



# XIII RZEŹNICZEK, CZYLI MAŁY BIEG RZEŹNIKA

B4SPORT

**Wydarzenie:** X FESTIWAL BIEGU RZEŹNIKA  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2024-06-01  
**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	<b>GÓRALIK Sylwia</b>	<b>4667</b>	KS DALIN MYŚLENICE	K40	1		<b>02:56:58.65</b>	<b>02:57:01.60</b>		6:19	9.5 (100%)
2	<b>GÓRNA Anita</b>	<b>4594</b>	LPP TEAM	K40	2	01:50:30	<b>03:25:37.35</b>	<b>03:25:40.90</b>	+00:28:39 (13.9%)	7:20	8.2 (86.3%)
3	<b>PABICH Maria</b>	<b>4498</b>	UKS AZYMUT PABIANICE	K40	3	01:51:06	<b>03:26:51.30</b>	<b>03:27:23.30</b>	+00:30:21 (14.6%)	7:23	8.1 (85.3%)
4	<b>JAWORSKA Agnieszka</b>	<b>4545</b>		K40	4	01:48:59	<b>03:29:53.30</b>	<b>03:30:00.20</b>	+00:32:58 (15.7%)	7:29	8 (84.2%)
5	<b>RORAT Lena</b>	<b>4627</b>	CHEŁM BIEGA	K40	5	02:01:15	<b>03:45:15.85</b>	<b>03:45:53.65</b>	+00:48:52 (21.6%)	8:02	7.5 (78.9%)
6	<b>PILCH-NANOWSKA Agnieszka</b>	<b>4503</b>		K40	6	02:01:21	<b>03:46:21.90</b>	<b>03:46:33.40</b>	+00:49:31 (21.9%)	8:05	7.4 (77.9%)
7	<b>GRYGIERCZYK Anna</b>	<b>4494</b>	AVERBIT	K40	7	01:59:02	<b>03:45:27.70</b>	<b>03:46:54.25</b>	+00:49:52 (22.0%)	8:03	7.5 (78.9%)
8	<b>BEDNARCZYK Magdalena</b>	<b>4378</b>		K40	8	02:03:06	<b>03:47:28.60</b>	<b>03:47:42.10</b>	+00:50:40 (22.3%)	8:07	7.4 (77.9%)
9	<b>DYŚ Małgorzata</b>	<b>4686</b>	PCTS SPORT	K40	9	02:00:56	<b>03:49:34.75</b>	<b>03:49:43.60</b>	+00:52:42 (22.9%)	8:11	7.3 (76.8%)
10	<b>GRYCMAN Magda</b>	<b>4660</b>	SPARTA ULTRA TEAM	K40	10	02:04:51	<b>03:56:16.40</b>	<b>03:56:23.95</b>	+00:59:22 (25.1%)	8:26	7.1 (74.7%)
11	<b>BANET Eliza</b>	<b>4211</b>		K40	11	02:08:49	<b>03:55:43.70</b>	<b>03:56:52.20</b>	+00:59:50 (25.3%)	8:25	7.1 (74.7%)
12	<b>IWANOWICZ Magda</b>	<b>4295</b>		K40	12	02:13:03	<b>03:56:35.40</b>	<b>03:57:34.90</b>	+01:00:33 (25.5%)	8:26	7.1 (74.7%)
13	<b>STANOSZ-CHEŁKOWSKA Aneta</b>	<b>4678</b>	HARDE DZIKI	K40	13	02:06:08	<b>03:58:51.35</b>	<b>03:59:29.35</b>	+01:02:27 (26.1%)	8:31	7 (73.7%)
14	<b>NIEDŹWIEDZKA Anna</b>	<b>7025</b>	NA SZAGĘ	K40	14	02:07:48	<b>04:00:19.15</b>	<b>04:01:32.40</b>	+01:04:30 (26.7%)	8:34	7 (73.7%)
