



# ZIMOWY JANOSIK 20+KM | ZAWIANY PYZDRA

B4SPORT

**Wydarzenie:** Zimowy Janosik 2022  
**Organizator:** Fundacja Na Ratunek  
**Data:** 2022-01-22  
**Miejsce:** Niedzica  
**Dystans:** 23 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Open K

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przełęcz Nad Łapszanką 6km	Łapsze Niżne 12km	Barwinkowa Góra 17km	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
1	<b>GÓRALIK Sylwia</b>	<b>2075</b>	TKKF UKLEJNA	Master Kobiet	1	00:54:04	01:50:18		<b>02:32:59.40</b>	<b>02:32:59.40</b>		6:39	9 (100%)
2	<b>BIESZCZAD Magdalena</b>	<b>2023</b>	TRESERTEAM	Master Kobiet	2	00:57:01	01:53:34		<b>02:38:25.40</b>	<b>02:38:25.40</b>	+00:05:26 (3.4%)	6:53	8.7 (96.7%)
3	<b>NOSAL Kamila</b>	<b>2208</b>		Senior Kobiet	1	01:00:11	01:58:24	02:17:12	<b>02:44:17.70</b>	<b>02:44:17.70</b>	+00:11:18 (6.9%)	7:08	8.4 (93.3%)
4	<b>KOPEĆ Renata</b>	<b>2130</b>		Weteran Kobiet	1	01:03:23	02:07:50		<b>02:57:58.80</b>	<b>02:57:58.80</b>	+00:24:59 (14.0%)	7:44	7.8 (86.7%)
5	<b>KUBACKA Marta</b>	<b>2150</b>	DRUŻYNA TVN	Master Kobiet	3	01:04:37	02:08:33	02:30:49	<b>03:00:15.30</b>	<b>03:00:15.30</b>	+00:27:15 (15.1%)	7:50	7.7 (85.6%)
6	<b>PASIEKA Agnieszka</b>	<b>2224</b>		Master Kobiet	4	01:04:23	02:08:31	02:31:01	<b>03:00:40.90</b>	<b>03:00:40.90</b>	+00:27:41 (15.3%)	7:51	7.6 (84.4%)
7	<b>STASZEWSKA Kinga</b>	<b>2282</b>	KS STASZEWSKY	Master Kobiet	5	01:05:23	02:10:48	02:33:23	<b>03:03:44.75</b>	<b>03:03:44.75</b>	+00:30:45 (16.7%)	7:59	7.5 (83.3%)
8	<b>RACZYŃSKA Gosia</b>	<b>2246</b>	COCA-COLA RUNNERS	Weteran Kobiet	2	01:08:31	02:13:01	02:35:21	<b>03:05:53.35</b>	<b>03:05:53.35</b>	+00:32:53 (17.7%)	8:04	7.4 (82.2%)
9	<b>REDEK Sylwia</b>	<b>3227</b>	TEAM ZABIEGANEDNI	Weteran Kobiet	3	01:09:25	02:15:03		<b>03:07:25.85</b>	<b>03:07:25.85</b>	+00:34:26 (18.4%)	8:08	7.4 (82.2%)
10	<b>PIECZARKOWSKA-MRÓZ Zuzanna</b>	<b>2234</b>		Senior Kobiet	2	01:08:07	02:15:49	02:38:11	<b>03:09:35.40</b>	<b>03:09:35.40</b>	+00:36:36 (19.3%)	8:14	7.3 (81.1%)
11	<b>WOLNA Karolina</b>	<b>2333</b>		Senior Kobiet	3	01:09:35	02:17:32	02:39:55	<b>03:13:09.55</b>	<b>03:13:09.55</b>	+00:40:10 (20.8%)	8:23	7.1 (78.9%)
12	<b>SOBCZYK Wioletta</b>	<b>2272</b>	VELUX-GNIEZNO	Weteran Kobiet	4	01:12:00	02:21:29		<b>03:14:44.55</b>	<b>03:14:44.55</b>	+00:41:45 (21.4%)	8:28	7.1 (78.9%)
13	<b>MALARA Anna</b>	<b>2175</b>	RAFAŁ CHOMIK 3COACH	Master Kobiet	6	01:08:35	02:19:42		<b>03:15:09.95</b>	<b>03:15:09.95</b>	+00:42:10 (21.6%)	8:29	7.1 (78.9%)
