



XI RZEŹNICZEK, CZYLI MAŁY BIEG RZEŹNIKA

B4SPORT

Wydarzenie: VIII FESTIWAL BIEGU RZEŹNIKA
Organizator: Fundacja Bieg Rzeźnika
Data: 2022-06-18
Miejsce: Cisna
Dystans: 28 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
1	PAPROCKA Urszula	3825	NOWA HUTA TEAM	K30	1		01:28:34	02:40:57.10	02:40:59.55		5:44	10.4 (100%)
2	KRAWCZYK Adriana	3909		K30	2		01:32:36	02:50:58.65	02:51:06.60	+00:10:07 (5.9%)	6:06	9.8 (94.2%)
3	SZCZĘSNA Edyta	3915	STAŃCZAK TEAM	K30	3		01:35:43	02:58:19.00	02:58:27.45	+00:17:27 (9.8%)	6:22	9.4 (90.4%)
4	WALCZAK Adela	3363	DZIK KOMANDO	K30	4		01:40:29	02:58:57.95	02:59:40.45	+00:18:40 (10.4%)	6:23	9.4 (90.4%)
5	PACIOREK Ewa	3038	MARKOWI BIEGACZE	K30	5		01:39:35	03:08:20.40	03:08:23.95	+00:27:24 (14.5%)	6:43	8.9 (85.6%)
6	RAJCA Monika	3119	PIOTRIMONIABIEGA	K30	6		01:49:01	03:20:07.75	03:20:19.20	+00:39:19 (19.6%)	7:08	8.4 (80.8%)
7	PELA Olga	3856		K30	7		01:44:48	03:20:32.40	03:20:39.00	+00:39:39 (19.8%)	7:09	8.4 (80.8%)
8	KURZ Izabela	3236		K30	8		01:52:50	03:30:28.35	03:30:32.45	+00:49:32 (23.5%)	7:31	8 (76.9%)
9	KMIECIAK Marlena	3490		K30	9		01:49:56	03:31:05.90	03:31:16.90	+00:50:17 (23.8%)	7:32	8 (76.9%)
10	OLĘDZKA Marianna	3797	FIZJO	K30	10			03:38:12.60	03:39:18.80	+00:58:19 (26.6%)	7:47	7.7 (74.0%)
11	TADLA Izabela	3537	#NOLIMITS	K30	11		02:03:12	03:43:53.50	03:45:20.75	+01:04:21 (28.6%)	7:59	7.5 (72.1%)
12	ŁAZOWSKA Katarzyna	3004	KOPALNIA MOCY	K30	12		02:01:02	03:48:15.15	03:49:03.30	+01:08:03 (29.7%)	8:09	7.4 (71.2%)
13	DOMKA Anna	3080	REZERWOWE PSY	K30	13		02:05:54	03:48:11.45	03:49:44.90	+01:08:45 (29.9%)	8:08	7.4 (71.2%)
14	ZAJKOWSKA Ewa	3225	VEGE RUNNERS	K30	14		02:05:55	03:49:46.70	03:49:55.65	+01:08:56 (30.0%)	8:12	7.3 (70.2%)
15	BĘBEN Sandra	3767		K30	15		02:08:40	03:51:15.20	03:52:43.80	+01:11:44 (30.8%)	8:15	7.3 (70.2%)
16	PIEJKO Joanna	3158	BŁĘKITNA XVII-TKA	K30	16		02:06:05	03:52:27.50	03:52:58.45	+01:11:58 (30.9%)	8:18	7.2 (69.2%)
17	WIĘCKOWIAK Agata	3325	NOA	K30	17		02:04:43	03:53:33.35	03:53:37.10	+01:12:37 (31.1%)	8:20	7.2 (69.2%)
18	SZEWCZYK Agnieszka	3403		K30	18		01:58:17	03:53:40.30	03:54:05.90	+01:13:06 (31.2%)	8:20	7.2 (69.2%)
