



## IV ZIMOWY MARATON BIESZCZADZKI 2018 - 44,6KM

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

**Wydarzenie:** Zimowy Maraton Bieszczadzki 2018  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2018-01-28  
**Miejsce:** Cisna  
**Dystans:** 44,6 km

**B4SPORT**  
INTELEGENNE 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>CEKOWSKA Katarzyna</b>	<b>842</b>		K40	1	00:00:36	02:16:26	02:56:48	03:31:47	<b>03:49:54.20</b>	<b>03:49:54.20</b>		5:09	11.6 (100%)
2	<b>JARUZEL Ewa</b>	<b>715</b>	SZWLA STARGARD	K40	2	00:00:45	02:32:06	03:16:42	03:55:04	<b>04:15:03.35</b>	<b>04:15:03.35</b>	+00:25:09 (9.9%)	5:43	10.5 (90.5%)
3	<b>GARCZYŃSKA-WĄS Bogusława</b>	<b>175</b>		K40	3	00:01:29	02:36:51	03:20:01	03:56:39	<b>04:15:45.90</b>	<b>04:15:45.90</b>	+00:25:51 (10.1%)	5:44	10.5 (90.5%)
4	<b>DĘBSKA Joanna</b>	<b>513</b>	NIGHT RUNNERS GLIWICE	K40	4	00:02:26	02:38:10	03:20:44	04:04:58	<b>04:23:43.95</b>	<b>04:23:43.95</b>	+00:33:49 (12.8%)	5:54	10.1 (87.1%)
5	<b>GRABOŚ Nina</b>	<b>357</b>		K40	5	00:01:39	02:49:40	03:37:40	04:14:22	<b>04:32:33.50</b>	<b>04:32:33.50</b>	+00:42:39 (15.6%)	6:06	9.8 (84.5%)
6	<b>BOGDANOWICZ Beata</b>	<b>202</b>	BIEGOWY ŚWIAT	K40	6	00:01:21	02:46:49	03:34:19	04:13:33	<b>04:33:12.70</b>	<b>04:33:12.70</b>	+00:43:18 (15.9%)	6:07	9.8 (84.5%)
7	<b>FOGEL Ewa</b>	<b>102</b>	PTG SOKÓŁ ŚWIAT PRACY TARNÓW	K40	7	00:01:16	02:38:43	03:33:11	04:13:57	<b>04:33:43.75</b>	<b>04:33:43.75</b>	+00:43:49 (16.0%)	6:08	9.8 (84.5%)
8	<b>ORLEWSKA Danuta</b>	<b>652</b>	ULTRAMARATON PODKARPACKI	K40	8	00:02:20	02:49:48	03:39:27	04:19:41	<b>04:40:31.05</b>	<b>04:40:31.05</b>	+00:50:36 (18.0%)	6:17	9.5 (81.9%)
9	<b>ĆWIAKAŁA Halina</b>	<b>563</b>	SAMOTNI WĘDROWCY	K40	9	00:01:25	02:51:22	03:43:15	04:26:58	<b>04:47:45.90</b>	<b>04:47:45.90</b>	+00:57:51 (20.1%)	6:27	9.3 (80.2%)
10	<b>DORSZ Beata</b>	<b>226</b>		K40	10	00:01:26	02:55:19	03:47:49	04:28:26	<b>04:48:29.45</b>	<b>04:48:29.45</b>	+00:58:35 (20.3%)	6:28	9.3 (80.2%)
11	<b>FOGT-KLOCKOWSKA Monika</b>	<b>529</b>	KLOCKI GDYNIA	K40	11	00:01:25	02:52:07	03:53:30	04:32:40	<b>04:53:10.25</b>	<b>04:53:10.25</b>	+01:03:16 (21.6%)	6:34	9.1 (78.4%)
