



## III ZIMOWY MARATON BIESZCZADZKI 2017 - 44,6KM

B4SPORT

**Wydarzenie:** Zimowy Maraton Bieszczadzki 2017  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2017-01-29  
**Miejsce:** Cisna  
**Dystans:** 44,6 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
1	<b>LANGE Beata</b>	<b>610</b>		K40	1	00:01:44	02:34:40	03:22:31	04:08:47	<b>04:28:05.85</b>	<b>04:28:05.85</b>		6:00	10 (100%)
2	<b>JAKOWICZ Agnieszka</b>	<b>783</b>	LABOSPORT	K40	2	00:02:52	03:43:18		04:01:15	<b>04:35:50.45</b>	<b>04:35:50.45</b>	+00:07:44 (2.8%)	6:11	9.7 (97.0%)
3	<b>RENCZ Małgorzata</b>	<b>622</b>		K40	3	00:00:59	02:34:23	03:26:36	04:14:25	<b>04:36:31.35</b>	<b>04:36:31.35</b>	+00:08:25 (3.0%)	6:11	9.7 (97.0%)
4	<b>OLSCHIMKE-MARUROWICZ Barbara</b>	<b>74</b>	NIGHT RUNNERS ŚLĄSK	K40	4	00:02:14	02:41:24	03:33:45	04:23:09	<b>04:47:18.05</b>	<b>04:47:18.05</b>	+00:19:12 (6.7%)	6:26	9.3 (93.0%)
5	<b>DĘBSKA Joanna</b>	<b>98</b>	NIGHT RUNNERS GLIWICE	K40	5	00:02:01	02:41:08	03:38:44	04:33:11	<b>04:57:04.00</b>	<b>04:57:04.00</b>	+00:28:58 (9.8%)	6:39	9 (90.0%)
6	<b>GRUCHAŁA Agnieszka</b>	<b>462</b>	MEWA GDYNIA	K40	6	00:01:16	02:50:32	03:45:08	04:38:45	<b>05:01:03.35</b>	<b>05:01:03.35</b>	+00:32:57 (10.9%)	6:45	8.9 (89.0%)
7	<b>MALINOWSKA Iwona</b>	<b>646</b>		K40	7	00:00:52	02:42:36	03:45:27	04:43:01	<b>05:11:58.75</b>	<b>05:11:58.75</b>	+00:43:52 (14.1%)	6:59	8.6 (86.0%)
8	<b>ĆWIAKAŁA Halina</b>	<b>585</b>	SAMOTNI WĘDROWCY	K40	8	00:01:00	02:51:54	03:50:43	04:45:33	<b>05:12:13.00</b>	<b>05:12:13.00</b>	+00:44:07 (14.1%)	7:00	8.6 (86.0%)
9	<b>SZWAJKA Aneta</b>	<b>479</b>		K40	9	00:00:47	02:53:03	03:52:24	04:46:24	<b>05:12:52.15</b>	<b>05:12:52.15</b>	+00:44:46 (14.3%)	7:00	8.6 (86.0%)
10	<b>HYJEK Elżbieta</b>	<b>593</b>	ZABIEGANI MIELEC	K40	10	00:02:02	02:52:43	03:50:48	04:46:48	<b>05:13:52.05</b>	<b>05:13:52.05</b>	+00:45:46 (14.6%)	7:02	8.5 (85.0%)
11	<b>DOMARADZKA Violetta</b>	<b>813</b>	RUN VEGAN	K40	11	00:02:45	03:01:08	03:55:11	04:48:17	<b>05:17:31.45</b>	<b>05:17:31.45</b>	+00:49:25 (15.6%)	7:07	8.4 (84.0%)
12	<b>ZĄBIK Dana</b>	<b>531</b>		K40	12	00:02:49	03:10:26	04:06:48	05:00:06	<b>05:25:20.65</b>	<b>05:25:20.65</b>	+00:57:14 (17.6%)	7:17	8.2 (82.0%)
