



**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2016-01-31  
**Miejsce:** Cisna  
**Dystans:** 10 km

## II ZIMOWA BIESZCZADZKA DYCHA 2016

B4SPORT

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K20

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	5.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>ROMANOWICZ Emilia</b>	<b>1258</b>		K20	1	00:08:21	00:23:43	<b>00:41:28.05</b>	<b>00:41:28.05</b>		4:08	14.5 (100%)
2	<b>KRENZEL Regina</b>	<b>1060</b>		K20	2	00:09:57	00:28:08	<b>00:48:36.30</b>	<b>00:48:36.30</b>	+00:07:08 (14.7%)	4:51	12.3 (84.8%)
3	<b>MATUSIAK Małgorzata</b>	<b>1140</b>		K20	3	00:11:11	00:28:29	<b>00:49:10.80</b>	<b>00:49:10.80</b>	+00:07:42 (15.7%)	4:55	12.2 (84.1%)
4	<b>SOŁTYSIAK Emilia</b>	<b>1237</b>	KALIŃSKA TEAM	K20	4	00:12:39	00:30:51	<b>00:49:41.85</b>	<b>00:49:41.85</b>	+00:08:13 (16.6%)	4:58	12.1 (83.4%)
5	<b>SIKORA Irmina</b>	<b>1190</b>		K20	5	00:12:36	00:30:52	<b>00:50:33.30</b>	<b>00:50:33.30</b>	+00:09:05 (18.0%)	5:03	11.9 (82.1%)
6	<b>WOJTOWICZ -SANDER Sylwia</b>	<b>1183</b>		K20	6	00:12:37	00:31:03	<b>00:52:27.70</b>	<b>00:52:27.70</b>	+00:10:59 (21.0%)	5:14	11.4 (78.6%)
7	<b>STAROŃ Jolanta</b>	<b>1054</b>		K20	7	00:12:18	00:32:02	<b>00:54:14.25</b>	<b>00:54:14.25</b>	+00:12:46 (23.5%)	5:25	11.1 (76.6%)
8	<b>RUTKOWSKA Hanna</b>	<b>1168</b>	-	K20	8	00:12:37	00:31:51	<b>00:54:27.75</b>	<b>00:54:27.75</b>	+00:12:59 (23.9%)	5:26	11 (75.9%)
9	<b>FELSKA Katarzyna</b>	<b>1154</b>	NIGHT RUNNERS SŁUPSK	K20	9	00:11:25	00:31:04	<b>00:54:33.30</b>	<b>00:54:33.30</b>	+00:13:05 (24.0%)	5:27	11 (75.9%)
10	<b>WINIARSKA Katarzyna</b>	<b>1136</b>		K20	10	00:13:34	00:33:29	<b>00:55:31.85</b>	<b>00:55:31.85</b>	+00:14:03 (25.3%)	5:33	10.8 (74.5%)
11	<b>CHLEBIŃSKA Paulina</b>	<b>1268</b>	RZESZOWSKIE GAZELE I GEPARDY	K20	11	00:12:45	00:32:50	<b>00:55:54.95</b>	<b>00:55:54.95</b>	+00:14:26 (25.8%)	5:35	10.7 (73.8%)
12	<b>GRZEBNIEWSKA Judyta</b>	<b>1147</b>	WF SPORTRUN TEAM	K20	12	00:13:04	00:34:07	<b>00:57:35.70</b>	<b>00:57:35.70</b>	+00:16:07 (28.0%)	5:45	10.4 (71.7%)
13	<b>MIESZCZAK Anna</b>	<b>1134</b>	AZS AWF KATOWICE	K20	13	00:11:39	00:32:43	<b>00:57:41.40</b>	<b>00:57:41.40</b>	+00:16:13 (28.1%)	5:46	10.4 (71.7%)
