



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

VIII FESTIWAL BIEGU RZEŹNIKA
Fundacja Bieg Rzeźnika
2022-06-18
Cisna
11 km

V DYCHA NA JELENI SKOK

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
1	PALOWSKA Joanna	4262	GÓRAL Z MAZUR RUNNING TEAM	K30	1	01:12:56.35	01:13:05.15		6:37	9 (100%)
2	KOCZUR Kamila	4304		K30	2	01:15:10.00	01:15:17.65	+00:02:12 (2.9%)	6:50	8.8 (97.8%)
3	WOJNAROWSKA Weronika	4004		K30	3	01:15:46.55	01:15:50.55	+00:02:45 (3.6%)	6:53	8.7 (96.7%)
4	HOŁOWATY Renata	4444		K30	4	01:17:25.80	01:17:29.05	+00:04:23 (5.7%)	7:02	8.5 (94.4%)
5	KOMISARCZYK Anna	4413		K30	5	01:17:28.90	01:17:32.90	+00:04:27 (5.8%)	7:02	8.5 (94.4%)
6	BODZIOCH Agnieszka	4083		K30	6	01:18:51.30	01:18:57.15	+00:05:52 (7.4%)	7:10	8.4 (93.3%)
7	RAK Alicja	4246		K30	7	01:22:59.00	01:23:13.00	+00:10:07 (12.2%)	7:32	8 (88.9%)
8	CURZYDŁO Magdalena	4429	SANOK BIEGA	K30	8	01:23:37.15	01:23:40.55	+00:10:35 (12.7%)	7:36	7.9 (87.8%)
9	GRZELAK Anna	4099	MARMUROWE DZIKI	K30	9	01:23:48.90	01:23:53.80	+00:10:48 (12.9%)	7:37	7.9 (87.8%)
10	SKAWIŃSKA Justyna	4417		K30	10	01:26:49.70	01:27:05.80	+00:14:00 (16.1%)	7:53	7.6 (84.4%)
11	LATUSEK Joanna	4285		K30	11	01:28:01.85	01:28:28.00	+00:15:22 (17.4%)	8:00	7.5 (83.3%)
12	CICHON Sabina	4441		K30	12	01:28:17.90	01:28:45.25	+00:15:40 (17.7%)	8:01	7.5 (83.3%)
13	TYLIŃSKA Dagmara	4023	SŁOŃCE JURY	K30	13	01:32:23.75	01:32:43.40	+00:19:38 (21.2%)	8:23	7.1 (78.9%)
14	GARBATY Anna	4327		K30	14	01:32:31.45	01:32:45.35	+00:19:40 (21.2%)	8:24	7.1 (78.9%)
15	WILGA Ewa	4371	JOZEFIŃSKA TEAM	K30	15	01:32:35.80	01:33:09.75	+00:20:04 (21.6%)	8:25	7.1 (78.9%)
16	OCHEJ Joanna	4407	APTENEO TEAM	K30	16	01:33:32.70	01:33:52.90	+00:20:47 (22.2%)	8:30	7.1 (78.9%)
17	STĘPIEŃ-MŁOT Aneta	4428		K30	17	01:35:46.95	01:35:58.45	+00:22:53 (23.8%)	8:42	6.9 (76.7%)
18	WALASZEK Karolina	4208		K30	18	01:36:39.85	01:37:08.00	+00:24:02 (24.8%)	8:47	6.8 (75.6%)
19	WIERZBICKA Katarzyna	4423		K30	19	01:37:02.40	01:37:09.75	+00:24:04 (24.8%)	8:49	6.8 (75.6%)
20	RODZIEWICZ Marta	4193		K30	20	01:36:47.20	01:37:11.70	+00:24:06 (24.8%)	8:47	6.8 (75.6%)
21	CUDNA-WILK Justyna	4005		K30	21	01:37:40.60	01:37:50.10	+00:24:44 (25.3%)	8:52	6.8 (75.6%)
22	PAWELCZAK Iwona	4119		K30	22	01:38:23.85	01:38:31.90	+00:25:26 (25.8%)	8:56	6.7 (74.4%)
23	MAZUR Maria	4414		K30	23	01:39:44.95	01:39:44.95	+00:26:39 (26.7%)	9:04	6.6 (73.3%)