15	<b>KLIŚ Patrycja</b>	<b>4501</b>	TOMICA COACHING	K40	15	02:09:16	<b>04:02:46.95</b>	<b>04:02:51.15</b>	+01:05:49 (27.1%)	8:40	6.9 (72.6%)
16	<b>TARNOWSKA Katarzyna</b>	<b>4165</b>		K40	16	02:08:09	<b>04:05:50.25</b>	<b>04:06:04.80</b>	+01:09:03 (28.1%)	8:46	6.8 (71.6%)
17	<b>MICHALAK-KLIMCZAK Lucyna</b>	<b>4038</b>		K40	17	02:14:07	<b>04:06:38.10</b>	<b>04:08:23.80</b>	+01:11:22 (28.7%)	8:48	6.8 (71.6%)
18	<b>SMIERZCHAŁA Marta</b>	<b>4536</b>	PRO366	K40	18	02:18:14	<b>04:08:43.45</b>	<b>04:08:51.90</b>	+01:11:50 (28.9%)	8:52	6.8 (71.6%)
19	<b>MITURA Wioleta</b>	<b>4350</b>		K40	19	02:13:16	<b>04:09:36.50</b>	<b>04:09:43.15</b>	+01:12:41 (29.1%)	8:54	6.7 (70.5%)
20	<b>HERBEĆ-LABOCHA Magdalena</b>	<b>4415</b>		K40	20	02:16:38	<b>04:10:43.10</b>	<b>04:11:07.45</b>	+01:14:05 (29.5%)	8:57	6.7 (70.5%)
21	<b>BAKUN Jolanta</b>	<b>4255</b>	CHEŁM	K40	21	02:11:30	<b>04:11:50.90</b>	<b>04:12:29.75</b>	+01:15:28 (29.9%)	8:59	6.7 (70.5%)
22	<b>BARCZAK Anna</b>	<b>4615</b>		K40	22	02:21:54	<b>04:14:35.15</b>	<b>04:15:59.75</b>	+01:18:58 (30.8%)	9:05	6.6 (69.5%)
23	<b>KOZIOŁ Joanna</b>	<b>4219</b>		K40	23	02:16:40	<b>04:17:11.00</b>	<b>04:17:35.05</b>	+01:20:33 (31.3%)	9:11	6.5 (68.4%)
24	<b>SKAWIŃSKA Justyna</b>	<b>4006</b>		K40	24	02:23:06	<b>04:19:00.65</b>	<b>04:19:35.20</b>	+01:22:33 (31.8%)	9:15	6.5 (68.4%)
25	<b>DRZAZGA Katarzyna</b>	<b>4557</b>		K40	25	02:21:20	<b>04:25:30.35</b>	<b>04:25:30.35</b>	+01:28:28 (33.3%)	9:28	6.3 (66.3%)
26	<b>PILECKA Joanna</b>	<b>4302</b>		K40	26	02:24:54	<b>04:30:54.45</b>	<b>04:31:13.35</b>	+01:34:11 (34.7%)	9:40	6.2 (65.3%)
27	<b>BOJARCZUK Jolanta</b>	<b>4073</b>	RUCH IZBICA	K40	27	02:08:08	<b>04:35:17.10</b>	<b>04:35:29.25</b>	+01:38:27 (35.7%)	9:49	6.1 (64.2%)
28	<b>WITULA Joanna</b>	<b>4151</b>		K40	28	02:33:05	<b>04:38:39.95</b>	<b>04:40:03.15</b>	+01:43:01 (36.8%)	9:57	6 (63.2%)
29	<b>ZDUNEK Małgorzata</b>	<b>4149</b>	#NOLIMITS	K40	29	02:20:18	<b>04:40:13.85</b>	<b>04:40:25.95</b>	+01:43:24 (36.9%)	10:00	6 (63.2%)

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30	ZALAS Anna	4518		K40	30	02:23:04	04:43:47.50	04:44:11.60	+01:47:10 (37.7%)	10:08	5.9 (62.1%)
31	RYBKA Agnieszka	4272	RYBENSHUTTE	K40	31	02:34:42	04:43:58.70	04:44:50.85	+01:47:49 (37.9%)	10:08	5.9 (62.1%)
