

# V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM

B4SPORT

**Wydarzenie:** Zimowy Maraton Bieszczadzki 2019  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2019-01-26  
**Miejsce:** Cisna  
**Dystans:** 44,6 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start 2k 0.1km	Roztoki 18km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	Kara/ bonifikata	Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
1	<b>JASŁOWSKA Justyna</b>	<b>94</b>	POSMAKUJ RUN TEAM	K30	1	00:00:54	01:31:42	02:20:47	03:00:35	03:38:00		<b>03:59:19.90</b>	<b>03:59:19.90</b>		5:21	11.2 (100%)
2	<b>GWIZDAK Justyna</b>	<b>577</b>	WATER TEAM	K30	2	00:01:15	01:37:08	02:30:53	03:16:21	03:57:20		<b>04:19:23.55</b>	<b>04:19:23.55</b>	+00:20:03 (7.7%)	5:48	10.3 (92.0%)
3	<b>KOMISARCZYK Anna</b>	<b>537</b>	WIECZORNE BIEGANIE W SZCZECINIE	K30	3	00:00:36	01:39:06	02:31:45	03:19:43	04:03:21		<b>04:28:03.70</b>	<b>04:28:03.70</b>	+00:28:43 (10.7%)	6:00	10 (89.3%)
4	<b>KRAWCZAK Paulina</b>	<b>144</b>	BIEGUSIEM.PL	K30	4	00:01:01	01:37:47	02:33:43	03:24:21	04:07:04		<b>04:30:28.50</b>	<b>04:30:28.50</b>	+00:31:08 (11.5%)	6:03	9.9 (88.4%)
5	<b>KOŁACKA Martyna</b>	<b>176</b>		K30	5	00:00:48	01:39:35	02:34:15	03:24:14	04:09:15		<b>04:33:40.30</b>	<b>04:33:40.30</b>	+00:34:20 (12.5%)	6:08	9.8 (87.5%)
6	<b>SIWCZUK Aleksandra</b>	<b>302</b>		K30	6	00:01:20	01:44:55	02:41:52	03:29:45	04:14:07		<b>04:37:51.05</b>	<b>04:37:51.05</b>	+00:38:31 (13.9%)	6:13	9.6 (85.7%)
7	<b>GAWLEWICZ Krystyna</b>	<b>470</b>	GAWELKI TEAM	K30	7	00:01:45	01:45:01	02:42:59	03:33:38	04:19:04		<b>04:43:32.25</b>	<b>04:43:32.25</b>	+00:44:12 (15.6%)	6:21	9.4 (83.9%)
8	<b>BONDARA Sylwia</b>	<b>1</b>	JACEKBIEGA RUNNING TEAM	K30	8	00:00:39	01:41:39	02:42:26	03:32:20	04:19:36		<b>04:45:53.30</b>	<b>04:45:53.30</b>	+00:46:33 (16.3%)	6:24	9.4 (83.9%)
9	<b>KRENZEL Regina</b>	<b>734</b>		K30	9	00:00:45	01:48:30	02:47:01	03:37:14	04:22:55		<b>04:48:35.95</b>	<b>04:48:35.95</b>	+00:49:16 (17.1%)	6:28	9.3 (83.0%)
10	<b>WAŁACH-BIŚTA Zuzanna</b>	<b>458</b>		K30	10	00:01:25	01:51:47	02:48:18	03:40:04	04:23:58		<b>04:49:30.20</b>	<b>04:49:30.20</b>	+00:50:10 (17.3%)	6:29	9.2 (82.1%)
11	<b>SIKORA-KOŁODZIEJ Irmina</b>	<b>601</b>	BIESY I CZORTY	K30	11	00:02:22	01:55:07	02:56:34	03:49:06	04:29:58		<b>04:52:11.40</b>	<b>04:52:11.40</b>	+00:52:51 (18.1%)	6:33	9.2 (82.1%)
12	<b>BURANDT Magdalena</b>	<b>423</b>	3LIFE TEAM	K30	12	00:01:48	01:50:36	02:53:07	03:47:47	04:35:41		<b>05:01:55.95</b>	<b>05:01:55.95</b>	+01:02:36 (20.7%)	6:46	8.9 (79.5%)
