

# RZEŹNICZEK 2018

B4SPORT

**Wydarzenie:** IV FESTIWAL BIEGU RZEŹNIKA  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2018-06-01  
**Miejsce:** Bieszczady  
**Dystans:** 28 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K20

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
1	<b>KANTOR</b> Martyna	<b>5923</b>	BUFF TEAM POLSKA	K20	1	01:27:09	<b>02:40:45.65</b>	<b>02:40:48.00</b>		5:44	10.4 (100%)
2	<b>MROWCA</b> Joanna	<b>5173</b>		K20	2	01:40:10	<b>03:08:54.30</b>	<b>03:08:57.50</b>	+00:28:09 (14.9%)	6:44	8.9 (85.6%)
3	<b>ŁUŻYŃSKA</b> Patrycja	<b>5484</b>	MKL SZCZECIN	K20	3	01:50:34	<b>03:23:14.30</b>	<b>03:23:41.35</b>	+00:42:53 (21.1%)	7:15	8.3 (79.8%)
4	<b>SZYSZKA</b> Anna	<b>5095</b>		K20	4	01:51:00	<b>03:24:00.25</b>	<b>03:24:41.60</b>	+00:43:53 (21.4%)	7:17	8.2 (78.8%)
5	<b>WIS</b> Modesta	<b>5372</b>		K20	5	01:59:49	<b>03:37:46.95</b>	<b>03:38:15.40</b>	+00:57:27 (26.3%)	7:46	7.7 (74.0%)
6	<b>KAPAON</b> Helena	<b>5307</b>	CAZO CLUB RUNNING TEAM	K20	6	01:53:57	<b>03:39:15.80</b>	<b>03:39:33.10</b>	+00:58:45 (26.8%)	7:49	7.7 (74.0%)
7	<b>MIODUSZEWSKA</b> Aleksandra	<b>5795</b>	CAZZO CLUB	K20	7	01:51:06	<b>03:40:32.95</b>	<b>03:40:49.85</b>	+01:00:01 (27.2%)	7:52	7.6 (73.1%)
8	<b>GŁUSZAK</b> Nicole	<b>5867</b>		K20	8	02:01:33	<b>03:44:01.40</b>	<b>03:44:17.05</b>	+01:03:29 (28.3%)	8:00	7.5 (72.1%)
9	<b>BIENIAS</b> Paulina	<b>5116</b>		K20	9	02:02:42	<b>03:48:45.55</b>	<b>03:49:35.75</b>	+01:08:47 (30.0%)	8:10	7.3 (70.2%)
10	<b>RACZYŃSKA</b> Magdalena	<b>5631</b>	VEGE RUNNERS	K20	10	02:01:48	<b>03:56:39.65</b>	<b>03:56:46.90</b>	+01:15:58 (32.1%)	8:27	7.1 (68.3%)
11	<b>CYPRYŚ</b> Joanna	<b>5824</b>		K20	11	02:04:22	<b>03:57:16.45</b>	<b>03:58:38.30</b>	+01:17:50 (32.6%)	8:28	7.1 (68.3%)
12	<b>ŻUK</b> Wiktoria	<b>5871</b>	#RUNFORSMILE	K20	12	02:04:45	<b>03:57:16.90</b>	<b>03:58:38.60</b>	+01:17:50 (32.6%)	8:28	7.1 (68.3%)
13	<b>SZANIAWSKA</b> Agata	<b>5032</b>	RUNWOMAN.PL	K20	13	02:07:50	<b>03:58:18.50</b>	<b>03:59:20.00</b>	+01:18:32 (32.8%)	8:30	7 (67.3%)
14	<b>BANDEL</b> Aneta	<b>5748</b>		K20	14	02:05:46	<b>04:01:11.75</b>	<b>04:01:17.55</b>	+01:20:29 (33.4%)	8:36	7 (67.3%)
15	<b>TYRAŁA</b> Anna	<b>5210</b>		K20	15	02:08:46	<b>04:02:06.55</b>	<b>04:03:17.40</b>	+01:22:29 (33.9%)	8:38	6.9 (66.3%)
16	<b>ZĘGOTA</b> Izabela	<b>5845</b>	ROBIMY DZISIEJ CO?!	K20	16	02:11:47	<b>04:02:34.60</b>	<b>04:03:55.45</b>	+01:23:07 (34.1%)	8:39	6.9 (66.3%)
