

# III BIEG POGOŃ RAKA - SZCZECIN

B4SPORT  
INTELEGENTNE ZAWODY SPORTOWE

**Organizator:** Stowarzyszenie Walki z Rakiem Płuca Oddział Szczecin  
**Data:** 2019-10-05  
**Miejsce:** Szczecin  
**Dystans:** 5 km

**B4SPORT**  
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: K30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	FIENKO Katarzyna	95		K30	1	00:00:01	00:23:26.30	00:23:28.20		4:41	12.8
2	IZWIKOW Monika	602		K30	2	00:00:03	00:24:23.55	00:24:27.15	+00:00:57	4:52	12.3
3	GÓRECKA-PAWLAK Edyta	116		K30	3	00:00:03	00:24:47.35	00:24:50.95	+00:01:21	4:57	12.1
4	FIEDOROWICZ Katarzyna	93		K30	4	00:00:07	00:25:11.20	00:25:18.75	+00:01:44	5:02	11.9
5	PASZKOWSKA Magdalena	370		K30	5	00:00:01	00:25:55.80	00:25:57.55	+00:02:29	5:11	11.6
6	STROKA Małgosia	481		K30	6	00:00:04	00:26:53.55	00:26:57.85	+00:03:27	5:22	11.2
7	JEMIELITY Julita	161		K30	7	00:00:06	00:27:05.15	00:27:11.30	+00:03:38	5:25	11.1
8	RZYMSKA Marta	434		K30	8	00:00:23	00:27:17.00	00:27:40.15	+00:03:50	5:27	11
9	MILCZANOWSKA Magdalena	325		K30	9	00:00:07	00:27:20.10	00:27:27.70	+00:03:53	5:28	11
10	CZARNULA Czarna	61	WIECZORNE BIEGANIE W GRYFINIE	K30	10	00:00:15	00:27:20.50	00:27:35.55	+00:03:54	5:28	11
11	MATUSZAK Justyna	313	RUNDORFINA	K30	11	00:00:12	00:27:30.75	00:27:43.70	+00:04:04	5:30	10.9
12	SAKOWSKA-CARŁO Magda	435	WIECZORNE BIEGANIE W SZCZECINIE	K30	12	00:00:07	00:27:35.50	00:27:42.70	+00:04:09	5:31	10.9
13	SEŃ Agata	442		K30	13	00:00:45	00:27:47.10	00:28:32.95	+00:04:20	5:33	10.8
14	KARWOWSKA-DĄBROWSKA Karolina	183		K30	14	00:00:24	00:28:00.10	00:28:24.40	+00:04:33	5:36	10.7
15	KOIS Ewa	197		K30	15	00:00:05	00:28:00.45	00:28:06.30	+00:04:34	5:36	10.7
16	KIESZKOWSKA Barbara	189		K30	16	00:00:11	00:28:01.30	00:28:12.85	+00:04:35	5:36	10.7
17	HOLLIŃSKA Kinga	138		K30	17	00:00:44	00:28:04.65	00:28:49.55	+00:04:38	5:37	10.7
18	NATALCZYK Ewelina	341		K30	18	00:00:01	00:28:06.40	00:28:07.75	+00:04:40	5:37	10.7
19	KONOPACKA Paulina	204		K30	19	00:00:02	00:28:14.15	00:28:16.65	+00:04:47	5:38	10.6
20	TURCZYK Marta	522		K30	20	00:00:04	00:28:15.15	00:28:19.85	+00:04:48	5:39	10.6
21	SULŻYŃSKA-KOWALCZYK Iza	485		K30	21	00:00:13	00:28:17.15	00:28:30.55	+00:04:50	5:39	10.6
22	PUPEK Małgorzata	410		K30	22	00:00:13	00:28:48.85	00:29:02.40	+00:05:22	5:45	10.4
23	MIKOŁAJCZYK Kinga	324	TRIGYM SZCZECIN	K30	23	00:00:18	00:28:59.50	00:29:17.60	+00:05:33	5:47	10.4
24	GUGAŁA Monika	126		K30	24	00:00:16	00:29:01.95	00:29:18.55	+00:05:35	5:48	10.3
25	IZNEROWICZ Monika	6	WIECZORNE BIEGANIE W SZCZECINIE	K30	25	00:00:13	00:29:08.65	00:29:22.45	+00:05:42	5:49	10.3
