

# IX ZIMOWY MARATON BIESZCZADZKI 2023 - 20KM

B4SPORT

**Event:** IX Zimowy Maraton Bieszczadzki  
**Organiser:** Fundacja Bieg Rzeźnika  
**Date:** 2023-01-28  
**Place:** Cisna  
**Distance:** 20 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Classification: K40

Place	Participant	Number	Club	Category	MCat	Brzeziniak 9km	Net time 23km	Czas brutto 23km	Gap	Pace min/km	Pace km/h
1	<b>PIĄTEK Beata</b>	<b>2238</b>	WWW.TRENINGFIZJOTERAPIA/ULTRAŁANCUT	K40	1	00:55:13	<b>01:57:13.95</b>	<b>01:57:13.95</b>		5:05	11.8 (100%)
2	<b>GARCZYŃSKA-WĄS Bogusława</b>	<b>2185</b>	WM TRISELF	K40	2	00:54:13	<b>01:57:52.35</b>	<b>01:57:52.35</b>	+00:00:38 (0.5%)	5:07	11.7 (99.2%)
3	<b>SOJKA Agnieszka</b>	<b>2174</b>	PRZEMYSKI KLUB BIEGACZA	K40	3		<b>02:17:03.10</b>	<b>02:17:03.10</b>	+00:19:49 (14.5%)	5:57	10.1 (85.6%)
4	<b>SZCZUR Iwona</b>	<b>2207</b>		K40	4	01:07:13	<b>02:30:56.05</b>	<b>02:30:56.05</b>	+00:33:42 (22.3%)	6:33	9.1 (77.1%)
5	<b>KOWALUNAS-BEM Olga</b>	<b>2184</b>	LPP TEAM	K40	5	01:06:40	<b>02:31:36.10</b>	<b>02:31:36.10</b>	+00:34:22 (22.7%)	6:35	9.1 (77.1%)
6	<b>POPIELA-KAWA Sylwia</b>	<b>2192</b>	KS RYGLICE SEKCJA BIEGOWA	K40	6	01:06:20	<b>02:39:15.95</b>	<b>02:39:15.95</b>	+00:42:02 (26.4%)	6:55	8.7 (73.7%)
7	<b>DYŁĄG Katarzyna</b>	<b>2199</b>	GORLICKA GRUPA BIEGOWA	K40	7	01:09:55	<b>02:41:41.75</b>	<b>02:41:41.75</b>	+00:44:27 (27.5%)	7:01	8.5 (72.0%)
8	<b>HOLIK Iwona</b>	<b>2110</b>	GORLICKA GRUPA BIEGOWA	K40	8	01:09:59	<b>02:41:41.85</b>	<b>02:41:41.85</b>	+00:44:27 (27.5%)	7:01	8.5 (72.0%)
9	<b>REKAS Magdalena</b>	<b>2071</b>	RAPTOWNI	K40	9	01:14:51	<b>02:42:39.10</b>	<b>02:42:39.10</b>	+00:45:25 (27.9%)	7:04	8.5 (72.0%)
10	<b>REKOSIEWICZ-TOKARZ Monika</b>	<b>2138</b>	STOWARZYSZENIE BIEGNIJ Z POMOCĄ	K40	10	01:12:59	<b>02:43:52.60</b>	<b>02:43:52.60</b>	+00:46:38 (28.5%)	7:07	8.4 (71.2%)
11	<b>SZYMANOWSKA Monika</b>	<b>2111</b>		K40	11	01:10:39	<b>02:47:14.75</b>	<b>02:47:14.75</b>	+00:50:00 (29.9%)	7:16	8.3 (70.3%)
12	<b>OSADNIK Anna</b>	<b>2137</b>	MAFIA TEAM LUBLINIEC	K40	12	01:20:34	<b>02:50:05.30</b>	<b>02:50:05.30</b>	+00:52:51 (31.1%)	7:23	8.1 (68.6%)
13	<b>ADAMOWICZ Agnieszka</b>	<b>2064</b>	ZWOLEŃNICY BIEGANIA	K40	13	01:17:02	<b>02:51:47.85</b>	<b>02:51:47.85</b>	+00:54:33 (31.8%)	7:28	8 (67.8%)
