



# ZIMNA POŁÓWKA | TWT 21KM

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

**Wydarzenie:** Turbacz Winter Trail  
**Organizator:** Fundacja Rozwoju Sportu i Promocji Obronności  
"MURAWA"  
**Data:** 2023-02-11  
**Miejsce:** Nowy Targ  
**Dystans:** 21.1 km

Klasyfikacja: Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Turbacz 14km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1	<b>BOCHENEK Magdalena</b>	<b>111</b>	G.O.A.T. TEAM MICHAŁOWICE	Senior Kobiet	1	01:53:27	<b>02:30:35.65</b>	<b>02:30:37.80</b>		7:08	8.4 (100%)
2	<b>PAPROCKA Urszula</b>	<b>258</b>	NOWA HUTA TEAM	Senior Kobiet	2	01:55:12	<b>02:33:37.45</b>	<b>02:33:40.05</b>	+00:03:02 (2.0%)	7:16	8.2 (97.6%)
3	<b>RYNKIEWICZ Agnieszka</b>	<b>285</b>	GORĄCY POTOK TEAM	Masters Kobiet	1	02:04:40	<b>02:45:52.30</b>	<b>02:45:56.35</b>	+00:15:18 (9.2%)	7:51	7.6 (90.5%)
4	<b>GÓRALIK Sylwia</b>	<b>158</b>		Masters Kobiet	2	02:02:22	<b>02:46:11.20</b>	<b>02:46:12.90</b>	+00:15:35 (9.4%)	7:52	7.6 (90.5%)
5	<b>MROŹEK Katarzyna</b>	<b>245</b>		Senior Kobiet	3	02:06:11	<b>02:48:24.80</b>	<b>02:48:26.95</b>	+00:17:49 (10.6%)	7:58	7.5 (89.3%)
6	<b>PAPIERZ Marta</b>	<b>257</b>		Senior Kobiet	4	02:06:23	<b>02:49:13.50</b>	<b>02:49:17.70</b>	+00:18:39 (11.0%)	8:01	7.5 (89.3%)
7	<b>PIĄTEK Beata</b>	<b>1014</b>		Masters Kobiet	3	02:09:01	<b>02:52:40.70</b>	<b>02:52:44.60</b>	+00:22:06 (12.8%)	8:10	7.3 (86.9%)
8	<b>KURANT Elena</b>	<b>209</b>		Masters Kobiet	4	02:16:43	<b>03:04:58.95</b>	<b>03:05:09.85</b>	+00:34:32 (18.7%)	8:45	6.8 (81.0%)
9	<b>FLAGA Iwona</b>	<b>143</b>	LOS PANTALONES ROJOS	Masters Kobiet	5	02:16:42	<b>03:09:41.55</b>	<b>03:09:48.85</b>	+00:39:11 (20.6%)	8:59	6.7 (79.8%)
10	<b>POLEK Ewa</b>	<b>269</b>	BW BIEGACZE WYMIATACZE	Senior Kobiet	5	02:21:04	<b>03:12:10.20</b>	<b>03:12:20.45</b>	+00:41:42 (21.7%)	9:06	6.6 (78.6%)
11	<b>HAJDA Justyna</b>	<b>163</b>	MAFIA TEAM LUBLINIEC	Senior Kobiet	6	02:26:18	<b>03:20:30.25</b>	<b>03:20:35.00</b>	+00:49:57 (24.9%)	9:30	6.3 (75.0%)
12	<b>BIELEC Kinga</b>	<b>108</b>	BEFIT24TEAM	Masters Kobiet	6	02:29:03	<b>03:22:32.95</b>	<b>03:22:41.10</b>	+00:52:03 (25.7%)	9:35	6.3 (75.0%)
13	<b>ZET Luli</b>	<b>348</b>		Masters Kobiet	7	02:28:14	<b>03:22:36.35</b>	<b>03:22:55.30</b>	+00:52:17 (25.8%)	9:36	6.2 (73.8%)
14	<b>PROCHASEK Ania</b>	<b>272</b>		Senior Kobiet	7	02:31:10	<b>03:24:34.70</b>	<b>03:24:42.85</b>	+00:54:05 (26.4%)	9:41	6.2 (73.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Turbacz 14km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
