BIAŁOŁĘCKI BIEG WOLNOŚCI

Organizator: Urząd Dzielnicy Białołęka m.st. Warszawa
Data: 2022-12-11
Miejsce: Warszawa
Dystans: 13 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K3 40-49 lat

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkańcy Białołęki	Pracownicy Służby Więziennej	0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
1	**KAŹMIERCZAK Marta**	**197**	DREAM RUN	K3 40-49 lat	1			00:00:21	00:17:13	00:34:16	**00:51:21.30**	**00:51:21.30**		3:57	15.2 (100%)
2	**TYM Joanna**	**471**	LIPIEC RUNNING TEAM	K3 40-49 lat	2			00:00:28	00:20:29	00:41:10	**01:01:44.00**	**01:01:44.00**	+00:10:22 (16.8%)	4:44	12.6 (82.9%)
3	**SERAFIN-GORSZKOWSKA Paulina**	**385**	140MINUT.PL	K3 40-49 lat	3		Tak	00:00:35	00:21:15	00:42:00	**01:02:36.50**	**01:02:36.50**	+00:11:15 (18.0%)	4:48	12.5 (82.2%)
4	**KOWALIKOWSKA Renata**	**229**	BIEGAM NA TARCHOMINIE	K3 40-49 lat	4	Tak		00:00:28	00:20:31	00:41:38	**01:02:53.00**	**01:02:53.00**	+00:11:31 (18.3%)	4:50	12.4 (81.6%)
5	**WÓJCIK Monika**	**498**	ADIDAS RUNNERS WARSAW	K3 40-49 lat	5	Tak		00:00:45	00:22:16	00:43:18	**01:04:08.40**	**01:04:08.40**	+00:12:47 (19.9%)	4:56	12.2 (80.3%)
6	**SZYSZKO Ewa**	**448**	MARKOWI BIEGACZE	K3 40-49 lat	6			00:00:29	00:21:03	00:42:29	**01:04:21.95**	**01:04:21.95**	+00:13:00 (20.2%)	4:57	12.1 (79.6%)
7	**KALICZYŃSKA Wioletta**	**175**	PROJEKT1000UP	K3 40-49 lat	7		Tak	00:00:36	00:21:20	00:43:17	**01:05:20.15**	**01:05:20.15**	+00:13:58 (21.4%)	5:01	11.9 (78.3%)
8	**ŻURANIEWSKA Agnieszka**	**521**		K3 40-49 lat	8	Tak		00:00:49	00:22:20	00:44:20	**01:06:24.90**	**01:06:24.90**	+00:15:03 (22.7%)	5:06	11.7 (77.0%)
9	**KAPUŚCIAREK Elżbieta**	**184**		K3 40-49 lat	9			00:00:46	00:22:40	00:45:12	**01:07:34.25**	**01:07:34.25**	+00:16:12 (24.0%)	5:11	11.5 (75.7%)
10	**SIEWRUK Katarzyna**	**389**	WARSAW RUN CLUB	K3 40-49 lat	10			00:00:51	00:22:48	00:45:03	**01:07:42.90**	**01:07:42.90**	+00:16:21 (24.2%)	5:12	11.5 (75.7%)
11	**RASIŃSKA Agnieszka**	**365**	NASIELSK BASZTA TEAM	K3 40-49 lat	11			00:01:11	00:24:10	00:47:16	**01:10:11.15**	**01:10:11.15**	+00:18:49 (26.8%)	5:23	11.1 (73.0%)
12	**GUSZCZA Ewa**	**132**	MARKOWI BIEGACZE	K3 40-49 lat	12			00:00:51	00:23:21	00:46:57	**01:10:47.65**	**01:10:47.65**	+00:19:26 (27.5%)	5:26	11 (72.4%)
13	**KARAŚ-GMITRZUK Marzena**	**188**	BESTIE OCR LEGIONOWO	K3 40-49 lat	13		Tak	00:00:58	00:24:23	00:47:38	**01:11:05.85**	**01:11:05.85**	+00:19:44 (27.8%)	5:28	11 (72.4%)
14	**STARONSKA Magdalena**	**417**	BIEGAM NA TARCHOMINIE	K3 40-49 lat	14	Tak		00:00:58	00:24:23	00:47:38	**01:11:07.10**	**01:11:07.10**	+00:19:45 (27.8%)	5:28	11 (72.4%)
