



## II MARATON RZEŹNIKA

B4SPORT

**Event:** IX FESTIWAL BIEGU RZEŹNIKA  
**Organiser:** Fundacja Bieg Rzeźnika  
**Date:** 2023-06-08  
**Place:** Cisna  
**Distance:** 52 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Classification: K40

Place	Participant	Number	Club	Category	MCat	Roztoki			Net time	Czas brutto	Gap	Pace min/km	Pace km/h
						I 15km	Solinka 28km	II 41km					
1	<b>BIENIEK-UGNIEWSKA Joanna</b>	<b>1403</b>	SUNFIT STUDIO	K40	1	01:38:41	03:11:01	04:57:02	<b>06:30:36.85</b>	<b>06:30:42.40</b>		7:30	8 (100%)
2	<b>BIESZCZAD Magdalena</b>	<b>1460</b>	TRESERTEAM	K40	2	01:43:05	03:13:53	05:04:06	<b>06:41:06.40</b>	<b>06:41:08.80</b>	+00:10:26 (2.6%)	7:42	7.8 (97.5%)
3	<b>RAJCHERT Joanna</b>	<b>1303</b>		K40	3	01:51:38	03:24:05	05:13:20	<b>06:50:24.75</b>	<b>06:50:34.50</b>	+00:19:52 (4.8%)	7:53	7.6 (95.0%)
4	<b>BIENIECKA Anna</b>	<b>1441</b>	WATAHA	K40	4	01:46:38	03:21:34	05:18:56	<b>07:04:51.40</b>	<b>07:04:55.95</b>	+00:34:13 (8.1%)	8:10	7.3 (91.3%)
5	<b>SZYMAŃSKA Agnieszka</b>	<b>1009</b>	BIEGOWY WARIAT RUNNING TEAM	K40	5	01:50:49	03:37:11	05:51:39	<b>07:22:37.80</b>	<b>07:22:55.70</b>	+00:52:13 (11.8%)	8:30	7 (87.5%)
6	<b>MICHALSKA-TRZASKA Joanna</b>	<b>1191</b>	BIUROWE.COM.PL	K40	6	01:55:18	03:39:22	05:56:49	<b>07:50:38.30</b>	<b>07:51:17.00</b>	+01:20:34 (17.1%)	9:03	6.6 (82.5%)
7	<b>KOT Wioleta</b>	<b>1186</b>	ULTRA	K40	7	01:54:11	03:40:21	05:59:21	<b>07:52:08.80</b>	<b>07:52:14.65</b>	+01:21:32 (17.3%)	9:04	6.6 (82.5%)
8	<b>SZEWCZYK Monika</b>	<b>1164</b>	BRZYSKITRITEAM	K40	8	02:03:28	03:52:20	06:05:05	<b>07:53:43.30</b>	<b>07:53:43.30</b>	+01:23:00 (17.5%)	9:06	6.6 (82.5%)
9	<b>APOSTOLIK Ewa</b>	<b>1423</b>	SQUADRON 303 RACING TEAM	K40	9	02:00:03	03:46:03	05:58:36	<b>07:55:58.00</b>	<b>07:56:29.05</b>	+01:25:46 (18.0%)	9:09	6.6 (82.5%)
10	<b>HACZ Marta</b>	<b>1386</b>		K40	10	02:04:05	03:53:48	06:07:18	<b>08:00:37.10</b>	<b>08:00:44.75</b>	+01:30:02 (18.7%)	9:14	6.5 (81.3%)
11	<b>FRANKOWSKA Katarzyna</b>	<b>1406</b>	PRO366	K40	11	02:02:26	03:53:43	06:22:12	<b>08:17:23.95</b>	<b>08:17:34.10</b>	+01:46:51 (21.5%)	9:33	6.3 (78.8%)
12	<b>DERA Grażyna</b>	<b>1282</b>		K40	12	02:04:03	04:03:46	06:38:41	<b>08:41:34.70</b>	<b>08:42:19.20</b>	+02:11:36 (25.2%)	10:01	6 (75.0%)
13	<b>RĄB Agnieszka</b>	<b>1351</b>	OBA Z GLIWIC	K40	13	02:08:12	04:11:49	06:43:22	<b>08:42:40.95</b>	<b>08:42:54.65</b>	+02:12:12 (25.3%)	10:03	6 (75.0%)
14	<b>KRZESZEWSKA Dorota</b>	<b>1055</b>		K40	14	02:09:22	04:12:30	06:38:30	<b>08:51:03.80</b>	<b>08:51:28.35</b>	+02:20:45 (26.5%)	10:12	5.9 (73.8%)
15	<b>PAJDOSZ Katarzyna</b>	<b>1228</b>	KB BIAŁA BIEGA	K40	15	02:04:39	03:57:12	06:31:21	<b>08:52:55.10</b>	<b>08:53:02.10</b>	+02:22:19 (26.7%)	10:14	5.9 (73.8%)

