



# BIESZCZADZKI WEEKEND BIEGOWY RYSIA

Klasyfikacja: Kobiety

## NOCNY SPRINT RYSIA - 6 KM

B4SPORT

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

Bieszczadzki Weekend Biegowy Rysia 2022  
GOKSiT Polańczyk  
2022-10-22  
Polańczyk  
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>BANASIK Monika</b>	<b>8</b>	KAŃCZUCKA GRUPA BIEGOWA	K-30	1	00:13:30	<b>00:28:39.75</b>	+00:00:08 (0.5%)	4:46	12.6 (100%)
3	<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%)
4	<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%)
5	<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%)
6	<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%)
7	<b>DUDA Natalia</b>	<b>36</b>	NIEMCE TEAM	K-16	1	00:14:28	<b>00:30:15.10</b>	+00:01:43 (5.7%)	5:02	11.9 (94.4%)
8	<b>RĘPAŁSKA Agata</b>	<b>140</b>	DZIKIE ŚWINKI	K-30	2	00:14:48	<b>00:30:44.35</b>	+00:02:12 (7.2%)	5:07	11.7 (92.9%)
9	<b>OCHYRA Karolina</b>	<b>118</b>	SANOK BIEGA	K-16	2	00:15:03	<b>00:30:54.70</b>	+00:02:23 (7.7%)	5:09	11.7 (92.9%)
10	<b>OGŁUSZKA Elżbieta</b>	<b>122</b>	RZESZOWSKIE GAZELE I GEPARDY K	K-30	3	00:15:48	<b>00:31:56.00</b>	+00:03:24 (10.7%)	5:19	11.3 (89.7%)
11	<b>NAUKA Edyta</b>	<b>112</b>	DĘBICKIE GEPARDY	K-50	1	00:16:06	<b>00:33:11.70</b>	+00:04:40 (14.1%)	5:31	10.8 (85.7%)
12	<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%)
13	<b>ORLOWSKA Beata</b>	<b>125</b>	STALOWOWOLSKI KLUB BIEGACZA	K-50	2	00:16:22	<b>00:33:40.60</b>	+00:05:09 (15.3%)	5:36	10.7 (84.9%)
14	<b>CELEK Katarzyna</b>	<b>24</b>	RZESZOWSKIE GAZELE I GEPARDY K	K-30	4	00:16:46	<b>00:34:02.95</b>	+00:05:31 (16.2%)	5:40	10.6 (84.1%)
15	<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%)
16	<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%)
17	<b>WAWRZYŃSKA Wioletta</b>	<b>188</b>		K-50	3	00:16:48	<b>00:35:13.10</b>	+00:06:41 (19.0%)	5:52	10.2 (81.0%)
18	<b>RAGAN Monika</b>	<b>139</b>	WATAHA FIT	K-30	5	00:16:30	<b>00:35:20.95</b>	+00:06:49 (19.3%)	5:53	10.2 (81.0%)
19	<b>BEDNARZ Iwona</b>	<b>11</b>	WATAHA FIT	K-30	6	00:16:47	<b>00:35:28.15</b>	+00:06:56 (19.6%)	5:54	10.2 (81.0%)
20	<b>NAMIOTA Urszula</b>	<b>110</b>	MARATOŃCZYK DĘBICA	K-60+	1	00:16:42	<b>00:35:40.10</b>	+00:07:08 (20.0%)	5:56	10.1 (80.2%)
21	<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%)
22	<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%)
23	<b>ZARĘBA Jolanta</b>	<b>183</b>	RZESZOWSKIE GAZELE I GEPARDY K	K-50	4	00:17:28	<b>00:36:32.55</b>	+00:08:01 (21.9%)	6:05	9.9 (78.6%)
24	<b>MAZUR Kinga</b>	<b>102</b>	DĘBICKIE GEPARDY	K-30	7	00:17:37	<b>00:36:44.10</b>	+00:08:12 (22.4%)	6:07	9.8 (77.8%)
25	<b>WIERZBICKA Anna</b>	<b>175</b>	SIENIAWA	K-30	8	00:17:39	<b>00:37:15.15</b>	+00:08:43 (23.4%)	6:12	9.7 (77.0%)
26	<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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3km	Czas netto 6km	Różn	Tempo min/km	Tempo km/h
27	<b>ŁAKOMA Małgorzata</b>	<b>88</b>	KRESOWIANIE	K-30	9	00:18:05	<b>00:38:05.45</b>	+00:09:34 (25.1%)	6:20	9.5 (75.4%)
28	<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%)
29	<b>WIATROWICZ Barbara</b>	<b>173</b>	STALOWOWOLSKI KLUB BIEGACZA	K-60+	2	00:18:13	<b>00:38:28.00</b>	+00:09:56 (25.8%)	6:24	9.4 (74.6%)
30	<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%)
31	<b>NOWACZEK Aleksandra</b>	<b>116</b>	MULTIMEDIA RUNNERS PUŁAWY	K-30	10	00:18:19	<b>00:38:35.05</b>	+00:10:03 (26.1%)	6:25	9.3 (73.8%)
32	<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%)
33	<b>STEC Iwona</b>	<b>157</b>	RUNISGIRL	K-30	11	00:19:09	<b>00:39:48.05</b>	+00:11:16 (28.3%)	6:38	9 (71.4%)
34	<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%)
35	<b>FOLTA Anita</b>	<b>39</b>	DZIKIE ŚWINKI	K-50	5	00:18:42	<b>00:40:24.15</b>	+00:11:52 (29.4%)	6:44	8.9 (70.6%)
36	<b>WISZNIEWSKA Marzena</b>	<b>178</b>	DZIKIE MORSY KARŁOWICE	K-30	12	00:19:11	<b>00:40:58.40</b>	+00:12:27 (30.4%)	6:49	8.8 (69.8%)
37	<b>KOWALSKA Joanna</b>	<b>77</b>		K-30	13	00:19:30	<b>00:41:11.50</b>	+00:12:40 (30.8%)	6:51	8.7 (69.0%)
38	<b>ŁĘTOWSKA Marlena</b>	<b>91</b>		K-30	14	00:19:43	<b>00:41:25.40</b>	+00:12:54 (31.1%)	6:54	8.7 (69.0%)
39	<b>WIERCHOŁA Joanna</b>	<b>174</b>		K-60+	3	00:19:52	<b>00:41:31.35</b>	+00:12:59 (31.3%)	6:55	8.7 (69.0%)
40	<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%)
41	<b>PIETRASIEWICZ Beata</b>	<b>134</b>	KRESOWIANIE	K-16	3	00:19:43	<b>00:41:34.30</b>	+00:13:02 (31.4%)	6:55	8.7 (69.0%)
42	<b>HOŁUB Agata</b>	<b>53</b>	JAROSŁAWSKI BIEGACZ	K-50	6	00:20:05	<b>00:41:57.95</b>	+00:13:26 (32.0%)	6:59	8.6 (68.3%)
43	<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%)
44	<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%)
45	<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%)
46	<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 46 wynik(ów)