



VII DYCHA NA JELENI SKOK

B4SPORT

Event: X FESTIWAL BIEGU RZEŹNIKA
Organiser: Fundacja Bieg Rzeźnika
Date: 2024-06-01
Place: Cisna
Distance: 12 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Classification: K40

Place	Participant	Number	Club	Category	MCat	Net time 12km	Czas brutto 12km	Gap	Pace min/km	Pace km/h
1	LIS-PASIONEK Małgorzata	5332		K40	1	01:10:15.55	01:10:15.55		5:51	10.2 (100%)
2	MARSZAŁEK Ewa	5049	KROSSKI REMSPORT	K40	2	01:12:32.30	01:12:32.30	+00:02:16 (3.1%)	6:02	9.9 (97.1%)
3	BOLECHOWSKA Dominika	5006		K40	3	01:13:33.80	01:13:33.80	+00:03:18 (4.5%)	6:07	9.8 (96.1%)
4	MUSIALIK Magdalena	5052	RZESZÓW	K40	4	01:15:19.15	01:15:19.15	+00:05:03 (6.7%)	6:16	9.6 (94.1%)
5	CHILICKA Marta	5320		K40	5	01:18:29.50	01:18:29.50	+00:08:13 (10.5%)	6:32	9.2 (90.2%)
6	JARZĘBOWICZ Beata	5352	ZADYSZKA OŚWIĘCIM	K40	6	01:19:05.95	01:19:05.95	+00:08:50 (11.2%)	6:35	9.1 (89.2%)
7	BANASIK Monika	5075		K40	7	01:19:53.55	01:19:53.55	+00:09:38 (12.1%)	6:39	9 (88.2%)
8	KNAP Mariola	5131	SANOK BIEGA	K40	8	01:30:37.60	01:30:37.60	+00:20:22 (22.5%)	7:33	7.9 (77.5%)
9	GÓRSKA Urszula	5183	ISCG	K40	9	01:31:10.40	01:31:10.40	+00:20:54 (22.9%)	7:35	7.9 (77.5%)
10	KOZACZUK Maria	5293		K40	10	01:32:44.90	01:32:44.90	+00:22:29 (24.2%)	7:43	7.8 (76.5%)
11	STASZCZYK Ania	5251	BKB CZARNA PERŁA	K40	11	01:33:54.45	01:33:54.45	+00:23:38 (25.2%)	7:49	7.7 (75.5%)
12	SIKORSKA Agnieszka	5317	TRI SEXY	K40	12	01:38:25.45	01:38:25.45	+00:28:09 (28.6%)	8:12	7.3 (71.6%)
13	SZCZUDLIK Małgorzata	5030	SZALENI BIEGACZE GNIEZNO	K40	13	01:40:03.20	01:40:03.20	+00:29:47 (29.8%)	8:20	7.2 (70.6%)
14	DOMAŃSKA Magdalena	5336	MOJABROSZKAMOJASPRAWA	K40	14	01:40:57.75	01:40:57.75	+00:30:42 (30.4%)	8:24	7.1 (69.6%)
15	SIEWRUK Katarzyna	5188	WARSAW RUN CLUB	K40	15	01:41:10.70	01:41:10.70	+00:30:55 (30.6%)	8:25	7.1 (69.6%)
16	ZARZYCZNA Monika	5111		K40	16	01:41:34.30	01:41:34.30	+00:31:18 (30.8%)	8:27	7.1 (69.6%)
17	BONICH Magdalena	5137	WIECZORNE BIEGANIE W OPOLU	K40	17	01:41:35.20	01:41:35.20	+00:31:19 (30.8%)	8:27	7.1 (69.6%)
18	CICHOŃ Sabina	5205		K40	18	01:41:44.15	01:41:44.15	+00:31:28 (30.9%)	8:28	7.1 (69.6%)
19	KOBIELSKA Magdalena	5226	GALICJABIEGA	K40	19	01:42:44.20	01:42:44.20	+00:32:28 (31.6%)	8:33	7 (68.6%)
20	RADZIK Magdalena	5035		K40	20	01:43:28.85	01:43:28.85	+00:33:13 (32.1%)	8:37	7 (68.6%)
21	RACHWALSKA Marzena	5295		K40	21	01:43:41.50	01:43:41.50	+00:33:25 (32.2%)	8:38	6.9 (67.6%)
22	MAZUR Katarzyna	5101	UKS AZYMUT PABIANICE	K40	22	01:44:22.00	01:44:22.00	+00:34:06 (32.7%)	8:41	6.9 (67.6%)
23	SROCZYŃSKA Emilia	5374	KB MCKIS JAWORZNO	K40	23	01:44:54.15	01:44:54.15	+00:34:38 (33.0%)	8:44	6.9 (67.6%)
24	TRUSZKOWSKA Edyta	5375		K40	24	01:47:02.10	01:47:02.10	+00:36:46 (34.4%)	8:55	6.7 (65.7%)
25	STERLING Monika	5103	WITKOWO BIEGA	K40	25	01:48:51.75	01:48:51.75	+00:38:36 (35.5%)	9:04	6.6 (64.7%)
26	BĄK LITWA Ewa	5252	FOREVER TEAM	K40	26	01:50:35.55	01:50:35.55	+00:40:20 (36.5%)	9:12	6.5 (63.7%)
27	IMIOŁCZYK Marlena	5220	KOMANDOS	K40	27	01:52:01.75	01:52:01.75	+00:41:46 (37.3%)	9:20	6.4 (62.7%)
28	ORGANIŚCIAK Justyna	5279		K40	28	01:52:47.90	01:52:47.90	+00:42:32 (37.7%)	9:23	6.4 (62.7%)
29	BIĘNKOWSKA Dorota	5203		K40	29	01:54:09.90	01:54:09.90	+00:43:54 (38.5%)	9:30	6.3 (61.8%)