15	**ŁATKOWSKA Monika**	**265**	GRUPA BIEGOWA CHTMO	K3 40-49 lat	15			00:00:59	00:24:25	00:47:38	**01:11:07.20**	**01:11:07.20**	+00:19:45 (27.8%)	5:28	11 (72.4%)

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16	**RÓŻAŃSKA Magdalena**	**370**		K3 40-49 lat	16			00:00:35	00:24:00	00:48:03	**01:11:54.90**	**01:11:54.90**	+00:20:33 (28.6%)	5:31	10.8 (71.1%)
17	**TURCZYŃSKA Monika**	**447**		K3 40-49 lat	17			00:00:40	00:23:52	00:48:01	**01:12:30.95**	**01:12:30.95**	+00:21:09 (29.2%)	5:34	10.8 (71.1%)
18	**CIMOCHOWSKA-ŚWITALSKA Magdalena**	**70**	BIEGAM NA TARCHOMINIE	K3 40-49 lat	18	Tak		00:01:04	00:24:56	00:48:58	**01:12:50.10**	**01:12:50.10**	+00:21:28 (29.5%)	5:36	10.7 (70.4%)
19	**ADAMCZUK Agnieszka**	**12**	MARKOWI BIEGACZE	K3 40-49 lat	19			00:00:50	00:24:24	00:49:46	**01:14:03.80**	**01:14:03.80**	+00:22:42 (30.7%)	5:41	10.5 (69.1%)
20	**ISASI-KURAN Agata**	**143**	MARKOWI BIEGACZE	K3 40-49 lat	20			00:01:03	00:26:09	00:50:29	**01:14:28.95**	**01:14:28.95**	+00:23:07 (31.1%)	5:43	10.5 (69.1%)
21	**MYŚLIŃSKA Anna**	**123**	BIAŁOŁĘKA JEST KOBIETĄ	K3 40-49 lat	21	Tak	Tak	00:00:56	00:25:12	00:50:00	**01:14:42.80**	**01:14:42.80**	+00:23:21 (31.3%)	5:44	10.4 (68.4%)
22	**HRYCIUK Katarzyna**	**141**	EKOBIEGI	K3 40-49 lat	22			00:01:02	00:27:54	00:51:52	**01:15:16.40**	**01:15:16.40**	+00:23:55 (31.8%)	5:47	10.4 (68.4%)
23	**LODOWSKA Ilona**	**263**		K3 40-49 lat	23			00:00:53	00:25:03	00:50:16	**01:15:28.60**	**01:15:28.60**	+00:24:07 (32.0%)	5:48	10.3 (67.8%)
24	**SYNOWIEC Dorota**	**432**		K3 40-49 lat	24			00:01:04	00:25:55	00:51:01	**01:16:02.75**	**01:16:02.75**	+00:24:41 (32.5%)	5:50	10.3 (67.8%)
25	**GUZIŃSKA Ola**	**134**		K3 40-49 lat	25			00:00:49	00:25:50	00:51:08	**01:16:52.25**	**01:16:52.25**	+00:25:30 (33.2%)	5:54	10.1 (66.4%)
26	**NOBERT Marta**	**313**		K3 40-49 lat	26		Tak	00:00:45	00:25:50	00:51:47	**01:16:52.30**	**01:16:52.30**	+00:25:31 (33.2%)	5:54	10.1 (66.4%)
27	**GAWEŁ Dorota**	**107**		K3 40-49 lat	27			00:01:06	00:26:21	00:52:12	**01:18:31.35**	**01:18:31.35**	+00:27:10 (34.6%)	6:02	9.9 (65.1%)
28	**KUJAWA Agnieszka**	**245**		K3 40-49 lat	28			00:00:47	00:26:20	00:52:32	**01:18:33.70**	**01:18:33.70**	+00:27:12 (34.6%)	6:02	9.9 (65.1%)
29	**WITEK Małgorzata**	**489**		K3 40-49 lat	29	Tak		00:00:46	00:26:15	00:52:29	**01:18:59.50**	**01:18:59.50**	+00:27:38 (35.0%)	6:04	9.9 (65.1%)
30	**CZARTORYSKA Anna**	**407**		K3 40-49 lat	30	Tak		00:00:45	00:25:35	00:52:23	**01:19:24.35**	**01:19:24.35**	+00:28:03 (35.3%)	6:06	9.8 (64.5%)
