



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

VII FESTIWAL BIEGU RZEŹNIKA
Fundacja Bieg Rzeźnika
2021-05-28
Cisna
28 km

RZEŹNICZEK

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
1	PACIOREK Ewa	4747		K30	1	03:18:32.90		7:05	8.5 (100%)
2	JANIK Beata	4070	RUNDOMSKO	K30	2	03:19:26.80	+00:00:53 (0.5%)	7:07	8.4 (98.8%)
3	WOJNAROWSKA Weronika	4495		K30	3	03:21:35.05	+00:03:02 (1.5%)	7:11	8.3 (97.6%)
4	DZIEWA Agata	4863		K30	4	03:28:52.10	+00:10:19 (4.9%)	7:27	8 (94.1%)
5	WOJTYCZKA Katarzyna	4938		K30	5	03:34:08.80	+00:15:35 (7.3%)	7:38	7.8 (91.8%)
6	ADAMKIEWICZ Natalia	4611	ŁÓDŹRUNCREW/ JAKO TEAM	K30	6	03:37:18.30	+00:18:45 (8.6%)	7:45	7.7 (90.6%)
7	MARCULA Ewelina	4287		K30	7	03:41:32.10	+00:22:59 (10.4%)	7:54	7.6 (89.4%)
8	DEMKO Anna	4952	ZÓŁTYCZERWONYPANDA	K30	8	03:47:37.00	+00:29:04 (12.8%)	8:07	7.4 (87.1%)
9	PUCIŁOWSKA Natalia	4771	AKADEMIA KETTLEBELLS WARSZAWA	K30	9	03:48:11.90	+00:29:39 (13.0%)	8:08	7.4 (87.1%)
10	BARTOSIEWICZ Daria	4615	DZIKIE GRUBASY SZATANA	K30	10	03:48:49.10	+00:30:16 (13.2%)	8:10	7.3 (85.9%)
11	PAJDOSZ Katarzyna	4903	KB BIAŁA BIEGA	K30	11	03:50:28.40	+00:31:55 (13.9%)	8:13	7.3 (85.9%)
12	PELA Olga	4907	SKY-TRANS	K30	12	03:52:36.05	+00:34:03 (14.6%)	8:18	7.2 (84.7%)
13	POTERA Krystyna	4310		K30	13	03:54:07.55	+00:35:34 (15.2%)	8:21	7.2 (84.7%)
14	PIEKIELNA Angelika	4482	MUKS "JUNIOR" OCHĘDZYN	K30	14	03:55:01.00	+00:36:28 (15.5%)	8:23	7.1 (83.5%)
15	SZYMOWSKA Sylwia	4214	DZIKIE BORSUKI	K30	15	03:56:25.70	+00:37:52 (16.0%)	8:26	7.1 (83.5%)
16	CYWIŃSKA Joanna	5082		K30	16	03:58:38.35	+00:40:05 (16.8%)	8:31	7 (82.4%)
17	KASZUBA-CZARNECKA Anna	4369		K30	17	03:58:45.05	+00:40:12 (16.8%)	8:31	7 (82.4%)
18	PERZ Emilia	4758		K30	18	04:01:56.40	+00:43:23 (17.9%)	8:38	6.9 (81.2%)
19	DOMARADZKA- KASZUBOWICZ Wiktoria	4643	DZIEWCZYNY Z SANOKA	K30	19	04:04:13.00	+00:45:40 (18.7%)	8:43	6.9 (81.2%)
20	SEWERYN Magdalena	4182	TEAM PAPRY	K30	20	04:06:09.45	+00:47:36 (19.3%)	8:47	6.8 (80.0%)
21	ZAJKOWSKA Ewa	4415	VEGE RUNNERS	K30	21	04:06:44.15	+00:48:11 (19.5%)	8:48	6.8 (80.0%)
22	PAWLIKOWSKA Monika	4391		K30	22	04:07:07.25	+00:48:34 (19.7%)	8:49	6.8 (80.0%)
23	LESZCZYŃSKA Katarzyna	4438		K30	23	04:11:40.90	+00:53:08 (21.1%)	8:59	6.7 (78.8%)
24	NOSAL Kamila	4147		K30	24	04:12:34.75	+00:54:01 (21.4%)	9:01	6.7 (78.8%)
25	KOWALSKA Magdalena	4093		K30	25	04:15:03.00	+00:56:30 (22.2%)	9:06	6.6 (77.6%)
26	POLEWACZ Beata	4767	AKADEMIA KETTLEBELLS	K30	26	04:16:35.50	+00:58:02 (22.6%)	9:09	6.5 (76.5%)
