



RZEŹNICZEK 2020

B4SPORT

Wydarzenie: VI FESTIWAL BIEGU RZEŹNIKA
Organizator: Fundacja Bieg Rzeźnika
Data: 2020-06-06
Miejsce: Cisna
Dystans: 26 km

B4SPORT
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: K40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 26km	Różn	Tempo min/km	Tempo km/h
1	WINIARCZYK-JADACH Beata	2876	TG SOKÓŁ ZAKOPANE	K40	1	02:45:25.30		6:21	9.4 (100%)
2	OSIŃSKA Monika	2242	DZIKIE BORSUKI	K40	2	03:11:20.75	+00:25:55 (13.5%)	7:21	8.2 (87.2%)
3	SZYBIAK Joanna	2114		K40	3	03:23:14.40	+00:37:49 (18.6%)	7:49	7.7 (81.9%)
4	ŁAJSZCZAK-GAJDA Dorota	2451		K40	4	03:39:26.90	+00:54:01 (24.6%)	8:26	7.1 (75.5%)
5	KOCZUR Tamara	2147	MYSZKÓW BIEGA	K40	5	03:40:43.70	+00:55:18 (25.1%)	8:29	7.1 (75.5%)
6	CZYŻOWICZ-GOTFRYD Agnieszka	2179	JSC	K40	6	03:45:30.15	+01:00:04 (26.6%)	8:40	6.9 (73.4%)
7	NAZIMEK Lilianna	2434		K40	7	03:55:51.30	+01:10:26 (29.9%)	9:04	6.6 (70.2%)
8	HOŁUBIEC Agnieszka	2188	YULO RUN TEAM SIEDLCE	K40	8	04:00:04.90	+01:14:39 (31.1%)	9:14	6.5 (69.1%)
9	ADAMOWICZ Agnieszka	2510	ZWOLEŃ BIEGA	K40	9	04:05:41.15	+01:20:15 (32.7%)	9:26	6.3 (67.0%)
10	WEBER Agata	2843	JACEKBIEGA RUNNING TEAM	K40	10	04:06:29.75	+01:21:04 (32.9%)	9:28	6.3 (67.0%)
11	SZUBERT-WALENCZAK Magdalena	2012	PSYCHORUN TEAM	K40	11	04:08:02.90	+01:22:37 (33.3%)	9:32	6.3 (67.0%)
12	MIKULSKA Aneta	2635		K40	12	04:09:43.70	+01:24:18 (33.8%)	9:36	6.2 (66.0%)
13	WÓJCIK Monika	2715		K40	13	04:13:49.90	+01:28:24 (34.8%)	9:45	6.1 (64.9%)
14	RAINER Iwona	2857	ACS-STAL KRZYSZTOF RAINER	K40	14	04:17:04.70	+01:31:39 (35.7%)	9:53	6.1 (64.9%)
15	KAMIŃSKA Ewa	2872	SPRINTEX TEAM	K40	15	04:18:00.65	+01:32:35 (35.9%)	9:55	6 (63.8%)
16	HUDZIK Dominika	2709		K40	16	04:19:03.40	+01:33:38 (36.1%)	9:57	6 (63.8%)
17	WYSMOLIŃSKA Karolina	2641		K40	17	04:22:21.75	+01:36:56 (36.9%)	10:05	5.9 (62.8%)
18	HENDZLIK Monika	2462		K40	18	04:23:37.45	+01:38:12 (37.3%)	10:08	5.9 (62.8%)
19	KUC Anna	2752	BGK	K40	19	04:23:50.50	+01:38:25 (37.3%)	10:08	5.9 (62.8%)
20	RYŃ-SOBALA Renata	2594	RMF4RT GLADIATORS	K40	20	04:26:18.60	+01:40:53 (37.9%)	10:14	5.9 (62.8%)
21	BAR Aleksandra	2815	GMINA STRZELCE OPOLSKIE	K40	21	04:29:39.95	+01:44:14 (38.7%)	10:22	5.8 (61.7%)
22	WÓJCIK Monika	2397		K40	22	04:33:18.75	+01:47:53 (39.5%)	10:30	5.7 (60.6%)
