



VI DYCHA NA JELENI SKOK

B4SPORT

Wydarzenie: IX FESTIWAL BIEGU RZEŹNIKA
Organizator: Fundacja Bieg Rzeźnika
Data: 2023-06-10
Miejsce: Cisna
Dystans: 12 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: K30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
1	DULKO Anna	4346		K30	1	01:04:42.10	01:04:46.60		5:23	11.1 (100%)
2	HOŁOWATY Renata	4121	SANOK BIEGA	K30	2	01:10:53.40	01:10:56.15	+00:06:09 (8.7%)	5:54	10.2 (91.9%)
3	MUSIALIK Magdalena	4065	RZESZOWSKIE GAZELE I GEPARDY	K30	3	01:14:29.15	01:14:34.35	+00:09:47 (13.1%)	6:12	9.7 (87.4%)
4	WOJNAROWSKA Weronika	4039		K30	4	01:24:39.50	01:24:46.85	+00:20:00 (23.6%)	7:03	8.5 (76.6%)
5	SZYMAŃSKA Brygida	4305	STRZEGOMSKA DWUNASTKA	K30	5	01:26:02.05	01:26:08.50	+00:21:21 (24.8%)	7:10	8.4 (75.7%)
6	JANECZEK Justyna	4293		K30	6	01:26:22.10	01:26:32.00	+00:21:45 (25.1%)	7:11	8.3 (74.8%)
7	FURMANOWSKA Ania	4296		K30	7	01:27:07.20	01:27:14.60	+00:22:28 (25.8%)	7:15	8.3 (74.8%)
8	SAWICKA Agnieszka	4127	GTR GOLUB-DOBRZYŃ	K30	8	01:28:03.45	01:28:14.60	+00:23:28 (26.6%)	7:20	8.2 (73.9%)
9	CICHOŃ Sabina	4157		K30	9	01:32:10.00	01:32:24.60	+00:27:38 (29.9%)	7:40	7.8 (70.3%)
10	DARECKA Katarzyna	4037		K30	10	01:32:36.15	01:33:09.20	+00:28:22 (30.5%)	7:43	7.8 (70.3%)
11	BANYK-MIELCAREK Marta	4141		K30	11	01:33:28.15	01:33:34.60	+00:28:48 (30.8%)	7:47	7.7 (69.4%)
12	KRUSZEWSKA Asia	4072		K30	12	01:35:30.80	01:35:56.80	+00:31:10 (32.5%)	7:57	7.5 (67.6%)
13	ZARZECZNA Agnieszka	4022	ŚWO	K30	13	01:36:56.45	01:37:02.65	+00:32:16 (33.3%)	8:04	7.4 (66.7%)
14	TYCHONCZUK Kateryna	4276		K30	14	01:36:59.10	01:37:07.95	+00:32:21 (33.3%)	8:04	7.4 (66.7%)
15	GANCARZ Barbara	4083		K30	15	01:38:14.30	01:38:24.15	+00:33:37 (34.2%)	8:11	7.3 (65.8%)
16	JODŁOWSKA-ETCHELLS Martyna	4138		K30	16	01:38:19.95	01:38:27.00	+00:33:40 (34.2%)	8:11	7.3 (65.8%)
17	KRAS Patrycja	4249	HUNTERS OCR TEAM	K30	17	01:38:47.35	01:38:52.25	+00:34:05 (34.5%)	8:13	7.3 (65.8%)
18	KRAWCZYK Małgorzata	4010		K30	18	01:39:05.35	01:39:26.55	+00:34:39 (34.9%)	8:15	7.3 (65.8%)
19	KLAŻYŃSKA Natalia	4256		K30	19	01:39:24.60	01:39:30.55	+00:34:43 (34.9%)	8:17	7.2 (64.9%)
20	WANDYCZ Justyna	4207	HOCZEW TEAM	K30	20	01:41:06.65	01:41:25.45	+00:36:38 (36.1%)	8:25	7.1 (64.0%)
21	STASZCZYK Anna	4089	BKB CZARNA PERŁA	K30	21	01:42:32.15	01:42:49.00	+00:38:02 (37.0%)	8:32	7 (63.1%)
22	SOSNOWSKA Marlena	4297		K30	22	01:42:51.70	01:43:12.70	+00:38:26 (37.2%)	8:34	7 (63.1%)
23	STACHOWSKA Marta	4146	ZABIEGANI IMIELIN	K30	23	01:43:10.75	01:43:28.50	+00:38:41 (37.4%)	8:35	7 (63.1%)
24	WIŚNIEWSKA Justyna	4353		K30	24	01:46:14.15	01:46:21.25	+00:41:34 (39.1%)	8:51	6.8 (61.3%)
25	SOBIERAJ Marta	4142		K30	25	01:46:20.85	01:46:31.95	+00:41:45 (39.2%)	8:51	6.8 (61.3%)
26	KUMELSKA Monika	4198	BE ACTIVE LEŚNA	K30	26	01:48:10.65	01:48:29.50	+00:43:42 (40.3%)	9:00	6.7 (60.4%)
