



XII RZEŹNICZEK, CZYLI MAŁY BIEG RZEŹNIKA

B4SPORT

Wydarzenie: IX FESTIWAL BIEGU RZEŹNIKA
Organizator: Fundacja Bieg Rzeźnika
Data: 2023-06-10
Miejsce: Cisna
Dystans: 28 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
1	GÓROWSKA Iwona	3595	GOPR BIESZCZADY	K30	1	01:30:35	02:44:42.55	02:44:46.55		5:52	10.2 (100%)
2	BOCHENEK Magdalena	3704	G.O.A.T. TEAM MICHAŁOWICE	K30	2	01:36:02	03:02:50.20	03:02:52.40	+00:18:05 (9.9%)	6:31	9.2 (90.2%)
3	DŁUGOSZ-STĘPNIAK Agnieszka	3524	STAY INSANE	K30	3	01:41:53	03:09:54.85	03:09:57.30	+00:25:10 (13.3%)	6:46	8.8 (86.3%)
4	PABIAŃSKA Marta	3286	NOA	K30	4	01:47:04	03:14:27.00	03:14:30.15	+00:29:43 (15.3%)	6:56	8.6 (84.3%)
5	RAJCA Monika	3663	PIMPAKI BIEGAJĄ	K30	5	01:49:37	03:27:10.70	03:27:20.30	+00:42:33 (20.5%)	7:23	8.1 (79.4%)
6	MRÓWKA Małgorzata	3265		K30	6	01:57:04	03:36:37.40	03:36:46.80	+00:52:00 (24.0%)	7:44	7.8 (76.5%)
7	SIWAK Natalia	3372		K30	7	02:02:09	03:37:33.10	03:38:54.50	+00:54:07 (24.7%)	7:46	7.7 (75.5%)
8	LEWANDOWSKA Magdalena	3608		K30	8	02:02:35	03:42:44.70	03:44:31.30	+00:59:44 (26.6%)	7:57	7.5 (73.5%)
9	PACIOREK Ewa	3717	KOBIETA BIEGA. EWA PACIOREK	K30	9	01:55:46	03:45:15.20	03:45:18.05	+01:00:31 (26.9%)	8:02	7.5 (73.5%)
10	SZEWczyk Agnieszka	3687		K30	10	01:55:03	03:48:42.20	03:48:49.60	+01:04:03 (28.0%)	8:10	7.3 (71.6%)
11	OWCZAREK Katarzyna	3544		K30	11	02:00:16	03:52:12.45	03:53:42.50	+01:08:55 (29.5%)	8:17	7.2 (70.6%)
12	MAZUR Maria	3070		K30	12	02:04:36	03:53:54.45	03:54:56.55	+01:10:10 (29.9%)	8:21	7.2 (70.6%)
13	TAPEREK Marta	3633		K30	13	01:59:57	03:56:19.65	03:57:45.80	+01:12:59 (30.7%)	8:26	7.1 (69.6%)
14	KRAWCZYK Nicole	3537		K30	14	02:04:31	03:59:42.45	04:00:16.80	+01:15:30 (31.4%)	8:33	7 (68.6%)
15	ŁĄCKA Agata	3021	FABRYKA DZIKA	K30	15	02:06:12	04:02:24.25	04:02:46.10	+01:17:59 (32.1%)	8:39	6.9 (67.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
16	JAŻWIECKA Anita	3735	MUAY RUNNING TEAM	K30	16	02:05:30	04:05:12.65	04:05:39.15	+01:20:52 (32.9%)	8:45	6.9 (67.6%)
17	KURAS Olga	3085	NUNEK SPITFIRE	K30	17	02:08:22	04:05:19.90	04:06:18.10	+01:21:31 (33.1%)	8:45	6.8 (66.7%)
18	OLĘDZKA Marianna	3380	FIZJO	K30	18	02:13:37	04:08:54.10	04:09:23.75	+01:24:37 (33.9%)	8:53	6.7 (65.7%)
19	SZOPINSKA Justyna	3269	LUKS SEROCK	K30	19	02:16:06	04:11:13.65	04:11:32.75	+01:26:46 (34.5%)	8:58	6.7 (65.7%)
20	BAŁCZEWSKA Ewelina	3121		K30	20	02:15:41	04:14:20.20	04:14:29.10	+01:29:42 (35.3%)	9:05	6.6 (64.7%)
