

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



Klasyfikacja: Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyżowka				Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
						na stokowce 5km	Karczma Brzeziniak 12km	Wyjście z Karczmy 12.1km	na stokowce (powrót) 18km					
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	JACNIAK Ewa	2138	#NOLIMITS	K30	1	00:26:17	01:08:47	01:09:02	01:46:30	02:18:17.00	02:18:26.25	+00:14:22 (10.4%)	6:00	10 (90.1%)
5	ŁUKASIEWICZ Ewelina	2124		K30	2	00:25:52	01:08:47	01:09:07	01:46:38	02:19:06.35	02:19:11.70	+00:15:07 (10.9%)	6:02	9.9 (89.2%)
6	KALISZ Karolina Maria	2078		K30	3	00:27:59	01:12:53	01:14:20	01:50:41	02:21:36.40	02:21:40.70	+00:17:36 (12.4%)	6:09	9.7 (87.4%)
7	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%)
8	WĄSIK Kornelia	2156	STOPKA PILAWA	K30	4	00:27:32	01:12:47	01:14:08	01:53:01	02:29:47.75	02:29:58.75	+00:25:54 (17.3%)	6:30	9.2 (82.9%)
9	ARTYM Magda	2009	#TRENUJZKOSTEREM	K50	1	00:28:14	01:14:32	01:14:53	01:56:59	02:32:39.45	02:32:41.80	+00:28:37 (18.7%)	6:38	9 (81.1%)
10	DOSKOCZ Nina	2002	BIEGAJĄCE ZĄBKI	K30	5	00:28:47	01:16:16	01:18:06	01:58:42	02:36:09.20	02:36:33.45	+00:32:29 (20.8%)	6:47	8.8 (79.3%)
11	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%)
12	BUDZIASZEK Agnieszka	2036	EFFI RUN TEAM	K20	1	00:29:03	01:19:21	01:20:43	02:02:48	02:42:59.95	02:43:10.35	+00:39:06 (24.0%)	7:05	8.5 (76.6%)
13	ZBLEWSKA Barbara	2092		K30	6	00:29:05	01:18:17	01:19:41	02:03:26	02:44:09.75	02:44:15.60	+00:40:11 (24.5%)	7:08	8.4 (75.7%)
14	NOWAK Katarzyna	2121		K30	7	00:28:50	01:16:28	01:17:04	02:01:53	02:44:42.95	02:45:04.25	+00:41:00 (24.8%)	7:09	8.4 (75.7%)

