

ZIMOWY MARATON BIESZCZADZKI 2015 - 44,6KM

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Organizator: OTK Rzeźnik
Data: 2015-01-25
Miejsce: Cisna
Dystans: 44,6 km

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	34.2km	Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
1	PIASECKA Monika	502	POZNAŃ	K40	1		03:12:21.20	03:12:25.95		4:18	13.9 (100%)
2	DĄBROWSKA Anna	3		K30	1		03:35:13.20	03:36:13.85	+00:23:47 (11.0%)	4:49	12.4 (89.2%)
3	ARSENIUK Anna	484	T.S. OPATRUNKI TORUŃ/OTK RZEŹNIK	K30	2	02:58:52	03:53:49.85	03:53:53.85	+00:41:27 (17.7%)	5:14	11.4 (82.0%)
4	DESSAUER Wioletta	75	LUBARTÓW	K40	2	02:58:41	03:54:50.40	03:55:07.05	+00:42:41 (18.2%)	5:15	11.4 (82.0%)
5	BONDARA Sylwia	504	BYDGOSZCZ	K20	1	03:03:29	04:04:30.05	04:04:33.55	+00:52:07 (21.3%)	5:28	10.9 (78.4%)
6	KOZŁOWSKA Agnieszka	500	KIELCE	K40	3	03:16:28	04:16:09.65	04:16:56.05	+01:04:30 (25.1%)	5:44	10.4 (74.8%)
7	KAMIŃSKA Jolanta	151	12TRI.PL	K20	2	03:15:18	04:16:45.10	04:18:33.90	+01:06:07 (25.6%)	5:45	10.4 (74.8%)
8	TUROSZ Iwona	477	AZS PWSZ SANOK	K20	3	03:15:21	04:18:54.80	04:19:12.10	+01:06:46 (25.8%)	5:48	10.3 (74.1%)
9	USZYŃSKA Aldona	445	GLIWICE	K40	4	03:23:03	04:26:04.10	04:26:15.35	+01:13:49 (27.7%)	5:57	10.1 (72.7%)
10	GRABOWSKA Maria	462	TRZEMESZNO	K40	5	03:23:05	04:26:07.00	04:26:15.60	+01:13:49 (27.7%)	5:58	10.1 (72.7%)
11	LIGĘZA Joasia	216	KRAKÓW	K40	6	03:28:22	04:29:24.15	04:30:17.30	+01:17:51 (28.8%)	6:02	9.9 (71.2%)
12	FARON Agnieszka	2		K30	3	03:24:03	04:32:16.45	04:32:22.90	+01:19:56 (29.4%)	6:06	9.8 (70.5%)
13	BIENIECKA Anna	1		K30	4	03:25:56	04:33:45.55	04:33:51.55	+01:21:25 (29.7%)	6:08	9.8 (70.5%)
14	ZIELIŃSKA Beata	433	RUTKOW-SKI SPORTS CLUB	K30	5	03:29:44	04:37:58.00	04:38:25.05	+01:25:59 (30.9%)	6:13	9.6 (69.1%)
15	WYTYKOWSKA Joanna	425	RYSIE	K30	6	03:33:46	04:39:14.90	04:40:13.95	+01:27:48 (31.3%)	6:15	9.6 (69.1%)
16	PIETRUSZCZAK Agnieszka	286	TOMASZÓW MAZOWIECKI	K40	7	03:30:00	04:40:30.65	04:41:14.50	+01:28:48 (31.6%)	6:17	9.5 (68.3%)
17	GRODNA-PANTERA Angelika	118	KW WARSZAWA	K30	7	03:27:56	04:40:28.55	04:41:33.75	+01:29:07 (31.7%)	6:17	9.5 (68.3%)
18	JAKUBOWICZ Katarzyna	136	GAZELE I GEPARDY	K40	8	03:36:23	04:47:15.35	04:47:20.85	+01:34:54 (33.0%)	6:26	9.3 (66.9%)
19	SZCZEPANEK Monika	360	SPORT.SANEA.PL	K40	9	03:36:25	04:48:08.60	04:48:40.20	+01:36:14 (33.3%)	6:27	9.3 (66.9%)
20	DOMINIAK Klaudia	78	WERTYKAL BIKEBOARD TEAM	K30	8	03:43:40	04:47:45.40	04:48:57.60	+01:36:31 (33.4%)	6:27	9.3 (66.9%)
21	MOLTZAN-MAŁKOWSKA Magdalena	251	TORUŃ	K40	10	03:41:33	04:48:14.70	04:49:02.85	+01:36:36 (33.4%)	6:27	9.3 (66.9%)
22	MATUSZEWICZ Ewa	235	KONDYCJA	K50	1	03:41:04	04:49:12.25	04:49:38.45	+01:37:12 (33.6%)	6:29	9.3 (66.9%)
