

# ULTRAJANOSIK 10 KM LEDWO DYCHA

B4SPORT

**Wydarzenie:** ULTRAJANOSIK 2019  
**Organizator:** Fundacja Na Ratunek  
**Data:** 2019-09-01  
**Miejsce:** Zespół Rekreacyjny Polana Sosny - Niedzica  
**Dystans:** 10 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Open K

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>ADAMCZYK Martyna</b>	<b>2</b>		Senior Kobiet	1	00:17:20	<b>00:42:11.50</b>	<b>00:42:11.50</b>		4:13	14.2 (100%)
2	<b>PACHURA Kinga</b>	<b>152</b>	ULTRAMARATON BABIA GÓRA	Master Kobiet	1	00:20:00	<b>00:48:08.65</b>	<b>00:48:08.65</b>	+00:05:57 (12.4%)	4:48	12.5 (88.0%)
3	<b>PAŁKA Justyna</b>	<b>71</b>	LKS "KŁOS" OLKUSZ	Senior Kobiet	2	00:20:08	<b>00:48:58.80</b>	<b>00:48:58.80</b>	+00:06:47 (13.9%)	4:53	12.3 (86.6%)
4	<b>SMOROŃ Barbara</b>	<b>96</b>	ZAKŁAD REMONTOWO BUDOWLANY	Master Kobiet	2	00:20:47	<b>00:49:31.20</b>	<b>00:49:31.20</b>	+00:07:19 (14.8%)	4:57	12.1 (85.2%)
5	<b>RZEMIŃSKA Kinga</b>	<b>89</b>		Senior Kobiet	3	00:21:01	<b>00:49:51.05</b>	<b>00:49:51.05</b>	+00:07:39 (15.4%)	4:59	12 (84.5%)
6	<b>KRAKOVA Lucia</b>	<b>128</b>	ZAMAGURSKI BEŻCI	Senior Kobiet	4	00:21:05	<b>00:50:28.45</b>	<b>00:50:28.45</b>	+00:08:16 (16.4%)	5:02	11.9 (83.8%)
7	<b>ZAPOŁOCH Bożena</b>	<b>117</b>	BIESZCZADZKI ODDZIAŁ STRAŻY GRANICZNEJ	Master Kobiet	3	00:21:29	<b>00:50:30.25</b>	<b>00:50:30.25</b>	+00:08:18 (16.5%)	5:03	11.9 (83.8%)
8	<b>SADOWSKA-KLASA Alicja</b>	<b>92</b>		Senior Kobiet	5	00:20:50	<b>00:51:08.00</b>	<b>00:51:08.00</b>	+00:08:56 (17.5%)	5:06	11.7 (82.4%)
9	<b>JACHERA Elżbieta</b>	<b>35</b>	WINNICA SPISZ	Master Kobiet	4	00:21:52	<b>00:52:12.30</b>	<b>00:52:12.30</b>	+00:10:00 (19.2%)	5:13	11.5 (81.0%)
10	<b>JASIŃSKA-KIEŁEK Marta</b>	<b>40</b>		Master Kobiet	5	00:21:46	<b>00:53:11.15</b>	<b>00:53:11.15</b>	+00:10:59 (20.7%)	5:19	11.3 (79.6%)
11	<b>PAZEROVÁ Katarína</b>	<b>78</b>	RAMAGU, O.Z.	Senior Kobiet	6	00:21:36	<b>00:53:29.20</b>	<b>00:53:29.20</b>	+00:11:17 (21.1%)	5:20	11.2 (78.9%)
