



## II ZIMOWY MARATON BIESZCZADZKI 2016 - 44,6KM

B4SPORT

**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2016-01-31  
**Miejsce:** Cisna  
**Dystans:** 44,6 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K20

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	26.5km	34.2km	40.7km	Czas maratonu (42,6km)	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
1	<b>BONDARA Sylwia</b>	<b>8</b>	JACEKBIEGA RUNNING TEAM	K20	1	00:09:47	02:12:32	02:51:59	03:27:01	<b>03:36:40</b>	<b>03:46:27.15</b>		5:04	11.8 (100%)
2	<b>SAP Karolina</b>	<b>580</b>	NIGHT-RUNNERS GLIWICE	K20	2	00:11:24	02:26:25	03:11:31	03:47:14	<b>03:55:10</b>	<b>04:06:34.90</b>	+00:20:07 (8.2%)	5:31	10.9 (92.4%)
3	<b>BANACH Magda</b>	<b>687</b>		K20	3	00:11:46	02:32:35	03:22:19	04:03:13	<b>04:14:12</b>	<b>04:25:58.55</b>	+00:39:31 (14.9%)	5:57	10.1 (85.6%)
4	<b>WOJTANOWSKA Karolina</b>	<b>617</b>	DREAM CHASER	K20	4	00:10:24	02:29:05	03:18:30	04:01:35	<b>04:15:58</b>	<b>04:26:22.15</b>	+00:39:55 (15.0%)	5:58	10 (84.7%)
5	<b>TERESZKIEWICZ Joanna</b>	<b>689</b>	PKO BP	K20	5	00:10:03	02:33:07	03:22:11	04:04:26	<b>04:18:11</b>	<b>04:28:14.45</b>	+00:41:47 (15.6%)	6:00	10 (84.7%)
6	<b>WOŹNIACKA Joanna</b>	<b>262</b>	KRAKÓW	K20	6	00:11:49	02:55:42	03:50:53	04:37:38	<b>04:52:09</b>	<b>05:03:58.80</b>	+01:17:31 (25.5%)	6:48	8.8 (74.6%)
7	<b>URBAŃSKA Agnieszka</b>	<b>491</b>	LUBAWA KOCHA BIEGAĆ	K20	7	00:12:48	02:48:34	03:47:27	04:39:31	<b>04:54:45</b>	<b>05:07:33.30</b>	+01:21:06 (26.4%)	6:53	8.7 (73.7%)
8	<b>SERAFIN Paulina</b>	<b>673</b>		K20	8	00:12:42	03:00:04	03:58:30		<b>04:56:15</b>	<b>05:08:57.65</b>	+01:22:30 (26.7%)	6:55	8.7 (73.7%)
9	<b>PRZYBYŁO Sonia</b>	<b>141</b>	NIGHT RUNNERS GLIWICE	K20	9	00:12:25	02:49:12	03:55:20	04:43:26	<b>04:57:42</b>	<b>05:10:07.15</b>	+01:23:40 (27.0%)	6:57	8.6 (72.9%)
10	<b>STRUGAŁA Monika</b>	<b>386</b>		K20	10	00:14:35	03:01:25	04:04:19	04:47:58	<b>04:58:04</b>	<b>05:12:39.40</b>	+01:26:12 (27.6%)	7:00	8.6 (72.9%)
11	<b>HONKISZ-GODLEWSKA Urszula</b>	<b>534</b>		K20	11	00:13:44	02:50:40	03:57:18	04:45:55	<b>05:00:48</b>	<b>05:14:32.75</b>	+01:28:05 (28.0%)	7:03	8.5 (72.0%)
12	<b>GOGÓŁ-IŻOWSKA Edyta</b>	<b>526</b>		K20	12	00:13:37	03:08:46	04:05:38	04:52:06	<b>05:03:34</b>	<b>05:17:11.00</b>	+01:30:43 (28.6%)	7:06	8.4 (71.2%)
13	<b>REGULSKA Monika</b>	<b>304</b>		K20	13	00:13:36	03:06:23	04:04:33	04:53:20	<b>05:08:11</b>	<b>05:21:47.90</b>	+01:35:20 (29.6%)	7:12	8.3 (70.3%)
14	<b>GÓRNY Małgorzata</b>	<b>548</b>	TRENUJE Z OŁĄ :)	K20	14	00:11:22	03:02:25	04:06:17	04:55:24	<b>05:13:32</b>	<b>05:24:54.75</b>	+01:38:27 (30.3%)	7:17	8.2 (69.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	26.5km	34.2km	40.7km	Czas maratonu (42,6km)	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
15	<b>LACHER Joanna</b>	<b>713</b>	WKURW_TEAM	K20	15	00:15:19	03:13:02	04:17:44	05:05:30	<b>05:18:54</b>	<b>05:34:13.25</b>	+01:47:46 (32.2%)	7:29	8 (67.8%)
16	<b>LATOSIŃSKA Edyta</b>	<b>405</b>	NOWA HUTA TEAM	K20	16	00:14:17	03:26:12	04:41:42	05:31:11	<b>05:44:56</b>	<b>05:59:13.40</b>	+02:12:46 (37.0%)	8:03	7.4 (62.7%)
17	<b>SURMACZ Dorota</b>	<b>404</b>	BBL	K20	17	00:13:38	03:27:35	04:44:19	05:39:36	<b>06:00:35</b>	<b>06:14:13.45</b>	+02:27:46 (39.5%)	8:23	7.2 (61.0%)
18	<b>WILGA Ewa</b>	<b>227</b>	JÓZEFIŃSKA TEAM	K20	18	00:13:06	03:20:24	04:42:28	05:41:26	<b>06:01:42</b>	<b>06:14:48.85</b>	+02:28:21 (39.6%)	8:24	7.1 (60.2%)

Znaleziono 18 wynik(ów)