



BIEG WEGAŃSKI 10 KM

B4SPORT

Wydarzenie: Bieg Wegański
Organizator: Fundacja Run Vegan
Data: 2019-05-19
Miejsce: Warszawa
Dystans: 10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K30-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	PARSZCZYŃSKA Izabela	668	TEAM PARSZCZYŃSKICH	K30-49	1	00:00:06	00:19:58	00:39:59.90	00:40:06.85		4:00	15 (100%)
2	RADKOWSKA Małgorzata	687	DZIOBAKI I NOSIAKI	K30-49	2	00:00:10	00:24:12	00:48:30.40	00:48:41.10	+00:08:30 (17.5%)	4:51	12.4 (82.7%)
3	SEKŚCIŃSKA Magda	703		K30-49	3	00:00:13	00:25:10	00:50:27.80	00:50:41.60	+00:10:27 (20.7%)	5:02	11.9 (79.3%)
4	FISZER Agnieszka	555		K30-49	4	00:00:15	00:26:04	00:52:24.25	00:52:40.10	+00:12:24 (23.7%)	5:14	11.4 (76.0%)
5	WÓJCIK Monika	759	ROZPĘDZONA	K30-49	5	00:00:15	00:26:07	00:52:47.60	00:53:03.30	+00:12:47 (24.2%)	5:16	11.4 (76.0%)
6	PASTUSZKA Anna	669	ROZPĘDZONA	K30-49	6	00:00:16	00:26:12	00:52:47.65	00:53:03.85	+00:12:47 (24.2%)	5:16	11.4 (76.0%)
7	DARMAS Hania	543	MILABO	K30-49	7	00:00:21	00:26:39	00:53:10.70	00:53:32.35	+00:13:10 (24.8%)	5:19	11.3 (75.3%)
8	ŻUCHOWSKA Magdalena	771		K30-49	8	00:00:18	00:26:52	00:53:36.90	00:53:55.05	+00:13:37 (25.4%)	5:21	11.2 (74.7%)
9	BRZOSKA Małgorzata	525	BANK GOSPODARSTWA KRAJOWEGO	K30-49	9	00:00:12	00:26:41	00:54:15.65	00:54:28.55	+00:14:15 (26.3%)	5:25	11.1 (74.0%)
10	KNAPP Anna	598		K30-49	10	00:00:26	00:27:14	00:55:06.10	00:55:32.85	+00:15:06 (27.4%)	5:30	10.9 (72.7%)
11	JAROSZ-CZERWIŃSKA Kasia	578	KONDYCJA PIASECZNO	K30-49	11	00:00:19	00:28:04	00:56:12.35	00:56:32.05	+00:16:12 (28.8%)	5:37	10.7 (71.3%)
12	KRAWCZYK Marta	612	KOSTRZYŃSKA GRUPA BIEGOWA	K30-49	12	00:00:13	00:27:50	00:56:13.70	00:56:27.05	+00:16:13 (28.9%)	5:37	10.7 (71.3%)
13	SCHWERTNER Emilia	700	VEGE RUNNERS	K30-49	13	00:00:44	00:30:17	00:57:12.60	00:57:57.10	+00:17:12 (30.1%)	5:43	10.5 (70.0%)
14	PUCZYŃSKA Renata	686		K30-49	14	00:00:24	00:28:56	00:57:32.25	00:57:56.80	+00:17:32 (30.5%)	5:45	10.4 (69.3%)
15	DROSIO Klaudia	547		K30-49	15	00:00:11	00:28:05	00:58:03.10	00:58:14.45	+00:18:03 (31.1%)	5:48	10.3 (68.7%)

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16	KNÓŁ Magdalena	775		K30-49	16	00:00:12	00:29:03	00:58:17.70	00:58:30.30	+00:18:17 (31.4%)	5:49	10.3 (68.7%)
