



Organizator:
Data:
Miejsce:
Dystans:

Stowarzyszenie Waleczne Serca
2021-10-03
Bydgoszcz
5 km

II BYDGOSKI BIEG PO ODDECH

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	GRECMAN Anna	78		K40	1	00:11:51	00:23:43.85	00:23:46.15		4:44	12.6 (100%)
2	CICHOŃSKA-BAZAK Marzena	36		K40	2	00:12:19	00:25:12.00	00:25:15.10	+00:01:28 (5.9%)	5:02	11.9 (94.4%)
3	FIEGEL Katarzyna	60		K40	3	00:12:48	00:25:44.00	00:25:44.75	+00:01:58 (7.7%)	5:08	11.7 (92.9%)
4	KOLINSKA Sylwia	123		K40	4	00:13:19	00:26:54.65	00:26:58.45	+00:03:12 (11.9%)	5:22	11.2 (88.9%)
5	HAŁAS Ewa	86		K40	5	00:13:24	00:27:06.20	00:27:13.70	+00:03:27 (12.7%)	5:25	11.1 (88.1%)
6	KUJDA Dorota	140		K40	6	00:13:25	00:27:41.35	00:27:46.15	+00:04:00 (14.4%)	5:32	10.8 (85.7%)
7	CABAŃSKA Katarzyna	31		K40	7	00:13:52	00:28:03.55	00:28:14.10	+00:04:27 (15.8%)	5:36	10.7 (84.9%)
8	KUKLIŠOVA Gabriela	141		K40	8	00:14:03	00:28:16.20	00:28:20.85	+00:04:34 (16.2%)	5:39	10.6 (84.1%)
9	ŁANGE Monika	149		K40	9	00:14:28	00:28:30.90	00:28:49.10	+00:05:02 (17.5%)	5:42	10.5 (83.3%)
10	GOŁATTA Magdalena	77		K40	10	00:14:27	00:28:54.35	00:29:13.35	+00:05:27 (18.7%)	5:46	10.4 (82.5%)
11	BOJAŁKOWSKA Krystyna	17		K40	11	00:14:51	00:29:53.10	00:29:57.85	+00:06:11 (20.7%)	5:58	10 (79.4%)
12	WALENTYN Katarzyna	285		K40	12	00:14:55	00:29:48.40	00:29:58.55	+00:06:12 (20.7%)	5:57	10.1 (80.2%)
13	BUREK Dorota	26		K40	13	00:15:18	00:30:11.00	00:30:15.15	+00:06:29 (21.4%)	6:02	9.9 (78.6%)
14	PIECHOWSKA Magdalena	213		K40	14	00:14:57	00:30:36.75	00:30:42.20	+00:06:56 (22.6%)	6:07	9.8 (77.8%)
15	RYDZEWSKA Alina	242		K40	15	00:15:10	00:30:53.50	00:31:09.05	+00:07:22 (23.7%)	6:10	9.7 (77.0%)
16	GIZINSKA Paulina	71		K40	16	00:15:25	00:31:09.45	00:31:13.80	+00:07:27 (23.9%)	6:13	9.6 (76.2%)
17	LEWANDOWSKA Sylwia	157		K40	17	00:16:19	00:32:18.25	00:32:31.90	+00:08:45 (26.9%)	6:27	9.3 (73.8%)
18	TOKARSKA Katarzyna	279		K40	18	00:16:03	00:32:51.50	00:32:57.95	+00:09:11 (27.9%)	6:34	9.1 (72.2%)
19	NOWAKOWSKA Agnieszka	190		K40	19	00:16:05	00:32:58.35	00:33:05.30	+00:09:19 (28.2%)	6:35	9.1 (72.2%)
20	CHUDECKA Beata	34		K40	20	00:16:34	00:33:03.65	00:33:42.70	+00:09:56 (29.5%)	6:36	9.1 (72.2%)
21	DŁUGOŃSKA Beata	47		K40	21	00:16:08	00:33:57.85	00:34:03.80	+00:10:17 (30.2%)	6:47	8.8 (69.8%)
22	NOWICKA Tatiana	193		K40	22	00:16:51	00:34:13.35	00:34:50.70	+00:11:04 (31.8%)	6:50	8.8 (69.8%)
23	TEMPSKA Agnieszka	277		K40	23	00:17:13	00:34:56.05	00:35:02.40	+00:11:16 (32.2%)	6:59	8.6 (68.3%)
24	MILEWSKA Violetta	182		K40	24	00:17:07	00:35:28.80	00:35:33.60	+00:11:47 (33.2%)	7:05	8.5 (67.5%)
