



# ZWODNICZA RUSAŁKA | 44 KM

B4SPORT

**Wydarzenie:** II Ultra-Bies  
**Organizator:** Fundacja Ultra-Bies  
**Data:** 2023-05-05  
**Miejsce:** Dożyca  
**Dystans:** 44 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN K

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	PK Górzanka 15km	PK Łopienka 28km	PK Cisna 38km	Czas netto 44km	Czas brutto 44km	Różn	Tempo min/km	Tempo km/h
1	<b>OBSTÓJ Karolina</b>	<b>549</b>	ON RUNNING	K30	1	02:00:39	02:47:33	04:11:24	<b>04:53:23.65</b>	<b>04:53:23.65</b>		6:40	9 (100%)
2	<b>ZIĘBA Sabina</b>	<b>522</b>	FOREVER TEAM CUNA TEAM	K30	2	02:05:07	02:50:54	04:12:24	<b>05:00:41.85</b>	<b>05:00:41.85</b>	+00:07:18 (2.4%)	6:50	8.8 (97.8%)
3	<b>KOLANO Agnieszka</b>	<b>420</b>	PRZEDWOJEWSKI TEAM	K40	1	02:05:42	02:54:12	04:18:24	<b>05:07:25.25</b>	<b>05:07:25.25</b>	+00:14:01 (4.6%)	6:59	8.6 (95.6%)
4	<b>GOLA Magda</b>	<b>428</b>	TRAIL IS OUR WAY	K20	1	02:10:58	03:00:33	04:26:58	<b>05:16:37.20</b>	<b>05:16:37.20</b>	+00:23:13 (7.3%)	7:11	8.3 (92.2%)
5	<b>FLAGA Iwona</b>	<b>439</b>	LOS PANTALONES ROJOS	K40	2	02:12:43	03:09:07	04:31:08	<b>05:17:46.30</b>	<b>05:17:46.30</b>	+00:24:22 (7.7%)	7:13	8.3 (92.2%)
6	<b>PETRYNA Jagoda</b>	<b>524</b>	NOA	K30	3	02:11:23	03:05:31	04:33:26	<b>05:26:02.90</b>	<b>05:26:02.90</b>	+00:32:39 (10.0%)	7:24	8.1 (90.0%)
7	<b>SIEMIĄTKOWSKA Katarzyna</b>	<b>477</b>	RADOSNE GRZYBKI	K30	4	02:19:46	03:14:44	04:47:31	<b>05:49:19.15</b>	<b>05:49:19.15</b>	+00:55:55 (16.0%)	7:56	7.6 (84.4%)
8	<b>KOCOT Aleksandra</b>	<b>483</b>	PODIUM	K20	2	02:16:29	03:17:10	04:51:56	<b>05:50:31.40</b>	<b>05:50:31.40</b>	+00:57:07 (16.3%)	7:57	7.5 (83.3%)
9	<b>WIELGOSZ-MATUŁA Maria</b>	<b>472</b>	AZS UMCS BIEGA	K30	5	02:17:27	03:15:26	04:57:16	<b>05:52:55.45</b>	<b>05:52:55.45</b>	+00:59:31 (16.9%)	8:01	7.5 (83.3%)
10	<b>MOREVA Daria</b>	<b>529</b>	TRAIL RUNNING SCHOOL	K30	6	02:36:52	03:32:34	05:04:43	<b>06:01:07.30</b>	<b>06:01:07.30</b>	+01:07:43 (18.8%)	8:12	7.3 (81.1%)
11	<b>KRÓLIKOWSKA Emilia</b>	<b>411</b>	GANG ŚWIETLIKÓW	K30	7	02:34:33	03:30:06	05:06:10	<b>06:02:45.40</b>	<b>06:02:45.40</b>	+01:09:21 (19.1%)	8:14	7.3 (81.1%)
12	<b>GRZĘBSKA-BUJA Małgorzata</b>	<b>435</b>	GOSIA.SIE.BUJA	K40	3	02:33:15	03:29:12	05:10:26	<b>06:08:42.80</b>	<b>06:08:42.80</b>	+01:15:19 (20.4%)	8:22	7.2 (80.0%)
13	<b>DYŚ Małgorzata</b>	<b>453</b>	PCTS SPORT	K40	4	02:30:55	03:32:24	05:19:50	<b>06:20:29.50</b>	<b>06:20:29.50</b>	+01:27:05 (22.9%)	8:38	6.9 (76.7%)
14	<b>KOPACZYŃSKA Beata</b>	<b>455</b>		K50	1	02:40:54	03:44:57	05:23:36	<b>06:21:18.10</b>	<b>06:21:18.10</b>	+01:27:54 (23.1%)	8:39	6.9 (76.7%)
