

X ZIMOWY MARATON BIESZCZADZKI 2024 - 20KM

B4SPORT

Wydarzenie: X Zimowy Maraton Bieszczadzki
Organizator: Fundacja Bieg Rzeźnika
Data: 2024-01-27
Miejsce: Cisna
Dystans: 22 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K40

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Krzyzowka na stokowce 5km | Karczma Brzeziniak 12km | Wyjscie z Karczmy 12.1km | Krzyzowka na stokowce (powrot) 18km | Czas netto 23km | Czas brutto 23km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|-------------|-------------------------|-----------|------|---------------------------|-------------------------|--------------------------|-------------------------------------|--------------------|--------------------|-------------------|--------------|--------------|
| 1 | BOLECHOWSKA Dominika | 2234 | ALPIN SPORT TEAM | K40 | 1 | 00:24:16 | 01:03:03 | 01:03:16 | 01:37:23 | 02:04:02.80 | 02:04:04.10 | | 5:23 | 11.1 (100%) |
| 2 | PIĄTEK Beata | 2220 | | K40 | 2 | 00:24:16 | 01:04:02 | 01:04:16 | 01:38:43 | 02:07:01.50 | 02:07:03.15 | +00:02:59 (2.3%) | 5:31 | 10.9 (98.2%) |
| 3 | BANASIK Monika | 2028 | | K40 | 3 | 00:24:17 | 01:06:11 | 01:07:05 | 01:43:54 | 02:16:47.40 | 02:16:49.55 | +00:12:45 (9.3%) | 5:56 | 10.1 (91.0%) |
| 4 | DZIERŻAK Elżbieta | 2222 | AQUAREH/TRENINGFIZJO.PL | K40 | 4 | 00:27:08 | 01:11:58 | 01:12:19 | 01:51:08 | 02:23:21.70 | 02:23:23.55 | +00:19:19 (13.5%) | 6:13 | 9.6 (86.5%) |
| 5 | MARZEC Katarzyna | 2097 | KOMFORT ZONE | K40 | 5 | 00:28:46 | 01:15:19 | 01:17:13 | 01:59:13 | 02:41:14.90 | 02:41:29.90 | +00:37:25 (23.2%) | 7:00 | 8.6 (77.5%) |
| 6 | TUPTYŃSKA Marika | 2160 | CZARNA OWCA | K40 | 6 | 00:32:07 | 01:24:20 | 01:24:47 | 02:09:07 | 02:47:45.80 | 02:48:33.40 | +00:44:29 (26.4%) | 7:17 | 8.2 (73.9%) |
| 7 | WYSOCKA Iwona | 2053 | | K40 | 7 | 00:29:12 | 01:20:43 | 01:23:26 | 02:08:08 | 02:51:07.45 | 02:51:14.80 | +00:47:10 (27.5%) | 7:26 | 8.1 (73.0%) |
| 8 | KOCOT Magdalena | 2219 | META NADARZYN | K40 | 8 | 00:33:15 | 01:29:52 | 01:31:33 | 02:19:41 | 03:01:32.10 | 03:02:25.70 | +00:58:21 (32.0%) | 7:53 | 7.6 (68.5%) |
| 9 | ZDUNEK Małgorzata | 2106 | #NOLIMITS | K40 | 9 | 00:33:02 | 01:28:12 | 01:28:46 | 02:17:12 | 03:03:38.60 | 03:03:52.80 | +00:59:48 (32.5%) | 7:59 | 7.5 (67.6%) |
| 10 | KADZIDŁOWSKA Aleksandra | 2178 | EVERRUN | K40 | 10 | 00:33:31 | 01:29:07 | 01:32:05 | 02:18:20 | 03:03:45.80 | 03:04:17.75 | +01:00:13 (32.7%) | 7:59 | 7.5 (67.6%) |
| 11 | CIUPIŃSKA Magda | 2006 | | K40 | 11 | 00:35:19 | 01:31:59 | 01:35:37 | 02:25:07 | 03:10:15.90 | 03:11:02.15 | +01:06:58 (35.1%) | 8:16 | 7.3 (65.8%) |
| 12 | LEŚNICZAK Barbara | 2192 | | K40 | 12 | 00:35:08 | 01:33:29 | 01:39:56 | 02:30:10 | 03:17:55.70 | 03:18:07.10 | +01:14:03 (37.4%) | 8:36 | 7 (63.1%) |
| 13 | SIKORSKA Agnieszka | 2144 | | K40 | 13 | 00:32:51 | 01:30:23 | 01:42:26 | 02:32:15 | 03:24:33.70 | 03:25:25.25 | +01:21:21 (39.6%) | 8:53 | 6.7 (60.4%) |
| 14 | KORNECKA-CIELIBAŁA Aneta | 2055 | | K40 | 14 | 00:37:42 | 01:36:20 | 01:37:13 | 02:31:48 | 03:27:21.00 | 03:27:51.75 | +01:23:47 (40.3%) | 9:00 | 6.7 (60.4%) |