21	MILCZAREK Kinga	3151		K30	21	02:12:59	04:18:24.30	04:19:16.10	+01:34:29 (36.4%)	9:13	6.5 (63.7%)
22	WYRZYKOWSKA Katarzyna	3373	SKAWINA BIEGA	K30	22	02:14:49	04:21:36.85	04:22:00.10	+01:37:13 (37.1%)	9:20	6.4 (62.7%)
23	JAGNIESZCZAK Zuzanna	3201	TEAM PARSZCZYŃSKICH	K30	23	02:14:16	04:22:32.80	04:22:40.35	+01:37:53 (37.3%)	9:22	6.4 (62.7%)
24	WILK Wiktoria	11	SARNI TĘTENT	K30	24	02:19:55	04:22:36.95	04:22:53.30	+01:38:06 (37.3%)	9:22	6.4 (62.7%)
25	KISZA Anna	3304		K30	25	02:16:18	04:21:56.85	04:23:28.05	+01:38:41 (37.5%)	9:21	6.4 (62.7%)
26	CANLI Inessa	3171		K30	26	02:13:47	04:26:06.65	04:26:14.95	+01:41:28 (38.1%)	9:30	6.3 (61.8%)
27	KOZIOŁ Ela	3699		K30	27	02:16:47	04:26:19.95	04:26:47.60	+01:42:01 (38.2%)	9:30	6.3 (61.8%)
28	WILCZEK Małgorzata	3094	RAJSPOORT ACTIVE	K30	28	02:19:02	04:26:40.35	04:27:00.85	+01:42:14 (38.3%)	9:31	6.3 (61.8%)
29	MODZELEWSKA Paulina	3422	KLUB G4 W SIEDLCACH	K30	29	02:16:22	04:29:57.80	04:30:31.50	+01:45:44 (39.1%)	9:38	6.2 (60.8%)
30	ROJEWSKA Aga	3056		K30	30	02:12:22	04:29:32.15	04:30:38.60	+01:45:52 (39.1%)	9:37	6.2 (60.8%)
31	IVANOVA Alina	3001		K30	31	02:26:42	04:31:51.25	04:32:40.50	+01:47:53 (39.6%)	9:42	6.2 (60.8%)
32	DZIEWA Agata	3626	LUBELSKA GRUPA TRIATHLONU	K30	32	02:29:01	04:33:29.30	04:33:48.30	+01:49:01 (39.8%)	9:46	6.1 (59.8%)
33	SIDOROWICZ Joanna	3388		K30	33	02:21:23	04:33:50.70	04:34:28.75	+01:49:42 (40.0%)	9:46	6.1 (59.8%)
34	KOSSAK Magda	3329	MAGDA KOSSAK	K30	34	02:25:45	04:39:33.40	04:39:33.40	+01:54:46 (41.1%)	9:59	6 (58.8%)
35	MAJSZCZYK Paulina	3692	HARDCOROWE WYCHYLYLYBYMY	K30	35	02:25:55	04:42:13.85	04:43:21.45	+01:58:34 (41.8%)	10:04	6 (58.8%)
36	KURCZUK-SAMODULSKA Agnieszka	3364	HEŃTEAM	K30	36	02:23:18	04:43:03.15	04:43:32.20	+01:58:45 (41.9%)	10:06	5.9 (57.8%)
37	KOZAK Agnieszka	3025		K30	37	02:21:24	04:43:01.20	04:43:46.80	+01:59:00 (41.9%)	10:06	5.9 (57.8%)
38	SZCZEPAŃSKA Kinga	3499		K30	38	02:17:14	04:43:59.40	04:44:13.70	+01:59:27 (42.0%)	10:08	5.9 (57.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
39	WRONISZ Katarzyna	3354	MARBELLA LUBARTÓW	K30	39	02:21:57	04:44:00.65	04:45:36.55	+02:00:50 (42.3%)	10:08	5.9 (57.8%)
40	MIDZIERSKA Joanna	3356	MARBELLA LUBARTÓW	K30	40	02:21:58	04:44:01.65	04:45:37.10	+02:00:50 (42.3%)	10:08	5.9 (57.8%)
41	TROCHA Natalia	3618	BALLS OF STEEL	K30	41	02:21:05	04:45:37.90	04:46:30.95	+02:01:44 (42.5%)	10:12	5.9 (57.8%)