26	NADOBNA Kamila	340	STARGARD JA SIĘ NIEŚCIGAM	K30	26	00:00:09	00:29:09.00	00:29:18.85	+00:05:42	5:49	10.3
27	URBAŃSKA-IZYDORCZYK Kinga	528		K30	27	00:00:10	00:29:10.10	00:29:20.60	+00:05:43	5:50	10.3
28	WÓJCIK Aleksandra	577		K30	28	00:00:11	00:29:24.60	00:29:36.35	+00:05:58	5:53	10.2
29	WITKOWSKA Kamila	556		K30	29	00:00:12	00:29:38.75	00:29:50.90	+00:06:12	5:55	10.1
30	POGORZELSKA Sylwia	401	WIECZORNE BIEGANIE W SZCZECINIE	K30	30	00:00:05	00:29:39.30	00:29:44.75	+00:06:13	5:55	10.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
31	GUZIAK Joanna	129		K30	31	00:00:49	00:29:43.40	00:30:32.55	+00:06:17	5:56	10.1
32	ROJEK Katarzyna	420		K30	32	00:00:41	00:29:48.00	00:30:29.95	+00:06:21	5:57	10.1
33	PIERZAKOWSKA Agnieszka	383	SZALONE MAMUŚKI	K30	33	00:00:35	00:29:53.95	00:30:29.55	+00:06:27	5:58	10
34	KALINOWSKA Karolina	171		K30	34	00:00:40	00:29:54.45	00:30:35.20	+00:06:28	5:59	10
35	ROPIAK Renata	424		K30	35	00:00:40	00:29:54.85	00:30:35.35	+00:06:28	5:59	10
36	SZOKA-PAWLAK Pati	500		K30	36	00:00:43	00:30:08.35	00:30:52.05	+00:06:42	6:01	10
37	WATEMBORSKA Agnieszka	536		K30	37	00:00:16	00:30:41.25	00:30:57.85	+00:07:14	6:08	9.8
38	BUGORSKA Agata	41		K30	38	00:00:46	00:30:44.65	00:31:30.80	+00:07:18	6:08	9.8
39	KŁYSIEWICZ Anna	195		K30	39	00:00:07	00:30:54.95	00:31:02.35	+00:07:28	6:11	9.7
40	JASIŃSKA Natalia	157	EXTREME WOLF	K30	40	00:00:10	00:30:55.45	00:31:06.05	+00:07:29	6:11	9.7
41	WISZKA Marta	551		K30	41	00:00:19	00:30:57.45	00:31:16.85	+00:07:31	6:11	9.7
42	SOBCZAK-KUFEL Ilona	463		K30	42	00:00:18	00:30:57.90	00:31:16.75	+00:07:31	6:11	9.7
43	SZAJEK Marta	489	HULK TEAM POLICE	K30	43	00:00:03	00:30:58.45	00:31:02.35	+00:07:32	6:11	9.7
44	LEJKOWSKA Daria	265		K30	44	00:00:39	00:31:10.55	00:31:50.35	+00:07:44	6:14	9.6
45	KACZMAREK Arleta	168	KOBIECE BIEGANIE	K30	45	00:00:16	00:31:20.95	00:31:37.70	+00:07:54	6:16	9.6
46	GAWRYSIAK Ewa	607		K30	46	00:00:17	00:31:21.70	00:31:39.25	+00:07:55	6:16	9.6
47	MARKANICZ Marlena	308	STARGARD JA SIĘ NIE ŚCIGAM	K30	47	00:00:21	00:31:25.85	00:31:47.70	+00:07:59	6:17	9.5
48	KUBIAK Ewelina	243	WIECZORNE BIEGANIE W SZCZECINIE	K30	48	00:00:06	00:31:37.05	00:31:43.70	+00:08:10	6:19	9.5
49	MARCINKIEWICZ-ZIOMEK Oliwia	306	MISIA JOGI	K30	49	00:00:13	00:31:47.55	00:32:00.90	+00:08:21	6:21	9.4
50	CIEŚLA Agnieszka	565		K30	50	00:00:25	00:31:50.90	00:32:16.65	+00:08:24	6:22	9.4
51	KUPNIEWSKA Aleksandra	251	KOMPAS TEAM	K30	51	00:00:17	00:31:51.05	00:32:08.40	+00:08:24	6:22	9.4
52	GROOŃ Justyna	418		K30	52	00:00:26	00:31:51.35	00:32:18.20	+00:08:25	6:22	9.4
