

BIEG PRZEZ MOST 2019

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

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Mieszkanka Białołęki

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	**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**		3:49	15.7 (100%)
2	**ŻURANIEWSKA Agnieszka**	**918**	NUDNE PIĄTKI	K 40-49	3	00:00:14	00:27:37	00:38:02	**00:43:08.85**	**00:43:23.75**	+00:04:57 (11.5%)	4:18	13.9 (88.5%)
3	**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**	+00:06:43 (15.0%)	4:29	13.4 (85.4%)
4	**OCHNIK-KALINOWSKA Justyna**	**573**		K 40-49	7	00:00:29	00:29:51	00:41:20	**00:46:53.30**	**00:47:22.30**	+00:08:41 (18.5%)	4:41	12.8 (81.5%)
5	**RUDY Iwona**	**676**		K 30-39	16	00:00:37	00:30:45	00:42:52	**00:48:55.80**	**00:49:33.35**	+00:10:44 (21.9%)	4:53	12.3 (78.3%)
6	**JAROS Honorata**	**280**		K 40-49	14	00:00:55	00:32:18	00:44:50	**00:50:57.70**	**00:51:53.50**	+00:12:46 (25.1%)	5:05	11.8 (75.2%)
7	**TEJCHMA Natalia**	**805**	BIEGAM NA TARCHOMINIE	K 40-49	15	00:01:01	00:33:37	00:45:22	**00:51:18.35**	**00:52:19.95**	+00:13:06 (25.6%)	5:07	11.7 (74.5%)
8	**BUCHALSKA Ewa**	**78**	EKOBIEGI	K 40-49	16	00:00:46	00:32:48	00:45:20	**00:51:40.10**	**00:52:26.35**	+00:13:28 (26.1%)	5:10	11.6 (73.9%)
9	**SCHINDLER Żaneta**	**695**		K 40-49	18	00:00:42	00:33:39	00:46:01	**00:52:13.35**	**00:52:56.00**	+00:14:01 (26.9%)	5:13	11.5 (73.2%)
10	**BOGŁOWSKA Urszula**	**52**		K 30-39	25	00:01:18	00:33:37	00:46:38	**00:52:47.85**	**00:54:06.25**	+00:14:36 (27.7%)	5:16	11.4 (72.6%)
11	**KRUPIŃSKA Wiola**	**409**	TRUCHT TEAM TARCHOMIN	K 1-29	9	00:00:15	00:34:08	00:46:50	**00:52:51.55**	**00:53:07.10**	+00:14:40 (27.7%)	5:17	11.3 (72.0%)
12	**STAŃCZAK Iwona**	**740**	TRUCHT TARCHOMIN TEAM	K 40-49	19	00:00:58	00:34:07	00:46:58	**00:52:54.95**	**00:53:53.60**	+00:14:43 (27.8%)	5:17	11.3 (72.0%)
13	**JANKOWSKA Wiola**	**270**		K 30-39	28	00:01:07	00:34:37	00:47:21	**00:53:37.00**	**00:54:44.20**	+00:15:25 (28.8%)	5:21	11.2 (71.3%)
14	**ŚWIDERSKA Joanna**	**795**		K 30-39	29	00:01:04	00:34:48	00:47:43	**00:54:03.50**	**00:55:07.70**	+00:15:52 (29.4%)	5:24	11.1 (70.7%)
15	**KONOPKA Justyna**	**366**	RUN 4FUN	K 1-29	14	00:00:36	00:34:41	00:47:51	**00:54:11.70**	**00:54:48.50**	+00:16:00 (29.5%)	5:25	11.1 (70.7%)
16	**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**	+00:16:07 (29.7%)	5:25	11 (70.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
17	**JANKOWSKA Bożena**	**272**		K 30-39	32	00:00:51	00:34:32	00:47:52	**00:54:25.40**	**00:55:17.00**	+00:16:13 (29.8%)	5:26	11 (70.1%)
