

Organizator: Urząd Dzielnicy Warszawa - Białołęka
Data: 2019-09-22
Miejsce: Warszawa
Dystans: 10 km

Klasyfikacja: K 30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	ŁAPIŃSKA Anna	459	KS WARSZAWIANKA/ADRUNALINE	K 30-39	1	00:00:02	00:23:39	00:32:35	00:37:08.35	00:37:11.00		3:42	16.2
2	PARSZCZYŃSKA Izabela	598	TEAM PARSZCZYŃSKICH	K 30-39	2	00:00:01	00:24:21	00:33:36	00:38:11.50	00:38:13.00	+00:01:03	3:49	15.7
3	KOSTRZEWSKA Justyna	383	ADIDAS RUNNERS WARSAW	K 30-39	3	00:00:06	00:25:59	00:35:29	00:40:23.35	00:40:29.70	+00:03:15	4:02	14.9
4	ZIMOWICZ Magdalena	936	DUKLANOWSKI TEAM	K 30-39	4	00:00:11	00:28:18	00:38:24	00:43:18.30	00:43:30.15	+00:06:09	4:19	13.9
5	PACIOREK Ewa	590	MARKOWI BIEGACZE	K 30-39	5	00:00:14	00:28:16	00:38:51	00:44:08.00	00:44:22.30	+00:06:59	4:24	13.6
6	RADKOWSKA Małgorzata	653	DZIOBAKI I NOSIAKI/SŁODKIE PĄCZKI	K 30-39	6	00:00:19	00:28:44	00:39:24	00:44:38.50	00:44:58.20	+00:07:30	4:27	13.4
7	WINKOWSKA-STRUZIK Magdalena	853	DUKLANOWSKI TEAM / ADIDAS RUNNERS WARSAW	K 30-39	7	00:00:30	00:29:01	00:39:42	00:44:55.10	00:45:25.70	+00:07:46	4:29	13.4
8	KUCZYŃSKA Magdalena	422		K 30-39	8	00:00:20	00:29:15	00:40:03	00:45:19.05	00:45:39.15	+00:08:10	4:31	13.2
9	NOWAK Anna	569		K 30-39	9	00:00:22	00:29:11	00:40:22	00:45:56.05	00:46:18.35	+00:08:47	4:35	13.1
10	MICHALAK Monika	521		K 30-39	10	00:00:31	00:30:15	00:41:30	00:47:03.60	00:47:34.80	+00:09:55	4:42	12.8
11	GADOMSKA Anna	181	PZU SPORT TEAM	K 30-39	11	00:00:45	00:30:31	00:41:41	00:47:12.35	00:47:58.30	+00:10:04	4:43	12.7
12	KĄDZIOŁKA Beata	337	FMW RUNNERS	K 30-39	12	00:00:39	00:30:25	00:41:34	00:47:13.10	00:47:53.00	+00:10:04	4:43	12.7
13	KUBICA Ewa	420		K 30-39	13	00:00:45	00:30:40	00:41:55	00:47:35.45	00:48:20.75	+00:10:27	4:45	12.6
14	JAGNIESZCZAK Zuzanna	264	ADIDAS RUNNERS WARSAW	K 30-39	14	00:00:33	00:31:05	00:42:46	00:48:40.20	00:49:13.75	+00:11:31	4:52	12.3
15	BURZYŃSKA Magdalena	85		K 30-39	15	00:00:28	00:30:52	00:42:47	00:48:40.95	00:49:09.15	+00:11:32	4:52	12.3
16	RUDY Iwona	676		K 30-39	16	00:00:37	00:30:45	00:42:52	00:48:55.80	00:49:33.35	+00:11:47	4:53	12.3
17	KORONA-SIERADZKA Bogusława	375		K 30-39	17	00:00:47	00:32:11	00:43:37	00:49:12.40	00:50:00.20	+00:12:04	4:55	12.2
18	SEKŚCIŃSKA Magda	696	GRUPA BIEGOWA UM W-WA	K 30-39	18	00:00:31	00:31:46	00:43:33	00:49:14.65	00:49:46.50	+00:12:06	4:55	12.2
19	BECZAK Natalia	29		K 30-39	19	00:00:40	00:32:15	00:44:01	00:49:40.00	00:50:20.45	+00:12:31	4:58	12.1
