



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: K40

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	OLCHAWA Joanna	776	N	K40	1	00:08:54	02:11:55	02:52:10	03:27:48	03:38:45	03:47:39.30		5:06	11.8 (100%)
2	DESSAUER Wioletta	5	LUBARTOWBEGA	K40	2	00:09:40	02:14:00	02:53:58	03:28:58	03:38:34	03:48:14.55	+00:00:35 (0.3%)	5:07	11.7 (99.2%)
3	MALINOWSKA Iwona	294		K40	3	00:12:34	02:28:37	03:14:50	03:54:57	04:05:13	04:17:47.05	+00:30:07 (11.7%)	5:46	10.4 (88.1%)
4	ZĄBIK Dana	90		K40	4	00:12:29	02:45:06	03:34:29	04:17:33	04:29:01	04:41:30.30	+00:53:51 (19.1%)	6:18	9.5 (80.5%)
5	ORACZ Sylwia	122		K40	5	00:13:39	02:48:18	03:41:04	04:25:41	04:37:17	04:50:56.20	+01:03:16 (21.8%)	6:31	9.2 (78.0%)
6	BOROWSKA-PAWLUŚ Ewelina	277	JSC JASŁO	K40	6	00:12:24	02:45:41	03:40:30	04:26:24	04:38:33	04:50:57.65	+01:03:18 (21.8%)	6:31	9.2 (78.0%)
7	JĘDRZEJOWSKA-DEC Anna	763	OTK RZEŹNIK	K40	7	00:12:15	02:44:41	03:40:53	04:27:09	04:40:22	04:52:37.70	+01:04:58 (22.2%)	6:33	9.1 (77.1%)
8	BOROWIEC Joanna	635	NIGHT RUNNERS	K40	8	00:12:28	02:49:26	03:44:26	04:29:00	04:43:11	04:55:39.50	+01:08:00 (23.0%)	6:37	9.1 (77.1%)
9	SZWAJKA Aneta	435	SZWAJKOZAZAJEBIOZA	K40	9	00:12:21	02:49:22	03:46:40	04:32:37	04:46:43	04:59:04.60	+01:11:25 (23.9%)	6:42	8.9 (75.4%)
10	KOSSAKOWSKA Katarzyna	123		K40	10	00:12:31	02:55:29	03:49:28	04:35:56	04:48:05	05:00:36.85	+01:12:57 (24.3%)	6:44	8.9 (75.4%)
11	KASZYCKA Renata	14		K40	11	00:13:00	02:53:10	03:55:52	04:38:50	04:49:11	05:02:11.05	+01:14:31 (24.7%)	6:46	8.9 (75.4%)
12	SARAT Ewa	125		K40	12	00:13:39	03:03:49	04:01:32	04:46:27	04:59:35	05:13:14.60	+01:25:35 (27.3%)	7:01	8.5 (72.0%)
13	LESZCZYŃSKA Iwona	585	AIR CONSULTING	K40	13	00:14:46	03:03:47	04:06:09	04:53:22	05:06:04	05:20:50.75	+01:33:11 (29.0%)	7:11	8.3 (70.3%)
14	SAKOWSKA Aneta	154	MARATONKA GRAJEWO	K40	14	00:13:14	03:02:33	04:10:10	04:58:09	05:11:44	05:24:58.30	+01:37:19 (29.9%)	7:17	8.2 (69.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas maratonu (42,6km)				Czas brutto	Różn	Tempo min/km	Tempo km/h	
						2km	26.5km	34.2km	40.7km	44.6km				
15	SZUSZKIEWICZ Marzena	419		K40	15	00:14:28	03:05:18	04:15:08	05:02:41	05:16:15	05:30:43.80	+01:43:04 (31.2%)	7:24	8.1 (68.6%)
16	ŻACZEK Anna	578	BIEGUSIEM.PL	K40	16	00:12:40	03:06:37	04:14:07	05:04:45	05:18:27	05:31:07.65	+01:43:28 (31.2%)	7:25	8.1 (68.6%)
17	GARGAS-MARUT Małgorzata	559	PZU SPORT TEAM	K40	17	00:15:28	03:03:57	04:20:28	05:08:17	05:17:23	05:32:51.25	+01:45:11 (31.6%)	7:27	8 (67.8%)
18	KRAUSE Sylwia	26	RADLIM MIASTO Z SERCEM	K40	18	00:12:08	03:04:55	04:17:48	05:07:09	05:21:56	05:34:04.65	+01:46:25 (31.9%)	7:29	8 (67.8%)
