



BIESZCZADZKI WEEKEND BIEGOWY RYSIA

Classification: K-30

NOCNY SPRINT RYSIA - 6 KM

B4SPORT

Event: Bieszczadzki Weekend Biegowy Rysia 2019
Organiser: GOKSiT Polańczyk
Date: 2019-10-19
Place: Polańczyk
Distance: 6 km



Place	Participant	Number	Club	Category	MCat	3km	Net time 6km	Gap	Pace min/km	Pace km/h
1	WINIARSKA Katarzyna	267	FANTASTYCZNA TRÓJKA	K-30	1	00:10:43	00:23:02.58		3:50	15.6 (100%)
2	MATYSIAK Agnieszka	20	KOPALNIA MOCY TARNOBRZEG	K-30	2	00:11:40	00:25:47.68	+00:02:45 (10.7%)	4:18	14 (89.7%)
3	KLINGER Weronika	110	PRZEMYSKI KLUB BIEGACZA 1	K-30	3	00:11:55	00:26:07.49	+00:03:04 (11.8%)	4:21	13.8 (88.5%)
4	ROGOWSKA Anna	135	DECARUN RZESZÓW	K-30	4	00:12:15	00:26:43.35	+00:03:40 (13.8%)	4:27	13.5 (86.5%)
5	OGŁUSZKA Elżbieta	179	DECARUN RZESZÓW	K-30	5	00:12:24	00:27:30.14	+00:04:27 (16.2%)	4:35	13.1 (84.0%)
6	AMROŹKIEWICZ - GROMEK Judyta	3	AMROŹKIEWICZ TEAM/ SAN-REH BOGDAN GROMEK	K-30	6	00:12:19	00:27:56.06	+00:04:53 (17.5%)	4:39	12.9 (82.7%)
7	DOROSZ Barbara	52	PRZEMYSKI KLUB BIEGACZA 1	K-30	7	00:13:13	00:28:45.14	+00:05:42 (19.9%)	4:47	12.5 (80.1%)
8	RYŚ Katarzyna	214	PRZEMYSKI KLUB BIEGACZA	K-30	8	00:13:23	00:28:56.12	+00:05:53 (20.4%)	4:49	12.4 (79.5%)
9	CIEPAŁOWICZ Ewa	40	PRZEMYSKI KLUB BIEGACZA	K-30	9	00:13:17	00:29:00.61	+00:05:58 (20.6%)	4:50	12.4 (79.5%)
10	GRADOWSKA Katarzyna	83	PRZEMYSKI KLUB BIEGACZA	K-30	10	00:13:24	00:30:21.38	+00:07:18 (24.1%)	5:03	11.9 (76.3%)
11	KORZENIOWSKA Joanna	120	UMCS BIEGA	K-30	11	00:13:32	00:30:39.73	+00:07:37 (24.8%)	5:06	11.7 (75.0%)
12	SZYMALA-LIPKA Magdalena	247	LIPKI RULEZ	K-30	12	00:13:34	00:30:47.71	+00:07:45 (25.2%)	5:07	11.7 (75.0%)
13	DUDEK Katarzyna	59	PRZEMYSKI KLUB BIEGACZA	K-30	13	00:14:35	00:31:59.83	+00:08:57 (28.0%)	5:20	11.3 (72.4%)
14	JAWORSKA Aleksandra	102	BIEGACZE ŚWINOUJŚCIE	K-30	14	00:14:20	00:32:01.63	+00:08:59 (28.1%)	5:20	11.2 (71.8%)
15	SUCHODOLSKA Anna	283		K-30	15	00:13:17	00:33:05.20	+00:10:02 (30.4%)	5:31	10.9 (69.9%)
16	BANASIK Monika	14	PRUCHNICKA GRUPA BIEGOWA	K-30	16	00:14:29	00:33:14.81	+00:10:12 (30.7%)	5:32	10.8 (69.2%)
17	GŁOWACKA Aneta	75		K-30	17	00:14:22	00:33:35.23	+00:10:32 (31.4%)	5:35	10.7 (68.6%)
18	CURZYDŁO Magdalena	43	POZYTYWNIIE ZABIEGANI SANOK	K-30	18	00:15:06	00:33:38.41	+00:10:35 (31.5%)	5:36	10.7 (68.6%)
19	TUTKA Alicja	254	BIŁGORAJ BIEGA	K-30	19	00:15:54	00:35:00.76	+00:11:58 (34.2%)	5:50	10.3 (66.0%)
20	MAŚLAK Marzena	152	POZYTYWNIIE ZABIEGANI SANOK	K-30	20	00:15:05	00:35:17.34	+00:12:14 (34.7%)	5:52	10.2 (65.4%)
21	WACŁAWSKA Bernadetta	256	POZYTYWNIIE ZABIEGANI SANOK	K-30	21	00:15:05	00:35:17.65	+00:12:15 (34.7%)	5:52	10.2 (65.4%)
22	WASYLÓW Izabela	321	ANTEK TEAM LIPOWICA-PRZEMYSŁ	K-30	22	00:15:31	00:35:31.51	+00:12:28 (35.1%)	5:55	10.1 (64.7%)
23	PERŁOWSKA-ŁOŚ Justyna	193		K-30	23	00:15:41	00:36:11.38	+00:13:08 (36.3%)	6:02	9.9 (63.5%)
24	ZBIEĆ Angelika	278	DARFIK TEAM	K-30	24	00:15:43	00:38:02.27	+00:14:59 (39.4%)	6:20	9.5 (60.9%)
25	PRZĄDKA Katarzyna	200		K-30	25	00:15:45	00:38:03.20	+00:15:00 (39.4%)	6:20	9.5 (60.9%)
26	HARATYK Roksana	90	DZIKIE MUSTANGI	K-30	26	00:16:27	00:38:06.31	+00:15:03 (39.5%)	6:21	9.4 (60.3%)

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27	RADYK Joanna	204	PRZEMYSKI KLUB BIEGACZA	K-30	27	00:16:38	00:38:21.26	+00:15:18 (39.9%)	6:23	9.4 (60.3%)
28	ROHAN Iwona	208	PRZEMYSKI KLUB BIEGACZA	K-30	28	00:16:23	00:38:24.98	+00:15:22 (40.0%)	6:24	9.4 (60.3%)
29	ADAMSKA Agata	299	ORLICA	K-30	29	00:18:26	00:41:27.22	+00:18:24 (44.4%)	6:54	8.7 (55.8%)
30	WILECZEK Magdalena	266		K-30	30	00:21:04	00:46:31.46	+00:23:28 (50.5%)	7:45	7.7 (49.4%)

Total 30 results.