15	<b>GRADZIK-BOROWSKA Inga</b>	<b>159</b>		Senior Kobiet	8	02:23:23	<b>03:15:33.50</b>	<b>03:26:59.50</b>	+00:56:21 (27.2%)	9:16	6.5 (77.4%)
16	<b>DASZKOWSKA Olga</b>	<b>133</b>		Masters Kobiet	8		<b>03:27:57.40</b>	<b>03:28:10.00</b>	+00:57:32 (27.6%)	9:51	6.1 (72.6%)
17	<b>FORNALIK Barbara</b>	<b>146</b>	UKLEJNA	Masters Kobiet	9	02:31:21	<b>03:29:11.60</b>	<b>03:29:14.60</b>	+00:58:36 (28.0%)	9:54	6.1 (72.6%)
18	<b>KOWALSKA Dorota</b>	<b>198</b>	KB PARANTELA	Masters Kobiet	10	02:32:12	<b>03:30:15.30</b>	<b>03:30:19.45</b>	+00:59:41 (28.4%)	9:57	6 (71.4%)
19	<b>JANEK Weronika</b>	<b>171</b>		Masters Kobiet	11	02:36:34	<b>03:32:19.85</b>	<b>03:32:30.20</b>	+01:01:52 (29.1%)	10:03	6 (71.4%)
20	<b>SMOROŃ Barbara</b>	<b>298</b>		Masters Kobiet	12	02:34:43	<b>03:31:41.90</b>	<b>03:33:05.95</b>	+01:02:28 (29.3%)	10:01	6 (71.4%)
21	<b>SADAJ Anna</b>	<b>288</b>	ANIA I CHŁOPAKI	Senior Kobiet	9	02:34:12	<b>03:33:05.45</b>	<b>03:33:19.60</b>	+01:02:41 (29.4%)	10:05	5.9 (70.2%)
22	<b>CZERWIEC Jola</b>	<b>132</b>		Masters Kobiet	13	02:38:26	<b>03:39:06.15</b>	<b>03:39:08.45</b>	+01:08:30 (31.3%)	10:23	5.8 (69.0%)
23	<b>KURAS Olga</b>	<b>210</b>	NUNEK SPITFIRE	Masters Kobiet	14	02:40:16	<b>03:39:12.20</b>	<b>03:39:25.55</b>	+01:08:47 (31.4%)	10:23	5.8 (69.0%)
24	<b>KOBA Ania</b>	<b>191</b>	ROZBIEGANE MICHAŁOWICE	Masters Kobiet	15	02:38:02	<b>03:39:12.40</b>	<b>03:39:31.05</b>	+01:08:53 (31.4%)	10:23	5.8 (69.0%)
25	<b>BERNAKIEWICZ Aleksandra</b>	<b>105</b>		Senior Kobiet	10	02:46:02	<b>03:40:37.70</b>	<b>03:40:56.85</b>	+01:10:19 (31.8%)	10:27	5.7 (67.9%)
26	<b>RĄB Agnieszka</b>	<b>281</b>		Masters Kobiet	16	02:42:45	<b>03:41:21.35</b>	<b>03:41:49.35</b>	+01:11:11 (32.1%)	10:29	5.7 (67.9%)
27	<b>OSTASZEWSKA Marta</b>	<b>253</b>	ROZBIEGANE MICHAŁOWICE	Masters Kobiet	17	02:46:10	<b>03:46:53.15</b>	<b>03:47:15.05</b>	+01:16:37 (33.7%)	10:45	5.6 (66.7%)
28	<b>STEPKOWSKA Berta</b>	<b>307</b>	UMCS_BIEGA/ ROBERT MROZEK TRI TEAM	Masters Kobiet	18	02:43:55	<b>03:46:51.95</b>	<b>03:47:15.35</b>	+01:16:37 (33.7%)	10:45	5.6 (66.7%)
29	<b>PIĘTKA Marzena</b>	<b>265</b>	SUNFIT STUDIO	Masters Kobiet	19	02:40:36	<b>03:48:39.25</b>	<b>03:48:44.30</b>	+01:18:06 (34.1%)	10:50	5.5 (65.5%)
30	<b>PIOTROWICZ Małgorzata</b>	<b>266</b>	INFINITY-GYM	Masters Kobiet	20	02:47:52	<b>03:48:42.00</b>	<b>03:48:51.65</b>	+01:18:13 (34.2%)	10:50	5.5 (65.5%)
