



# VII DYCHA NA JELENI SKOK

B4SPORT

**Wydarzenie:** X FESTIWAL BIEGU RZEŹNIKA  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2024-06-01  
**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	WER Anna	5215	TOMICA COACHING	K30	1	01:14:29.00	01:14:29.00		6:12	9.7 (100%)
2	HOŁOWATY Renata	5343	SANOK BIEGA	K30	2	01:15:05.05	01:15:05.05	+00:00:36 (0.8%)	6:15	9.6 (99.0%)
3	SZCZYKUTOWICZ Marta	5359		K30	3	01:25:05.35	01:25:05.35	+00:10:36 (12.5%)	7:05	8.5 (87.6%)
4	KOIS Karolina	5124	ITMBW KRAKÓW	K30	4	01:28:12.30	01:28:12.30	+00:13:43 (15.6%)	7:21	8.2 (84.5%)
5	WALASZEK Karolina	5342		K30	5	01:32:17.35	01:32:17.35	+00:17:48 (19.3%)	7:41	7.8 (80.4%)
6	WOJNAROWSKA Weronika	5110		K30	6	01:32:19.85	01:32:19.85	+00:17:50 (19.3%)	7:41	7.8 (80.4%)
7	ROGULSKA Monika	5211		K30	7	01:33:43.60	01:33:43.60	+00:19:14 (20.5%)	7:48	7.7 (79.4%)
8	SIKORSKA Magdalena	5213		K30	8	01:33:43.75	01:33:43.75	+00:19:14 (20.5%)	7:48	7.7 (79.4%)
9	BUDZYN Dominika	5063		K30	9	01:35:40.95	01:35:40.95	+00:21:11 (22.2%)	7:58	7.5 (77.3%)
10	KOMAN Iga	5273	FITMAMY GRZEPNICA	K30	10	01:36:13.30	01:36:13.30	+00:21:44 (22.6%)	8:01	7.5 (77.3%)
11	GUCAJMA Izabela	5242		K30	11	01:36:48.45	01:36:48.45	+00:22:19 (23.1%)	8:04	7.4 (76.3%)
12	KUJON Karolina	5179		K30	12	01:39:51.80	01:39:51.80	+00:25:22 (25.4%)	8:19	7.2 (74.2%)
13	PAWEŁKÓW Alicja	5312		K30	13	01:39:51.95	01:39:51.95	+00:25:22 (25.4%)	8:19	7.2 (74.2%)
14	DRAGUŁA-LIS Andżelika	5368	KS DALIN MYŚLENICE	K30	14	01:40:08.30	01:40:08.30	+00:25:39 (25.6%)	8:20	7.2 (74.2%)
15	PERLIŃSKA Paulina	5083		K30	15	01:40:28.80	01:40:28.80	+00:25:59 (25.9%)	8:22	7.2 (74.2%)
16	KARCZMARCZYK Agnieszka	5070		K30	16	01:41:24.20	01:41:24.20	+00:26:55 (26.5%)	8:27	7.1 (73.2%)
17	KALINOWSKA Ewa	5038	GRAŻKA TEAM	K30	17	01:42:01.70	01:42:01.70	+00:27:32 (27.0%)	8:30	7.1 (73.2%)
18	SOSNOWSKA Marlena	5282	MUSZAKI	K30	18	01:42:57.50	01:42:57.50	+00:28:28 (27.7%)	8:34	7 (72.2%)
19	KAMIŃSKA Katarzyna	5355		K30	19	01:43:43.70	01:43:43.70	+00:29:14 (28.2%)	8:38	6.9 (71.1%)
20	KUCWAJ-BRYSZ Katarzyna	5261	SKAWINA BIEGA	K30	20	01:43:59.70	01:43:59.70	+00:29:30 (28.4%)	8:39	6.9 (71.1%)
21	SAR Katarzyna	5197		K30	21	01:46:02.00	01:46:02.00	+00:31:33 (29.8%)	8:50	6.8 (70.1%)