13	<b>KIEŁTYKA Agnieszka</b>	<b>284</b>		K30	13	00:00:48	01:54:53	02:56:06	03:50:02	04:37:49		<b>05:03:01.60</b>	<b>05:03:01.60</b>	+01:03:41 (21.0%)	6:47	8.8 (78.6%)
14	<b>SIEMIĄTKOWSKA Katarzyna</b>	<b>455</b>		K30	14	00:02:08	01:55:45	02:58:02	03:55:38	04:43:29		<b>05:11:39.40</b>	<b>05:11:39.40</b>	+01:12:19 (23.2%)	6:59	8.6 (76.8%)
15	<b>ADAMCZAK Barbara</b>	<b>568</b>	SMPZ 'TRAVOIS'	K30	15	00:01:11	01:54:39	03:00:56	04:03:23	04:49:30		<b>05:15:02.40</b>	<b>05:15:02.40</b>	+01:15:42 (24.0%)	7:03	8.5 (75.9%)
16	<b>PIOTROWICZ Małgorzata</b>	<b>102</b>	INFINITY GYM	K30	16	00:01:48	01:58:03	03:05:51	04:06:12	04:55:19		<b>05:26:43.60</b>	<b>05:26:43.60</b>	+01:27:23 (26.7%)	7:19	8.2 (73.2%)
17	<b>BOBER Anna</b>	<b>265</b>		K30	17	00:01:34	02:05:48	03:19:09	04:19:09	05:06:21		<b>05:34:40.85</b>	<b>05:34:40.85</b>	+01:35:20 (28.5%)	7:30	8 (71.4%)
18	<b>SZALACHA Katarzyna</b>	<b>576</b>		K30	18	00:02:37	02:04:29	03:14:26	04:20:32	05:10:48		<b>05:40:49.25</b>	<b>05:40:49.25</b>	+01:41:29 (29.8%)	7:38	7.9 (70.5%)
19	<b>SZABŁOWSKA Iwona</b>	<b>731</b>	STRASZYN ULTRA TEAM	K30	19		01:35:35	03:23:48	04:27:23	05:16:10		<b>05:44:42.55</b>	<b>05:44:42.55</b>	+01:45:22 (30.6%)	7:43	7.8 (69.6%)
20	<b>LATO-KSIĄŻEK Karolina</b>	<b>459</b>	LUBLIN BIEGA	K30	20	00:03:02	02:15:49	03:27:48	04:26:20	05:18:20		<b>05:46:41.55</b>	<b>05:46:41.55</b>	+01:47:21 (31.0%)	7:46	7.7 (68.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Roztoki	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/ bonifkata	Czas	Czas	Różn	Tempo	Tempo
						0.1km	18km	26.5km	34.2km	40.7km		netto	brutto		min/km	km/h
21	MYGA Anna	311	HEARTESS	K30	21	00:03:22	02:11:48	03:22:45	04:36:18	05:28:50		05:57:30.15	05:57:30.15	+01:58:10 (33.1%)	8:00	7.5 (67.0%)
22	KWAPIEŃ Karolina	605	VEGE RUNNERS	K30	22	00:02:21	02:06:39	03:23:59	04:31:53	05:25:58		05:58:22.90	05:58:22.90	+01:59:03 (33.2%)	8:02	7.5 (67.0%)
23	CHUDA Aneta	301		K30	23	00:01:04	02:16:14	03:33:25	04:35:20	05:30:31		06:00:49.75	06:00:49.75	+02:01:29 (33.7%)	8:05	7.4 (66.1%)
24	NIEMCZAK Barbara	616	IPA PAŁAC MOSTOWSKICH	K30	24	00:02:02	02:09:33	03:27:34	04:38:12	05:32:09		06:04:41.40	06:04:41.40	+02:05:21 (34.4%)	8:10	7.3 (65.2%)
25	KOPROWICZ Ewelina	322	JAROSŁAWSKA GRUPA BIEGOWA	K30	25	00:02:03	02:12:06	03:31:47	04:41:28	05:36:18		06:06:51.80	06:06:51.80	+02:07:31 (34.8%)	8:13	7.3 (65.2%)
26	WITKOWSKA Beata	156		K30	26	00:03:07	02:16:00	03:38:03	04:44:00	05:37:45		06:07:26.65	06:07:26.65	+02:08:06 (34.9%)	8:14	7.3 (65.2%)
