



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

II ZIMOWA BIESZCZADZKA DYCHA 2016

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	5.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	MIELOCH Tamara	1289		K30	1	00:09:44	00:25:59	00:43:17.15	00:43:17.15		4:19	13.9 (100%)
2	SZALACHA Katarzyna	1236		K30	2	00:11:10	00:28:27	00:48:09.35	00:48:09.35	+00:04:52 (10.1%)	4:48	12.5 (89.9%)
3	WITKOWSKA Beata	1027	KLUB BIEGACZA WARTA	K30	3	00:11:04	00:28:35	00:49:33.45	00:49:33.45	+00:06:16 (12.7%)	4:57	12.1 (87.1%)
4	JAKUBÓW Magdalena	1099	PRZEMYSKI KLUB BIEGACZA	K30	4	00:10:48	00:28:57	00:50:28.95	00:50:28.95	+00:07:11 (14.3%)	5:02	11.9 (85.6%)
5	KATYŃSKA Marta	1079		K30	5	00:12:10	00:31:06	00:52:42.40	00:52:42.40	+00:09:25 (17.9%)	5:16	11.4 (82.0%)
6	PREJS Beata Marta	1058		K30	6	00:11:23	00:30:32	00:53:06.95	00:53:06.95	+00:09:49 (18.5%)	5:18	11.3 (81.3%)
7	URYGA Kinga	1222		K30	7	00:12:09	00:31:14	00:53:56.75	00:53:56.75	+00:10:39 (19.8%)	5:23	11.1 (79.9%)
8	MYSZKOWSKA Teresa	1202	BIEGOMANIA LUBACZÓW	K30	8	00:12:27	00:31:27	00:53:59.30	00:53:59.30	+00:10:42 (19.8%)	5:23	11.1 (79.9%)
9	ZAWADZKA Agnieszka	1123		K30	9	00:12:30	00:32:07	00:55:10.25	00:55:10.25	+00:11:53 (21.5%)	5:31	10.9 (78.4%)
10	MAGDALIŃSKA Joanna	1107	SPELEOKLUB WARSZAWSKI	K30	10	00:12:56	00:32:56	00:55:29.70	00:55:29.70	+00:12:12 (22.0%)	5:32	10.8 (77.7%)
11	WITKOWSKA Anna	1265		K30	11	00:12:50	00:33:33	00:56:03.15	00:56:03.15	+00:12:46 (22.8%)	5:36	10.7 (77.0%)
12	SOCHA Dorota	1224	SPORTRUN	K30	12	00:13:04	00:34:11	00:56:57.65	00:56:57.65	+00:13:40 (24.0%)	5:41	10.5 (75.5%)
13	KARKUT Katarzyna	1295		K30	13	00:13:59	00:33:58	00:56:59.95	00:56:59.95	+00:13:42 (24.1%)	5:41	10.5 (75.5%)
14	DĘBICKA Brygida	1225	WOSZK ZAKOPANE	K30	14	00:12:24	00:33:39	00:57:19.55	00:57:19.55	+00:14:02 (24.5%)	5:43	10.5 (75.5%)
15	ŁAPIŃSKA Anna	1160	PRZEMYSKI KLUB BIEGACZA	K30	15	00:12:17	00:33:31	00:57:22.50	00:57:22.50	+00:14:05 (24.6%)	5:44	10.5 (75.5%)

