



PRZEBIEGŁY LESZY | 10 KM

B4SPORT

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INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie: II Ultra-Bies
Organizator: Fundacja Ultra-Bies
Data: 2023-05-05
Miejsce: Dołżyca
Dystans: 10 km

Klasyfikacja: OPEN K

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	MAZAN Beata	889	FINISZ RYMANÓW/#R	K30	1	00:59:37.10	00:59:37.10		5:57	10.1 (100%)
2	HOŁOWATY Renata	871	SANOK BIEGA	K30	2	01:05:33.60	01:05:33.60	+00:05:56 (9.1%)	6:33	9.2 (91.1%)
3	LIS-PASIONEK Małgorzata	885	LESKO	K40	1	01:08:26.70	01:08:26.70	+00:08:49 (12.9%)	6:50	8.8 (87.1%)
4	STAŃKOWSKA Emilia	828	KB MCKIS JAWORZNO	K30	3	01:11:36.35	01:11:36.35	+00:11:59 (16.7%)	7:09	8.4 (83.2%)
5	PERZ Emilia	846		K30	4	01:12:36.90	01:12:36.90	+00:12:59 (17.9%)	7:15	8.3 (82.2%)
6	BANASIK Monika	807	KAŃCZUCKA GRUPA BIEGOWA	K30	5	01:15:56.85	01:15:56.85	+00:16:19 (21.5%)	7:35	7.9 (78.2%)
7	WIKTOROWICZ Joanna	859	ALIOR RUNNING TEAM	K30	6	01:16:28.00	01:16:28.00	+00:16:50 (22.0%)	7:38	7.8 (77.2%)
8	OCHYRA Karolina	902		K20	1	01:19:51.35	01:19:51.35	+00:20:14 (25.3%)	7:59	7.5 (74.3%)
9	MARSZAŁEK Anna	853	BIEGAJ Z DYMKIEM	K30	7	01:20:18.70	01:20:18.70	+00:20:41 (25.8%)	8:01	7.5 (74.3%)
10	FILUS Renata	938	AKADEMIA BIEGACZA MATYLDY KOWAL	K40	2	01:23:16.60	01:23:16.60	+00:23:39 (28.4%)	8:19	7.2 (71.3%)
11	PTAK Sylwia	883	TRAIL IS OUR WAY	K30	8	01:25:33.80	01:25:33.80	+00:25:56 (30.3%)	8:33	7 (69.3%)
12	KOWALCZEWSKA Magdalena	890		K20	2	01:25:54.00	01:25:54.00	+00:26:16 (30.6%)	8:35	7 (69.3%)
13	STEFANIAK Aleksandra	829		K30	9	01:27:20.30	01:27:20.30	+00:27:43 (31.7%)	8:44	6.9 (68.3%)
14	LORENC Monika	843		K30	10	01:27:49.10	01:27:49.10	+00:28:12 (32.1%)	8:46	6.8 (67.3%)
15	KAMIŃSKA Aneta	840		K20	3	01:28:01.65	01:28:01.65	+00:28:24 (32.3%)	8:48	6.8 (67.3%)
16	ŚNIEGOSKA Sandra	882	KNEIPP TEAM	K30	11	01:28:26.20	01:28:26.20	+00:28:49 (32.6%)	8:50	6.8 (67.3%)
17	HOLIK Iwona	896	GORLICKA GRUPA BIEGOWA	K40	3	01:29:10.70	01:29:10.70	+00:29:33 (33.1%)	8:55	6.7 (66.3%)
18	GANCARZ Barbara	834		K30	12	01:29:27.35	01:29:27.35	+00:29:50 (33.4%)	8:56	6.7 (66.3%)
19	TWARDOCHLEB Agnieszka	901	BIEGAMWRZ	K40	4	01:30:22.70	01:30:22.70	+00:30:45 (34.0%)	9:02	6.6 (65.3%)
20	KUŹNIAK Martyna	878		K50	1	01:31:32.25	01:31:32.25	+00:31:55 (34.9%)	9:09	6.6 (65.3%)
21	PILAWSKA Sandra	913		K20	4	01:32:17.10	01:32:17.10	+00:32:40 (35.4%)	9:13	6.5 (64.4%)
22	KABAŁA Joanna	875	POWER TRAINING	K30	13	01:33:01.25	01:33:01.25	+00:33:24 (35.9%)	9:18	6.5 (64.4%)
23	OBARA Maria	824		K20	5	01:34:06.20	01:34:06.20	+00:34:29 (36.6%)	9:24	6.4 (63.4%)
24	KARABANOWSKA Patrycja	803		K30	14	01:34:06.70	01:34:06.70	+00:34:29 (36.7%)	9:24	6.4 (63.4%)
25	CEBO Katarzyna	893	RUNPROGRESS.PL TEAM	K30	15	01:35:32.10	01:35:32.10	+00:35:55 (37.6%)	9:33	6.3 (62.4%)
26	SKOLMOWSKA Martyna	825		K20	6	01:35:36.60	01:35:36.60	+00:35:59 (37.6%)	9:33	6.3 (62.4%)
27	PALUS Natalia	820		K20	7	01:35:36.75	01:35:36.75	+00:35:59 (37.6%)	9:33	6.3 (62.4%)
28	CHODZIŃSKA Mariola	911		K40	5	01:35:46.80	01:35:46.80	+00:36:09 (37.8%)	9:34	6.3 (62.4%)
29	PIETRUSZKA Anna	855		K30	16	01:35:55.65	01:35:55.65	+00:36:18 (37.9%)	9:35	6.3 (62.4%)