31	<b>KRAJEWSKA Bernadeta</b>	<b>200</b>		Masters Kobiet	21	02:46:21	<b>03:49:30.75</b>	<b>03:49:39.00</b>	+01:19:01 (34.4%)	10:52	5.5 (65.5%)
32	<b>KLONOWICZ Patrycja</b>	<b>188</b>	HUNTERS OCR TEAM	Senior Kobiet	11	02:44:55	<b>03:50:37.05</b>	<b>03:50:46.00</b>	+01:20:08 (34.7%)	10:55	5.5 (65.5%)
33	<b>TARADAJ Paulina</b>	<b>320</b>	LACHO TEAM	Masters Kobiet	22	02:47:02	<b>03:51:47.80</b>	<b>03:51:58.55</b>	+01:21:20 (35.1%)	10:59	5.5 (65.5%)
34	<b>WIKŁACZ Aneta</b>	<b>333</b>	ACTIVA24 ANETA WIKŁACZ	Masters Kobiet	23	02:46:11	<b>03:51:41.70</b>	<b>03:52:01.45</b>	+01:21:23 (35.1%)	10:58	5.5 (65.5%)
35	<b>KĘDZIORA Marta</b>	<b>184</b>	ŻUBRY RACE TEAM	Masters Kobiet	24	02:50:45	<b>03:52:30.45</b>	<b>03:52:43.35</b>	+01:22:05 (35.3%)	11:01	5.4 (64.3%)
36	<b>SZKOŁA-ŚNIEŻEK Agnieszka</b>	<b>315</b>	ULTRA TRAIL® MAŁOPOLSKA	Masters Kobiet	25	02:50:04	<b>03:53:15.40</b>	<b>03:53:31.00</b>	+01:22:53 (35.5%)	11:03	5.4 (64.3%)
37	<b>ORZECHOWSKA Julia</b>	<b>251</b>	MARKOWI BIEGACZE	Senior Kobiet	12	02:46:38	<b>03:54:04.20</b>	<b>03:54:07.55</b>	+01:23:29 (35.7%)	11:05	5.4 (64.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Turbacz 14km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 21.1km	brutto 21.1km			
38	<b>KUCZYŃSKA Magdalena</b>	<b>204</b>		Masters Kobiet	26	02:45:47	<b>03:54:38.70</b>	<b>03:54:59.85</b>	+01:24:22 (35.9%)	11:07	5.4 (64.3%)
39	<b>MAJEWSKA Fabiana</b>	<b>228</b>	GOLDEN PORKY RACING	Senior Kobiet	13	02:52:57	<b>03:55:19.35</b>	<b>03:55:44.70</b>	+01:25:06 (36.1%)	11:09	5.4 (64.3%)
40	<b>DUDEK Joanna</b>	<b>136</b>		Masters Kobiet	27	02:54:27	<b>03:56:29.30</b>	<b>03:56:38.95</b>	+01:26:01 (36.3%)	11:12	5.4 (64.3%)
41	<b>PAWELEC Krystyna</b>	<b>260</b>	DOGOŃ GRODZISK MAZ	Weteran Kobiet	1	02:51:45	<b>03:57:46.80</b>	<b>03:58:13.30</b>	+01:27:35 (36.8%)	11:16	5.3 (63.1%)
42	<b>PIEJKO Joanna</b>	<b>261</b>	BŁĘKITNA XVII-TKA	Masters Kobiet	28	02:52:04	<b>03:58:24.90</b>	<b>03:58:38.05</b>	+01:28:00 (36.9%)	11:17	5.3 (63.1%)
43	<b>ZARĘBA Aneta</b>	<b>344</b>	ZAREBA MEISEIKAI	Senior Kobiet	14	02:52:07	<b>03:59:28.40</b>	<b>03:59:51.95</b>	+01:29:14 (37.2%)	11:20	5.3 (63.1%)
44	<b>WIŚNIEWSKA Justyna</b>	<b>334</b>		Masters Kobiet	29	02:55:46	<b>04:01:52.50</b>	<b>04:02:03.70</b>	+01:31:25 (37.8%)	11:27	5.2 (61.9%)
45	<b>PIOTROWSKA Edyta</b>	<b>267</b>	BRACTWO BIEGOWE BGK	Masters Kobiet	30	02:52:25	<b>04:02:31.25</b>	<b>04:02:54.50</b>	+01:32:16 (38.0%)	11:29	5.2 (61.9%)
