ZIMOWA BIESZCZADZKA DYCHA 2015

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Organizator: OTK Rzeźnik
Data: 2015-01-25
Miejsce: Cisna
Dystans: 10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	**OLCHAWA Joanna**	**138**	KRAKÓW	K40	1	**00:44:05.75**	**00:44:08.70**		4:24	13.6 (100%)
2	**BIKOWSKA-JUSIS Katarzyna**	**156**	DŹ	K30	1	**00:45:58.35**	**00:46:05.40**	+00:01:56 (4.2%)	4:35	13.1 (96.3%)
3	**GRUSZKO Alicja**	**30**	TEAM BIKE CONCEPT STORE	K30	2	**00:48:02.60**	**00:48:28.80**	+00:04:20 (8.9%)	4:48	12.5 (91.9%)
4	**SOKOŁOWSKA Maja**	**157**	ZABRZE	K20	1	**00:50:01.15**	**00:50:31.60**	+00:06:22 (12.6%)	5:00	12 (88.2%)
5	**WÓJCIK Ewa**	**132**	KRAKÓW	K50	1	**00:50:41.30**	**00:51:08.55**	+00:06:59 (13.7%)	5:04	11.8 (86.8%)
6	**SZCZUR Iwona**	**104**	NOWA DĘBA	K30	3	**00:52:30.00**	**00:53:04.80**	+00:08:56 (16.8%)	5:15	11.4 (83.8%)
7	**JĘDRZEJCZYK Agnieszka**	**38**	RZESZÓW	K30	4	**00:53:25.30**	**00:53:30.25**	+00:09:21 (17.5%)	5:20	11.2 (82.4%)
8	**PICHETA Magdalena**	**75**	DISNEY VOLUNTEARS	K30	5	**00:52:19.80**	**00:53:36.60**	+00:09:27 (17.7%)	5:14	11.5 (84.6%)
9	**BAŻYŃSKA Marta**	**5**	LESZNO	K30	6	**00:52:44.35**	**00:53:42.80**	+00:09:34 (17.8%)	5:16	11.4 (83.8%)
10	**SŁOBODA Elżbieta**	**93**	USTRZYKI DOLNE	K30	7	**00:53:18.85**	**00:53:47.55**	+00:09:38 (17.9%)	5:19	11.3 (83.1%)
11	**DOMISZEWSKA Maria**	**20**	USTRZYKI DOLNE	K40	2	**00:52:51.50**	**00:53:47.85**	+00:09:39 (17.9%)	5:17	11.4 (83.8%)
12	**KRENZEL Regina**	**54**	JAROSŁAW	K20	2	**00:53:34.85**	**00:53:53.15**	+00:09:44 (18.1%)	5:21	11.2 (82.4%)
13	**BURY Beata**	**14**	KKB MOSIR KROSNO	K20	3	**00:53:41.00**	**00:53:54.15**	+00:09:45 (18.1%)	5:22	11.2 (82.4%)
14	**WIDEREK Katarzyna**	**145**	JÓZEFOSLAW	K40	3	**00:53:42.45**	**00:53:58.50**	+00:09:49 (18.2%)	5:22	11.2 (82.4%)
15	**OBŁĄK Agnieszka**	**72**	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	K30	8	**00:53:15.85**	**00:54:01.60**	+00:09:52 (18.3%)	5:19	11.3 (83.1%)
16	**WOJCIECHOWSKA Katarzyna**	**128**	SANDOMIERZ	K30	9	**00:53:36.35**	**00:54:05.75**	+00:09:57 (18.4%)	5:21	11.2 (82.4%)
17	**FIRLEJ Agnieszka**	**170**	WIERZOWA POLSKA	K30	10	**00:54:31.90**	**00:54:42.55**	+00:10:33 (19.3%)	5:27	11 (80.9%)
18	**CZUBA Marzena**	**146**	WARSZAWA	K40	4	**00:53:58.10**	**00:54:50.05**	+00:10:41 (19.5%)	5:23	11.1 (81.6%)