53	JACYKOWSKA Angelika	147		K30	53	00:00:07	00:31:52.35	00:31:59.45	+00:08:26	6:22	9.4
54	KUDLA Gosia	245		K30	54	00:00:07	00:31:56.70	00:32:03.90	+00:08:30	6:23	9.4
55	MICHALSKA Magda	323	EXTREME WOLF	K30	55	00:00:18	00:32:11.50	00:32:29.95	+00:08:45	6:26	9.3
56	DOMAGAŁA Ewa	78		K30	56	00:00:09	00:32:23.95	00:32:33.30	+00:08:57	6:28	9.3
57	KRUPA Paulina	236		K30	57	00:00:06	00:32:51.15	00:32:57.30	+00:09:24	6:34	9.1
58	ZIOŁO Katarzyna	594		K30	58	00:00:11	00:32:55.40	00:33:07.10	+00:09:29	6:35	9.1
59	DZIĘCIOŁ Kasia	89		K30	59	00:00:15	00:32:55.90	00:33:11.85	+00:09:29	6:35	9.1
60	MIŚNIK Zofia	331		K30	60	00:00:24	00:33:00.25	00:33:24.85	+00:09:33	6:36	9.1
61	GRZEBYTA Patrycja	124		K30	61	00:00:37	00:33:10.80	00:33:48.55	+00:09:44	6:38	9
62	KRUSIŃSKA Paulina	238		K30	62	00:00:23	00:33:14.75	00:33:38.35	+00:09:48	6:39	9
63	BARAŃSKA Anna	16		K30	63	00:00:19	00:33:19.65	00:33:39.30	+00:09:53	6:40	9
64	MADELSKA Katarzyna	294		K30	64	00:00:03	00:33:25.95	00:33:29.50	+00:09:59	6:41	9
65	MAJOS Justyna	298		K30	65	00:00:07	00:33:35.05	00:33:42.15	+00:10:08	6:43	8.9
66	KUKLINOWSKA Alicja	247		K30	66	00:00:06	00:33:35.55	00:33:42.15	+00:10:09	6:43	8.9
67	WALENT Marta	530		K30	67	00:00:47	00:33:49.35	00:34:37.30	+00:10:23	6:46	8.9
68	KLEJNOWSKA Kamila	191	STARGARD JA SIĘ NIE ŚCIGAM	K30	68	00:00:10	00:34:21.50	00:34:31.55	+00:10:55	6:52	8.7
69	DĄBROWSKA Katarzyna	65	RUNDORFINA	K30	69	00:00:30	00:34:28.50	00:34:58.90	+00:11:02	6:53	8.7
70	TURKIEWICZ Monika	523		K30	70	00:00:26	00:34:36.60	00:35:03.05	+00:11:10	6:55	8.7
71	SYDOR Katarzyna	488	RUNDORFINA	K30	71	00:00:12	00:34:40.30	00:34:52.40	+00:11:14	6:56	8.7
72	ŚWIĄTEK Joanna	509		K30	72	00:00:46	00:34:50.10	00:35:36.95	+00:11:23	6:58	8.6
73	ROMAŃSKA Joanna	423		K30	73	00:00:21	00:35:03.25	00:35:24.40	+00:11:36	7:00	8.6
74	TOŁKACZ Karolina	516	SZCZECIN	K30	74	00:00:25	00:35:25.00	00:35:50.20	+00:11:58	7:05	8.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
75	WIETRZYŃSKA Agnieszka	543	MASZ PRZEBIEGANE	K30	75	00:00:39	00:35:25.60	00:36:04.85	+00:11:59	7:05	8.5
76	IWANIUK Małgorzata	144	WIECZORNE BIEGANIE W SZCZECINIE	K30	76	00:00:23	00:35:26.15	00:35:50.10	+00:11:59	7:05	8.5
77	KWIATKOWSKA Julita	260		K30	77	00:00:22	00:35:28.25	00:35:50.70	+00:12:01	7:05	8.5
78	BŁOGOWSKA Kasia	32	WIECZORNE BIEGANIE W SZCZECINIE	K30	78	00:00:24	00:35:58.10	00:36:22.20	+00:12:31	7:11	8.3
79	PAŹDZIOR Paulina	375		K30	79	00:00:09	00:35:59.25	00:36:09.15	+00:12:32	7:12	8.3
80	KLIMEK Aleksandra	194		K30	80	00:00:25	00:36:09.85	00:36:35.60	+00:12:43	7:14	8.3