15	<b>SZCZYGIEŁ Ola</b>	<b>494</b>		K30	8	02:39:43	03:43:03	05:25:02	<b>06:24:36.85</b>	<b>06:24:36.85</b>	+01:31:13 (23.7%)	8:44	6.9 (76.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	PK	PK	PK	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						Górzanka 15km	Łopienka 28km	Cisna 38km	netto 44km	brutto 44km			
16	<b>BUDZIASZEK Agnieszka</b>	<b>457</b>	EFFI RUN TEAM	K20	3	02:40:22	03:41:00	05:24:22	<b>06:27:14.65</b>	<b>06:27:14.65</b>	+01:33:51 (24.2%)	8:48	6.8 (75.6%)
17	<b>STELMACH Paulina</b>	<b>551</b>		K30	9	02:45:46	03:55:47	05:35:13	<b>06:36:20.10</b>	<b>06:36:20.10</b>	+01:42:56 (26.0%)	9:00	6.7 (74.4%)
18	<b>LEBODA Katarzyna</b>	<b>546</b>	WILD DOGS TEAM	K30	10	02:39:17	03:44:41	05:34:56	<b>06:37:30.15</b>	<b>06:37:30.15</b>	+01:44:06 (26.2%)	9:02	6.6 (73.3%)
19	<b>CEBRAT Ewa</b>	<b>517</b>		K40	5	02:43:31	03:58:34	05:40:29	<b>06:38:17.50</b>	<b>06:38:17.50</b>	+01:44:53 (26.3%)	9:03	6.6 (73.3%)
20	<b>KRĘPA Agnieszka</b>	<b>429</b>	NOWA HUTA TEAM	K30	11	02:45:08	03:52:37	05:38:28	<b>06:41:40.10</b>	<b>06:41:40.10</b>	+01:48:16 (27.0%)	9:07	6.6 (73.3%)
21	<b>CACH Barbara</b>	<b>485</b>		K40	6	02:42:49	03:50:38	05:38:57	<b>06:44:59.80</b>	<b>06:44:59.80</b>	+01:51:36 (27.6%)	9:12	6.5 (72.2%)
22	<b>TOMASZEWSKA Ewa</b>	<b>452</b>	BIEG OPOLSKI	K40	7	02:52:55	04:04:09	05:49:02	<b>06:45:35.55</b>	<b>06:45:35.55</b>	+01:52:11 (27.7%)	9:13	6.5 (72.2%)
23	<b>DOMARADZKA-KASZUBOWICZ Wiktoria</b>	<b>520</b>	SANOK BIEGA	K40	8	02:44:54	03:58:34	05:43:46	<b>06:47:14.70</b>	<b>06:47:14.70</b>	+01:53:51 (28.0%)	9:15	6.5 (72.2%)
24	<b>PIEJKO Joanna</b>	<b>501</b>	BŁĘKITNA XVII	K40	9	02:38:31	03:44:38	05:46:08	<b>06:55:41.75</b>	<b>06:55:41.75</b>	+02:02:18 (29.4%)	9:26	6.4 (71.1%)
25	<b>PASIEKA Agnieszka</b>	<b>462</b>	KB ATHLETIC ZRĘCIN	K40	10	02:48:10	04:03:54	05:56:20	<b>06:59:27.55</b>	<b>06:59:27.55</b>	+02:06:03 (30.1%)	9:31	6.3 (70.0%)
26	<b>WITUSIK Dorota</b>	<b>414</b>		K40	11	02:48:13	04:04:09	05:56:32	<b>07:00:18.05</b>	<b>07:00:18.05</b>	+02:06:54 (30.2%)	9:33	6.3 (70.0%)
27	<b>FIUK Beata</b>	<b>505</b>	MIĘTOWY RUN	K50	2	02:48:12	04:03:57	05:56:24	<b>07:01:58.75</b>	<b>07:01:58.75</b>	+02:08:35 (30.5%)	9:35	6.3 (70.0%)
28	<b>PLISZCZYŃSKA Justyna</b>	<b>434</b>		K40	12	03:06:18	04:20:44	06:25:10	<b>07:30:01.15</b>	<b>07:30:01.15</b>	+02:36:37 (34.8%)	10:13	5.9 (65.6%)
29	<b>JAKUBOWICZ CZACHUR Katarzyna</b>	<b>500</b>		K50	3	02:57:55	04:17:27	06:15:20	<b>07:30:01.30</b>	<b>07:30:01.30</b>	+02:36:37 (34.8%)	10:13	5.9 (65.6%)