22	KRYSIAK Małgorzata	5154		K30	22	01:47:07.70	01:47:07.70	+00:32:38 (30.5%)	8:55	6.7 (69.1%)
23	GUZ Weronika	5222		K30	23	01:48:08.05	01:48:08.05	+00:33:39 (31.1%)	9:00	6.7 (69.1%)
24	BRUCH Lidia	5108	WITKOWO BIEGA	K30	24	01:48:51.60	01:48:51.60	+00:34:22 (31.6%)	9:04	6.6 (68.0%)
25	RUDY Magdalena	5324		K30	25	01:49:15.30	01:49:15.30	+00:34:46 (31.8%)	9:06	6.6 (68.0%)
26	MACIĄG-MASTERNAK Marta	5232	AURARACE	K30	26	01:49:46.55	01:49:46.55	+00:35:17 (32.1%)	9:08	6.6 (68.0%)
27	GRABAREK Joanna	5056	KW TORUŃ	K30	27	01:51:29.05	01:51:29.05	+00:37:00 (33.2%)	9:17	6.5 (67.0%)
28	FORTUNA Elżbieta	5045		K30	28	01:51:34.00	01:51:34.00	+00:37:05 (33.2%)	9:17	6.5 (67.0%)
29	GRUDZIŃSKA Angelika	5271		K30	29	01:53:44.75	01:53:44.75	+00:39:15 (34.5%)	9:28	6.3 (64.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
30	<b>SURZYN Aleksandra</b>	<b>5142</b>		K30	30	<b>01:54:33.95</b>	<b>01:54:33.95</b>	+00:40:04 (35.0%)	9:32	6.3 (64.9%)
31	<b>ĆWIĘKOWSKA Aneta</b>	<b>5026</b>		K30	31	<b>01:54:46.20</b>	<b>01:54:46.20</b>	+00:40:17 (35.1%)	9:33	6.3 (64.9%)
32	<b>MIRKIEWICZ Barbara</b>	<b>5274</b>		K30	32	<b>01:55:01.85</b>	<b>01:55:01.85</b>	+00:40:32 (35.2%)	9:35	6.3 (64.9%)
33	<b>PIECHOWSKA Magda</b>	<b>5166</b>	FABRYKA DZIKA	K30	33	<b>01:55:14.00</b>	<b>01:55:14.00</b>	+00:40:45 (35.4%)	9:36	6.2 (63.9%)
34	<b>RÓG Iwona</b>	<b>5236</b>	ZBŁAZ TEAM	K30	34	<b>01:58:07.60</b>	<b>01:58:07.60</b>	+00:43:38 (36.9%)	9:50	6.1 (62.9%)
35	<b>FORYŚ Agnieszka</b>	<b>5062</b>		K30	35	<b>01:58:48.35</b>	<b>01:58:48.35</b>	+00:44:19 (37.3%)	9:54	6.1 (62.9%)
36	<b>SZPAK Zyta</b>	<b>5204</b>	BYLEDOMETRY	K30	36	<b>02:00:04.70</b>	<b>02:00:04.70</b>	+00:45:35 (38.0%)	10:00	6 (61.9%)
37	<b>MIŻEJEWSKA Marta</b>	<b>5156</b>	KONOPIKA RUNNING TEAM	K30	37	<b>02:00:24.05</b>	<b>02:00:24.05</b>	+00:45:55 (38.1%)	10:02	6 (61.9%)
38	<b>TARASZKIEWICZ Joanna</b>	<b>5155</b>		K30	38	<b>02:04:21.65</b>	<b>02:04:21.65</b>	+00:49:52 (40.1%)	10:21	5.8 (59.8%)
39	<b>SKARBK-TWAROWSKA Ewelina</b>	<b>5064</b>		K30	39	<b>02:04:32.45</b>	<b>02:04:32.45</b>	+00:50:03 (40.2%)	10:22	5.8 (59.8%)
40	<b>KORNET Zuzanna</b>	<b>5022</b>	LUKSUS	K30	40	<b>02:04:40.30</b>	<b>02:04:40.30</b>	+00:50:11 (40.3%)	10:23	5.8 (59.8%)
41	<b>WARAKOMSKA Magda</b>	<b>5304</b>		K30	41	<b>02:05:26.55</b>	<b>02:05:26.55</b>	+00:50:57 (40.6%)	10:27	5.7 (58.8%)