Place	Participant	Number	Club	Category	MCat	Roztoki		Net time	Czas brutto	Gap	Pace min/km	Pace km/h	
						I 15km	Solinka 28km						II 41km
16	<b>GAŁECKA Dagmara</b>	<b>1014</b>		K40	16	02:17:35	04:23:16	06:50:24	<b>08:57:59.65</b>	<b>08:58:08.50</b>	+02:27:26 (27.4%)	10:20	5.8 (72.5%)
17	<b>DYR Dorota</b>	<b>1340</b>		K40	17	02:03:29	04:01:43	06:41:25	<b>08:58:37.25</b>	<b>08:58:48.35</b>	+02:28:05 (27.5%)	10:21	5.8 (72.5%)
18	<b>SOSZYŃSKA Katarzyna</b>	<b>1396</b>	ULTRA WAY TEAM	K40	18	02:06:18	04:07:12	06:47:56	<b>09:01:49.90</b>	<b>09:01:53.30</b>	+02:31:10 (27.9%)	10:25	5.8 (72.5%)
19	<b>BIENIAS Joanna</b>	<b>1130</b>	MIĘDZYRZECKIE GAZELE	K40	19	02:17:58	04:28:12	07:03:28	<b>09:04:18.25</b>	<b>09:04:33.70</b>	+02:33:51 (28.3%)	10:28	5.7 (71.3%)
20	<b>SZYMANIK Lidia</b>	<b>1408</b>		K40	20	02:18:48	04:21:12	07:10:24	<b>09:10:35.90</b>	<b>09:11:17.65</b>	+02:40:35 (29.1%)	10:35	5.7 (71.3%)
21	<b>SZULECKA Kamila</b>	<b>1466</b>		K40	21	02:20:59	04:27:46	06:58:16	<b>09:11:16.00</b>	<b>09:11:35.25</b>	+02:40:52 (29.2%)	10:36	5.7 (71.3%)
22	<b>SZCZUR Iwona</b>	<b>1410</b>		K40	22	02:18:05	04:21:49	07:05:23	<b>09:19:18.70</b>	<b>09:19:34.60</b>	+02:48:52 (30.2%)	10:45	5.6 (70.0%)
23	<b>PAWLAK Beata</b>	<b>1053</b>	WYPIEKI BEATY	K40	23	02:21:30	04:30:36	07:21:28	<b>09:19:05.55</b>	<b>09:19:54.50</b>	+02:49:12 (30.2%)	10:45	5.6 (70.0%)
24	<b>GODZIMIRSKA Eliza</b>	<b>1070</b>	ADIDAS RUNNERS	K40	24	02:08:29	04:09:27	06:57:30	<b>09:20:20.00</b>	<b>09:20:43.30</b>	+02:50:00 (30.3%)	10:46	5.6 (70.0%)
25	<b>ŻUK Agata</b>	<b>1248</b>	HEŃTEAM	K40	25	02:14:35	04:18:23	07:02:07	<b>09:27:09.80</b>	<b>09:27:32.70</b>	+02:56:50 (31.2%)	10:54	5.5 (68.8%)
26	<b>BOJEK Beata</b>	<b>1428</b>	LEŚNE DZIKI PRZYJACIELSKA GRUPA BIEGOWA	K40	26	02:16:06	04:18:53	07:04:42	<b>09:28:21.45</b>	<b>09:29:01.50</b>	+02:58:19 (31.3%)	10:55	5.5 (68.8%)
