



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

SMOCZY CROSS MARATON
Fundacja Na Ratunek
2022-10-22
BRANDYSÓWKA - DOLINKI PODKRAKOWSKIE
47 km

SMOCZYSKO | 47KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN K

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lasek 13km	Brandysówka 19km	Góra Smoków 27km	Dubie 38km	Czas netto 47km	Czas brutto 47km	Różn	Tempo min/km	Tempo km/h
1	SZWAJKA Aneta	4886	STAJNIA BALONA	Weteran Kobiet	1	01:27:38	02:06:19	03:28:53	04:41:53	05:52:21.45	05:52:21.45		7:29	8 (100%)
2	SZLENDAK Anna	23	MAM WYBIEGANIE/WYBIEGAJ SIEBIE	Master Kobiet	1	01:27:25	02:03:31	03:32:00	04:48:13	05:56:10.05	05:56:10.05	+00:03:48 (1.1%)	7:34	7.9 (98.8%)
3	KONOPKA Sylwia	30		Master Kobiet	2	01:32:18	02:13:27	03:41:44	04:58:28	06:08:32.55	06:08:32.55	+00:16:11 (4.4%)	7:50	7.7 (96.3%)
4	KANDEFER Beata	4755	KB ATHLETIC ZRĘCIN	Weteran Kobiet	2	01:29:06	02:08:33	03:37:51	04:57:16	06:09:52.50	06:09:52.50	+00:17:31 (4.7%)	7:52	7.6 (95.0%)
5	JELONEK- WICHTOWSKA Aleksandra	4770		Senior Kobiet	1	01:32:06	02:11:44	03:45:20	05:01:43	06:10:37.10	06:10:37.10	+00:18:15 (4.9%)	7:53	7.6 (95.0%)
6	CEBRAT Ewa	4875		Weteran Kobiet	3	01:34:45	02:14:42	03:49:39	05:06:17	06:13:25.00	06:13:25.00	+00:21:03 (5.6%)	7:56	7.6 (95.0%)
7	SZLIFIŃSKA - NOWAK Anna	4771		Weteran Kobiet	4	01:30:45	02:09:46	03:42:36	05:00:58	06:13:36.10	06:13:36.10	+00:21:14 (5.7%)	7:56	7.5 (93.8%)
8	WYSOCKA Agnieszka	4869	BIEGAM BY ŻREĆ WIĘCEJ CIASTKÓW	Master Kobiet	3	01:30:19	02:11:30	03:43:28	05:05:08	06:17:35.00	06:17:35.00	+00:25:13 (6.7%)	8:02	7.5 (93.8%)
9	WINDLOCH Emilia	4822	ZABIEGANY WOŁOMIN	Master Kobiet	4	01:46:01	02:25:49	03:58:41	05:17:11	06:30:13.60	06:30:13.60	+00:37:52 (9.7%)	8:18	7.2 (90.0%)
10	PODODEMSKA- ZABDYR Izabela	4861		Weteran Kobiet	5	01:39:35	02:24:10	03:56:20	05:18:32	06:34:26.60	06:34:26.60	+00:42:05 (10.7%)	8:23	7.1 (88.8%)
11	JAROCKA Agata	4766	BESTIE OCR LEGIONOWO	Master Kobiet	5	01:41:44	02:24:07	03:59:55	05:20:05	06:38:59.55	06:38:59.55	+00:46:38 (11.7%)	8:29	7.1 (88.8%)
12	DZIERŻEŃSKA Monika	4734	STAJNIA BALONA	Weteran Kobiet	6	01:35:34	02:20:56	04:00:25	05:24:43	06:40:52.50	06:40:52.50	+00:48:31 (12.1%)	8:31	7 (87.5%)
13	GROMEK Edyta	4721	SZYBCIEJ NIE DAM RADY	Master Kobiet	6	01:45:28	02:27:45	04:06:19	05:30:26	06:48:10.60	06:48:10.60	+00:55:49 (13.7%)	8:41	6.9 (86.3%)
14	WOJCIECHOWSKA Milena	4738	SILESIA MARATHON CLUB	Master Kobiet	7	01:43:17	02:27:33	04:04:55	05:31:55	06:48:37.60	06:48:37.60	+00:56:16 (13.8%)	8:41	6.9 (86.3%)

