



II ZIMOWY MARATON BIESZCZADZKI 2016 - 44,6KM

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

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

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INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: K30

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	BARCEWICZ Marta	255	12TRI.PL DRUŻYNA WILKA	K30	1	00:08:20	02:07:45	02:44:11	03:15:20	03:25:12	03:33:32.40		4:47	12.5 (100%)
2	ARSENIUK Anna	2	T.S. OPATRUNKI TORUŃ	K30	2	00:08:45	02:07:45	02:46:01	03:19:06	03:28:28	03:37:13.95	+00:03:41 (1.7%)	4:52	12.3 (98.4%)
3	PAZDA-POZORSKA Gosiunia	400	NIGHT RUNNERS SŁUPSK	K30	3	00:09:16	02:07:08	02:46:02	03:21:52	03:32:38	03:41:54.20	+00:08:21 (3.8%)	4:58	12.1 (96.8%)
4	FARON Agnieszka	69	NORAFSPORT	K30	4	00:10:31	02:21:11	03:04:49	03:43:14	03:53:45	04:04:16.00	+00:30:43 (12.6%)	5:28	11 (88.0%)
5	ZAJĄC Katarzyna	686	4K	K30	5	00:12:33	02:30:01	03:11:14	03:47:14	03:54:43	04:07:16.40	+00:33:44 (13.6%)	5:32	10.8 (86.4%)
6	MAKOWSKA Olga	735	JACEKBIEGA	K30	6	00:11:26	02:29:51	03:11:43	03:47:51	03:57:09	04:08:35.25	+00:35:02 (14.1%)	5:34	10.8 (86.4%)
7	LANGE Beata-Agata	487	BIŁGORAJ BIEGA	K30	7	00:12:59	02:44:26	03:30:30	04:10:48	04:19:22	04:32:21.00	+00:58:48 (21.6%)	6:06	9.8 (78.4%)
8	JANOWSKA Anna	623	12TRI.PL DRUŻYNA WILKA	K30	8	00:13:38	02:41:30	03:30:24	04:10:49	04:19:24	04:33:02.80	+00:59:30 (21.8%)	6:07	9.8 (78.4%)
9	GWIZDAK Justyna	203	WATER TEAM	K30	9	00:10:38	02:31:28	03:27:27	04:09:28	04:23:34	04:34:12.80	+01:00:40 (22.1%)	6:08	9.8 (78.4%)
10	ZAKRZEWSKA Dorota	395	SPELEOKLUB WARSZAWSKI/ATOMÓWKI	K30	10	00:12:02	02:42:43	03:31:41	04:16:43	04:28:43	04:40:45.85	+01:07:13 (23.9%)	6:17	9.5 (76.0%)
11	JANERKA MOROŃ Marzka	401	DZIABNIĘCI	K30	11	00:13:23	02:44:03	03:36:29	04:18:59	04:29:47	04:43:10.20	+01:09:37 (24.6%)	6:20	9.5 (76.0%)
12	SZYMURA Karolina	736	4K	K30	12	00:12:34	02:41:13	03:33:37	04:19:49	04:31:57	04:44:31.35	+01:10:58 (24.9%)	6:22	9.4 (75.2%)
13	GRUSZKO Alicja	528	AKTYWNA STRONA ŻYCIA	K30	13	00:12:37	02:45:15	03:37:55	04:21:27	04:33:32	04:46:09.85	+01:12:37 (25.4%)	6:24	9.4 (75.2%)
14	BYLICA Paulina	83	PGB SPORTOWA PACZKA	K30	14		02:44:14	03:40:48	04:24:34		04:48:34.85	+01:15:02 (26.0%)	6:28	9.3 (74.4%)
15	GAJEWSKA Monika	35		K30	15	00:12:33	02:55:12	03:45:49	04:27:52	04:38:43	04:51:16.60	+01:17:44 (26.7%)	6:31	9.2 (73.6%)