17	KACZMAREK Katarzyna	590	ROZPĘDZONA	K30-49	17	00:00:16	00:28:21	00:58:21.75	00:58:38.05	+00:18:21 (31.5%)	5:50	10.3 (68.7%)
18	KOMARNITSKAYA Natalia	603		K30-49	18	00:00:25	00:28:30	00:58:28.50	00:58:54.20	+00:18:28 (31.6%)	5:50	10.3 (68.7%)
19	RUDNIK Katarzyna	696		K30-49	19	00:00:30	00:29:06	00:58:45.65	00:59:15.75	+00:18:45 (31.9%)	5:52	10.2 (68.0%)
20	BIERNACKA Danuta	518		K30-49	20	00:00:28	00:28:58	00:58:46.45	00:59:14.45	+00:18:46 (31.9%)	5:52	10.2 (68.0%)
21	JENCZ-GRYZEL Katarzyna	583		K30-49	21	00:00:29	00:28:52	00:58:53.75	00:59:22.90	+00:18:53 (32.1%)	5:53	10.2 (68.0%)
22	JASIŃSKA Agnieszka	579		K30-49	22	00:00:12	00:29:31	00:59:08.25	00:59:20.35	+00:19:08 (32.4%)	5:54	10.1 (67.3%)
23	TRYNISZEWSKA Anna	748	DREAM TEAM RUNNERS	K30-49	23	00:00:19	00:29:25	00:59:10.05	00:59:29.85	+00:19:10 (32.4%)	5:55	10.1 (67.3%)
24	ZAK Monika	762		K30-49	24	00:00:29	00:29:55	00:59:11.20	00:59:40.60	+00:19:11 (32.4%)	5:55	10.1 (67.3%)
25	MAZUR Jowita	647	ROZPĘDZONA	K30-49	25	00:00:16	00:29:18	00:59:22.70	00:59:38.85	+00:19:22 (32.6%)	5:56	10.1 (67.3%)
26	RADZIKOWSKA Sylwia	689		K30-49	26	00:00:12	00:29:31	00:59:46.15	00:59:58.55	+00:19:46 (33.1%)	5:58	10 (66.7%)
27	TERZONI Karina	799		K30-49	27	00:00:20	00:28:57	00:59:48.85	01:00:09.45	+00:19:48 (33.1%)	5:58	10 (66.7%)
28	ŁUKOMSKA Agata	632		K30-49	28	00:00:25	00:30:33	00:59:54.55	01:00:20.10	+00:19:54 (33.2%)	5:59	10 (66.7%)
29	GĄSIEWSKA Magdalena	560		K30-49	29	00:00:21	00:29:27	01:00:40.20	01:01:01.75	+00:20:40 (34.1%)	6:04	9.9 (66.0%)
30	ACETI Silvia	500	VEGAN POWER TEAM	K30-49	30	00:00:32	00:30:23	01:00:50.95	01:01:23.30	+00:20:51 (34.3%)	6:05	9.9 (66.0%)
31	ANDRUCZYK Katarzyna	503	REMBERTÓW TEAM	K30-49	31	00:00:21	00:30:33	01:01:47.00	01:02:08.50	+00:21:47 (35.3%)	6:10	9.7 (64.7%)
32	WĄSOWSKA Anna	755	GRUPA BIEGOWA UM W-WA	K30-49	32	00:00:27	00:30:43	01:01:47.05	01:02:14.30	+00:21:47 (35.3%)	6:10	9.7 (64.7%)
33	STUDNIAREK Barbara	727		K30-49	33	00:00:23	00:30:10	01:02:23.50	01:02:47.25	+00:22:23 (35.9%)	6:14	9.6 (64.0%)
34	SOBIESKA Aleksandra	718		K30-49	34	00:00:33	00:30:50	01:02:52.75	01:03:26.10	+00:22:52 (36.4%)	6:17	9.5 (63.3%)
