



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
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: K40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
1	GÓRALIK Sylwia	3630	KS AZS AWF KRAKÓW	K40	1	01:33:28	02:58:28.60	02:58:30.45		6:22	9.4 (100%)
2	SYCHNIAK Agnieszka	3795		K40	2	01:43:20	03:20:40.20	03:20:40.20	+00:22:09 (11.0%)	7:10	8.4 (89.4%)
3	FATER-DĘBSKA Agata	3086		K40	3	01:53:02	03:35:54.95	03:36:17.10	+00:37:46 (17.5%)	7:42	7.8 (83.0%)
4	KOWALSKA Magda	3672		K40	4	02:02:00	03:38:37.70	03:39:09.70	+00:40:39 (18.5%)	7:48	7.7 (81.9%)
5	KOPIEC Izabela	3509		K40	5	01:58:07	03:40:56.90	03:42:03.65	+00:43:33 (19.6%)	7:53	7.6 (80.9%)
6	KOZACZUK Maria	3331		K40	6	01:56:53	03:49:23.40	03:50:03.55	+00:51:33 (22.4%)	8:11	7.3 (77.7%)
7	WOSINSKA Magdalena	3571	#DZIEWCZYNY_MINISTRY	K40	7	02:05:13	03:59:21.00	04:00:17.50	+01:01:47 (25.7%)	8:32	7 (74.5%)
8	JURKIEWICZ Aldona	3205	ROZBIEGANY SUSZ	K40	8	02:08:41	04:00:00.50	04:01:07.20	+01:02:36 (26.0%)	8:34	7 (74.5%)
9	MARCZEWSKA Agata	3193		K40	9	02:07:18	04:00:33.30	04:01:37.70	+01:03:07 (26.1%)	8:35	7 (74.5%)
10	MICHALAK-KLIMCZAK Lucyna	3348		K40	10	02:08:43	04:10:58.05	04:12:17.60	+01:13:47 (29.2%)	8:57	6.7 (71.3%)
11	HELIOSZ Joanna	3615	SILESIA MARATHON CLUB	K40	11	02:19:21	04:12:36.30	04:14:08.85	+01:15:38 (29.8%)	9:01	6.7 (71.3%)
12	DYBOWSKA Małgorzata	3396		K40	12	02:13:40	04:13:37.95	04:15:22.75	+01:16:52 (30.1%)	9:03	6.6 (70.2%)
13	BRUDEREK Anna	3409	PRIMUM CURRERE	K40	13	02:14:36	04:17:01.50	04:17:45.15	+01:19:14 (30.7%)	9:10	6.5 (69.1%)
14	POPCZYK Ewelina	3310	HEALTHY BODY ŻELAZNY&ŻELAZNY	K40	14	02:22:23	04:19:19.60	04:20:26.10	+01:21:55 (31.5%)	9:15	6.5 (69.1%)
15	DZIADOSZ Roma	3456		K40	15	02:10:51	04:20:15.55	04:20:41.70	+01:22:11 (31.5%)	9:17	6.5 (69.1%)
16	ŚWIERŻEWSKA Sylwia	3366	HEŃTEAM	K40	16	02:23:18	04:21:09.80	04:21:39.30	+01:23:08 (31.8%)	9:19	6.4 (68.1%)
17	KOŁOTUSZA Małgorzata	3435	ZASAPANI HYDRO	K40	17	02:16:35	04:23:06.70	04:23:40.05	+01:25:09 (32.3%)	9:23	6.4 (68.1%)
18	OLESIŃSKA Joanna	3226	DRUŻYNA JEDYNKI	K40	18	02:13:30	04:29:04.15	04:29:14.45	+01:30:44 (33.7%)	9:36	6.2 (66.0%)
19	ŻÓRAŃSKA Magdalena	3578		K40	19	02:21:01	04:30:34.60	04:30:47.15	+01:32:16 (34.1%)	9:39	6.2 (66.0%)
