

# V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM

B4SPORT  
INTELEKTNE ZAWODY SPORTOWE

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

**B4SPORT**  
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: K40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Roztoki 18km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
1	<b>LANGE Beata</b>	<b>513</b>	BIŁGORAJ BIEGA	K40	1	00:01:14	01:35:54	02:26:34	03:09:21	03:49:45	<b>04:11:58.40</b>	<b>04:11:58.40</b>		5:38	10.6 (100%)
2	<b>KRYM Katarzyna</b>	<b>719</b>	HERZOG RUNNING TEAM	K40	2	00:01:30	01:42:30	02:35:48	03:18:38		<b>04:23:26.25</b>	<b>04:23:26.25</b>	+00:11:27 (4.4%)	5:54	10.2 (96.2%)
3	<b>BORUSZEWSKA Beata</b>	<b>375</b>		K40	3	00:02:30	01:46:54	02:47:14	03:38:05	04:27:13	<b>04:55:56.50</b>	<b>04:55:56.50</b>	+00:43:58 (14.9%)	6:38	9 (84.9%)
4	<b>ROŻNIATA Iwona</b>	<b>638</b>	KS GŁOWNO W BIEGU	K40	4	00:00:56	01:54:05	02:58:07	03:50:37	04:38:39	<b>05:05:14.50</b>	<b>05:05:14.50</b>	+00:53:16 (17.5%)	6:50	8.8 (83.0%)
5	<b>OLCZAK Marta</b>	<b>266</b>	SZWLA	K40	5	00:01:36	01:53:14	02:54:50	03:53:00	04:41:48	<b>05:10:33.25</b>	<b>05:10:33.25</b>	+00:58:34 (18.9%)	6:57	8.6 (81.1%)
6	<b>ŚWIEŻAWSKA-AMBROZIAK Katarzyna</b>	<b>388</b>	KUTNO BIEGA	K40	6	00:01:39	01:57:06	03:02:30	03:56:16	04:42:51	<b>05:11:21.40</b>	<b>05:11:21.40</b>	+00:59:23 (19.1%)	6:58	8.6 (81.1%)
7	<b>KIRILENKO Aneta</b>	<b>482</b>		K40	7	00:00:50	01:48:20	02:54:23	03:55:35	04:43:34	<b>05:11:32.90</b>	<b>05:11:32.90</b>	+00:59:34 (19.1%)	6:59	8.6 (81.1%)
8	<b>SZOT Iwona</b>	<b>438</b>	WW TEAM	K40	8	00:02:54	01:59:28	03:01:14	04:03:21	04:50:33	<b>05:17:15.70</b>	<b>05:17:15.70</b>	+01:05:17 (20.6%)	7:06	8.4 (79.2%)
9	<b>MOSTOWSKA Magdalena</b>	<b>752</b>	WARSAW MASTERS TEAM	K40	9	00:01:00	01:48:44	02:50:21	03:47:25	04:45:10	<b>05:19:46.15</b>	<b>05:19:46.15</b>	+01:07:47 (21.2%)	7:10	8.4 (79.2%)
10	<b>FOGEL Ewa</b>	<b>257</b>	PTG SOKÓŁ ŚWIAT PRACY	K40	10	00:01:31	01:57:32	03:03:25	04:03:42	04:54:20	<b>05:23:38.55</b>	<b>05:23:38.55</b>	+01:11:40 (22.1%)	7:15	8.3 (78.3%)
11	<b>CZAJA Alicja</b>	<b>160</b>	RODZENSTWO	K40	11	00:01:15	01:53:06	03:00:38	04:02:57	04:53:06	<b>05:26:36.25</b>	<b>05:26:36.25</b>	+01:14:37 (22.9%)	7:19	8.2 (77.4%)
12	<b>WIERZBICKA Joanna</b>	<b>352</b>		K40	12	00:02:05	01:57:52	03:10:18	04:09:37	05:01:53	<b>05:33:03.35</b>	<b>05:33:03.35</b>	+01:21:04 (24.3%)	7:28	8 (75.5%)
13	<b>STOPA Agata</b>	<b>570</b>	SP NR 3 RZESZÓW	K40	13	00:02:09	01:58:03	03:10:18	04:19:22	05:06:48	<b>05:35:30.70</b>	<b>05:35:30.70</b>	+01:23:32 (24.9%)	7:31	8 (75.5%)
