

BIAŁOŁĘCKI BIEG WOLNOŚCI

B4SPORT

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

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN Kobiety

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	KAŻMIERCZAK 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	ŚLUSARCZYK Katarzyna	451	OK!SPORT	K2 30-39 lat	1			00:00:22	00:18:01	00:36:15	00:54:51.50	00:54:51.50	+00:03:30 (6.4%)	4:13	14.2 (93.4%)
3	KRAJEWSKA Klaudia	544		K1 < 29 lat	1			00:00:23	00:18:43	00:37:32	00:55:46.95	00:55:46.95	+00:04:25 (7.9%)	4:17	14 (92.1%)
4	CZERWIŃSKA Katarzyna	75		K2 30-39 lat	2			00:00:24	00:19:13	00:37:38	00:56:23.65	00:56:23.65	+00:05:02 (8.9%)	4:20	13.8 (90.8%)
5	KARBOWIAK Marcelina	189		K2 30-39 lat	3	Tak		00:00:22	00:19:00	00:38:16	00:57:44.65	00:57:44.65	+00:06:23 (11.1%)	4:26	13.5 (88.8%)
6	TERESZCZUK Julia	457	AZS AWF	K1 < 29 lat	2			00:00:30	00:20:10	00:39:57	00:59:21.35	00:59:21.35	+00:08:00 (13.5%)	4:33	13.1 (86.2%)
7	SADOWSKA Marzena	379	PKP S.A.	K2 30-39 lat	4	Tak		00:00:26	00:20:20	00:40:45	01:01:07.80	01:01:07.80	+00:09:46 (16.0%)	4:42	12.8 (84.2%)
8	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%)
9	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%)
10	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%)
11	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%)
12	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%)
13	SADZA Anna	380	EKIPA BIELACHY	K2 30-39 lat	5			00:00:34	00:21:26	00:42:46	01:04:33.10	01:04:33.10	+00:13:11 (20.4%)	4:57	12.1 (79.6%)
14	ŚWIERCZ Iwona	454	BYLEDOBIEC ANIN	K4 50-59 lat	1			00:00:33	00:21:36	00:43:11	01:04:37.90	01:04:37.90	+00:13:16 (20.5%)	4:58	12.1 (79.6%)
15	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%)
16	FILIPOWICZ Natalia	98		K2 30-39 lat	6			00:00:28	00:21:22	00:43:25	01:06:12.85	01:06:12.85	+00:14:51 (22.4%)	5:05	11.8 (77.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pracownicy		0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						Mieszkańcy	Służby								
17	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%)
18	JAKIMIUK Aleksandra	147	TEAM ZABIEGANEDNI	K1 < 29 lat	3			00:00:30	00:21:58	00:44:36	01:06:51.25	01:06:51.25	+00:15:29 (23.2%)	5:08	11.7 (77.0%)
19	RZYMOWSKA Krystyna	377		K4 50-59 lat	2			00:00:38	00:22:22	00:45:04	01:06:57.05	01:06:57.05	+00:15:35 (23.3%)	5:09	11.7 (77.0%)
20	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%)
21	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%)
22	ZBIŃKOWSKA Dorota	507	KPLA PIOTR KOSTRZEWSKI	K4 50-59 lat	3			00:01:29	00:30:33	01:00:22	01:07:51.75	01:07:51.75	+00:16:30 (24.3%)	5:13	11.5 (75.7%)
23	DZIACZKOWSKA Monika	91		K2 30-39 lat	7			00:00:41	00:22:45	00:45:03	01:08:15.30	01:08:15.30	+00:16:54 (24.8%)	5:15	11.4 (75.0%)
24	SOBCZYK Ewa	405	TRIATHLETIC TEAM	K2 30-39 lat	8	Tak		00:00:36	00:23:57	00:46:28	01:09:09.75	01:09:09.75	+00:17:48 (25.7%)	5:19	11.3 (74.3%)
25	GÓRSKA Małgorzata	124		K2 30-39 lat	9	Tak		00:00:50	00:23:38	00:46:31	01:09:18.65	01:09:18.65	+00:17:57 (25.9%)	5:19	11.3 (74.3%)
26	SZADURA Małgorzata	433	WIELISZEW HERON TEAM	K4 50-59 lat	4			00:00:41	00:23:07	00:46:06	01:09:27.75	01:09:27.75	+00:18:06 (26.1%)	5:20	11.2 (73.7%)
27	FURMANIAK-PAŃCZAK Joanna	99	TEAM PARSZCZYŃSKICH	K2 30-39 lat	10	Tak		00:00:44	00:22:49	00:45:56	01:09:29.75	01:09:29.75	+00:18:08 (26.1%)	5:20	11.2 (73.7%)
28	GĘSIARZ Monika	111		K2 30-39 lat	11			00:00:43	00:23:23	00:46:38	01:09:35.10	01:09:35.10	+00:18:13 (26.2%)	5:21	11.2 (73.7%)
29	KARASIEWICZ Katarzyna	186		K4 50-59 lat	5			00:00:50	00:23:43	00:46:51	01:10:08.65	01:10:08.65	+00:18:47 (26.8%)	5:23	11.1 (73.0%)
30	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%)
31	BUCHALSKA Ewa	56	EKOBIEGI	K4 50-59 lat	6	Tak		00:00:53	00:23:29	00:46:47	01:10:19.05	01:10:19.05	+00:18:57 (27.0%)	5:24	11.1 (73.0%)
32	MAJEWSKA Hanna	279	BIEGAM NA TARCHOMINIE	K2 30-39 lat	12	Tak		00:00:49	00:23:33	00:47:02	01:10:19.50	01:10:19.50	+00:18:58 (27.0%)	5:24	11.1 (73.0%)
33	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%)
34	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%)
35	STAROŃSKA 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%)
36	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%)
37	JARMUŻEWSKA Teresa	152	TIA	K4 50-59 lat	7	Tak		00:00:59	00:24:30	00:48:10	01:11:18.45	01:11:18.45	+00:19:57 (28.0%)	5:29	10.9 (71.7%)
38	SŁOWIAK Klaudia	401		K2 30-39 lat	13			00:00:47	00:23:53	00:47:44	01:11:35.35	01:11:35.35	+00:20:14 (28.3%)	5:30	10.9 (71.7%)
39	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%)