18	**JAWORSKA Katarzyna**	**286**		K 40-49	24	00:01:01	00:35:03	00:47:52	**00:54:35.50**	**00:55:37.35**	+00:16:24 (30.0%)	5:27	11 (70.1%)
19	**ŚWIĆ Małgorzata**	**794**	TRUCHT TARCHOMIN TEAM	K 40-49	25	00:00:48	00:34:37	00:48:07	**00:54:56.25**	**00:55:44.80**	+00:16:44 (30.5%)	5:29	10.9 (69.4%)
20	**OSIŃSKA Sylwia**	**587**		K 40-49	26	00:00:10	00:34:59	00:48:35	**00:55:13.25**	**00:55:24.20**	+00:17:01 (30.8%)	5:31	10.9 (69.4%)
21	**WASILUK Klaudia**	**838**	DRUŻYNA SZPIKU	K 1-29	17	00:01:25	00:36:47	00:49:16	**00:55:13.70**	**00:56:38.80**	+00:17:02 (30.8%)	5:31	10.9 (69.4%)
22	**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**	+00:17:14 (31.1%)	5:32	10.8 (68.8%)
23	**CIMOCHOWSKA Magdalena**	**113**	BIEGAM NA TARCHOMINIE	K 40-49	27	00:01:10	00:35:24	00:48:50	**00:55:27.25**	**00:56:37.60**	+00:17:15 (31.1%)	5:32	10.8 (68.8%)
24	**KACPRZAK-KLEJNA Agnieszka**	**311**		K 40-49	28	00:01:24	00:36:29	00:49:29	**00:55:36.50**	**00:57:01.15**	+00:17:25 (31.3%)	5:33	10.8 (68.8%)
25	**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**	+00:17:34 (31.5%)	5:34	10.8 (68.8%)
26	**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**	+00:18:11 (32.3%)	5:38	10.6 (67.5%)
27	**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**	+00:18:14 (32.3%)	5:38	10.6 (67.5%)
28	**ŁOZOSWKA Aneta**	**229**	TRUCHT TARCHOMIN TEAM	K 40-49	30	00:01:05	00:36:08	00:49:51	**00:56:31.30**	**00:57:36.45**	+00:18:19 (32.4%)	5:39	10.6 (67.5%)
29	**KACZMAREK Katarzyna**	**316**		K 30-39	40	00:01:03	00:35:57	00:49:49	**00:56:33.35**	**00:57:36.40**	+00:18:21 (32.5%)	5:39	10.6 (67.5%)
30	**MUZINSKA Marta**	**552**		K 30-39	41	00:01:35	00:35:44	00:49:47	**00:56:33.45**	**00:58:09.10**	+00:18:21 (32.5%)	5:39	10.6 (67.5%)
31	**FLOREK Małgorzata**	**174**		K 30-39	42	00:01:35	00:35:54	00:50:07	**00:56:40.30**	**00:58:15.70**	+00:18:28 (32.6%)	5:40	10.6 (67.5%)
32	**LISZEWSKA Anna**	**451**	RUN TEAM NASIELSK	K 40-49	31	00:00:34	00:36:08	00:49:51	**00:56:46.55**	**00:57:21.25**	+00:18:35 (32.7%)	5:40	10.6 (67.5%)
33	**SIGAL Bogdana**	**706**		K 1-29	23	00:01:01	00:36:28	00:50:22	**00:57:14.00**	**00:58:15.40**	+00:19:02 (33.3%)	5:43	10.5 (66.9%)
34	**BRODAWKA Olga**	**71**		K 30-39	44	00:00:59	00:36:37	00:50:43	**00:57:49.85**	**00:58:49.30**	+00:19:38 (34.0%)	5:47	10.4 (66.2%)
35	**KOPCINSKA Katarzyna**	**367**		K 40-49	33	00:00:35	00:37:30	00:51:23	**00:58:05.20**	**00:58:41.05**	+00:19:53 (34.3%)	5:48	10.3 (65.6%)
36	**ROCKA Gosia**	**660**		K 40-49	36	00:01:30	00:37:27	00:51:25	**00:58:10.70**	**00:59:41.00**	+00:19:59 (34.4%)	5:49	10.3 (65.6%)
37	**PRZYBYSŁAWSKA-PRASKA Ilona**	**642**		K 30-39	47	00:01:06	00:37:16	00:51:21	**00:58:31.30**	**00:59:37.70**	+00:20:19 (34.7%)	5:51	10.3 (65.6%)