23	KOZŁOWSKA Marta	189		K30	9	03:41:54	04:50:55.75	04:51:08.45	+01:38:42 (33.9%)	6:31	9.2 (66.2%)
24	MŁODECKA Sylwia	248	SPARTANIE DZIECIOM	K40	11	03:46:01	04:51:09.75	04:52:12.05	+01:39:46 (34.1%)	6:31	9.2 (66.2%)
25	WOJCIESZAK Ewa	416	BIEGIEM PRZEZ GÓRY - POMOC DLA ALKA	K30	10	03:35:49	04:52:45.45	04:53:21.05	+01:40:55 (34.4%)	6:33	9.1 (65.5%)
26	LEBDA Małgorzata	210	KRAKÓW	K30	11	03:45:02	04:54:01.25	04:54:18.35	+01:41:52 (34.6%)	6:35	9.1 (65.5%)
27	GRZEBIELUCH Katarzyna	121	RYBNIK	K30	12	03:37:53	04:54:37.65	04:54:58.15	+01:42:32 (34.8%)	6:36	9.1 (65.5%)
28	REMLEIN Katarzyna	313	KUŹNIA TRIATHLONU	K30	13	03:44:28	04:59:16.85	04:59:28.65	+01:47:02 (35.7%)	6:42	8.9 (64.0%)
29	SZWAJKA Aneta	367	STAŁOWA WOLA	K40	12	03:44:16	04:59:05.55	04:59:44.90	+01:47:18 (35.8%)	6:42	8.9 (64.0%)
30	ZEMŁA Małgorzata	432		K30	14	03:51:41	05:00:44.50	05:00:56.95	+01:48:31 (36.1%)	6:44	8.9 (64.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	34.2km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 44.6km	brutto 44.6km			
31	SOWIŃSKA Agata	343	#JANADALTYMZYJE	K30	15	03:42:05	05:03:21.40	05:03:56.05	+01:51:30 (36.7%)	6:48	8.8 (63.3%)
32	REDŁOWSKA Bożena	311	WARSZAWA	K30	16	03:55:39	05:06:10.35	05:06:35.65	+01:54:09 (37.2%)	6:51	8.7 (62.6%)
33	SYPNIEWSKA Hanna	356	GDYNIA	Kobiety	1	03:50:03	05:10:50.00	05:11:47.45	+01:59:21 (38.3%)	6:58	8.6 (61.9%)
34	GAJEWSKA Justyna	92	KRAKÓW	K30	17	03:57:40	05:12:22.75	05:13:35.55	+02:01:09 (38.6%)	7:00	8.6 (61.9%)
35	SOKÓŁ Sylwia	338	ZYRARDÓW	K30	18	04:11:06	05:14:09.65	05:14:59.40	+02:02:33 (38.9%)	7:02	8.5 (61.2%)
36	SARAT Ewa	321	TARNÓW	K40	13	04:03:04	05:14:40.10	05:15:32.70	+02:03:06 (39.0%)	7:03	8.5 (61.2%)
37	ORACZ Sylwia	274	ROZBUJANY GRUBAS Z TARNOWA	K40	14	04:03:03	05:14:49.00	05:15:42.25	+02:03:16 (39.0%)	7:03	8.5 (61.2%)
38	ARKUSZYŃSKA Beata	16	TIME4RUNNING	K40	15	03:54:27	05:16:07.95	05:16:58.35	+02:04:32 (39.3%)	7:05	8.5 (61.2%)
39	BORKOWSKA Aneta	39	STOCZEK	K20	4	04:01:53	05:19:00.40	05:20:15.75	+02:07:49 (39.9%)	7:09	8.4 (60.4%)
40	DOMIAN Marta	77	WARSZAWA	K30	19	04:11:16	05:24:30.40	05:24:44.10	+02:12:18 (40.7%)	7:16	8.2 (59.0%)
41	SZEWczyk Katarzyna	363		K20	5	04:03:31	05:25:16.50	05:25:37.95	+02:13:12 (40.9%)	7:17	8.2 (59.0%)
42	LESZCZYŃSKA Katarzyna	212	MOSINA BIEGA	K30	20	04:13:01	05:25:41.65	05:25:48.70	+02:13:22 (40.9%)	7:18	8.2 (59.0%)
43	ZYGMAŃSKA Monika	443	TREND GLASS RUNNING TEAM	K30	21	04:06:04	05:27:02.30	05:27:32.65	+02:15:06 (41.2%)	7:19	8.2 (59.0%)
44	RZESÓTKO Marzena	496	BIELSKO BIAŁA	K50	2	04:05:55	05:29:29.25	05:29:53.50	+02:17:27 (41.7%)	7:23	8.1 (58.3%)
45	MAZUR-RUDNICKA Marlena	241	WARSZAWA	K20	6	04:12:23	05:30:03.90	05:30:43.85	+02:18:17 (41.8%)	7:24	8.1 (58.3%)
46	TYROWICZ Agata	391	WARSZAWA	K30	22		05:31:14.10	05:31:36.00	+02:19:10 (42.0%)	7:25	8.1 (58.3%)