35	SKUDLARSKA Anna	713	PAŠO POST PAŠO	K30-49	35	00:00:37	00:31:36	01:03:03.50	01:03:40.60	+00:23:03 (36.6%)	6:18	9.5 (63.3%)
36	ŁUCZAK Małgorzata	629	RUNNERSI ZE SKARBKA	K30-49	36	00:00:22	00:31:08	01:03:04.25	01:03:26.55	+00:23:04 (36.6%)	6:18	9.5 (63.3%)
37	GONET Katarzyna	570	ROZPĘDZONA	K30-49	37	00:00:31	00:30:51	01:03:11.65	01:03:42.65	+00:23:11 (36.7%)	6:19	9.5 (63.3%)
38	GLIJER Katarzyna	565		K30-49	38	00:00:32	00:31:39	01:03:11.95	01:03:44.70	+00:23:12 (36.7%)	6:19	9.5 (63.3%)

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39	BANASIK Katarzyna	507	GRUPA BIEGOWA UM W-WA	K30-49	39	00:00:43	00:32:11	01:03:28.75	01:04:12.65	+00:23:28 (37.0%)	6:20	9.5 (63.3%)
40	JURCZAK Anna	588	WULKANY MIŁOŚCI	K30-49	40	00:00:14	00:30:55	01:03:31.60	01:03:46.05	+00:23:31 (37.0%)	6:21	9.4 (62.7%)
41	POTERALSKA Alina	681		K30-49	41	00:00:26	00:33:01	01:03:31.75	01:03:57.95	+00:23:31 (37.0%)	6:21	9.4 (62.7%)
42	MAZUR Ewa	644		K30-49	42	00:00:32	00:32:06	01:04:01.25	01:04:34.20	+00:24:01 (37.5%)	6:24	9.4 (62.7%)
43	MISIAK Anna	653	#TEAMZABIEGANEDNI	K30-49	43	00:00:26	00:30:15	01:04:13.95	01:04:40.70	+00:24:14 (37.7%)	6:25	9.3 (62.0%)
44	SOBIECKA Joanna	717		K30-49	44	00:00:25	00:30:49	01:04:24.55	01:04:49.80	+00:24:24 (37.9%)	6:26	9.3 (62.0%)
45	LEGUTKO Anna	625		K30-49	45	00:00:16	00:30:58	01:04:42.10	01:04:58.85	+00:24:42 (38.2%)	6:28	9.3 (62.0%)
46	SZYLKIN-WEJNER Agnieszka	789		K30-49	46	00:00:14	00:32:04	01:05:04.05	01:05:18.55	+00:25:04 (38.5%)	6:30	9.2 (61.3%)
46	ZIELINSKA Gosia	768		K30-49	47	00:00:14	00:32:05	01:05:04.05	01:05:18.65	+00:25:04 (38.5%)	6:30	9.2 (61.3%)
48	KWIATKOWSKA Luiza	623		K30-49	48	00:00:11	00:30:30	01:05:14.95	01:05:26.25	+00:25:15 (38.7%)	6:31	9.2 (61.3%)
49	MACEJKA Joanna	760		K30-49	49	00:00:16	00:31:33	01:05:28.00	01:05:44.75	+00:25:28 (38.9%)	6:32	9.2 (61.3%)
50	BELCZYK Katarzyna	515		K30-49	50	00:00:39	00:33:23	01:05:37.75	01:06:17.45	+00:25:37 (39.1%)	6:33	9.1 (60.7%)
51	JACKOWSKA Anna	782		K30-49	51	00:00:34	00:34:11	01:05:46.65	01:06:20.95	+00:25:46 (39.2%)	6:34	9.1 (60.7%)
52	CEBULSKA Agnieszka	530		K30-49	52	00:00:33	00:33:59	01:05:58.55	01:06:31.55	+00:25:58 (39.4%)	6:35	9.1 (60.7%)
53	KOŁACZ Ania	600	BABECZKI Z BIELAN	K30-49	53	00:00:31	00:32:09	01:06:04.85	01:06:36.70	+00:26:04 (39.5%)	6:36	9.1 (60.7%)
