



BIEGI W SZCZAWNICY

**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

Biegi w Szczawnicy  
Fundacja Strefa Przygód  
2022-04-23  
Szczawnica  
43.5 km

## WIELKA PREHYBA - 43 KM

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

**B4SPORT**  
INTELEGENE ZAWODY SPORTOWE

Klasyfikacja: K40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Schronisko na Przehybie 14.4km	Bacówka na Obidzy 24.3km	Schronisko pod Durbaszką 35.7km	Czas netto 43.5km	Czas brutto 43.5km	Różn	Tempo min/km	Tempo km/h
1	<b>DESSAUER Wioletta</b>	<b>1372</b>	STAY INSANE	K40	1		01:43:40	02:43:25	04:03:19	<b>04:50:02.45</b>	<b>04:50:13.90</b>		6:40	9 (100%)
2	<b>MALECKA-LEŃ Patrycja</b>	<b>1562</b>	STAJNIA BALONA	K40	2	tak	01:48:22	02:53:23	04:17:44	<b>05:06:45.30</b>	<b>05:06:47.90</b>	+00:16:34 (5.4%)	7:03	8.5 (94.4%)
3	<b>BOROWICZ Monika</b>	<b>1220</b>	CKS BUDOWLANI / ZABIEGANI CZĘSTOCHOWA	K40	3	tak	01:48:52	03:00:18	04:33:23	<b>05:25:42.55</b>	<b>05:25:47.80</b>	+00:35:33 (10.9%)	7:29	8 (88.9%)
4	<b>MAGDA Katarzyna</b>	<b>1461</b>		K40	4		01:55:35	03:04:38	04:41:17	<b>05:35:22.10</b>	<b>05:35:29.00</b>	+00:45:15 (13.5%)	7:42	7.8 (86.7%)
5	<b>KOWALSKA Katarzyna</b>	<b>1612</b>	POLSKA	K40	5		01:59:14	03:10:30	04:46:03	<b>05:36:45.90</b>	<b>05:37:22.75</b>	+00:47:08 (14.0%)	7:44	7.8 (86.7%)
6	<b>ESZNER Agnieszka</b>	<b>1717</b>		K40	6		01:56:38	03:08:33	04:42:59	<b>05:37:08.80</b>	<b>05:37:30.55</b>	+00:47:16 (14.0%)	7:45	7.7 (85.6%)
7	<b>NAGY Szilvia</b>	<b>1870</b>	ÓLOMLÁBÚAK	K40	7		02:02:58	03:16:17	04:48:32	<b>05:43:11.55</b>	<b>05:43:11.55</b>	+00:52:57 (15.4%)	7:53	7.6 (84.4%)
8	<b>BYDOŃ Agnieszka</b>	<b>1751</b>	#ADAMCZERWIŃSKITEAM	K40	8		01:58:51	03:12:03	04:46:41	<b>05:44:31.80</b>	<b>05:44:38.90</b>	+00:54:25 (15.8%)	7:55	7.6 (84.4%)
9	<b>MRUGAŁA Monika</b>	<b>1390</b>	TRAIL IS OUR WAY TEAM	K40	9		01:56:55	03:10:47	04:51:18	<b>05:47:46.75</b>	<b>05:48:19.60</b>	+00:58:05 (16.7%)	7:59	7.5 (83.3%)
10	<b>WERENKOWICZ-WRONA Ilona</b>	<b>1655</b>	LKB RUDNIK	K40	10		02:00:38	03:12:07	04:54:17	<b>05:50:24.55</b>	<b>05:50:41.25</b>	+01:00:27 (17.2%)	8:03	7.4 (82.2%)
11	<b>DZIERŻAK Elżbieta</b>	<b>1795</b>	WWW.TRENINGFIZJOTERAPIA.PL	K40	11		02:06:12	03:21:44	04:59:52	<b>05:54:42.30</b>	<b>05:54:52.35</b>	+01:04:38 (18.2%)	8:09	7.4 (82.2%)