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						Lasek 13km	Brandysówka 19km	Smoków 27km	Dubie 38km					
15	PALKIJ Aleksandra	15	KS FORREST LIMANOWA	Senior Kobiet	2	01:44:34	02:30:46	04:05:08	05:34:45	06:56:20.10	06:56:20.10	+01:03:58 (15.4%)	8:51	6.8 (85.0%)
16	KOWALIK Anna	4741	UMCS BIEGA	Master Kobiet	8		02:46:59	04:28:19	05:46:24	07:04:25.85	07:04:25.85	+01:12:04 (17.0%)	9:01	6.6 (82.5%)
17	OLESZEK Magdalena	4793	W POGONI ZA DUCHEM	Master Kobiet	9	01:43:08	02:27:14	04:08:01	05:34:16	07:04:26.15	07:04:26.15	+01:12:04 (17.0%)	9:01	6.6 (82.5%)
18	SZKAMRUK Alicja	4807	EXTREMALNI RZEŹNICY NA RELAKSIE	Senior Kobiet	3	01:56:30	02:45:14	04:27:17	05:52:19	07:15:05.80	07:15:05.80	+01:22:44 (19.0%)	9:15	6.5 (81.3%)
19	KĘDZIORA Marta	17	ŻUBRY RACE TEAM	Senior Kobiet	4	01:48:59	02:33:12	04:18:51	05:47:47	07:16:56.40	07:16:56.40	+01:24:34 (19.4%)	9:17	6.5 (81.3%)
20	POTĘGA Izabela	4727	ZABIERZÓW BIEGA	Master Kobiet	10	01:50:11	02:36:25	04:22:39	05:55:57	07:21:26.15	07:21:26.15	+01:29:04 (20.2%)	9:23	6.4 (80.0%)
21	MINIAK Lidia	2	WYBIEG SIEBIE	Master Kobiet	11	01:45:54	02:33:24	04:20:37	05:56:51	07:23:58.70	07:23:58.70	+01:31:37 (20.6%)	9:26	6.4 (80.0%)
22	HALASTRA Anna	4790		Master Kobiet	12	01:56:19	02:39:18	04:28:28	06:01:02	07:27:53.45	07:27:53.45	+01:35:32 (21.3%)	9:31	6.3 (78.8%)
23	KORZENIOWSKA Joanna	4740	UMCS BIEGA	Master Kobiet	13		02:47:00	04:37:42	06:06:25	07:30:52.90	07:30:52.90	+01:38:31 (21.9%)	9:35	6.3 (78.8%)
24	BONDARCZUK Sylwia	4824	ULTRA BESKID SPORT	Weteran Kobiet	7	01:50:20	02:39:27	04:34:50	06:10:26	07:39:38.20	07:39:38.20	+01:47:16 (23.3%)	9:46	6.1 (76.3%)
25	JAZUKIEWICZ Ewa	4874	EAZYMUT.PL	Weteran Kobiet	8	02:02:15	02:53:04	04:48:53	06:17:54	07:44:09.25	07:44:09.25	+01:51:47 (24.1%)	9:52	6.1 (76.3%)
26	BARAN Joanna	4735		Master Kobiet	14	01:56:16	02:48:11	04:44:15	06:22:49	07:52:48.95	07:52:48.95	+02:00:27 (25.5%)	10:03	6 (75.0%)
27	ZYWERT Agnieszka	4870	SPARTANIE DZIECIOM	Master Kobiet	15	01:57:57	02:48:08	04:48:43	06:28:32	08:09:22.55	08:09:22.55	+02:17:01 (28.0%)	10:24	5.8 (72.5%)