54	KRZYŻANOWSKA Agnieszka	615	KASZANKI	K30-49	54	00:00:11	00:31:59	01:06:21.00	01:06:32.90	+00:26:21 (39.7%)	6:38	9 (60.0%)
55	KALBARCZYK Izabella	591	WARSAW RUN CLUB	K30-49	55	00:00:43	00:32:49	01:06:25.65	01:07:08.65	+00:26:25 (39.8%)	6:38	9 (60.0%)
56	KOŁOWIECKA-WILKOS Angela	602	ANGIE_BIEGA	K30-49	56	00:00:24	00:33:31	01:06:55.80	01:07:20.20	+00:26:55 (40.2%)	6:41	9 (60.0%)
57	BUCHOWIECKA Anna	526		K30-49	57	00:00:23	00:33:31	01:06:57.95	01:07:21.80	+00:26:58 (40.3%)	6:41	9 (60.0%)
58	STEFAŃSKA Joanna	721		K30-49	58	00:00:15	00:32:21	01:07:23.65	01:07:39.60	+00:27:23 (40.7%)	6:44	8.9 (59.3%)
59	KOŁODRUB Małgorzata	601	M.I.L.A.	K30-49	59	00:00:33	00:34:01	01:07:54.05	01:08:27.10	+00:27:54 (41.1%)	6:47	8.8 (58.7%)
60	KLIMECKA-AKSAMIT Iga	596	BIEGACZE PÓŁNOCY	K30-49	60	00:00:16	00:32:51	01:08:25.70	01:08:42.55	+00:28:25 (41.5%)	6:50	8.8 (58.7%)
61	MYŚLIBORSKA Olga	658		K30-49	61	00:00:23	00:33:25	01:08:27.25	01:08:50.25	+00:28:27 (41.6%)	6:50	8.8 (58.7%)

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62	JAWORSKA Joanna	582	NESSI TEAM	K30-49	62	00:00:23	00:33:31	01:09:15.35	01:09:39.25	+00:29:15 (42.2%)	6:55	8.7 (58.0%)
63	MRUCZYŃSKA-PIETRUCZANIS Katarzyna	657	WKURW_TEAM / AKTYWNI WĘGRÓW	K30-49	63	00:00:23	00:33:52	01:09:23.10	01:09:46.75	+00:29:23 (42.4%)	6:56	8.6 (57.3%)
64	MIAZEK Joanna	648	DREAM TEAM RUNNERS	K30-49	64	00:00:19	00:34:29	01:09:25.35	01:09:45.15	+00:29:25 (42.4%)	6:56	8.6 (57.3%)
65	KOWALIK Ewa	610	HABAZIE	K30-49	65	00:00:23	00:34:23	01:09:26.70	01:09:49.70	+00:29:26 (42.4%)	6:56	8.6 (57.3%)
66	PIETRZAK Agnieszka	674		K30-49	66	00:00:43	00:35:45	01:09:56.25	01:10:39.85	+00:29:56 (42.8%)	6:59	8.6 (57.3%)
67	OKOŃSKA-ŚWIĄTKOWSKA Lidia	662		K30-49	67	00:00:28	00:34:32	01:10:59.60	01:11:28.00	+00:30:59 (43.7%)	7:06	8.5 (56.7%)
68	ZGORZELSKA Ania	767		K30-49	68	00:00:17	00:35:21	01:11:49.75	01:12:06.80	+00:31:49 (44.3%)	7:10	8.4 (56.0%)
69	JAKUBIAK Karolina	577		K30-49	69	00:00:43	00:35:51	01:11:53.85	01:12:37.00	+00:31:53 (44.4%)	7:11	8.3 (55.3%)
70	UCHEREK Anna	750		K30-49	70	00:00:31	00:33:58	01:11:54.90	01:12:26.70	+00:31:55 (44.4%)	7:11	8.3 (55.3%)
71	GICZAN Paulina	564		K30-49	71	00:00:29	00:35:39	01:12:12.45	01:12:42.20	+00:32:12 (44.6%)	7:13	8.3 (55.3%)