12	<b>JĘDRASZEK Alicja</b>	<b>1585</b>		K40	12		02:08:26	03:24:01	05:04:14	<b>05:59:23.60</b>	<b>05:59:58.50</b>	+01:09:44 (19.4%)	8:15	7.3 (81.1%)
13	<b>SZEPczyńska Anna</b>	<b>1772</b>	ŻARY RUNNERS TEAM	K40	13		02:06:05	03:26:30	05:15:03	<b>06:09:43.95</b>	<b>06:10:21.10</b>	+01:20:07 (21.6%)	8:29	7.1 (78.9%)
14	<b>ŁUCJANEK Justyna</b>	<b>1326</b>	KAJA TEAM	K40	14		02:13:04	03:32:28	05:16:59	<b>06:12:02.75</b>	<b>06:12:10.25</b>	+01:21:56 (22.0%)	8:33	7 (77.8%)
15	<b>MADEJ Anna</b>	<b>1401</b>	VEGE RUNNERS	K40	15		02:08:50	03:27:10	05:15:09	<b>06:16:36.10</b>	<b>06:17:11.35</b>	+01:26:57 (23.1%)	8:39	6.9 (76.7%)
16	<b>GRADKOWSKA Gosia</b>	<b>1246</b>		K40	16		02:05:53	03:29:01	05:23:12	<b>06:20:26.15</b>	<b>06:21:18.00</b>	+01:31:04 (23.9%)	8:44	6.9 (76.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Schronisko	Bacówka	Schronisko	Czas netto 43.5km	Czas brutto 43.5km	Różn	Tempo min/km	Tempo km/h
							na Przehybie 14.4km	na Obidzy 24.3km	pod Durbaszka 35.7km					
17	<b>KOPEĆ Renata</b>	<b>1505</b>	B	K40	17		02:19:28	03:40:36	05:26:07	<b>06:22:44.25</b>	<b>06:23:26.90</b>	+01:33:13 (24.3%)	8:47	6.8 (75.6%)
18	<b>BIEŃ Magdalena</b>	<b>1896</b>		K40	18		02:08:57	03:30:37	05:24:51	<b>06:24:43.05</b>	<b>06:24:54.60</b>	+01:34:40 (24.6%)	8:50	6.8 (75.6%)
19	<b>SKOWRON Magdalena</b>	<b>1560</b>		K40	19		02:11:58	03:35:09	05:30:04	<b>06:34:10.90</b>	<b>06:35:05.40</b>	+01:44:51 (26.5%)	9:03	6.6 (73.3%)
20	<b>KUŚ Gabriela</b>	<b>1470</b>	KB MCKIS JAWORZNO	K40	20		02:18:36	03:42:27	05:40:14	<b>06:42:23.45</b>	<b>06:42:33.65</b>	+01:52:19 (27.9%)	9:15	6.5 (72.2%)
21	<b>KACZMAREK Katarzyna</b>	<b>1304</b>	#ADAMCZERWINSKITEAM	K40	21		02:21:20	03:47:49	05:45:12	<b>06:46:55.60</b>	<b>06:47:06.05</b>	+01:56:52 (28.7%)	9:21	6.4 (71.1%)
22	<b>SZYMANEK Anna</b>	<b>1496</b>	NAPRZÓD MŁOCINY	K40	22		02:15:17	03:53:47	05:47:46	<b>06:47:12.50</b>	<b>06:47:25.25</b>	+01:57:11 (28.8%)	9:21	6.4 (71.1%)
23	<b>JAKUBISIAK Renata</b>	<b>1752</b>	BIEGAM NA TARCHOMINIE	K40	23		02:04:11	03:39:29	05:50:02	<b>06:55:02.65</b>	<b>06:55:09.90</b>	+02:04:56 (30.1%)	9:32	6.3 (70.0%)
24	<b>ZABORSKA- KONKOLEWSKA Agnieszka</b>	<b>1806</b>	BROWAR FORTUNA	K40	24		02:14:31	03:47:21	05:51:40	<b>06:56:09.65</b>	<b>06:56:51.40</b>	+02:06:37 (30.4%)	9:34	6.3 (70.0%)
25	<b>HOLIK Iwona</b>	<b>1557</b>		K40	25		02:23:21	03:56:13	05:57:11	<b>07:01:27.20</b>	<b>07:01:55.15</b>	+02:11:41 (31.2%)	9:41	6.2 (68.9%)