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30	MAZEK Emilia	917	STOPKA PILAWA	K30	17	01:36:15.65	01:36:15.65	+00:36:38 (38.1%)	9:37	6.2 (61.4%)
31	PUDŁO Rita	924		K20	8	01:40:15.60	01:40:15.60	+00:40:38 (40.5%)	10:01	6 (59.4%)
32	CIUPIŃSKA Magda	809		K40	6	01:41:06.95	01:41:06.95	+00:41:29 (41.0%)	10:06	5.9 (58.4%)
33	ŁANNIK Magdalena	905		K30	18	01:41:18.20	01:41:18.20	+00:41:41 (41.1%)	10:07	5.9 (58.4%)
34	LEŃCZUK Grażyna	877	BESKIDZKIE RYSIE RUNNING TEAM	K50	2	01:44:19.00	01:44:19.00	+00:44:41 (42.8%)	10:25	5.8 (57.4%)
35	KOWSKA Monika	880	AKADEMIA SPORTU MONIKA KOWSKA	K30	19	01:47:46.80	01:47:46.80	+00:48:09 (44.7%)	10:46	5.6 (55.4%)
36	GERULA Krystyna	838	AKTYWNY DYNÓW	K40	7	01:47:58.10	01:47:58.10	+00:48:21 (44.8%)	10:47	5.6 (55.4%)
36	JANDZIŚ Ewa	831	AKTYWNY DYNÓW	K40	7	01:47:58.10	01:47:58.10	+00:48:21 (44.8%)	10:47	5.6 (55.4%)
38	RUSEK Jola	873	BIEG LOVELAS	K30	20	01:48:15.35	01:48:15.35	+00:48:38 (44.9%)	10:49	5.5 (54.5%)
39	MOCZYŃSKA Joanna	865		K30	21	01:48:29.60	01:48:29.60	+00:48:52 (45.0%)	10:50	5.5 (54.5%)
40	DRAGAN Izabela	802		K30	22	01:48:43.35	01:48:43.35	+00:49:06 (45.2%)	10:52	5.5 (54.5%)
41	KALISZ Renata	898		K40	9	01:50:37.95	01:50:37.95	+00:51:00 (46.1%)	11:03	5.4 (53.5%)
42	DEREŃ Aneta	884		K40	10	01:50:51.85	01:50:51.85	+00:51:14 (46.2%)	11:05	5.4 (53.5%)
43	PIETRZAK Laura	919		K30	23	01:51:14.25	01:51:14.25	+00:51:37 (46.4%)	11:07	5.4 (53.5%)
44	WOŹNIAK Lidia	823	PORMAT JEDLICZE BIEGA	K50	3	01:52:27.90	01:52:27.90	+00:52:50 (47.0%)	11:14	5.3 (52.5%)
45	SZYBA Anna	870	EKSTREMALNA GRUPA BIEGOWA	K40	11	01:52:59.20	01:52:59.20	+00:53:22 (47.2%)	11:17	5.3 (52.5%)
46	DĄBROWSKA Agnieszka	858	TREKKING TEAM OSTROWIEC ŚWIĘTOKRZYSKI	K30	24	01:53:02.70	01:53:02.70	+00:53:25 (47.3%)	11:18	5.3 (52.5%)
47	GODLEWSKA Izabella	808	GANG ŚWIETLIKÓW	K20	9	01:53:04.10	01:53:04.10	+00:53:27 (47.3%)	11:18	5.3 (52.5%)
