

# RZEŹNICZEK INTRO 2017

B4SPORT

**Event:** Festiwal Biegu Rzeźnika  
**Organiser:** Fundacja Bieg Rzeźnika  
**Date:** 2017-06-11  
**Place:** Cisna  
**Distance:** 28 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Classification: K-OPEN

Place	Participant	Number	Club	Category	MCat	Net time 30km	Czas brutto 30km	Gap	Pace min/km	Pace km/h
1	SIEMIĄTKOWSKA Katarzyna	1808		K30	1	03:21:37.60	03:22:07.05		6:43	8.9 (100%)
2	PIĄTEK Beata	1717		K30	2	03:35:11.45	03:35:31.25	+00:13:24 (6.2%)	7:10	8.4 (94.4%)
3	LEŚNIAK-POPIEL Marta	1564	POZYTYWNIIE ZABIEGANI SANOK	K40	1	03:37:24.15	03:37:48.25	+00:15:41 (7.2%)	7:14	8.3 (93.3%)
4	WAŁACH-BIŚTA Zuza	1615		K30	3	03:41:41.00	03:42:19.90	+00:20:12 (9.1%)	7:23	8.1 (91.0%)
5	KASZYCKA Renata	1522		K40	2	03:42:00.70	03:42:33.65	+00:20:26 (9.2%)	7:24	8.1 (91.0%)
6	JAROMIRSKA Elżbieta	1882		K30	4	03:44:14.45	03:44:28.80	+00:22:21 (10.0%)	7:28	8 (89.9%)
7	MUCHA Aleksandra	1537		K20	1	03:47:37.80	03:48:18.70	+00:26:11 (11.5%)	7:35	7.9 (88.8%)
8	GRZANECKA Mirosława	1826		K40	3	03:51:15.20	03:51:40.60	+00:29:33 (12.8%)	7:42	7.8 (87.6%)
9	LEWANDOWSKA Ewa	1666	KBARTURÓWEK ŁÓDŹ	K50	1	03:53:33.70	03:53:53.20	+00:31:46 (13.6%)	7:47	7.7 (86.5%)
10	SZAŁAS Ewa	1753		K30	5	03:54:55.90	03:55:13.55	+00:33:06 (14.1%)	7:49	7.7 (86.5%)
11	SĘKOWSKA Agata	1850		K20	2	03:55:00.85	03:55:22.25	+00:33:15 (14.1%)	7:50	7.7 (86.5%)
12	QUIRINI Ewa	1769		K30	6	03:59:43.15	04:00:19.80	+00:38:12 (15.9%)	7:59	7.5 (84.3%)
13	GRABOWSKA Kamila	1627		K20	3	04:08:18.45	04:09:03.65	+00:46:56 (18.8%)	8:16	7.2 (80.9%)
14	TRYGAR Martyna	1611	FINISZ RYMANÓW	K20	4	04:09:39.75	04:10:06.20	+00:47:59 (19.2%)	8:19	7.2 (80.9%)
15	CEBRAT Ewa	1565		K40	4	04:13:43.90	04:14:08.15	+00:52:01 (20.5%)	8:27	7.1 (79.8%)
16	KUBISIAK Marta	1514		K20	5	04:16:05.20	04:16:37.85	+00:54:30 (21.2%)	8:32	7 (78.7%)
17	SKORUPIŃSKA Katarzyna	1644	KLUB BIEGACZA BOLESŁAWIEC	K30	7	04:17:06.25	04:17:34.30	+00:55:27 (21.5%)	8:34	7 (78.7%)
18	LENART-KŁOŚ Katarzyna	1760	PKO BANK POLSKI	K30	8	04:17:01.10	04:17:35.15	+00:55:28 (21.5%)	8:34	7 (78.7%)
19	MIŁOŃ Aleksandra	1873	SYLVECO	K20	6	04:18:25.70	04:18:51.30	+00:56:44 (21.9%)	8:36	7 (78.7%)