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						na stokowce 5km	Brzeziniak 12km	z Karczmy 12.1km	na stokowce (powrot) 18km					
15	GÓROWSKA Anna	2215		K30	8	00:32:20	01:21:45	01:22:02	02:06:00	02:45:28.40	02:46:02.45	+00:41:58 (25.3%)	7:11	8.3 (74.8%)
16	ZAJĄC Katarzyna	2100		K30	9	00:33:28	01:24:57	01:26:41	02:09:18	02:46:35.75	02:46:35.75	+00:42:31 (25.5%)	7:14	8.3 (74.8%)
17	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%)
18	KORYCKA Dorota	2066	STOPKA PILAWA	K30	10	00:29:19	01:18:21	01:19:40	02:02:31	02:49:12.40	02:49:24.75	+00:45:20 (26.8%)	7:21	8.2 (73.9%)
19	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%)
20	PITUCH Patrycja	2183		K30	11	00:29:59	01:23:35	01:27:07	02:10:39	02:53:17.30	02:53:47.25	+00:49:43 (28.6%)	7:32	8 (72.1%)
21	PIOTROWSKA Anna	2202	META NADARZYN / SPARTANIE DZIECIOM	K50	2	00:32:37	01:26:27	01:28:43	02:13:14	02:53:14.10	02:54:08.35	+00:50:04 (28.8%)	7:31	8 (72.1%)
22	GÓROWSKA Mariola	2199		K50	3	00:32:21	01:24:39	01:25:03	02:10:10	02:55:11.80	02:55:45.15	+00:51:41 (29.4%)	7:37	7.9 (71.2%)
23	GRAL Katarzyna	2007	WŁÓCZYMORDY	K50	4	00:32:00	01:24:44	01:28:16	02:15:33	02:56:28.80	02:57:11.15	+00:53:07 (30.0%)	7:40	7.8 (70.3%)
24	LARA Natalia	2035	WARRIORS ŁÓDŹ	K30	12	00:33:48	01:27:51	01:28:14	02:14:35	02:58:26.15	02:59:13.70	+00:55:09 (30.8%)	7:45	7.7 (69.4%)
25	BOZA Beata	2012		K50	5	00:36:13	01:32:20	01:33:32	02:20:11	02:59:52.05	03:00:37.30	+00:56:33 (31.3%)	7:49	7.7 (69.4%)
26	KĘDRA Agnieszka	2048	CARPATHIAN RUNNERS	K30	13	00:30:24	01:23:46	01:26:23	02:10:26	03:00:43.75	03:01:02.10	+00:56:58 (31.5%)	7:51	7.6 (68.5%)
27	ZEGAR Barbara	2061		K50	6	00:32:54	01:28:28	01:29:25	02:18:52	03:01:37.10	03:01:56.15	+00:57:52 (31.8%)	7:53	7.6 (68.5%)
28	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%)
29	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%)
30	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%)
31	NAZIMEK Lilianna	2236	VISEGRAD MARATON RYTRO	K50	7	00:32:02	01:26:45	01:27:08	02:18:31	03:05:15.10	03:05:23.95	+01:01:19 (33.1%)	8:03	7.4 (66.7%)
32	BEATA Beata	2154	KUŹNIA TRIATLONU	K50	8	00:35:31	01:32:27	01:33:36	02:21:24	03:06:45.20	03:07:23.45	+01:03:19 (33.8%)	8:07	7.4 (66.7%)
33	PŁUSA Aleksandra	2150	#NOLIMITS	K30	14	00:33:24	01:30:39	01:31:06	02:22:18	03:09:32.85	03:09:43.70	+01:05:39 (34.6%)	8:14	7.3 (65.8%)
34	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%)
35	JAWORSKA Magdalena	2064	KS CELESTYNA	K30	15	00:33:33	01:31:22	01:31:46	02:22:22	03:12:23.85	03:13:21.15	+01:09:17 (35.8%)	8:21	7.2 (64.9%)
36	MACHNIKOWSKA Grażyna	2196	LUBARTOWSKI BEERGACZ	K30	16	00:33:26	01:31:25	01:41:20	02:29:41	03:17:09.55	03:17:53.05	+01:13:48 (37.3%)	8:34	7 (63.1%)