12	<b>PRĘDKIEWICZ Katarzyna</b>	<b>84</b>	NIBYBIEGACZ :)	Senior Kobiet	7	00:22:45	<b>00:54:51.45</b>	<b>00:54:51.45</b>	+00:12:39 (23.1%)	5:29	10.9 (76.8%)
13	<b>KWIATKOWSKA Katarzyna</b>	<b>135</b>	TSA SANDOMIERZ	Master Kobiet	6	00:22:52	<b>00:55:33.80</b>	<b>00:55:33.80</b>	+00:13:22 (24.1%)	5:33	10.8 (76.1%)
14	<b>PACEK Katarzyna</b>	<b>70</b>		Master Kobiet	7	00:24:52	<b>00:57:31.35</b>	<b>00:57:31.35</b>	+00:15:19 (26.7%)	5:45	10.4 (73.2%)
15	<b>DYMEL Małgorzata</b>	<b>22</b>	CYKU PYKU RGB	Senior Kobiet	8	00:25:27	<b>00:58:03.55</b>	<b>00:58:03.55</b>	+00:15:52 (27.3%)	5:48	10.3 (72.5%)
16	<b>JURAS Ewa</b>	<b>43</b>	DW KINGA	Senior Kobiet	9	00:23:57	<b>00:58:12.80</b>	<b>00:58:12.80</b>	+00:16:01 (27.5%)	5:49	10.3 (72.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
17	<b>PIASTA Żaneta</b>	<b>79</b>		Senior Kobiet	10	00:24:43	<b>00:59:00.70</b>	<b>00:59:00.70</b>	+00:16:49 (28.5%)	5:54	10.2 (71.8%)
18	<b>MAŁOLEPSZA Aleksandra</b>	<b>61</b>		Senior Kobiet	11	00:26:07	<b>00:59:25.15</b>	<b>00:59:25.15</b>	+00:17:13 (29.0%)	5:56	10.1 (71.1%)
19	<b>PATRO Monika</b>	<b>74</b>	LBL LUBIĘ BIEGAĆ LENIWIE	Master Kobiet	8	00:24:06	<b>00:59:32.80</b>	<b>00:59:32.80</b>	+00:17:21 (29.1%)	5:57	10.1 (71.1%)
20	<b>KRYSTOSIK Agata</b>	<b>52</b>		Senior Kobiet	12	00:25:07	<b>00:59:44.30</b>	<b>00:59:44.30</b>	+00:17:32 (29.4%)	5:58	10 (70.4%)
21	<b>KŁODZIŃSKA Barbara</b>	<b>47</b>	ULTRAMĘKI	Weteran Kobiet	1	00:24:39	<b>01:00:39.60</b>	<b>01:00:39.60</b>	+00:18:28 (30.4%)	6:03	9.9 (69.7%)
22	<b>SZMIST Jadwiga</b>	<b>104</b>	KB.ATHLETIC ZRĘCIN	Master Kobiet	9	00:25:31	<b>01:00:55.35</b>	<b>01:00:55.35</b>	+00:18:43 (30.7%)	6:05	9.8 (69.0%)
23	<b>CZAJKA Agata</b>	<b>16</b>	WSL	Senior Kobiet	13	00:24:33	<b>01:01:01.10</b>	<b>01:01:01.10</b>	+00:18:49 (30.9%)	6:06	9.8 (69.0%)
24	<b>BOROWSKA Monika</b>	<b>11</b>	ATOMÓWKI	Senior Kobiet	14	00:25:13	<b>01:01:24.30</b>	<b>01:01:24.30</b>	+00:19:12 (31.3%)	6:08	9.8 (69.0%)
25	<b>FORTUNA Agata</b>	<b>126</b>	ŚWISZCZĄCY ŁAŃCUCH	Senior Kobiet	15	00:25:53	<b>01:01:39.85</b>	<b>01:01:39.85</b>	+00:19:28 (31.6%)	6:09	9.7 (68.3%)