20	ŻEBROWSKA Anna	930		K 30-39	20	00:01:00	00:32:05	00:43:51	00:49:50.90	00:50:50.95	+00:12:42	4:59	12
21	KWIATKOWSKA Katarzyna	432		K 30-39	21	00:01:03	00:32:38	00:44:57	00:51:01.65	00:52:04.90	+00:13:53	5:06	11.8
22	KWIATKOWSKA Ilona	434	KB WYSZKÓW	K 30-39	22	00:00:48	00:32:48	00:44:59	00:51:15.10	00:52:03.35	+00:14:06	5:07	11.7
23	KICZYŃSKA Izabela	340	BRODNICA BIEGA	K 30-39	23	00:00:10	00:32:33	00:45:04	00:51:16.10	00:51:26.60	+00:14:07	5:07	11.7
24	CHRZANOWSKA Agata	101	CHRZANOWSKITEAM	K 30-39	24	00:01:16	00:33:39	00:46:22	00:52:36.60	00:53:53.20	+00:15:28	5:15	11.4
25	BOGŁOWSKA Urszula	52		K 30-39	25	00:01:18	00:33:37	00:46:38	00:52:47.85	00:54:06.25	+00:15:39	5:16	11.4
26	KRUSZEWSKA Dominika	411		K 30-39	26	00:01:32	00:34:23	00:47:12	00:53:23.90	00:54:56.20	+00:16:15	5:20	11.2
27	GRABARCZYK Ilona	218		K 30-39	27	00:00:37	00:34:30	00:47:21	00:53:32.80	00:54:10.25	+00:16:24	5:21	11.2
28	JANKOWSKA Wiola	270		K 30-39	28	00:01:07	00:34:37	00:47:21	00:53:37.00	00:54:44.20	+00:16:28	5:21	11.2
29	ŚWIDERSKA Joanna	795		K 30-39	29	00:01:04	00:34:48	00:47:43	00:54:03.50	00:55:07.70	+00:16:55	5:24	11.1
30	ZARĘBA-TREMELET Katarzyna	890		K 30-39	30	00:01:02	00:35:01	00:48:00	00:54:19.20	00:55:21.95	+00:17:10	5:25	11

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 10km	brutto 10km			
31	KOMARNITSKAYA Natalia	361		K 30-39	31	00:01:12	00:34:33	00:47:46	00:54:21.25	00:55:33.35	+00:17:12	5:26	11
32	JANKOWSKA Bożena	272		K 30-39	32	00:00:51	00:34:32	00:47:52	00:54:25.40	00:55:17.00	+00:17:17	5:26	11
33	KAŻMIERSKA Anna	335		K 30-39	33	00:01:20	00:35:33	00:48:38	00:55:05.90	00:56:26.25	+00:17:57	5:30	10.9
34	MAJEWSKA Hanna	482	BIEGAM NA TARCHOMINIE	K 30-39	34	00:00:57	00:35:06	00:48:50	00:55:26.35	00:56:23.55	+00:18:18	5:32	10.8
35	BECZAK Natalia	30		K 30-39	35	00:00:00			00:55:33.00	00:55:33.00	+00:18:24	5:33	10.8
36	POGORZELSKA Anna	627		K 30-39	36	00:00:57	00:35:06	00:48:42	00:55:36.95	00:56:34.80	+00:18:28	5:33	10.8
37	ROGALSKA Magda	663	WKURWTEAM	K 30-39	37	00:01:02	00:34:50	00:48:57	00:55:45.65	00:56:47.65	+00:18:37	5:34	10.8
38	JAKUBISIAK Renata	265	AEGONRUN	K 30-39	38	00:01:22	00:37:34	00:50:05	00:56:23.40	00:57:46.20	+00:19:15	5:38	10.6
39	CHMIELEWSKA Izabela	92	REEBOK RUN CREW/MINISTERSTWO ŚRODOWISKA	K 30-39	39	00:00:47	00:36:02	00:49:42	00:56:25.95	00:57:13.65	+00:19:17	5:38	10.6
40	KACZMAREK Katarzyna	316		K 30-39	40	00:01:03	00:35:57	00:49:49	00:56:33.35	00:57:36.40	+00:19:25	5:39	10.6