30	<b>KOTOWICZ Iwona</b>	<b>513</b>	PODIUM	K40	13	02:56:51	04:22:57	06:23:39	<b>07:37:48.00</b>	<b>07:37:48.00</b>	+02:44:24 (35.9%)	10:24	5.8 (64.4%)
31	<b>BIENIARZ Ilona</b>	<b>504</b>	PEPPA RUNNING TEAM	K30	12	03:06:12	04:22:56	06:28:46	<b>07:40:19.25</b>	<b>07:40:19.25</b>	+02:46:55 (36.3%)	10:27	5.7 (63.3%)
32	<b>JATA Marta</b>	<b>437</b>	MROZEK TRI TEAM/UMCS BIEGA	K40	14	03:01:21	04:23:36	06:27:11	<b>07:43:50.85</b>	<b>07:43:50.85</b>	+02:50:27 (36.7%)	10:32	5.7 (63.3%)
33	<b>NOWAK Marta</b>	<b>470</b>	NARAMOWICE BIEGAJĄ	K40	15	03:02:38	04:26:05	06:36:46	<b>07:59:52.75</b>	<b>07:59:52.75</b>	+03:06:29 (38.9%)	10:54	5.5 (61.1%)
34	<b>CZEKALSKA Magdalena</b>	<b>468</b>	NARAMOWICE BIEGAJĄ	K40	16	03:02:39	04:26:08	06:36:42	<b>08:01:02.00</b>	<b>08:01:02.00</b>	+03:07:38 (39.0%)	10:55	5.5 (61.1%)
35	<b>KOSEWSKA Dorota</b>	<b>540</b>	BIEGAM NA TARCHOMINIE/BIEGIEM NA KAWĘ	K50	4	03:01:05	04:27:35	06:40:50	<b>08:06:30.15</b>	<b>08:06:30.15</b>	+03:13:06 (39.7%)	11:03	5.4 (60.0%)
36	<b>JELEŃ-KOTLAREK Agnieszka</b>	<b>405</b>	VEGE RUNNERS	K30	13	03:05:28	04:28:35	06:49:56	<b>08:24:24.90</b>	<b>08:24:24.90</b>	+03:31:01 (41.8%)	11:27	5.2 (57.8%)
37	<b>DEDIC Lenka</b>	<b>461</b>	RARLD	K40	17	03:22:08	04:55:29	07:15:13	<b>08:36:15.05</b>	<b>08:36:15.05</b>	+03:42:51 (43.2%)	11:43	5.1 (56.7%)
38	<b>NALEWALSKA Justyna</b>	<b>404</b>	SERCE TYBETU	K30	14	03:22:40	04:52:45	07:17:15	<b>08:47:57.00</b>	<b>08:47:57.00</b>	+03:54:33 (44.4%)	11:59	5 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	PK Górzanka 15km	PK Łopienka 28km	PK Cisna 38km	Czas netto 44km	Czas brutto 44km	Różn	Tempo min/km	Tempo km/h
39	<b>JACKOWSKA Ewa</b>	<b>508</b>	JAROSŁAWSKA GRUPA BIEGOWA "SOKÓŁ"	K40	18	03:14:00	04:58:31	07:26:41	<b>08:55:34.65</b>	<b>08:55:34.65</b>	+04:02:11 (45.2%)	12:10	4.9 (54.4%)
40	<b>ŁĄCKA Ilona</b>	<b>511</b>	MAZOWIECKA OKRĘGOWA IZBA INŻYNIERÓW	K50	5	03:30:24	05:01:39	07:30:11	<b>08:56:21.80</b>	<b>08:56:21.80</b>	+04:02:58 (45.3%)	12:11	4.9 (54.4%)
41	<b>WIERCHOŁA Joanna</b>	<b>417</b>		K60	1	03:27:45	05:03:02	07:28:41	<b>09:04:40.10</b>	<b>09:04:40.10</b>	+04:11:16 (46.1%)	12:22	4.8 (53.3%)
42	<b>LEŚNICZAK Barbara</b>	<b>523</b>		K40	19	03:36:01	05:14:33	07:40:02	<b>09:04:50.85</b>	<b>09:04:50.85</b>	+04:11:27 (46.2%)	12:22	4.8 (53.3%)
43	<b>BURZ-PARADOWSKA Jowita</b>	<b>480</b>	BYLE DO METY	K40	20	03:37:59	05:13:03	07:45:55	<b>09:15:55.05</b>	<b>09:15:55.05</b>	+04:22:31 (47.2%)	12:38	4.7 (52.2%)
44	<b>PEŁSZYK Monika</b>	<b>449</b>		K50	6	03:48:32	05:26:46	08:00:54	<b>09:37:14.55</b>	<b>09:37:14.55</b>	+04:43:50 (49.2%)	13:07	4.6 (51.1%)

Znaleziono 44 wynik(ów)