38	**CIEPIENIAK Ania**	**104**		K 40-49	38	00:00:10	00:36:44	00:51:19	**00:58:32.10**	**00:58:42.90**	+00:20:20 (34.8%)	5:51	10.3 (65.6%)
39	**RURKA Anna**	**965**		K 40-49	39	00:01:01	00:37:47	00:51:40	**00:58:46.80**	**00:59:48.50**	+00:20:35 (35.0%)	5:52	10.2 (65.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
40	**JACHOWSKA Aldona**	**259**		K 40-49	40	00:01:10	00:37:07	00:51:56	**00:59:06.70**	**01:00:16.75**	+00:20:55 (35.4%)	5:54	10.2 (65.0%)
41	**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**	+00:20:55 (35.4%)	5:54	10.1 (64.3%)
42	**PASEK Dorota**	**601**		K 30-39	51	00:01:46	00:39:12	00:52:31	**00:59:12.40**	**01:00:58.60**	+00:21:00 (35.5%)	5:55	10.1 (64.3%)
43	**GIERS Klaudia**	**200**		K 1-29	33	00:00:29	00:38:03	00:52:46	**00:59:20.55**	**00:59:49.55**	+00:21:09 (35.6%)	5:56	10.1 (64.3%)
44	**WALCZAK Anna**	**830**	TURBODZIKI	K 40-49	44	00:01:37	00:38:27	00:52:36	**00:59:20.80**	**01:00:58.00**	+00:21:09 (35.6%)	5:56	10.1 (64.3%)
45	**SZTYGOWSKA Anna**	**1012**		K 30-39	53	00:00:57	00:37:57	00:52:36	**00:59:31.05**	**01:00:28.65**	+00:21:19 (35.8%)	5:57	10.1 (64.3%)
46	**KORZENIOWSKA-SOBCZUK Anna**	**377**	BIEGAM NA TARCHOMINIE	K 40-49	45	00:01:42	00:38:21	00:52:26	**00:59:37.05**	**01:01:19.10**	+00:21:25 (35.9%)	5:57	10.1 (64.3%)
47	**GONET Katarzyna**	**211**		K 40-49	46	00:01:06	00:38:08	00:52:46	**00:59:44.50**	**01:00:51.10**	+00:21:33 (36.1%)	5:58	10 (63.7%)
48	**KACZAN Joanna**	**315**		K 30-39	55	00:01:36	00:38:25	00:52:37	**00:59:47.75**	**01:01:23.75**	+00:21:36 (36.1%)	5:58	10 (63.7%)
49	**BESSARABA Jagoda**	**37**		K 1-29	35	00:01:03	00:37:01	00:52:10	**00:59:49.10**	**01:00:52.80**	+00:21:37 (36.2%)	5:58	10 (63.7%)
50	**SWIETLIK Magdalena**	**767**		K 30-39	56	00:01:04	00:37:52	00:52:42	**00:59:51.85**	**01:00:56.80**	+00:21:40 (36.2%)	5:59	10 (63.7%)
51	**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**	+00:21:41 (36.2%)	5:59	10 (63.7%)
52	**MYŚLIŃSKA Anna**	**1111**	BIAŁOŁĘKA JEST KOBIETĄ	K 40-49	48	00:01:41	00:38:29	00:52:35	**01:00:05.80**	**01:01:46.80**	+00:21:54 (36.4%)	6:00	10 (63.7%)
53	**KRAKOWIAK Sylwia**	**399**		K 40-49	49	00:00:44	00:38:38	00:53:26	**01:00:27.00**	**01:01:11.50**	+00:22:15 (36.8%)	6:02	9.9 (63.1%)
54	**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**	+00:22:30 (37.1%)	6:04	9.9 (63.1%)
55	**MUCHA Kamila**	**550**	BIEGAM NA TARCHOMINIE	K 40-49	50	00:01:40	00:38:55	00:53:37	**01:00:49.30**	**01:02:29.70**	+00:22:37 (37.2%)	6:04	9.9 (63.1%)
56	**ŁUCZAK Małgorzata**	**472**	RUNNERSI ZE SKARBKA	K 40-49	51	00:00:37	00:38:28	00:53:36	**01:00:53.40**	**01:01:30.70**	+00:22:41 (37.3%)	6:05	9.9 (63.1%)