27	BORKOWA Marta	4015		K30	27	04:17:36.70	+00:59:03 (22.9%)	9:12	6.5 (76.5%)
28	STAROBRAT-CIENKA Aleksandra	4924		K30	28	04:17:38.15	+00:59:05 (22.9%)	9:12	6.5 (76.5%)
29	CIECHAROWSKA Justyna	4636	RUND DE GIRARD	K30	29	04:17:39.25	+00:59:06 (22.9%)	9:12	6.5 (76.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto	Różn	Tempo min/km	Tempo km/h
						28km			
30	SIKORSKA Agnieszka	4796		K30	30	04:18:10.65	+00:59:37 (23.1%)	9:13	6.5 (76.5%)
31	OKRASA Malgorzata	4444		K30	31	04:18:45.30	+01:00:12 (23.3%)	9:14	6.5 (76.5%)
32	STEFANIUK Klaudia	4587		K30	32	04:20:26.40	+01:01:53 (23.8%)	9:18	6.5 (76.5%)
33	WIŚLIŃSKA Agnieszka	4832		K30	33	04:20:43.10	+01:02:10 (23.8%)	9:18	6.4 (75.3%)
34	DROSIO Klaudia	4645	KASZANKI	K30	34	04:21:08.30	+01:02:35 (24.0%)	9:19	6.4 (75.3%)
35	FOGT Katarzyna	4044	CB163	K30	35	04:21:51.65	+01:03:18 (24.2%)	9:21	6.4 (75.3%)
36	LACHCIK Iwona	4884	7 BATALION KAWALERII POWIETRZNEJ	K30	36	04:22:51.25	+01:04:18 (24.5%)	9:23	6.4 (75.3%)
37	KRZYŻANOWSKA Agnieszka	5032	KASZANKI	K30	37	04:24:16.45	+01:05:43 (24.9%)	9:26	6.4 (75.3%)
38	RADYK Joanna	4774	PRZEMYSKI KLUB BIEGACZA	K30	38	04:25:43.65	+01:07:10 (25.3%)	9:29	6.3 (74.1%)
39	WAŁACHOWSKA Urszula	4984	SOLINA TEAM	K30	39	04:27:45.50	+01:09:12 (25.8%)	9:33	6.3 (74.1%)
40	SIENIAWSKA Karolina	4318		K30	40	04:28:12.50	+01:09:39 (26.0%)	9:34	6.3 (74.1%)
41	SZATAN Jowita	5001	KOTWICA BRZEG	K30	41	04:28:52.10	+01:10:19 (26.2%)	9:36	6.2 (72.9%)
42	VLADOIU Dagmara	4231		K30	42	04:30:33.65	+01:12:00 (26.6%)	9:39	6.2 (72.9%)
43	MAJSZCZYK Paulina	4131		K30	43	04:30:36.75	+01:12:03 (26.6%)	9:39	6.2 (72.9%)
44	SKIBA Ewelina	4487		K30	44	04:31:51.75	+01:13:18 (27.0%)	9:42	6.2 (72.9%)
45	ANDRZEJEWSKA Monika	4459		K30	45	04:32:13.50	+01:13:40 (27.1%)	9:43	6.2 (72.9%)
46	SUCHOCKA Yana	4327		K30	46	04:32:55.70	+01:14:22 (27.3%)	9:44	6.2 (72.9%)
47	BIJATOWSKA Diana	4009	PĘDZĄCE ŁANIE	K30	47	04:35:45.80	+01:17:12 (28.0%)	9:50	6.1 (71.8%)
48	TYMA Katarzyna	4406	CB163	K30	48	04:36:30.20	+01:17:57 (28.2%)	9:52	6.1 (71.8%)
49	TOKARZ Agnieszka	4222	TEAM PAPRY	K30	49	04:36:47.80	+01:18:14 (28.3%)	9:53	6.1 (71.8%)
50	BILCZEWSKA Basia	4010	HEINEKEN KRAKÓW RUNNING CLUB	K30	50	04:37:55.90	+01:19:23 (28.6%)	9:55	6 (70.6%)
51	ZAKRZEWSKA Małgorzata	4245	#BIEGAMYNAOSTRO	K30	51	04:38:31.30	+01:19:58 (28.7%)	9:56	6 (70.6%)
52	DZIĘGIELEWSKA Dominika	4422		K30	52	04:40:38.60	+01:22:05 (29.3%)	10:01	6 (70.6%)