19	BANAŚ Małgorzata	374	RZESZOWSKIE GEPARDY I GAZELE	K40	19	00:14:23	03:14:07	04:16:11	05:08:52	05:23:18	05:37:41.80	+01:50:02 (32.6%)	7:34	7.9 (66.9%)
20	MARCHEWKA Elżbieta	479	BRAK	K40	20	00:12:55	03:07:47	04:13:36	05:07:32	05:24:58	05:37:53.90	+01:50:14 (32.6%)	7:34	7.9 (66.9%)
21	KOSNOWSKA Katarzyna	743		K40	21	00:14:31	03:12:17	04:18:48	05:09:29	05:24:17	05:38:48.40	+01:51:09 (32.8%)	7:35	7.9 (66.9%)
22	RUTKOWSKA Małgorzata	759		K40	22	00:14:45	03:13:39	04:19:59	05:13:25	05:28:49	05:43:34.75	+01:55:55 (33.7%)	7:42	7.8 (66.1%)
23	SIKORSKA Agnieszka	768		K40	23	00:15:27	03:21:41	04:23:23	05:15:33	05:28:21	05:43:48.30	+01:56:09 (33.8%)	7:42	7.8 (66.1%)
24	HYJEK Elżbieta	302		K40	24	00:13:27	03:22:22	04:23:54	05:15:57	05:32:37	05:46:04.65	+01:58:25 (34.2%)	7:45	7.7 (65.3%)
25	DOMARADZKA Ewa	753		K40	25	00:14:29	03:18:56	04:28:16	05:21:52	05:37:13	05:51:42.40	+02:04:03 (35.3%)	7:53	7.6 (64.4%)
26	BUGAJSKA-JUCHA Renata	448	CA AKTYWNI/CA BROKER	K40	26	00:15:24	03:27:32	04:37:28	05:31:37	05:47:44	06:03:08.50	+02:15:29 (37.3%)	8:08	7.4 (62.7%)
27	JACKOWSKA Ewa	28	JGB 'SOKÓŁ'	K40	27	00:14:10	03:19:25	04:35:50	05:34:53	05:52:38	06:06:48.20	+02:19:08 (37.9%)	8:13	7.3 (61.9%)
28	KUNKEL Anna	677	PGB SPORTOWA PACZKA	K40	28	00:13:10	03:28:27	04:48:08	05:39:52	05:56:23	06:09:33.65	+02:21:54 (38.4%)	8:17	7.2 (61.0%)
29	KŁOPOTOWSKA SOSNA Kaśka	731	KRAKÓW	K40	29	00:13:49	03:23:32	04:42:32	05:36:47	05:55:52	06:09:41.45	+02:22:02 (38.4%)	8:17	7.2 (61.0%)
30	BOGUCKA Joanna	770	NIGHT RUNNERS GLIWICE	K40	30	00:14:07	03:14:51	04:48:15	05:41:49	05:58:32	06:12:39.55	+02:25:00 (38.9%)	8:21	7.2 (61.0%)
31	SEREMET Bożena	97	BBL KRAKÓW	K40	31	00:13:51	03:28:04	04:45:29	05:45:37	06:06:03	06:19:54.55	+02:32:15 (40.1%)	8:31	7 (59.3%)
32	KOPER Joanna	221		K40	32	00:13:51	03:28:04	04:45:31	05:45:35	06:06:03	06:19:54.85	+02:32:15 (40.1%)	8:31	7 (59.3%)
33	SZULC Joanna	307	NIGHT RUNNERS	K40	33	00:15:32	03:39:28	04:58:25	05:54:07	06:10:05	06:25:37.20	+02:37:57 (41.0%)	8:38	6.9 (58.5%)
34	CUDZIŁO Joanna	174	PKO BP	K40	34	00:14:36	03:35:22	04:54:22	05:56:21	06:20:46	06:35:22.35	+02:47:43 (42.4%)	8:51	6.8 (57.6%)
35	WITKOWSKA Jolanta	624		K40	35	00:16:33	03:52:09	05:08:29	06:05:04	06:23:47	06:40:20.70	+02:52:41 (43.1%)	8:58	6.7 (56.8%)
36	GĄSIOROWSKA Dorota	316	WARSZAWA	K40	36	00:16:14	03:37:26	05:04:37	06:04:57	06:24:47	06:41:01.60	+02:53:22 (43.2%)	8:59	6.7 (56.8%)
37	BAKA Elżbieta	333	FLY MEYSI	K40	37	00:16:14	03:48:46	05:04:37	06:04:59	06:24:47	06:41:01.80	+02:53:22 (43.2%)	8:59	6.7 (56.8%)

Znaleziono 37 wynik(ów)