26	<b>DYŁĄG Katarzyna</b>	<b>1773</b>	GGB	K40	26		02:23:25	03:56:18	05:57:31	<b>07:01:41.60</b>	<b>07:02:08.45</b>	+02:11:54 (31.2%)	9:41	6.2 (68.9%)
27	<b>ROŻYK Magdalena</b>	<b>1823</b>	BIEGAMYRAZEM.PL	K40	27		02:36:25	04:11:14	06:00:56	<b>07:02:13.70</b>	<b>07:02:40.85</b>	+02:12:26 (31.3%)	9:42	6.2 (68.9%)
28	<b>PASIEKA Agnieszka</b>	<b>1732</b>		K40	28		02:23:58	03:56:38	05:58:25	<b>07:04:01.30</b>	<b>07:04:25.10</b>	+02:14:11 (31.6%)	9:44	6.2 (68.9%)
29	<b>WITUSIK Dorota</b>	<b>1457</b>		K40	29		02:23:57	03:56:40	05:58:24	<b>07:04:00.50</b>	<b>07:04:25.35</b>	+02:14:11 (31.6%)	9:44	6.2 (68.9%)
30	<b>KĘDZIORA Aleksandra</b>	<b>1449</b>	GT RAT	K40	30		02:28:35	04:00:37	06:00:21	<b>07:06:42.00</b>	<b>07:07:14.45</b>	+02:17:00 (32.1%)	9:48	6.1 (67.8%)
31	<b>GRAU Joanna</b>	<b>2134</b>	KWIDZYN BIEGA	K40	31		02:26:54	04:02:51	06:07:11	<b>07:10:17.25</b>	<b>07:10:41.45</b>	+02:20:27 (32.6%)	9:53	6.1 (67.8%)
32	<b>GRABARCZYK Ilona</b>	<b>1365</b>	UKS FILIPIDES TERESIN	K40	32	tak	02:23:26	03:49:58	05:59:42	<b>07:15:41.50</b>	<b>07:16:31.60</b>	+02:26:17 (33.5%)	10:00	6 (66.7%)
33	<b>TOKARSKA Bożena</b>	<b>1853</b>	#ADAMCZERWIŃSKITEAM	K40	33		02:32:35	04:05:49	06:12:06	<b>07:18:15.85</b>	<b>07:18:27.65</b>	+02:28:13 (33.8%)	10:04	6 (66.7%)
34	<b>RAFA Joanna</b>	<b>1756</b>		K40	34		02:25:58	04:01:04	06:06:34	<b>07:17:34.35</b>	<b>07:18:30.20</b>	+02:28:16 (33.8%)	10:03	6 (66.7%)
35	<b>DUTKOWIAK Aleksandra</b>	<b>1350</b>	PIĄTKOWO NA BIEGOWO	K40	35		02:28:59	04:12:03	06:18:04	<b>07:26:27.35</b>	<b>07:26:59.30</b>	+02:36:45 (35.1%)	10:15	5.8 (64.4%)
35	<b>JÓZEFczyk Justyna</b>	<b>1445</b>		K40	35		02:28:56	04:12:14	06:18:06	<b>07:26:24.85</b>	<b>07:26:59.30</b>	+02:36:45 (35.1%)	10:15	5.8 (64.4%)
37	<b>SZCZODRZYŃSKA Kasia</b>	<b>1266</b>		K40	37		02:29:52	04:11:00	06:23:21	<b>07:30:52.25</b>	<b>07:31:12.20</b>	+02:40:58 (35.7%)	10:21	5.8 (64.4%)
38	<b>PABIAŃCZYK Małgorzata</b>	<b>1315</b>		K40	38		02:33:12	04:08:13	06:22:54	<b>07:34:07.75</b>	<b>07:34:43.25</b>	+02:44:29 (36.2%)	10:26	5.7 (63.3%)
39	<b>JAKÓBCZYK Sylwia</b>	<b>1386</b>		K40	39		02:24:50	04:05:04	06:23:50	<b>07:37:29.40</b>	<b>07:38:11.10</b>	+02:47:57 (36.7%)	10:31	5.7 (63.3%)
40	<b>CHODUN Agnieszka</b>	<b>1345</b>		K40	40		02:28:44	04:10:16	06:23:49	<b>07:39:13.90</b>	<b>07:39:55.05</b>	+02:49:41 (36.9%)	10:33	5.7 (63.3%)

