



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: K40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
1	PIĄTEK Beata	4351		K40	1	01:15:14.10	01:15:18.10		6:16	9.6 (100%)
2	BĄK Agnieszka	4082	MORSY OŚNO LUBUSKIE	K40	2	01:30:23.90	01:30:36.50	+00:15:18 (16.9%)	7:31	8 (83.3%)
3	MARZAŁEK Ewa	4154	KROSSKI REMSPORT	K40	3	01:31:08.55	01:31:14.05	+00:15:55 (17.5%)	7:35	7.9 (82.3%)
4	STANISZEWSKA Joanna	4108	SPC	K40	4	01:33:21.70	01:33:28.00	+00:18:09 (19.4%)	7:46	7.7 (80.2%)
5	IKONIAK Aleksandra	4080	MORSY OŚNO LUBUSKIE	K40	5	01:39:14.25	01:39:28.00	+00:24:09 (24.3%)	8:16	7.3 (76.0%)
6	BIŃCZARSKA Monika	4253	WKB MARATOŃCZYK WŁOCŁAWEK	K40	6	01:39:43.95	01:39:59.25	+00:24:41 (24.7%)	8:18	7.2 (75.0%)
7	ZARZYCZNA Monika	4069	SAVE	K40	7	01:41:42.45	01:41:52.75	+00:26:34 (26.1%)	8:28	7.1 (74.0%)
8	ZALAS Anna	4274		K40	8	01:43:02.85	01:43:18.75	+00:28:00 (27.1%)	8:35	7 (72.9%)
9	KUNKEL Anna	4277	PGB SPORTOWA PACZKA	K40	9	01:44:31.00	01:44:38.55	+00:29:20 (28.0%)	8:42	6.9 (71.9%)
10	PAŹDZIERZ Kaja	4133		K40	10	01:45:11.10	01:45:35.80	+00:30:17 (28.7%)	8:45	6.8 (70.8%)
11	GAŁECKA Dagmara	4290		K40	11	01:46:04.25	01:46:17.60	+00:30:59 (29.2%)	8:50	6.8 (70.8%)
12	STANOSZ-CHEŁKOWSKA Aneta	4156	HARDE DZIKI	K40	12	01:46:28.85	01:46:36.90	+00:31:18 (29.4%)	8:52	6.8 (70.8%)
13	KLEINGARTNER Aneta	4211	TEAMRUN UD	K40	13	01:49:54.85	01:50:22.70	+00:35:04 (31.8%)	9:09	6.6 (68.8%)
14	GOSTYŃSKA Beata	4134	DZIKI Z POLANKI	K40	14	01:49:58.00	01:50:34.70	+00:35:16 (31.9%)	9:09	6.5 (67.7%)
15	SZAL Katarzyna	4376		K40	15	01:51:21.95	01:51:57.20	+00:36:39 (32.7%)	9:16	6.5 (67.7%)
16	RYBKA Agnieszka	4123	RYBENS HUTTE	K40	16	01:52:25.80	01:52:46.20	+00:37:28 (33.2%)	9:22	6.4 (66.7%)
17	ZYCH Ewa	4074	NAJGORSZY JEST WIATR	K40	17	01:52:41.35	01:53:00.00	+00:37:41 (33.4%)	9:23	6.4 (66.7%)
18	MARUSZAK-KOBAS Małgorzata	4035	NAJGORSZY JEST WIATR	K40	18	01:53:15.95	01:53:34.50	+00:38:16 (33.7%)	9:26	6.4 (66.7%)
19	WOLIŃSKA Agnieszka	4095	KUTNO BIEGA	K40	19	01:53:46.15	01:53:59.75	+00:38:41 (33.9%)	9:28	6.3 (65.6%)
20	ULANOWSKA-PANIW Małgorzata	4322		K40	20	01:53:50.70	01:54:19.50	+00:39:01 (34.1%)	9:29	6.3 (65.6%)
21	KARWACKA Aneta	4060		K40	21	01:54:35.45	01:54:49.10	+00:39:31 (34.4%)	9:32	6.3 (65.6%)
22	CIUPIŃSKA Magda	4214	BRAK	K40	22	01:55:31.10	01:56:00.00	+00:40:41 (35.1%)	9:37	6.2 (64.6%)
23	KALISZ Renata	4098		K40	23	01:57:22.00	01:57:30.75	+00:42:12 (35.9%)	9:46	6.1 (63.5%)
24	SZNAJDER Joanna	4209		K40	24	01:59:01.90	01:59:08.65	+00:43:50 (36.8%)	9:55	6 (62.5%)
25	KOCZUR Grażyna	4165		K40	25	01:59:05.35	01:59:22.35	+00:44:04 (36.9%)	9:55	6 (62.5%)
26	KORZENIOWSKA Justyna	4330	RK ATHLETICS	K40	26	01:59:55.50	01:59:58.55	+00:44:40 (37.2%)	9:59	6 (62.5%)
27	SADURA Anna	4118		K40	27	01:59:59.15	02:00:22.40	+00:45:04 (37.4%)	9:59	6 (62.5%)