13	<b>ŻEBRAKOWSKA Katarzyna</b>	<b>472</b>	ULTRAMARATONPODKARPACKI.PL	K40	13	00:02:04	03:00:26	04:07:09	05:00:46	<b>05:26:37.35</b>	<b>05:26:37.35</b>	+00:58:31 (17.9%)	7:19	8.2 (82.0%)
14	<b>LIGĘZA Joanna</b>	<b>806</b>	SMASHING PĄPKINS	K40	14	00:02:09	03:02:06	04:05:04	04:59:44	<b>05:27:39.50</b>	<b>05:27:39.50</b>	+00:59:33 (18.2%)	7:20	8.2 (82.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas		Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	netto 44.6km	brutto 44.6km			
15	<b>TRZEŻWIŃSKA Anna</b>	<b>325</b>		K40	15	00:01:45	02:53:26	03:56:37	04:48:21	<b>05:31:00.65</b>	<b>05:31:00.65</b>	+01:02:54 (19.0%)	7:25	8.1 (81.0%)
16	<b>RAKOWSKA Magdalena</b>	<b>818</b>	DRUŻYNA TVN	K40	16	00:02:18	03:11:51	04:11:58	05:09:52	<b>05:38:29.80</b>	<b>05:38:29.80</b>	+01:10:23 (20.8%)	7:35	7.9 (79.0%)
17	<b>ŻELAZNY Judyta</b>	<b>586</b>	MRÓWKA JAROSŁAW ACTIVE TEAM	K40	17	00:01:57	03:08:04	04:10:37	05:08:46	<b>05:38:47.35</b>	<b>05:38:47.35</b>	+01:10:41 (20.9%)	7:35	7.9 (79.0%)
18	<b>ORACZ Sylwia</b>	<b>327</b>		K40	18	00:02:28	03:11:11	04:17:08	05:12:35	<b>05:39:10.10</b>	<b>05:39:10.10</b>	+01:11:04 (21.0%)	7:36	7.9 (79.0%)
19	<b>WĘGRZYN Małgorzata</b>	<b>594</b>	RESZOWSKIE GAZELE I GEPARDY	K40	19	00:01:43	03:09:55	04:17:43	05:13:57	<b>05:42:01.85</b>	<b>05:42:01.85</b>	+01:13:56 (21.6%)	7:40	7.8 (78.0%)
20	<b>KUNKEL Anna</b>	<b>497</b>	PGB SPORTOWA PACZKA	K40	20	00:01:12	03:20:31	04:22:49	05:17:52	<b>05:44:29.50</b>	<b>05:44:29.50</b>	+01:16:23 (22.2%)	7:43	7.8 (78.0%)
21	<b>LOREK Anna</b>	<b>183</b>	KB MARATOŃCZYK DĘBICA	K40	21	00:02:15	03:13:25	04:25:18	05:23:10	<b>05:51:15.50</b>	<b>05:51:15.50</b>	+01:23:09 (23.7%)	7:52	7.6 (76.0%)
22	<b>LEŚNIAK-POPIEL Marta</b>	<b>688</b>	POZYTYWNIIE ZABIEGANI SANOK	K40	22	00:01:50	03:17:09	04:26:27	05:22:24	<b>05:51:34.30</b>	<b>05:51:34.30</b>	+01:23:28 (23.7%)	7:52	7.6 (76.0%)
23	<b>SAKOWSKA Aneta</b>	<b>304</b>	MARATONKA GRAJEWO	K40	23	00:02:05	03:23:22	04:29:06	05:29:34	<b>05:58:08.00</b>	<b>05:58:08.00</b>	+01:30:02 (25.1%)	8:01	7.5 (75.0%)
24	<b>PRYCIŃSKA Wiesława</b>	<b>575</b>	CAFE SZKOLNA 16	K40	24	00:02:38	03:23:20	04:30:35	05:30:10	<b>05:58:09.75</b>	<b>05:58:09.75</b>	+01:30:03 (25.1%)	8:01	7.5 (75.0%)
25	<b>ŁYSIAK Sylwia</b>	<b>317</b>	ROZBIEGANY RAWICZ	K40	25	00:02:16	03:17:42	04:32:56	05:30:27	<b>05:58:25.45</b>	<b>05:58:25.45</b>	+01:30:19 (25.2%)	8:02	7.5 (75.0%)
