

# BIAŁOŁĘCKI BIEG WOLNOŚCI

B4SPORT

**Organizator:** Urząd Dzielnicy Białołęka m.st. Warszawa  
**Data:** 2021-12-12  
**Miejsce:** Warszawa  
**Dystans:** 13 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K4 50-59 lat

| Msc | Zawodnik              | Numer | Klub                   | Kategoria    | Mkat | Czas startu | 4.4km    | 8.7km    | Czas netto 13km    | Czas brutto 13km   | Różn              | Tempo min/km | Tempo km/h  |
|-----|-----------------------|-------|------------------------|--------------|------|-------------|----------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| 1   | ŚWIERCZ Iwona         | 368   | BYLEDOBIEC ANIN        | K4 50-59 lat | 1    | 00:00:11    | 00:25:41 | 00:51:39 | <b>01:17:14.00</b> | <b>01:17:25.90</b> |                   | 5:56         | 10.1 (100%) |
| 2   | RZYMOWSKA Krystyna    | 320   | NEW BALANCE RUN CLUB   | K4 50-59 lat | 2    | 00:00:26    | 00:26:48 | 00:52:37 | <b>01:17:53.35</b> | <b>01:18:19.55</b> | +00:00:39 (0.8%)  | 5:59         | 10 (99.0%)  |
| 3   | BUCHALSKA Ewa         | 54    | EKOBIEGI               | K4 50-59 lat | 3    | 00:01:23    | 00:27:02 | 00:53:26 | <b>01:20:04.55</b> | <b>01:21:28.15</b> | +00:02:50 (3.5%)  | 6:09         | 9.7 (96.0%) |
| 4   | KARASIEWICZ Katarzyna | 174   |                        | K4 50-59 lat | 4    | 00:00:27    | 00:27:14 | 00:55:01 | <b>01:23:28.80</b> | <b>01:23:56.55</b> | +00:06:14 (7.5%)  | 6:25         | 9.3 (92.1%) |
| 5   | FLORCZUK Agnieszka    | 115   | EKOBIEGI               | K4 50-59 lat | 5    | 00:00:59    | 00:31:43 | 01:00:38 | <b>01:30:29.15</b> | <b>01:31:28.45</b> | +00:13:15 (14.6%) | 6:57         | 8.6 (85.1%) |
| 6   | JARMUŻEWSKA Teresa    | 160   | TIA                    | K4 50-59 lat | 6    | 00:01:32    | 00:32:42 | 01:01:52 | <b>01:31:29.55</b> | <b>01:33:01.75</b> | +00:14:15 (15.6%) | 7:02         | 8.5 (84.2%) |
| 7   | MIĄSKO Renata         | 238   | 12TRI.PL               | K4 50-59 lat | 7    | 00:00:52    | 00:30:29 | 01:01:59 | <b>01:35:29.35</b> | <b>01:36:21.35</b> | +00:18:15 (19.1%) | 7:20         | 8.2 (81.2%) |
| 8   | SOŁDECKA Anna         | 341   |                        | K4 50-59 lat | 8    | 00:01:42    | 00:33:11 | 01:04:30 | <b>01:35:47.65</b> | <b>01:37:30.40</b> | +00:18:33 (19.4%) | 7:22         | 8.1 (80.2%) |
| 9   | KOCHMAN Iwona         | 183   | VEGE RUNNERS           | K4 50-59 lat | 9    | 00:00:44    | 00:33:53 | 01:05:58 | <b>01:37:22.40</b> | <b>01:38:07.25</b> | +00:20:08 (20.7%) | 7:29         | 8 (79.2%)   |
| 10  | RUDNICKA Agata        | 313   |                        | K4 50-59 lat | 10   | 00:01:00    | 00:33:16 | 01:05:07 | <b>01:37:48.40</b> | <b>01:38:49.05</b> | +00:20:34 (21.0%) | 7:31         | 8 (79.2%)   |
| 11  | GROCHOWSKA Joanna     | 444   | BIEGAMY Z OCHOTĄ       | K4 50-59 lat | 11   | 00:01:29    | 00:35:38 | 01:08:24 | <b>01:43:06.20</b> | <b>01:44:35.45</b> | +00:25:52 (25.1%) | 7:55         | 7.6 (75.2%) |
| 12  | ŁĄCKA Ilona           | 12    | BIAŁOŁĘKA JEST KOBIETĄ | K4 50-59 lat | 12   | 00:01:26    | 00:34:44 | 01:10:05 | <b>01:46:58.40</b> | <b>01:48:24.80</b> | +00:29:44 (27.8%) | 8:13         | 7.3 (72.3%) |
| 13  | WIŚNIEWSKA Katarzyna  | 398   | INDYWIDUALISTKA        | K4 50-59 lat | 13   | 00:00:57    | 00:35:09 | 01:11:32 | <b>01:49:04.90</b> | <b>01:50:02.40</b> | +00:31:50 (29.2%) | 8:23         | 7.2 (71.3%) |
| 14  | MIKOŚ Teresa          | 248   |                        | K4 50-59 lat | 14   | 00:01:38    | 00:35:47 | 01:13:22 | <b>01:51:12.25</b> | <b>01:52:51.05</b> | +00:33:58 (30.5%) | 8:33         | 7 (69.3%)   |
| 15  | TOMASZEWSKA Mariola   | 374   |                        | K4 50-59 lat | 15   | 00:00:35    | 00:37:12 | 01:17:30 | <b>01:51:40.35</b> | <b>01:52:15.65</b> | +00:34:26 (30.8%) | 8:35         | 7 (69.3%)   |
| 16  | SIERZPUTOWSKA Ewa     | 329   | SIE_BIEGA              | K4 50-59 lat | 16   | 00:00:36    | 00:33:21 | 01:09:55 |                    |                    | +00:18:16         | 8:02         | 7.5 (74.3%) |
| 17  | SZOT Agnieszka        | 357   |                        | K4 50-59 lat | 17   | 00:01:20    | 00:48:20 |          |                    |                    | +00:22:39         | 10:59        | 5.5 (54.5%) |
| 18  | BRZAŃKAŁA Renata      | 53    | SLOW JOGGING BIAŁOŁĘKA | K4 50-59 lat | 18   | 00:01:40    | 01:02:56 |          |                    |                    | +00:37:15         | 14:18        | 4.2 (41.6%) |

Znaleziono 18 wynik(ów)