14	<b>MYŚLIŃSKA Anna</b>	<b>639</b>	EKOBIEGI	K40	14	00:01:28	02:05:13	03:17:30	04:20:51	05:15:06	<b>05:46:35.90</b>	<b>05:46:35.90</b>	+01:34:37 (27.3%)	7:46	7.7 (72.6%)
15	<b>DOŁĘGA Anna</b>	<b>625</b>	ZABIEGANA MAMA	K40	15	00:01:45	02:08:59	03:25:23	04:27:14	05:19:02	<b>05:50:12.70</b>	<b>05:50:12.70</b>	+01:38:14 (28.1%)	7:51	7.6 (71.7%)
16	<b>SAKOWSKA Aneta</b>	<b>92</b>	MARATONKA GRAJEWO	K40	16	00:01:43	02:14:51	03:27:50	04:27:07	05:22:32	<b>05:51:13.50</b>	<b>05:51:13.50</b>	+01:39:15 (28.3%)	7:52	7.6 (71.7%)
17	<b>NAZIMEK Lilianna</b>	<b>173</b>	SUO TEMPORE	K40	17	00:01:36	02:08:11	03:22:13	04:28:33	05:22:32	<b>05:51:24.55</b>	<b>05:51:24.55</b>	+01:39:26 (28.3%)	7:52	7.6 (71.7%)
18	<b>JĘDRZEJOWSKA-DEC Anna</b>	<b>766</b>		K40	18	00:02:43	02:06:08	03:21:09	04:30:21	05:24:44	<b>05:56:17.55</b>	<b>05:56:17.55</b>	+01:44:19 (29.3%)	7:59	7.5 (70.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.1km	18km	26.5km	34.2km	40.7km	44.6km	44.6km			
19	<b>SWOROWSKA Izabela</b>	<b>463</b>	WOLSZTYŃSKI KLUB BIEGOWY	K40	19	00:01:55	02:14:50	03:31:23	04:32:56	05:27:51	<b>05:58:28.30</b>	<b>05:58:28.30</b>	+01:46:29 (29.7%)	8:02	7.5 (70.8%)
20	<b>BLASZKE Beata</b>	<b>329</b>	NIGHT RUNNERS GLIWICE	K40	20	00:02:57	02:07:23	03:26:57	04:39:24	05:29:39	<b>05:58:29.65</b>	<b>05:58:29.65</b>	+01:46:31 (29.7%)	8:02	7.5 (70.8%)
21	<b>ŁÓJ-KONIECZNA Edyta</b>	<b>96</b>	INFINITY GYM	K40	21	00:01:50	02:11:31	03:24:56	04:31:27	05:27:28	<b>06:00:40.35</b>	<b>06:00:40.35</b>	+01:48:41 (30.1%)	8:05	7.4 (69.8%)
22	<b>KOWALSKA Justyna</b>	<b>267</b>	MORSY OŚNO LUBUSKIE	K40	22	00:01:54	02:03:31	03:20:57	04:31:49	05:29:33	<b>06:01:51.25</b>	<b>06:01:51.25</b>	+01:49:52 (30.4%)	8:06	7.4 (69.8%)
23	<b>LEŚNIAK-POPIEL Marta</b>	<b>345</b>	POZYTYWNIIE ZABIEGANI SANOK	K40	23	00:02:40	02:12:29	03:30:21	04:37:34	05:32:44	<b>06:04:01.80</b>	<b>06:04:01.80</b>	+01:52:03 (30.8%)	8:09	7.4 (69.8%)
24	<b>KISIŃSKA Irena</b>	<b>588</b>	VISEGRAD MARATON RYTRO	K40	24	00:01:08	02:04:27	03:16:44	04:24:54	05:30:13	<b>06:04:14.65</b>	<b>06:04:14.65</b>	+01:52:16 (30.8%)	8:10	7.3 (68.9%)
25	<b>GRZEGÓRZEK Anna</b>	<b>667</b>	PTG SOKÓŁ ŚWIAT PRACY	K40	25	00:03:10	02:13:11	03:34:08	04:46:59	05:38:26	<b>06:06:58.00</b>	<b>06:06:58.00</b>	+01:54:59 (31.3%)	8:13	7.3 (68.9%)
26	<b>PIGAN Anna</b>	<b>360</b>	B B L - JAROSŁAW	K40	26	00:02:02	02:12:18	03:32:06	04:41:32	05:37:46	<b>06:10:25.25</b>	<b>06:10:25.25</b>	+01:58:26 (32.0%)	8:18	7.2 (67.9%)