14	<b>FANSLAU Magdalena</b>	<b>1230</b>		K20	14	00:14:23	00:35:22	<b>00:58:35.40</b>	<b>00:58:35.40</b>	+00:17:07 (29.2%)	5:51	10.2 (70.3%)
15	<b>BARCZEWSKA Agnieszka</b>	<b>1290</b>	FC MI SIĘ NIE CHCE	K20	15	00:13:31	00:34:57	<b>00:59:09.55</b>	<b>00:59:09.55</b>	+00:17:41 (29.9%)	5:54	10.1 (69.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	5.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	<b>CHRUŚCIEL Monika</b>	<b>1089</b>		K20	16	00:13:56	00:35:06	<b>00:59:16.40</b>	<b>00:59:16.40</b>	+00:17:48 (30.0%)	5:55	10.1 (69.7%)
17	<b>ZAGASKA Linda</b>	<b>1169</b>	GLIWICKIE TOWARZYSTWO TRIATHLONOWE	K20	17	00:13:17	00:34:21	<b>00:59:41.65</b>	<b>00:59:41.65</b>	+00:18:13 (30.5%)	5:58	10.1 (69.7%)
18	<b>SOŁTYS Teresa</b>	<b>1267</b>		K20	18	00:14:34	00:37:05	<b>01:02:16.25</b>	<b>01:02:16.25</b>	+00:20:48 (33.4%)	6:13	9.6 (66.2%)
19	<b>MAGOCSY Justyna</b>	<b>1148</b>		K20	19	00:14:00	00:37:13	<b>01:03:54.85</b>	<b>01:03:54.85</b>	+00:22:26 (35.1%)	6:23	9.4 (64.8%)
20	<b>WRÓBEL Agnieszka</b>	<b>1219</b>	ZAMEK DUBIECKO RUNNING TEAM	K20	20	00:13:10	00:36:58	<b>01:04:13.65</b>	<b>01:04:13.65</b>	+00:22:45 (35.4%)	6:25	9.3 (64.1%)
21	<b>DYKMAN-WALICKA Małgorzata</b>	<b>1231</b>	PILATES POWER	K20	21	00:13:31	00:37:09	<b>01:05:45.65</b>	<b>01:05:45.65</b>	+00:24:17 (36.9%)	6:34	9.1 (62.8%)
22	<b>GĘBSKA Gabriela</b>	<b>1253</b>		K20	22	00:13:42	00:37:57	<b>01:06:38.05</b>	<b>01:06:38.05</b>	+00:25:10 (37.8%)	6:39	9 (62.1%)
23	<b>WILISOWSKA Ewelina</b>	<b>1049</b>		K20	23	00:14:26	00:38:40	<b>01:06:54.85</b>	<b>01:06:54.85</b>	+00:25:26 (38.0%)	6:41	9 (62.1%)
24	<b>FILAK Natalia</b>	<b>1208</b>		K20	24	00:13:41	00:38:52	<b>01:07:30.80</b>	<b>01:07:30.80</b>	+00:26:02 (38.6%)	6:45	8.9 (61.4%)
25	<b>NIEMIEC Edyta</b>	<b>1293</b>	NOWOSARZYŃSKA GB TATARY	K20	25	00:15:11	00:40:50	<b>01:07:55.90</b>	<b>01:07:55.90</b>	+00:26:27 (39.0%)	6:47	8.8 (60.7%)
26	<b>SOWA Magdalena</b>	<b>1255</b>		K20	26	00:14:09	00:40:45	<b>01:13:17.15</b>	<b>01:13:17.15</b>	+00:31:49 (43.4%)	7:19	8.2 (56.6%)
27	<b>GĘBSKA Karolina</b>	<b>1260</b>		K20	27	00:14:09	00:40:46	<b>01:13:20.10</b>	<b>01:13:20.10</b>	+00:31:52 (43.5%)	7:20	8.2 (56.6%)
28	<b>WĘGLARZ Monika</b>	<b>1135</b>	FINISZ RYMANÓW	K20	28	00:15:35	00:44:53	<b>01:17:57.70</b>	<b>01:17:57.70</b>	+00:36:29 (46.8%)	7:47	7.7 (53.1%)

Znaleziono 28 wynik(ów)