20	MICHALAK Ela	3662		K40	20	02:24:37	04:31:19.60	04:32:40.65	+01:34:10 (34.5%)	9:41	6.2 (66.0%)
21	PAWEŁCZUK Katarzyna	3326		K40	21	02:22:55	04:34:57.25	04:36:15.70	+01:37:45 (35.4%)	9:49	6.1 (64.9%)
22	PAWLIKOWSKA Monika	3593		K40	22	02:24:51	04:37:50.60	04:39:10.80	+01:40:40 (36.1%)	9:55	6 (63.8%)
23	KAŹMIERSKA Monika	3031	KB KROKUS KWIATKOWICE	K40	23	02:25:10	04:38:47.30	04:39:26.90	+01:40:56 (36.1%)	9:57	6 (63.8%)
24	MARCINIAK Agata	3108	ŁODZIANKA TEAM	K40	24	02:21:54	04:38:36.80	04:39:48.15	+01:41:17 (36.2%)	9:57	6 (63.8%)
25	PYREK Iwona	3033		K40	25	02:22:21	04:39:40.60	04:39:54.10	+01:41:23 (36.2%)	9:59	6 (63.8%)
26	BRYSZEWSKA Marta	3452		K40	26	02:23:31	04:38:15.35	04:40:00.05	+01:41:29 (36.2%)	9:56	6 (63.8%)
27	WRÓBLEWSKA Olga	3604	VEGE RUNNERS	K40	27	02:29:13	04:39:16.95	04:41:08.15	+01:42:37 (36.5%)	9:58	6 (63.8%)
28	SIKORSKA Agnieszka	3419		K40	28	02:28:45	04:43:36.00	04:44:40.55	+01:46:10 (37.3%)	10:07	5.9 (62.8%)
29	PILECKA Joanna	3365		K40	29	02:25:18	04:48:23.90	04:48:49.90	+01:50:19 (38.2%)	10:17	5.8 (61.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 28km	brutto 28km			
30	DOLEGACZ Ewa	3646		K40	30	02:22:12	04:48:39.80	04:49:40.55	+01:51:10 (38.4%)	10:18	5.8 (61.7%)
31	GAŁAJDA Monika	3490	RADLINIOKI/KAJ TA META	K40	31	02:21:46	04:49:48.60	04:50:01.80	+01:51:31 (38.5%)	10:21	5.8 (61.7%)
32	BODIO-ZIÓŁKOWSKA Ewa	3237	SPORTOWA MARCHEWKA	K40	32	02:24:12	04:49:08.85	04:50:05.25	+01:51:34 (38.5%)	10:19	5.8 (61.7%)
33	KALISZ Katarzyna	3132		K40	33	02:37:41	04:49:16.60	04:50:08.90	+01:51:38 (38.5%)	10:19	5.8 (61.7%)
34	BYSTRZYCKA Dorota	3090	RAJSPOORT ACTIVE	K40	34	02:27:50	04:49:57.80	04:50:18.40	+01:51:47 (38.5%)	10:21	5.8 (61.7%)
35	GÓRSKA-GAŁKA Iwona	3203	TOM-INSTAL TEAM	K40	35	02:28:00	04:50:12.75	04:50:18.95	+01:51:48 (38.5%)	10:21	5.8 (61.7%)
36	JARZYNA Agnieszka	3136		K40	36	02:30:45	04:51:47.00	04:52:02.90	+01:53:32 (38.9%)	10:25	5.8 (61.7%)
37	PAWLAK Dagmara	3386		K40	37	02:34:22	04:54:46.95	04:55:24.45	+01:56:54 (39.6%)	10:31	5.7 (60.6%)
38	OKRASA Malgorzata	3655		K40	38	02:32:01	04:54:55.30	04:55:50.45	+01:57:20 (39.7%)	10:31	5.7 (60.6%)
