

# 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: K40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	GOCZEWSKA Joanna	110		K40	1	00:00:02	00:24:56.05	00:24:58.85		4:59	12
2	ZAPOR Anna	586		K40	2	00:00:47	00:25:17.50	00:26:04.65	+00:00:21	5:03	11.9
3	ŚWIATOWIEC Anna	508		K40	3	00:00:05	00:25:50.60	00:25:56.30	+00:00:54	5:10	11.6
4	ŁĄCZAK Justyna	262	ASSECO ACTIVE TEAM	K40	4	00:00:13	00:26:15.95	00:26:29.35	+00:01:19	5:15	11.4
5	TADYCH Beata	513		K40	5	00:00:12	00:26:35.40	00:26:48.35	+00:01:39	5:19	11.3
6	BĄCIK Aneta	21		K40	6	00:00:08	00:27:17.60	00:27:25.90	+00:02:21	5:27	11
7	WIŚNIEWSKA Marta	554	WIECZORNE BIEGANIE W SZCZECINIE	K40	7	00:00:11	00:27:31.25	00:27:43.05	+00:02:35	5:30	10.9
8	CHODAK Monika	51	HUSARIA RACE TEAM	K40	8	00:00:10	00:27:39.20	00:27:50.05	+00:02:43	5:32	10.8
9	KRUCZKOWSKA Agnieszka	233		K40	9	00:00:10	00:28:11.10	00:28:21.55	+00:03:15	5:38	10.6
10	NIEWADZIK Ula	343		K40	10	00:00:26	00:28:17.90	00:28:44.05	+00:03:21	5:39	10.6
11	TOKARCZYK Marta	515		K40	11	00:00:41	00:28:58.00	00:29:39.80	+00:04:01	5:47	10.4
12	KRAŚNIEWSKA Bożena	225		K40	12	00:00:13	00:29:00.30	00:29:13.50	+00:04:04	5:48	10.3
13	STACHOWICZ-HAWRYLAK Sylwia	467	ZACHPOM.CENTRUM ONKOLOGII	K40	13	00:00:31	00:29:20.65	00:29:52.55	+00:04:24	5:52	10.2
14	CAŁKA Barbara	46	KOBIECE BIEGANIE	K40	14	00:00:16	00:29:28.60	00:29:44.85	+00:04:32	5:53	10.2
15	ŁODZIATO Magdalena	280	TURKEYS TEAM	K40	15	00:00:12	00:29:50.30	00:30:02.45	+00:04:54	5:58	10.1
16	ŁUKASIEWICZ Agnieszka	282		K40	16	00:00:13	00:29:56.05	00:30:09.90	+00:05:00	5:59	10
17	KOSIŃSKA Agnieszka	213	SCTP	K40	17	00:00:05	00:30:21.55	00:30:26.90	+00:05:25	6:04	9.9
18	MACIASZCZYK Ewa	288	WIECZORNE BIEGANIE W SZCZECINIE	K40	18	00:00:06	00:30:30.75	00:30:37.10	+00:05:34	6:06	9.8
19	DZIWIŚZ Bogusia	90		K40	19	00:00:36	00:30:36.60	00:31:13.35	+00:05:40	6:07	9.8
20	KRUSZEWICZ Dalida	239	AMPIO TEAM	K40	20	00:00:35	00:30:50.80	00:31:26.05	+00:05:54	6:10	9.7
21	ŚLUSARZ Iwona	507		K40	21	00:00:42	00:30:53.60	00:31:35.75	+00:05:57	6:10	9.7
22	ZIELIŃSKA Ludmiła	590	KB WIKON NOWA SÓL	K40	22	00:00:18	00:31:11.55	00:31:30.30	+00:06:15	6:14	9.6
23	PŁACHTA Monika	396	KOBIECE BIEGANIE	K40	23	00:00:17	00:31:20.85	00:31:37.85	+00:06:24	6:16	9.6
24	KOZINIEC Ewelina	220	DRUŻYNA FILIPA	K40	24	00:00:07	00:31:25.70	00:31:33.25	+00:06:29	6:17	9.5
25	ŚWITALSKA Edyta	512	SCTP	K40	25	00:00:28	00:31:34.10	00:32:02.30	+00:06:38	6:18	9.5
26	KOŚCIŃSKA Elżbieta	215	WOJSKOWY KLUB HDK	K40	26	00:00:12	00:31:37.45	00:31:50.35	+00:06:41	6:19	9.5
27	MANOWIECKA Aleksandra	606		K40	27	00:00:09	00:31:42.55	00:31:51.60	+00:06:46	6:20	9.5
28	WERYK Jadwiga	541	NA WZGORZU	K40	28	00:00:15	00:31:55.80	00:32:10.85	+00:06:59	6:23	9.4
29	KULEWSKA Joanna	248	NORDICOWELOVE POLICE	K40	29	00:00:22	00:32:00.60	00:32:23.45	+00:07:04	6:24	9.4
30	DROZDEK Joanna	81	KOMPAS TEAM	K40	30	00:00:17	00:32:01.40	00:32:19.10	+00:07:05	6:24	9.4