26	<b>BISOWSKA Katarzyna</b>	<b>9</b>	KOZY W UCHU	Master Kobiet	10	00:26:21	<b>01:02:07.45</b>	<b>01:02:07.45</b>	+00:19:55 (32.1%)	6:12	9.7 (68.3%)
27	<b>BOROWSKA Anna</b>	<b>12</b>		Senior Kobiet	16	00:25:56	<b>01:02:40.25</b>	<b>01:02:40.25</b>	+00:20:28 (32.7%)	6:16	9.6 (67.6%)
28	<b>PISZCZYŃSKA Izabela</b>	<b>82</b>		Master Kobiet	11	00:24:52	<b>01:02:48.30</b>	<b>01:02:48.30</b>	+00:20:36 (32.8%)	6:16	9.6 (67.6%)
29	<b>SADOWIŃSKA Adriana</b>	<b>91</b>	NOWA HUTA TEAM/WKURW_TEAM	Weteran Kobiet	2	00:25:17	<b>01:03:35.00</b>	<b>01:03:35.00</b>	+00:21:23 (33.6%)	6:21	9.4 (66.2%)
30	<b>RAFAŁ Eliza</b>	<b>134</b>		Master Kobiet	12	00:25:51	<b>01:04:03.90</b>	<b>01:04:03.90</b>	+00:21:52 (34.1%)	6:24	9.4 (66.2%)
31	<b>KAMIŃSKA Agnieszka</b>	<b>44</b>		Senior Kobiet	17	00:26:12	<b>01:04:20.10</b>	<b>01:04:20.10</b>	+00:22:08 (34.4%)	6:26	9.3 (65.5%)
32	<b>KRÓL Edyta</b>	<b>170</b>		Senior Kobiet	18	00:26:51	<b>01:04:27.40</b>	<b>01:04:27.40</b>	+00:22:15 (34.5%)	6:26	9.3 (65.5%)
33	<b>HARATYK Roksana</b>	<b>34</b>	DZIKIE MUSTANGI	Senior Kobiet	19	00:26:40	<b>01:04:54.25</b>	<b>01:04:54.25</b>	+00:22:42 (35.0%)	6:29	9.2 (64.8%)
34	<b>ULATOWSKA Daria</b>	<b>110</b>	CELEBRYTKI	Master Kobiet	13	00:26:09	<b>01:05:05.65</b>	<b>01:05:05.65</b>	+00:22:54 (35.2%)	6:30	9.2 (64.8%)
35	<b>WIERCHOLA Joanna</b>	<b>114</b>		Dinozaur Kobiet	1	00:27:11	<b>01:05:09.35</b>	<b>01:05:09.35</b>	+00:22:57 (35.2%)	6:30	9.2 (64.8%)
36	<b>PAWIAK-KUCHAREWICZ Gabriela</b>	<b>154</b>	POCIĄG DO BIEGANIA	Master Kobiet	14	00:26:46	<b>01:05:37.40</b>	<b>01:05:37.40</b>	+00:23:25 (35.7%)	6:33	9.1 (64.1%)
37	<b>PIĄTKOWSKA Hanna</b>	<b>80</b>	COKE RUNNERS	Master Kobiet	15	00:27:03	<b>01:05:38.60</b>	<b>01:05:38.60</b>	+00:23:27 (35.7%)	6:33	9.1 (64.1%)
38	<b>SZEWCZYK Bożena</b>	<b>103</b>		Weteran Kobiet	3	00:27:02	<b>01:05:39.10</b>	<b>01:05:39.10</b>	+00:23:27 (35.7%)	6:33	9.1 (64.1%)
39	<b>BURCZYŃSKA Beata</b>	<b>15</b>	ROSSMANN	Master Kobiet	16	00:28:18	<b>01:05:59.70</b>	<b>01:05:59.70</b>	+00:23:48 (36.1%)	6:35	9.1 (64.1%)