17	<b>KAPAON</b> Katarzyna	<b>5429</b>	CAZZO CLUB	K20	17	02:01:39	<b>04:07:34.35</b>	<b>04:07:52.05</b>	+01:27:04 (35.1%)	8:50	6.8 (65.4%)
18	<b>KOŁAKOWSKA</b> Olga	<b>5957</b>	LEZZO CLUB	K20	18	02:03:20	<b>04:07:34.15</b>	<b>04:07:52.35</b>	+01:27:04 (35.1%)	8:50	6.8 (65.4%)
19	<b>KOJDER</b> Iwona	<b>5516</b>		K20	19	02:07:23	<b>04:08:20.45</b>	<b>04:08:48.25</b>	+01:28:00 (35.4%)	8:52	6.8 (65.4%)
20	<b>KMITA</b> Gabriela	<b>5798</b>	NOWA HUTA TEAM	K20	20	02:14:02	<b>04:10:09.35</b>	<b>04:11:00.70</b>	+01:30:12 (35.9%)	8:56	6.7 (64.4%)
21	<b>BOGDAŁ</b> Ewelina	<b>5243</b>		K20	21	02:14:31	<b>04:11:02.55</b>	<b>04:12:04.95</b>	+01:31:16 (36.2%)	8:57	6.7 (64.4%)
22	<b>ŁUNIEWSKA</b> Katarzyna	<b>5288</b>	HARDCOROWE WYCHYLYBYMY	K20	22	02:13:06	<b>04:13:41.55</b>	<b>04:14:36.70</b>	+01:33:48 (36.8%)	9:03	6.6 (63.5%)
23	<b>KĘCKA</b> Adrianna	<b>5225</b>	WQRW TEAM	K20	23	02:10:16	<b>04:22:08.60</b>	<b>04:22:44.65</b>	+01:41:56 (38.8%)	9:21	6.4 (61.5%)
24	<b>GOMUŁKIEWICZ</b> Monika	<b>5818</b>		K20	24	02:11:44	<b>04:24:12.90</b>	<b>04:24:52.85</b>	+01:44:04 (39.3%)	9:26	6.4 (61.5%)
25	<b>ŁUKASIK</b> Weronika	<b>5740</b>		K20	25	02:19:32	<b>04:25:34.00</b>	<b>04:26:13.65</b>	+01:45:25 (39.6%)	9:29	6.3 (60.6%)
26	<b>BINEK</b> Katarzyna	<b>5067</b>	NIGHT RUNNERS	K20	26	02:21:13	<b>04:25:55.95</b>	<b>04:27:16.50</b>	+01:46:28 (39.8%)	9:29	6.3 (60.6%)
27	<b>WARDA</b> Justyna	<b>5400</b>	HARDCOROWE WYCHYLYBYMY	K20	27	02:17:57	<b>04:26:25.65</b>	<b>04:27:21.05</b>	+01:46:33 (39.9%)	9:30	6.3 (60.6%)
28	<b>PISZCZOŁA</b> Maria	<b>5775</b>	DIRTY SPARROWS	K20	28	02:20:57	<b>04:27:56.05</b>	<b>04:29:12.80</b>	+01:48:24 (40.3%)	9:34	6.3 (60.6%)
29	<b>SEREDA</b> Joanna	<b>5777</b>	AR	K20	29	02:12:35	<b>04:30:41.40</b>	<b>04:31:07.25</b>	+01:50:19 (40.7%)	9:40	6.2 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
30	<b>ADAMKIEWICZ Natalia</b>	<b>5086</b>	K.S GŁOWNO W BIEGU	K20	30	02:16:45	<b>04:31:31.20</b>	<b>04:32:46.60</b>	+01:51:58 (41.1%)	9:41	6.2 (59.6%)
31	<b>ZARĘBA Julia</b>	<b>5785</b>	NIE ZA DALEKO / VELOCITY	K20	31	02:19:16	<b>04:32:21.05</b>	<b>04:33:15.55</b>	+01:52:27 (41.2%)	9:43	6.2 (59.6%)
32	<b>LIMANOWSKA Olga</b>	<b>5136</b>	TRENER24H.COM.PL	K20	32	02:12:07	<b>04:33:22.35</b>	<b>04:33:31.65</b>	+01:52:43 (41.2%)	9:45	6.1 (58.7%)
33	<b>MARCOL Dominika</b>	<b>5946</b>	OTK RZEŹNIK	K20	33	02:10:19	<b>04:35:23.35</b>	<b>04:35:37.25</b>	+01:54:49 (41.7%)	9:50	6.1 (58.7%)