81	ANDRZEJSKA Sylwia	10		K30	81	00:00:36	00:36:11.50	00:36:47.75	+00:12:45	7:14	8.3
82	HUDECKA Evelyn	140		K30	82	00:00:25	00:36:11.85	00:36:37.60	+00:12:45	7:14	8.3
83	HURKO-PIOTROWSKA Paulina	141		K30	83	00:00:31	00:36:29.45	00:37:01.00	+00:13:03	7:18	8.2
84	PŁOSA Monika	397		K30	84	00:00:38	00:37:10.35	00:37:48.70	+00:13:44	7:26	8.1
85	PRZYBYSZ Katarzyna	407		K30	85	00:00:34	00:37:13.90	00:37:48.25	+00:13:47	7:26	8.1
86	RUDOWICZ-GANCARZ Agata	428	DRUŻYNA G	K30	86	00:00:31	00:37:21.25	00:37:52.50	+00:13:54	7:28	8
87	HERIAN Gosia	137		K30	87	00:00:33	00:37:35.85	00:38:08.95	+00:14:09	7:31	8
88	ŁUCZYŃSKA Katarzyna	281	WIECZORNE BIEGANIE W SZCZECINIE	K30	88	00:00:33	00:37:36.20	00:38:09.30	+00:14:09	7:31	8
89	MAHACZEK Karolina	295		K30	89	00:00:08	00:37:38.90	00:37:47.60	+00:14:12	7:31	8
90	REDLARSKA Anna	415	KOBIECE BIEGANIE	K30	90	00:00:25	00:37:49.25	00:38:14.40	+00:14:22	7:33	7.9
91	BIAŁOWĄS Alicja	26		K30	91	00:00:46	00:37:54.40	00:38:41.15	+00:14:28	7:35	7.9
92	KARCZMARCZYK Adriana	180	SISTERS	K30	92	00:00:23	00:37:58.50	00:38:21.55	+00:14:32	7:35	7.9
93	WŚCISEŁ Karolina	582		K30	93	00:00:41	00:38:24.30	00:39:05.35	+00:14:58	7:40	7.8
94	PIOTROWSKA Izabela	390	DMUCHAWIEC	K30	94	00:00:31	00:39:32.90	00:40:04.35	+00:16:06	7:54	7.6
95	PUZIO Hania	411		K30	95	00:00:46	00:39:37.60	00:40:24.15	+00:16:11	7:55	7.6
96	BURDA Marlena	45	WIECZORNE BIEGANIE W SZCZECINIE	K30	96	00:00:42	00:40:02.45	00:40:44.50	+00:16:36	8:00	7.5
97	STANEJKO Agata	469		K30	97	00:00:42	00:40:32.45	00:41:15.15	+00:17:06	8:06	7.4
98	WAMKA Anna	531		K30	98	00:00:39	00:40:48.70	00:41:28.00	+00:17:22	8:09	7.3
99	WIKTOROWSKA Katarzyna	544		K30	99	00:00:36	00:40:56.10	00:41:32.35	+00:17:29	8:11	7.3
100	KRÓL Magdalena	231		K30	100	00:00:50	00:40:57.45	00:41:48.10	+00:17:31	8:11	7.3
101	KIELISZEK Anna	188	WIECZORNE BIEGANIE W SZCZECINIE	K30	101	00:00:51	00:41:07.95	00:41:59.00	+00:17:41	8:13	7.3
102	RUDZIK Gabriela	430		K30	102	00:00:20	00:41:40.65	00:42:01.35	+00:18:14	8:20	7.2
103	SZUĆKO Ilona	502		K30	103	00:00:43	00:42:50.15	00:43:33.65	+00:19:23	8:34	7
104	HORBA Agnieszka	139		K30	104	00:00:45	00:43:01.40	00:43:46.55	+00:19:35	8:36	7
105	SETA Krysia	444	MONIA GYM	K30	105	00:00:52	00:45:36.45	00:46:28.95	+00:22:10	9:07	6.6
106	MUĆKO Iwona	200		K30	106	00:00:52	00:45:36.90	00:46:29.15	+00:22:10	9:07	6.6
107	GARNCAREK Monika	105	DMUCHAWIEC GOLENIÓW	K30	107	00:00:32	00:45:37.15	00:46:09.65	+00:22:10	9:07	6.6
108	KOPYŚ Magdalena	208		K30	108	00:00:27	00:49:49.10	00:50:16.80	+00:26:22	9:57	6
DQ	STUPNICZKA Monika	483		K30		DQ	00:23:15.40 DQ	DQ		0:00	12.9

Znaleziono 109 wynik(ów)