19	LEBODA Katarzyna	3110	WILD DOGS TEAM	K30	19		02:03:12	03:54:49.10	03:56:17.20	+01:15:17 (31.9%)	8:23	7.2 (69.2%)
20	BERNAKIEWICZ Aleksandra	3498		K30	20		02:06:12	03:56:18.30	03:57:45.60	+01:16:46 (32.3%)	8:26	7.1 (68.3%)
21	ROJEK Magdalena	3786		K30	21		02:08:54	03:57:55.55	03:58:52.30	+01:17:52 (32.6%)	8:29	7.1 (68.3%)
22	KADE Manuela	3451		K30	22		02:03:51	03:59:31.15	03:59:46.85	+01:18:47 (32.9%)	8:33	7 (67.3%)
23	SOBCZAK Karolina	3014		K30	23		02:08:55	04:05:45.90	04:06:30.85	+01:25:31 (34.7%)	8:46	6.8 (65.4%)
24	WASIK Marta	3145		K30	24		02:09:09	04:05:54.10	04:06:44.25	+01:25:44 (34.8%)	8:46	6.8 (65.4%)
25	ŁĄCKA Agata	3037	FABRYKA DZIKA	K30	25		02:15:41	04:06:20.00	04:07:53.90	+01:26:54 (35.1%)	8:47	6.8 (65.4%)
26	SANIAK Milena	3550	SII RUNNING TEAM	K30	26		02:10:18	04:06:45.30	04:08:06.40	+01:27:06 (35.1%)	8:48	6.8 (65.4%)
27	OŚ Łucja	3224		K30	27			04:10:06.45	04:10:27.85	+01:29:28 (35.7%)	8:55	6.7 (64.4%)
28	URBAŃSKA Katarzyna	3044		K30	28		02:16:00	04:11:39.45	04:12:33.30	+01:31:33 (36.3%)	8:59	6.7 (64.4%)
29	KOLASA Paulina	3100		K30	29		02:13:00	04:12:24.90	04:12:40.95	+01:31:41 (36.3%)	9:00	6.7 (64.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
30	KĘDZIORA Alicja	3625	GSK FIT PIORUNY	K30	30		02:20:13	04:12:35.05	04:13:47.65	+01:32:48 (36.6%)	9:01	6.7 (64.4%)
31	KULETA Paulina	3389	DZIK KOMANDO	K30	31		02:17:19	04:12:51.50	04:13:59.10	+01:32:59 (36.6%)	9:01	6.6 (63.5%)
32	KĘDRA Agnieszka	3129	CARPATHIAN RUNNERS	K30	32		02:14:35	04:16:00.70	04:16:43.10	+01:35:43 (37.3%)	9:08	6.6 (63.5%)
33	KASZA Alicja	3468		K30	33		02:07:37	04:17:04.75	04:17:11.20	+01:36:11 (37.4%)	9:10	6.5 (62.5%)
34	SZKAMRUK Alicja	3435	EXTREMALNI RZEŹNICY NA RELAKSIE	K30	34		02:22:06	04:16:09.30	04:17:38.50	+01:36:38 (37.5%)	9:08	6.6 (63.5%)
35	BRZÓZKA Jolanta	3791	GMINA OSTRÓDA TEŻ BIEGA	K30	35		02:19:31	04:18:39.25	04:20:28.45	+01:39:28 (38.2%)	9:14	6.5 (62.5%)
36	ADAMSKA Karolina	3788	1ON1 TEAM	K30	36		02:17:57	04:21:12.30	04:21:42.10	+01:40:42 (38.5%)	9:19	6.4 (61.5%)
37	MARCINIAK Paulina	3347		K30	37		02:23:18	04:22:01.20	04:22:17.70	+01:41:18 (38.6%)	9:21	6.4 (61.5%)
38	WĘGRZYN Małgorzata	3454		K30	38		02:24:51	04:20:59.30	04:22:43.40	+01:41:43 (38.7%)	9:19	6.4 (61.5%)