42	<b>ŚCIUBISZ Marta</b>	<b>5326</b>	TEAM BIEGUS	K30	42	<b>02:06:53.85</b>	<b>02:06:53.85</b>	+00:52:24 (41.3%)	10:34	5.7 (58.8%)
43	<b>RYCHLIK Patrycja</b>	<b>5366</b>		K30	43	<b>02:07:45.35</b>	<b>02:07:45.35</b>	+00:53:16 (41.7%)	10:38	5.6 (57.7%)
44	<b>POWIERŻA Justyna</b>	<b>5077</b>		K30	44	<b>02:07:51.45</b>	<b>02:07:51.45</b>	+00:53:22 (41.7%)	10:39	5.6 (57.7%)
45	<b>FARVACQUE Anna</b>	<b>5081</b>		K30	45	<b>02:08:14.40</b>	<b>02:08:14.40</b>	+00:53:45 (41.9%)	10:41	5.6 (57.7%)
46	<b>KUDRASZEW Emilia</b>	<b>5060</b>		K30	46	<b>02:11:05.90</b>	<b>02:11:05.90</b>	+00:56:36 (43.2%)	10:55	5.5 (56.7%)
47	<b>PACHOLSKA Hanna</b>	<b>5143</b>		K30	47	<b>02:12:14.85</b>	<b>02:12:14.85</b>	+00:57:45 (43.7%)	11:01	5.4 (55.7%)
48	<b>ZELAZNY Katarzyna</b>	<b>5096</b>		K30	48	<b>02:12:57.95</b>	<b>02:12:57.95</b>	+00:58:28 (44.0%)	11:04	5.4 (55.7%)
49	<b>JAROŃSKA Aneta</b>	<b>5260</b>	IRON TEAM	K30	49	<b>02:15:12.00</b>	<b>02:15:12.00</b>	+01:00:43 (44.9%)	11:16	5.3 (54.6%)
50	<b>STREIT Justyna</b>	<b>5117</b>		K30	50	<b>02:15:56.00</b>	<b>02:15:56.00</b>	+01:01:27 (45.2%)	11:19	5.3 (54.6%)
51	<b>SMIT Katarzyna</b>	<b>5023</b>		K30	51	<b>02:21:38.05</b>	<b>02:21:38.05</b>	+01:07:09 (47.4%)	11:48	5.1 (52.6%)
52	<b>SZOPIŃSKA Ewelina</b>	<b>5181</b>		K30	52	<b>02:25:04.25</b>	<b>02:25:04.25</b>	+01:10:35 (48.7%)	12:05	5 (51.5%)
53	<b>CHOROŚ Sylwia</b>	<b>5340</b>		K30	53	<b>02:25:56.20</b>	<b>02:25:56.20</b>	+01:11:27 (49.0%)	12:09	4.9 (50.5%)
54	<b>SIEMIENIUK Izabela</b>	<b>5118</b>	PRAŻANKA	K30	54	<b>02:27:55.55</b>	<b>02:27:55.55</b>	+01:13:26 (49.6%)	12:19	4.9 (50.5%)
55	<b>KOWALEWICZ Ewa</b>	<b>5258</b>		K30	55	<b>02:30:56.35</b>	<b>02:30:56.35</b>	+01:16:27 (50.7%)	12:34	4.8 (49.5%)
56	<b>SOKOŁOWSKA Magdalena</b>	<b>5257</b>		K30	56	<b>02:30:56.45</b>	<b>02:30:56.45</b>	+01:16:27 (50.7%)	12:34	4.8 (49.5%)
57	<b>MENDRA Agata</b>	<b>5009</b>	PŁONĄCE MACICE	K30	57	<b>02:31:36.30</b>	<b>02:31:36.30</b>	+01:17:07 (50.9%)	12:38	4.7 (48.5%)
58	<b>KRETOWICZ Jolanta</b>	<b>5073</b>		K30	58	<b>02:36:11.55</b>	<b>02:36:11.55</b>	+01:21:42 (52.3%)	13:00	4.6 (47.4%)
59	<b>SPADŁO Ewelina</b>	<b>5303</b>		K30	59	<b>02:50:41.05</b>	<b>02:50:41.05</b>	+01:36:12 (56.4%)	14:13	4.2 (43.3%)

Znaleziono 59 wynik(ów)