25	PARADOWSKA Katarzyna	208		K40	25	00:15:50	00:35:51.85	00:35:51.85	+00:12:05 (33.7%)	7:10	8.4 (66.7%)
26	WIECZOREK Justyna	289		K40	26	00:18:26	00:35:59.55	00:36:25.80	+00:12:39 (34.8%)	7:11	8.3 (65.9%)
27	DUSZYŃSKA Katarzyna	58		K40	27	00:18:11	00:37:03.55	00:37:17.60	+00:13:31 (36.3%)	7:24	8.1 (64.3%)
28	ŻYWICA Joanna	320		K40	28	00:18:39	00:37:05.30	00:37:30.85	+00:13:44 (36.6%)	7:25	8.1 (64.3%)
29	KUJAWA Agnieszka	139		K40	29	00:18:13	00:37:37.35	00:37:57.75	+00:14:11 (37.4%)	7:31	8 (63.5%)
30	STELLER Agnieszka	264		K40	30	00:19:44	00:38:07.00	00:38:27.40	+00:14:41 (38.2%)	7:37	7.9 (62.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
31	POKORSKA KAWA Justyna	219		K40	31	00:18:43	00:38:05.75	00:38:45.70	+00:14:59 (38.7%)	7:37	7.9 (62.7%)
32	WÓJCIK Anna	304		K40	32	00:18:32	00:38:44.15	00:38:48.30	+00:15:02 (38.7%)	7:44	7.7 (61.1%)
33	BUŚKO Karolina	27		K40	33	00:19:36	00:38:25.60	00:39:12.15	+00:15:26 (39.4%)	7:41	7.8 (61.9%)
34	JAROCH Magdalena	101		K40	34	00:19:13	00:39:05.15	00:39:18.75	+00:15:32 (39.5%)	7:49	7.7 (61.1%)
35	PIWECKA Karolina	217		K40	35	00:19:27	00:39:08.50	00:39:31.30	+00:15:45 (39.9%)	7:49	7.7 (61.1%)
36	WOJCIECHOWSKA Monika	298		K40	36	00:18:50	00:39:17.60	00:39:39.55	+00:15:53 (40.1%)	7:51	7.6 (60.3%)
37	PRYBIŃSKA-MARCINIAK Anna	225		K40	37	00:19:59	00:40:03.90	00:40:12.90	+00:16:26 (40.9%)	8:00	7.5 (59.5%)
38	GROCHOWSKA Karolina	79		K40	38	00:20:16	00:41:01.40	00:41:18.85	+00:17:32 (42.5%)	8:12	7.3 (57.9%)
39	STRZYŻOWSKA Monika	265		K40	39	00:18:36	00:40:49.50	00:41:30.35	+00:17:44 (42.7%)	8:09	7.3 (57.9%)
40	ZARĘBA Joanna	313		K40	40	00:21:01	00:42:22.85	00:42:46.60	+00:19:00 (44.4%)	8:28	7.1 (56.3%)
41	RUTKOWSKA Karolina	323		K40	41	00:20:22	00:42:48.15	00:42:52.90	+00:19:06 (44.6%)	8:33	7 (55.6%)
42	RĘDZINA Agnieszka	231		K40	42	00:21:39	00:43:54.30	00:44:29.05	+00:20:42 (46.6%)	8:46	6.8 (54.0%)
43	HORKA Izabela	90		K40	43	00:22:08	00:45:17.10	00:45:39.60	+00:21:53 (47.9%)	9:03	6.6 (52.4%)
44	MLICKA Agnieszka	185		K40	44	00:25:18	00:50:51.10	00:51:12.05	+00:27:25 (53.6%)	10:10	5.9 (46.8%)
45	SŁOMSKA Monika	249		K40	45	00:26:47	00:52:37.55	00:53:14.85	+00:29:28 (55.4%)	10:31	5.7 (45.2%)
46	WIŚNIEWSKA Agnieszka	292		K40	46	00:27:23	00:53:25.70	00:54:01.95	+00:30:15 (56.0%)	10:41	5.6 (44.4%)
47	OLECHNOWICZ Ana	200		K40	47	00:27:23	00:53:26.80	00:54:02.60	+00:30:16 (56.0%)	10:41	5.6 (44.4%)
	SPANCERSKA Dagmara	256		K40		00:34:01 DNF	DNF	DNF		-	- (0.0%)

Znaleziono 48 wynik(ów)