26	<b>KOSNOWSKA Katarzyna</b>	<b>740</b>		K40	26	00:02:47	03:19:49	04:29:44	05:29:50	<b>05:58:43.10</b>	<b>05:58:43.10</b>	+01:30:37 (25.3%)	8:02	7.5 (75.0%)
27	<b>MICHALCZEWSKA Marzena</b>	<b>176</b>		K40	27	00:02:55	03:16:37	04:30:09	05:31:05	<b>06:03:37.35</b>	<b>06:03:37.35</b>	+01:35:31 (26.3%)	8:09	7.4 (74.0%)
28	<b>SARAT Ewa</b>	<b>494</b>		K40	28	00:02:29	03:26:56	04:35:35	05:35:53	<b>06:05:43.45</b>	<b>06:05:43.45</b>	+01:37:37 (26.7%)	8:11	7.3 (73.0%)
29	<b>PAUL Viola</b>	<b>123</b>	NIGHT RUNNERS GLIWICE	K40	29	00:02:07	03:24:09	04:35:36	05:35:53	<b>06:05:44.65</b>	<b>06:05:44.65</b>	+01:37:38 (26.7%)	8:12	7.3 (73.0%)
30	<b>GUZEK Agnieszka</b>	<b>613</b>		K40	30	00:01:01	03:28:27	04:35:54	05:35:38	<b>06:06:03.30</b>	<b>06:06:03.30</b>	+01:37:57 (26.8%)	8:12	7.3 (73.0%)
31	<b>WESTER Halina</b>	<b>52</b>	NIGHT RUNNERS GLIWICE	K40	31	00:02:06	03:26:19	04:41:48	05:42:02	<b>06:11:56.45</b>	<b>06:11:56.45</b>	+01:43:50 (27.9%)	8:20	7.2 (72.0%)
32	<b>CUDZIŁO Joanna</b>	<b>395</b>	PKO BANK POLSKI	K40	32	00:02:37	03:30:55	04:41:56	05:41:54	<b>06:13:34.35</b>	<b>06:13:34.35</b>	+01:45:28 (28.2%)	8:22	7.2 (72.0%)
33	<b>SIKORSKA Agnieszka</b>	<b>48</b>		K40	33	00:02:10	03:29:58	04:42:24	05:45:23	<b>06:16:01.20</b>	<b>06:16:01.20</b>	+01:47:55 (28.7%)	8:25	7.1 (71.0%)
34	<b>NIEMIEC-DRWIĘGA Bernadeta</b>	<b>242</b>	POZYTYWNIIE ZABIEGANI SANOK	K40	34	00:01:49	03:29:58	04:44:12	05:45:29	<b>06:17:27.95</b>	<b>06:17:27.95</b>	+01:49:22 (29.0%)	8:27	7.1 (71.0%)
35	<b>DRWIĘGA Beata</b>	<b>238</b>	POZYTYWNIIE ZABIEGANI SANOK	K40	35	00:01:50	03:29:58	04:44:13	05:45:30	<b>06:17:29.30</b>	<b>06:17:29.30</b>	+01:49:23 (29.0%)	8:27	7.1 (71.0%)
36	<b>GARCARZ Monika</b>	<b>587</b>		K40	36	00:01:08	03:36:38	04:49:29	05:49:19	<b>06:19:07.30</b>	<b>06:19:07.30</b>	+01:51:01 (29.3%)	8:30	7.1 (71.0%)
37	<b>ŚWIĘTOCHOWSKA Beata</b>	<b>224</b>	GRUPA SKROMNYCH BIEGACZY	K40	37	00:02:30	03:31:51	04:52:01	05:55:14	<b>06:25:51.95</b>	<b>06:25:51.95</b>	+01:57:46 (30.5%)	8:39	6.9 (69.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas		Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	netto 44.6km	brutto 44.6km			
38	<b>STĘPKOWSKA Berta</b>	<b>415</b>	RUN_HELPERS	K40	38	00:02:43	03:34:56	04:59:57	05:59:46	<b>06:28:29.25</b>	<b>06:28:29.25</b>	+02:00:23 (31.0%)	8:42	6.9 (69.0%)