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						Mieszkańcy	Służby								
40	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%)
41	TULA Renata	469		70+	2			00:00:49	00:24:26	00:48:31	01:12:39.00	01:12:39.00	+00:21:17 (29.3%)	5:35	10.7 (70.4%)
42	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%)
43	WALCZUK Magda	475	BRAK	K2 30-39 lat	14	Tak		00:00:39	00:24:27	00:48:52	01:14:01.85	01:14:01.85	+00:22:40 (30.6%)	5:41	10.5 (69.1%)
44	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%)
45	MICHALIK Katarzyna	428	TO NATURALNE	K2 30-39 lat	15	Tak		00:01:09	00:24:56	00:49:26	01:14:17.70	01:14:17.70	+00:22:56 (30.9%)	5:42	10.5 (69.1%)
46	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%)
47	TRZASKO Ania	466		K2 30-39 lat	16			00:00:43	00:24:58	00:49:52	01:14:39.70	01:14:39.70	+00:23:18 (31.2%)	5:44	10.4 (68.4%)
48	ORNOWSKA Joanna	329		K1 < 29 lat	4			00:00:42	00:23:33	00:49:04	01:14:41.75	01:14:41.75	+00:23:20 (31.2%)	5:44	10.4 (68.4%)
49	MYŚLIŃSKA Anna	123	BIĄŁOŁĘKA 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%)
50	ZUBELEWICZ-JERUZALSKA Anna	516		K2 30-39 lat	17	Tak		00:00:51	00:24:52	00:49:56	01:14:44.10	01:14:44.10	+00:23:22 (31.3%)	5:44	10.4 (68.4%)
51	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%)
52	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%)
53	PIKULIŃSKA Iwona	345		K2 30-39 lat	18	Tak		00:01:18	00:25:56	00:50:46	01:15:31.05	01:15:31.05	+00:24:09 (32.0%)	5:48	10.3 (67.8%)
54	KURZACZ Katarzyna	251	12TRI.PL	K4 50-59 lat	8			00:00:47	00:25:51	00:50:40	01:15:36.60	01:15:36.60	+00:24:15 (32.1%)	5:48	10.3 (67.8%)
55	KRUPIŃSKA-SZCZYGIEŁ Wiola	239		K1 < 29 lat	5			00:00:39	00:24:25	00:50:42	01:15:59.85	01:15:59.85	+00:24:38 (32.4%)	5:50	10.3 (67.8%)
56	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%)
57	OSTAPIŃSKA Magda	334	OSTRESROKI	K4 50-59 lat	9			00:01:01	00:26:28	00:51:29	01:16:12.85	01:16:12.85	+00:24:51 (32.6%)	5:51	10.2 (67.1%)
58	DOBOSZ Aneta	82	WŚCIEKŁE PIĘŚCI WĘŻA	K2 30-39 lat	19	Tak		00:01:22	00:26:34	00:51:21	01:16:45.10	01:16:45.10	+00:25:23 (33.1%)	5:54	10.2 (67.1%)
59	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%)
60	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%)
61	WĄSIK Izabela	479	BEMOWO BIEGA	K4 50-59 lat	10			00:00:50	00:25:50	00:51:07	01:16:53.70	01:16:53.70	+00:25:32 (33.2%)	5:54	10.1 (66.4%)
62	KACZMAREK Katarzyna	171	MARKOWI BIEGACZE	K2 30-39 lat	20			00:01:04	00:26:44	00:52:10	01:17:31.00	01:17:31.00	+00:26:09 (33.7%)	5:57	10.1 (66.4%)