41	MUZINSKA Marta	552		K 30-39	41	00:01:35	00:35:44	00:49:47	00:56:33.45	00:58:09.10	+00:19:25	5:39	10.6
42	FLOREK Małgorzata	174		K 30-39	42	00:01:35	00:35:54	00:50:07	00:56:40.30	00:58:15.70	+00:19:31	5:40	10.6
43	CZACH Natalia	118	WARSZAWSKI KLUB ROGATEGO MORSZA	K 30-39	43	00:01:55	00:37:27	00:50:42	00:57:14.90	00:59:10.10	+00:20:06	5:43	10.5
44	BRODAWKA Olga	71		K 30-39	44	00:00:59	00:36:37	00:50:43	00:57:49.85	00:58:49.30	+00:20:41	5:47	10.4
45	GAJ-ŚWIEŻACZYŃSKA Joanna	187		K 30-39	45	00:01:47	00:38:09	00:51:24	00:58:01.30	00:59:49.20	+00:20:52	5:48	10.3
46	LEWANDOWSKA Agnieszka	445		K 30-39	46	00:00:45	00:37:25	00:51:16	00:58:17.45	00:59:02.45	+00:21:09	5:49	10.3
47	PRZYBYŚLAWSKA-PRASKA Ilona	642		K 30-39	47	00:01:06	00:37:16	00:51:21	00:58:31.30	00:59:37.70	+00:21:22	5:51	10.3
48	GRYCZKA-CIOŁEK Monika	232		K 30-39	48	00:00:18	00:37:44	00:52:03	00:59:07.00	00:59:25.70	+00:21:58	5:54	10.1
49	LODOWSKA Ilona	454		K 30-39	49	00:00:53	00:38:18	00:52:15	00:59:07.40	01:00:00.55	+00:21:59	5:54	10.1
50	POLAŃSKA Agnieszka	630		K 30-39	50	00:00:58	00:37:44	00:52:16	00:59:12.40	01:00:11.05	+00:22:04	5:55	10.1
51	PASEK Dorota	601		K 30-39	51	00:01:46	00:39:12	00:52:31	00:59:12.40	01:00:58.60	+00:22:04	5:55	10.1
52	PYRAK Joanna	650	AEGONRUN	K 30-39	52	00:01:22	00:37:59	00:52:10	00:59:25.95	01:00:48.85	+00:22:17	5:56	10.1
53	SZTYGOWSKA Anna	1012		K 30-39	53	00:00:57	00:37:57	00:52:36	00:59:31.05	01:00:28.65	+00:22:22	5:57	10.1
54	DAMPC Natalia	131		K 30-39	54	00:01:25	00:37:34	00:52:47	00:59:31.20	01:00:56.65	+00:22:22	5:57	10.1
55	KACZAN Joanna	315		K 30-39	55	00:01:36	00:38:25	00:52:37	00:59:47.75	01:01:23.75	+00:22:39	5:58	10
56	SWIETLIK Magdalena	767		K 30-39	56	00:01:04	00:37:52	00:52:42	00:59:51.85	01:00:56.80	+00:22:43	5:59	10
57	BULIK Bożena	82	PARTNER	K 30-39	57	00:01:28	00:38:37	00:52:46	00:59:53.40	01:01:21.85	+00:22:45	5:59	10
58	BRONICKA Ela	72	VEGE RUNNERS	K 30-39	58	00:01:42	00:38:28	00:53:17	01:00:42.15	01:02:24.70	+00:23:33	6:04	9.9
59	HÄNCHEN Elisabeth	243		K 30-39	59	00:01:56	00:38:49	00:53:55	01:00:52.45	01:02:49.40	+00:23:44	6:05	9.9
60	NOWAK Magdalena	564	AEGONRUN	K 30-39	60	00:01:22	00:39:25	00:53:54	01:01:21.05	01:02:43.75	+00:24:12	6:08	9.8
61	BRZÓZKA Magda	76		K 30-39	61	00:01:50	00:39:38	00:54:27	01:01:38.50	01:03:28.50	+00:24:30	6:09	9.7
62	NOWAK Kasia	567		K 30-39	62	00:01:49	00:39:39	00:54:29	01:01:38.80	01:03:28.60	+00:24:30	6:09	9.7