19	**SZUSZKIEWICZ Marzena**	**109**	WARSZAWA	K40	5	**00:54:56.75**	**00:55:10.45**	+00:11:01 (20.0%)	5:29	10.9 (80.1%)
20	**SOBIESKA Aleksandra**	**97**	WARSZAWA	K30	11	**00:54:17.40**	**00:55:31.75**	+00:11:23 (20.5%)	5:25	11.1 (81.6%)
21	**DYNARSKA-ŁYCZAK Iwona**	**23**	KM TRUCHCIK ŁUBIANKA	K30	12	**00:55:35.30**	**00:55:40.70**	+00:11:32 (20.7%)	5:33	10.8 (79.4%)
22	**SARNOWSKA Karolina**	**90**	WARSZAWA	K30	13	**00:55:03.85**	**00:55:59.70**	+00:11:51 (21.2%)	5:30	10.9 (80.1%)
23	**PITAS Sabina**	**78**	ZAPIERDALACZE.PL	K30	14	**00:56:20.55**	**00:56:34.00**	+00:12:25 (22.0%)	5:38	10.6 (77.9%)
24	**JAZEL Małgorzata**	**36**	ASTERZENECA	K30	15	**00:56:25.20**	**00:57:03.35**	+00:12:54 (22.6%)	5:38	10.6 (77.9%)
25	**NOWOTARSKA Anita**	**70**	USTRZYKI DOLNE	K40	6	**00:57:25.55**	**00:57:36.40**	+00:13:27 (23.4%)	5:44	10.4 (76.5%)
26	**SZCZYPEK Karolina**	**106**	WARSZAWA	K20	4	**00:56:54.65**	**00:57:37.25**	+00:13:28 (23.4%)	5:41	10.5 (77.2%)
27	**KUCIA Beata**	**55**	WARSZAWA	K30	16	**00:57:29.35**	**00:57:43.35**	+00:13:34 (23.5%)	5:44	10.4 (76.5%)
28	**MŁODZIKOWSKA Weronika**	**66**	KB V-MAX ADAMÓW	K20	5	**00:57:51.25**	**00:58:06.00**	+00:13:57 (24.0%)	5:47	10.4 (76.5%)
29	**SŁUPEK-KUBAS Agnieszka**	**95**	BIEGUNKA TEAM	K30	17	**00:58:07.20**	**00:58:44.75**	+00:14:36 (24.9%)	5:48	10.3 (75.7%)
30	**SZYBIAK Joanna**	**110**	AGONA WM	K40	7	**00:58:35.75**	**00:58:47.25**	+00:14:38 (24.9%)	5:51	10.2 (75.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
31	**PORĘBSKA Dorota**	**82**	NOWA HUTA TEAM	K30	18	**00:58:43.30**	**00:59:02.45**	+00:14:53 (25.2%)	5:52	10.2 (75.0%)
32	**SUJAK Małgorzata**	**100**	SALON SPORTOWY "FANSPORT" S.C.	K40	8	**00:58:54.15**	**00:59:06.05**	+00:14:57 (25.3%)	5:53	10.2 (75.0%)
33	**BARCZEWSKA Agnieszka**	**143**	WARSZAWA	K20	6	**00:58:25.95**	**00:59:15.05**	+00:15:06 (25.5%)	5:50	10.3 (75.7%)
34	**MACHNIK-BRONCEL Joanna**	**58**	TYCHY	K40	9	**00:59:03.85**	**00:59:20.35**	+00:15:11 (25.6%)	5:54	10.2 (75.0%)
35	**PIETYRA Karolina**	**76**	LOŻA SZYDERCÓW	K30	19	**00:58:50.90**	**00:59:35.90**	+00:15:27 (25.9%)	5:53	10.2 (75.0%)
36	**SMOLIŃSKA Beata**	**154**	WARSZAWA	K50	2	**00:59:23.70**	**00:59:47.10**	+00:15:38 (26.2%)	5:56	10.1 (74.3%)
37	**KOZIŃSKA Sonia**	**49**	LONGPLAY	K20	7	**00:59:36.90**	**01:00:25.35**	+00:16:16 (26.9%)	5:57	10.1 (74.3%)
