



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: K40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
1	KAPUSTA-SZYDŁAK Sylwia	4259		K40	1	01:03:48.10	01:03:50.10		5:48	10.3 (100%)
2	BOLECHOWSKA Dominika	4482	ALPIN SPORT	K40	2	01:08:44.30	01:08:46.00	+00:04:55 (7.2%)	6:14	9.6 (93.2%)
3	BIENIECKA Anna	4468	RZEŹNIK NA RELAKSIE	K40	3	01:16:28.05	01:16:30.70	+00:12:40 (16.6%)	6:57	8.6 (83.5%)
4	WNOROWSKA Magdalena	4315		K40	4	01:23:16.10	01:23:23.45	+00:19:33 (23.5%)	7:34	7.9 (76.7%)
5	PAŚNICKA Marta	4425		K40	5	01:23:40.50	01:23:48.50	+00:19:58 (23.8%)	7:36	7.9 (76.7%)
6	RUS Marta	4477		K40	6	01:27:23.30	01:27:36.35	+00:23:46 (27.1%)	7:56	7.6 (73.8%)
7	LORENC-KAPALA Katarzyna	4270	AKS POLONIA WARSZAWA	K40	7	01:34:14.05	01:34:24.80	+00:30:34 (32.4%)	8:34	7 (68.0%)
8	SIUDAK Anna	4291		K40	8	01:34:27.25	01:34:42.70	+00:30:52 (32.6%)	8:35	7 (68.0%)
9	KOZAK Beata	4218		K40	9	01:35:14.85	01:35:40.10	+00:31:50 (33.3%)	8:39	6.9 (67.0%)
10	BACHURSKA Ewa	4176	KB HARCOWNIK JELCZ-LASKOWICE	K40	10	01:36:45.10	01:36:49.50	+00:32:59 (34.1%)	8:47	6.8 (66.0%)
11	DOLEGACZ Ewa	4223		K40	11	01:37:28.65	01:37:47.75	+00:33:57 (34.7%)	8:51	6.8 (66.0%)
12	MILCZAREK Aneta	4485	KUTNO BIEGA	K40	12	01:39:05.50	01:39:22.85	+00:35:32 (35.8%)	9:00	6.7 (65.0%)
13	CUDNA-GRUSZECKA Edyta	4446		K40	13	01:39:26.80	01:39:36.90	+00:35:46 (35.9%)	9:02	6.6 (64.1%)
14	SZERMENT Magdalena	4340	MAZURTEAM	K40	14	01:39:37.70	01:39:50.65	+00:36:00 (36.1%)	9:03	6.6 (64.1%)
15	NIECKARZ Renata	4118		K40	15	01:39:47.90	01:40:06.35	+00:36:16 (36.2%)	9:04	6.6 (64.1%)
16	KOŁOTUSZA Młgorzata	4094	ZASAPANI HYDRO	K40	16	01:41:45.10	01:41:49.70	+00:37:59 (37.3%)	9:15	6.5 (63.1%)
17	UCHEREK Kinga	4098		K40	17	01:42:00.35	01:42:11.80	+00:38:21 (37.5%)	9:16	6.5 (63.1%)
18	SZYMANEK Beata	4408	APTENEO RUNNING TEAM	K40	18	01:43:23.25	01:43:44.45	+00:39:54 (38.5%)	9:23	6.4 (62.1%)
19	OPALIŃSKA Agnieszka	4380		K40	19	01:43:55.05	01:44:22.10	+00:40:32 (38.8%)	9:26	6.4 (62.1%)
20	GÓRNY Kamila	4019	SŁOŃCA JURY	K40	20	01:44:08.80	01:44:29.30	+00:40:39 (38.9%)	9:28	6.3 (61.2%)
21	KĘDZIOR Katarzyna	4367	LEŚNA BIEGUNKA	K40	21	01:45:02.10	01:45:21.60	+00:41:31 (39.4%)	9:32	6.3 (61.2%)
22	WITCZAK Anna	4007	IRONTEAM3CITY	K40	22	01:45:17.90	01:45:22.50	+00:41:32 (39.4%)	9:34	6.3 (61.2%)
23	SURDEL Aleksandra	4431		K40	23	01:46:46.65	01:46:53.10	+00:43:03 (40.3%)	9:42	6.2 (60.2%)
24	JAKUBOWSKA Dagmara	4142		K40	24	01:46:34.00	01:47:07.35	+00:43:17 (40.4%)	9:41	6.2 (60.2%)
25	SLIWINSKA Katarzyna	4241		K40	25	01:48:47.10	01:49:08.40	+00:45:18 (41.5%)	9:53	6.1 (59.2%)
26	GRUDZIŃSKA Agnieszka	4377		K40	26	01:49:29.55	01:49:43.10	+00:45:53 (41.8%)	9:57	6 (58.3%)