32	WYSMOLINSKA Karolina	4204		K40	32	02:28:32	04:44:26.80	04:45:08.10	+01:48:06 (37.9%)	10:09	5.9 (62.1%)
33	MALKA Katarzyna	4002		K40	33	02:30:55	04:47:17.25	04:47:24.95	+01:50:23 (38.4%)	10:15	5.8 (61.1%)
34	WOLIŃSKA Agnieszka	4419	KUTNO BIEGA	K40	34	02:26:39	04:48:31.60	04:48:57.30	+01:51:55 (38.7%)	10:18	5.8 (61.1%)
35	DURAJ Paulina	4670	FABRYKA DZIKA	K40	35	02:35:10	04:47:15.25	04:49:00.00	+01:51:58 (38.7%)	10:15	5.8 (61.1%)
36	GASINSKA Malgorzata	4063		K40	36	02:40:51	04:47:46.75	04:49:03.55	+01:52:01 (38.8%)	10:16	5.8 (61.1%)
37	MICHALCZYK Anna	4293	NAPRZÓD MŁOCINY	K40	37	02:36:15	04:48:41.80	04:49:43.25	+01:52:41 (38.9%)	10:18	5.8 (61.1%)
38	PLACHIMOWICZ Natalia	4223	MOCNA GRUPA CEZARA	K40	38	02:32:00	04:51:40.80	04:51:59.95	+01:54:58 (39.4%)	10:25	5.8 (61.1%)
39	RELSKA Dominika	4138	TARIFA	K40	39	02:32:14	04:52:09.80	04:52:42.40	+01:55:40 (39.5%)	10:26	5.8 (61.1%)
40	SZÓSTAK Joanna	4515		K40	40	02:28:18	04:52:36.85	04:52:58.90	+01:55:57 (39.6%)	10:27	5.7 (60.0%)
41	ULENBERG Katarzyna	4405		K40	41	02:35:19	04:52:47.40	04:53:33.85	+01:56:32 (39.7%)	10:27	5.7 (60.0%)
42	WIŚNIEWSKA Agnieszka	7041		K40	42	02:40:41	04:53:44.60	04:53:58.65	+01:56:57 (39.8%)	10:29	5.7 (60.0%)
43	GURDAK Anna	4100		K40	43	02:37:48	04:55:09.35	04:55:40.30	+01:58:38 (40.1%)	10:32	5.7 (60.0%)
44	GLICA Monika	4450		K40	44	02:37:49	04:55:09.00	04:55:40.35	+01:58:38 (40.1%)	10:32	5.7 (60.0%)
45	TCHÓRZEWSKA-PIETRZYK Anna	4383	MOCNA GRUPA CEZARA	K40	45	02:35:52	04:56:41.55	04:57:00.70	+01:59:59 (40.4%)	10:35	5.7 (60.0%)
46	GODZIMIRSKA Eliza	4243	ADIDAS RUNNERS WARSAW	K40	46	02:34:51	04:55:54.45	04:57:20.30	+02:00:18 (40.5%)	10:34	5.7 (60.0%)
47	CEGLEWSKA Izabela	4464		K40	47	02:33:03	04:57:56.05	04:58:09.50	+02:01:07 (40.6%)	10:38	5.6 (58.9%)
48	CZAPSKA Jadwiga	4607	CROSSFIT LUBLIN	K40	48	02:35:01	04:57:22.45	04:58:41.90	+02:01:40 (40.7%)	10:37	5.6 (58.9%)
49	WOJCIECHOWSKA Monika	4067	SŁUBICKA AKADEMIA BIEGOWA	K40	49	02:34:42	05:02:39.95	05:03:42.80	+02:06:41 (41.7%)	10:48	5.6 (58.9%)
50	SOKOŁOWSKA Malgorzata	4104	ROZCHODNIACZEK TEAM	K40	50	02:41:14	05:04:40.70	05:04:57.90	+02:07:56 (42.0%)	10:52	5.5 (57.9%)