42	JAROS Magdalena	3543	BIEBRZAKI	K30	42	02:24:19	04:46:17.50	04:47:40.10	+02:02:53 (42.7%)	10:13	5.9 (57.8%)
43	FINGAS Patrycja	3589		K30	43	02:29:51	04:48:13.85	04:49:54.80	+02:05:08 (43.2%)	10:17	5.8 (56.9%)
44	MIRKOWSKA Monika	3223		K30	44	02:33:27	04:48:38.40	04:50:06.30	+02:05:19 (43.2%)	10:18	5.8 (56.9%)
45	MAŁOWIEJSKA Alicja	3397		K30	45	02:23:32	04:50:25.60	04:52:10.40	+02:07:23 (43.6%)	10:22	5.8 (56.9%)
46	GŁĘBOCKA Magda	3636		K30	46	02:33:49	04:58:43.00	04:59:22.35	+02:14:35 (45.0%)	10:40	5.6 (54.9%)
47	DRUSZCZ Andżelika	3344		K30	47	02:30:48	05:04:25.20	05:05:22.25	+02:20:35 (46.0%)	10:52	5.5 (53.9%)
48	RONKOWSKA Małgorzata	3555	POLKA SPORT	K30	48	02:47:22	05:06:02.45	05:06:42.05	+02:21:55 (46.3%)	10:55	5.5 (53.9%)
49	LENART Wioleta	3721		K30	49	02:37:34	05:07:46.85	05:08:14.10	+02:23:27 (46.5%)	10:59	5.5 (53.9%)
50	KLAJA Agnieszka	3506		K30	50	02:45:29	05:08:43.40	05:10:07.90	+02:25:21 (46.9%)	11:01	5.4 (52.9%)
51	MIODEK Aleksandra	3614		K30	51	02:42:47	05:09:40.10	05:10:55.50	+02:26:08 (47.0%)	11:03	5.4 (52.9%)
52	DŁUGOSZ Karolina	3084	WKURW_TEAM	K30	52	02:36:29	05:11:43.50	05:12:51.10	+02:28:04 (47.3%)	11:07	5.4 (52.9%)
53	ULENBERG Katarzyna	3052		K30	53	02:36:09	05:13:54.30	05:15:05.60	+02:30:19 (47.7%)	11:12	5.4 (52.9%)
54	PAWLYTA Weronika	3048		K30	54	02:36:10	05:13:56.10	05:15:07.20	+02:30:20 (47.7%)	11:12	5.4 (52.9%)
55	TRACZ Agnieszka	3734		K30	55	02:49:38	05:15:54.70	05:17:18.00	+02:32:31 (48.1%)	11:16	5.3 (52.0%)
56	JANOWSKA Ewa	3431		K30	56	02:35:38	05:17:08.30	05:17:57.60	+02:33:11 (48.2%)	11:19	5.3 (52.0%)
57	GÓRNA Małgorzata	3178		K30	57	02:40:42	05:20:05.95	05:21:44.65	+02:36:58 (48.8%)	11:25	5.2 (51.0%)
58	DRGAS Małgorzata	3271	WARTKIE PIERONY	K30	58	02:48:00	05:23:16.30	05:24:05.60	+02:39:19 (49.2%)	11:32	5.2 (51.0%)
59	SIERADZKA Maria	3008	KRECIK DRAPIE	K30	59	02:49:31	05:24:23.80	05:25:42.30	+02:40:55 (49.4%)	11:35	5.2 (51.0%)
60	PAJSZCZYK Blanka	3007	KRECIK DRAPIE	K30	60	02:49:29	05:24:23.90	05:25:42.70	+02:40:56 (49.4%)	11:35	5.2 (51.0%)
61	CIEŚLAK Katarzyna	3092		K30	61	02:43:26	05:24:51.80	05:26:34.05	+02:41:47 (49.5%)	11:36	5.2 (51.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
62	GODLEWSKA Anna	3611	GANG ŚWIETLIKÓW	K30	62	02:48:47	05:26:44.60	05:27:38.90	+02:42:52 (49.7%)	11:40	5.1 (50.0%)
63	WARAS Barbara	3083		K30	63	02:48:45	05:34:03.30	05:35:04.35	+02:50:17 (50.8%)	11:55	5 (49.0%)