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16	BIAŁECKA Magdalena	1022	BARLINEK	K30	16	00:12:18	00:34:06	00:57:52.95	00:57:52.95	+00:14:35 (25.2%)	5:47	10.4 (74.8%)
17	MIKUTANIEC Patrycja	1213		K30	17	00:13:08	00:33:31	00:57:54.40	00:57:54.40	+00:14:37 (25.2%)	5:47	10.4 (74.8%)
18	MACIEJEWSKA Małgorzata	1184		K30	18	00:13:02	00:34:14	00:58:19.60	00:58:19.60	+00:15:02 (25.8%)	5:49	10.3 (74.1%)
19	ZYGUŁA Magdalena	1216	NOWA HUTA TEAM	K30	19	00:14:16	00:35:34	01:00:52.95	01:00:52.95	+00:17:35 (28.9%)	6:05	9.9 (71.2%)
20	STYŚ- LITWIN Magdalena	1256		K30	20	00:14:12	00:35:50	01:00:57.35	01:00:57.35	+00:17:40 (29.0%)	6:05	9.8 (70.5%)
21	ZARZYCKA Sylwia	1185	KLUB WYSOKOGÓRSKI WARSZAWA	K30	21	00:13:02	00:36:01	01:01:26.05	01:01:26.05	+00:18:08 (29.5%)	6:08	9.8 (70.5%)
22	NIERADKA Katarzyna	1035		K30	22	00:15:10	00:37:00	01:01:39.85	01:01:39.85	+00:18:22 (29.8%)	6:09	9.7 (69.8%)
23	GOSTYŃSKA Weronika	1198	GOSTYŃSCY TEAM	K30	23	00:14:29	00:35:48	01:01:40.40	01:01:40.40	+00:18:23 (29.8%)	6:10	9.7 (69.8%)
24	MAJEWSKA Edyta	1172	WIDŁOROGI	K30	24	00:13:00	00:36:25	01:02:05.30	01:02:05.30	+00:18:48 (30.3%)	6:12	9.7 (69.8%)
25	MAZUR Magdalena	1206	PRZEMYŚL	K30	25	00:13:53	00:36:09	01:02:26.95	01:02:26.95	+00:19:09 (30.7%)	6:14	9.6 (69.1%)
26	POLIKOWSKA-WYZINA Barbara	1115	KLUB (SPORTING CLUB NAME)	K30	26	00:14:25	00:37:09	01:03:23.90	01:03:23.90	+00:20:06 (31.7%)	6:20	9.5 (68.3%)
27	HRYŃ Agata	1097	NIGHT RUNNERS	K30	27	00:13:30	00:37:25	01:03:31.60	01:03:31.60	+00:20:14 (31.9%)	6:21	9.4 (67.6%)
28	TYBUREK Agnieszka	1200		K30	28	00:14:23	00:37:02	01:04:16.90	01:04:16.90	+00:20:59 (32.7%)	6:25	9.3 (66.9%)
29	ROSIEK Anna	1085	USTRZYKI DOLNE	K30	29	00:15:30	00:38:50	01:04:45.75	01:04:45.75	+00:21:28 (33.2%)	6:28	9.3 (66.9%)
30	WRÓBEL Nina	1201		K30	30	00:14:37	00:37:42	01:05:12.40	01:05:12.40	+00:21:55 (33.6%)	6:31	9.2 (66.2%)
31	KOCZWARA Agnieszka	1220		K30	31	00:14:37	00:37:43	01:05:12.60	01:05:12.60	+00:21:55 (33.6%)	6:31	9.2 (66.2%)
32	ŚWIGONIAK Anna	1082	NOWA HUTA TEAM	K30	32	00:15:53	00:39:29	01:05:21.00	01:05:21.00	+00:22:03 (33.8%)	6:32	9.2 (66.2%)
33	SPYRA Anna	1050	ŚLĄSKA OFICYNA DRUKARSKA	K30	33	00:15:01	00:39:17	01:05:24.40	01:05:24.40	+00:22:07 (33.8%)	6:32	9.2 (66.2%)
34	STRYJKOWSKA-GÓRA Aleksandra	1128	ALEKSANDRA STRYJKOWSKA-GÓRA	K30	34	00:13:32	00:36:52	01:05:45.80	01:05:45.80	+00:22:28 (34.2%)	6:34	9.1 (65.5%)
35	SYREK-KAPLITA Karolina	1157		K30	35	00:13:32	00:36:59	01:05:45.85	01:05:45.85	+00:22:28 (34.2%)	6:34	9.1 (65.5%)
36	CHRUŚCIEL Agata	1173		K30	36	00:15:17	00:38:31	01:06:10.10	01:06:10.10	+00:22:52 (34.6%)	6:37	9.1 (65.5%)
37	WILK Agnieszka	1087		K30	37	00:13:32	00:38:04	01:06:16.10	01:06:16.10	+00:22:58 (34.7%)	6:37	9.1 (65.5%)
38	BARAN Marta	1059		K30	38	00:15:55	00:40:28	01:06:26.90	01:06:26.90	+00:23:09 (34.9%)	6:38	9 (64.7%)

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39	KWAS Edyta	1037		K30	39	00:14:25	00:38:38	01:06:54.70	01:06:54.70	+00:23:37 (35.3%)	6:41	9 (64.7%)
40	ZARYCKA Julia	1143	TERRA AVENTURA	K30	40	00:13:27	00:35:52	01:07:09.05	01:07:09.05	+00:23:51 (35.5%)	6:42	8.9 (64.0%)
41	HULKO Jarosław	1285		K30	41	00:13:41	00:38:49	01:07:31.25	01:07:31.25	+00:24:14 (35.9%)	6:45	8.9 (64.0%)
42	NIZIOŁEK Gabriela Wiktoria	1052	PEDRAFORZA / NIZIOŁKI ZABORZAŃSKIE	K30	42	00:14:33	00:39:46	01:08:09.35	01:08:09.35	+00:24:52 (36.5%)	6:48	8.8 (63.3%)
43	DĘBSKA Małgorzata	1095		K30	43	00:15:53	00:41:01	01:10:56.40	01:10:56.40	+00:27:39 (39.0%)	7:05	8.5 (61.2%)
44	SURDEJ Agnieszka	1291	FINISZ RYMANÓW	K30	44	00:15:51	00:44:14	01:13:42.90	01:13:42.90	+00:30:25 (41.3%)	7:22	8.1 (58.3%)
45	SŁOBODA Elżbieta	1114	USTRZYKI DOLNE	K30	45	00:16:46	00:44:21	01:16:32.00	01:16:32.00	+00:33:14 (43.4%)	7:39	7.8 (56.1%)
46	LAMPART Marta	1235	NIGHT RUNNERS	K30	46	00:14:34	00:42:33	01:33:16.20	01:33:16.20	+00:49:59 (53.6%)	9:19	6.4 (46.0%)
47	SURUS Karolina	1270		K30	47	00:14:47	00:45:46	01:34:45.75	01:34:45.75	+00:51:28 (54.3%)	9:28	6.3 (45.3%)

Znaleziono 47 wynik(ów)