31	**MŁYŃCZYK Adriana**	**304**		K3 40-49 lat	31	Tak		00:00:37	00:26:02	00:52:25	**01:19:27.55**	**01:19:27.55**	+00:28:06 (35.4%)	6:06	9.8 (64.5%)
32	**KOCIK Elżbieta**	**4**		K3 40-49 lat	32	Tak		00:01:22	00:28:08	00:54:01	**01:19:32.60**	**01:19:32.60**	+00:28:11 (35.4%)	6:07	9.8 (64.5%)
33	**ŁUCZAK Małgorzata**	**270**	RUNNERSI ZE SKARBKA	K3 40-49 lat	33	Tak		00:00:53	00:25:52	00:52:44	**01:20:28.40**	**01:20:28.40**	+00:29:07 (36.2%)	6:11	9.7 (63.8%)
34	**TORZEWSKA Agnieszka**	**461**		K3 40-49 lat	34			00:01:07	00:27:51	00:54:48	**01:20:57.65**	**01:20:57.65**	+00:29:36 (36.6%)	6:13	9.6 (63.2%)
35	**SIKORSKA Agnieszka**	**390**	EKOBIEGI	K3 40-49 lat	35	Tak		00:01:03	00:28:00	00:55:35	**01:24:22.10**	**01:24:22.10**	+00:33:00 (39.1%)	6:29	9.2 (60.5%)
36	**HEBDA Agata**	**137**		K3 40-49 lat	36			00:01:18	00:29:12	00:57:12	**01:24:38.45**	**01:24:38.45**	+00:33:17 (39.3%)	6:30	9.2 (60.5%)
37	**KAMIŃSKA Anna**	**177**		K3 40-49 lat	37		Tak	00:01:16	00:29:06	00:57:03	**01:24:50.05**	**01:24:50.05**	+00:33:28 (39.5%)	6:31	9.2 (60.5%)
38	**ZIARKO Joanna**	**513**		K3 40-49 lat	38			00:00:56	00:27:49	00:55:56	**01:25:12.35**	**01:25:12.35**	+00:33:51 (39.7%)	6:33	9.2 (60.5%)

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39	**RUCYK Justyna**	**372**		K3 40-49 lat	39			00:01:17	00:28:07	00:56:06	**01:25:13.90**	**01:25:13.90**	+00:33:52 (39.7%)	6:33	9.2 (60.5%)
40	**KONFEDERAK Agnieszka**	**215**	MARKOWI BIEGACZE	K3 40-49 lat	40			00:01:04	00:27:50	00:56:03	**01:26:25.05**	**01:26:25.05**	+00:35:03 (40.6%)	6:38	9 (59.2%)
41	**LEWANDOWSKA Monika**	**259**	BIEGAM NA BIAŁOŁĘCE	K3 40-49 lat	41	Tak		00:00:40	00:28:07	00:57:25	**01:26:55.35**	**01:26:55.35**	+00:35:34 (40.9%)	6:41	9 (59.2%)
42	**ŁOZOWSKA Dorota**	**268**		K3 40-49 lat	42	Tak		00:00:44	00:28:40	00:57:32	**01:27:04.10**	**01:27:04.10**	+00:35:42 (41.0%)	6:41	9 (59.2%)
43	**WINIARSKA Izabela**	**7**	IZAGÓRĄ	K3 40-49 lat	43	Tak		00:01:23	00:29:09	00:57:25	**01:27:05.55**	**01:27:05.55**	+00:35:44 (41.0%)	6:41	9 (59.2%)
44	**SZWARC Anna**	**442**		K3 40-49 lat	44	Tak		00:00:41	00:28:07	00:57:25	**01:27:12.30**	**01:27:12.30**	+00:35:51 (41.1%)	6:42	8.9 (58.6%)
45	**GRYGOWSKA Beata**	**129**		K3 40-49 lat	45			00:00:45	00:27:54	00:58:01	**01:28:18.55**	**01:28:18.55**	+00:36:57 (41.8%)	6:47	8.8 (57.9%)
46	**CICHECKA Aneta**	**67**		K3 40-49 lat	46			00:01:23	00:31:09	01:00:29	**01:30:30.80**	**01:30:30.80**	+00:39:09 (43.3%)	6:57	8.6 (56.6%)
47	**BĄCZEK Anna**	**32**		K3 40-49 lat	47		Tak	00:00:51	00:29:32	00:59:41	**01:31:03.35**	**01:31:03.35**	+00:39:42 (43.6%)	7:00	8.6 (56.6%)