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						na stokowce 5km	Karczma Brzeziniak 12km	Wyjscie z Karczmy 12.1km	na stokowce (powrot) 18km	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
37	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%)
38	TADLA Izabela	2223	#NOLIMITS	K30	17	00:31:47	01:23:18	01:26:35	02:30:02	03:17:49.95	03:18:12.10	+01:14:08 (37.4%)	8:36	7 (63.1%)
39	BEDNARCZYK Katarzyna	2018	KLUB PĘDZĄCYCH WIATRÓW	K30	18	00:38:39	01:39:10	01:45:36	02:35:33	03:15:59.65	03:18:26.55	+01:14:22 (37.5%)	8:31	7 (63.1%)
40	ŁUDKOWSKA Urszula	2043	ALPEJSKIE MAMUTY	K50	9	00:35:26	01:36:34	01:39:45	02:31:35	03:19:03.65	03:19:03.65	+01:14:59 (37.7%)	8:39	6.9 (62.2%)
41	POPKOWSKA Katarzyna	2117		K30	19	00:33:30	01:30:46	01:42:08	02:30:28	03:20:12.75	03:20:50.05	+01:16:45 (38.2%)	8:42	6.9 (62.2%)
42	PIOTROWSKA Ewa	2209	METANADARZYN	K50	10	00:34:15	01:34:23	01:44:34	02:33:20	03:21:28.50	03:22:21.60	+01:18:17 (38.7%)	8:45	6.8 (61.3%)
43	STARZECKA Joanna	2021		K50	11	00:34:20	01:32:23	01:32:56	02:24:33	03:22:34.30	03:22:48.35	+01:18:44 (38.8%)	8:48	6.8 (61.3%)
44	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%)
45	DRAB Magda	2020	CHCE CI SIĘ?	K30	20	00:36:26	01:37:57	01:45:47	02:36:11	03:26:50.90	03:27:19.95	+01:23:15 (40.2%)	8:59	6.7 (60.4%)
46	NALEWAJKA Agata	2075		K30	21	00:36:25	01:37:55	01:45:46	02:35:26	03:26:49.95	03:27:20.00	+01:23:15 (40.2%)	8:59	6.7 (60.4%)
47	MIŻEJEWSKA Marta	2070		K30	22	00:37:05	01:42:05	01:45:48	02:35:28	03:26:51.15	03:27:20.30	+01:23:16 (40.2%)	8:59	6.7 (60.4%)
48	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%)
49	GAWĘł Agata	2123	NAJMNIEJSZA WATAHA ŚWIATA Z:łF	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%)
50	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%)
51	WIŚNIEWSKA Kornelia	2112	ZABIEGANE DWIE	K50	12	00:36:40	01:42:00	01:52:58	02:44:54	03:41:23.70	03:42:18.25	+01:38:14 (44.2%)	9:37	6.2 (55.9%)
52	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%)
53	WOJNOWSKA Renata	2218	MORSY ZNAD NIDY SOBKÓW	K50	13	00:43:03	01:53:54	01:55:18	02:59:27	04:04:18.25	04:04:49.60	+02:00:45 (49.3%)	10:37	5.6 (50.5%)
54	PAŁACH Katarzyna	2062		K30	23	00:45:02			03:07:11	04:12:06.35	04:13:03.70	+02:08:59 (51.0%)	10:57	5.5 (49.5%)
55	KILJAN Anna	2194	BIEGAMBOLUBIĘ	K30	24	00:43:02	01:54:20	02:20:12	03:18:06	04:14:37.10	04:15:05.90	+02:11:01 (51.4%)	11:04	5.4 (48.6%)
56	IZDEBSKA Renata	2065		K60	1	00:45:52	02:03:09	02:09:35	03:15:46	04:21:42.50	04:22:07.75	+02:18:03 (52.7%)	11:22	5.3 (47.7%)
57	KOPCZYŃSKA Dominika	2231	DZIKUR CREW	K50	14	00:41:29	01:50:13	02:14:36	03:13:17	04:22:03.95	04:22:55.45	+02:18:51 (52.8%)	11:23	5.3 (47.7%)
58	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%)

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						na stokowce 5km	Karczma Brzeziniak 12km	Wyjscie z Karczmy 12.1km	na stokowce (powrot) 18km	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
59	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%)
60	BORKOWSKA Ewa	2059		K60	2	00:48:04	02:06:10	02:13:20	03:21:33	04:30:03.25	04:30:33.70	+02:26:29 (54.1%)	11:44	5.1 (45.9%)
61	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%)
62	OBARSKA Małgorzata	2101		K60	3	00:48:33	02:08:43	02:11:25	03:20:34	04:34:21.45	04:34:59.85	+02:30:55 (54.9%)	11:55	5 (45.0%)
63	SROCZYŃSKA Ewa	2111	BIEGACZE KLECZEW	K50	15	00:45:59	02:01:45	02:26:38	03:27:02	04:35:41.35	04:36:29.55	+02:32:25 (55.1%)	11:59	5 (45.0%)
64	GŁOWACKA Aleksandra	2173	MŁODY VS STARY	K50	16	00:43:56	02:01:34	02:15:39	03:30:46	04:41:41.15	04:42:03.85	+02:37:59 (56.0%)	12:14	4.9 (44.1%)
65	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%)
66	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%)
67	PAWŁOWSKA Danuta	2186		K50	17	00:48:33	02:08:46	02:22:10	03:36:29	04:53:28.00	04:53:52.15	+02:49:48 (57.8%)	12:45	4.7 (42.3%)
68	WOJTOWICZ Natalia	2019		K30	25	00:45:38	02:09:07	02:32:22	03:43:13	05:02:08.70	05:04:35.55	+03:00:31 (59.3%)	13:08	4.6 (41.4%)
Przekroczony limit czasu: 07:30:00														
69	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 69 wynik(ów)