28	CHABER Katarzyna	4352		K40	28	02:00:16.10	02:00:41.20	+00:45:23 (37.6%)	10:01	6 (62.5%)
29	BALCERZAK Agnieszka	4030		K40	29	02:02:09.40	02:02:40.30	+00:47:22 (38.6%)	10:10	5.9 (61.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
30	MODZELEWSKA-KRYSA Magda	4306		K40	30	02:02:59.10	02:03:27.40	+00:48:09 (39.0%)	10:14	5.9 (61.5%)
31	GOŁĘBIEWSKA-TYTZ Kamilla	4171		K40	31	02:03:32.85	02:04:05.30	+00:48:47 (39.3%)	10:17	5.8 (60.4%)
32	GRABAREK Justyna	4348	NOSTROMO	K40	32	02:04:09.00	02:04:15.95	+00:48:57 (39.4%)	10:20	5.8 (60.4%)
33	PIEKUT Monika	4161	DECEPTICON GYM	K40	33	02:04:00.00	02:04:28.05	+00:49:09 (39.5%)	10:20	5.8 (60.4%)
34	RADYK Joanna	4159		K40	34	02:04:06.65	02:04:30.80	+00:49:12 (39.5%)	10:20	5.8 (60.4%)
35	KRUCZYK Magdalena	4343		K40	35	02:04:01.75	02:04:31.45	+00:49:13 (39.5%)	10:20	5.8 (60.4%)
36	WALISZEWSKA-PLEWA Izabela	4053		K40	36	02:05:02.65	02:05:25.80	+00:50:07 (40.0%)	10:25	5.8 (60.4%)
37	PIETRZYK Marzena	4024		K40	37	02:06:10.80	02:06:39.70	+00:51:21 (40.5%)	10:30	5.7 (59.4%)
38	URBAŃSKA Sylwia	4087	BIEGAM DLA SIEBIE	K40	38	02:06:24.10	02:06:41.30	+00:51:23 (40.6%)	10:32	5.7 (59.4%)
39	MUNIAK Ewa	4106		K40	39	02:09:05.30	02:09:22.00	+00:54:03 (41.8%)	10:45	5.6 (58.3%)
40	MARCINIAK Barbara	4085	RADOMNO BIEGA	K40	40	02:09:56.65	02:10:12.55	+00:54:54 (42.2%)	10:49	5.5 (57.3%)
41	BAK LITWA Ewa	4150	FOREVER TEAM	K40	41	02:10:07.45	02:10:29.50	+00:55:11 (42.3%)	10:50	5.5 (57.3%)
42	FRANKOWSKA Joanna	4316	SKITUROWE BIESZCZADY	K40	42	02:14:19.05	02:14:23.10	+00:59:05 (44.0%)	11:11	5.4 (56.3%)
43	BANCERZ Jolanta	4182	TRAWNIKI BIEGAJĄ	K40	43	02:16:58.65	02:17:30.15	+01:02:12 (45.2%)	11:24	5.3 (55.2%)
44	HOOG Wioleta	4301		K40	44	02:22:01.50	02:22:20.75	+01:07:02 (47.1%)	11:50	5.1 (53.1%)
45	KĘSICKA Katarzyna	4168		K40	45	02:22:32.95	02:23:00.80	+01:07:42 (47.3%)	11:52	5.1 (53.1%)
46	ABRAMEK Monika	4314		K40	46	02:23:51.05	02:24:11.35	+01:08:53 (47.8%)	11:59	5 (52.1%)
47	WILK Izabela	4054	SEKCJA PIASKI	K40	47	02:24:02.75	02:24:38.05	+01:09:19 (47.9%)	12:00	5 (52.1%)
48	PACUŁA-CHWASTA Monika	4262		K40	48	02:25:25.90	02:25:53.55	+01:10:35 (48.4%)	12:07	5 (52.1%)
49	PIASKOWSKA Ania	4132	PIASKITEAM	K40	49	02:33:34.30	02:33:48.15	+01:18:30 (51.0%)	12:47	4.7 (49.0%)
50	WDOWIAK Aneta	4026		K40	50	02:36:46.35	02:37:10.50	+01:21:52 (52.1%)	13:03	4.6 (47.9%)
51	CHMIELIŃSKA Barbara	4027		K40	51	02:37:02.65	02:37:26.20	+01:22:08 (52.2%)	13:05	4.6 (47.9%)
52	BUCIOR Iwona	4246	FUNDACJA EUROPEJSKIE FORUM NAUKI I BIZNESU	K40	52	02:39:28.00	02:39:52.30	+01:24:34 (52.9%)	13:17	4.5 (46.9%)
53	KRZYSZTYNIAK Dominika	4215		K40	53	02:46:32.20	02:47:04.35	+01:31:46 (54.9%)	13:52	4.3 (44.8%)
54	GRABARCZYK Marta	4218	FABRYKA DZIKA	K40	54	02:58:36.10	02:59:04.00	+01:43:45 (57.9%)	14:53	4 (41.7%)

Znaleziono 54 wynik(ów)