51	ZIENTEK Aneta	4425		K40	51	02:39:18	05:06:27.70	05:06:37.95	+02:09:36 (42.3%)	10:56	5.5 (57.9%)
52	LICHNOWSKA Anna	4025		K40	52	02:39:54	05:07:28.40	05:07:58.95	+02:10:57 (42.5%)	10:58	5.5 (57.9%)
53	FORDONSKA Kamila	4520		K40	53	02:39:42	05:07:46.55	05:08:02.75	+02:11:01 (42.5%)	10:59	5.5 (57.9%)
54	SIKORSKA Agnieszka	4384		K40	54	02:44:43	05:07:04.75	05:09:00.05	+02:11:58 (42.7%)	10:58	5.5 (57.9%)
55	BOGUSZ Emilia	4193		K40	55	02:44:27	05:08:38.00	05:09:39.05	+02:12:37 (42.8%)	11:01	5.4 (56.8%)
56	GROSS Agata	4043	FABRYKA DZIKA	K40	56	02:49:21	05:10:02.00	05:11:46.35	+02:14:44 (43.2%)	11:04	5.4 (56.8%)
57	HEĆMAŃCZUK Katarzyna	4056	FABRYKA DZIKA	K40	57	02:49:22	05:10:02.65	05:11:46.40	+02:14:44 (43.2%)	11:04	5.4 (56.8%)
58	MEGGER Iwona	4049	IRON TEAM	K40	58	02:57:33	05:10:18.90	05:11:51.85	+02:14:50 (43.2%)	11:04	5.4 (56.8%)
59	OLEJNIK Karolina	4016		K40	59	02:39:15	05:15:37.70	05:16:27.30	+02:19:25 (44.1%)	11:16	5.3 (55.8%)
60	RUTKOWSKA Ewelina	4661	DZIKI Z CYTADELI	K40	60	02:38:46	05:18:22.25	05:18:32.65	+02:21:31 (44.4%)	11:22	5.3 (55.8%)
61	JUSZCZYK Małgorzata	4672	NIEPOŁOMICE BIEGAJĄ	K40	61	02:50:05	05:18:01.55	05:18:37.70	+02:21:36 (44.4%)	11:21	5.3 (55.8%)
62	TRESENBERG Agata	4187	KB WARTKO GOLINA	K40	62	02:48:32	05:19:17.90	05:20:23.05	+02:23:21 (44.7%)	11:24	5.3 (55.8%)
63	PIENIAŻEK Agnieszka	4171		K40	63	02:52:28	05:25:21.20	05:25:51.10	+02:28:49 (45.7%)	11:37	5.2 (54.7%)
64	STANKIEWICZ Katarzyna	4325	AKTYWNI RAZEM	K40	64	02:38:07	05:27:06.05	05:28:48.35	+02:31:46 (46.2%)	11:40	5.1 (53.7%)
65	KOŚCIELNIAK Dagmara	4324	AKTYWNI RAZEM	K40	65	02:33:19	05:27:06.00	05:28:48.40	+02:31:46 (46.2%)	11:40	5.1 (53.7%)
66	SOBAŃSKA Karina	4232		K40	66	02:57:30	05:32:24.45	05:32:52.95	+02:35:51 (46.8%)	11:52	5.1 (53.7%)
67	DZIURZYŃSKA Ulka	4086	VEGE RUNNERS	K40	67	02:55:35	05:32:51.80	05:34:26.65	+02:37:25 (47.1%)	11:53	5 (52.6%)
68	JÓŻWIK Agnieszka	4080	IRON TEAM	K40	68	02:57:30	05:36:46.95	05:38:19.80	+02:41:18 (47.7%)	12:01	5 (52.6%)
69	JANCZEWSKA Izabela	4408	HEROBOX	K40	69	02:46:47	05:39:57.60	05:40:21.45	+02:43:19 (48.0%)	12:08	4.9 (51.6%)
70	KÜCHLER Małgorzata	4011	JARBUD	K40	70	02:50:18	05:39:05.20	05:40:22.95	+02:43:21 (48.0%)	12:06	5 (52.6%)