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						Mieszkańcy	Służby								
						Białołęki	Więziennej								
63	LEZNER Karolina	262		K2 30-39 lat	21		Tak	00:00:40	00:26:02	00:51:51	01:17:55.15	01:17:55.15	+00:26:33 (34.1%)	5:59	10 (65.8%)
64	SROCZYNSKA Emilia	414		K2 30-39 lat	22	Tak		00:00:46	00:26:15	00:52:28	01:18:26.05	01:18:26.05	+00:27:04 (34.5%)	6:02	9.9 (65.1%)
65	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%)
66	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%)
67	GALIŃSKA Magdalena	104		K2 30-39 lat	23			00:00:33	00:25:49	00:51:50	01:18:46.55	01:18:46.55	+00:27:25 (34.8%)	6:03	9.9 (65.1%)
68	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%)
69	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%)
70	OWOC Magdalena	339	BIEGAJ POD OKIEM TRENERA	K2 30-39 lat	24	Tak		00:00:46	00:26:14	00:52:24	01:19:24.50	01:19:24.50	+00:28:03 (35.3%)	6:06	9.8 (64.5%)
71	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%)
72	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%)
73	SIERZPUTOWSKA Ewa	388	GUNS & ROSES RUN TEAM	K4 50-59 lat	11			00:00:43	00:26:26	00:52:39	01:19:39.15	01:19:39.15	+00:28:17 (35.5%)	6:07	9.8 (64.5%)
74	MARCZAK Grażyna	283	LECZO TEAM	K5 60 +	1			00:00:40	00:26:30	00:52:41	01:19:43.55	01:19:43.55	+00:28:22 (35.6%)	6:07	9.8 (64.5%)
75	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%)
76	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%)
77	KOSEWSKA Dorota	220	BIEGAM NA TARCHOMINIE	K4 50-59 lat	12	Tak		00:01:09	00:27:33	00:54:26	01:21:46.90	01:21:46.90	+00:30:25 (37.2%)	6:17	9.5 (62.5%)
78	KACZYŃSKA Paula	173		K1 < 29 lat	6	Tak		00:01:07	00:28:22	00:55:43	01:23:04.25	01:23:04.25	+00:31:42 (38.2%)	6:23	9.4 (61.8%)
79	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%)
80	TRZCIŃSKA Iwona	467		K4 50-59 lat	13			00:01:12	00:28:45	00:56:10	01:24:24.85	01:24:24.85	+00:33:03 (39.2%)	6:29	9.2 (60.5%)
81	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%)
82	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%)
83	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%)
84	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%)