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40	<b>NOWAKOWSKA Manta</b>	<b>137</b>		Master Kobiet	17	00:27:06	<b>01:06:14.75</b>	<b>01:06:14.75</b>	+00:24:03 (36.3%)	6:37	9.1 (64.1%)
41	<b>PRZYWARA Dominika</b>	<b>138</b>	ZABIEGANI MIELEC	Senior Kobiet	20	00:27:06	<b>01:06:22.35</b>	<b>01:06:22.35</b>	+00:24:10 (36.4%)	6:38	9 (63.4%)
42	<b>BENEDIKOVA Zuzana</b>	<b>6</b>	ZAMAGUSKÝ BEŽCI	Senior Kobiet	21	00:26:36	<b>01:06:27.85</b>	<b>01:06:27.85</b>	+00:24:16 (36.5%)	6:38	9 (63.4%)
43	<b>JANIK Agnieszka</b>	<b>38</b>	BRAK	Master Kobiet	18	00:27:22	<b>01:06:56.10</b>	<b>01:06:56.10</b>	+00:24:44 (37.0%)	6:41	9 (63.4%)
44	<b>DERMAŃSKA Marta</b>	<b>19</b>		Senior Kobiet	22	00:27:23	<b>01:08:02.70</b>	<b>01:08:02.70</b>	+00:25:51 (38.0%)	6:48	8.8 (62.0%)
45	<b>ZABORSKA-JOZEFIK Izabela</b>	<b>116</b>	POWER TRAINING	Weteran Kobiet	4	00:27:16	<b>01:08:28.00</b>	<b>01:08:28.00</b>	+00:26:16 (38.4%)	6:50	8.8 (62.0%)
46	<b>STANCLIK Karolina</b>	<b>97</b>		Senior Kobiet	23	00:30:14	<b>01:08:59.95</b>	<b>01:08:59.95</b>	+00:26:48 (38.9%)	6:53	8.7 (61.3%)
47	<b>SAJAK Agnieszka</b>	<b>93</b>	DW KINGA	Senior Kobiet	24	00:27:25	<b>01:09:04.90</b>	<b>01:09:04.90</b>	+00:26:53 (38.9%)	6:54	8.7 (61.3%)
48	<b>KIELUR Sylwia</b>	<b>45</b>	MALIKI	Master Kobiet	19	00:26:24	<b>01:09:49.10</b>	<b>01:09:49.10</b>	+00:27:37 (39.6%)	6:58	8.6 (60.6%)
49	<b>DADAŚ Elżbieta</b>	<b>18</b>	NIGHT RUNNERS GLIWICE	Master Kobiet	20	00:29:28	<b>01:11:14.45</b>	<b>01:11:14.45</b>	+00:29:02 (40.8%)	7:07	8.4 (59.2%)
50	<b>KLEMOVÁ Tinka</b>	<b>46</b>	AUTOSERVIS ERIKA	Master Kobiet	21	00:29:11	<b>01:13:32.90</b>	<b>01:13:32.90</b>	+00:31:21 (42.6%)	7:21	8.2 (57.7%)
51	<b>MALEC Marta</b>	<b>60</b>		Master Kobiet	22	00:29:47	<b>01:13:45.90</b>	<b>01:13:45.90</b>	+00:31:34 (42.8%)	7:22	8.1 (57.0%)
52	<b>PAWŁOWSKA Karolina</b>	<b>75</b>		Senior Kobiet	25	00:30:00	<b>01:14:37.50</b>	<b>01:14:37.50</b>	+00:32:26 (43.5%)	7:27	8 (56.3%)
53	<b>FRONK Sandra</b>	<b>26</b>		Senior Kobiet	26	00:30:29	<b>01:15:01.00</b>	<b>01:15:01.00</b>	+00:32:49 (43.8%)	7:30	8 (56.3%)
54	<b>MARKIEWICZ Aneta</b>	<b>62</b>		Senior Kobiet	27	00:30:04	<b>01:15:19.15</b>	<b>01:15:19.15</b>	+00:33:07 (44.0%)	7:31	8 (56.3%)
55	<b>RYCERSKA Magdalena</b>	<b>87</b>		Master Kobiet	23	00:30:03	<b>01:15:19.25</b>	<b>01:15:19.25</b>	+00:33:07 (44.0%)	7:31	8 (56.3%)
56	<b>WRONKOWSKA Katarzyna</b>	<b>145</b>		Master Kobiet	24	00:30:40	<b>01:16:04.35</b>	<b>01:16:04.35</b>	+00:33:52 (44.5%)	7:36	7.9 (55.6%)
57	<b>ZOCHNIAK Anna</b>	<b>121</b>		Weteran Kobiet	5	00:30:58	<b>01:18:12.10</b>	<b>01:18:12.10</b>	+00:36:00 (46.0%)	7:49	7.7 (54.2%)
58	<b>KOTARBA Katarzyna</b>	<b>127</b>	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	Master Kobiet	25	00:33:20	<b>01:19:27.25</b>	<b>01:19:27.25</b>	+00:37:15 (46.9%)	7:56	7.6 (53.5%)
59	<b>RUTKOWSKA Olga</b>	<b>86</b>		Senior Kobiet	28	00:32:53	<b>01:21:01.30</b>	<b>01:21:01.30</b>	+00:38:49 (47.9%)	8:06	7.4 (52.1%)
60	<b>OPARA Maja</b>	<b>141</b>	BRAVEHEARTS LEGIONOWO	Master Kobiet	26	00:32:23	<b>01:21:29.85</b>	<b>01:21:29.85</b>	+00:39:18 (48.2%)	8:08	7.4 (52.1%)
61	<b>DUCZMALEWSKA Anna</b>	<b>140</b>	BRAVEHEARTS LEGIONOWO	Master Kobiet	27	00:32:24	<b>01:21:30.15</b>	<b>01:21:30.15</b>	+00:39:18 (48.2%)	8:09	7.4 (52.1%)
62	<b>SOSNOWSKA Justyna</b>	<b>144</b>	POWER TRAINING	Senior Kobiet	29	00:32:48	<b>01:27:10.45</b>	<b>01:27:10.45</b>	+00:44:58 (51.6%)	8:43	6.9 (48.6%)

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63	<b>ŚRUBARSKA Agata</b>	<b>132</b>		Weteran Kobiet	6	00:44:49	<b>01:48:47.60</b>	<b>01:48:47.60</b>	+01:06:36 (61.2%)	10:52	5.5 (38.7%)

Znaleziono 63 wynik(ów)