12	<b>MAŁECKA Anna</b>	<b>554</b>	MAŁE CYCKI	K40	12	00:00:49	02:56:09	03:51:29	04:33:09	<b>04:53:25.80</b>	<b>04:53:25.80</b>	+01:03:31 (21.6%)	6:34	9.1 (78.4%)
13	<b>SZCZUR Iwona</b>	<b>125</b>		K40	13	00:02:15	03:05:47	03:57:58	04:39:22	<b>04:59:37.60</b>	<b>04:59:37.60</b>	+01:09:43 (23.3%)	6:43	8.9 (76.7%)
14	<b>LEŚNIAK-POPIEL Marta</b>	<b>97</b>	POZYTYWNIEM ZABIEGANI SANOK	K40	14	00:02:04	02:55:40	03:53:10	04:36:49	<b>05:00:11.30</b>	<b>05:00:11.30</b>	+01:10:17 (23.4%)	6:43	8.9 (76.7%)
15	<b>URBANEK Małgorzata</b>	<b>844</b>	WAPIENICKI TEAM	K40	15	00:02:44	02:59:10	03:55:30	04:39:34	<b>05:00:51.00</b>	<b>05:00:51.00</b>	+01:10:56 (23.6%)	6:44	8.9 (76.7%)
16	<b>APANOWICZ Angelika</b>	<b>318</b>		K40	16	00:01:53	03:08:01	04:03:57	04:46:12	<b>05:06:22.25</b>	<b>05:06:22.25</b>	+01:16:28 (25.0%)	6:52	8.7 (75.0%)
17	<b>DRWIĘGA Beata</b>	<b>307</b>	POZYTYWANIE ZABIEGANI SANOK	K40	17	00:02:02	03:04:28	04:04:13	04:46:50	<b>05:07:48.80</b>	<b>05:07:48.80</b>	+01:17:54 (25.3%)	6:54	8.7 (75.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas		Różn	Tempo min/km	Tempo km/h
						Split_Mateusz 0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	netto 44.6km	brutto 44.6km			
18	<b>ŻELAZNY</b> Judyta	<b>490</b>	MRÓWKA JAROSŁAW ACTIVE TEAM	K40	18	00:01:28	03:05:15	04:04:26	04:49:02	<b>05:11:03.25</b>	<b>05:11:03.25</b>	+01:21:09 (26.1%)	6:58	8.6 (74.1%)
19	<b>BRZOWOWSKA</b> Anna	<b>394</b>	PKS GALOPUJĄCA SOCZEWICA / KRASNYSTAW BIEGA	K40	19	00:01:52	02:56:50	03:56:29	04:46:22	<b>05:11:54.65</b>	<b>05:11:54.65</b>	+01:22:00 (26.3%)	6:59	8.6 (74.1%)
20	<b>MYŚLIŃSKA</b> Anna	<b>503</b>	BIEGAM BO LUBIĘ POLONEZ	K40	20		03:17:46	04:11:47	04:54:19	<b>05:15:11.65</b>	<b>05:15:11.65</b>	+01:25:17 (27.1%)	7:04	8.5 (73.3%)
21	<b>NIEMIEC-DRWIĘGA</b> Bernadeta	<b>231</b>	POZYTYWNIENZABIEGANI SANOK	K40	21	00:02:03	03:09:11	04:06:55	04:53:58	<b>05:15:35.20</b>	<b>05:15:35.20</b>	+01:25:41 (27.2%)	7:04	8.5 (73.3%)
22	<b>KUNKEL</b> Anna	<b>246</b>	PGB SPORTOWA PACZKA	K40	22	00:01:48	03:17:10	04:14:57	05:00:45	<b>05:23:06.90</b>	<b>05:23:06.90</b>	+01:33:12 (28.8%)	7:14	8.3 (71.6%)