72	BAGIŃSKA Berenika	505	VEGE RUNNERS	K30-49	72	00:00:35	00:33:39	01:12:13.85	01:12:49.60	+00:32:13 (44.6%)	7:13	8.3 (55.3%)
73	MALINOWSKA Magdalena	636		K30-49	73	00:00:22	00:36:05	01:12:49.20	01:13:11.35	+00:32:49 (45.1%)	7:16	8.2 (54.7%)
74	FRYBES Agnieszka	557	FUNDACJA KIERUNEK ULTRA	K30-49	74	00:00:41	00:36:52	01:13:19.45	01:14:01.15	+00:33:19 (45.4%)	7:20	8.2 (54.7%)
75	SZOT Patrycja	734		K30-49	75	00:00:08	00:31:39	01:13:31.55	01:13:40.35	+00:33:31 (45.6%)	7:21	8.2 (54.7%)
76	SKÓRNIIEWSKA Magdalena	710		K30-49	76	00:00:34	00:34:31	01:13:39.10	01:14:13.75	+00:33:39 (45.7%)	7:21	8.1 (54.0%)
77	KIESZEK Kasia	595		K30-49	77	00:00:37	00:37:49	01:14:06.05	01:14:43.80	+00:34:06 (46.0%)	7:24	8.1 (54.0%)
77	PUCIŁOWSKA Natalia	685	CIAŁO I ZDROWO	K30-49	78	00:00:36	00:37:50	01:14:06.05	01:14:42.95	+00:34:06 (46.0%)	7:24	8.1 (54.0%)
79	MRÓZ Anna	656		K30-49	79	00:00:37	00:37:52	01:14:06.90	01:14:44.00	+00:34:07 (46.0%)	7:24	8.1 (54.0%)
80	NOWAK Edyta	661	ALLIANZ RUNNING TEAM	K30-49	80	00:00:36	00:37:50	01:14:07.20	01:14:43.50	+00:34:07 (46.0%)	7:24	8.1 (54.0%)
81	JEZOWSKA Kamila	584		K30-49	81	00:00:40	00:36:16	01:14:32.60	01:15:12.80	+00:34:32 (46.3%)	7:27	8.1 (54.0%)
82	BARTOSIAK Ksenia	511		K30-49	82	00:00:37	00:37:56	01:15:33.20	01:16:10.85	+00:35:33 (47.1%)	7:33	7.9 (52.7%)
83	MIKULICKA Joanna	650		K30-49	83	00:00:12	00:37:01	01:17:46.00	01:17:58.60	+00:37:46 (48.6%)	7:46	7.7 (51.3%)
84	DOKTÓR Dobromiła	546		K30-49	84	00:00:22	00:39:19	01:19:25.10	01:19:47.85	+00:39:25 (49.6%)	7:56	7.6 (50.7%)

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85	TCHOREK Rozalia	745		K30-49	85	00:00:38	00:39:05	01:20:55.35	01:21:33.80	+00:40:55 (50.6%)	8:05	7.4 (49.3%)
86	APOLINARZAK Justyna	504	VEGE RUNNERS	K30-49	86	00:00:35	00:40:24	01:26:06.15	01:26:41.85	+00:46:06 (53.5%)	8:36	7 (46.7%)
87	BORAWSKA Marta	522		K30-49	87	00:00:02	00:46:05	01:33:20.30	01:33:22.30	+00:53:20 (57.1%)	9:20	6.4 (42.7%)
88	KOŚCIELSKA Katarzyna	606		K30-49	88	00:00:48	00:56:22	01:54:28.70	01:55:17.45	+01:14:28 (65.1%)	11:26	5.2 (34.7%)
89	HOŁOWNIA Agata	576	GRUPA BIEGOWA UM W-WA	K30-49	89	02:00:33	00:33:43			+00:13:45	6:44	8.9 (59.3%)

Znaleziono 89 wynik(ów)