48	**SIMIŃSKA Marta**	**392**		K3 40-49 lat	48			00:01:20	00:31:30	01:01:48	**01:32:56.85**	**01:32:56.85**	+00:41:35 (44.7%)	7:08	8.4 (55.3%)
49	**POPENDA Dagmara**	**355**		K3 40-49 lat	49			00:01:21	00:31:30	01:01:49	**01:32:57.00**	**01:32:57.00**	+00:41:35 (44.7%)	7:09	8.4 (55.3%)
50	**WINDER Agnieszka**	**486**		K3 40-49 lat	50	Tak		00:01:06	00:30:28	01:00:51	**01:33:21.55**	**01:33:21.55**	+00:42:00 (45.0%)	7:10	8.4 (55.3%)
51	**ŻYŁA-ZDZIECH Sylwia**	**522**		K3 40-49 lat	51	Tak		00:00:41	00:34:20	01:07:58	**01:43:40.10**	**01:43:40.10**	+00:52:18 (50.5%)	7:58	7.5 (49.3%)
	CABAŃSKA Dorota	**59**		K3 40-49 lat		Tak		00:00:36 DNF	00:22:46 DNF	00:46:11 DNF	**DNF**	**DNF**		-	- (0.0%)
	MĘDEL Marta	**291**		K3 40-49 lat				00:01:11 DNF	00:29:17 DNF	00:57:16 DNF	**DNF**	**DNF**		-	- (0.0%)
	MICHNOWSKA Adriana	**294**	BIEGOWE WTORKI NA TARCHOMINIE	K3 40-49 lat		Tak		00:01:15 DNF	00:31:54 DNF	01:01:22 DNF	**DNF**	**DNF**		-	- (0.0%)
	LACH Marta	**255**	SLOWJOGGING BIAŁOŁĘKA	K3 40-49 lat		Tak		00:01:37 DNF	00:32:14 DNF	01:03:57 DNF	**DNF**	**DNF**		-	- (0.0%)
	PLICHCIŃSKA Małgorzata	**348**	EKONOMIK MOKOTÓW	K3 40-49 lat				00:01:18 DNF	00:33:08 DNF	01:05:55 DNF	**DNF**	**DNF**		-	- (0.0%)
	BEM Justyna	**39**		K3 40-49 lat				00:01:31 DNF	00:36:16 DNF	01:11:02 DNF	**DNF**	**DNF**		-	- (0.0%)
	GONET Katarzyna	**118**	BIEGOWE WTORKI NA TARCHOMINIE	K3 40-49 lat		Tak		00:01:03 DNF	00:26:43 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	MIŁEK MATYSIAK Kamila	**541**		K3 40-49 lat				00:01:06 DNF	00:30:55 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	KARPIŃSKA Izabela	**191**		K3 40-49 lat		Tak		00:01:19 DNF	00:31:55 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	DOBRZELEWSKA Edyta	**84**		K3 40-49 lat				00:01:17 DNF	00:33:25 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)

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	SYLWANOWICZ Monika	**431**	SKARYMAKERSI	K3 40-49 lat				00:01:01 DNF	00:34:15 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	MATYSIAK Agnieszka	**286**		K3 40-49 lat				00:01:01 DNF	00:34:16 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	SYDOR- SĘDEK Małgorzata	**430**		K3 40-49 lat			Tak	00:00:53 DNF	00:40:39 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	KUBICKA Małgorzata	**241**		K3 40-49 lat			Tak	00:00:51 DNF	00:40:52 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	WILCZYŃSKA Małgorzata	**485**		K3 40-49 lat				00:01:00 DNF	00:45:27 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)

Znaleziono 66 wynik(ów)