

# X ZIMOWA BIESZCZADZKA DYCHA 2024

B4SPORT

**Wydarzenie:** X Zimowy Maraton Bieszczadzki  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2024-01-27  
**Miejsce:** Cisna  
**Dystans:** 10 km

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyżowka na stokowce 5km	Czas netto 9km	Czas brutto 9km	Różn	Tempo min/km	Tempo km/h
1	HOŁOWATY Renata	1090	SANOK BIEGA	K30	1	00:24:22	00:50:20.60	00:50:20.65		5:35	10.7 (100%)
2	POPIELA-KAWA Sylwia	1096		K40	1	00:25:48	00:56:37.05	00:56:37.65	+00:06:17 (11.1%)	6:17	9.5 (88.8%)
3	CICHOŃ Sabina	1129		K40	2	00:27:31	00:58:12.35	00:58:18.15	+00:07:57 (13.7%)	6:28	9.3 (86.9%)
4	KNAP Mariola	1070	SANOK BIEGA	K40	3	00:29:31	01:01:14.80	01:01:15.15	+00:10:54 (17.8%)	6:48	8.8 (82.2%)
5	KOWAL Anna	1088		K30	2	00:28:09	01:01:54.90	01:01:56.55	+00:11:35 (18.7%)	6:52	8.7 (81.3%)
6	MUSIOŁ Sonja	1064	SONJA MUSIOŁ PSYCHOTERAPIA	K20	1	00:30:21	01:04:26.60	01:04:30.85	+00:14:10 (22.0%)	7:09	8.4 (78.5%)
7	GANCARZ Barbara	1012		K30	3	00:30:25	01:05:12.10	01:05:13.90	+00:14:53 (22.8%)	7:14	8.3 (77.6%)
8	DZIENKOWSKA Ewelina	1021		K40	4	00:30:29	01:05:52.80	01:05:57.75	+00:15:37 (23.7%)	7:19	8.2 (76.6%)
9	POJNAR Katarzyna	1052		K20	2	00:29:01	01:06:55.60	01:07:02.75	+00:16:42 (24.9%)	7:26	8.1 (75.7%)
10	SKARUZ Anna	1030	SŁONECZKO	K40	5	00:30:58	01:07:35.90	01:07:40.50	+00:17:19 (25.6%)	7:30	8 (74.8%)
11	STELMACH-TOFIL Ewa	1120	#NOLIMITS	K40	6	00:28:36	01:08:30.20	01:08:32.45	+00:18:11 (26.5%)	7:36	7.9 (73.8%)
12	ZAWADKA Małgorzata	1029	STOPKA PILAWA	K40	7	00:32:18	01:09:36.30	01:09:46.90	+00:19:26 (27.9%)	7:44	7.8 (72.9%)
13	RUDY Magdalena	1116		K30	4	00:31:22	01:09:41.50	01:09:49.15	+00:19:28 (27.9%)	7:44	7.7 (72.0%)
14	ZARZYKA Zofia	1118		K40	8	00:30:30	01:10:48.45	01:10:53.05	+00:20:32 (29.0%)	7:52	7.6 (71.0%)
15	GEMZIK Agata	1086	J U V E R U N	K30	5	00:31:27	01:11:00.30	01:11:06.10	+00:20:45 (29.2%)	7:53	7.6 (71.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyzowka na stokowce 5km	Czas netto 9km	Czas brutto 9km	Różn	Tempo min/km	Tempo km/h
16	<b>ADACH-SOSNOWSKA Magdalena</b>	<b>1017</b>		K40	9	00:28:45	<b>01:11:28.30</b>	<b>01:11:43.45</b>	+00:21:22 (29.8%)	7:56	7.6 (71.0%)
17	<b>GREC Katarzyna</b>	<b>1010</b>		K20	3	00:32:27	<b>01:11:51.20</b>	<b>01:11:59.05</b>	+00:21:38 (30.1%)	7:59	7.5 (70.1%)
18	<b>DABROWKA Nina</b>	<b>1089</b>	FUNDACJA LATARNIA - GMINA BUKOWSKO	K30	6	00:34:02	<b>01:13:57.40</b>	<b>01:14:02.40</b>	+00:23:41 (32.0%)	8:13	7.3 (68.2%)
19	<b>MACIEWICZ Teresa</b>	<b>1020</b>		K50	1	00:32:41	<b>01:14:56.20</b>	<b>01:15:02.05</b>	+00:24:41 (32.9%)	8:19	7.2 (67.3%)
