

IX ZIMOWA BIESZCZADZKA DYCHA 2023

B4SPORT

Wydarzenie: IX Zimowy Maraton Bieszczadzki
Organizator: Fundacja Bieg Rzeźnika
Data: 2023-01-28
Miejsce: Cisna
Dystans: 10 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	BOLECHOWSKA Dominika	1156	ALPIN SPORT	K40	1	00:25:31	01:02:57.80	01:02:57.80		6:17	9.5 (100%)
2	HOŁOWATY Renata	1141	SANOK BIEGA	K30	1	00:27:01	01:04:36.00	01:04:36.00	+00:01:38 (2.5%)	6:27	9.3 (97.9%)
3	BIESZCZAD Magdalena	1082	TRESERTEAM	K40	2	00:26:50	01:06:00.35	01:06:00.35	+00:03:02 (4.6%)	6:36	9.1 (95.8%)
4	BANASIK Monika	1148	KĄNCZUCKA GRUPA BIEGOWA	K30	2	00:26:55	01:06:34.05	01:06:34.05	+00:03:36 (5.4%)	6:39	9 (94.7%)
5	TARNOWSKA Ewa	1105	LUBELSKA GRUPA TRIATHLONU	K30	3		01:09:00.10	01:09:00.10	+00:06:02 (8.8%)	6:54	8.7 (91.6%)
6	OCHYRA Karolina	1109		K20	1	00:27:36	01:09:53.85	01:09:53.85	+00:06:56 (9.9%)	6:59	8.6 (90.5%)
7	LIBERADZKA Joanna	1117		K30	4	00:32:50	01:17:05.80	01:17:05.80	+00:14:08 (18.3%)	7:42	7.8 (82.1%)
8	SPRAWKA Marta	1158		K30	5	00:33:11	01:19:08.50	01:19:08.50	+00:16:10 (20.4%)	7:54	7.6 (80.0%)
9	SURMA Karolina	1078		K40	3	00:30:20	01:20:57.05	01:20:57.05	+00:17:59 (22.2%)	8:05	7.4 (77.9%)
10	SKIBA Elżbieta	1088	NOWA HUTA TEAM	K30	6		01:21:12.15	01:21:12.15	+00:18:14 (22.5%)	8:07	7.4 (77.9%)
11	NAZIMEK Lilianna	1154	VISEGRAD MARATON RYTRO/OHANA	K50	1		01:22:07.65	01:22:07.65	+00:19:09 (23.3%)	8:12	7.3 (76.8%)
12	BOROWSKA Teresa	1127		K50	2	00:32:36	01:22:50.70	01:22:50.70	+00:19:52 (24.0%)	8:17	7.2 (75.8%)
13	PUDŁO Rita	1101		K20	2	00:33:39	01:23:38.65	01:23:38.65	+00:20:40 (24.7%)	8:21	7.2 (75.8%)
14	KAMIŃSKA Katarzyna	1103		K30	7	00:33:19	01:24:08.85	01:24:08.85	+00:21:11 (25.2%)	8:24	7.1 (74.7%)
15	SOWA Sara	1017	NH TEAM	K20	3	00:35:01	01:27:35.35	01:27:35.35	+00:24:37 (28.1%)	8:45	6.9 (72.6%)
16	WASILEWSKA Agnieszka	1070	AROMAT NÓG	K40	4	00:34:51	01:27:35.60	01:27:35.60	+00:24:37 (28.1%)	8:45	6.9 (72.6%)
17	GURGUL Dorota	1068	AROMAT NÓG	K40	5		01:27:40.50	01:27:40.50	+00:24:42 (28.2%)	8:46	6.8 (71.6%)
18	JAWORSKA Magdalena	1007	KS CELESTYNA	K30	8		01:28:06.85	01:28:06.85	+00:25:09 (28.5%)	8:48	6.8 (71.6%)
19	BEMBNISTA Ola	1049	WŁÓCZYMORDY	K40	6	00:33:58	01:28:07.65	01:28:07.65	+00:25:09 (28.6%)	8:48	6.8 (71.6%)
20	KAMIŃSKA Patrycja	1104		K30	9		01:29:16.05	01:29:16.05	+00:26:18 (29.5%)	8:55	6.7 (70.5%)
21	STASZCZYK Anna	1118	BKB CZARNA PERŁA	K30	10	00:44:29	01:30:03.65	01:30:03.65	+00:27:05 (30.1%)	9:00	6.7 (70.5%)