20	MIĄDZEL Katarzyna	1828	ZAGNAŃSK BIEGA	K30	9	04:18:20.30	04:18:59.20	+00:56:52 (22.0%)	8:36	7 (78.7%)
21	GADAMSKA-KABATA Paulina	1598		K30	10	04:18:43.85	04:19:19.75	+00:57:12 (22.1%)	8:37	7 (78.7%)
22	KALANDYK Aga	1733		K40	5	04:19:33.45	04:20:01.40	+00:57:54 (22.3%)	8:39	6.9 (77.5%)
23	GMAJ Karolina	1507		K30	11	04:20:11.05	04:20:38.40	+00:58:31 (22.5%)	8:40	6.9 (77.5%)
24	LACH Agnieszka	1843	EKSPEDYCJA MRÓWKA	K40	6	04:20:33.35	04:20:56.55	+00:58:49 (22.5%)	8:41	6.9 (77.5%)
25	SZYMELFENIG Gabriela	1544		K30	12	04:25:11.05	04:25:40.95	+01:03:33 (23.9%)	8:50	6.8 (76.4%)
26	LISOWSKA Kamila	1635	CROSSFIT ZABRZE	K30	13	04:26:07.70	04:26:27.95	+01:04:20 (24.1%)	8:52	6.8 (76.4%)
27	MAZAN Eliza	1844		K30	14	04:26:29.85	04:27:03.40	+01:04:56 (24.3%)	8:53	6.8 (76.4%)
28	PLEŚNIAR Lucyna	1822		K40	7	04:26:36.90	04:27:19.45	+01:05:12 (24.4%)	8:53	6.8 (76.4%)
29	NAPIERALSKA Milena	1787		K20	7	04:28:21.45	04:29:06.95	+01:06:59 (24.9%)	8:56	6.7 (75.3%)

Place	Participant	Number	Club	Category	MCat	Net time 30km	Czas brutto 30km	Gap	Pace min/km	Pace km/h
30	<b>ŚLIWA Justyna</b>	<b>1523</b>		K20	8	<b>04:28:29.90</b>	<b>04:29:14.35</b>	+01:07:07 (24.9%)	8:57	6.7 (75.3%)
31	<b>WRÓBLEWSKA Joanna</b>	<b>1618</b>		K40	8	<b>04:28:32.80</b>	<b>04:29:16.35</b>	+01:07:09 (24.9%)	8:57	6.7 (75.3%)
32	<b>WILK Monika</b>	<b>1726</b>		K30	15	<b>04:28:31.15</b>	<b>04:29:17.70</b>	+01:07:10 (24.9%)	8:57	6.7 (75.3%)
33	<b>KOWALEWSKA Izabela</b>	<b>1840</b>	PIASECZNO RUNNING	K30	16	<b>04:29:15.85</b>	<b>04:29:55.00</b>	+01:07:47 (25.1%)	8:58	6.7 (75.3%)
34	<b>WOJTYCZKA Katarzyna</b>	<b>1648</b>	AMCSS	K30	17	<b>04:29:34.05</b>	<b>04:29:55.40</b>	+01:07:48 (25.1%)	8:59	6.7 (75.3%)
35	<b>URBANEK Małgorzata</b>	<b>1830</b>	WAPIENICKITEAM	K40	9	<b>04:29:22.00</b>	<b>04:30:05.10</b>	+01:07:58 (25.2%)	8:58	6.7 (75.3%)
36	<b>BAK Katarzyna</b>	<b>1870</b>		K20	9	<b>04:29:47.45</b>	<b>04:30:17.80</b>	+01:08:10 (25.2%)	8:59	6.7 (75.3%)
37	<b>CYGAN Sylwia</b>	<b>1788</b>		K30	18	<b>04:29:48.00</b>	<b>04:30:17.90</b>	+01:08:10 (25.2%)	8:59	6.7 (75.3%)
38	<b>WUJDA Magdalena</b>	<b>1712</b>		K30	19	<b>04:33:44.60</b>	<b>04:34:18.50</b>	+01:12:11 (26.3%)	9:07	6.6 (74.2%)