23	SEREDOWSKA Ewa	2508		K40	23	04:36:08.70	+01:50:43 (40.1%)	10:37	5.6 (59.6%)
24	ADAMCZYK Ilona	2766	KB BIAŁA BIEGA	K40	24	04:37:44.30	+01:52:19 (40.4%)	10:40	5.6 (59.6%)
25	LERCH Agnieszka	2656		K40	25	04:37:45.20	+01:52:19 (40.4%)	10:40	5.6 (59.6%)
26	NITSCH Joanna	2880	UNTS WARSZAWA	K40	26	04:40:39.35	+01:55:14 (41.1%)	10:47	5.6 (59.6%)
27	SADŁOWSKA Magda	2270	BIEGACZE SPECJALNEJ TROSKI	K40	27	04:40:51.95	+01:55:26 (41.1%)	10:48	5.6 (59.6%)
28	PIETRUSZEWSKA Katarzyna	2631	ORANGE POLSKA	K40	28	04:40:57.20	+01:55:31 (41.1%)	10:48	5.6 (59.6%)
29	DONIEC Katarzyna	2301		K40	29	04:42:21.35	+01:56:56 (41.4%)	10:51	5.5 (58.5%)

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30	GÓRKA Jolanta	2085		K40	30	04:42:26.60	+01:57:01 (41.4%)	10:51	5.5 (58.5%)
31	MASZKOWSKA Anna	2538		K40	31	04:42:30.60	+01:57:05 (41.4%)	10:51	5.5 (58.5%)
32	PĘKALA Anna	2501		K40	32	04:43:33.90	+01:58:08 (41.7%)	10:54	5.5 (58.5%)
33	ŚWIDEREK Katarzyna	2393		K40	33	04:43:59.45	+01:58:34 (41.8%)	10:55	5.5 (58.5%)
34	GRUCHOT Małgorzata	2717	WBO	K40	34	04:44:01.50	+01:58:36 (41.8%)	10:55	5.5 (58.5%)
35	SZCZERBICKA Katarzyna	2404		K40	35	04:46:07.35	+02:00:42 (42.2%)	11:00	5.5 (58.5%)
36	KOZAKIEWICZ Aneta	2530	ZWOLEŃ BIEGA	K40	36	04:46:27.90	+02:01:02 (42.3%)	11:01	5.4 (57.4%)
37	PĘCKA Beata	2445		K40	37	04:46:39.75	+02:01:14 (42.3%)	11:01	5.4 (57.4%)
38	GRZESZCZAK Małgorzata	2592	BIEGAMYRAZEM.PL	K40	38	04:47:02.50	+02:01:37 (42.4%)	11:02	5.4 (57.4%)
39	JURAŚ-KMIEĆ Marzena	2299	BIEGAM SOBIE	K40	39	04:48:32.85	+02:03:07 (42.7%)	11:05	5.4 (57.4%)
40	GESS Magdalena	2385		K40	40	04:49:19.25	+02:03:53 (42.8%)	11:07	5.4 (57.4%)
41	SIEROCIŃSKA Monika	2139	CROSSFIT SIEDLCE	K40	41	04:50:15.10	+02:04:49 (43.0%)	11:09	5.4 (57.4%)
42	KIJEWSKA-RAJ Karolina	2587		K40	42	04:50:49.45	+02:05:24 (43.1%)	11:11	5.4 (57.4%)
43	WYSMOLIŃSKA Barbara	2566		K40	43	04:51:02.40	+02:05:37 (43.2%)	11:11	5.4 (57.4%)
44	KARBOWSKA Beata	2609		K40	44	04:52:15.60	+02:06:50 (43.4%)	11:14	5.3 (56.4%)
45	KLEPACKA-GANCARZ Barbara	2885		K40	45	04:52:16.15	+02:06:50 (43.4%)	11:14	5.3 (56.4%)
46	KONCA Beata	2029	KB OŻARÓW MAZOWIECKI BIEGA	K40	46	04:52:30.80	+02:07:05 (43.4%)	11:15	5.3 (56.4%)
47	PRUSZKOWSKA Katarzyna	2240	CROSSFITTER BOX CHEŁM	K40	47	04:53:21.10	+02:07:55 (43.6%)	11:16	5.3 (56.4%)