64	BONAWENTURSKA Anna	3302	ORANGE POLSKA	K30	64	03:14:30	05:33:37.15	05:35:34.60	+02:50:48 (50.9%)	11:54	5 (49.0%)
65	OCHNIO Aleksandra	3175		K30	65	02:55:55	05:35:46.75	05:37:34.50	+02:52:47 (51.2%)	11:59	5 (49.0%)
66	HEĆMAŃCZUK Katarzyna	3332	FABRYKA DZIKA	K30	66	02:58:35	05:40:37.95	05:41:00.80	+02:56:14 (51.7%)	12:09	4.9 (48.0%)
67	RATOWSKA Oliwia	3135	HERO BOX	K30	67	02:56:19	05:40:17.00	05:41:54.30	+02:57:07 (51.8%)	12:09	4.9 (48.0%)
68	CEDRO Katarzyna	3335		K30	68	02:50:22	05:41:45.35	05:42:16.05	+02:57:29 (51.9%)	12:12	4.9 (48.0%)
69	PIEKARSKA Justyna	3146	ROZBIEGAJMY RADOMSKO	K30	69	02:55:32	05:46:24.20	05:46:49.00	+03:02:02 (52.5%)	12:22	4.8 (47.1%)
70	TRZYNA Paula	3567	POLSKIE TOWARZYSTWO STWARDNIENIA ROZSIANEGO	K30	70	02:52:59	05:46:28.50	05:47:22.35	+03:02:35 (52.6%)	12:22	4.8 (47.1%)
71	KNAP Elżbieta	3119	GACEK TEAM	K30	71	02:52:54	05:47:40.80	05:48:08.35	+03:03:21 (52.7%)	12:25	4.8 (47.1%)
72	SMAGA Aleksandra	3266		K30	72	02:56:25	05:48:05.10	05:48:18.10	+03:03:31 (52.7%)	12:25	4.8 (47.1%)
73	LACHCIK Małgorzata	3341		K30	73	02:51:53	05:48:02.25	05:49:40.80	+03:04:54 (52.9%)	12:25	4.8 (47.1%)
74	KRAWCZYK Magdalena	3003		K30	74	02:48:45	05:50:34.00	05:51:48.65	+03:07:02 (53.2%)	12:31	4.8 (47.1%)
75	BARSZCZEWSKA Marta	3017	BIEGOWY WARIAT RUNNING TEAM	K30	75	02:49:55	05:54:48.95	05:54:54.45	+03:10:07 (53.6%)	12:40	4.7 (46.1%)
76	KILJAN Anna	3186		K30	76	03:06:45	05:59:59.60	06:00:49.15	+03:16:02 (54.3%)	12:51	4.7 (46.1%)
77	KARDAS Karolina	3172	FABRYKA DZIKA	K30	77	02:57:15	06:00:27.85	06:02:10.95	+03:17:24 (54.5%)	12:52	4.7 (46.1%)
78	KOTAŃSKA Magdalena	3406	STANWEX II	K30	78	02:53:07	06:03:18.20	06:04:37.50	+03:19:50 (54.8%)	12:58	4.6 (45.1%)
79	ŁABNO Magda	3022		K30	79	02:58:06	06:16:55.30	06:18:00.30	+03:33:13 (56.4%)	13:27	4.5 (44.1%)
80	SZKAMRUK Alicja	4	EXTREMALNI RZEŹNICY NA RELAKSIE	K30	80	02:48:57	06:30:45.90	06:31:47.90	+03:47:01 (57.9%)	13:57	4.3 (42.2%)
81	MALINOWSKA-BŁASZCZAK Monika	3042	ORANGE POLSKA	K30	81	03:05:58	06:50:12.15	06:51:09.15	+04:06:22 (59.9%)	14:39	4.1 (40.2%)
82	BISZCZAK Dominika	3079		K30	82	03:05:15	06:50:12.35	06:51:09.25	+04:06:22 (59.9%)	14:39	4.1 (40.2%)
83	TWARDOWSKA Patrycja	3077	STOWARZYSZENIE PACZKA DLA BOHATERA	K30	83	03:41:29	07:18:32.90	07:19:37.45	+04:34:50 (62.5%)	15:39	3.8 (37.3%)
	LITKE Andżelika	3665	EAZYMUT.PL	K30		DNF	DNF	DNF		-	- (0.0%)

