



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

II ZIMOWA BIESZCZADZKA DYCHA 2016

B4SPORT

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 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	5.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	SZCZUR Iwona	1073		K40	1	00:10:18	00:28:21	00:49:20.85	00:49:20.85		4:56	12.2 (100%)
2	WĘGRZYN Małgorzata	1246	RZESZOWSKIE GAZELE I GEPARDY	K40	2	00:12:23	00:31:36	00:53:56.30	00:53:56.30	+00:04:35 (8.5%)	5:23	11.1 (91.0%)
3	PASULA Katarzyna	1281	KENDA	K40	3	00:11:27	00:31:49	00:54:59.35	00:54:59.35	+00:05:38 (10.3%)	5:29	10.9 (89.3%)
4	PLISZCZYŃSKA Justyna	1074		K40	4	00:12:09	00:32:48	00:56:34.65	00:56:34.65	+00:07:13 (12.8%)	5:39	10.6 (86.9%)
5	GAWCZYŃSKA - BACZA Izabela	1209	ŻURAWICA	K40	5	00:13:52	00:35:12	00:59:00.75	00:59:00.75	+00:09:39 (16.4%)	5:54	10.2 (83.6%)
6	ŁABNO Anna	1278		K40	6	00:13:22	00:35:04	00:59:28.70	00:59:28.70	+00:10:07 (17.0%)	5:56	10.1 (82.8%)
7	RYŁKO Mariola	1189	SOLINA TEAM	K40	7	00:13:56	00:35:09	01:00:10.50	01:00:10.50	+00:10:49 (18.0%)	6:01	10 (82.0%)
8	JAWOROWICZ Dobrochna	1046	KALIŃSKA TEAM	K40	8	00:13:54	00:34:21	01:00:31.75	01:00:31.75	+00:11:10 (18.5%)	6:03	9.9 (81.1%)
9	SZYBIAK Joanna	1092		K40	9	00:12:26	00:34:58	01:00:32.75	01:00:32.75	+00:11:11 (18.5%)	6:03	9.9 (81.1%)
10	LUPA Kornela	1131	NTT TRIADA NAMYSŁÓW	K40	10	00:14:06	00:36:20	01:01:02.60	01:01:02.60	+00:11:41 (19.2%)	6:06	9.8 (80.3%)
11	GARCZYŃSKA Anna	1196		K40	11	00:14:14	00:36:15	01:01:15.65	01:01:15.65	+00:11:54 (19.4%)	6:07	9.8 (80.3%)
12	PIKOR Agata	1039		K40	12	00:13:55	00:36:46	01:01:55.90	01:01:55.90	+00:12:35 (20.3%)	6:11	9.7 (79.5%)
13	TURCZANIK Aneta	1081	ROZBIEGANY ZAMOŚĆ	K40	13	00:13:55	00:36:45	01:01:56.05	01:01:56.05	+00:12:35 (20.3%)	6:11	9.7 (79.5%)
14	TOMANEK Renata	1211		K40	14	00:14:26	00:36:42	01:02:23.00	01:02:23.00	+00:13:02 (20.9%)	6:14	9.6 (78.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	5.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	TROJNAR Justyna	1034	PRZEMYSKI KLUB BIEGACZA	K40	15	00:12:17	00:33:36	01:03:32.90	01:03:32.90	+00:14:12 (22.3%)	6:21	9.4 (77.0%)
16	RESZYTYŁO Anna	1261	ŁAŃCUT	K40	16	00:14:12	00:36:40	01:03:47.50	01:03:47.50	+00:14:26 (22.6%)	6:22	9.4 (77.0%)
17	HYZIAK Joanna	1026	JJ.RUNNERS GORLICE	K40	17	00:13:11	00:37:04	01:03:48.95	01:03:48.95	+00:14:28 (22.7%)	6:22	9.4 (77.0%)
18	SUCHODOLSKA Wioletta	1121	KLUB (SPORTING CLUB NAME)	K40	18	00:12:59	00:36:28	01:04:17.90	01:04:17.90	+00:14:57 (23.3%)	6:25	9.3 (76.2%)
19	WÓJCIK Anna	1145		K40	19	00:14:35	00:36:53	01:04:20.75	01:04:20.75	+00:14:59 (23.3%)	6:26	9.3 (76.2%)
20	KOZACZKIEWICZ Aneta	1248	JÓZEFIŃSKA TEAM	K40	20	00:13:24	00:37:14	01:05:28.30	01:05:28.30	+00:16:07 (24.6%)	6:32	9.2 (75.4%)
21	MAĆKOWIAK-RYDZYŃSKA Anna	1101		K40	21	00:14:02	00:37:44	01:05:40.25	01:05:40.25	+00:16:19 (24.9%)	6:34	9.1 (74.6%)
22	MICKIEWICZ Jolanta	1084		K40	22	00:16:06	00:42:08	01:05:57.50	01:05:57.50	+00:16:36 (25.2%)	6:35	9.1 (74.6%)
23	SZOSTAK Dorota	1051		K40	23	00:15:53	00:41:19	01:08:45.45	01:08:45.45	+00:19:24 (28.2%)	6:52	8.7 (71.3%)
24	SIKORA Marta	1247	JÓZEFIŃSKA TEAM	K40	24	00:13:32	00:38:54	01:09:00.75	01:09:00.75	+00:19:39 (28.5%)	6:54	8.7 (71.3%)
25	HRYSZKIEWICZ Barbara	1103	UNISONO FLOW / AKMB PĘDZIWIATR GLIWICE	K40	25	00:15:41	00:40:56	01:10:19.00	01:10:19.00	+00:20:58 (29.8%)	7:01	8.5 (69.7%)
26	POGORZELSKA-KLIKS Agata	1042	BIEGAM, BO TAK I JUŻ	K40	26	00:15:41	00:40:55	01:10:25.75	01:10:25.75	+00:21:04 (29.9%)	7:02	8.5 (69.7%)
27	TWOREK Anita	1251	BBL JAROSŁAW	K40	27	00:16:06	00:43:42	01:17:37.50	01:17:37.50	+00:28:16 (36.4%)	7:45	7.7 (63.1%)

Znaleziono 27 wynik(ów)