14	<b>KOCZY-ŁUSIAK Sylwia</b>	<b>2124</b>		Master Kobiet	7	01:08:36	02:19:47	02:42:49	<b>03:15:14.60</b>	<b>03:15:14.60</b>	+00:42:15 (21.6%)	8:29	7.1 (78.9%)
15	<b>PELCZAR Joanna</b>	<b>2231</b>	KROSNO	Senior Kobiet	4	01:10:41	02:19:56	02:42:57	<b>03:16:02.75</b>	<b>03:16:02.75</b>	+00:43:03 (22.0%)	8:31	7 (77.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przełęcz Nad Łapszanką 6km	Łapsze Niżne 12km	Barwinkowa Góra 17km	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
16	<b>STERKOWICZ Olga</b>	<b>2283</b>		Senior Kobiet	5	01:08:40	02:17:33	02:41:20	<b>03:18:41.45</b>	<b>03:18:41.45</b>	+00:45:42 (23.0%)	8:38	6.9 (76.7%)
17	<b>GRANECKA Monika</b>	<b>2077</b>	DZIK KOMANDO	Master Kobiet	8	01:12:35	02:23:01	02:47:00	<b>03:18:49.70</b>	<b>03:18:49.70</b>	+00:45:50 (23.1%)	8:38	6.9 (76.7%)
18	<b>LUBAŃSKA Alicja</b>	<b>2170</b>		Weteran Kobiet	5	01:09:02	02:22:00	02:46:33	<b>03:20:02.50</b>	<b>03:20:02.50</b>	+00:47:03 (23.5%)	8:41	6.9 (76.7%)
19	<b>ZABŁOCKA Małgorzata</b>	<b>2345</b>	NATIONALE NEDERLANDEN	Master Kobiet	9	01:10:44	02:21:20	02:46:39	<b>03:21:17.80</b>	<b>03:21:17.80</b>	+00:48:18 (24.0%)	8:45	6.9 (76.7%)
20	<b>MAKOWCZYNSKA Agata</b>	<b>2174</b>	OBORYGENI	Senior Kobiet	6	01:16:22	02:27:03	02:50:15	<b>03:23:54.90</b>	<b>03:23:54.90</b>	+00:50:55 (25.0%)	8:51	6.8 (75.6%)
21	<b>UNGEHOJER Małgorzata</b>	<b>2314</b>		Master Kobiet	10	01:15:46	02:25:33	02:49:27	<b>03:24:21.40</b>	<b>03:24:21.40</b>	+00:51:22 (25.1%)	8:53	6.8 (75.6%)
22	<b>KOŁOCZEK Agata</b>	<b>2125</b>		Master Kobiet	11	01:15:46	02:25:31	02:49:22	<b>03:24:21.50</b>	<b>03:24:21.50</b>	+00:51:22 (25.1%)	8:53	6.8 (75.6%)
23	<b>FOKCZYNSKA Anna</b>	<b>21</b>		Senior Kobiet	7	01:13:33	02:25:37	02:50:08	<b>03:25:16.20</b>	<b>03:25:16.20</b>	+00:52:16 (25.5%)	8:55	6.7 (74.4%)
24	<b>TALAROWSKA Agnieszka</b>	<b>2302</b>		Master Kobiet	12	01:09:54	02:28:41	02:55:08	<b>03:31:00.80</b>	<b>03:31:00.80</b>	+00:58:01 (27.5%)	9:10	6.5 (72.2%)
25	<b>BUDA Barbara</b>	<b>2037</b>		Master Kobiet	13	01:16:20	02:33:31	02:58:36	<b>03:32:53.85</b>	<b>03:32:53.85</b>	+00:59:54 (28.1%)	9:15	6.5 (72.2%)
26	<b>STANOSZEK Agnieszka</b>	<b>2277</b>		Weteran Kobiet	6	01:16:14	02:34:53	02:59:27	<b>03:34:08.35</b>	<b>03:34:08.35</b>	+01:01:08 (28.6%)	9:18	6.4 (71.1%)
27	<b>ZYCH Aneta</b>	<b>2363</b>		Master Kobiet	14	01:20:58	02:36:24	03:01:45	<b>03:34:13.65</b>	<b>03:34:13.65</b>	+01:01:14 (28.6%)	9:18	6.4 (71.1%)