23	<b>KOSNO</b> Dorota	<b>466</b>		K40	23	00:01:25	03:10:51	04:11:16	04:59:32	<b>05:24:38.90</b>	<b>05:24:38.90</b>	+01:34:44 (29.2%)	7:16	8.2 (70.7%)
24	<b>SZYMAŃSKA</b> Agnieszka	<b>559</b>	PKO BANK POLSKI	K40	24	00:01:37	03:03:56	04:10:49	04:59:38	<b>05:24:54.95</b>	<b>05:24:54.95</b>	+01:35:00 (29.2%)	7:17	8.2 (70.7%)
25	<b>DZIERŻEŃSKA</b> Monika	<b>551</b>		K40	25	00:01:23	03:20:11	04:22:04	05:08:35	<b>05:32:09.40</b>	<b>05:32:09.40</b>	+01:42:15 (30.8%)	7:26	8.1 (69.8%)
26	<b>SIKORSKA</b> Agnieszka	<b>70</b>		K40	26	00:01:56	03:18:29	04:18:44	05:07:49	<b>05:32:14.20</b>	<b>05:32:14.20</b>	+01:42:20 (30.8%)	7:26	8.1 (69.8%)
27	<b>WOLF</b> Weronika	<b>234</b>	TKKF I ROZBIEGANY KOSZALIN	K40	27	00:02:23	03:25:15	04:25:17	05:09:50	<b>05:32:38.65</b>	<b>05:32:38.65</b>	+01:42:44 (30.9%)	7:27	8 (69.0%)
28	<b>SAKOWSKA</b> Aneta	<b>827</b>	WKURWTEAM	K40	28	00:01:33	03:20:57	04:23:07	05:10:15	<b>05:33:59.65</b>	<b>05:33:59.65</b>	+01:44:05 (31.2%)	7:29	8 (69.0%)
29	<b>GARCZYŃSKA</b> Ania	<b>48</b>		K40	29	00:02:48	03:31:10	04:31:23	05:15:38	<b>05:36:49.05</b>	<b>05:36:49.05</b>	+01:46:54 (31.7%)	7:33	7.9 (68.1%)
30	<b>STARCZEWSKA</b> Sylwia	<b>860</b>	SPOKOJNA GŁOWA	K40	30	00:02:40	03:23:22	04:30:09	05:17:45	<b>05:42:14.75</b>	<b>05:42:14.75</b>	+01:52:20 (32.8%)	7:40	7.8 (67.2%)
31	<b>PAUL</b> Viola	<b>21</b>	NIGHT RUNNERS GLIWICE	K40	31	00:01:42	03:29:38	04:35:36	05:23:07	<b>05:43:40.70</b>	<b>05:43:40.70</b>	+01:53:46 (33.1%)	7:42	7.8 (67.2%)
32	<b>KRÓL-KRAJEWSKA</b> Agnieszka	<b>265</b>	NIGHT RUNNERS	K40	32	00:02:34	03:23:22	04:31:08	05:19:19	<b>05:44:07.00</b>	<b>05:44:07.00</b>	+01:54:12 (33.2%)	7:42	7.8 (67.2%)
33	<b>TOMANEK</b> Renata	<b>87</b>		K40	33	00:02:28	03:24:26	04:30:27	05:20:18	<b>05:47:01.75</b>	<b>05:47:01.75</b>	+01:57:07 (33.8%)	7:46	7.7 (66.4%)
34	<b>PORTACHA</b> Katarzyna	<b>415</b>		K40	34	00:02:41	03:30:25	04:33:25	05:25:50	<b>05:51:21.35</b>	<b>05:51:21.35</b>	+02:01:27 (34.6%)	7:52	7.6 (65.5%)
35	<b>NAZIMEK</b> Lilianna	<b>543</b>	SUO TEMPORE	K40	35	00:01:00	03:20:07	04:31:20	05:24:47	<b>05:51:25.90</b>	<b>05:51:25.90</b>	+02:01:31 (34.6%)	7:52	7.6 (65.5%)