46	<b>RAMUS-BLACHUTA Katarzyna</b>	<b>279</b>		Masters Kobiet	31	02:51:37	<b>04:03:42.95</b>	<b>04:03:46.15</b>	+01:33:08 (38.2%)	11:32	5.2 (61.9%)
47	<b>KOZANECKA Joanna</b>	<b>199</b>	LUBONIEWKA TEAM	Masters Kobiet	32	02:56:35	<b>04:05:05.95</b>	<b>04:05:30.80</b>	+01:34:53 (38.6%)	11:36	5.2 (61.9%)
48	<b>CYBULSKA Dominika</b>	<b>128</b>	WYDOLNOŚĆ.PL	Masters Kobiet	33	02:54:27	<b>04:06:26.95</b>	<b>04:06:51.50</b>	+01:36:13 (39.0%)	11:40	5.1 (60.7%)
49	<b>PUPEK Anna</b>	<b>276</b>		Masters Kobiet	34	02:57:38	<b>04:06:44.70</b>	<b>04:06:57.80</b>	+01:36:20 (39.0%)	11:41	5.1 (60.7%)
50	<b>ŁUKASIEWICZ-ŁUSZCZEK Katarzyna</b>	<b>1002</b>		Masters Kobiet	35	02:56:29	<b>04:07:52.20</b>	<b>04:08:00.35</b>	+01:37:22 (39.3%)	11:44	5.1 (60.7%)
51	<b>ZARĘBA Jolanta</b>	<b>345</b>		Weteran Kobiet	2	02:55:31	<b>04:07:47.10</b>	<b>04:08:03.05</b>	+01:37:25 (39.3%)	11:44	5.1 (60.7%)
52	<b>CINAL Agnieszka</b>	<b>125</b>		Masters Kobiet	36	03:00:59	<b>04:10:22.20</b>	<b>04:10:39.50</b>	+01:40:01 (39.9%)	11:51	5.1 (60.7%)
53	<b>TARGOSZ Justyna</b>	<b>322</b>	UNICORN BB	Masters Kobiet	37	02:59:07	<b>04:10:27.80</b>	<b>04:10:47.15</b>	+01:40:09 (39.9%)	11:52	5.1 (60.7%)
54	<b>KOWALSKA Agnieszka</b>	<b>1023</b>		Senior Kobiet	15	02:55:46	<b>04:12:23.40</b>	<b>04:12:34.90</b>	+01:41:57 (40.4%)	11:57	5 (59.5%)
55	<b>PUDZISZ Katarzyna</b>	<b>275</b>		Masters Kobiet	38	03:00:26	<b>04:12:24.55</b>	<b>04:12:37.70</b>	+01:41:59 (40.4%)	11:57	5 (59.5%)
56	<b>PIĘKOŚ Monika</b>	<b>263</b>	HUNTERS OCR TEAM	Masters Kobiet	39	03:01:09	<b>04:12:32.75</b>	<b>04:12:41.50</b>	+01:42:03 (40.4%)	11:58	5 (59.5%)
57	<b>GRĘBOWSKA Dagmara</b>	<b>160</b>		Masters Kobiet	40	03:03:28	<b>04:17:02.20</b>	<b>04:17:11.25</b>	+01:46:33 (41.4%)	12:10	4.9 (58.3%)
58	<b>MEUS Martyna</b>	<b>235</b>		Senior Kobiet	16	03:05:51	<b>04:22:41.55</b>	<b>04:22:49.75</b>	+01:52:11 (42.7%)	12:26	4.8 (57.1%)
59	<b>KŁOZIK Agnieszka</b>	<b>190</b>	4A	Masters Kobiet	41	03:10:41	<b>04:22:58.90</b>	<b>04:23:08.15</b>	+01:52:30 (42.8%)	12:27	4.8 (57.1%)
60	<b>LACH- PAPCIAK Katarzyna</b>	<b>211</b>	FORGE YOUR FUTURE /BIEGAMDLAZDROWIA.PL	Masters Kobiet	42	03:11:20	<b>04:22:48.50</b>	<b>04:23:08.70</b>	+01:52:30 (42.8%)	12:27	4.8 (57.1%)

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61	JANIK Anna	173		Masters Kobiet	43		04:24:31.50	04:24:31.50	+01:53:53 (43.1%)	12:32	4.8 (57.1%)
62	WOJTAL Marta	337	CIDRY LOTAJOM	Masters Kobiet	44	03:13:07	04:26:45.65	04:27:00.80	+01:56:23 (43.6%)	12:38	4.7 (56.0%)