48	KUBALAK-KARKUT Marta	801		K30	25	01:54:21.20	01:54:21.20	+00:54:44 (47.9%)	11:26	5.2 (51.5%)
49	LENAR Kamila	863		K20	10	02:04:58.90	02:04:58.90	+01:05:21 (52.3%)	12:29	4.8 (47.5%)
50	ZIMNICKA Agnieszka	942	TREKKING TEAM	K40	12	02:05:49.35	02:05:49.35	+01:06:12 (52.6%)	12:34	4.8 (47.5%)
51	KLUSEK Barbara	895	RUNNING BLONDES	K50	4	02:06:16.25	02:06:16.25	+01:06:39 (52.8%)	12:37	4.8 (47.5%)
52	BUKOWSKA Małgorzata	879	RUNNING BLONDES	K50	5	02:06:39.50	02:06:39.50	+01:07:02 (52.9%)	12:39	4.7 (46.5%)
53	FRANKOWSKA Joanna	940		K40	13	02:06:46.55	02:06:46.55	+01:07:09 (53.0%)	12:40	4.7 (46.5%)
54	KĘSICKA Katarzyna	888		K40	14	02:08:47.35	02:08:47.35	+01:09:10 (53.7%)	12:52	4.7 (46.5%)
55	WŁODARCZYK Agnieszka	876		K30	26	02:12:38.10	02:12:38.10	+01:13:01 (55.1%)	13:15	4.5 (44.6%)
56	WYBRANIEC Rossana	914		K20	11	02:17:24.00	02:17:24.00	+01:17:46 (56.6%)	13:44	4.4 (43.6%)
57	MÜLLER Dorota	849		K50	6	02:17:44.20	02:17:44.20	+01:18:07 (56.7%)	13:46	4.4 (43.6%)
58	KOSTULSKA Olga	923	WKURW_TEAM	K30	27	02:19:54.80	02:19:54.80	+01:20:17 (57.4%)	13:59	4.3 (42.6%)
59	D Anna	869		K40	15	02:21:18.15	02:21:18.15	+01:21:41 (57.8%)	14:07	4.2 (41.6%)
60	KUDZIA Roksana	868		K40	16	02:21:18.30	02:21:18.30	+01:21:41 (57.8%)	14:07	4.2 (41.6%)
61	KAWA Monika	874	TREKKING TEAM OSTROWIEC	K40	17	02:26:06.80	02:26:06.80	+01:26:29 (59.2%)	14:36	4.1 (40.6%)
62	WOJCIECHOWICZ-BRATKO Aldona	908		K60	1	02:26:58.50	02:26:58.50	+01:27:21 (59.4%)	14:41	4.1 (40.6%)
63	CHUCHAŁA Iwona	862	TREKKING TEAM OSTROWIEC ŚWIĘTOKRZYSKI	K40	18	02:31:36.00	02:31:36.00	+01:31:58 (60.7%)	15:09	4 (39.6%)
64	LENAR Nikola	864		K20	12	02:36:51.00	02:36:51.00	+01:37:13 (62.0%)	15:41	3.8 (37.6%)
65	WILK Anna	830	ZABIEGANI MIELEC	K40	19	02:42:19.00	02:42:19.00	+01:42:41 (63.3%)	16:13	3.7 (36.6%)

Znaleziono 65 wynik(ów)