39	RUTKOWSKA Ewelina	3504		K40	39	02:27:11	04:54:11.95	04:55:51.95	+01:57:21 (39.7%)	10:30	5.7 (60.6%)
40	SWISTAK Karolina	3619		K40	40	02:29:29	05:00:42.40	05:01:11.90	+02:02:41 (40.7%)	10:44	5.6 (59.6%)
41	KOZIOŁ Joanna	3349		K40	41	02:27:45	05:01:33.15	05:02:05.10	+02:03:34 (40.9%)	10:46	5.6 (59.6%)
42	SIKORSKA Izabela	3200	MIĘDZYRZECKIE GAZELE	K40	42	02:38:21	05:04:00.95	05:05:17.15	+02:06:46 (41.5%)	10:51	5.5 (58.5%)
43	SUŁAWA Patrycja	3133		K40	43	02:37:49	05:05:19.55	05:06:11.55	+02:07:41 (41.7%)	10:54	5.5 (58.5%)
44	BIJATOWSKA Diana	3501		K40	44	02:44:04	05:06:05.65	05:06:14.25	+02:07:43 (41.7%)	10:55	5.5 (58.5%)
45	KIJEWSKA Karolina	3245		K40	45	02:39:17	05:07:18.95	05:08:50.00	+02:10:19 (42.2%)	10:58	5.5 (58.5%)
46	NAĆ Marzanna	3020	ROZBIEGANE DZIAŁDOWO	K40	46	02:43:23	05:09:49.50	05:11:21.65	+02:12:51 (42.7%)	11:03	5.4 (57.4%)
47	WIECZOREK Magdalena	3546	WIECZORKI3	K40	47	02:50:16	05:11:09.75	05:12:04.60	+02:13:34 (42.8%)	11:06	5.4 (57.4%)
48	CHYTRZYNSKA Marta	3262	KROMECEK TEAM	K40	48	02:40:48	05:11:29.05	05:12:59.90	+02:14:29 (43.0%)	11:07	5.4 (57.4%)
49	BOGUSZ Emilia	3673		K40	49	02:49:45	05:13:06.10	05:13:47.90	+02:15:17 (43.1%)	11:10	5.4 (57.4%)
50	KNAPCZYK Elżbieta	3689		K40	50	02:43:39	05:13:58.70	05:14:06.05	+02:15:35 (43.2%)	11:12	5.4 (57.4%)
51	LICHNOWSKA Anna	3429		K40	51	02:49:47	05:17:24.75	05:17:31.00	+02:19:00 (43.8%)	11:20	5.3 (56.4%)
52	RYKAŁA Katarzyna	3378		K40	52	02:45:04	05:19:13.10	05:20:34.15	+02:22:03 (44.3%)	11:24	5.3 (56.4%)
53	NYŻNYK Monika	3166	KAMPIRUNTEAM	K40	53	02:40:46	05:22:21.80	05:22:43.40	+02:24:12 (44.7%)	11:30	5.2 (55.3%)
54	RYŻYŃSKA Agnieszka	3560	CHEŁM BIEGA	K40	54	02:48:06	05:21:50.15	05:23:22.40	+02:24:51 (44.8%)	11:29	5.2 (55.3%)
55	ADAMUS Anna	3297	WARTKIE PIERONY	K40	55	02:48:26	05:23:16.15	05:24:05.70	+02:25:35 (44.9%)	11:32	5.2 (55.3%)
56	KARLIŃSKA Katarzyna	3577	#DRADURAFITSM	K40	56	02:39:24	05:32:03.55	05:32:11.60	+02:33:41 (46.3%)	11:51	5.1 (54.3%)
57	ADAMCZEWSKA Agnieszka	3325		K40	57	02:55:46	05:31:02.10	05:32:23.45	+02:33:53 (46.3%)	11:49	5.1 (54.3%)
58	WITEK Sylwia	3496		K40	58	02:51:55	05:31:08.60	05:32:44.65	+02:34:14 (46.4%)	11:49	5.1 (54.3%)