48	RĘKOSIEWICZ-TOKARZ Monika	2691	TKKF SOKÓŁ	K40	48	04:53:45.00	+02:08:19 (43.7%)	11:17	5.3 (56.4%)
49	KSIĄŻEK-WOŁYNIEC Magdalena	2006	BIEGACZE SPECJALNEJ TROSKI	K40	49	04:56:22.10	+02:10:56 (44.2%)	11:23	5.3 (56.4%)
50	KONIECZNY Izabella	2565		K40	50	04:57:33.90	+02:12:08 (44.4%)	11:26	5.2 (55.3%)
51	GRZEŚKOWIAK Agnieszka	2516		K40	51	04:59:52.60	+02:14:27 (44.8%)	11:32	5.2 (55.3%)
52	ROMANOWICZ Katarzyna	2698		K40	52	05:01:01.00	+02:15:35 (45.0%)	11:34	5.2 (55.3%)
53	TOKARSKA Bożena	2003	#ADAMCZERWIŃSKITEAM	K40	53	05:02:39.60	+02:17:14 (45.3%)	11:38	5.2 (55.3%)
54	KRZYSZTOFOWICZ Karolina	2975		K40	54	05:02:42.75	+02:17:17 (45.4%)	11:38	5.2 (55.3%)
55	WILIŃSKA-ZYWERT Agnieszka	2714		K40	55	05:03:15.05	+02:17:49 (45.5%)	11:39	5.1 (54.3%)
56	MURASZEW - DĄBROWSKA Katarzyna	2070	DZIKIE SKRZYDŁO	K40	56	05:03:19.95	+02:17:54 (45.5%)	11:40	5.1 (54.3%)
57	KACZMAREK-BYZDRA Aleksandra	2247	KACZMAREK TEAM	K40	57	05:03:31.25	+02:18:05 (45.5%)	11:40	5.1 (54.3%)
58	STYKOWSKA Wioletta	2398		K40	58	05:05:11.30	+02:19:46 (45.8%)	11:44	5.1 (54.3%)
59	CZECH Dorota	2004	PRO-RUN WROCŁAW	K40	59	05:05:20.15	+02:19:54 (45.8%)	11:44	5.1 (54.3%)
60	IWAŃSKA Diana	2861	RUN N FUN	K40	60	05:07:21.05	+02:21:55 (46.2%)	11:49	5.1 (54.3%)
61	KORZENIOWSKA Katarzyna	2475	CHYBA NIE DAM RADY	K40	61	05:07:27.65	+02:22:02 (46.2%)	11:49	5.1 (54.3%)
62	CZAUDERNA Klaudia	2536	OCHAJORUN @ FRIENDS	K40	62	05:10:11.80	+02:24:46 (46.7%)	11:55	5 (53.2%)
63	WINICKA Daria	2141		K40	63	05:11:48.40	+02:26:23 (46.9%)	11:59	5 (53.2%)
64	TREJDER Maria	2735	BAJADERKI KOSZALIN	K40	64	05:12:30.15	+02:27:04 (47.1%)	12:01	5 (53.2%)
65	PRYCIŃSKA Wiesława	2765		K40	65	05:13:07.15	+02:27:41 (47.2%)	12:02	5 (53.2%)
66	GRACZYK Magdalena	2289		K40	66	05:16:45.10	+02:31:19 (47.8%)	12:10	4.9 (52.1%)
67	PŁUCIENNICZAK Barbara	2421		K40	67	05:16:58.75	+02:31:33 (47.8%)	12:11	4.9 (52.1%)
68	RYŻYŃSKA Agnieszka	2174	CHEŁM BIEGA	K40	68	05:20:11.60	+02:34:46 (48.3%)	12:18	4.9 (52.1%)
69	MRUCZYŃSKA-PIETRUCZANIS Katarzyna	2137	WKURW_TEAM	K40	69	05:20:54.65	+02:35:29 (48.5%)	12:20	4.9 (52.1%)
70	LASZUK Anna	2470		K40	70	05:24:16.40	+02:38:51 (49.0%)	12:28	4.8 (51.1%)
71	CZARNOCKA Joanna	2263	ROZBIEGANY SULEJÓWEK	K40	71	05:24:38.95	+02:39:13 (49.0%)	12:29	4.8 (51.1%)