53	FORNAL Ewelina	4047		K30	53	04:41:30.60	+01:22:57 (29.5%)	10:03	6 (70.6%)
54	NOWAK - KASPRZAK Anna	4148		K30	54	04:43:01.45	+01:24:28 (29.8%)	10:06	5.9 (69.4%)
55	TREMPAŁA Michalina	4224	CB163	K30	55	04:43:13.40	+01:24:40 (29.9%)	10:06	5.9 (69.4%)
56	HARNIK Magdalena	4525	KOPALNIA MOCY	K30	56	04:43:58.75	+01:25:25 (30.1%)	10:08	5.9 (69.4%)
57	REGUŁA Katarzyna	4776	DZIKIE GRUBASY SZATANA	K30	57	04:45:42.50	+01:27:09 (30.5%)	10:12	5.9 (69.4%)
58	BŁĄŻEJCZYK Dominika	4621	RAWA SIEDLCE	K30	58	04:46:36.40	+01:28:03 (30.7%)	10:14	5.9 (69.4%)
59	GORSKA Malgorzata	4362		K30	59	04:46:43.05	+01:28:10 (30.8%)	10:14	5.9 (69.4%)
60	KUKLA Mańka	4707	DZIKI GOŁOBORZY	K30	60	04:46:55.25	+01:28:22 (30.8%)	10:14	5.9 (69.4%)
61	DRUŻKOWSKA Monika	4035		K30	61	04:48:27.15	+01:29:54 (31.2%)	10:18	5.8 (68.2%)
62	TROCHA Natalia	4821	BALLS OF STEEL	K30	62	04:48:28.85	+01:29:55 (31.2%)	10:18	5.8 (68.2%)
63	SUDOŁ Katarzyna	4202		K30	63	04:49:13.20	+01:30:40 (31.4%)	10:19	5.8 (68.2%)
64	WRÓBLEWSKA Katarzyna	5080	GIT EKIPA!	K30	64	04:49:37.85	+01:31:04 (31.4%)	10:20	5.8 (68.2%)
65	MIERZWA Natalia	4736	KOPALNIA MOCY	K30	65	04:50:06.25	+01:31:33 (31.6%)	10:21	5.8 (68.2%)
66	GEWALD Danuta	4659	TRENER24H.COM.PL	K30	66	04:50:51.65	+01:32:18 (31.7%)	10:23	5.8 (68.2%)
67	ŁĄCKA Agata	4887	ROOKIES	K30	67	04:51:27.70	+01:32:54 (31.9%)	10:24	5.8 (68.2%)
68	GOLONKA Anna	4998		K30	68	04:51:47.25	+01:33:14 (32.0%)	10:25	5.8 (68.2%)
69	STAŃSKA Sylwia	4976	DZIKI GOŁOBORZY	K30	69	04:52:07.85	+01:33:34 (32.0%)	10:25	5.8 (68.2%)
70	PALUSZKIEWICZ Dorota	4748	RUNEDA	K30	70	04:52:54.90	+01:34:22 (32.2%)	10:27	5.7 (67.1%)
71	KESSLER Dominika	4989	ROZBIEGANY PIASTÓW	K30	71	04:53:58.80	+01:35:25 (32.5%)	10:29	5.7 (67.1%)
72	ŁYP Monika	4988	ROZBIEGANY PIASTÓW	K30	72	04:53:59.05	+01:35:26 (32.5%)	10:29	5.7 (67.1%)
73	OLĘDZKA Marianna	4152	MARIANNA.FIZJO.RUN	K30	73	04:54:23.65	+01:35:50 (32.6%)	10:30	5.7 (67.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
74	ZANDER Agnieszka	4941	EUROFINS	K30	74	04:55:04.00	+01:36:31 (32.7%)	10:32	5.7 (67.1%)
75	MROCZEK Justyna	4895	ADIDAS RUNNERS WARSAW	K30	75	04:56:59.55	+01:38:26 (33.1%)	10:36	5.7 (67.1%)
76	FASZCZA Agnieszka	4040	MARATOŃCZYK POZNAŃ	K30	76	04:57:00.75	+01:38:27 (33.2%)	10:36	5.7 (67.1%)
77	URBAŃSKA Katarzyna	4825		K30	77	04:57:17.80	+01:38:44 (33.2%)	10:37	5.7 (67.1%)
78	KOWALCZYK Justyna	4092	TEAM PAPRY	K30	78	04:57:21.40	+01:38:48 (33.2%)	10:37	5.6 (65.9%)