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
16	WOJCIESZAK Ewa	273	BIEGIEM PRZEZ GÓRY	K30	16	00:10:43	02:44:39	03:41:18	04:28:49	04:45:14	04:55:57.50	+01:22:25 (27.8%)	6:38	9 (72.0%)
17	PAŁACHA Ania	127	TSA SANDOMIERZ	K30	17	00:13:15	02:55:31	03:50:16	04:33:17	04:44:16	04:57:31.50	+01:23:59 (28.2%)	6:40	9 (72.0%)
18	ROSZKOWSKA Julita	265	GRUPA SZALONYCH ROWERZYSTÓW BIAŁYSTOK	K30	18	00:13:12	02:48:13	03:44:30	04:33:57	04:46:07	04:59:19.85	+01:25:47 (28.7%)	6:42	8.9 (71.2%)
19	MIERZWA Katarzyna	756		K30	19	00:12:43	02:54:00	03:48:26	04:34:21	04:47:28	05:00:11.25	+01:26:38 (28.9%)	6:43	8.9 (71.2%)
20	KACPERSKA Dagmara	634	JAKAŚ MASAKRA	K30	20	00:14:15	02:56:02	03:51:04	04:38:34	04:47:17	05:01:32.85	+01:28:00 (29.2%)	6:45	8.9 (71.2%)
21	DZIAŁABIJ Beata	649		K30	21	00:11:45	02:56:14	03:51:27	04:37:39	04:50:12	05:01:57.80	+01:28:25 (29.3%)	6:46	8.9 (71.2%)
22	SZCZOTKA Katarzyna	522		K30	22	00:11:21	02:50:54	03:47:06	04:36:02	04:52:12	05:03:33.55	+01:30:01 (29.7%)	6:48	8.8 (70.4%)
23	ZARZYCKA-JASIK Magdalena	524	BABY-DOLL.PL	K30	23	00:11:55	02:54:37	03:52:17	04:39:08	04:52:03	05:03:58.20	+01:30:25 (29.7%)	6:48	8.8 (70.4%)
24	PIEKARSKA Aleksandra	417		K30	24	00:12:43	02:49:12	03:52:44	04:42:21	04:53:53	05:06:36.00	+01:33:03 (30.4%)	6:52	8.7 (69.6%)
25	BAJAK Małgorzata	147	ŻYWCEM ZABIEGANI	K30	25	00:12:33	03:00:56	03:58:28	04:42:26	04:54:38	05:07:11.75	+01:33:39 (30.5%)	6:53	8.7 (69.6%)
26	WOJCIECHOWSKA Katarzyna	658	TSA SANDOMIERZ	K30	26	00:13:16	02:55:34	03:54:23	04:42:28	04:57:03	05:10:19.80	+01:36:47 (31.2%)	6:57	8.6 (68.8%)
27	KAMIŃSKA Kamila	204		K30	27	00:13:37	03:03:12	04:01:57	04:45:19	04:57:03	05:10:40.25	+01:37:07 (31.3%)	6:57	8.6 (68.8%)
28	KOKOSZKA Magdalena	305		K30	28	00:13:11	03:02:48	04:06:29	04:50:44	05:01:35	05:14:46.95	+01:41:14 (32.2%)	7:03	8.5 (68.0%)
29	KRAJEWSKA Joanna	201	ZAPOROWY MARATON	K30	29	00:12:07	02:59:21	03:59:19	04:49:07	05:03:39	05:15:46.10	+01:42:13 (32.4%)	7:04	8.5 (68.0%)
30	CZERWIONKA Lidia	783		K30	30	00:11:10	02:57:24	03:55:20	04:47:04	05:05:28	05:16:38.00	+01:43:05 (32.6%)	7:05	8.5 (68.0%)
31	CZYZEWSKA Mariola	602	12TRI.PL DRYZYNA WILKA	K30	31	00:14:05	03:03:02	04:05:35	04:53:32	05:04:37	05:18:42.05	+01:45:09 (33.0%)	7:08	8.4 (67.2%)
32	CIEŚLAK Dominika	473		K30	32	00:12:09	03:07:40	04:04:54	04:53:16	05:06:48	05:18:57.85	+01:45:25 (33.1%)	7:09	8.4 (67.2%)
33	WOLAŃSKA Joanna	345	ATOMÓWKI/SPELEOKLUB WARSZAWSKI	K30	33	00:13:27	03:07:51	04:11:17	04:59:57	05:12:32	05:25:59.95	+01:52:27 (34.5%)	7:18	8.2 (65.6%)
34	KAMIŃSKA Karolina	370	SHELL SBO KRAKÓW / LES FAMES COURANT DANS LES FORETS	K30	34	00:14:31	03:10:49	04:07:59	04:58:56	05:12:11	05:26:42.85	+01:53:10 (34.6%)	7:19	8.2 (65.6%)
35	ŻOŁĄDEK Anna	407		K30	35	00:13:01	03:05:15	04:10:41	04:58:33	05:14:03	05:27:04.00	+01:53:31 (34.7%)	7:20	8.2 (65.6%)
36	MALICKA Angelika	269		K30	36	00:12:45	03:03:04	04:10:40	05:00:13	05:17:53	05:30:38.65	+01:57:06 (35.4%)	7:24	8.1 (64.8%)
37	KLUS Anna	30		K30	37	00:12:36	03:06:38	04:14:07	05:04:46	05:18:31	05:31:07.95	+01:57:35 (35.5%)	7:25	8.1 (64.8%)
38	MARZAŁEK- KOKOT Katarzyna	410	AKTYWNY DYNÓW	K30	38	00:13:59	03:04:47	04:21:34	05:08:00	05:18:52	05:32:51.15	+01:59:18 (35.8%)	7:27	8 (64.0%)
39	KALINOWSKA Dorota	518		K30	39	00:15:09	03:10:32	04:18:39	05:07:35	05:17:47	05:32:56.80	+01:59:24 (35.9%)	7:27	8 (64.0%)