72	KOZAK Beata	2523	WYBIEGAJ SIEBIE	K40	72	05:24:50.15	+02:39:24 (49.1%)	12:29	4.8 (51.1%)
73	SKROŃSKA Monika	2525	WYBIEGAJ SIEBIE	K40	73	05:24:51.05	+02:39:25 (49.1%)	12:29	4.8 (51.1%)

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74	PŁOCICA Anna	2562		K40	74	05:28:08.80	+02:42:43 (49.6%)	12:37	4.8 (51.1%)
75	PILECKA Joanna	2069		K40	75	05:28:39.10	+02:43:13 (49.7%)	12:38	4.7 (50.0%)
76	LEŚNIAKOWSKA Anna	2769	TUR	K40	76	05:28:44.50	+02:43:19 (49.7%)	12:38	4.7 (50.0%)
77	KOBUS Dorota	2362	BIEGAM BO LUBIĘ OSTROŁĘKA	K40	77	05:29:14.85	+02:43:49 (49.8%)	12:39	4.7 (50.0%)
78	PABISEK Anna	2430		K40	78	05:30:51.60	+02:45:26 (50.0%)	12:43	4.7 (50.0%)
79	LASEK Edyta	2464		K40	79	05:30:52.45	+02:45:27 (50.0%)	12:43	4.7 (50.0%)
80	MARCHEL Iwona	2533		K40	80	05:31:08.10	+02:45:42 (50.0%)	12:44	4.7 (50.0%)
81	GIEŁBAGA Anna	2763		K40	81	05:37:00.00	+02:51:34 (50.9%)	12:57	4.6 (48.9%)
82	PAWŁOWSKA-LIS Maria	2468		K40	82	05:38:40.95	+02:53:15 (51.2%)	13:01	4.6 (48.9%)
83	ZIELAK Aldona	2336		K40	83	05:42:10.40	+02:56:45 (51.7%)	13:09	4.6 (48.9%)
84	MUSIAŁ Bożena	2405		K40	84	05:46:08.65	+03:00:43 (52.2%)	13:18	4.5 (47.9%)
85	LESISZ Katarzyna	2409		K40	85	05:46:09.90	+03:00:44 (52.2%)	13:18	4.5 (47.9%)
86	BAUMANN-POPCZYK Anna	2802		K40	86	05:47:15.25	+03:01:49 (52.4%)	13:21	4.5 (47.9%)
87	GARGAS-DZIEDZINA Joanna	2440	CLICO TEAM	K40	87	05:48:44.80	+03:03:19 (52.6%)	13:24	4.5 (47.9%)
88	WSZELAK Ilona	2298	ŁUBUDUBU	K40	88	05:51:49.75	+03:06:24 (53.0%)	13:31	4.4 (46.8%)
89	BIEL Agnieszka	2788		K40	89	05:53:41.20	+03:08:15 (53.2%)	13:36	4.4 (46.8%)
90	ZŁOCH Izabela	2767	YULO RUN TEAM	K40	90	05:55:28.20	+03:10:02 (53.5%)	13:40	4.4 (46.8%)
91	PRZEWOSKA Anna	2163		K40	91	05:56:03.90	+03:10:38 (53.5%)	13:41	4.4 (46.8%)
92	FABJANCZYK Agnieszka	2619	GRUPA JURA PL	K40	92	05:57:52.85	+03:12:27 (53.8%)	13:45	4.4 (46.8%)
93	GRUCA-MACIAŻEK Magdalena	2007	GRUPA JURA PL	K40	93	05:58:10.25	+03:12:44 (53.8%)	13:46	4.4 (46.8%)
94	WEINER Aleksandra	2364	VIKING TRAINING CENTER	K40	94	06:02:38.10	+03:17:12 (54.4%)	13:56	4.3 (45.7%)
95	BANAŚ Katarzyna	2275	VIKING TRAINING CENTER	K40	95	06:02:38.65	+03:17:13 (54.4%)	13:56	4.3 (45.7%)
96	WOJCIECHOWSKA Jolanta	2131	YULO RUN TEAM SIEDLCE	K40	96	06:06:01.65	+03:20:36 (54.8%)	14:04	4.3 (45.7%)
