



5 MIL – BIEG DZIELNICY WŁOCHY

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Organizator:

Data:

Miejsce:

Dystans:

Urząd Dzielnicy Warszawa – Włochy

2023-11-05

Warszawa

8 km

Klasyfikacja: K 50-59 lat

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
1	WIŚNIEWSKA Ewa	349		K 50-59 lat	1	00:00:05	00:35:14.00	00:35:19.45		4:24	13.6 (100%)
2	KWIATKOWSKA Renata	164	KB OŻARÓW MAZOWIECKI BIEGA	K 50-59 lat	2	00:00:09	00:37:32.95	00:37:42.40	+00:02:18 (6.2%)	4:41	12.8 (94.1%)
3	KARASIEWICZ Katarzyna	119		K 50-59 lat	3	00:00:06	00:37:47.40	00:37:53.65	+00:02:33 (6.8%)	4:43	12.7 (93.4%)
4	DZIEWULSKA Henryka	71	ROZBIEGANY PIASTÓW	K 50-59 lat	4	00:00:05	00:38:26.50	00:38:31.85	+00:03:12 (8.3%)	4:48	12.5 (91.9%)
5	WĘŻOWCZYK Ludmiła	345	PAWKORUNNER TEAM	K 50-59 lat	5	00:00:29	00:39:02.25	00:39:32.20	+00:03:48 (9.7%)	4:52	12.3 (90.4%)
6	TURCZYŃSKA Monika	331	MEDYCY W BIEGU	K 50-59 lat	6	00:00:17	00:39:49.75	00:40:06.85	+00:04:35 (11.5%)	4:58	12.1 (89.0%)
7	SZULC Kasia	314		K 50-59 lat	7	00:00:06	00:41:26.20	00:41:32.90	+00:06:12 (15.0%)	5:10	11.6 (85.3%)
8	MIELNICZEK Magdalena	202		K 50-59 lat	8	00:00:29	00:43:00.60	00:43:29.80	+00:07:46 (18.1%)	5:22	11.2 (82.4%)
9	NIEDZIÓŁKA Małgorzata	224	TO NATURALNE	K 50-59 lat	9	00:00:16	00:43:24.35	00:43:41.25	+00:08:10 (18.8%)	5:25	11.1 (81.6%)
10	GOŁACKA-PIOTOWSKA Beata	86		K 50-59 lat	10	00:00:20	00:46:48.20	00:47:08.55	+00:11:34 (24.7%)	5:51	10.3 (75.7%)
11	KOPIEC Iwona	139		K 50-59 lat	11	00:00:08	00:47:09.00	00:47:17.90	+00:11:55 (25.3%)	5:53	10.2 (75.0%)
12	WĄSOWSKA Jagoda	341	PEGAZ PIASECZNO	K 50-59 lat	12	00:00:11	00:47:22.60	00:47:34.20	+00:12:08 (25.6%)	5:55	10.1 (74.3%)
13	ZAWADKA Agnieszka	511		K 50-59 lat	13	00:00:00	00:49:30.00	00:49:30.00	+00:14:16 (28.8%)	6:11	9.7 (71.3%)
14	SOSNOWSKA Martyna	298	KASZTANKI	K 50-59 lat	14	00:00:29	00:51:10.95	00:51:40.70	+00:15:56 (31.2%)	6:23	9.4 (69.1%)
15	WIŚNIEWSKA Katarzyna	350	INDYWIDUALISTKA	K 50-59 lat	15	00:00:27	00:52:12.60	00:52:39.90	+00:16:58 (32.5%)	6:31	9.2 (67.6%)
16	GAJ Bogna	476		K 50-59 lat	16	00:00:28	00:52:48.65	00:53:17.35	+00:17:34 (33.3%)	6:36	9.1 (66.9%)
17	KERNER Agnieszka	124		K 50-59 lat	17	00:00:39	00:53:44.05	00:54:23.05	+00:18:30 (34.4%)	6:43	8.9 (65.4%)
18	GROCHOWSKA Joanna	91		K 50-59 lat	18	00:00:40	00:54:51.50	00:55:31.65	+00:19:37 (35.8%)	6:51	8.8 (64.7%)
19	OLCZAK Urszula	231	UMCS BIEGA	K 50-59 lat	19	00:00:39	00:54:53.05	00:55:32.25	+00:19:39 (35.8%)	6:51	8.7 (64.0%)

Znaleziono 19 wynik(ów)