38	**BALIŃSKA Maria**	**2**	MAJDAN	K30	20	**00:59:54.30**	**01:00:35.25**	+00:16:26 (27.1%)	5:59	10 (73.5%)
39	**KRAJEWSKA Joanna**	**50**	LEJDIS ORELEC	K30	21	**01:00:16.25**	**01:00:41.10**	+00:16:32 (27.3%)	6:01	10 (73.5%)
40	**KRASOWSKA Matylda**	**53**	USTRZYKI DOLNE	K20	8	**00:59:46.90**	**01:00:50.80**	+00:16:42 (27.4%)	5:58	10 (73.5%)
41	**DZIĄG Anna**	**150**	WARSZAWA	K40	10	**00:59:54.20**	**01:00:54.45**	+00:16:45 (27.5%)	5:59	10 (73.5%)
42	**GEZELA Joanna**	**26**	RODZINA GEZELA	K40	11	**01:00:26.80**	**01:01:10.35**	+00:17:01 (27.8%)	6:02	9.9 (72.8%)
43	**BROŻEK Teresa**	**12**	WARSZTAT FORMY TYCHY	K20	9	**01:01:01.95**	**01:01:24.65**	+00:17:15 (28.1%)	6:06	9.8 (72.1%)
44	**RYŁKO Mariola**	**88**	SOLINA	K40	12	**01:00:26.20**	**01:01:29.30**	+00:17:20 (28.2%)	6:02	9.9 (72.8%)
45	**TOMCZYK Kamila**	**113**	WROCŁAW	K30	22	**01:01:12.15**	**01:01:31.55**	+00:17:22 (28.2%)	6:07	9.8 (72.1%)
46	**GOŁDA Anna**	**28**	AŃCUT	K30	23	**01:00:24.10**	**01:01:32.70**	+00:17:24 (28.3%)	6:02	9.9 (72.8%)
47	**KRYPCZYK Katarzyna**	**168**	CHORZÓW	K40	13	**01:00:41.30**	**01:01:38.80**	+00:17:30 (28.4%)	6:04	9.9 (72.8%)
48	**MICKIEWICZ Jolanta**	**64**	JGB "SOKÓŁ"	K40	14	**01:00:31.15**	**01:02:01.65**	+00:17:52 (28.8%)	6:03	9.9 (72.8%)
49	**KLISZ Agnieszka**	**45**	LUBLIN	K30	24	**01:02:29.75**	**01:03:06.10**	+00:18:57 (30.0%)	6:15	9.6 (70.6%)
50	**JURA-SUKNAROWSKA Małgorzata**	**158**	CHOCZNIA	K40	15	**01:02:40.05**	**01:03:24.95**	+00:19:16 (30.4%)	6:16	9.6 (70.6%)
51	**MALINOWSKA Anna**	**60**	WOŁOMIN	K30	25	**01:03:12.80**	**01:03:49.55**	+00:19:40 (30.8%)	6:19	9.5 (69.9%)
52	**MALEC Barbara**	**59**	LUBLIN	K50	3	**01:04:03.85**	**01:04:38.80**	+00:20:30 (31.7%)	6:24	9.4 (69.1%)
53	**BEŁKOWSKA VEL KAMIŃSKA Dorota**	**7**		K40	16	**01:04:58.55**	**01:05:04.65**	+00:20:55 (32.2%)	6:29	9.2 (67.6%)
54	**SUWAŁA Anna**	**101**	TREND GLASS RUNNING TEAM	K30	26	**01:05:19.75**	**01:05:45.05**	+00:21:36 (32.9%)	6:32	9.2 (67.6%)
55	**HYZIAK Joanna**	**34**	JJ.RUNNERS GORLICE	K40	17	**01:05:43.55**	**01:05:54.40**	+00:21:45 (33.0%)	6:34	9.1 (66.9%)
56	**KORDULA Kamila**	**47**	KLUB BIEGACZA RTV EURO AGD	K20	10	**01:05:03.30**	**01:06:26.35**	+00:22:17 (33.6%)	6:30	9.2 (67.6%)
57	**BARTNIK Dominika**	**4**	LUBLIN	K20	11	**01:06:05.25**	**01:06:53.70**	+00:22:45 (34.0%)	6:36	9.1 (66.9%)
58	**BRZEZIŃSKA Sylwia**	**13**	KLUB BIEGACZA RTV EURO AGD	K20	12	**01:07:12.35**	**01:08:35.70**	+00:24:27 (35.6%)	6:43	8.9 (65.4%)