27	<b>PAUL Viola</b>	<b>23</b>	NIGHT RUNNERS GLIWICE	K40	27	00:03:16	02:16:25	03:37:47	04:44:01	05:40:06	<b>06:13:06.80</b>	<b>06:13:06.80</b>	+02:01:08 (32.5%)	8:21	7.2 (67.9%)
28	<b>WOŁOSOWICZ Natalia</b>	<b>499</b>		K40	28	00:02:36	02:11:46	03:27:53	04:38:13	05:38:13	<b>06:13:39.75</b>	<b>06:13:39.75</b>	+02:01:41 (32.6%)	8:22	7.2 (67.9%)
29	<b>CEBRAT Ewa</b>	<b>132</b>	POZYTYWNIIE ZABIEGANI SANOK	K40	29	00:02:40	02:14:32	03:40:15	04:51:21	05:45:50	<b>06:17:05.30</b>	<b>06:17:05.30</b>	+02:05:06 (33.2%)	8:27	7.1 (67.0%)
30	<b>SZPINDA Marta</b>	<b>409</b>	BIŁGORAJ ULTRA TRAIL	K40	30	00:01:26	02:12:38	03:32:22	04:51:18	05:46:39	<b>06:17:06.80</b>	<b>06:17:06.80</b>	+02:05:08 (33.2%)	8:27	7.1 (67.0%)
31	<b>WŁODARSKA Magdalena</b>	<b>203</b>		K40	31	00:02:12	02:19:11	03:35:28	04:50:51	05:48:48	<b>06:18:58.90</b>	<b>06:18:58.90</b>	+02:07:00 (33.5%)	8:29	7.1 (67.0%)
32	<b>SIKORSKA Agnieszka</b>	<b>649</b>	EKOBIEGI	K40	32	00:01:29	02:23:06	03:45:36	04:54:19	05:51:41	<b>06:24:19.75</b>	<b>06:24:19.75</b>	+02:12:21 (34.4%)	8:37	7 (66.0%)
33	<b>KOTOMSKA Renata</b>	<b>511</b>		K40	33	00:03:18	02:22:51	03:42:26	04:51:25	05:52:14	<b>06:27:01.95</b>	<b>06:27:01.95</b>	+02:15:03 (34.9%)	8:40	6.9 (65.1%)
34	<b>TUSZYŃSKA Katarzyna</b>	<b>645</b>	ESKADRA KRAKÓW	K40	34	00:01:37	02:17:08	03:44:23	04:58:48	05:56:27	<b>06:27:02.80</b>	<b>06:27:02.80</b>	+02:15:04 (34.9%)	8:40	6.9 (65.1%)
35	<b>FAJNAS Katarzyna</b>	<b>190</b>	DOGOŃ GRODZISK MAZOWIECKI / DANFOSS	K40	35	00:02:13	02:15:27	03:41:05	04:54:48	05:52:00	<b>06:28:01.40</b>	<b>06:28:01.40</b>	+02:16:03 (35.1%)	8:41	6.9 (65.1%)
36	<b>KUSZTAL Justyna</b>	<b>644</b>	KS ESKADRA KRAKÓW	K40	36	00:01:38	02:17:31	03:44:26	04:58:54	05:57:22	<b>06:29:29.35</b>	<b>06:29:29.35</b>	+02:17:30 (35.3%)	8:43	6.9 (65.1%)
37	<b>SZEWCZYK Katarzyna</b>	<b>586</b>	MONKEYS' TEAM	K40	37	00:02:15	02:20:26	03:44:27	05:00:50	05:58:16	<b>06:33:02.55</b>	<b>06:33:02.55</b>	+02:21:04 (35.9%)	8:48	6.8 (64.2%)
38	<b>JAROSZ-PIWOŃSKA Aldona</b>	<b>65</b>	KS PEGAZ	K40	38	00:02:22	02:25:46	03:53:22	05:09:47	06:08:33	<b>06:42:29.80</b>	<b>06:42:29.80</b>	+02:30:31 (37.4%)	9:01	6.6 (62.3%)
39	<b>PORĘBSKA Dorota</b>	<b>338</b>	NOWA HUTA TEAM	K40	39	00:02:28	02:18:24	03:49:14	05:16:32	06:13:29	<b>06:46:41.10</b>	<b>06:46:41.10</b>	+02:34:42 (38.0%)	9:07	6.6 (62.3%)
40	<b>BARTO Sylwia</b>	<b>528</b>		K40	40	00:02:31	02:33:12	04:05:24	05:19:26	06:22:03	<b>06:55:12.45</b>	<b>06:55:12.45</b>	+02:43:14 (39.3%)	9:18	6.4 (60.4%)