39	WINNIK Magda	3769		K30	39		02:15:02	04:23:03.80	04:23:40.65	+01:42:41 (38.9%)	9:23	6.4 (61.5%)
40	SOSNOWSKA Aga	3857		K30	40		02:27:04	04:22:25.05	04:24:10.40	+01:43:10 (39.1%)	9:22	6.4 (61.5%)
41	URBAŃSKA Magdalena	3727		K30	41		02:15:36	04:25:23.00	04:26:16.70	+01:45:17 (39.5%)	9:28	6.3 (60.6%)
42	KAPAŁA Monika	3099		K30	42		02:21:46	04:25:47.60	04:26:35.00	+01:45:35 (39.6%)	9:29	6.3 (60.6%)
43	ZACHARZYŃSKA Katarzyna	3730	ORANGE POLSKA	K30	43		02:24:41	04:27:12.25	04:27:28.15	+01:46:28 (39.8%)	9:32	6.3 (60.6%)
44	MAKARZEC - SURMA Agnieszka	3107		K30	44		02:22:20	04:28:37.65	04:28:51.60	+01:47:52 (40.1%)	9:35	6.3 (60.6%)
45	TROCHA Natalia	3121	BALLS OF STEEL	K30	45		02:23:39	04:29:35.10	04:30:56.95	+01:49:57 (40.6%)	9:37	6.2 (59.6%)
46	PARA Aleksandra	3753		K30	46			04:31:29.90	04:31:57.30	+01:50:57 (40.8%)	9:41	6.2 (59.6%)
47	SIDOROWICZ Joanna	3092		K30	47		02:19:52	04:32:35.65	04:33:15.30	+01:52:15 (41.1%)	9:44	6.2 (59.6%)
48	WYSOCKA Iwona	3518	JANUSZE	K30	48		02:27:36	04:34:38.40	04:35:36.50	+01:54:36 (41.6%)	9:48	6.1 (58.7%)
49	KOŁEK-ZAJĄC Ewa	3708		K30	49		02:26:36	04:33:50.65	04:35:46.70	+01:54:47 (41.6%)	9:46	6.1 (58.7%)
50	WIS Modesta	3500	WM TRISELF	K30	50		02:29:26	04:36:34.85	04:36:37.30	+01:55:37 (41.8%)	9:52	6.1 (58.7%)
51	KOMOROWSKA Monika	3384		K30	51		02:33:06	04:35:37.80	04:36:37.60	+01:55:38 (41.8%)	9:50	6.1 (58.7%)
52	SIKORSKA Agnieszka	3587		K30	52		02:34:29	04:35:08.30	04:37:00.00	+01:56:00 (41.9%)	9:49	6.1 (58.7%)
53	GAWLIKOWSKA Agnieszka	3576		K30	53		02:22:23	04:37:41.75	04:37:44.40	+01:56:44 (42.0%)	9:55	6.1 (58.7%)
54	MAJSZCZYK Paulina	3765	HARDCOROWE WYCHYLYLYBYMY	K30	54		02:19:56	04:37:26.00	04:38:11.30	+01:57:11 (42.1%)	9:54	6.1 (58.7%)
55	GUZEK Aleksandra	3388	DZIK KOMANDO	K30	55		02:25:12	04:38:12.35	04:40:02.85	+01:59:03 (42.5%)	9:56	6 (57.7%)
56	SZAJGIN Renata	3510	NOA	K30	56		02:27:47	04:41:55.65	04:41:59.70	+02:01:00 (42.9%)	10:04	6 (57.7%)
57	KEMPISTA Wioleta	3609		K30	57		02:34:45	04:39:56.80	04:42:16.95	+02:01:17 (43.0%)	9:59	6 (57.7%)
58	CIEŚLAK Katarzyna	3244		K30	58		02:27:47	04:41:28.60	04:43:07.80	+02:02:08 (43.1%)	10:03	6 (57.7%)