59	DANIELEWSKA Magdalena	3497		K40	59	02:55:54	05:31:10.40	05:32:46.20	+02:34:15 (46.4%)	11:49	5.1 (54.3%)
60	RAKOCZY Anna	3580		K40	60	02:48:06	05:32:03.95	05:33:10.40	+02:34:39 (46.4%)	11:51	5.1 (54.3%)
61	JĘDRZEJOWSKA - DEC Anna	3799	OTK RZEŹNIK	K40	61	02:57:13	05:32:11.55	05:33:38.70	+02:35:08 (46.5%)	11:51	5.1 (54.3%)
62	GALUS Agnieszka	3455	OJOS	K40	62	02:49:25	05:34:14.45	05:34:20.90	+02:35:50 (46.6%)	11:56	5 (53.2%)
63	SZOPA Małgorzata	3368	ULTRA WAY TEAM/ RUNEDA	K40	63	02:50:24	05:35:22.05	05:35:29.55	+02:36:59 (46.8%)	11:58	5 (53.2%)
64	DŁUŻNIEWSKA Izabela	3530		K40	64	02:49:57	05:34:53.85	05:35:47.10	+02:37:16 (46.8%)	11:57	5 (53.2%)
65	KÜCHLER Małgorzata	3179	JARBUD	K40	65	02:50:25	05:36:34.45	05:36:42.50	+02:38:12 (47.0%)	12:01	5 (53.2%)
66	FAYFER Dorota	3340	KAT CROSS	K40	66	02:48:44	05:50:33.60	05:51:48.60	+02:53:18 (49.3%)	12:31	4.8 (51.1%)
67	LORENC-KRUSZYŃSKA Sylwia	3586	FORDONRUNNERS	K40	67	02:55:15	05:55:00.00	05:56:38.90	+02:58:08 (49.9%)	12:40	4.7 (50.0%)
68	BRONISZ Anna	3306	ROZBIEGANY SULEJÓWEK	K40	68	02:55:10	05:55:32.55	05:57:18.55	+02:58:48 (50.0%)	12:41	4.7 (50.0%)
69	LESISZ Katarzyna	3408	WARTKIE PIERONY	K40	69	02:42:57	06:00:35.40	06:01:22.90	+03:02:52 (50.6%)	12:52	4.7 (50.0%)
70	DZIĘCIELSKA Agnieszka	3039		K40	70	02:58:02	06:10:47.70	06:12:27.30	+03:13:56 (52.1%)	13:14	4.5 (47.9%)
71	DZIURZYŃSKA Urszula	3138	VEGE RUNNERS	K40	71	02:56:51	06:17:54.10	06:18:46.80	+03:20:16 (52.9%)	13:29	4.4 (46.8%)
72	PIETRZAK Agnieszka	3089		K40	72	02:59:43	06:20:26.10	06:21:43.20	+03:23:12 (53.2%)	13:35	4.4 (46.8%)
73	RÓLKA Kamila	3043		K40	73	02:55:48	06:20:15.95	06:21:44.35	+03:23:13 (53.2%)	13:34	4.4 (46.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
74	MERKLINGHAUS-KOBER Monika	3014	SPEED FEET '16	K40	74	03:09:18	06:28:10.35	06:29:47.60	+03:31:17 (54.2%)	13:51	4.3 (45.7%)
75	LEMAŃSKA Sylwia	3214		K40	75	03:58:08	07:57:56.85	07:58:05.10	+04:59:34 (62.7%)	17:04	3.5 (37.2%)
76	ZIOBRO Aśka	3122		K40	76	03:58:11	07:57:57.10	07:58:05.15	+04:59:34 (62.7%)	17:04	3.5 (37.2%)
	DROBIK Magdalena	3549		K40		04:15:13 DNF	DNF	DNF	-	-	- (0.0%)
	PÓŁTORAK Kasia	3558	POLKA SPORT	K40		DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 78 wynik(ów)