34	<b>STRUSZKIEWICZ Aleksandra</b>	<b>5887</b>	POWER TRAINING	K20	34	02:24:08	<b>04:36:57.40</b>	<b>04:38:11.35</b>	+01:57:23 (42.2%)	9:53	6.1 (58.7%)
35	<b>KAPUSTA Anna</b>	<b>5124</b>	TSA SANDOMIERZ	K20	35	02:23:47	<b>04:46:26.90</b>	<b>04:47:45.50</b>	+02:06:57 (44.1%)	10:13	5.9 (56.7%)
36	<b>MATYJEWICZ Klaudia</b>	<b>5579</b>		K20	36	02:34:45	<b>04:49:04.00</b>	<b>04:50:35.15</b>	+02:09:47 (44.7%)	10:19	5.8 (55.8%)
37	<b>PIOTRKOWSKA Magda</b>	<b>5894</b>		K20	37	02:35:34	<b>04:50:21.95</b>	<b>04:52:01.30</b>	+02:11:13 (44.9%)	10:22	5.8 (55.8%)
38	<b>MODZELEWSKA Milena</b>	<b>5912</b>	BIGYELLOWFOOT ADVENTURE TEAM	K20	38	02:23:13	<b>04:53:36.00</b>	<b>04:54:42.40</b>	+02:13:54 (45.4%)	10:29	5.7 (54.8%)
39	<b>OZGA Malwina</b>	<b>5127</b>	TONA SPRZĘTU ZERO TALENTU	K20	39	02:27:45	<b>04:55:48.30</b>	<b>04:57:13.90</b>	+02:16:25 (45.9%)	10:33	5.7 (54.8%)
40	<b>BADZIĄGOWSKA Paulina</b>	<b>5677</b>	#WPISZCOKOLWIEK	K20	40	02:34:47	<b>04:56:38.90</b>	<b>04:58:18.10</b>	+02:17:30 (46.1%)	10:35	5.7 (54.8%)
41	<b>RADYMSKA Małgorzata</b>	<b>5586</b>		K20	41	02:31:06	<b>04:58:12.60</b>	<b>04:58:28.95</b>	+02:17:40 (46.1%)	10:39	5.6 (53.8%)
42	<b>CHAMCZYK Aleksandra</b>	<b>5423</b>		K20	42	02:29:36	<b>04:58:08.20</b>	<b>04:59:40.75</b>	+02:18:52 (46.3%)	10:38	5.6 (53.8%)
43	<b>RZEPECKA Justyna</b>	<b>5257</b>		K20	43	02:29:35	<b>05:01:25.45</b>	<b>05:03:14.90</b>	+02:22:26 (47.0%)	10:45	5.6 (53.8%)
44	<b>MACIĄG Ewelina</b>	<b>5599</b>	POWERGIRL	K20	44	02:29:36	<b>05:06:49.20</b>	<b>05:08:20.20</b>	+02:27:32 (47.8%)	10:57	5.5 (52.9%)
45	<b>ŚWIĘCICKA Dagmara</b>	<b>5194</b>	WKURW_TEAM	K20	45	02:34:48	<b>05:12:58.45</b>	<b>05:14:42.45</b>	+02:33:54 (48.9%)	11:10	5.4 (51.9%)
46	<b>MIŁOSZ Maria</b>	<b>5135</b>	KASZANKI	K20	46	02:37:11	<b>05:15:43.55</b>	<b>05:17:21.00</b>	+02:36:33 (49.3%)	11:16	5.3 (51.0%)
47	<b>SZULC Dominika</b>	<b>5670</b>	#WPISZCOKOLWIEK	K20	47	02:34:47	<b>05:19:48.60</b>	<b>05:21:27.55</b>	+02:40:39 (50.0%)	11:25	5.3 (51.0%)
48	<b>KRZYŻANOWSKA Joanna</b>	<b>5241</b>		K20	48	02:52:03	<b>05:54:00.30</b>	<b>05:55:39.95</b>	+03:14:51 (54.8%)	12:38	4.7 (45.2%)
49	<b>CAI Hyaiying</b>	<b>5940</b>		K20	49	03:00:12	<b>06:08:31.00</b>	<b>06:09:48.35</b>	+03:29:00 (56.5%)	13:09	4.6 (44.2%)
50	<b>GREGORCZYK Jadwiga</b>	<b>5177</b>	WKURW_TEAM / ZABIEGANI MIELEC	K20	50	03:16:03	<b>06:30:26.40</b>	<b>06:32:10.90</b>	+03:51:22 (59.0%)	13:56	4.3 (41.3%)
	<b>SKRZYPCZAK Wiktoria</b>	<b>5076</b>		K20		03:29:49 DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)

Znaleziono 51 wynik(ów)