47	WOŹNIACKA Joanna	418	KRAKÓW	K20	7	04:15:27	05:30:49.50	05:31:43.65	+02:19:17 (42.0%)	7:25	8.1 (58.3%)
48	WŁODARCZYK Teresa	412	BBL TORUŃ	K40	16	04:17:32	05:34:09.95	05:34:59.50	+02:22:33 (42.6%)	7:29	8 (57.6%)
49	JACHACZ-ŁOPATA Małgorzata	131	MIKOŁÓW	K20	8	04:18:44	05:36:08.80	05:36:31.20	+02:24:05 (42.8%)	7:32	8 (57.6%)
50	SOSZYŃSKA Gosia	342	CZŁAPACZE	K50	3	04:18:31	05:36:32.85	05:37:09.30	+02:24:43 (42.9%)	7:32	8 (57.6%)
51	GAJEWSKA Monika	93	TORUŃ	K30	23	04:19:10	05:37:36.45	05:38:37.60	+02:26:11 (43.2%)	7:34	7.9 (56.8%)
52	MATUSZEWSKA Nina	236	ALBATROSY	K20	9	04:21:36	05:39:04.75	05:39:21.25	+02:26:55 (43.3%)	7:36	7.9 (56.8%)
53	KASZYCKA Renata	158	WOP	K40	17	04:15:57	05:39:25.90	05:40:06.95	+02:27:41 (43.4%)	7:36	7.9 (56.8%)
54	LORINCOVA Stefania	489	PRESZOW	K30	24	04:16:02	05:41:02.30	05:42:14.60	+02:29:48 (43.8%)	7:38	7.8 (56.1%)
55	ZBIJOWSKA Ewelina	431	BIELSKO-BIALA	K30	25	04:14:15	05:42:33.00	05:43:11.35	+02:30:45 (43.9%)	7:40	7.8 (56.1%)
56	RUTKOWSKA Małgorzata	317	GOLUB-DOBRZYŃ	K40	18	04:17:33	05:46:17.35	05:47:06.80	+02:34:40 (44.6%)	7:45	7.7 (55.4%)
57	NIEMCZYK Katarzyna	258	KRAKÓW	K30	26	04:19:52	05:47:15.25	05:48:11.00	+02:35:45 (44.7%)	7:47	7.7 (55.4%)
58	KITA Ewa	167		K50	4	04:27:28	05:52:08.70	05:52:56.25	+02:40:30 (45.5%)	7:53	7.6 (54.7%)
59	WĄSOWSKA Jagoda	402	KALIŃSKA TEAM - PIASECZNO	K40	19	04:34:09	05:52:39.05	05:53:14.15	+02:40:48 (45.5%)	7:54	7.6 (54.7%)
60	SAKOWSKA Aneta	320	MARATONKA GRAJEWO	K40	20	04:30:54	05:53:37.70	05:54:19.65	+02:41:53 (45.7%)	7:55	7.6 (54.7%)
61	DOBAJ Katarzyna	76	SPARTANIE DZIECIOM	K30	27	04:35:44	06:04:10.20	06:05:05.30	+02:52:39 (47.3%)	8:09	7.3 (52.5%)
62	SĘPKA Daria	322	SPARTANIE DZIECIOM	K40	21	04:45:09	06:17:03.85	06:17:59.35	+03:05:33 (49.1%)	8:27	7.1 (51.1%)
63	WARDZALA Anna	398	JACEK BIEGA	Kobiety	2	04:50:04	06:18:59.60	06:19:23.85	+03:06:57 (49.3%)	8:29	7.1 (51.1%)
64	TURKO Katarzyna	387	PKO BANK POLSKI	K40	22	04:42:15	06:19:26.95	06:20:18.10	+03:07:52 (49.4%)	8:30	7.1 (51.1%)
65	UCHMAN Natalia	392	TOUR DE RUN	K30	28	04:48:20	06:20:46.60	06:20:46.60	+03:08:20 (49.5%)	8:32	7 (50.4%)
66	BOGUCKA Martyna	37	JACEKBIEGA RUNNING TEAM	K40	23	04:50:06	06:27:40.70	06:28:04.95	+03:15:39 (50.4%)	8:41	6.9 (49.6%)
67	WILGA Ewa	408	JÓZEFIŃSKA TEAM KRAKÓW	K20	10	04:49:52	06:27:37.80	06:28:30.95	+03:16:05 (50.5%)	8:41	6.9 (49.6%)
68	HUZIOR Elżbieta	483	ORZESZE	K40	24	05:15:06	06:50:17.45	06:51:35.75	+03:39:09 (53.2%)	9:11	6.5 (46.8%)
69	SKUBIS Barbara	452	GLIWICE	K30	29	05:15:02	06:50:17.45	06:51:37.70	+03:39:11 (53.3%)	9:11	6.5 (46.8%)
	KRZYŚKO Barbara	198	MITUTOYO DEMA PWR	K20		05:41:07 DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 70 wynik(ów)