57	**KOŚNIK Alicja**	**386**		K 1-29	38	00:01:52	00:39:21	00:54:15	**01:01:29.80**	**01:03:22.30**	+00:23:18 (37.9%)	6:09	9.8 (62.4%)
58	**ŁĄCKA Ilona**	**461**	BIAŁOŁĘKA JEST KOBIETĄ	K 40-49	53	00:01:40	00:39:02	00:53:59	**01:01:32.05**	**01:03:12.40**	+00:23:20 (37.9%)	6:09	9.8 (62.4%)
59	**BRZÓZKA Magda**	**76**		K 30-39	61	00:01:50	00:39:38	00:54:27	**01:01:38.50**	**01:03:28.50**	+00:23:27 (38.0%)	6:09	9.7 (61.8%)
60	**NOWAK Kasia**	**567**		K 30-39	62	00:01:49	00:39:39	00:54:29	**01:01:38.80**	**01:03:28.60**	+00:23:27 (38.0%)	6:09	9.7 (61.8%)
61	**SAL Kinga**	**690**		K 30-39	63	00:02:01	00:38:57	00:54:23	**01:01:41.30**	**01:03:42.75**	+00:23:29 (38.1%)	6:10	9.7 (61.8%)
62	**ADAMOWSKA Barbara**	**2**	MINISTERSTWO FINANSÓW	K 40-49	54	00:01:02	00:38:58	00:54:08	**01:01:42.30**	**01:02:45.10**	+00:23:30 (38.1%)	6:10	9.7 (61.8%)

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63	**ZOUABI Dorota**	**907**		K 40-49	55	00:00:37	00:38:57	00:54:10	**01:01:48.50**	**01:02:25.75**	+00:23:37 (38.2%)	6:10	9.7 (61.8%)
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**	+00:23:37 (38.2%)	6:10	9.7 (61.8%)
65	**PRZEDPEŁSKA Aneta**	**638**		K 30-39	66	00:01:26	00:39:22	00:54:33	**01:02:02.05**	**01:03:28.40**	+00:23:50 (38.4%)	6:12	9.7 (61.8%)
66	**GŁÓDŹ Małgorzata**	**963**	DO NOGI	K 1-29	40	00:01:05	00:39:28	00:54:38	**01:02:10.85**	**01:03:16.05**	+00:23:59 (38.6%)	6:13	9.6 (61.1%)
67	**GAWIDZIEL Sylwia**	**190**		K 30-39	67	00:00:00			**01:02:16.25**	**01:02:16.25**	+00:24:04 (38.7%)	6:13	9.6 (61.1%)
68	**JARMUŻEWSKA Teresa**	**278**	TIA	K 40-49	58	00:02:12	00:41:45	00:55:58	**01:02:46.35**	**01:04:58.45**	+00:24:34 (39.2%)	6:16	9.6 (61.1%)
69	**WOŁYNEK Agnieszka**	**875**		K 40-49	59	00:01:23	00:39:51	00:55:28	**01:03:03.35**	**01:04:26.90**	+00:24:51 (39.4%)	6:18	9.5 (60.5%)
70	**STRZELEC Agnieszka**	**753**		K 30-39	72	00:01:03	00:39:31	00:55:41	**01:03:36.90**	**01:04:40.25**	+00:25:25 (40.0%)	6:21	9.4 (59.9%)
71	**BASIAK Agnieszka**	**25**		K 30-39	74	00:01:30	00:39:18	00:55:16	**01:03:40.90**	**01:05:11.80**	+00:25:29 (40.0%)	6:22	9.4 (59.9%)
72	**MIKLEWICZ Małgorzata**	**528**		K 40-49	61	00:01:59	00:41:18	00:56:25	**01:03:45.05**	**01:05:44.75**	+00:25:33 (40.1%)	6:22	9.4 (59.9%)
73	**OLSZEWSKA Dorota**	**579**		K 30-39	75	00:00:24	00:39:22	00:55:33	**01:04:09.45**	**01:04:33.90**	+00:25:57 (40.5%)	6:24	9.4 (59.9%)
74	**KACPRZAK-ŚCISŁA Aleksandra**	**948**		K 1-29	43	00:01:46	00:41:56	00:57:06	**01:04:43.85**	**01:06:30.70**	+00:26:32 (41.0%)	6:28	9.3 (59.2%)