36	<b>RAKOCZY</b> Dorota	<b>184</b>		K40	36	00:01:34	03:28:37	04:38:00	05:28:54	<b>05:53:29.80</b>	<b>05:53:29.80</b>	+02:03:35 (35.0%)	7:55	7.6 (65.5%)
37	<b>MADZIARSKA</b> Monika	<b>578</b>	KS PEGAZ	K40	37	00:02:54	03:33:19	04:35:55	05:27:58	<b>05:53:48.35</b>	<b>05:53:48.35</b>	+02:03:54 (35.0%)	7:55	7.6 (65.5%)
38	<b>TOMASZEK-KOSOŃ</b> Bernadeta	<b>750</b>	AZS AWF KRAKÓW MASTERS	K40	38	00:02:03	03:35:28	04:40:22	05:29:10	<b>05:54:18.25</b>	<b>05:54:18.25</b>	+02:04:24 (35.1%)	7:56	7.6 (65.5%)
39	<b>GAWCZYŃSKA - BACZA</b> Izabela	<b>110</b>		K40	39	00:02:30	03:29:00	04:40:37	05:30:39	<b>05:54:40.20</b>	<b>05:54:40.20</b>	+02:04:46 (35.2%)	7:57	7.5 (64.7%)
40	<b>HYZIAK</b> Joanna	<b>516</b>	JJ.RUNNERS	K40	40	00:01:46	03:22:17	04:41:13	05:30:45	<b>05:55:47.65</b>	<b>05:55:47.65</b>	+02:05:53 (35.4%)	7:58	7.5 (64.7%)
41	<b>SKORUPSKA</b> Julia	<b>607</b>		K40	41	00:02:14	03:43:42	04:55:43	05:46:31	<b>06:11:40.70</b>	<b>06:11:40.70</b>	+02:21:46 (38.1%)	8:20	7.2 (62.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Split_Mateusz	Split_Kamyk	Split_Mateusz	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.1km	26.5km	34.2km	40.7km	44.6km	44.6km			
42	<b>SARAT Ewa</b>	<b>862</b>	GSB	K40	42	00:01:59	03:51:53	04:53:34	05:45:53	<b>06:12:08.15</b>	<b>06:12:08.15</b>	+02:22:13 (38.2%)	8:20	7.2 (62.1%)
43	<b>SYGUŁA Katarzyna</b>	<b>62</b>	KB MCKIS JAWORZNO	K40	43	00:01:44	03:42:49	04:53:48	05:47:19	<b>06:12:20.15</b>	<b>06:12:20.15</b>	+02:22:25 (38.3%)	8:20	7.2 (62.1%)
44	<b>MAZUREK Monika</b>	<b>28</b>	NOWA HUTA TEAM	K40	44	00:02:00	03:52:56	05:08:43	05:58:16	<b>06:18:58.30</b>	<b>06:18:58.30</b>	+02:29:04 (39.3%)	8:29	7.1 (61.2%)
45	<b>KLUZA-HOWIL Lila</b>	<b>177</b>	WWW.BIEGOWEKAIZEN.PL	K40	45	00:02:33	03:39:55	04:57:54	05:50:51	<b>06:19:04.60</b>	<b>06:19:04.60</b>	+02:29:10 (39.4%)	8:29	7.1 (61.2%)
46	<b>PORĘBSKA Dorota</b>	<b>94</b>	NOWA HUTA TEAM	K40	46	00:02:00	03:52:56	05:08:45	05:58:35	<b>06:20:30.80</b>	<b>06:20:30.80</b>	+02:30:36 (39.6%)	8:31	7 (60.3%)
47	<b>WRÓBLEWSKA-GAWEŁ Agnieszka</b>	<b>105</b>	NH TEAM	K40	47	00:02:00	03:52:49	05:08:46	05:58:20	<b>06:20:56.85</b>	<b>06:20:56.85</b>	+02:31:02 (39.6%)	8:32	7 (60.3%)