59	**WIERZBIŃSKA Karolina**	**123**	WARSZAWA	K30	27	**01:08:40.50**	**01:09:03.35**	+00:24:54 (36.1%)	6:52	8.7 (64.0%)
60	**PLISZCZYŃSKA Justyna**	**79**	LUBLIN	K40	18	**01:08:55.30**	**01:09:08.10**	+00:24:59 (36.1%)	6:53	8.7 (64.0%)
61	**WĘGIERSKA Agnieszka**	**121**	NIGHT RUNNERS ZABRZE	K20	13	**01:08:27.50**	**01:09:09.50**	+00:25:00 (36.2%)	6:50	8.8 (64.7%)
62	**SZOSTAK Dorota**	**108**	LUBLIN	K40	19	**01:09:01.35**	**01:09:13.05**	+00:25:04 (36.2%)	6:54	8.7 (64.0%)
63	**SŁOMIAK Magdalena**	**94**		K20	14	**01:08:48.45**	**01:09:23.60**	+00:25:14 (36.4%)	6:52	8.7 (64.0%)
64	**MAJDA Dominika**	**152**	KRAKÓW	K20	15	**01:08:42.80**	**01:09:47.25**	+00:25:38 (36.7%)	6:52	8.7 (64.0%)
65	**WIERZBICKA Beata**	**153**	KRAKÓW	K30	28	**01:08:50.15**	**01:09:55.00**	+00:25:46 (36.9%)	6:53	8.7 (64.0%)
66	**GABRIEL Aleksandra**	**25**	KRAKÓW	K30	29	**01:10:11.70**	**01:10:30.05**	+00:26:21 (37.4%)	7:01	8.5 (62.5%)
67	**MERKLEJN Weronika**	**63**	PZU SPORT TEAM	K30	30	**01:10:05.85**	**01:10:38.65**	+00:26:29 (37.5%)	7:00	8.6 (63.2%)
68	**KLAŚ Justyna**	**44**	NH TEAM	K30	31	**01:10:31.90**	**01:10:50.50**	+00:26:41 (37.7%)	7:03	8.5 (62.5%)
69	**JEŻAK Joanna**	**37**	NOWA HUTA TEAM	K20	16	**01:09:45.55**	**01:10:50.80**	+00:26:42 (37.7%)	6:58	8.6 (63.2%)
70	**OBARSKA Małgorzata**	**71**		K50	4	**01:11:15.65**	**01:11:55.15**	+00:27:46 (38.6%)	7:07	8.4 (61.8%)
71	**ANTOSZ Monika**	**1**	NORAFSPORT	K40	20	**01:11:26.60**	**01:12:42.15**	+00:28:33 (39.3%)	7:08	8.4 (61.8%)
72	**STANISZEWSKA Ewa**	**98**	BIEGAM BO LUBIĘ KRAKÓW, NORAFSPORT	K50	5	**01:11:58.80**	**01:13:15.00**	+00:29:06 (39.7%)	7:11	8.3 (61.0%)
73	**SZUKALSKA-WALCZAK Ewa**	**147**	PRUSZKÓW	K30	32	**01:12:43.95**	**01:13:22.65**	+00:29:13 (39.8%)	7:16	8.2 (60.3%)
74	**POLEWKA Aneta**	**141**	DĄBRÓWKA STARZEŃSKA	K40	21	**01:14:53.50**	**01:15:00.95**	+00:30:52 (41.2%)	7:29	8 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
75	**KALMUS Grażyna**	**41**	BBL TORUŃ	K50	6	**01:14:24.05**	**01:15:40.60**	+00:31:31 (41.7%)	7:26	8.1 (59.6%)
76	**BOBELLA Kasia**	**9**	TRENDGLASS RUNNING TEAM	K30	33	**01:21:26.70**	**01:21:48.15**	+00:37:39 (46.0%)	8:08	7.4 (54.4%)
77	**PIETRZAK Olga**	**136**		K20	17	**01:21:11.05**	**01:22:26.90**	+00:38:18 (46.5%)	8:07	7.4 (54.4%)

Znaleziono 77 wynik(ów)