22	GRODON Magdalena	1065	HARPAGAN SOSNOWIEC	K40	7	00:34:13	01:30:10.80	01:30:10.80	+00:27:13 (30.2%)	9:01	6.7 (70.5%)
23	MACIEWICZ Teresa	1013		K50	3	00:34:41	01:30:48.10	01:30:48.10	+00:27:50 (30.7%)	9:04	6.6 (69.5%)
24	MICHNO Agata	1025	NOWA HUTA TEAM	K30	11	00:34:21	01:30:48.30	01:30:48.30	+00:27:50 (30.7%)	9:04	6.6 (69.5%)
25	KAMINIK-MICHALCZAK Anna	1066		K40	8	00:37:31	01:31:21.70	01:31:21.70	+00:28:23 (31.1%)	9:08	6.6 (69.5%)
26	MAŃKOWSKA Karolina	1100	MAKABI WARSZAWA	K40	9	00:37:13	01:31:57.50	01:31:57.50	+00:28:59 (31.5%)	9:11	6.5 (68.4%)
27	DOMAGALA Joanna	1081		K40	10	00:37:40	01:34:16.85	01:34:16.85	+00:31:19 (33.2%)	9:25	6.4 (67.4%)
28	GIL Marta	1015	LUBELSKA GRUPA TRIATHLONU	K30	12	00:37:02	01:35:03.10	01:35:03.10	+00:32:05 (33.8%)	9:30	6.3 (66.3%)
29	SZUKOWSKA Amelia	1021		K30	13	00:39:48	01:36:06.20	01:36:06.20	+00:33:08 (34.5%)	9:36	6.2 (65.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
30	TYCHONCZUK Kateryna	1160		K30	14		01:36:51.85	01:36:51.85	+00:33:54 (35.0%)	9:41	6.2 (65.3%)
31	KALISZ Renata	1043		K40	11	00:39:55	01:37:10.65	01:37:10.65	+00:34:12 (35.2%)	9:43	6.2 (65.3%)
32	GRAL Katarzyna	1058	WŁÓCZYMORDY	K50	4		01:37:17.45	01:37:17.45	+00:34:19 (35.3%)	9:43	6.2 (65.3%)
33	JANUSZEWICZ Aleksandra	1099	AKS ZŁY	K30	15	00:38:03	01:37:20.00	01:37:20.00	+00:34:22 (35.3%)	9:44	6.2 (65.3%)
34	OSTROWICKA Justyna	1116		K30	16	00:37:59	01:37:20.10	01:37:20.10	+00:34:22 (35.3%)	9:44	6.2 (65.3%)
35	TRZECIAK Albina	1011		K30	17		01:38:24.95	01:38:24.95	+00:35:27 (36.0%)	9:50	6.1 (64.2%)
36	KĘDZIOR Justyna	1006	NIELEPKOWICE GÓRĄ	K30	18	00:38:42	01:39:21.85	01:39:21.85	+00:36:24 (36.6%)	9:56	6 (63.2%)
37	SZPREJDA Paulina	1063		K30	19	00:39:37	01:41:03.65	01:41:03.65	+00:38:05 (37.7%)	10:06	5.9 (62.1%)
38	LEŃCZUK Grażyna	1091	BESKIDZKIE RYSIE RUNNING TEAM	K50	5		01:41:07.75	01:41:07.75	+00:38:09 (37.7%)	10:06	5.9 (62.1%)
39	BOŻEK Aleksandra	1014	TEAM ZABIEGANEDNI	K30	20		01:41:25.45	01:41:25.45	+00:38:27 (37.9%)	10:08	5.9 (62.1%)
40	GEMZIK Agata	1115	J U V E R U N	K30	21		01:41:31.45	01:41:31.45	+00:38:33 (38.0%)	10:09	5.9 (62.1%)
41	NAWROT Magdalena	1138	J U V E R U N	K40	12		01:41:31.85	01:41:31.85	+00:38:34 (38.0%)	10:09	5.9 (62.1%)
42	RYŻYŃSKA Agnieszka	1139	CHEŁM BIEGA	K40	13	00:42:31	01:43:14.90	01:43:14.90	+00:40:17 (39.0%)	10:19	5.8 (61.1%)
43	PĘKALSKA Anna	1086		K50	6		01:44:34.95	01:44:34.95	+00:41:37 (39.8%)	10:27	5.7 (60.0%)