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31	JUSZKIEWICZ Małgorzata	164	FIZJOBIEGACZE SZCZECIN	K40	31	00:00:29	00:32:05.80	00:32:35.20	+00:07:09	6:25	9.3
32	GÓRSKA Agnieszka	117	KLUB BIEGOWY DZIK	K40	32	00:00:23	00:32:45.75	00:33:09.45	+00:07:49	6:33	9.2
33	GABERT Beata	98	RAZ SZCZECIN	K40	33	00:00:14	00:32:50.10	00:33:04.20	+00:07:54	6:34	9.1
34	MAZURAK Joanna	318		K40	34	00:00:34	00:33:06.80	00:33:41.55	+00:08:10	6:37	9.1
35	PSUTY Wioletta	408		K40	35	00:00:24	00:33:15.55	00:33:39.90	+00:08:19	6:39	9
36	MAŁKOWSKA Ewa	303		K40	36	00:00:05	00:33:29.40	00:33:35.25	+00:08:33	6:42	9
37	KACZMAREK Kamila	167	BIZON DERCZEWO	K40	37	00:00:09	00:33:51.60	00:34:00.90	+00:08:55	6:46	8.9
38	ALEKSANDRUK-DUTKIEWICZ Agnieszka	9		K40	38	00:00:23	00:34:00.15	00:34:23.15	+00:09:04	6:48	8.8
39	BOROWSKA Magdalena	305		K40	39	00:00:21	00:34:01.75	00:34:22.80	+00:09:05	6:48	8.8
40	RUTKOWSKA Justyna	431		K40	40	00:00:28	00:34:05.10	00:34:33.30	+00:09:09	6:49	8.8
41	ŁYCZEK Agata	285		K40	41	00:00:29	00:34:37.35	00:35:07.10	+00:09:41	6:55	8.7
42	KOLASA Agnieszka	199		K40	42	00:00:39	00:34:37.95	00:35:17.65	+00:09:41	6:55	8.7
43	LASKOWSKA Beata	261		K40	43	00:00:12	00:34:39.65	00:34:52.30	+00:09:43	6:56	8.7
44	PIOTROWSKA Dorota	389	AMPIO TEAM	K40	44	00:00:34	00:34:43.20	00:35:17.65	+00:09:47	6:56	8.6
45	ORSZULSKA Magdalena	358	WIECZORNE BIEGANIE W SZCZECINIE	K40	45	00:00:13	00:35:37.65	00:35:50.70	+00:10:41	7:07	8.4
46	OLEJNIK Agnieszka	352		K40	46	00:00:20	00:35:40.45	00:36:00.80	+00:10:44	7:08	8.4
47	NOWAK Aneta	348	NORDICOWELOVE POLICE	K40	47	00:00:23	00:35:41.15	00:36:04.45	+00:10:45	7:08	8.4
48	KUSZYK Małgorzata	255	AUTONOMICZNA AKADEMIA AIKIDO SZCZECIN	K40	48	00:00:31	00:36:09.70	00:36:40.85	+00:11:13	7:13	8.3
49	DĘBICKA Iwona	73		K40	49	00:00:19	00:36:39.45	00:36:58.75	+00:11:43	7:19	8.2
50	JASIŃSKA Lidia	158		K40	50	00:00:19	00:36:39.70	00:36:58.75	+00:11:43	7:19	8.2
51	PIERŚCIŃSKA Marzena	381		K40	51	00:00:18	00:36:44.85	00:37:02.85	+00:11:48	7:20	8.2
52	MEDZIŃSKA Małgorzata	319		K40	52	00:00:18	00:37:15.95	00:37:34.55	+00:12:19	7:27	8.1
53	KURASIŃSKA Dorota	252	RAZ	K40	53	00:00:29	00:37:24.30	00:37:53.75	+00:12:28	7:28	8
54	HARWAT Katarzyna	134		K40	54	00:00:30	00:37:29.05	00:37:59.70	+00:12:33	7:29	8
54	WISNIEWSKA Agnieszka	550		K40	54	00:00:30	00:37:29.05	00:37:59.60	+00:12:33	7:29	8
56	WELENS Anna	540		K40	56	00:00:33	00:37:35.60	00:38:09.30	+00:12:39	7:31	8
57	MALEC Edyta	299	STARGARDZKI KLUB MORSOW MIEDWIANIE	K40	57	00:00:25	00:37:48.85	00:38:14.20	+00:12:52	7:33	7.9
58	PIEKARSKA Wioletta	379	GORAŃCE CZAJNIKI	K40	58	00:00:07	00:38:28.70	00:38:35.95	+00:13:32	7:41	7.8
59	KUJAWSKA Irmína	246		K40	59	00:00:06	00:39:25.50	00:39:31.65	+00:14:29	7:53	7.6
60	PADOK Magdalena	364	SISTERS	K40	60	00:00:24	00:40:30.60	00:40:55.20	+00:15:34	8:06	7.4
61	ŚWIGOST Beata	511		K40	61	00:00:09	00:40:36.80	00:40:46.35	+00:15:40	8:07	7.4
62	TADYCH Beata	609		K40	62	00:00:20	00:41:19.50	00:41:40.05	+00:16:23	8:16	7.3
63	MALINOWSKA-WASILUK Agnieszka	300		K40	63	00:00:26	00:42:06.70	00:42:33.25	+00:17:10	8:25	7.1
64	KAROL Anna	181		K40	64	00:00:48	00:42:20.10	00:43:08.50	+00:17:24	8:28	7.1
65	BIELECKA Monika	28	TUPTUP TEAM	K40	65	00:00:49	00:43:40.05	00:44:29.05	+00:18:44	8:44	6.9
66	ROSZATYCKA-KRAUSE Agnieszka	425	DMUCHAWIEC GOLENIÓW	K40	66	00:00:32	00:45:37.35	00:46:09.65	+00:20:41	9:07	6.6
67	LEWAK Katarzyna	273	LEWACZKI TEAM	K40	67	00:00:32	00:46:55.50	00:47:27.75	+00:21:59	9:23	6.4
DQ	SZCZEPANSKA Anna	494		K40		DQ	00:22:11.05 DQ	DQ		0:00	13.5

Znaleziono 68 wynik(ów)