27	HOŁYŚ Justyna	4224	BIEGANIE SZYDERCÓW	K30	27	01:48:05.35	01:48:37.55	+00:43:50 (40.4%)	9:00	6.7 (60.4%)
28	CUDNY Paula	4208		K30	28	01:49:02.15	01:49:13.80	+00:44:27 (40.7%)	9:05	6.6 (59.5%)
29	GREGUŁA Joanna	4229	KM TEAM	K30	29	01:50:03.45	01:50:11.10	+00:45:24 (41.2%)	9:10	6.5 (58.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
30	MAZEK Emilia	4231		K30	30	01:51:44.35	01:52:02.70	+00:47:16 (42.2%)	9:18	6.4 (57.7%)
31	PAWELEC Maria	4117		K30	31	01:52:01.35	01:52:39.35	+00:47:52 (42.5%)	9:20	6.4 (57.7%)
32	MIRKIEWICZ Barbara	4174		K30	32	01:56:29.20	01:56:41.75	+00:51:55 (44.5%)	9:42	6.2 (55.9%)
33	GIERA Magdalena	4250		K30	33	01:56:34.40	01:56:46.35	+00:51:59 (44.5%)	9:42	6.2 (55.9%)
34	KRYSIAK Małgorzata	4043		K30	34	01:57:01.55	01:57:12.15	+00:52:25 (44.7%)	9:45	6.2 (55.9%)
35	DOBROGOST Katarzyna	4160	DECEPTICON GYM	K30	35	02:00:19.95	02:00:48.55	+00:56:01 (46.4%)	10:01	6 (54.1%)
36	KOLASA Marta	4264		K30	36	02:00:56.80	02:01:14.55	+00:56:27 (46.6%)	10:04	6 (54.1%)
37	NOWAK-ŚWIDERGOŁ Patrycja	4242		K30	37	02:01:00.60	02:01:16.05	+00:56:29 (46.6%)	10:05	6 (54.1%)
38	MICHNIAK Gabriela	4169		K30	38	02:03:24.85	02:03:32.10	+00:58:45 (47.6%)	10:17	5.8 (52.3%)
39	PIETRZAK Laura	4167		K30	39	02:03:34.65	02:03:51.25	+00:59:04 (47.7%)	10:17	5.8 (52.3%)
40	CYBULSKA Dorota	4115		K30	40	02:04:05.05	02:04:29.65	+00:59:43 (48.0%)	10:20	5.8 (52.3%)
41	PIECHOWSKA Magda	4048	FABRYKA DZIKA	K30	41	02:06:12.70	02:06:19.00	+01:01:32 (48.7%)	10:31	5.7 (51.4%)
42	KORPAK Marta	4113		K30	42	02:06:23.40	02:06:40.90	+01:01:54 (48.9%)	10:31	5.7 (51.4%)
43	NEUMANN Monika	4128		K30	43	02:09:35.30	02:09:54.60	+01:05:08 (50.1%)	10:47	5.6 (50.5%)
44	GAŁECKA-ZIÓŁKOWSKA Kinga	4291		K30	44	02:10:18.75	02:10:32.25	+01:05:45 (50.4%)	10:51	5.5 (49.5%)
45	ZIĘTAK Marta	4350		K30	45	02:12:02.90	02:12:28.30	+01:07:41 (51.1%)	11:00	5.5 (49.5%)
46	KULA Milena	4021		K30	46	02:13:12.65	02:13:45.40	+01:08:58 (51.6%)	11:06	5.4 (48.6%)
47	KOGUT Katarzyna	4260	SII RUNNING TEAM	K30	47	02:15:23.35	02:15:50.40	+01:11:03 (52.3%)	11:16	5.3 (47.7%)
48	MANIA Izabela	4243		K30	48	02:15:54.45	02:16:09.05	+01:11:22 (52.4%)	11:19	5.3 (47.7%)
49	JANICKA Katarzyna	4187		K30	49	02:21:37.45	02:21:59.20	+01:17:12 (54.4%)	11:48	5.1 (45.9%)
50	PODLASIN Agnieszka	4124	KUTNO BIEGA, BIAŁE MORSY GOSTYNIN-KUTNO	K30	50	02:23:58.00	02:24:11.50	+01:19:24 (55.1%)	11:59	5 (45.0%)
51	LUX Viola	4025		K30	51	02:28:18.85	02:28:26.95	+01:23:40 (56.4%)	12:21	4.9 (44.1%)
52	RATOWSKA Oliwia	4327	HERO BOX	K30	52	02:28:01.60	02:28:27.00	+01:23:40 (56.4%)	12:20	4.9 (44.1%)
53	CELEJEWSKA Agnieszka	4126		K30	53	02:38:24.10	02:38:46.50	+01:33:59 (59.2%)	13:12	4.5 (40.5%)
54	KOCZOT Paulina	4313		K30	54	02:58:42.70	02:58:56.90	+01:54:10 (63.8%)	14:53	4 (36.0%)
	ZDYB Magdalena	4270		K30		DNF	DNF	-	-	-(0.0%)

Znaleziono 55 wynik(ów)