27	ŚLIWKA Anna	981		K30	14	00:35:22	00:55:23	00:56:23	01:54:31.80	01:54:39.65	+00:48:40 (42.4%)	10:54	5.5 (57.3%)
28	GRACZYK Magdalena	1025		K50	4	00:36:43	00:56:18	00:57:25	01:56:53.15	01:57:21.20	+00:51:21 (43.8%)	11:07	5.4 (56.3%)
29	KMIECIK Malgorzata	972		K40	7	00:36:07	00:56:17	00:57:43	01:58:22.50	01:58:34.90	+00:52:35 (44.4%)	11:16	5.3 (55.2%)
30	BRELA Ewa	970	BRAK	K30	15	00:36:28	00:56:00	00:57:23	01:59:38.55	01:59:51.30	+00:53:52 (44.9%)	11:23	5.3 (55.2%)
31	BASTA Joanna	950	BASTA TEAM	K50	5	00:35:06	00:55:53	00:57:23	02:00:00.55	02:00:03.30	+00:54:04 (45.0%)	11:25	5.3 (55.2%)
32	JANKOWSKA Roksana	971	KAT CROSS	K40	8	00:36:05	00:56:34	00:57:42	01:59:56.65	02:00:08.95	+00:54:09 (45.1%)	11:25	5.3 (55.2%)
33	ŁUKASZEWSKA Sylwia	1046		K40	9	00:38:51	01:00:38	01:01:14	02:06:08.10	02:06:25.75	+01:00:26 (47.8%)	12:00	5 (52.1%)
34	KEREBKO Yuliia	994		K30	16	00:50:05	01:09:08	01:10:46	02:06:18.20	02:06:37.75	+01:00:38 (47.9%)	12:01	5 (52.1%)
35	TRĘBACZ Marianna	990		K30	17	00:39:59	01:03:53	01:06:00	02:07:02.00	02:07:15.20	+01:01:15 (48.1%)	12:05	5 (52.1%)
36	FRANKOWSKA Weronika	958		K30	18		01:04:52	01:06:19	02:08:03.80	02:08:24.75	+01:02:25 (48.6%)	12:11	4.9 (51.0%)
37	BARYŁA Dorota	1002		K50	6	00:42:17	01:06:19	01:08:13	02:18:25.95	02:18:52.55	+01:12:53 (52.5%)	13:10	4.6 (47.9%)
38	SZYDŁOWSKA-JAROSZ Agnieszka	976	POBIEROWO BIEGA	K50	7	00:43:55	01:05:09	01:07:02	02:18:28.30	02:18:53.15	+01:12:53 (52.5%)	13:11	4.5 (46.9%)

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39	ZBOROWSKA Joanna	951	ADIENT RUNNING TEAM	K20	5	00:43:24	01:08:47	01:10:05	02:20:13.20	02:20:29.90	+01:14:30 (53.0%)	13:21	4.5 (46.9%)
40	BIELASZEWSKA Arleta	960	POBIEROWO BIEGA	K50	8	00:45:43	01:11:21	01:12:38	02:22:03.40	02:22:10.95	+01:16:11 (53.6%)	13:31	4.4 (45.8%)
41	LISON Aleksandra	1053		K30	19	00:44:45	01:10:55	01:14:12	02:24:28.30	02:24:33.70	+01:18:34 (54.4%)	13:45	4.4 (45.8%)
42	JUDKIEWICZ Halina	974		K50	9	00:53:04	01:22:49	01:23:56	02:37:37.55	02:38:03.40	+01:32:04 (58.3%)	15:00	4 (41.7%)
43	PRZYBYŁ Jolanta	975	EASY RUNNERS	K40	10	00:54:04	01:24:07	01:25:05	02:38:30.15	02:38:46.05	+01:32:46 (58.4%)	15:05	4 (41.7%)
44	GRABIŃSKA Wiktoria	1049	FUNDACJA „DZIĘKI TOBIE”	K20	6	00:53:09	01:23:01	01:23:54	02:39:30.25	02:39:48.65	+01:33:49 (58.7%)	15:11	3.9 (40.6%)
44	GRABIŃSKA Angelika	996		K40	11	00:53:07	01:22:32	01:23:54	02:39:30.05	02:39:48.65	+01:33:49 (58.7%)	15:11	3.9 (40.6%)

Znaleziono 45 wynik(ów)