28	<b>RICHARDSON Lucyna</b>	<b>2250</b>		Weteran Kobiet	7	01:17:15	02:32:24	02:56:37	<b>03:34:16.05</b>	<b>03:34:16.05</b>	+01:01:16 (28.6%)	9:18	6.4 (71.1%)
29	<b>KIM Renata</b>	<b>2116</b>	WARSZAWA	Weteran Kobiet	8	01:12:33	02:30:19	02:57:18	<b>03:34:29.35</b>	<b>03:34:29.35</b>	+01:01:29 (28.7%)	9:19	6.4 (71.1%)
30	<b>WOJAS-KRAWCZYK Kamila</b>	<b>2329</b>	PIĘKNIEJSZE ŻYCIE LUBLIN	Master Kobiet	15	01:10:46	02:31:12	02:57:27	<b>03:34:47.65</b>	<b>03:34:47.65</b>	+01:01:48 (28.8%)	9:20	6.4 (71.1%)
31	<b>PELCZER Agnieszka</b>	<b>2232</b>	KB HARCOWNIK JELCZ-LASKOWICE	Weteran Kobiet	9	01:18:42	02:34:46	03:00:29	<b>03:36:20.60</b>	<b>03:36:20.60</b>	+01:03:21 (29.3%)	9:24	6.4 (71.1%)
32	<b>GRABOWIECKA Agnieszka</b>	<b>2076</b>		Master Kobiet	16	01:19:12	02:36:36	03:02:08	<b>03:38:48.75</b>	<b>03:38:48.75</b>	+01:05:49 (30.1%)	9:30	6.3 (70.0%)
33	<b>BEDNARSKA Beata</b>	<b>2018</b>		Master Kobiet	17	01:18:26	02:36:47		<b>03:39:00.65</b>	<b>03:39:00.65</b>	+01:06:01 (30.1%)	9:31	6.3 (70.0%)
34	<b>BARTOSIEWICZ Gosia</b>	<b>2013</b>		Master Kobiet	18	01:20:54	02:38:29	03:06:35	<b>03:41:57.75</b>	<b>03:41:57.75</b>	+01:08:58 (31.1%)	9:39	6.2 (68.9%)
35	<b>BOGDAŁ Ewelina</b>	<b>2027</b>		Senior Kobiet	8	01:19:55	02:40:23	03:06:23	<b>03:42:35.00</b>	<b>03:42:35.00</b>	+01:09:35 (31.3%)	9:40	6.2 (68.9%)
36	<b>KŁOSIEWICZ Agnieszka</b>	<b>2120</b>		Senior Kobiet	9	01:13:57	02:36:33	03:05:59	<b>03:46:42.60</b>	<b>03:46:42.60</b>	+01:13:43 (32.5%)	9:51	6.1 (67.8%)
37	<b>MARONKA Agnieszka</b>	<b>2180</b>		Weteran Kobiet	10	01:18:24	02:41:21	03:08:57	<b>03:47:19.90</b>	<b>03:47:19.90</b>	+01:14:20 (32.7%)	9:53	6.1 (67.8%)
38	<b>WIERCHOŁA Joanna</b>	<b>2323</b>		Dinozaur Kobiet	1	01:20:19	02:41:44	03:09:35	<b>03:47:40.55</b>	<b>03:47:40.55</b>	+01:14:41 (32.8%)	9:53	6.1 (67.8%)

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39	<b>RUSSYAN Magdalena</b>	<b>2257</b>		Weteran Kobiet	11	01:22:22	02:42:05	03:10:35	<b>03:47:53.10</b>	<b>03:47:53.10</b>	+01:14:53 (32.9%)	9:54	6.1 (67.8%)
40	<b>DZIÓBEK Sylwia</b>	<b>2057</b>		Master Kobiet	19	01:23:15	02:46:24	03:12:01	<b>03:48:06.45</b>	<b>03:48:06.45</b>	+01:15:07 (32.9%)	9:55	6 (66.7%)
41	<b>MICHALEWSKA Anna</b>	<b>2188</b>	DRUŻYN GRUBEGO MISIA	Master Kobiet	20	01:16:31	02:40:35	03:08:27	<b>03:48:48.55</b>	<b>03:48:48.55</b>	+01:15:49 (33.1%)	9:56	6 (66.7%)
42	<b>CZAICKA Katarzyna</b>	<b>2047</b>		Senior Kobiet	10	01:23:48	02:49:18	03:14:00	<b>03:50:00.85</b>	<b>03:50:00.85</b>	+01:17:01 (33.5%)	10:00	6 (66.7%)