63	SAL Kinga	690		K 30-39	63	00:02:01	00:38:57	00:54:23	01:01:41.30	01:03:42.75	+00:24:32	6:10	9.7
64	SIKORSKA Agnieszka	928		K 30-39	64	00:01:51	00:40:03	00:54:42	01:01:49.35	01:03:40.65	+00:24:41	6:10	9.7
65	DĄBROWSKA Beata	134		K 30-39	65	00:00:52	00:39:22	00:54:42	01:01:49.65	01:02:42.55	+00:24:41	6:11	9.7
66	PRZEDPEŁSKA Aneta	638		K 30-39	66	00:01:26	00:39:22	00:54:33	01:02:02.05	01:03:28.40	+00:24:53	6:12	9.7
67	GAWIDZIEL Sylwia	190		K 30-39	67	00:00:00			01:02:16.25	01:02:16.25	+00:25:07	6:13	9.6
68	WOJTAL Katarzyna	872	WATAHA - WARSZAWA	K 30-39	68	00:01:26	00:39:17	00:54:38	01:02:16.60	01:03:43.10	+00:25:08	6:13	9.6
69	CHOROŚ Sylwia	922		K 30-39	69	00:01:28	00:39:50	00:55:01	01:02:30.60	01:03:59.40	+00:25:22	6:15	9.6
70	GRYGALWICZ Anna	233	G PARTNER RUNNERS	K 30-39	70	00:01:47	00:39:51	00:55:16	01:02:48.00	01:04:35.10	+00:25:39	6:16	9.6
71	KORENKIEWICZ Anna	370		K 30-39	71	00:01:53	00:41:02	00:56:09	01:03:28.10	01:05:22.00	+00:26:19	6:20	9.5
72	STRZELEC Agnieszka	753		K 30-39	72	00:01:03	00:39:31	00:55:41	01:03:36.90	01:04:40.25	+00:26:28	6:21	9.4
73	OBREBOWSKA Małgorzata	950		K 30-39	73	00:01:23	00:40:07	00:55:45	01:03:40.05	01:05:03.60	+00:26:31	6:22	9.4
74	BASIAK Agnieszka	25		K 30-39	74	00:01:30	00:39:18	00:55:16	01:03:40.90	01:05:11.80	+00:26:32	6:22	9.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
75	OLSZEWSKA Dorota	579		K 30-39	75	00:00:24	00:39:22	00:55:33	01:04:09.45	01:04:33.90	+00:27:01	6:24	9.4
76	WITECKA Anna	855		K 30-39	76	00:01:53	00:40:16	00:56:19	01:04:26.85	01:06:20.60	+00:27:18	6:26	9.3
77	PROROK Małgosia	636		K 30-39	77	00:02:09	00:42:04	00:57:17	01:04:45.80	01:06:55.70	+00:27:37	6:28	9.3
78	CYGAN Katarzyna	116		K 30-39	78	00:01:35	00:41:11	00:57:00	01:04:58.35	01:06:33.50	+00:27:50	6:29	9.2
79	ŚWIERSZCZ Aneta	798		K 30-39	79	00:01:54	00:41:05	00:57:12	01:04:59.30	01:06:53.60	+00:27:50	6:29	9.2
80	WYSOCKA Karolina	880		K 30-39	80	00:01:31	00:41:14	00:56:53	01:05:05.25	01:06:36.60	+00:27:56	6:30	9.2
81	OSIAK Żaneta	586		K 30-39	81	00:01:25	00:40:42	00:57:10	01:05:06.15	01:06:31.70	+00:27:57	6:30	9.2
82	BORKOWSKA Olga	60		K 30-39	82	00:00:50	00:41:25	00:57:35	01:05:16.95	01:06:07.65	+00:28:08	6:31	9.2
83	BARTECKA-MATUSZEWSKA Urszula	21		K 30-39	83	00:00:55	00:41:10	00:57:23	01:05:45.90	01:06:41.70	+00:28:37	6:34	9.1
84	REJCHERT Kamila	657		K 30-39	84	00:01:42	00:41:04	00:57:38	01:05:49.45	01:07:32.35	+00:28:41	6:35	9.1