48	<b>DOMARADZKA Ewa</b>	<b>627</b>	NIGHT RUNNERS PYSKOWICE	K40	48	00:02:15	03:39:04	04:54:19	05:51:33	<b>06:22:34.50</b>	<b>06:22:34.50</b>	+02:32:40 (39.9%)	8:34	7 (60.3%)
49	<b>SZELER Joanna</b>	<b>122</b>	BIEGAJĄCA Z PSAMI	K40	49		04:01:47	05:00:45	06:01:04	<b>06:23:03.90</b>	<b>06:23:03.90</b>	+02:33:09 (40.0%)	8:35	7 (60.3%)
50	<b>ŻACZEK Anna</b>	<b>663</b>	BIEGUSIEM.PL	K40	50	00:02:53	03:32:08	05:00:11	05:58:57	<b>06:30:04.30</b>	<b>06:30:04.30</b>	+02:40:10 (41.1%)	8:44	6.9 (59.5%)
51	<b>KOTELNICKA Renata</b>	<b>880</b>		K40	51	00:02:30	03:47:28	05:03:20	05:59:07	<b>06:30:25.65</b>	<b>06:30:25.65</b>	+02:40:31 (41.1%)	8:45	6.9 (59.5%)
52	<b>GLINIANY Małgorzata</b>	<b>236</b>	ZABIEGANA RODZINKAQ	K40	52	00:02:05	03:45:32	05:09:28	06:06:23	<b>06:33:38.85</b>	<b>06:33:38.85</b>	+02:43:44 (41.6%)	8:49	6.8 (58.6%)
53	<b>MICHNO Anna</b>	<b>170</b>	LACHO TEAM	K40	53	00:02:09	03:54:04	05:05:22	06:02:10	<b>06:33:45.70</b>	<b>06:33:45.70</b>	+02:43:51 (41.6%)	8:49	6.8 (58.6%)
54	<b>WISZNIEWSKA Katarzyna</b>	<b>73</b>	GRUPA SKROMNYCH BIEGACZY	K40	54	00:02:00	03:55:29	05:07:15	06:03:52	<b>06:34:14.55</b>	<b>06:34:14.55</b>	+02:44:20 (41.7%)	8:50	6.8 (58.6%)
55	<b>ŚWIĘTOCHOWSKA Beata</b>	<b>76</b>	GRUPA SKROMNYCH BIEGACZY	K40	55	00:01:56	03:51:54	05:07:13	06:03:52	<b>06:34:14.85</b>	<b>06:34:14.85</b>	+02:44:20 (41.7%)	8:50	6.8 (58.6%)
56	<b>MAREK Magdalena</b>	<b>747</b>	CELUJ W ZDROWIE	K40	56	00:02:47	03:52:16	05:06:38	06:07:41	<b>06:38:52.90</b>	<b>06:38:52.90</b>	+02:48:58 (42.4%)	8:56	6.7 (57.8%)
57	<b>BRZEZIŃSKA Teresa</b>	<b>692</b>	NIGHT RUNNERS GLIWICE	K40	57	00:02:35	03:54:17	05:25:40	06:14:09	<b>06:41:11.25</b>	<b>06:41:11.25</b>	+02:51:17 (42.7%)	8:59	6.7 (57.8%)
58	<b>NIEDŹWIECKA Kasia</b>	<b>360</b>	EKOBIEGI	K40	58	00:01:54	04:07:17	05:26:53	06:29:05	<b>07:05:36.45</b>	<b>07:05:36.45</b>	+03:15:42 (46.0%)	9:32	6.3 (54.3%)
59	<b>SOBICZEWSKA Iza</b>	<b>374</b>	EKOBIEGI	K40	59	00:01:55	04:07:17	05:26:57	06:29:07	<b>07:05:38.10</b>	<b>07:05:38.10</b>	+03:15:43 (46.0%)	9:32	6.3 (54.3%)

Znaleziono 59 wynik(ów)