79	WARAKOMSKA Magda	4232		K30	79	04:59:26.25	+01:40:53 (33.7%)	10:41	5.6 (65.9%)
80	PRZYWŁOCKA Joanna	4578	KOPALNIA MOCY	K30	80	05:00:26.35	+01:41:53 (33.9%)	10:43	5.6 (65.9%)
81	WOJTAROWICZ Danka	4600	TRENER24H.COM.PL	K30	81	05:00:32.60	+01:41:59 (33.9%)	10:44	5.6 (65.9%)
82	GRABKA Małgorzata	4667	RMF GLADIATORS 4RT	K30	82	05:00:50.15	+01:42:17 (34.0%)	10:44	5.6 (65.9%)
83	KOTULA Weronika	4957		K30	83	05:01:14.10	+01:42:41 (34.1%)	10:45	5.6 (65.9%)
84	SZWED Karolina	4211	SUSKA GRUPA BIEGOWA	K30	84	05:02:00.55	+01:43:27 (34.3%)	10:47	5.6 (65.9%)
85	PAWELEC Justyna	4751	TSA SANDOMIERZ	K30	85	05:02:10.10	+01:43:37 (34.3%)	10:47	5.6 (65.9%)
86	WRZOSEK Justyna	4838	TSA SANDOMIERZ	K30	86	05:02:10.30	+01:43:37 (34.3%)	10:47	5.6 (65.9%)
87	FURMAN Agnieszka	4513	OCHAJORUN & FRIENDS	K30	87	05:08:27.45	+01:49:54 (35.6%)	11:00	5.4 (63.5%)
88	BARAN Katarzyna	4851	TRENER24H.COM.PL	K30	88	05:08:40.50	+01:50:07 (35.7%)	11:01	5.4 (63.5%)
89	DĄBROWSKA Edyta	5041		K30	89	05:13:26.25	+01:54:53 (36.7%)	11:11	5.4 (63.5%)
90	BORKOWSKA Katarzyna	4624	ŁÓDŻRUNCREW	K30	90	05:13:59.95	+01:55:27 (36.8%)	11:12	5.4 (63.5%)
91	LENART Anna	4719	ŁÓDŻRUNCREW/JAKOTEAM	K30	91	05:14:00.15	+01:55:27 (36.8%)	11:12	5.4 (63.5%)
92	MODZELEWSKA Karolina	4481	SPC	K30	92	05:15:21.80	+01:56:48 (37.0%)	11:15	5.3 (62.4%)
93	KULIKOWSKA BIAŁEK Dorota	4110	MIAMI	K30	93	05:15:33.75	+01:57:00 (37.1%)	11:16	5.3 (62.4%)
94	LASEK Agnieszka	4284	RUN, FOREST, RUN!	K30	94	05:15:59.40	+01:57:26 (37.2%)	11:17	5.3 (62.4%)
95	TERLECKA Joanna	4592	MŁODY VS STARY	K30	95	05:16:05.25	+01:57:32 (37.2%)	11:17	5.3 (62.4%)
96	LISOWSKA Monika	4123		K30	96	05:16:43.45	+01:58:10 (37.3%)	11:18	5.3 (62.4%)
97	NALEWALSKA Justyna	4564	SERCE TYBETU, WKURW_TEAM	K30	97	05:17:06.75	+01:58:33 (37.4%)	11:19	5.3 (62.4%)
98	BRODAWKA Olga	4626	SZAKARON MAKARON	K30	98	05:18:10.50	+01:59:37 (37.6%)	11:21	5.3 (62.4%)
99	KRUSZEWSKA Emilia	4105		K30	99	05:20:33.60	+02:02:00 (38.1%)	11:26	5.2 (61.2%)
100	SZCZEPAŃSKA Emilia	4206	AKADEMIA HOLISTYCZNA/SZYMANOWSKI TRIATHLON TEAM	K30	100	05:30:17.95	+02:11:45 (39.9%)	11:47	5.1 (60.0%)
101	ZIMMERMANN Milena	4847	HEROBOX	K30	101	05:30:34.80	+02:12:01 (39.9%)	11:48	5.1 (60.0%)
102	OCHOWIAK Klaudia	4150	ORGANIC RACE TEAM	K30	102	05:32:05.60	+02:13:32 (40.2%)	11:51	5.1 (60.0%)
103	LISIAK Karina	4122		K30	103	05:32:05.65	+02:13:32 (40.2%)	11:51	5.1 (60.0%)
104	STELMACH Paulina	4807		K30	104	05:34:43.10	+02:16:10 (40.7%)	11:57	5 (58.8%)