39	<b>MICKIEWICZ Jolanta</b>	<b>285</b>		K40	39	00:02:58	03:34:10	05:01:29	06:01:24	<b>06:31:48.80</b>	<b>06:31:48.80</b>	+02:03:42 (31.6%)	8:47	6.8 (68.0%)
40	<b>JAKUBIEC Justyna</b>	<b>382</b>	LUBELSKA GRUPA TRIATHLONU	K40	40	00:02:45	03:39:12	05:06:18	06:04:04	<b>06:36:29.85</b>	<b>06:36:29.85</b>	+02:08:24 (32.4%)	8:53	6.7 (67.0%)
41	<b>ZYCH Anna</b>	<b>438</b>	LSB	K40	41	00:02:43	03:43:26	05:06:17	06:04:11	<b>06:36:35.50</b>	<b>06:36:35.50</b>	+02:08:29 (32.4%)	8:53	6.7 (67.0%)
42	<b>WŁODARSKA Magdalena</b>	<b>268</b>		K40	42	00:02:16	03:38:28	04:59:18	06:03:53	<b>06:37:15.05</b>	<b>06:37:15.05</b>	+02:09:09 (32.5%)	8:54	6.7 (67.0%)
43	<b>GAWCZYŃSKA - BACZA Izabela</b>	<b>136</b>	PRZEMYŚL- MAROKO	K40	43	00:02:36	03:32:12	04:59:01	06:03:22	<b>06:37:17.35</b>	<b>06:37:17.35</b>	+02:09:11 (32.5%)	8:54	6.7 (67.0%)
44	<b>WRÓBLEWSKA-GAWEŁ Agnieszka</b>	<b>579</b>		K40	44	00:01:55	03:37:46	05:12:19	06:09:51	<b>06:39:08.35</b>	<b>06:39:08.35</b>	+02:11:02 (32.8%)	8:56	6.7 (67.0%)
45	<b>MAZUREK Monika</b>	<b>457</b>	NOWA HUTA TEAM	K40	45	00:01:55	03:37:47	05:12:21	06:09:51	<b>06:39:10.60</b>	<b>06:39:10.60</b>	+02:11:04 (32.8%)	8:56	6.7 (67.0%)
46	<b>DOBROWOLSKA Grażyna</b>	<b>577</b>	KB MARATOŃCZYK DĘBICA	K40	46	00:02:15	03:45:13	05:10:57	06:15:30	<b>06:47:11.15</b>	<b>06:47:11.15</b>	+02:19:05 (34.2%)	9:07	6.6 (66.0%)
47	<b>ŚLEMP Bernadetta</b>	<b>770</b>		K40	47	00:03:06	03:40:52	05:05:25	06:11:51	<b>06:48:36.00</b>	<b>06:48:36.00</b>	+02:20:30 (34.4%)	9:09	6.5 (65.0%)
48	<b>CZECHOWSKA Izabela</b>	<b>384</b>	WW TEAM	K40	48	00:02:40	03:44:31	05:09:01	06:17:20	<b>06:53:21.50</b>	<b>06:53:21.50</b>	+02:25:15 (35.1%)	9:16	6.5 (65.0%)
49	<b>BOGUCKA Martyna</b>	<b>121</b>	JACEK BIEGA RUNNING TEAM	K40	49	00:02:53	03:46:23	05:08:46	06:20:26	<b>06:59:02.70</b>	<b>06:59:02.70</b>	+02:30:56 (36.0%)	9:23	6.4 (64.0%)
50	<b>KUCZEK Katarzyna</b>	<b>269</b>	PGB SPORTOWA PACZKA	K40	50	00:01:22	03:46:30	05:35:13	06:41:41	<b>07:14:02.45</b>	<b>07:14:02.45</b>	+02:45:56 (38.2%)	9:43	6.2 (62.0%)
51	<b>CZYŻ Dorota</b>	<b>565</b>		K40	51	00:02:09	04:01:40	05:34:14	06:43:45	<b>07:19:09.40</b>	<b>07:19:09.40</b>	+02:51:03 (39.0%)	9:50	6.1 (61.0%)

Znaleziono 51 wynik(ów)