28	ŻBIKOWSKA Mama Marynarza	4852		Weteran Kobiet	9	02:04:32	02:59:09	05:09:54	06:54:38	08:25:59.90	08:25:59.90	+02:33:38 (30.4%)	10:45	5.6 (70.0%)
29	PLISZCZYŃSKA Justyna	4768		Weteran Kobiet	10	02:09:05	03:04:23	05:13:35	07:02:22	08:37:26.40	08:37:26.40	+02:45:04 (31.9%)	11:00	5.4 (67.5%)
30	JATA Marta	4764	MROZEK TRI TEAM/ UMCS BIEGA	Master Kobiet	16	02:09:02	03:04:22	05:13:53	07:02:25	08:37:26.55	08:37:26.55	+02:45:05 (31.9%)	11:00	5.4 (67.5%)
31	RUTKOWSKA Małgorzata	4712		Weteran Kobiet	11	02:09:36	03:04:25	05:09:57	06:57:44	08:43:49.45	08:43:49.45	+02:51:28 (32.7%)	11:08	5.4 (67.5%)
32	FRANKOWSKA Dorota	4737		Weteran Kobiet	12	02:14:06	03:10:33	05:20:23	07:09:47	08:45:39.05	08:45:39.05	+02:53:17 (33.0%)	11:11	5.4 (67.5%)
33	ZAKRZEWSKA Anna	4827		Master Kobiet	17	02:06:43	03:00:35	05:17:46	07:08:47	08:53:08.20	08:53:08.20	+03:00:46 (33.9%)	11:20	5.3 (66.3%)
34	ADAMUS Katarzyna	4713	ULTRA BESKID SPORT	Master Kobiet	18	02:15:05	03:17:56	05:34:16	07:35:27	09:16:33.75	09:16:33.75	+03:24:12 (36.7%)	11:50	5.1 (63.8%)
34	MASTEK Beata	4774	ULTRA BESKID SPORT	Weteran Kobiet	13	02:15:11	03:17:56	05:34:19	07:33:55	09:16:33.75	09:16:33.75	+03:24:12 (36.7%)	11:50	5.1 (63.8%)
34	KRZEMPEK Bogusława	4726		Weteran Kobiet	13	02:15:08	03:17:55	05:34:31	07:33:59	09:16:33.75	09:16:33.75	+03:24:12 (36.7%)	11:50	5.1 (63.8%)
37	CAŁUS Jolanta	4801		Weteran Kobiet	15	02:15:15	03:17:55	05:34:24	07:34:02	09:16:33.85	09:16:33.85	+03:24:12 (36.7%)	11:50	5.1 (63.8%)

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38	MAŁACHOWSKA Izabela	4773	RUNNERS TEAM QUIBL	Master Kobiet	19	02:02:30	03:00:25	05:26:44	07:32:02	09:22:31.20	09:22:31.20	+03:30:09 (37.4%)	11:58	5 (62.5%)
39	SYPNIEWSKA Hanna	4835	SPARTANIE DZIECIOM/ ULTRAWAY TEAM	Dinozaur Kobiet	1	02:23:22	03:26:40	05:41:06	07:42:23	09:38:34.20	09:38:34.20	+03:46:12 (39.1%)	12:18	4.9 (61.3%)
40	SZKAMRUK Małgorzata	4776	EXTREMALNI RZEŹNICY NA RELAKSIE	Master Kobiet	20	02:18:38	03:21:45	05:42:06	07:55:45	09:51:25.80	09:51:25.80	+03:59:04 (40.4%)	12:35	4.8 (60.0%)
	STRĄCZEK Urszula	4786	GISZOWIEC BIEGA RAZEM	Master Kobiet		02:26:16 DNF	03:31:54 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 41 wynik(ów)