44	WILSZ Ewa	1037	#THEWINEFEELS	K40	14		01:44:59.10	01:44:59.10	+00:42:01 (40.0%)	10:29	5.7 (60.0%)
45	WOŹNIAK Lidia	1005	PORMAT JEDLICZE BIEGA	K50	7	00:40:48	01:45:08.35	01:45:08.35	+00:42:10 (40.1%)	10:30	5.7 (60.0%)
46	WRÓBEL Barbara	1134	CISNA GÓRĄ	K20	4	00:42:27	01:45:38.55	01:45:38.55	+00:42:40 (40.4%)	10:33	5.7 (60.0%)
47	KUDŁA Agnieszka	1056		K50	8	00:42:03	01:45:57.20	01:45:57.20	+00:42:59 (40.6%)	10:35	5.7 (60.0%)
48	BARTNIK Dominika	1016		K30	22	00:41:55	01:46:07.65	01:46:07.65	+00:43:09 (40.7%)	10:36	5.7 (60.0%)
49	KULA Milena	1112		K30	23	00:44:15	01:49:23.25	01:49:23.25	+00:46:25 (42.4%)	10:56	5.5 (57.9%)
50	JEZIOR Monika	1060		K30	24	00:46:37	01:50:19.55	01:50:19.55	+00:47:21 (42.9%)	11:01	5.4 (56.8%)
51	DRELINKIEWICZ Alicja	1076		K50	9	00:45:15	01:50:57.25	01:50:57.25	+00:47:59 (43.3%)	11:05	5.4 (56.8%)
52	JAROSZ Katarzyna	1097		K20	5	00:43:17	01:51:05.20	01:51:05.20	+00:48:07 (43.3%)	11:06	5.4 (56.8%)
53	PAWŁOWSKA Kamila	1034		K20	6	00:43:20	01:51:05.30	01:51:05.30	+00:48:07 (43.3%)	11:06	5.4 (56.8%)
54	ŻARNICKA Anna	1028		K40	15	00:40:32	01:51:24.05	01:51:24.05	+00:48:26 (43.5%)	11:08	5.4 (56.8%)
55	SKOREK-MASZOTA Weronika	1087	PADŁ NA RYJ TEAM	K40	16	00:45:19	01:52:15.75	01:52:15.75	+00:49:17 (43.9%)	11:13	5.3 (55.8%)
56	DZIURUŃ Jagoda	1053		K30	25	00:42:07	01:53:46.85	01:53:46.85	+00:50:49 (44.7%)	11:22	5.3 (55.8%)
57	SZOT Maria	1107		K50	10	00:44:41	01:55:11.60	01:55:11.60	+00:52:13 (45.3%)	11:31	5.2 (54.7%)
58	SUWAŁA Katarzyna	1010		K40	17	00:48:28	01:56:37.05	01:56:37.05	+00:53:39 (46.0%)	11:39	5.1 (53.7%)
59	LASOTA Martyna	1132	BEJBIK	K20	7		02:00:30.45	02:00:30.45	+00:57:32 (47.8%)	12:03	5 (52.6%)
60	POTĘPA Aleksandra	1133		K20	8		02:00:31.25	02:00:31.25	+00:57:33 (47.8%)	12:03	5 (52.6%)
61	HADAM Ewa	1073	SPARTAN RACE TRAINING GROUP RZESZÓW	K50	11	00:47:02	02:04:18.95	02:04:18.95	+01:01:21 (49.4%)	12:25	4.8 (50.5%)
62	SOŁTYSIAK Krystyna	1075	SPARTAN RACE TRAINING GROUP RZESZÓW	K50	12	00:46:51	02:04:23.30	02:04:23.30	+01:01:25 (49.4%)	12:26	4.8 (50.5%)
63	PAŁACH Katarzyna	1008		K30	26	00:43:58	02:05:51.25	02:05:51.25	+01:02:53 (50.0%)	12:35	4.8 (50.5%)
64	OSIŃSKA Agata	1003		K50	13	00:50:59	02:18:50.50	02:18:50.50	+01:15:52 (54.7%)	13:53	4.3 (45.3%)
65	RADYK Anna	1113	PRZEMYSKI KLUB BIEGACZA	K20	9	00:51:52	02:30:45.40	02:30:45.40	+01:27:47 (58.2%)	15:04	4 (42.1%)
66	KOCZOT Paulina	1145		K30	27	00:48:33	02:30:45.70	02:30:45.70	+01:27:47 (58.2%)	15:04	4 (42.1%)