71	JEDLIŃSKA Magdalena	4161		K40	71	02:51:36	05:42:01.05	05:42:28.20	+02:45:26 (48.3%)	12:12	4.9 (51.6%)
72	CHYCZEWSKA Katarzyna	4247	THORO TEAM	K40	72	02:55:03	05:48:30.95	05:50:16.10	+02:53:14 (49.5%)	12:26	4.8 (50.5%)
73	WINIARSKA-BISZCZAN Anna	4437	BIEGAMY DZISIAJ? WIERZBICA/CHEŁM BIEGA	K40	73	02:55:54	05:52:05.95	05:52:46.55	+02:55:44 (49.8%)	12:34	4.8 (50.5%)

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74	<b>RYŻYŃSKA Agnieszka</b>	<b>4044</b>	CHEŁM BIEGA	K40	74	02:58:00	<b>05:52:06.20</b>	<b>05:52:46.65</b>	+02:55:45 (49.8%)	12:34	4.8 (50.5%)
75	<b>SEWERYN Joanna</b>	<b>4110</b>		K40	75	02:56:25	<b>05:54:42.85</b>	<b>05:55:16.95</b>	+02:58:15 (50.2%)	12:40	4.7 (49.5%)
76	<b>WAŚNIEWSKA Paulina</b>	<b>4188</b>		K40	76	02:55:14	<b>05:56:34.85</b>	<b>05:57:09.90</b>	+03:00:08 (50.4%)	12:44	4.7 (49.5%)
77	<b>MOCHEREK Justyna</b>	<b>4125</b>		K40	77	03:01:17	<b>06:00:39.95</b>	<b>06:01:12.90</b>	+03:04:11 (51.0%)	12:52	4.7 (49.5%)
78	<b>UZIAŁKO Karolina</b>	<b>4484</b>		K40	78	02:56:51	<b>06:01:03.65</b>	<b>06:02:24.95</b>	+03:05:23 (51.2%)	12:53	4.7 (49.5%)
79	<b>MAGDZIARZ Paulina</b>	<b>4169</b>	ORGANIC RACE TEAM	K40	79	02:54:11	<b>06:07:58.05</b>	<b>06:07:58.05</b>	+03:10:56 (51.9%)	13:08	4.6 (48.4%)
80	<b>WARAS Barbara</b>	<b>4089</b>		K40	80	03:01:32	<b>06:10:08.05</b>	<b>06:11:39.20</b>	+03:14:37 (52.4%)	13:13	4.5 (47.4%)
81	<b>JANOWSKA Aleksandra</b>	<b>4096</b>	CEDRUS TEAM	K40	81	02:55:46	<b>06:21:09.50</b>	<b>06:21:52.00</b>	+03:24:50 (53.6%)	13:36	4.4 (46.3%)
82	<b>KOCŁĘGA Ewa</b>	<b>4131</b>		K40	82	03:01:31	<b>06:29:59.95</b>	<b>06:30:34.80</b>	+03:33:33 (54.7%)	13:55	4.3 (45.3%)
83	<b>MISZCZUK Ewelina</b>	<b>4095</b>		K40	83	03:24:19	<b>06:41:25.90</b>	<b>06:43:11.70</b>	+03:46:10 (56.1%)	14:20	4.2 (44.2%)
84	<b>POMASKA Kamila</b>	<b>4189</b>		K40	84	02:55:15	<b>07:02:43.65</b>	<b>07:03:18.40</b>	+04:06:16 (58.2%)	15:05	4 (42.1%)
	<b>GRABAREK Justyna</b>	<b>4512</b>	NOSTROMO	K40		DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>MIKODA Justyna</b>	<b>4132</b>		K40		DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 86 wynik(ów)