27	KOCZUR Kamila	504		K30	27	00:01:35	02:15:41	03:35:22	04:41:33	05:35:04	00:02:00	06:07:29.30	06:07:29.30	+02:08:09 (34.9%)	8:11	7.3 (65.2%)
28	BAK Agata	125	BUSHIDO CENTRUM	K30	28	00:01:23	02:22:19	03:48:02	04:46:12	05:38:31		06:07:42.25	06:07:42.25	+02:08:22 (34.9%)	8:14	7.3 (65.2%)
29	KAMIENIARZ Maria	387		K30	29	00:03:21	02:10:40	03:34:04	04:46:03	05:39:22		06:11:23.45	06:11:23.45	+02:12:03 (35.6%)	8:19	7.2 (64.3%)
30	TREPKA Agnieszka	163		K30	30	00:01:30	02:12:26	03:42:45	04:49:01	05:41:29		06:12:13.20	06:12:13.20	+02:12:53 (35.7%)	8:20	7.2 (64.3%)
31	MAZURKIEWICZ Jolanta	490	BYCHAWA RUNNER'S/NAJWIĘKSZA ARMIA ŚWIATA	K30	31	00:01:49	02:18:17	03:38:54	04:52:45	05:44:46		06:15:29.25	06:15:29.25	+02:16:09 (36.3%)	8:25	7.1 (63.4%)
32	HANDERMANDER Agnieszka	394		K30	32	00:01:49	02:13:39	03:34:01	04:46:57	05:45:56		06:17:09.05	06:17:09.05	+02:17:49 (36.5%)	8:27	7.1 (63.4%)
33	PAWŁOWSKA Elżbieta	298	NOWY STYL RUNNING TEAM	K30	33	00:02:48	02:18:22	03:41:07	04:49:00	05:45:09		06:18:55.55	06:18:55.55	+02:19:35 (36.8%)	8:29	7.1 (63.4%)
34	BIESZCZAD Ilona	296		K30	34	00:02:47	02:18:17	03:41:01	04:49:00	05:45:09		06:18:55.80	06:18:55.80	+02:19:35 (36.8%)	8:29	7.1 (63.4%)
35	DUBYNA Mariia	506	MIA	K30	35	00:02:29	02:26:02	03:51:22	05:04:54	05:57:34		06:29:24.90	06:29:24.90	+02:30:05 (38.5%)	8:43	6.9 (61.6%)
36	SAMBORSKA Weronika	62	NOWY STYL GROUP RUNNING TEAM	K30	36	00:02:40	02:23:04	03:49:05	04:59:07	05:58:18		06:30:59.35	06:30:59.35	+02:31:39 (38.8%)	8:45	6.8 (60.7%)
37	RÓŻYCKA Dorota	1170	NOWY STYL GROUP RUNNING TEAM	K30	37	00:02:40	02:23:04	03:49:04	04:59:06	05:58:03		06:30:59.50	06:30:59.50	+02:31:39 (38.8%)	8:45	6.8 (60.7%)
38	KRZAK Dominika	730		K30	38	00:02:22	02:24:05	03:43:25	05:03:14	06:00:18		06:32:37.60	06:32:37.60	+02:33:17 (39.0%)	8:48	6.8 (60.7%)
39	SZUMNA Aleksandra	600	MONKEYS' TEAM	K30	39	00:02:15	02:20:27	03:44:28	05:00:49	05:58:17		06:33:12.35	06:33:12.35	+02:33:52 (39.1%)	8:48	6.8 (60.7%)
40	BAŁA Bożena	81		K30	40	00:00:58	02:14:13	03:41:17	05:05:17	06:05:18		06:42:14.55	06:42:14.55	+02:42:54 (40.5%)	9:01	6.7 (59.8%)
41	KOWALEWSKA Izabela	475	PIASECZNO RUNNING	K30	41	00:02:22	02:25:46	03:53:20	05:09:42	06:08:35		06:42:29.95	06:42:29.95	+02:43:10 (40.5%)	9:01	6.6 (58.9%)
42	ŻAK Oliwia	66	PIASECZNO RUNNING	K30	42	00:02:21	02:25:47	03:53:23	05:09:42	06:08:34		06:42:30.10	06:42:30.10	+02:43:10 (40.5%)	9:01	6.6 (58.9%)