24	WARYSZAK Joanna	4121	DZIK KOMANDO	K30	24	01:40:07.55	01:40:28.25	+00:27:23 (27.3%)	9:06	6.6 (73.3%)
25	STASZCZYK Anna	4263		K30	25	01:40:25.10	01:41:05.60	+00:28:00 (27.7%)	9:07	6.6 (73.3%)
26	SKASZEWSKA Dominika	4191		K30	26	01:40:44.85	01:41:08.75	+00:28:03 (27.7%)	9:09	6.6 (73.3%)
27	CZARNECKA Malgorzata	4311		K30	27	01:42:17.70	01:42:34.55	+00:29:29 (28.7%)	9:17	6.5 (72.2%)
28	SIARA Agnieszka	4358		K30	28	01:42:52.05	01:43:17.05	+00:30:11 (29.2%)	9:21	6.4 (71.1%)
29	BARAŃSKA Anna	4278		K30	29	01:43:17.95	01:43:33.05	+00:30:27 (29.4%)	9:23	6.4 (71.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
30	MORADEWICZ-PASZKO Ewa	4310		K30	30	01:44:01.25	01:44:11.15	+00:31:06 (29.9%)	9:27	6.3 (70.0%)
31	BRYL Magdalena	4486	KUTNO BIEGA	K30	31	01:43:56.70	01:44:13.30	+00:31:08 (29.9%)	9:26	6.4 (71.1%)
32	PODLASIN Agnieszka	4384	KUTNO BIEGA	K30	32	01:44:04.55	01:44:20.15	+00:31:15 (30.0%)	9:27	6.3 (70.0%)
33	KACZMAREK Sandra	4253	KACZORKI	K30	33	01:44:12.20	01:44:35.60	+00:31:30 (30.1%)	9:28	6.3 (70.0%)
34	GANCARZ Barbara	4288		K30	34	01:45:13.25	01:45:30.60	+00:32:25 (30.7%)	9:33	6.3 (70.0%)
35	SŁOMCZEWSKA-ROGE Zuzanna	4009		K30	35	01:49:08.60	01:49:31.65	+00:36:26 (33.3%)	9:55	6 (66.7%)
36	BIENIARZ Ilona	4228		K30	36	01:50:03.15	01:50:23.95	+00:37:18 (33.8%)	10:00	6 (66.7%)
37	LESZCZYŃSKA Kinga	4320	TEAM TWEETY	K30	37	01:50:57.75	01:51:19.55	+00:38:14 (34.3%)	10:05	5.9 (65.6%)
38	HINC Aldona	4368		K30	38	01:51:46.35	01:52:14.70	+00:39:09 (34.9%)	10:09	5.9 (65.6%)
39	CHILIŃSKA Edyta	4214		K30	39	01:52:31.25	01:52:53.30	+00:39:48 (35.3%)	10:13	5.9 (65.6%)
40	WNUK Małgorzata	4390		K30	40	01:52:22.05	01:53:00.30	+00:39:55 (35.3%)	10:12	5.9 (65.6%)
41	DUL Katarzyna	4011		K30	41	01:53:19.10	01:53:25.55	+00:40:20 (35.6%)	10:18	5.8 (64.4%)
42	BAK - SPALIŃSKA Magdalena	4239		K30	42	01:53:19.35	01:53:38.55	+00:40:33 (35.7%)	10:18	5.8 (64.4%)
43	BORTNOWSKA-WIENCEK Matylda	4146		K30	43	01:53:42.20	01:54:12.70	+00:41:07 (36.0%)	10:20	5.8 (64.4%)
44	KUMOREK Anna	4470		K30	44	01:53:48.70	01:54:15.80	+00:41:10 (36.0%)	10:20	5.8 (64.4%)
45	FRĄCKIEL Anna	4183		K30	45	01:54:18.70	01:54:27.30	+00:41:22 (36.1%)	10:23	5.8 (64.4%)
46	HENSOLDT Arletta	4255		K30	46	01:57:33.50	01:57:33.50	+00:44:28 (37.8%)	10:41	5.6 (62.2%)
47	WOJCIECHOWSKA Weronika	4453		K30	47	01:57:27.90	01:57:45.10	+00:44:39 (37.9%)	10:40	5.6 (62.2%)