39	<b>KOSTERA Katarzyna</b>	<b>1614</b>	VEGE RUNNERS	K30	20	<b>04:33:54.40</b>	<b>04:34:33.35</b>	+01:12:26 (26.4%)	9:07	6.6 (74.2%)
39	<b>BRZOZOWSKA Magdalena</b>	<b>1613</b>	TRENERBIEGANIA.PL	K30	21	<b>04:33:54.60</b>	<b>04:34:33.35</b>	+01:12:26 (26.4%)	9:07	6.6 (74.2%)
41	<b>STARCZEWSKA Sylwia</b>	<b>1797</b>		K40	10	<b>04:34:19.80</b>	<b>04:34:56.80</b>	+01:12:49 (26.5%)	9:08	6.6 (74.2%)
42	<b>KUKAWSKA Joanna</b>	<b>1879</b>	COCA-COLA RUNNERS	K50	2	<b>04:35:08.55</b>	<b>04:35:36.40</b>	+01:13:29 (26.7%)	9:10	6.5 (73.0%)
43	<b>GONCERZEWICZ Anna</b>	<b>1582</b>	STARE BABICE BIEGAJĄ	K30	22	<b>04:35:57.60</b>	<b>04:36:25.50</b>	+01:14:18 (26.9%)	9:11	6.5 (73.0%)
44	<b>SAWA Anna</b>	<b>1508</b>	ANNA.SAWA@ME.COM	K40	11	<b>04:36:20.40</b>	<b>04:36:49.45</b>	+01:14:42 (27.0%)	9:12	6.5 (73.0%)
45	<b>SZABLA Magdalena</b>	<b>1603</b>	BIEGAJ Z BANANEM	K30	23	<b>04:36:59.55</b>	<b>04:37:14.50</b>	+01:15:07 (27.1%)	9:14	6.5 (73.0%)
46	<b>KARASEK Magdalena</b>	<b>1601</b>	BIEGAJ Z BANANEM	K30	24	<b>04:36:59.15</b>	<b>04:37:14.65</b>	+01:15:07 (27.1%)	9:13	6.5 (73.0%)
47	<b>TERZONI Karina</b>	<b>1616</b>	SLOW SPORT	K30	25	<b>04:37:03.20</b>	<b>04:37:31.95</b>	+01:15:24 (27.2%)	9:14	6.5 (73.0%)
48	<b>KRASOWSKA Matylda</b>	<b>1516</b>		K30	26	<b>04:37:21.00</b>	<b>04:38:00.10</b>	+01:15:53 (27.3%)	9:14	6.5 (73.0%)
49	<b>MALAROWSKA Elżbieta</b>	<b>1783</b>	GSK RUUNERS TEAM	K20	10	<b>04:39:25.65</b>	<b>04:40:00.50</b>	+01:17:53 (27.8%)	9:18	6.4 (71.9%)
50	<b>BARANIAK Izabela</b>	<b>1654</b>		K30	27	<b>04:40:26.65</b>	<b>04:41:08.20</b>	+01:19:01 (28.1%)	9:20	6.4 (71.9%)
51	<b>DEMKO Anna</b>	<b>1763</b>	GSK RUNNERS TEAM	K20	11	<b>04:40:55.95</b>	<b>04:41:31.35</b>	+01:19:24 (28.2%)	9:21	6.4 (71.9%)
52	<b>JANIK Dominika</b>	<b>1861</b>	NIGHT RUNNERS	K20	12	<b>04:42:59.20</b>	<b>04:43:32.15</b>	+01:21:25 (28.7%)	9:26	6.4 (71.9%)
53	<b>HORGAN Tara</b>	<b>1723</b>		K30	28	<b>04:43:16.55</b>	<b>04:43:48.30</b>	+01:21:41 (28.8%)	9:26	6.4 (71.9%)
54	<b>SŁOTA Małgorzata</b>	<b>1568</b>		K30	29	<b>04:43:19.90</b>	<b>04:43:51.40</b>	+01:21:44 (28.8%)	9:26	6.4 (71.9%)