43	LEWANDOWSKA Olga	541		K30	43	00:02:56	02:21:34	03:49:11	05:08:44	06:09:13		06:44:47.20	06:44:47.20	+02:45:27 (40.9%)	9:04	6.6 (58.9%)
44	MARONDEL Katarzyna	619	FESTIWAL BIEGOWY	K30	44	00:02:10	02:24:52	03:48:25	05:03:06	06:09:07		06:44:55.05	06:44:55.05	+02:45:35 (40.9%)	9:04	6.6 (58.9%)
45	KULIK Katarzyna	99	NIGHT RUNNERS GLIWICE	K30	45	00:03:17	02:24:39	03:53:25	05:21:34	06:19:17		06:52:41.95	06:52:41.95	+02:53:22 (42.0%)	9:15	6.5 (58.0%)
46	KORZENIOWSKA Joanna	129	UMCS BIEGA	K30	46	00:02:52	02:34:27	04:02:22	05:20:38	06:19:58		06:54:02.90	06:54:02.90	+02:54:43 (42.2%)	9:16	6.5 (58.0%)
47	KOWALIK Anna	130	UMCS BIEGA	K30	47	00:02:52	02:34:30	04:02:24	05:20:39	06:20:00		06:54:04.30	06:54:04.30	+02:54:44 (42.2%)	9:17	6.5 (58.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Roztoki	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/ bonifikata	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						0.1km	18km	26.5km	34.2km	40.7km		44.6km	44.6km			
48	<b>WALCZYŃSKA Karolina</b>	<b>29</b>	RUNHOGS TYCHY	K30	48	00:01:38	02:29:36	04:04:41	05:23:29	06:20:33		<b>06:56:23.55</b>	<b>06:56:23.55</b>	+02:57:03 (42.5%)	9:20	6.4 (57.1%)
49	<b>HEBDA- OLSZÓWKA Aleksandra</b>	<b>51</b>	NIGHT RUNNERS GLIWICE	K30	49	00:03:08	02:37:48	04:02:56	05:26:31	06:23:55		<b>06:56:44.35</b>	<b>06:56:44.35</b>	+02:57:24 (42.6%)	9:20	6.4 (57.1%)
50	<b>SZYMAŃSKA Jolanta</b>	<b>59</b>		K30	50	00:01:44	02:19:28	03:48:38	05:12:30	06:17:43		<b>07:02:16.20</b>	<b>07:02:16.20</b>	+03:02:56 (43.3%)	9:28	6.3 (56.3%)
51	<b>ZAWADZKA Magdalena</b>	<b>143</b>	AKS POLONIA WARSZAWA/TEAM ZABIEGANE DNI	K30	51	00:02:31	02:30:49	04:02:29	05:20:34	06:27:54		<b>07:03:53.45</b>	<b>07:03:53.45</b>	+03:04:33 (43.5%)	9:30	6.3 (56.3%)
52	<b>DUNIEC Małgorzata</b>	<b>206</b>	DOGOŃ GRODZISK MAZOWIECKI	K30	52	00:02:03	02:30:09	06:32:03				<b>07:11:22.75</b>	<b>07:11:22.75</b>	+03:12:02 (44.5%)	9:40	6.2 (55.4%)
53	<b>ŁYSUNIAK- STRAUCH Aleksandra</b>	<b>207</b>	DOGOŃ GRODZISK MAZOWIECKI	K30	53	00:02:03	02:30:11	06:32:03				<b>07:11:22.80</b>	<b>07:11:22.80</b>	+03:12:02 (44.5%)	9:40	6.2 (55.4%)
54	<b>KRUSZEWSKA Emilia</b>	<b>674</b>		K30	54	00:00:46	02:39:54	04:20:40		06:55:06		<b>07:38:11.55</b>	<b>07:38:11.55</b>	+03:38:51 (47.8%)	10:16	5.8 (51.8%)
	<b>KARWAN Barbara</b>	<b>633</b>	PLACETOTRI	K30		00:00:52 DNF	02:04:33 DNF	03:22:48	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>KLISZ Aga</b>	<b>18</b>		K30		00:01:56 DNF	DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 56 wynik(ów)