75	**WYSOCKA Karolina**	**880**		K 30-39	80	00:01:31	00:41:14	00:56:53	**01:05:05.25**	**01:06:36.60**	+00:26:53 (41.3%)	6:30	9.2 (58.6%)
76	**REJCHERT Kamila**	**657**		K 30-39	84	00:01:42	00:41:04	00:57:38	**01:05:49.45**	**01:07:32.35**	+00:27:37 (42.0%)	6:35	9.1 (58.0%)
77	**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**	+00:28:11 (42.5%)	6:38	9 (57.3%)
78	**KLIMEK Katarzyna**	**352**		K 30-39	87	00:00:18	00:41:51	00:58:32	**01:06:25.30**	**01:06:43.95**	+00:28:13 (42.5%)	6:38	9 (57.3%)
79	**BOJARSKA Maria**	**55**		K 50-59	7	00:00:16	00:42:11	00:58:31	**01:06:28.95**	**01:06:45.30**	+00:28:17 (42.6%)	6:38	9 (57.3%)
80	**KUĆ Beata**	**423**		K 40-49	66	00:01:39	00:41:31	00:58:10	**01:06:33.65**	**01:08:13.60**	+00:28:22 (42.6%)	6:39	9 (57.3%)
81	**CIEPLAK Kasia**	**105**		K 30-39	89	00:01:31	00:41:49	00:58:28	**01:06:38.70**	**01:08:10.40**	+00:28:27 (42.7%)	6:39	9 (57.3%)
82	**WINDER Agnieszka**	**851**		K 30-39	90	00:01:48	00:41:24	00:58:41	**01:07:28.65**	**01:09:16.95**	+00:29:17 (43.4%)	6:44	8.9 (56.7%)
83	**ZAYATS Darya**	**898**		K 1-29	48	00:01:12	00:42:17	00:59:13	**01:07:31.55**	**01:08:44.25**	+00:29:20 (43.4%)	6:45	8.9 (56.7%)
84	**JURECKA Justyna**	**302**		K 1-29	49	00:01:55	00:43:36	01:00:23	**01:07:54.15**	**01:09:50.00**	+00:29:42 (43.8%)	6:47	8.8 (56.1%)
85	**KŁOPOTOWSKA Małgorzata**	**355**		K 30-39	93	00:00:44	00:43:14	01:00:46	**01:09:19.75**	**01:10:04.05**	+00:31:08 (44.9%)	6:56	8.7 (55.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
86	**ŁOCHINA Marta**	**466**		K 40-49	72	00:01:53	00:44:35	01:01:33	**01:09:36.25**	**01:11:29.30**	+00:31:24 (45.1%)	6:57	8.6 (54.8%)
87	**KOSIERADZKA Joanna**	**378**		K 50-59	8	00:01:47	00:45:53	01:03:21	**01:12:05.20**	**01:13:52.35**	+00:33:53 (47.0%)	7:12	8.3 (52.9%)
88	**METERA Anna**	**518**		K 40-49	76	00:00:36	00:50:01	01:09:28	**01:19:11.40**	**01:19:48.15**	+00:40:59 (51.8%)	7:55	7.6 (48.4%)
89	**DRACZYŃSKA Edyta**	**153**		K 40-49	77	00:00:36	00:50:00	01:09:28	**01:19:12.10**	**01:19:48.45**	+00:41:00 (51.8%)	7:55	7.6 (48.4%)
90	**JÓŹWIAK Dorota**	**299**	SLOW JOGGING BIAŁOŁĘKA	K 40-49	78	00:02:26			**01:22:49.10**	**01:25:15.50**	+00:44:37 (53.9%)	8:16	7.2 (45.9%)
Przekroczony limit czasu: 01:30:00													
LIM	**SKRZYDŁOWSKA-KALUKIN Katarzyna**	**717**	SLOWJOGGING BIAŁOŁĘKA	K 50-59		00:02:31	00:56:40	01:18:01	**01:31:27.10**	**01:33:59.00**		0:00	6.6 (42.0%)
LIM	**SYC Alicja**	**768**	SLOW JOGGING BIAŁOŁĘKA	K 50-59		00:02:28	00:56:43	01:18:04	**01:31:31.25**	**01:33:59.80**		0:00	6.6 (42.0%)
LIM	**ZAWADA Katarzyna**	**894**		K 40-49		00:02:26	00:56:54	01:18:08	**01:31:33.65**	**01:34:00.55**		0:00	6.6 (42.0%)

Znaleziono 93 wynik(ów)