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							na Przehybie 14.4km	na Obidzy 24.3km	pod Durbaszką 35.7km					
41	KADZIDŁOWSKA Aleksandra	1368		K40	41		02:30:00	04:15:29	06:29:42	07:40:10.05	07:40:24.95	+02:50:11 (37.0%)	10:34	5.7 (63.3%)
42	IDZIKOWSKA- ŚLEDŹ Marta	1290	NAPRZÓD MŁOCINY	K40	42		02:17:38	03:57:32	06:30:58	07:42:45.60	07:42:58.50	+02:52:44 (37.3%)	10:38	5.6 (62.2%)
43	SZYDŁOWSKA - DOROSZ Patrycja	1616	TEAM ZABIEGANEDNI	K40	43		02:24:17	04:10:22	06:35:37	07:47:31.15	07:47:52.70	+02:57:38 (38.0%)	10:44	5.6 (62.2%)
44	CIOSEK Małgorzata	1243		K40	44		02:37:00	04:19:34	06:32:59	07:47:08.90	07:47:56.25	+02:57:42 (38.0%)	10:44	5.6 (62.2%)
45	WRONA Anna	1517	META NADARZYN	K40	45		02:34:31	04:18:45	06:40:19	07:52:03.75	07:52:59.45	+03:02:45 (38.6%)	10:51	5.5 (61.1%)
46	BALCERZAK Krysia	1324	DROGA DO ULTRA / SZAKALE BAŁUT ŁÓDŹ	K40	46		02:31:23	04:16:26	06:43:23	07:55:51.00	07:56:05.80	+03:05:51 (39.0%)	10:56	5.5 (61.1%)
47	PROKOPCZUK Anna	1838		K40	47		02:34:10	04:16:13	06:48:38	07:58:23.25	07:59:03.65	+03:08:49 (39.4%)	10:59	5.5 (61.1%)
48	DRAB Monika	1841		K40	48		02:34:13	04:16:24	06:48:43	07:58:25.45	07:59:03.75	+03:08:49 (39.4%)	10:59	5.5 (61.1%)
49	SYNOWIEC-JUDA Agata	1467		K40	49		02:42:36	04:26:41	06:45:53	08:00:18.00	08:00:26.15	+03:10:12 (39.6%)	11:02	5.4 (60.0%)
50	TURCZYŃSKA Monika	1579	12TRI.PL	K40	50		02:37:23	04:19:13	06:37:40	07:59:56.30	08:00:31.30	+03:10:17 (39.6%)	11:01	5.4 (60.0%)
51	HUBNER Ilona	1274		K40	51		02:42:07	04:33:17	06:50:47	08:00:16.15	08:01:03.80	+03:10:49 (39.7%)	11:02	5.4 (60.0%)
52	NAWROT Magdalena	1422	J U V E R U N	K40	52		02:48:05	04:27:19	06:50:14	08:06:25.10	08:07:03.25	+03:16:49 (40.4%)	11:10	5.4 (60.0%)
53	TOMANEK Renata	1426		K40	53		02:46:49	04:33:17	06:50:21	08:06:42.15	08:07:19.65	+03:17:05 (40.4%)	11:11	5.4 (60.0%)
54	WRÓBEL- GŁOWACKA Honorata	1606	ACTIVE JURA	K40	54		02:43:39	04:39:04	06:59:35	08:11:18.80	08:12:13.05	+03:21:59 (41.0%)	11:17	5.3 (58.9%)