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30	SZNAJDER Joanna	5241		K40	30	01:54:44.65	01:54:44.65	+00:44:29 (38.8%)	9:33	6.3 (61.8%)
31	IZDEBSKA Monika	5089	SPORT GENERATION	K40	31	01:54:53.85	01:54:53.85	+00:44:38 (38.9%)	9:34	6.3 (61.8%)
32	WIELIŃSKA-JACHYMIAK Olga	5371	SPECJALISTYCZNY GABINET REHABILITACJI DZIECI	K40	32	01:57:32.30	01:57:32.30	+00:47:16 (40.2%)	9:47	6.1 (59.8%)
33	POPIÓŁ Izabela	5294		K40	33	02:01:08.40	02:01:08.40	+00:50:52 (42.0%)	10:05	5.9 (57.8%)
34	ZARAJCZYK-CEBULA Monika	5072		K40	34	02:01:37.00	02:01:37.00	+00:51:21 (42.2%)	10:08	5.9 (57.8%)
35	WALISZEWSKA-PLEWA Izabela	5024		K40	35	02:04:57.85	02:04:57.85	+00:54:42 (43.8%)	10:24	5.8 (56.9%)
36	MROZIŃSKA Agata	5048	SPORT GENERATION	K40	36	02:06:11.40	02:06:11.40	+00:55:55 (44.3%)	10:30	5.7 (55.9%)
37	SADURA Anna	5191		K40	37	02:06:14.55	02:06:14.55	+00:55:59 (44.3%)	10:31	5.7 (55.9%)
38	KONIKIEWICZ Katarzyna	5350		K40	38	02:07:43.20	02:07:43.20	+00:57:27 (45.0%)	10:38	5.6 (54.9%)
39	BOKSZA Aleksandra	5163		K40	39	02:09:17.95	02:09:17.95	+00:59:02 (45.7%)	10:46	5.6 (54.9%)
40	KUŚMIERCZYK Agnieszka	5114		K40	40	02:09:44.45	02:09:44.45	+00:59:28 (45.8%)	10:48	5.5 (53.9%)
41	MARCINIAK Barbara	5138	RADOMNO BIEGA	K40	41	02:09:46.15	02:09:46.15	+00:59:30 (45.9%)	10:48	5.5 (53.9%)
42	BANCERZ Jolanta	5194	TRAWNIKI BIEGAJĄ	K40	42	02:10:54.70	02:10:54.70	+01:00:39 (46.3%)	10:54	5.5 (53.9%)
43	RÓLKA Kamila	5044		K40	43	02:19:57.90	02:19:57.90	+01:09:42 (49.8%)	11:39	5.1 (50.0%)
44	MACIEJEWSKA Aldona	5313		K40	44	02:21:29.00	02:21:29.00	+01:11:13 (50.3%)	11:47	5.1 (50.0%)
45	GADOMSKA Dominika	5018	ŻÓRAWSKI TEAM	K40	45	02:21:46.75	02:21:46.75	+01:11:31 (50.4%)	11:48	5.1 (50.0%)
46	WOJCIECHOWSKA Ania	5129	NAJLEPSI OLD	K40	46	02:22:29.45	02:22:29.45	+01:12:13 (50.7%)	11:52	5.1 (50.0%)
47	ISKRA-BATKIEWICZ Barbara	5216	TEAM NOWY TARG	K40	47	02:25:04.25	02:25:04.25	+01:14:48 (51.6%)	12:05	5 (49.0%)
48	LIPKOWSKA Katarzyna	5193	NOWY TARG	K40	48	02:25:04.35	02:25:04.35	+01:14:48 (51.6%)	12:05	5 (49.0%)
49	BARTENBACH-BYCZKO Magdalena	5128	HARPAGAN CREW	K40	49	02:26:59.00	02:26:59.00	+01:16:43 (52.2%)	12:14	4.9 (48.0%)
50	MALISZEWSKA Monika	5014		K40	50	02:26:59.60	02:26:59.60	+01:16:44 (52.2%)	12:14	4.9 (48.0%)
51	PRUS Anna	5292	BIEGACZE KLECZEW	K40	51	02:28:50.30	02:28:50.30	+01:18:34 (52.8%)	12:24	4.8 (47.1%)
52	FILIŃSKA Maria	5065		K40	52	02:32:31.05	02:32:31.05	+01:22:15 (53.9%)	12:42	4.7 (46.1%)
53	PIOTROWSKA Justyna	5082		K40	53	02:35:37.80	02:35:37.80	+01:25:22 (54.9%)	12:58	4.6 (45.1%)
54	SIEMIENIUK Anna	5074		K40	54	02:36:11.85	02:36:11.85	+01:25:56 (55.0%)	13:00	4.6 (45.1%)
55	WILK Anna	5234	ZABIEGANI MIELEC	K40	55	02:45:06.25	02:45:06.25	+01:34:50 (57.4%)	13:45	4.4 (43.1%)

Total 55 results.