27	KARWACKA Joanna	4405		K40	27	01:49:35.65	01:49:54.05	+00:46:03 (41.9%)	9:57	6 (58.3%)
28	BERGMANN Ewa	4398		K40	28	01:50:40.70	01:50:46.85	+00:46:56 (42.4%)	10:03	6 (58.3%)
29	DRAGAN-PUSTELAK Aneta	4354		K40	29	01:52:42.85	01:53:05.20	+00:49:15 (43.6%)	10:14	5.9 (57.3%)

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30	GÓRAJ Marta	4419	YOLO ,)	K40	30	01:52:59.65	01:53:32.15	+00:49:42 (43.8%)	10:16	5.8 (56.3%)
31	FRANKOWSKA Joanna	4469	SKITUROWE BIESZCZADY	K40	31	01:53:23.65	01:53:34.40	+00:49:44 (43.8%)	10:18	5.8 (56.3%)
32	KOZACZKIEWICZ Aneta	4351		K40	32	01:54:16.55	01:54:52.55	+00:51:02 (44.4%)	10:23	5.8 (56.3%)
33	SAMBORSKA-SWEENEY Sylwia	4274		K40	33	01:55:34.75	01:55:42.55	+00:51:52 (44.8%)	10:30	5.7 (55.3%)
34	MANDRA Adriana	4345		K40	34	01:55:29.25	01:55:42.70	+00:51:52 (44.8%)	10:29	5.7 (55.3%)
35	RAJCA Anna	4337	BŁĘKITNA XVII	K40	35	01:56:12.15	01:56:32.35	+00:52:42 (45.2%)	10:33	5.7 (55.3%)
35	MIZIA Marta	4338	KIZIE MIZIE	K40	35	01:56:12.75	01:56:32.35	+00:52:42 (45.2%)	10:33	5.7 (55.3%)
37	GAJDECKA Adriana	4280		K40	37	01:57:02.70	01:57:20.15	+00:53:30 (45.6%)	10:38	5.6 (54.4%)
38	ZAJĄC Anna	4040		K40	38	01:57:02.65	01:57:48.85	+00:53:58 (45.8%)	10:38	5.6 (54.4%)
39	WALISZEWSKA-PLEWA Izabela	4035		K40	39	01:58:25.90	01:58:44.40	+00:54:54 (46.2%)	10:45	5.6 (54.4%)
40	OBIDZIŃSKA Katarzyna	4104		K40	40	01:59:26.95	02:00:14.05	+00:56:23 (46.9%)	10:51	5.5 (53.4%)
41	CZAŁPIŃSKA Joanna	4467		K40	41	01:59:48.20	02:00:21.30	+00:56:31 (47.0%)	10:53	5.5 (53.4%)
42	SZCZERBICKA Katarzyna	4163		K40	42	02:01:13.60	02:01:17.90	+00:57:27 (47.4%)	11:01	5.4 (52.4%)
43	GOLDA Edyta	4178		K40	43	02:01:13.95	02:01:18.05	+00:57:27 (47.4%)	11:01	5.4 (52.4%)
44	TYSZKA Sylwia	4449		K40	44	02:00:56.30	02:01:26.75	+00:57:36 (47.4%)	10:59	5.5 (53.4%)
45	MROCZKA Kinga	4284		K40	45	02:01:20.85	02:01:50.25	+00:58:00 (47.6%)	11:01	5.4 (52.4%)
46	DUDKIEWICZ Anna	4321	EKO-OKNA RUNNERS	K40	46	02:01:39.25	02:02:04.05	+00:58:13 (47.7%)	11:03	5.4 (52.4%)
47	PIETRZYK Marzena	4058		K40	47	02:02:33.55	02:03:02.45	+00:59:12 (48.1%)	11:08	5.4 (52.4%)
48	TRZCIŃSKA-LITWORA Sylwia	4281		K40	48	02:04:38.30	02:05:08.60	+01:01:18 (49.0%)	11:19	5.3 (51.5%)
49	MAŃKA Paulina	4252		K40	49	02:07:55.95	02:08:36.65	+01:04:46 (50.4%)	11:37	5.2 (50.5%)
50	PAJĄK Anna	4336		K40	50	02:07:55.75	02:08:36.95	+01:04:46 (50.4%)	11:37	5.2 (50.5%)
51	CHOJNACKA Alina	4420		K40	51	02:08:41.75	02:09:04.40	+01:05:14 (50.5%)	11:41	5.1 (49.5%)
52	SŁOWIK Katarzyna	4458		K40	52	02:14:12.65	02:14:22.65	+01:10:32 (52.5%)	12:12	4.9 (47.6%)
53	PIASKOWSKA Ania	4073	PIASKITEAM	K40	53	02:15:24.75	02:15:34.05	+01:11:43 (52.9%)	12:18	4.9 (47.6%)