41	<b>DYGOŃ Małgorzata</b>	<b>33</b>		K40	41	00:03:09	02:37:02	06:23:33			<b>06:55:13.25</b>	<b>06:55:13.25</b>	+02:43:14 (39.3%)	9:18	6.4 (60.4%)
42	<b>TYRANKIEWICZ Kamila</b>	<b>472</b>	JUMP&FLY, KABATY	K40	42	00:01:46	02:30:23	04:06:15	05:22:17	06:22:36	<b>06:58:55.35</b>	<b>06:58:55.35</b>	+02:46:56 (39.9%)	9:23	6.4 (60.4%)
43	<b>BOGUCKA Martyna</b>	<b>145</b>	JACEKBIEGA RUNNING TEAM	K40	43	00:03:05	02:38:12	04:03:26	05:19:40	06:23:44	<b>07:01:27.60</b>	<b>07:01:27.60</b>	+02:49:29 (40.2%)	9:26	6.3 (59.4%)
44	<b>MAJCHROWICZ Marzenna</b>	<b>252</b>		K40	44	00:03:18	02:30:36	06:24:24			<b>07:01:30.00</b>	<b>07:01:30.00</b>	+02:49:31 (40.2%)	9:27	6.3 (59.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.1km	18km	26.5km	34.2km	40.7km	44.6km	44.6km			
45	<b>PANENKA Małgorzata</b>	<b>63</b>	NIGHT RUNNERS GLIWICE	K40	45	00:03:05	02:38:13	04:03:29	05:26:46	06:27:44	<b>07:05:11.90</b>	<b>07:05:11.90</b>	+02:53:13 (40.7%)	9:31	6.3 (59.4%)
46	<b>GLINA-KRAWCZYK Małgorzata</b>	<b>439</b>	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	K40	46	00:02:57	02:29:11	04:03:09	05:23:14	06:30:12	<b>07:06:36.25</b>	<b>07:06:36.25</b>	+02:54:37 (40.9%)	9:33	6.3 (59.4%)
47	<b>MAZUR Ewelina</b>	<b>116</b>	BIEGAJ Z TRENERAMI	K40	47	00:03:10	02:37:55	06:29:10			<b>07:07:11.20</b>	<b>07:07:11.20</b>	+02:55:12 (41.0%)	9:34	6.3 (59.4%)
48	<b>GALANTY Agnieszka</b>	<b>492</b>		K40	48	00:02:29	02:26:39	03:53:44	05:31:23	06:34:05	<b>07:13:48.90</b>	<b>07:13:48.90</b>	+03:01:50 (41.9%)	9:43	6.2 (58.5%)
49	<b>GÓRE CZNY Kamila</b>	<b>300</b>		K40	49	00:02:30	02:33:49	04:05:26	05:28:12	06:40:25	<b>07:22:23.50</b>	<b>07:22:23.50</b>	+03:10:25 (43.0%)	9:55	6 (56.6%)
50	<b>WÓJTOWICZ Iwona</b>	<b>232</b>	HUSARIA RACE TEAM	K40	50	00:02:33	02:31:43	04:10:12	05:41:18	06:43:17	<b>07:22:50.70</b>	<b>07:22:50.70</b>	+03:10:52 (43.1%)	9:55	6 (56.6%)
51	<b>WOLF Weronika</b>	<b>303</b>	3 PODKARPACKA BRYGADA OBRONY TERYTORIALNEJ	K40	51	00:02:41	02:34:18	04:18:59	05:45:38	06:46:51	<b>07:26:25.15</b>	<b>07:26:25.15</b>	+03:14:26 (43.6%)	10:00	6 (56.6%)
52	<b>SKRZYPSKA Iwona</b>	<b>331</b>		K40	52	00:02:13	02:35:01	04:18:17	05:48:10	06:57:39	<b>07:38:12.45</b>	<b>07:38:12.45</b>	+03:26:14 (45.0%)	10:16	5.8 (54.7%)
53	<b>MARUT Kaśka</b>	<b>31</b>	NIGHT RUNNERS GLIWICE	K40	53	00:03:09	02:37:10	04:02:10	06:04:05	07:12:34	<b>07:57:44.25</b>	<b>07:57:44.25</b>	+03:45:45 (47.3%)	10:42	5.6 (52.8%)
	<b>SZELER Joanna</b>	<b>20</b>	SILESIA MARATHON TEAM / BIEGAJĄCA Z PSAMI	K40		00:02:40 DNF	03:24:30 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 54 wynik(ów)