

# IX ZIMOWA BIESZCZADZKA DYCHA 2023

B4SPORT

**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

IX Zimowy Maraton Bieszczadzki  
Fundacja Bieg Rzeźnika  
2023-01-28  
Cisna  
10 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K50

| Msc | Zawodnik             | Numer | Klub                                | Kategoria | Mkat | 3.7km    | Czas netto 10km | Czas brutto 10km | Różn              | Tempo min/km | Tempo km/h  |
|-----|----------------------|-------|-------------------------------------|-----------|------|----------|-----------------|------------------|-------------------|--------------|-------------|
| 1   | NAZIMEK Lilianna     | 1154  | VISEGRAD MARATON RYTRO/OHANA        | K50       | 1    |          | 01:22:07.65     | 01:22:07.65      |                   | 8:12         | 7.3 (100%)  |
| 2   | BOROWSKA Teresa      | 1127  |                                     | K50       | 2    | 00:32:36 | 01:22:50.70     | 01:22:50.70      | +00:00:43 (0.9%)  | 8:17         | 7.2 (98.6%) |
| 3   | MACIEWICZ Teresa     | 1013  |                                     | K50       | 3    | 00:34:41 | 01:30:48.10     | 01:30:48.10      | +00:08:40 (9.6%)  | 9:04         | 6.6 (90.4%) |
| 4   | GRAL Katarzyna       | 1058  | WŁÓCZYMORDY                         | K50       | 4    |          | 01:37:17.45     | 01:37:17.45      | +00:15:09 (15.6%) | 9:43         | 6.2 (84.9%) |
| 5   | LEŃCZUK Grażyna      | 1091  | BESKIDZKIE RYSIE RUNNING TEAM       | K50       | 5    |          | 01:41:07.75     | 01:41:07.75      | +00:19:00 (18.8%) | 10:06        | 5.9 (80.8%) |
| 6   | PĘKALSKA Anna        | 1086  |                                     | K50       | 6    |          | 01:44:34.95     | 01:44:34.95      | +00:22:27 (21.5%) | 10:27        | 5.7 (78.1%) |
| 7   | WOŹNIAK Lidia        | 1005  | PORMAT JEDLICZE BIEGA               | K50       | 7    | 00:40:48 | 01:45:08.35     | 01:45:08.35      | +00:23:00 (21.9%) | 10:30        | 5.7 (78.1%) |
| 8   | KUDŁA Agnieszka      | 1056  |                                     | K50       | 8    | 00:42:03 | 01:45:57.20     | 01:45:57.20      | +00:23:49 (22.5%) | 10:35        | 5.7 (78.1%) |
| 9   | DRELINKIEWICZ Alicja | 1076  |                                     | K50       | 9    | 00:45:15 | 01:50:57.25     | 01:50:57.25      | +00:28:49 (26.0%) | 11:05        | 5.4 (74.0%) |
| 10  | SZOT Maria           | 1107  |                                     | K50       | 10   | 00:44:41 | 01:55:11.60     | 01:55:11.60      | +00:33:03 (28.7%) | 11:31        | 5.2 (71.2%) |
| 11  | HADAM Ewa            | 1073  | SPARTAN RACE TRAINING GROUP RZESZÓW | K50       | 11   | 00:47:02 | 02:04:18.95     | 02:04:18.95      | +00:42:11 (33.9%) | 12:25        | 4.8 (65.8%) |
| 12  | SOŁTYSIAK Krystyna   | 1075  | SPARTAN RACE TRAINING GROUP RZESZÓW | K50       | 12   | 00:46:51 | 02:04:23.30     | 02:04:23.30      | +00:42:15 (34.0%) | 12:26        | 4.8 (65.8%) |
| 13  | OSIŃSKA Agata        | 1003  |                                     | K50       | 13   | 00:50:59 | 02:18:50.50     | 02:18:50.50      | +00:56:42 (40.8%) | 13:53        | 4.3 (58.9%) |

Znaleziono 13 wynik(ów)