43	<b>SCHUMACHER Małgorzata</b>	<b>2263</b>	PAKOŚĆ BIEGA	Senior Kobiet	11	01:23:19	02:47:34	03:13:29	<b>03:50:20.50</b>	<b>03:50:20.50</b>	+01:17:21 (33.6%)	10:00	6 (66.7%)
44	<b>GARNCARZ Lucyna</b>	<b>2069</b>	POGÓRSKA WOLA	Master Kobiet	21	01:23:08	02:46:24	03:12:12	<b>03:50:22.25</b>	<b>03:50:22.25</b>	+01:17:22 (33.6%)	10:00	6 (66.7%)
45	<b>PAKULSKA Marta</b>	<b>2222</b>	KSSTASZEWSKY	Weteran Kobiet	12	01:16:32	02:40:34	03:09:03	<b>03:51:32.60</b>	<b>03:51:32.60</b>	+01:18:33 (33.9%)	10:04	6 (66.7%)
46	<b>JUSZCZYK Małgorzata</b>	<b>51</b>		Weteran Kobiet	13	01:20:15	02:45:54		<b>03:52:34.50</b>	<b>03:52:34.50</b>	+01:19:35 (34.2%)	10:06	5.9 (65.6%)
47	<b>PATER Agnieszka</b>	<b>2227</b>		Weteran Kobiet	14	01:20:23	02:51:52	03:19:57	<b>04:00:22.90</b>	<b>04:00:22.90</b>	+01:27:23 (36.4%)	10:27	5.7 (63.3%)
48	<b>TARSKA Magdalena</b>	<b>2305</b>	IRONSILESIA	Master Kobiet	22	01:22:56	02:51:41		<b>04:00:52.00</b>	<b>04:00:52.00</b>	+01:27:52 (36.5%)	10:28	5.7 (63.3%)
49	<b>JAROMIN Magdalena</b>	<b>2101</b>	IRONSILESIA	Master Kobiet	23	01:22:57	02:51:40	03:20:37	<b>04:00:52.25</b>	<b>04:00:52.25</b>	+01:27:52 (36.5%)	10:28	5.7 (63.3%)
50	<b>SZCZUKA Joanna</b>	<b>2292</b>	MIECHOWICKA GRUPA BIEGOWA	Master Kobiet	24	01:31:32	02:51:31	03:20:47	<b>04:01:46.40</b>	<b>04:01:46.40</b>	+01:28:47 (36.7%)	10:30	5.7 (63.3%)
51	<b>MATUĆ Aleksandra</b>	<b>2184</b>	MIECHOWICKA GRUPA BIEGOWA	Weteran Kobiet	15	01:31:42	02:51:30	03:20:50	<b>04:01:46.50</b>	<b>04:01:46.50</b>	+01:28:47 (36.7%)	10:30	5.7 (63.3%)
52	<b>BUGAJSKA-JUCHA Renata</b>	<b>6</b>	CARBO ASECURA / CA AKTYWNI	Weteran Kobiet	16	01:25:49	02:54:29	03:24:22	<b>04:03:57.00</b>	<b>04:03:57.00</b>	+01:30:57 (37.3%)	10:36	5.7 (63.3%)
53	<b>GRZEGORZEWSKA Marlena</b>	<b>2082</b>		Weteran Kobiet	17	01:25:48	02:54:19	03:24:28	<b>04:03:57.15</b>	<b>04:03:57.15</b>	+01:30:57 (37.3%)	10:36	5.7 (63.3%)
54	<b>WILGUS-KUBICA Katarzyna</b>	<b>2324</b>		Master Kobiet	25	01:25:50	02:54:20	03:24:08	<b>04:03:58.60</b>	<b>04:03:58.60</b>	+01:30:59 (37.3%)	10:36	5.7 (63.3%)
55	<b>DRUŻKOWSKA Monika</b>	<b>4</b>		Senior Kobiet	12	01:30:20	03:06:16	03:31:56	<b>04:05:01.60</b>	<b>04:05:01.60</b>	+01:32:02 (37.6%)	10:39	5.6 (62.2%)
56	<b>WESOŁY Agnieszka</b>	<b>2320</b>	MIECHOWICKA GRUPA BIEGOWA	Weteran Kobiet	18	01:31:34	02:59:28	03:28:27	<b>04:07:53.10</b>	<b>04:07:53.10</b>	+01:34:53 (38.3%)	10:46	5.6 (62.2%)
57	<b>ROMBERG Agnieszka</b>	<b>5</b>	MIECHOWICKA GRUPA BIEGOWA	Master Kobiet	26	01:31:39	02:59:27	03:28:16	<b>04:07:53.30</b>	<b>04:07:53.30</b>	+01:34:53 (38.3%)	10:46	5.6 (62.2%)