55	<b>ORLON Edyta</b>	<b>1502</b>		K20	13	<b>04:44:08.50</b>	<b>04:44:33.10</b>	+01:22:26 (29.0%)	9:28	6.3 (70.8%)
56	<b>OLSZANKA Anna</b>	<b>1520</b>		K40	12	<b>04:46:24.40</b>	<b>04:46:51.60</b>	+01:24:44 (29.5%)	9:32	6.3 (70.8%)
57	<b>WOŹNIAK Katarzyna</b>	<b>1545</b>		K30	30	<b>04:46:56.45</b>	<b>04:47:26.10</b>	+01:25:19 (29.7%)	9:33	6.3 (70.8%)
58	<b>KURAS-SMOLNIK Magdalena</b>	<b>1669</b>	SIERADZBIEGA.PL	K30	31	<b>04:46:50.10</b>	<b>04:47:35.65</b>	+01:25:28 (29.7%)	9:33	6.3 (70.8%)
59	<b>PABISEK Anna</b>	<b>1588</b>		K30	32	<b>04:49:33.20</b>	<b>04:50:16.70</b>	+01:28:09 (30.4%)	9:39	6.2 (69.7%)
60	<b>ABRAMCZYK Eliza</b>	<b>1821</b>		K40	13	<b>04:49:33.60</b>	<b>04:50:17.95</b>	+01:28:10 (30.4%)	9:39	6.2 (69.7%)
61	<b>ROSZKOWSKA Sylwia</b>	<b>1546</b>		K30	33	<b>04:50:15.45</b>	<b>04:50:45.65</b>	+01:28:38 (30.5%)	9:40	6.2 (69.7%)
62	<b>CZEPIEC Agata</b>	<b>1832</b>	NIGHT RUNNERS	K30	34	<b>04:50:32.80</b>	<b>04:51:03.90</b>	+01:28:56 (30.6%)	9:41	6.2 (69.7%)
63	<b>OLESZAK Małgorzata</b>	<b>1538</b>		K40	14	<b>04:51:39.30</b>	<b>04:52:15.65</b>	+01:30:08 (30.8%)	9:43	6.2 (69.7%)
64	<b>GRĘZEL-GAWRON Jolanta</b>	<b>1587</b>		K40	15	<b>04:54:00.15</b>	<b>04:54:22.10</b>	+01:32:15 (31.3%)	9:48	6.1 (68.5%)
65	<b>ZARĘBA Julia</b>	<b>1749</b>	NIE ZA DALEKO	K20	14	<b>04:54:38.10</b>	<b>04:55:16.15</b>	+01:33:09 (31.5%)	9:49	6.1 (68.5%)
66	<b>KRAWCZYK Sylwia</b>	<b>1685</b>	BIEGAJĄCE SMS-KI	K30	35	<b>04:54:41.95</b>	<b>04:55:19.30</b>	+01:33:12 (31.6%)	9:49	6.1 (68.5%)
67	<b>ALEKSANDER Sylwia</b>	<b>1688</b>	32 BLT	K30	36	<b>04:54:41.50</b>	<b>04:55:19.35</b>	+01:33:12 (31.6%)	9:49	6.1 (68.5%)
68	<b>WOLSKA Milena</b>	<b>1541</b>	BIEGAM NA TARCHOMINIE	K30	37	<b>04:55:15.60</b>	<b>04:56:00.80</b>	+01:33:53 (31.7%)	9:50	6.1 (68.5%)
69	<b>ROBAK Marlena</b>	<b>1700</b>	ALBATROSY	K20	15	<b>04:58:29.55</b>	<b>04:58:50.70</b>	+01:36:43 (32.4%)	9:56	6 (67.4%)
70	<b>ROGALA Magdalena</b>	<b>1619</b>		K30	38	<b>05:02:23.55</b>	<b>05:02:38.75</b>	+01:40:31 (33.2%)	10:04	6 (67.4%)
71	<b>STUZIŃSKA Sylwia</b>	<b>1847</b>	HUSARIA RACE TEAM	K30	39	<b>05:02:36.20</b>	<b>05:02:56.65</b>	+01:40:49 (33.3%)	10:05	5.9 (66.3%)