14	<b>STACHOWIAK Aneta</b>	<b>2122</b>		K40	14	01:19:38	<b>02:53:33.00</b>	<b>02:53:33.00</b>	+00:56:19 (32.5%)	7:32	8 (67.8%)
15	<b>WASZKIEWICZ Joanna</b>	<b>2076</b>	NIGHT RUNNERS	K40	15	01:20:48	<b>02:53:42.50</b>	<b>02:53:42.50</b>	+00:56:28 (32.5%)	7:33	7.9 (66.9%)
16	<b>KASPEREK Magdalena</b>	<b>2077</b>	#THEWINEFEELS	K40	16	00:59:44	<b>02:55:39.70</b>	<b>02:55:39.70</b>	+00:58:25 (33.3%)	7:38	7.9 (66.9%)
17	<b>CHMIEL Bożena</b>	<b>2010</b>	DZIKIE MUSTANGI	K40	17		<b>03:00:16.85</b>	<b>03:00:16.85</b>	+01:03:02 (35.0%)	7:50	7.7 (65.3%)
18	<b>ŚWIERŻEWSKA Sylwia</b>	<b>2136</b>		K40	18	01:21:56	<b>03:04:24.15</b>	<b>03:04:24.15</b>	+01:07:10 (36.4%)	8:01	7.5 (63.6%)
19	<b>RADYK Joanna</b>	<b>2195</b>	PRZEMYSKI KLUB BIEGACZA	K40	19	01:21:10	<b>03:05:24.10</b>	<b>03:05:24.10</b>	+01:08:10 (36.8%)	8:03	7.4 (62.7%)
20	<b>HANGIEL Urszula</b>	<b>2150</b>	ŻWAWIE ŻÓŁWIE	K40	20	01:26:22	<b>03:05:40.30</b>	<b>03:05:40.30</b>	+01:08:26 (36.9%)	8:04	7.4 (62.7%)
21	<b>TOMAKA Jadwiga</b>	<b>2013</b>	SZKÓŁKA ROLKOWA WODZU	K40	21	01:26:01	<b>03:09:48.85</b>	<b>03:09:48.85</b>	+01:12:34 (38.2%)	8:15	7.3 (61.9%)
22	<b>SIKORSKA Agnieszka</b>	<b>2198</b>		K40	22	01:30:02	<b>03:10:55.05</b>	<b>03:10:55.05</b>	+01:13:41 (38.6%)	8:18	7.2 (61.0%)
23	<b>LEŚNICZAK Barbara</b>	<b>2197</b>	#WKURWTEAM	K40	23	01:25:08	<b>03:13:30.90</b>	<b>03:13:30.90</b>	+01:16:16 (39.4%)	8:24	7.1 (60.2%)
24	<b>KOCOT Magdalena</b>	<b>2220</b>	META NADARZYN	K40	24		<b>03:17:51.85</b>	<b>03:17:51.85</b>	+01:20:37 (40.8%)	8:36	7 (59.3%)
25	<b>JEŻEWSKA Angelika</b>	<b>2004</b>		K40	25	01:26:18	<b>03:20:02.50</b>	<b>03:20:02.50</b>	+01:22:48 (41.4%)	8:41	6.9 (58.5%)
26	<b>RYŚIAWA Joanna</b>	<b>2152</b>		K40	26	01:28:08	<b>03:22:53.25</b>	<b>03:22:53.25</b>	+01:25:39 (42.2%)	8:49	6.8 (57.6%)
27	<b>WANDEL Agnieszka</b>	<b>2072</b>	NIGHT RUNNERS	K40	27	01:36:53	<b>03:55:36.75</b>	<b>03:55:36.75</b>	+01:58:22 (50.2%)	10:14	5.9 (50.0%)
28	<b>LECIEJEWSKA Małgorzata</b>	<b>2080</b>	NIGHT RUNNERS POZNAŃ	K40	28	01:37:06	<b>03:55:41.05</b>	<b>03:55:41.05</b>	+01:58:27 (50.3%)	10:14	5.9 (50.0%)
29	<b>PLICH Agnieszka</b>	<b>2129</b>	WANDA PANFIL TEAM	K40	29	00:47:53			+	5:19	11.3 (95.8%)

Total 29 results.