97	SZOŁTYSEK Beata	2377	OCHAJORUN & FRIENDS	K40	97	06:06:24.65	+03:20:59 (54.9%)	14:05	4.3 (45.7%)
98	DANIELEWSKA Magdalena	2260	MOLKI	K40	98	06:20:04.60	+03:34:39 (56.5%)	14:37	4.1 (43.6%)
99	WITEK Sylwia	2244		K40	99	06:20:05.75	+03:34:40 (56.5%)	14:37	4.1 (43.6%)
100	CEMBRZYŃSKA Izabela	2212		K40	100	06:26:43.60	+03:41:18 (57.2%)	14:52	4 (42.6%)
101	PAWLIK Agnieszka	2124	CAŁA OLESNICA BIEGA	K40	101	06:27:45.05	+03:42:19 (57.3%)	14:54	4 (42.6%)
102	SZANDAŁA Iza	2229	CAŁA OLEŚNICA BIEGA	K40	102	06:27:45.20	+03:42:19 (57.3%)	14:54	4 (42.6%)
103	JASIUL Mariola	2498		K40	103	06:27:53.40	+03:42:28 (57.4%)	14:55	4 (42.6%)
104	SIERECKA Dorota	2279	TEAM ZABIEGANEDNI // WKURW_TEAM	K40	104	06:30:50.10	+03:45:24 (57.7%)	15:01	4 (42.6%)
105	SKORUPKA Anna	2148		K40	105	06:31:36.70	+03:46:11 (57.8%)	15:03	4 (42.6%)
106	ZIELIŃSKA IGNASZAK Iwona	2306	HEROBOX	K40	106	06:39:26.90	+03:54:01 (58.6%)	15:21	3.9 (41.5%)
107	FILEWSKA Izabela	2305	HEROBOX	K40	107	06:39:27.00	+03:54:01 (58.6%)	15:21	3.9 (41.5%)
108	DADAŚ Elżbieta	2001	NIGHT RUNNERS GLIWICE	K40	108	06:42:17.35	+03:56:52 (58.9%)	15:28	3.9 (41.5%)
109	KULIGOWSKA Joanna	2441		K40	109	06:49:28.45	+04:04:03 (59.6%)	15:44	3.8 (40.4%)
110	FAFARA Agnieszka	2021		K40	110	06:52:04.40	+04:06:39 (59.9%)	15:50	3.8 (40.4%)
111	BURZ Jowita	2118	WKURW TEAM	K40	111	06:55:50.55	+04:10:25 (60.2%)	15:59	3.8 (40.4%)
112	OŻÓG Iwona	2862		K40	112	06:58:24.90	+04:12:59 (60.5%)	16:05	3.7 (39.4%)
113	JAKUBOWSKA Anna	2221		K40	113	07:02:18.45	+04:16:53 (60.8%)	16:14	3.7 (39.4%)
114	BRZEZIŃSKA Teresa	2886		K40	114	07:06:27.90	+04:21:02 (61.2%)	16:24	3.7 (39.4%)
115	KOLAKOWSKA Anna	2887	POLACY BIEGAJĄ W NL	K40	115	07:06:28.00	+04:21:02 (61.2%)	16:24	3.7 (39.4%)
116	PRĘDKA Magda	2101		K40	116	07:13:22.00	+04:27:56 (61.8%)	16:40	3.6 (38.3%)
117	FORMELA Justyna	2798		K40	117	07:13:59.35	+04:28:34 (61.9%)	16:41	3.6 (38.3%)

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118	DOMARADZKA Violetta	2908	RUNVEGAN	K40	118	07:21:36.80	+04:36:11 (62.5%)	16:59	3.5 (37.2%)
119	PAWŁOWSKA Danuta	2213	WKURW_TEAM	K40	119	07:47:24.00	+05:01:58 (64.6%)	17:58	3.3 (35.1%)
	ŚWIERKOSZ-HOŁYSZ Małgorzata	2830		K40		DNF		-	- (0.0%)

Znaleziono 120 wynik(ów)