27	<b>KOTOWICZ Iwona</b>	<b>1439</b>	PODIUM	K40	27	02:13:48	04:23:53	07:08:39	<b>09:31:38.00</b>	<b>09:32:08.25</b>	+03:01:25 (31.7%)	10:59	5.5 (68.8%)
28	<b>WIŚNIEWSKA Joanna</b>	<b>1158</b>	KOWARY BIEGAJĄ	K40	28	02:16:23	04:27:32	07:15:02	<b>09:44:49.20</b>	<b>09:45:31.75</b>	+03:14:49 (33.3%)	11:14	5.3 (66.3%)
29	<b>BLADOWSKA Katarzyna</b>	<b>1207</b>	ULTRA WAY TEAM	K40	29	02:19:05	04:29:28	07:17:51	<b>09:45:43.65</b>	<b>09:45:46.50</b>	+03:15:04 (33.3%)	11:15	5.3 (66.3%)
30	<b>GANDECKA Beata</b>	<b>1426</b>	MIĘDZYRZECKIE GAZELE	K40	30	02:19:03	04:33:21	07:23:11	<b>09:46:51.30</b>	<b>09:47:07.60</b>	+03:16:25 (33.5%)	11:17	5.3 (66.3%)
31	<b>PANUSCH Beata</b>	<b>1008</b>		K40	31	02:27:20	04:36:41	07:21:08	<b>09:48:32.05</b>	<b>09:48:47.70</b>	+03:18:05 (33.6%)	11:19	5.3 (66.3%)
32	<b>WĄGRODZKA Małgorzata</b>	<b>1171</b>		K40	32	02:15:23	04:21:55	07:15:49	<b>09:52:11.55</b>	<b>09:52:18.70</b>	+03:21:36 (34.0%)	11:23	5.3 (66.3%)
33	<b>GIENIEC-CZUBA Róża</b>	<b>1236</b>	BIEGANIE ZBLIŻA	K40	33	02:18:38	04:26:33	07:19:09	<b>09:51:53.65</b>	<b>09:52:29.40</b>	+03:21:47 (34.1%)	11:22	5.3 (66.3%)
34	<b>NOWAK Ewelina</b>	<b>1346</b>	SPARTAN TRAINING GROUP TARNÓW	K40	34	02:16:40	04:32:52	07:32:51	<b>10:03:32.85</b>	<b>10:03:45.95</b>	+03:33:03 (35.3%)	11:36	5.2 (65.0%)
35	<b>PIASECZYŃSKA-JAMBOR Agata</b>	<b>1007</b>	ŻÓRAWSKI TEAM / PKO BANK POLSKI	K40	35	02:23:04	04:31:52	07:26:38	<b>10:03:24.40</b>	<b>10:04:15.75</b>	+03:33:33 (35.3%)	11:36	5.2 (65.0%)
36	<b>HAJDUK Anna</b>	<b>1317</b>		K40	36	02:20:18	04:32:45	07:32:50	<b>10:14:06.65</b>	<b>10:14:26.25</b>	+03:43:43 (36.4%)	11:48	5.1 (63.8%)
37	<b>RYSIŃSKA Magda</b>	<b>1240</b>		K40	37	02:24:26	04:59:02	08:00:10	<b>10:27:58.55</b>	<b>10:28:15.80</b>	+03:57:33 (37.8%)	12:04	5 (62.5%)
38	<b>BRZUSZEK Katarzyna</b>	<b>1124</b>		K40	38	02:23:58	04:42:51	07:53:04	<b>10:34:57.05</b>	<b>10:35:27.00</b>	+04:04:44 (38.5%)	12:12	4.9 (61.3%)