54	MARCINIAK Barbara	4313	RADOMNO BIEGA	K40	54	02:18:12.70	02:18:42.70	+01:14:52 (54.0%)	12:33	4.8 (46.6%)
55	DOBROWOLSKA Karolina	4112		K40	55	02:18:30.60	02:18:52.50	+01:15:02 (54.0%)	12:35	4.8 (46.6%)
56	URBAŃSKA Sylwia	4132		K40	56	02:23:41.95	02:24:15.60	+01:20:25 (55.8%)	13:03	4.6 (44.7%)
57	STECZKO Ania	4400		K40	57	02:26:38.05	02:27:20.30	+01:23:30 (56.7%)	13:19	4.5 (43.7%)
58	BIEGESZ Agnieszka	4149		K40	58	02:26:56.95	02:27:20.65	+01:23:30 (56.7%)	13:21	4.5 (43.7%)
59	WEINER Aleksandra	4220	VIKING	K40	59	02:26:38.75	02:27:20.75	+01:23:30 (56.7%)	13:19	4.5 (43.7%)
59	BANAŚ Katarzyna	4221		K40	59	02:26:38.70	02:27:20.75	+01:23:30 (56.7%)	13:19	4.5 (43.7%)
61	WERYHO Maja	4339		K40	61	02:31:33.40	02:31:58.80	+01:28:08 (58.0%)	13:46	4.4 (42.7%)
62	KACZMAREK Anna	4075	TRITON KONIN	K40	62	02:32:20.90	02:32:51.10	+01:29:01 (58.2%)	13:50	4.3 (41.7%)
63	ZIELIŃSKA-GOLIK Izabela	4150		K40	63	02:33:46.00	02:33:46.00	+01:29:55 (58.5%)	13:58	4.3 (41.7%)
64	MAKOWSKA Joanna	4379		K40	64	02:33:23.35	02:33:47.40	+01:29:57 (58.5%)	13:56	4.3 (41.7%)
65	DITTMAJER-SKLEPOWICZ Izabela	4043		K40	65	02:34:23.60	02:34:35.30	+01:30:45 (58.7%)	14:02	4.3 (41.7%)
66	GARDOCKA-KACZMARCZYK Milena	4046		K40	66	02:36:23.35	02:36:35.15	+01:32:45 (59.2%)	14:13	4.2 (40.8%)
67	KUCZMENDA Katarzyna	4356		K40	67	02:37:37.40	02:38:00.20	+01:34:10 (59.6%)	14:19	4.2 (40.8%)
68	SZEWCZYK Anna	4093		K40	68	02:38:06.50	02:38:23.80	+01:34:33 (59.7%)	14:22	4.2 (40.8%)
69	PARLIŃSKA Aleksandra	4192		K40	69	02:38:50.85	02:39:30.60	+01:35:40 (60.0%)	14:26	4.2 (40.8%)
70	RADYK Joanna	4433	PRZEMYSKI KLUB BIEGACZA	K40	70	02:39:46.25	02:40:24.35	+01:36:34 (60.2%)	14:31	4.1 (39.8%)
71	SKÓRA Aldona	4435	GRUPA BIEGACZY SKÓRZEC BIEGA	K40	71	02:41:42.55	02:42:04.10	+01:38:14 (60.6%)	14:42	4.1 (39.8%)
72	KASZTELAN Agata	4026	SŁOŃCA JURY	K40	72	02:48:30.90	02:49:08.40	+01:45:18 (62.3%)	15:19	3.9 (37.9%)
73	BIELECKA Ewa	4028	SŁOŃCA JURY	K40	73	02:48:35.30	02:49:08.50	+01:45:18 (62.3%)	15:19	3.9 (37.9%)

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74	MICHALIK Agnieszka	4025	SŁOŃCA JURY	K40	74	02:48:30.75	02:49:08.70	+01:45:18 (62.3%)	15:19	3.9 (37.9%)
75	CZARNOCKA Małgorzata	4022	GRUPA BIEGACZY SKÓRZEC BIEGA	K40	75	02:57:52.85	02:58:15.20	+01:54:25 (64.2%)	16:10	3.7 (35.9%)
Przekroczony limit czasu: 03:00:00										
76	Kawecka Aneta	4087	SŁOŃCA JURY	K40	76	02:59:45.80	03:00:19.15	+01:56:29 (64.6%)	16:20	3.7 (35.9%)
76	URBANIEC Marta	4451		K40	76	02:59:44.85	03:00:19.15	+01:56:29 (64.6%)	16:20	3.7 (35.9%)
78	NĘCKA Ewa	4014	SŁOŃCA JURY	K40	78	02:59:45.40	03:00:19.20	+01:56:29 (64.6%)	16:20	3.7 (35.9%)

Znaleziono 78 wynik(ów)