59	SURZYN Aleksandra	3371	CZWARTUNIO TEAM	K30	59		02:32:52	04:42:44.65	04:43:27.95	+02:02:28 (43.2%)	10:05	5.9 (56.7%)
60	OKRASA Małgorzata	3427		K30	60		02:22:41	04:44:28.25	04:46:29.25	+02:05:29 (43.8%)	10:09	5.9 (56.7%)
61	KULIKOWSKA BIAŁEK Dorota	3305		K30	61		02:32:37	04:46:29.35	04:48:11.40	+02:07:11 (44.1%)	10:13	5.9 (56.7%)
62	POLIWKI-FILIPOWSKA Karolina	3348		K30	62		02:42:06	04:48:14.30	04:49:29.90	+02:08:30 (44.4%)	10:17	5.8 (55.8%)
63	GARCZAREK Daniela	3049		K30	63		02:32:46	04:49:27.65	04:51:35.50	+02:10:35 (44.8%)	10:20	5.8 (55.8%)
64	HANGIEL Urszula	3846	ŻWAWIE ŻÓŁWIE	K30	64		02:35:32	04:50:10.95	04:51:59.95	+02:11:00 (44.9%)	10:21	5.8 (55.8%)
65	GRABAREK Justyna	3008		K30	65		02:32:24	04:51:52.45	04:52:45.65	+02:11:46 (45.0%)	10:25	5.8 (55.8%)
66	MIODEK Aleksandra	3339		K30	66		02:34:00	04:52:23.70	04:53:30.25	+02:12:30 (45.1%)	10:26	5.7 (54.8%)
67	RYBACZUK Ewelina	3611		K30	67		02:37:14	04:53:17.75	04:53:47.70	+02:12:48 (45.2%)	10:28	5.7 (54.8%)
68	STELMACH Paulina	3434		K30	68		02:45:56	04:55:38.25	04:55:56.60	+02:14:57 (45.6%)	10:33	5.7 (54.8%)
69	HEĆMAŃCZUK Katarzyna	3475	FABRYKA DZIKA	K30	69		02:30:59	04:58:21.05	04:59:59.95	+02:19:00 (46.3%)	10:39	5.6 (53.8%)
70	DWORZAŃSKA Anna	3181	MARATOŃCZYK POZNAŃ	K30	70		02:31:34	04:58:33.50	05:00:26.05	+02:19:26 (46.4%)	10:39	5.6 (53.8%)
71	TARADAJ Paulina	3246	NIGHT RUNNERS	K30	71		02:39:55	05:00:35.55	05:00:57.40	+02:19:57 (46.5%)	10:44	5.6 (53.8%)
72	BRODAWKA Olga	3036	SZAKARON MAKARON	K30	72		02:42:30	04:59:43.80	05:01:22.25	+02:20:22 (46.6%)	10:42	5.6 (53.8%)
73	WARAS Barbara	3581		K30	73		02:29:16	05:01:05.95	05:01:45.85	+02:20:46 (46.6%)	10:45	5.6 (53.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
74	NALEWALSKA Justyna	3050	SERCE TYBETU	K30	74		02:31:09	05:03:35.65	05:04:04.30	+02:23:04 (47.1%)	10:50	5.5 (52.9%)
75	GAŁECKA-ZIÓŁKOWSKA Kinga	3359		K30	75		02:43:51	05:05:27.35	05:07:11.30	+02:26:11 (47.6%)	10:54	5.5 (52.9%)
76	KUCHARSKA Anna	3906		K30	76		02:48:14	05:05:51.05	05:07:34.10	+02:26:34 (47.7%)	10:55	5.5 (52.9%)
77	KRZYŻANOWSKA Agnieszka	3185	KASZANKI	K30	77		02:42:23	05:09:37.70	05:10:50.30	+02:29:50 (48.2%)	11:03	5.4 (51.9%)