20	<b>GUCAJMA Izabela</b>	<b>1031</b>		K30	7	00:33:58	<b>01:16:39.50</b>	<b>01:16:42.55</b>	+00:26:21 (34.4%)	8:31	7 (65.4%)
21	<b>SIKORA Amelia</b>	<b>1092</b>		K20	4	00:36:28	<b>01:16:43.55</b>	<b>01:16:47.95</b>	+00:26:27 (34.4%)	8:31	7 (65.4%)
22	<b>BAK-LITWA Ewa</b>	<b>1005</b>	FOREVER TEAM	K40	10	00:34:29	<b>01:17:53.85</b>	<b>01:17:57.80</b>	+00:27:37 (35.4%)	8:39	6.9 (64.5%)
23	<b>POPEK Małgorzata</b>	<b>1007</b>		K40	11	00:34:47	<b>01:18:00.45</b>	<b>01:18:03.80</b>	+00:27:43 (35.5%)	8:40	6.9 (64.5%)
24	<b>WASYLÓW Izabela</b>	<b>1124</b>	JACEK TEAM-PRZEMYŚL	K40	12	00:36:42	<b>01:24:27.60</b>	<b>01:24:34.65</b>	+00:34:14 (40.5%)	9:23	6.4 (59.8%)
25	<b>WRONOWSKA Ewelina</b>	<b>1018</b>		K30	8	00:37:34	<b>01:26:26.00</b>	<b>01:26:35.55</b>	+00:36:14 (41.9%)	9:36	6.2 (57.9%)
26	<b>CHMIEL-ŁOIŃSKA Monika</b>	<b>1098</b>		K40	13	00:34:28	<b>01:26:39.20</b>	<b>01:26:47.95</b>	+00:36:27 (42.0%)	9:37	6.2 (57.9%)
27	<b>ZAWADKA Karolina</b>	<b>1025</b>	STOPKA PILAWA	K30	9	00:39:08	<b>01:27:44.25</b>	<b>01:27:54.80</b>	+00:37:34 (42.7%)	9:44	6.2 (57.9%)
28	<b>KOWALSKA Monika</b>	<b>1026</b>	STOPKA PILAWA	K40	14	00:38:48	<b>01:27:44.00</b>	<b>01:27:55.00</b>	+00:37:34 (42.7%)	9:44	6.2 (57.9%)
29	<b>WOŹNIAK Lidia</b>	<b>1078</b>	PORMAT JEDLICZE BIEGA	K50	2	00:38:56	<b>01:28:23.95</b>	<b>01:28:27.00</b>	+00:38:06 (43.1%)	9:49	6.1 (57.0%)
30	<b>PETER Katarzyna</b>	<b>1087</b>		K50	3	00:37:49	<b>01:29:54.15</b>	<b>01:30:11.35</b>	+00:39:50 (44.2%)	9:59	6 (56.1%)
31	<b>KOBAK Klaudyna</b>	<b>1011</b>		K20	5	00:35:53	<b>01:30:07.05</b>	<b>01:30:14.20</b>	+00:39:53 (44.2%)	10:00	6 (56.1%)
32	<b>AUGUSTYNIAK Iza</b>	<b>1015</b>		K20	6	00:38:53	<b>01:30:12.65</b>	<b>01:30:19.90</b>	+00:39:59 (44.3%)	10:01	6 (56.1%)
33	<b>WALECKA Anna</b>	<b>1019</b>	STOPKA PILAWA	K30	10	00:41:20	<b>01:31:02.15</b>	<b>01:31:12.85</b>	+00:40:52 (44.8%)	10:06	5.9 (55.1%)
34	<b>NAWROT Magdalena</b>	<b>1103</b>	J U V E R U N	K40	15	00:40:21	<b>01:32:02.25</b>	<b>01:32:08.95</b>	+00:41:48 (45.4%)	10:13	5.9 (55.1%)
35	<b>CZUBA Jadwiga</b>	<b>1081</b>		K40	16	00:41:22	<b>01:36:04.10</b>	<b>01:36:12.10</b>	+00:45:51 (47.7%)	10:40	5.6 (52.3%)
36	<b>DRELINKIEWICZ Alicja</b>	<b>1101</b>	DYNÓW	K60	1		<b>01:44:49.35</b>	<b>01:45:01.10</b>	+00:54:40 (52.1%)	11:38	5.2 (48.6%)
37	<b>HADAM Ewa</b>	<b>1100</b>	SPARTAN TRAINING GROUP RZESZÓW	K50	4		<b>01:44:49.45</b>	<b>01:45:01.40</b>	+00:54:40 (52.1%)	11:38	5.2 (48.6%)
38	<b>OSIŃSKA Agata</b>	<b>1003</b>		K50	5		<b>01:56:26.80</b>	<b>01:56:38.25</b>	+01:06:17 (56.8%)	12:56	4.6 (43.0%)

Znaleziono 38 wynik(ów)