105	WOŚKO Gabriela	4337	STG WARSZAWA	K30	105	05:38:44.00	+02:20:11 (41.4%)	12:05	5 (58.8%)
106	EJSMONT-BRZESKA Magdalena	4423		K30	106	05:40:42.50	+02:22:09 (41.7%)	12:10	4.9 (57.6%)
107	BROJAK Anna	4627	RUNEGADES BRWINÓW	K30	107	05:40:49.40	+02:22:16 (41.7%)	12:10	4.9 (57.6%)
108	ULENBERG Katarzyna	4824		K30	108	05:44:24.40	+02:25:51 (42.4%)	12:18	4.9 (57.6%)
109	PAWLYTA Weronika	4754		K30	109	05:44:24.50	+02:25:51 (42.4%)	12:18	4.9 (57.6%)
110	BUDEK Weronika	5070		K30	110	05:46:24.70	+02:27:51 (42.7%)	12:22	4.8 (56.5%)
111	KWIATKOWSKA Alicja	4376	TRAIN_ME_NOW/MAŁE LWY	K30	111	05:49:05.95	+02:30:33 (43.1%)	12:28	4.8 (56.5%)
112	NIEĆ Melania	4901		K30	112	06:00:01.20	+02:41:28 (44.9%)	12:51	4.7 (55.3%)
113	FIJAŁKOWSKA Karolina	4265		K30	113	06:00:32.15	+02:41:59 (44.9%)	12:52	4.7 (55.3%)
114	MAŁEK-SZUBSTARSKA Marzena	4134	TEAM PAPRY	K30	114	06:03:03.85	+02:44:30 (45.3%)	12:57	4.6 (54.1%)
115	WAJMAN Katarzyna	5024	LALA Z METY	K30	115	06:08:50.65	+02:50:17 (46.2%)	13:10	4.6 (54.1%)
116	SZELAĞ Iwona	4207		K30	116	06:10:53.00	+02:52:20 (46.5%)	13:14	4.5 (52.9%)
117	ŚLUSARCZYK Karolina	4403		K30	117	06:15:18.95	+02:56:46 (47.1%)	13:24	4.5 (52.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
118	KUMOR Anna	4374		K30	118	06:15:25.45	+02:56:52 (47.1%)	13:24	4.5 (52.9%)
119	HOOG Wioleta	4527		K30	119	06:23:53.45	+03:05:20 (48.3%)	13:42	4.4 (51.8%)
120	ECHAUST-NAWROCKA Karolina	4356		K30	120	06:31:34.80	+03:13:01 (49.3%)	13:59	4.3 (50.6%)
121	RÓZIECKA Klaudia	4393		K30	121	06:36:59.25	+03:18:26 (50.0%)	14:10	4.2 (49.4%)
122	WIDERA Aleksandra	4410		K30	122	06:37:04.80	+03:18:31 (50.0%)	14:10	4.2 (49.4%)
123	PRZEPIÓRA-KAŁKA Katarzyna	4168	ROZBIEGAJMY RADOMSKO	K30	123	06:39:10.55	+03:20:37 (50.3%)	14:15	4.2 (49.4%)
124	OCHAŁ Katarzyna	4301	NOCNY BÓR TEAM GŁOGÓW MŁP	K30	124	06:51:39.45	+03:33:06 (51.8%)	14:42	4.1 (48.2%)
125	MATRASZEK Patrycja	4558	STOWARZYSZENIE PACZKA DLA BOHATERA	K30	125	06:54:06.50	+03:35:33 (52.1%)	14:47	4.1 (48.2%)
126	TOMALAK Anna	4820		K30	126	07:03:29.20	+03:44:56 (53.1%)	15:07	4 (47.1%)
127	BYSTRZYCKA Majka	4634	12WBOT	K30	127	07:03:29.85	+03:44:56 (53.1%)	15:07	4 (47.1%)
128	SZUREK Katarzyna	5048		K30	128	07:10:46.10	+03:52:13 (53.9%)	15:23	3.9 (45.9%)
129	WOŹNICA Anna	4836	12WBOT	K30	129	07:11:02.15	+03:52:29 (53.9%)	15:23	3.9 (45.9%)
130	SLONECKA Agnieszka	4396		K30	130	07:53:36.40	+04:35:03 (58.1%)	16:54	3.5 (41.2%)
	KUSZ Gosia	4712		K30		DNF		-	- (0.0%)

Znaleziono 131 wynik(ów)