63	WYSZKOWSKA Marzena	342	BANANA TEAM	Masters Kobiet	45	03:11:03	04:26:39.85	04:27:04.10	+01:56:26 (43.6%)	12:38	4.7 (56.0%)
64	KAŻMIERCZAK Aleksandra	183	SKORUPA SPORT	Masters Kobiet	46	03:07:03	04:27:33.50	04:27:43.45	+01:57:05 (43.7%)	12:40	4.7 (56.0%)
65	ŻYLIŃSKA Urszula	350		Weteran Kobiet	3	03:10:42	04:29:33.90	04:30:03.45	+01:59:25 (44.2%)	12:46	4.7 (56.0%)
66	RĘKOSIEWICZ-TOKARZ Monika	282	STOWARZYSZENIE BIEGNIJ Z POMOCĄ	Masters Kobiet	47	03:11:59	04:29:54.65	04:30:09.30	+01:59:31 (44.2%)	12:47	4.7 (56.0%)
67	ŁAPA Aleksandra	223	4A	Masters Kobiet	48	03:20:54	04:32:13.90	04:32:24.15	+02:01:46 (44.7%)	12:54	4.7 (56.0%)
68	BARAŃSKA Wanda	102		Weteran Kobiet	4	03:20:22	04:32:10.40	04:32:31.20	+02:01:53 (44.7%)	12:53	4.7 (56.0%)
69	SŁOTWIŃSKA Sylwia	297	UMCS BIEGA/WYDOLNOSC.PL	Masters Kobiet	49	03:20:36	04:32:09.60	04:32:34.00	+02:01:56 (44.7%)	12:53	4.7 (56.0%)
70	ISKRA Alicja	166		Senior Kobiet	17	03:13:39	04:34:29.30	04:34:40.20	+02:04:02 (45.2%)	13:00	4.6 (54.8%)
71	CEBO Agnieszka	117		Masters Kobiet	50	03:25:13	04:38:37.05	04:38:43.65	+02:08:05 (46.0%)	13:12	4.5 (53.6%)
72	SZMATŁOCH Iwona	317	ŚLĄSK RUNNERS	Masters Kobiet	51	03:28:57	04:40:00.05	04:40:07.55	+02:09:29 (46.2%)	13:16	4.5 (53.6%)
73	MISZCZAK Katarzyna	241	MIRAZ RACE TEAM	Masters Kobiet	52	03:29:00	04:43:16.05	04:43:21.25	+02:12:43 (46.8%)	13:25	4.5 (53.6%)
74	MORAWSKA Anna	244		Weteran Kobiet	5	03:25:44	04:46:49.00	04:47:05.45	+02:16:27 (47.5%)	13:35	4.4 (52.4%)
75	DZIURZYŃSKA Ulka	141	VEGE RUNNERS	Masters Kobiet	53	03:37:07	04:55:28.40	04:55:49.40	+02:25:11 (49.1%)	14:00	4.3 (51.2%)
76	WALCZYŃSKA Katarzyna	330		Masters Kobiet	54	03:30:00	04:55:37.15	04:56:01.40	+02:25:23 (49.1%)	14:00	4.3 (51.2%)
77	FRANEK Aneta	148		Weteran Kobiet	6	03:30:23	04:58:48.35	04:59:16.85	+02:28:39 (49.7%)	14:09	4.2 (50.0%)
78	MIŁEK Katarzyna	240		Masters Kobiet	55	03:38:08	05:09:16.25	05:09:35.70	+02:38:57 (51.3%)	14:39	4.1 (48.8%)
79	TYMBOROWSKA -WIEDRO Małgorzata	327	WKURW_TEAM	Masters Kobiet	56		05:12:56.55	05:13:02.25	+02:42:24 (51.9%)	14:49	4 (47.6%)
<b>Przekroczony limit czasu: 05:30:00</b>											
80	MICHALAK Magdalena	237	ULTRA WAY TEAM	Masters Kobiet	57	04:21:27	05:53:13.05	05:53:21.60	+03:22:43 (57.4%)	16:44	3.6 (42.9%)
81	POLOK Monika	270	MIRAZ RACE TEAM	Masters Kobiet	58	04:21:32	05:55:26.60	05:55:32.05	+03:24:54 (57.6%)	16:50	3.6 (42.9%)

Znaleziono 81 wynik(ów)