72	<b>TULEJKO Paula</b>	<b>1539</b>	HUSARIA RACE TEAM	K20	16	<b>05:02:36.20</b>	<b>05:02:56.70</b>	+01:40:49 (33.3%)	10:05	5.9 (66.3%)
73	<b>ŁUKASIAK Ksenia</b>	<b>1622</b>		K20	17	<b>05:04:43.05</b>	<b>05:05:29.30</b>	+01:43:22 (33.8%)	10:09	5.9 (66.3%)

Place	Participant	Number	Club	Category	MCat	Net time 30km	Czas brutto 30km	Gap	Pace min/km	Pace km/h
74	<b>PAWŁOWSKA Anna</b>	<b>1720</b>		K30	40	<b>05:05:21.15</b>	<b>05:05:41.55</b>	+01:43:34 (33.9%)	10:10	5.9 (66.3%)
75	<b>DAWID Honorata</b>	<b>1532</b>		K40	16	<b>05:06:10.10</b>	<b>05:06:34.85</b>	+01:44:27 (34.1%)	10:12	5.9 (66.3%)
76	<b>WRÓBEL Ewelina</b>	<b>1662</b>		K20	18	<b>05:06:19.25</b>	<b>05:06:53.25</b>	+01:44:46 (34.1%)	10:12	5.9 (66.3%)
77	<b>TOMKIEWICZ Bożena</b>	<b>1663</b>		K40	17	<b>05:06:30.00</b>	<b>05:07:04.20</b>	+01:44:57 (34.2%)	10:13	5.9 (66.3%)
78	<b>LAMM Magdalena</b>	<b>1794</b>	GYM BOX OPOLE	K30	41	<b>05:09:16.95</b>	<b>05:09:36.75</b>	+01:47:29 (34.7%)	10:18	5.8 (65.2%)
79	<b>PIETRZYKOWSKA Monika</b>	<b>1777</b>		K40	18	<b>05:09:29.15</b>	<b>05:09:47.45</b>	+01:47:40 (34.8%)	10:18	5.8 (65.2%)
80	<b>KŁUDKIEWICZ Antonina</b>	<b>1548</b>	STARE BABICE BIEGAJĄ	K20	19	<b>05:11:15.00</b>	<b>05:11:42.65</b>	+01:49:35 (35.2%)	10:22	5.8 (65.2%)
81	<b>WASILEWSKA Marzena</b>	<b>1778</b>	BIEGIEM RADOM!	K40	19	<b>05:12:03.65</b>	<b>05:12:22.70</b>	+01:50:15 (35.3%)	10:24	5.8 (65.2%)
82	<b>GADAJ Magdalena</b>	<b>1703</b>		K30	42	<b>05:17:12.80</b>	<b>05:17:36.10</b>	+01:55:29 (36.4%)	10:34	5.7 (64.0%)
83	<b>ZIEMKOWSKA Monika</b>	<b>1853</b>	BIEGOLUDKI	K40	20	<b>05:21:32.55</b>	<b>05:21:50.20</b>	+01:59:43 (37.2%)	10:43	5.6 (62.9%)
84	<b>SADOWIŃSKA Adriana</b>	<b>1525</b>	NOWA HUTA TEAM	K40	21	<b>05:22:37.90</b>	<b>05:23:18.25</b>	+02:01:11 (37.5%)	10:45	5.6 (62.9%)
85	<b>GAGAS Aleksandra</b>	<b>1686</b>	KITA TEAM/CELIRONMAN	K30	43	<b>05:26:23.65</b>	<b>05:27:00.30</b>	+02:04:53 (38.2%)	10:52	5.5 (61.8%)
86	<b>KACZMAREK Emilia</b>	<b>1725</b>	ŁÓDŹ RUNNING TEAM	K40	22	<b>05:26:30.90</b>	<b>05:27:06.30</b>	+02:04:59 (38.2%)	10:53	5.5 (61.8%)
