



## BIESZCZADZKI WEEKEND BIEGOWY RYSIA

Klasyfikacja: K-40

# NOCNY SPRINT RYSIA - 6 KM

B4SPORT

**Wydarzenie:**

Bieszczadzki Weekend Biegowy Rysia 2022

**Organizator:**

GOKSiT Polańczyk

**Data:**

2022-10-22

**Miejsce:**

Polańczyk

**Dystans:**

6 km



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3km	Czas netto 6km	Różn	Tempo min/km	Tempo km/h
1	<b>BRYŁA-CRUZ Agnieszka</b>	<b>19</b>	AKM PROMILEK	K-40	1	00:13:52	<b>00:28:31.40</b>		4:45	12.6 (100%)
2	<b>ŚLIWA Anna</b>	<b>164</b>	KRESOWIANIE	K-40	2	00:13:40	<b>00:28:40.60</b>	+00:00:09 (0.5%)	4:46	12.6 (100%)
3	<b>RÓG Dorota</b>	<b>145</b>	RZESZOWSKIE GAZELE I GEPARDY	K-40	3	00:13:46	<b>00:28:53.35</b>	+00:00:21 (1.3%)	4:48	12.5 (99.2%)
4	<b>GAJEK Magdalena</b>	<b>43</b>	AKM PROMILEK	K-40	4	00:14:46	<b>00:29:41.55</b>	+00:01:10 (3.9%)	4:56	12.1 (96.0%)
5	<b>ŚWIĘCH Anna</b>	<b>167</b>	DZIKIE ŚWINKI	K-40	5	00:14:18	<b>00:30:10.80</b>	+00:01:39 (5.5%)	5:01	11.9 (94.4%)
6	<b>JĘDRZEJCZYK Agnieszka</b>	<b>63</b>	RZESZOWSKIE GAZELE I GEPARDY K	K-40	6	00:16:13	<b>00:33:15.95</b>	+00:04:44 (14.3%)	5:32	10.8 (85.7%)
7	<b>HEJDUK Monika</b>	<b>52</b>	UMCS BIEGA	K-40	7	00:16:38	<b>00:34:41.50</b>	+00:06:10 (17.8%)	5:46	10.4 (82.5%)
8	<b>MICHNO Małgorzata</b>	<b>104</b>	JAROSŁAWSKI BIEGACZ	K-40	8	00:16:42	<b>00:34:53.45</b>	+00:06:22 (18.2%)	5:48	10.3 (81.7%)
9	<b>ĆWIAKAŁA Halina</b>	<b>32</b>	ATHLETIC ZRĘCIN	K-40	9	00:16:56	<b>00:35:42.75</b>	+00:07:11 (20.1%)	5:57	10.1 (80.2%)
10	<b>ROGOWSKA Anna</b>	<b>141</b>	RZESZOWSKIE GAZELE I GEPARDY K	K-40	10	00:17:09	<b>00:35:57.90</b>	+00:07:26 (20.7%)	5:59	10 (79.4%)
11	<b>SZCZOTKA Agata</b>	<b>158</b>	JAROSŁAWSKI BIEGACZ	K-40	11	00:17:48	<b>00:38:04.50</b>	+00:09:33 (25.1%)	6:20	9.5 (75.4%)
12	<b>MAJCHROWICZ Marzenna</b>	<b>97</b>		K-40	12	00:18:18	<b>00:38:22.05</b>	+00:09:50 (25.7%)	6:23	9.4 (74.6%)
13	<b>MACIUŁA - KIELAR Monika</b>	<b>95</b>	KRESOWIANIE	K-40	13	00:18:25	<b>00:38:30.85</b>	+00:09:59 (25.9%)	6:25	9.4 (74.6%)
14	<b>KORDOWSKA Kasia</b>	<b>75</b>		K-40	14	00:18:44	<b>00:38:43.30</b>	+00:10:11 (26.3%)	6:27	9.3 (73.8%)
15	<b>CZERWIŃSKA Małgorzata</b>	<b>31</b>	JUMPING STARS TEAM/PODIUM	K-40	15	00:18:58	<b>00:39:54.50</b>	+00:11:23 (28.5%)	6:39	9 (71.4%)
16	<b>MAZUREK Małgorzata</b>	<b>103</b>	AKM PROMILEK	K-40	16	00:19:51	<b>00:41:34.10</b>	+00:13:02 (31.4%)	6:55	8.7 (69.0%)
17	<b>CZAJKA Renata</b>	<b>29</b>	DZIKIE MORSY KARŁOWICE	K-40	17	00:20:30	<b>00:42:28.65</b>	+00:13:57 (32.9%)	7:04	8.5 (67.5%)
18	<b>MACIEJKO Anna</b>	<b>94</b>	KRESOWIANIE	K-40	18	00:20:32	<b>00:42:35.70</b>	+00:14:04 (33.0%)	7:05	8.5 (67.5%)
19	<b>SZYNAL Halina</b>	<b>161</b>	KRESOWIANIE	K-40	19	00:20:20	<b>00:42:51.75</b>	+00:14:20 (33.5%)	7:08	8.4 (66.7%)
20	<b>CHUDY Paulina</b>	<b>27</b>		K-40	20	00:21:01	<b>00:44:24.85</b>	+00:15:53 (35.8%)	7:24	8.1 (64.3%)

Znaleziono 20 wynik(ów)