58	<b>FRAĆKOWIAK Anna</b>	<b>2063</b>	KB HARCOWNIK JELCZ-LASKOWICE	Weteran Kobiet	19	01:20:56	02:59:30	03:28:10	<b>04:09:35.75</b>	<b>04:09:35.75</b>	+01:36:36 (38.7%)	10:51	5.5 (61.1%)
59	<b>LUCIK Grażyna</b>	<b>2171</b>	MIECHOWICKA GRUPA BIEGOWA	Weteran Kobiet	20	01:31:14		03:31:40	<b>04:14:43.05</b>	<b>04:14:43.05</b>	+01:41:43 (39.9%)	11:04	5.4 (60.0%)
60	<b>MYSZKOWSKA Grażyna</b>	<b>2198</b>	NIGHT RUNNERS SŁUPSK	Weteran Kobiet	21	01:28:23	03:05:07	03:41:05	<b>04:25:42.80</b>	<b>04:25:42.80</b>	+01:52:43 (42.4%)	11:33	5.2 (57.8%)
61	<b>ZALEŃSKA Katarzyna</b>	<b>1162</b>		Master Kobiet	27	01:27:23		03:36:22	<b>04:26:30.95</b>	<b>04:26:30.95</b>	+01:53:31 (42.6%)	11:35	5.2 (57.8%)

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62	<b>KUGLER Kamila</b>	<b>2160</b>		Senior Kobiet	13	01:29:48	03:11:04	03:40:50	<b>04:26:44.55</b>	<b>04:26:44.55</b>	+01:53:45 (42.6%)	11:35	5.2 (57.8%)
63	<b>ŚWIERKOSZ-HOŁYSZ Małgorzata</b>	<b>2301</b>		Weteran Kobiet	22	01:31:15	03:11:06	03:41:43	<b>04:26:50.85</b>	<b>04:26:50.85</b>	+01:53:51 (42.7%)	11:36	5.2 (57.8%)
64	<b>ZDUNEK Małgorzata</b>	<b>2354</b>		Weteran Kobiet	23	01:33:19	03:11:06	03:44:28	<b>04:28:52.70</b>	<b>04:28:52.70</b>	+01:55:53 (43.1%)	11:41	5.1 (56.7%)
65	<b>FRANKOWSKA Ania</b>	<b>7</b>	MIECHOWICKA GRUPA BIEGOWA	Weteran Kobiet	24	01:35:24	03:10:40	03:44:45	<b>04:33:49.60</b>	<b>04:33:49.60</b>	+02:00:50 (44.1%)	11:54	5 (55.6%)
66	<b>KNAP Elżbieta</b>	<b>2121</b>	GACEKTEAM	Master Kobiet	28	01:38:21	03:14:18	03:48:02	<b>04:35:53.75</b>	<b>04:35:53.75</b>	+02:02:54 (44.5%)	11:59	5 (55.6%)
67	<b>DOMARADZKA Ewa</b>	<b>3039</b>	EXTREMALNE OTK NA RELAKSIE	Weteran Kobiet	25	01:30:27	03:20:15	03:53:00	<b>04:41:08.10</b>	<b>04:41:08.10</b>	+02:08:08 (45.6%)	12:13	4.9 (54.4%)
68	<b>MĘTLAK Małgorzata</b>	<b>2187</b>	GRUPA JURA.PL	Senior Kobiet	14	01:38:31	03:33:23	04:05:48	<b>04:51:48.75</b>	<b>04:51:48.75</b>	+02:18:49 (47.6%)	12:41	4.7 (52.2%)
69	<b>SZKAMRUK Bogusława</b>	<b>2294</b>	EXTREMALNE OTK NA RELAKSIE	Dinozaur Kobiet	2	01:41:38	03:35:51	04:09:57	<b>04:59:19.85</b>	<b>04:59:19.85</b>	+02:26:20 (48.9%)	13:00	4.6 (51.1%)
70	<b>STRASSBERGER Katarzyna</b>	<b>2284</b>		Weteran Kobiet	26	01:41:40	03:35:53	04:09:50	<b>04:59:20.60</b>	<b>04:59:20.60</b>	+02:26:21 (48.9%)	13:00	4.6 (51.1%)
71	<b>ZOCHNIAK Anna</b>	<b>2361</b>		Weteran Kobiet	27	01:32:14	03:31:30	04:07:29	<b>04:59:52.80</b>	<b>04:59:52.80</b>	+02:26:53 (49.0%)	13:02	4.6 (51.1%)

Znaleziono 71 wynik(ów)