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|---|---------------------------|-------------|-------------------------------------|-----------|------|------------------------------------|-------------------------------|-----------------------------------|---|-----------------------|------------------------|----------------------|-----------------|----------------|
| 15 | GAWEŁ Agata | 2123 | NAJMNIEJSZA WATAHA ŚWIATA Z.:F | K40 | 15 | 00:35:48 | 01:39:51 | 01:45:29 | 02:38:20 | 03:33:55.20 | 03:34:31.40 | +01:30:27 (42.2%) | 9:18 | 6.5 (58.6%) |
| 16 | DALKE Jowita | 2113 | ZABIEGANE DWIE | K40 | 16 | 00:36:40 | 01:41:55 | 01:52:58 | 02:44:36 | 03:41:23.55 | 03:42:17.75 | +01:38:13 (44.2%) | 9:37 | 6.2 (55.9%) |
| 17 | BUGAJSKA Katarzyna | 2011 | | K40 | 17 | 00:39:33 | 01:45:11 | 01:48:15 | 02:48:23 | 03:47:48.50 | 03:48:41.10 | +01:44:37 (45.7%) | 9:54 | 6.1 (55.0%) |
| 18 | PRUS Anna | 2110 | BIEGACZE KLECZEW | K40 | 18 | 00:45:49 | 02:01:04 | 02:25:08 | 03:26:32 | 04:28:23.55 | 04:29:10.85 | +02:25:06 (53.9%) | 11:40 | 5.1 (45.9%) |
| 19 | BALCERZAK Krysia | 2145 | DROGA DO ULTRA / SZAKALE BAŁUT ŁÓDŹ | K40 | 19 | 00:37:13 | 01:49:19 | 02:18:51 | 03:19:46 | 04:28:37.75 | 04:29:13.00 | +02:25:08 (53.9%) | 11:40 | 5.1 (45.9%) |
| 20 | MANUSZAK Lidia | 2114 | BIEGACZE KLECZEW | K40 | 20 | 00:45:55 | 02:01:07 | 02:25:09 | 03:26:52 | 04:31:45.20 | 04:32:31.55 | +02:28:27 (54.5%) | 11:48 | 5.1 (45.9%) |
| 21 | SOWIŃSKA Magdalena | 2025 | DOGOŃ GRODZISK MAZOWIECKI | K40 | 21 | 00:45:41 | 02:03:03 | 02:28:21 | 03:31:06 | 04:41:20.25 | 04:42:44.05 | +02:38:39 (56.1%) | 12:13 | 4.9 (44.1%) |
| 22 | TARGOŃSKA Marta | 2004 | | K40 | 22 | 00:44:49 | 02:03:12 | 02:06:27 | 03:29:32 | 04:47:00.30 | 04:47:44.40 | +02:43:40 (56.9%) | 12:28 | 4.8 (43.2%) |
| Przekroczony limit czasu: 07:30:00 | | | | | | | | | | | | | | |
| 23 | BRZOSTOWSKA Kama | 2041 | | K40 | 23 | 00:33:59 | 01:47:50 | 05:01:47 | 06:22:01 | 07:52:36.25 | 07:54:03.85 | +05:49:59 (73.8%) | 20:32 | 2.9 (26.1%) |

Znaleziono 23 wynik(ów)