47	PÓŁTORNIAK Natalia	4454		K30	47	01:57:27.20	01:57:45.10	+00:44:39 (37.9%)	10:40	5.6 (62.2%)
49	ADAMCZYK-PASIEKA Małgorzata	4306		K30	49	01:57:58.10	01:58:03.30	+00:44:58 (38.1%)	10:43	5.6 (62.2%)
50	LACHCIK Małgorzata	4266		K30	50	01:58:16.55	01:58:33.70	+00:45:28 (38.4%)	10:45	5.6 (62.2%)
51	POBUDKIEWICZ Marta	4086	CAMEL BYDGOSZCZ	K30	51	02:00:08.15	02:00:14.90	+00:47:09 (39.2%)	10:55	5.5 (61.1%)
52	RAJCZAK Monika	4376		K30	52	02:00:39.70	02:01:05.70	+00:48:00 (39.6%)	10:58	5.5 (61.1%)
53	LEWANDOWSKA Anna	4343	UBEZPIECZENIA - KUP NAJLEPSZE	K30	53	02:01:19.40	02:01:25.05	+00:48:19 (39.8%)	11:01	5.4 (60.0%)
54	WÓJTOWICZ Agata	4144		K30	54	02:01:03.25	02:01:36.95	+00:48:31 (39.9%)	11:00	5.5 (61.1%)
55	SZCZYGIELSKA Patrycja	4166		K30	55	02:03:20.95	02:03:41.15	+00:50:36 (40.9%)	11:12	5.4 (60.0%)
56	BRÓDKA Natalia	4038		K30	56	02:03:17.85	02:03:43.00	+00:50:37 (40.9%)	11:12	5.4 (60.0%)
57	KULA Milena	4160		K30	57	02:04:08.70	02:04:34.50	+00:51:29 (41.3%)	11:17	5.3 (58.9%)
58	ŚWIĘCH Marlena	4238		K30	58	02:05:56.00	02:06:30.35	+00:53:25 (42.2%)	11:26	5.2 (57.8%)
59	SIEROTNIK Zuzanna	4143		K30	59	02:06:49.55	02:07:21.05	+00:54:15 (42.6%)	11:31	5.2 (57.8%)
60	SAMBORSKA-BLOK Dominika	4297		K30	60	02:07:28.35	02:07:37.30	+00:54:32 (42.7%)	11:35	5.2 (57.8%)
61	KOGUT Katarzyna	4018	SII RUNNING TEAM	K30	61	02:08:43.75	02:09:27.20	+00:56:22 (43.5%)	11:42	5.1 (56.7%)
62	OLSZEWSKA Ewa	4232	BS ŁĘCZNA	K30	62	02:09:49.55	02:10:25.15	+00:57:20 (44.0%)	11:48	5.1 (56.7%)
63	PIECHOWSKA Magda	4029	FABRYKA DZIKA	K30	63	02:08:28.25	02:10:26.10	+00:57:20 (44.0%)	11:40	5.1 (56.7%)
64	TRZYNA Paula	4202		K30	64	02:14:13.20	02:14:27.90	+01:01:22 (45.6%)	12:12	4.9 (54.4%)
65	MALCHER Barbara	4187	GRUPA JURA'PL	K30	65	02:14:00.35	02:14:45.10	+01:01:39 (45.8%)	12:10	4.9 (54.4%)
66	KILJAN Anna	4069		K30	66	02:16:29.30	02:16:39.70	+01:03:34 (46.5%)	12:24	4.8 (53.3%)
67	KOZŁOWSKA Jagoda	4436		K30	67	02:18:04.30	02:18:35.90	+01:05:30 (47.3%)	12:33	4.8 (53.3%)
68	MAJCHRZAK Lidia	4006	FIBOO TEAM	K30	68	02:31:50.20	02:32:12.75	+01:19:07 (52.0%)	13:48	4.3 (47.8%)
69	WILCZYŃSKA Joanna	4386		K30	69	02:33:32.40	02:34:15.40	+01:21:10 (52.6%)	13:57	4.3 (47.8%)
70	SZCZEPANIAK Kasia	4111		K30	70	02:33:33.05	02:34:15.65	+01:21:10 (52.6%)	13:57	4.3 (47.8%)
71	NAPIERAŁA Marzena	4036		K30	71	02:37:23.10	02:37:23.10	+01:24:17 (53.6%)	14:18	4.2 (46.7%)