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40	PORCZYŃSKA Patrycja	289	SPOT PSZCZYNA	K30	40	00:14:27	03:09:45	04:15:13	05:04:11	05:19:48	05:34:15.65	+02:00:43 (36.1%)	7:29	8 (64.0%)
41	SKOTNICA Karolina	288	SPOT PSZCZYNA	K30	41	00:14:28	03:09:46	04:15:12	05:04:11	05:19:48	05:34:16.05	+02:00:43 (36.1%)	7:29	8 (64.0%)
42	STEFANČZYK Monika	366	LES FEMMES COURANT DANS LES FOR?TS	K30	42	00:14:31	03:14:49	04:16:38	05:07:51	05:21:52	05:36:23.05	+02:02:50 (36.5%)	7:32	8 (64.0%)
43	KONDZIELNIK Magdalena	778		K30	43	00:11:43	03:06:26	04:14:56	05:08:01	05:24:59	05:36:42.20	+02:03:09 (36.6%)	7:32	7.9 (63.2%)
44	FOJCIK Asia	338	SBD ENERGETYK RYBNIK	K30	44	00:15:22	03:13:25	04:18:38	05:10:39	05:23:11	05:38:33.00	+02:05:00 (36.9%)	7:35	7.9 (63.2%)
45	LENART Iwa	733		K30	45	00:14:30	03:12:17	04:18:45	05:09:27	05:24:18	05:38:48.10	+02:05:15 (37.0%)	7:35	7.9 (63.2%)
46	DOBRZYŃSKA Daria	360	BBL	K30	46	00:12:47	03:11:53	04:23:41	05:16:00	05:31:10	05:43:57.75	+02:10:25 (37.9%)	7:42	7.8 (62.4%)
47	DZIAŁO Agnieszka	301		K30	47	00:13:27	03:22:25	04:23:53	05:15:58	05:32:37	05:46:04.50	+02:12:32 (38.3%)	7:45	7.7 (61.6%)
48	JAROSZ-PIWONSKA Aldona	50		K30	48	00:13:59	02:59:11	04:16:41	05:18:06	05:32:42	05:46:41.85	+02:13:09 (38.4%)	7:46	7.7 (61.6%)
49	OKAPIEC Aleksandra	737	AXA RUNNING TEAM	K30	49	00:12:32	03:15:41	04:22:54	05:19:51	05:38:27	05:50:59.30	+02:17:26 (39.2%)	7:52	7.6 (60.8%)
50	DOMINIK Monika	253		K30	50	00:13:38	03:15:12	04:27:51	05:20:44	05:38:59	05:52:37.60	+02:19:05 (39.4%)	7:54	7.6 (60.8%)
51	MARCINIAK Julia	88	NIGHT RUNNERS	K30	51	00:13:18	03:12:40	04:37:30	05:28:53	05:45:18	05:58:36.85	+02:25:04 (40.5%)	8:02	7.5 (60.0%)
52	WYŻYKOWSKA Agnieszka	329		K30	52	00:14:16	03:26:13	04:41:41	05:31:11	05:44:57	05:59:13.60	+02:25:41 (40.6%)	8:03	7.4 (59.2%)
53	GABRIEL Aleksandra	453	NOWA HUTA TEAM	K30	53	00:14:16	03:26:11	04:41:40	05:31:10	05:44:57	05:59:13.80	+02:25:41 (40.6%)	8:03	7.4 (59.2%)
54	DZIEPAK Dorota	387		K30	54	00:15:04	03:27:55	04:38:28	05:33:37	05:47:52	06:02:56.45	+02:29:24 (41.2%)	8:08	7.4 (59.2%)
55	WŁODARSKA Magdalena	78		K30	55	00:13:39	03:24:50	04:40:44	05:34:32	05:52:00	06:05:39.85	+02:32:07 (41.6%)	8:11	7.3 (58.4%)
56	GEMZIK Agata	176		K30	56	00:13:50	03:30:34	04:52:23	05:44:03	05:56:06	06:09:56.75	+02:36:24 (42.3%)	8:17	7.2 (57.6%)
57	SASIN Anna	508	RUN VEGAN TEAM	K30	57	00:13:33	03:22:07	04:46:48	05:40:43	05:57:51	06:11:24.45	+02:37:52 (42.5%)	8:19	7.2 (57.6%)
58	GORZUCH Justyna	151	KLUB WYSOKOGÓRSKI WARSZAWA	K30	58	00:13:33	03:22:05	04:46:47	05:40:44	05:57:52	06:11:25.05	+02:37:52 (42.5%)	8:19	7.2 (57.6%)
59	MARZAŁKIEWICZ Joanna	729	NKB CHYŻY NOWY TOMYŚL	K30	59	00:14:03	03:30:43	04:49:04	05:44:43	06:03:55	06:17:58.30	+02:44:25 (43.5%)	8:28	7.1 (56.8%)
60	NOWAK Joanna	145		K30	60	00:14:37	03:32:02	04:58:46	05:57:38	06:17:54	06:32:31.35	+02:58:58 (45.6%)	8:48	6.8 (54.4%)