Place	Participant	Number	Club	Category	MCat	Roztoki		Roztoki II 41km	Net time 52km	Czas brutto 52km	Gap	Pace min/km	Pace km/h
						I 15km	Solinka 28km						
39	<b>PASTWA Monika</b>	<b>1103</b>		K40	39	02:27:56	04:40:10	07:53:13	<b>10:35:29.35</b>	<b>10:35:47.20</b>	+04:05:04 (38.5%)	12:13	4.9 (61.3%)
40	<b>URBAŃSKA Katarzyna</b>	<b>1178</b>		K40	40	02:30:48	05:00:10	08:15:07	<b>10:49:07.15</b>	<b>10:49:35.15</b>	+04:18:52 (39.9%)	12:28	4.8 (60.0%)
41	<b>RADZIĘSKA Kamila</b>	<b>1003</b>		K40	41	02:38:10	05:01:30	08:11:41	<b>10:51:50.35</b>	<b>10:52:31.40</b>	+04:21:49 (40.1%)	12:32	4.8 (60.0%)
42	<b>GOLEBIEWSKA Małgorzata</b>	<b>1044</b>	RUN TEAM RYDZYNA	K40	42	02:38:46	05:08:11	08:14:05	<b>11:03:13.90</b>	<b>11:03:36.55</b>	+04:32:54 (41.1%)	12:45	4.7 (58.8%)
43	<b>BACHÓRZ Agnieszka</b>	<b>1382</b>		K40	43	02:38:26	05:11:55	08:33:24	<b>11:29:04.90</b>	<b>11:29:55.65</b>	+04:59:13 (43.4%)	13:15	4.5 (56.3%)
44	<b>VLADOIU Dagmara</b>	<b>1071</b>		K40	44	03:00:43	05:27:39	08:39:11	<b>11:30:24.80</b>	<b>11:30:47.25</b>	+05:00:04 (43.4%)	13:16	4.5 (56.3%)
45	<b>ZIÓŁKOWSKA Bożena</b>	<b>1225</b>	BIEGUNY WALBA	K40	45	02:36:57	05:11:16	08:25:21	<b>11:36:35.90</b>	<b>11:37:10.85</b>	+05:06:28 (44.0%)	13:23	4.5 (56.3%)
46	<b>KOLTERNIAK Monika</b>	<b>1036</b>	QUEENS PARK HARRIERS	K40	46	02:51:37	05:36:30	09:03:50	<b>11:48:39.50</b>	<b>11:48:54.15</b>	+05:18:11 (44.9%)	13:37	4.4 (55.0%)
47	<b>LISIK Justyna</b>	<b>1290</b>		K40	47	02:42:16	05:16:46	08:46:06	<b>11:53:03.15</b>	<b>11:53:32.85</b>	+05:22:50 (45.2%)	13:42	4.4 (55.0%)
48	<b>MAŃKA Magdalena</b>	<b>1049</b>	ZRYW PARZYMIECHY	K40	48	02:38:36	05:26:48	08:53:10	<b>11:59:41.25</b>	<b>11:59:46.70</b>	+05:29:04 (45.7%)	13:50	4.3 (53.8%)
49	<b>OLSZEWSKA Ewa</b>	<b>1373</b>	T. G. SOKÓŁ GNIEWKOWO	K40	49	02:56:30	05:40:28	09:14:49	<b>12:46:59.45</b>	<b>12:47:26.20</b>	+06:16:43 (49.1%)	14:44	4.1 (51.3%)
50	<b>FABJAŃCZYK Agnieszka</b>	<b>1459</b>	GRUPA JURA PL	K40	50	02:57:25	05:55:05	09:46:13	<b>12:56:42.60</b>	<b>12:57:04.10</b>	+06:26:21 (49.7%)	14:56	4 (50.0%)

Total 50 results.