87	<b>PRZYBYLSKA Magdalena</b>	<b>1774</b>		K30	44	<b>05:26:37.30</b>	<b>05:27:08.45</b>	+02:05:01 (38.2%)	10:53	5.5 (61.8%)
88	<b>GAJDA Ewa</b>	<b>1528</b>	OBOZYBIEGOWE.PL	K30	45	<b>05:26:52.00</b>	<b>05:27:31.40</b>	+02:05:24 (38.3%)	10:53	5.5 (61.8%)
89	<b>DRATWICKA Agnieszka</b>	<b>1692</b>	12TRI	K40	23	<b>05:37:14.25</b>	<b>05:37:58.20</b>	+02:15:51 (40.2%)	11:14	5.3 (59.6%)
90	<b>SALUDA Anna</b>	<b>1581</b>	STARE BABICE BIEGAJĄ	K40	24	<b>05:37:49.35</b>	<b>05:38:17.60</b>	+02:16:10 (40.3%)	11:15	5.3 (59.6%)
91	<b>KIJEWSKA- RAJ Karolina</b>	<b>1670</b>		K30	46	<b>05:37:59.75</b>	<b>05:38:44.75</b>	+02:16:37 (40.3%)	11:15	5.3 (59.6%)
92	<b>RYBIENIK Anna</b>	<b>1727</b>		K30	47	<b>05:38:00.10</b>	<b>05:38:45.00</b>	+02:16:37 (40.3%)	11:16	5.3 (59.6%)
93	<b>FRITSCH Iwona</b>	<b>1606</b>	NA PEWNO SZCZECIN	K40	25	<b>05:43:43.05</b>	<b>05:44:06.60</b>	+02:21:59 (41.3%)	11:27	5.2 (58.4%)
94	<b>BLOK Barbara</b>	<b>1869</b>		K20	20	<b>05:46:23.90</b>	<b>05:47:00.20</b>	+02:24:53 (41.8%)	11:32	5.2 (58.4%)
95	<b>JEŻEWSKA Sylwia</b>	<b>1737</b>	DRUŻYNA SZPIKU	K40	26	<b>05:46:22.00</b>	<b>05:47:00.30</b>	+02:24:53 (41.8%)	11:32	5.2 (58.4%)
96	<b>CZYŻEWSKA Ewelina</b>	<b>1604</b>		K20	21	<b>05:46:53.15</b>	<b>05:47:17.40</b>	+02:25:10 (41.8%)	11:33	5.2 (58.4%)
97	<b>OTOROWSKA Aleksandra</b>	<b>1631</b>	WKURW_TEAM	K30	48	<b>05:50:47.55</b>	<b>05:51:21.60</b>	+02:29:14 (42.5%)	11:41	5.1 (57.3%)
98	<b>SEREWA Paulina</b>	<b>1518</b>	OWM LUBLIN	K20	22	<b>05:57:20.85</b>	<b>05:58:02.15</b>	+02:35:55 (43.5%)	11:54	5 (56.2%)
99	<b>JAREMCZUK-SADKOWSKA Agata</b>	<b>1677</b>	HURAGAN ŁBISKA	K40	27	<b>05:57:33.30</b>	<b>05:58:16.65</b>	+02:36:09 (43.6%)	11:55	5 (56.2%)
	<b>KOCYŁA Marzena</b>	<b>1719</b>		K40		<b>DNF</b>	<b>DNF</b>	-	-	-(0.0%)
	<b>PIASECKA Paulina</b>	<b>1671</b>		K20		<b>DNF</b>	<b>DNF</b>	-	-	-(0.0%)
	<b>ŚWIĘCICKA Dagmara</b>	<b>1767</b>	WKURW_TEAM	K20		<b>DNF</b>	<b>DNF</b>	-	-	-(0.0%)
	<b>GARGAS-DZIEDZINA Joanna</b>	<b>1513</b>	NIGHT RUNNERS	K30		<b>DNF</b>	<b>DNF</b>	-	-	-(0.0%)
	<b>NOWOTARSKA Anita</b>	<b>1526</b>		K40		<b>DNF</b>	<b>DNF</b>	-	-	-(0.0%)
	<b>TOMAS Beata</b>	<b>1706</b>		K40		<b>DNF</b>	<b>DNF</b>	-	-	-(0.0%)

Total 105 results.