78	OSTROWSKA Patrycja	3447	DZIK KOMANDO	K30	78		02:39:47	05:10:35.40	05:12:20.75	+02:31:21 (48.5%)	11:05	5.4 (51.9%)
79	STRUZIK Małgorzata	3200		K30	79		02:44:26	05:11:18.60	05:12:41.00	+02:31:41 (48.5%)	11:07	5.4 (51.9%)
80	WIECZOREK Marta	3263		K30	80		02:39:27	05:14:41.80	05:15:03.70	+02:34:04 (48.9%)	11:14	5.3 (51.0%)
81	MINKISIEWICZ Agnieszka	3103	NIGHT RUNNERS	K30	81		02:28:47	05:18:24.20	05:18:59.70	+02:38:00 (49.5%)	11:22	5.3 (51.0%)
82	OGRODNIK Anna	3237	ZAKOCHAJ SIĘ W BIEGANIU	K30	82		02:31:50	05:17:48.90	05:19:10.85	+02:38:11 (49.6%)	11:21	5.3 (51.0%)
83	KARDAS Karolina	3243	FABRYKA DZIKA	K30	83		02:49:47	05:20:46.20	05:22:26.50	+02:41:26 (50.1%)	11:27	5.2 (50.0%)
84	POPKOWSKA Katarzyna	3233		K30	84		02:36:54	05:26:32.70	05:28:20.80	+02:47:21 (51.0%)	11:39	5.1 (49.0%)
85	WROŃSKA Magdalena	3086	BIEGNIJ Z PROSERVICE	K30	85		02:39:39	05:27:54.35	05:28:53.40	+02:47:53 (51.0%)	11:42	5.1 (49.0%)
86	SZCZEPAŃSKA Emilia	3652	AKADEMIA HOLISTYCZNA	K30	86		02:56:00	05:28:50.80	05:29:48.00	+02:48:48 (51.2%)	11:44	5.1 (49.0%)
87	PUCHAŁA Agnieszka	3458		K30	87		02:38:06	05:33:20.90	05:34:10.00	+02:53:10 (51.8%)	11:54	5 (48.1%)
88	BŁASZCZYK Magdalena	3709		K30	88		02:55:07	05:40:01.20	05:41:21.50	+03:00:21 (52.8%)	12:08	4.9 (47.1%)
89	WÓDZ Anna	3081		K30	89		02:45:41	05:41:55.30	05:43:19.40	+03:02:19 (53.1%)	12:12	4.9 (47.1%)
90	LARWA Katarzyna	3783		K30	90		02:54:29	05:44:23.25	05:45:24.00	+03:04:24 (53.4%)	12:17	4.9 (47.1%)
91	WIS Judyta	3523		K30	91		02:51:00	05:52:22.25	05:52:23.80	+03:11:24 (54.3%)	12:35	4.8 (46.2%)
92	FINGAS Patrycja	3552		K30	92		03:11:46	06:12:51.95	06:14:21.45	+03:33:21 (57.0%)	13:18	4.5 (43.3%)
93	TWARDOWSKA Patrycja	3306	STOWARZYSZENIE PACZKA DLA BOHATERA	K30	93		03:12:25	06:22:12.35	06:24:00.60	+03:43:01 (58.1%)	13:39	4.4 (42.3%)
94	RATOWSKA Oliwia	3605	HERO BOX	K30	94		03:13:37	06:33:40.30	06:34:42.50	+03:53:42 (59.2%)	14:03	4.3 (41.3%)
95	HRYNIEWICKA Monika	3126	ROZBIEGANY PIASTÓW	K30	95		03:00:23	06:46:10.10	06:47:08.65	+04:06:09 (60.5%)	14:30	4.1 (39.4%)
96	SLONECKA Agnieszka	3268		K30	96		03:39:19	06:50:34.85	06:51:15.65	+04:10:16 (60.9%)	14:39	4.1 (39.4%)

Znaleziono 96 wynik(ów)