55	ŚWIĘTONIOWSKA Justyna	1563	PODIUM	K40	55		02:46:15	04:36:34	06:58:21	08:11:28.85	08:12:16.10	+03:22:02 (41.0%)	11:17	5.3 (58.9%)
56	PASTUSZAK Ewa	1512	ŁĘCZNA BIEGA	K40	56		02:23:45	04:16:02	06:57:19	08:15:36.65	08:15:58.70	+03:25:44 (41.5%)	11:23	5.3 (58.9%)
57	NOWAK Katarzyna	1697	KB WARTKO	K40	57		02:32:02	04:27:09	06:57:59	08:16:45.45	08:17:18.55	+03:27:04 (41.6%)	11:25	5.3 (58.9%)
58	WIEDRO Małgorzata	1861	WKURW-TEAM/BIEGNĘ ,ŻEBY BARTEK MÓGŁ BIEGAĆ	K40	58		02:45:08	04:35:16	07:05:54	08:20:19.95	08:20:33.90	+03:30:20 (42.0%)	11:30	5.2 (57.8%)
59	JAGODZIŃSKA Paulina	1409	ZABIEGANI MIELEC/WKURW_TEAM	K40	59		02:42:31	04:36:59	07:05:54	08:23:15.75	08:23:37.35	+03:33:23 (42.4%)	11:34	5.2 (57.8%)
60	ŁASKAWSKA Justyna	1880		K40	60		02:50:44	04:40:49	07:10:28	08:26:45.15	08:27:52.50	+03:37:38 (42.9%)	11:38	5.2 (57.8%)
61	NAWROT Agnieszka	1389	ROZBIEGANY SULEJÓWEK	K40	61		02:29:01	04:15:33	07:09:06	08:32:09.95	08:32:49.15	+03:42:35 (43.4%)	11:46	5.1 (56.7%)
62	KOŁACZEK Sylwia	1602		K40	62		02:48:45	04:35:23	07:09:36	08:32:17.00	08:32:51.30	+03:42:37 (43.4%)	11:46	5.1 (56.7%)
63	KOWALCZYK Katarzyna	1442	DROGA DO ULTRA	K40	63		02:48:49	04:35:08	07:09:18	08:34:17.20	08:35:11.10	+03:44:57 (43.7%)	11:49	5.1 (56.7%)
64	JEZIERSKA Karina	1578	12TRI.PL/TEAM ZABIEGANEDNI	K40	64		02:58:22	04:53:17	07:20:10	08:36:53.65	08:37:29.60	+03:47:15 (43.9%)	11:52	5 (55.6%)

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65	<b>FRYŚ-RZEZAK Justyna</b>	<b>1787</b>	WYBIEGAJ SIEBIE	K40	65		02:52:10	04:50:05	07:30:22	<b>08:48:14.55</b>	<b>08:48:35.30</b>	+03:58:21 (45.1%)	12:08	4.9 (54.4%)
<b>Przekroczony limit czasu: 09:00:00</b>														
66	<b>MORACZEWSKA Aleksandra</b>	<b>1526</b>	ŁOMIANKOWSKA GRUPA BIEGOWA	K40	66		03:02:37	05:15:15	08:43:57	<b>10:25:54.55</b>	<b>10:26:55.95</b>	+05:36:42 (53.7%)	14:23	4.2 (46.7%)

Znaleziono 66 wynik(ów)