85	CZAJKOWSKA Krystyna	120		K 30-39	85	00:00:18	00:40:50	00:57:55	01:05:50.10	01:06:08.35	+00:28:41	6:35	9.1
86	BABIAK-WARDAK Katarzyna	11		K 30-39	86	00:01:17	00:42:32	00:58:31	01:06:22.80	01:07:40.70	+00:29:14	6:38	9
87	KLIMEK Katarzyna	352		K 30-39	87	00:00:18	00:41:51	00:58:32	01:06:25.30	01:06:43.95	+00:29:16	6:38	9
88	SZŁAPA Urszula	778	SPOT PSZCZYNA	K 30-39	88	00:02:04	00:41:50	00:58:24	01:06:38.55	01:08:43.25	+00:29:30	6:39	9
89	CIEPLAK Kasia	105		K 30-39	89	00:01:31	00:41:49	00:58:28	01:06:38.70	01:08:10.40	+00:29:30	6:39	9
90	WINDER Agnieszka	851		K 30-39	90	00:01:48	00:41:24	00:58:41	01:07:28.65	01:09:16.95	+00:30:20	6:44	8.9
91	ZAWADZIŃSKA Anna	895		K 30-39	91	00:02:09	00:43:53	01:00:09	01:07:42.10	01:09:51.80	+00:30:33	6:46	8.9
92	JAWORSKA Joanna	287		K 30-39	92	00:01:59	00:44:41	01:00:27	01:08:17.50	01:10:17.00	+00:31:09	6:49	8.8
93	KŁOPOTOWSKA Małgorzata	355		K 30-39	93	00:00:44	00:43:14	01:00:46	01:09:19.75	01:10:04.05	+00:32:11	6:56	8.7
94	WRONKA Mariana	878	ZABIEGANY WOŁOMIN	K 30-39	94	00:00:27	00:43:47	01:00:51	01:09:24.75	01:09:51.90	+00:32:16	6:56	8.6
95	FURMAN Dorota	179		K 30-39	95	00:02:03	00:44:42	01:01:27	01:09:26.60	01:11:30.50	+00:32:18	6:56	8.6
96	GRZANECKA Agnieszka	236		K 30-39	96	00:02:09	00:44:32	01:01:06	01:09:34.15	01:11:43.75	+00:32:25	6:57	8.6
97	MROZIK Wioletta	545		K 30-39	97	00:01:40	00:44:20	01:01:37	01:09:35.90	01:11:16.75	+00:32:27	6:57	8.6
98	KUREK Izabela	430	BIEGAM POWOLI	K 30-39	98	00:01:51	00:43:37	01:01:09	01:09:38.55	01:11:29.55	+00:32:30	6:57	8.6
99	JANKOWSKA Jola	271		K 30-39	99	00:00:00			01:12:11.00	01:12:11.00	+00:35:02	7:13	8.3
100	JANUKOWICZ Agnieszka	277		K 30-39	100	00:00:00			01:12:14.00	01:12:14.00	+00:35:05	7:13	8.3
101	BANASIK Katarzyna	16	GRUPA BIEGOWA UM W-WA	K 30-39	101	00:01:15	00:46:24	01:03:57	01:12:27.35	01:13:42.55	+00:35:19	7:14	8.3
102	CHEN Fengqin	88		K 30-39	102	00:00:08	00:48:05	01:06:37	01:15:51.60	01:15:59.60	+00:38:43	7:35	7.9
103	ZAWADZKA Magdalena	896	ZAJĄC	K 30-39	103	00:02:17	00:47:15	01:04:55	01:19:54.30	01:22:11.95	+00:42:45	7:59	7.5
104	GIEDYK Katarzyna	197		K 30-39	104	00:02:00	00:50:22	01:10:34	01:19:54.65	01:21:55.40	+00:42:46	7:59	7.5
105	LEWANDOWSKA Ewelina	444	WATAHA - ŁĄCZY NAS BIEGANIE	K 30-39	105	00:02:26			01:22:46.30	01:25:13.20	+00:45:37	8:16	7.2
106	KRAWCZYK Marlena	401		K 30-39	106	00:01:00							

Znaleziono 106 wynik(ów)