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						Mieszkańcy	Służby								
85	DRZEWIECKA Joanna	89		K4 50-59 lat	14			00:01:14	00:29:37	00:57:55	01:25:34.90	01:25:34.90	+00:34:13 (40.0%)	6:34	9.1 (59.9%)
86	SIEWK Ewa	540		K4 50-59 lat	15			00:01:09	00:29:38	00:57:20	01:25:41.50	01:25:41.50	+00:34:20 (40.1%)	6:35	9.1 (59.9%)
87	KWIECIEŃ Agata	253		K4 50-59 lat	16	Tak		00:01:15	00:29:20	00:58:00	01:26:05.00	01:26:05.00	+00:34:43 (40.3%)	6:37	9.1 (59.9%)
88	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%)
89	SOŁDECKA Anna	411	SLOW JOGGING BIAŁOŁĘKA	K4 50-59 lat	17	Tak		00:01:37	00:31:07	00:59:10	01:26:48.20	01:26:48.20	+00:35:26 (40.8%)	6:40	9 (59.2%)
90	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%)
91	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%)
92	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%)
93	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%)
94	PIEŃKOSZ Monika	344		K1 < 29 lat	7	Tak		00:01:08	00:29:58	00:58:06	01:28:05.80	01:28:05.80	+00:36:44 (41.7%)	6:46	8.9 (58.6%)
95	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%)
96	TOMASZEWSKA Mariola	460	BIEGAM DLA SIEBIE	K4 50-59 lat	18			00:01:06	00:30:55	00:59:21	01:28:18.85	01:28:18.85	+00:36:57 (41.8%)	6:47	8.8 (57.9%)
97	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%)
98	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%)
99	FERUŚ Ula	95		K2 30-39 lat	25	Tak		00:00:58	00:30:15	01:01:26	01:32:35.85	01:32:35.85	+00:41:14 (44.5%)	7:07	8.4 (55.3%)
100	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%)
101	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%)
102	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%)
103	KARCZMAREK Zuzanna	190		K1 < 29 lat	8			00:01:26	00:31:42	01:03:10	01:35:53.60	01:35:53.60	+00:44:32 (46.4%)	7:22	8.1 (53.3%)
104	GROCHOWSKA Joanna	444		K4 50-59 lat	19			00:01:23	00:31:16	01:03:14	01:37:29.30	01:37:29.30	+00:46:08 (47.3%)	7:29	8 (52.6%)
105	PRZYBYŁAK Wanda	361	ROZBIEGANY PIASTÓW	K5 60 +	2			00:01:06	00:31:59	01:03:51	01:38:14.60	01:38:14.60	+00:46:53 (47.7%)	7:33	7.9 (52.0%)
106	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%)
107	REMBERK Danuta	366		70+	4			00:01:27	00:34:43	01:08:58	01:44:08.65	01:44:08.65	+00:52:47 (50.7%)	8:00	7.5 (49.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pracownicy		0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						Mieszkańcy	Służby								
	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%)
	JAROŃ Julia	157	RUN DE GIRARD	K1 < 29 lat				00:00:42 DNF	00:27:47 DNF	01:00:47 DNF	DNF	DNF		-	- (0.0%)
	JAROŃ Alicja	156	RUN DE GIRARD	K1 < 29 lat				00:00:42 DNF	00:27:47 DNF	01:00:48 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%)
	MRÓZ Joanna	309		K2 30-39 lat				00:01:06 DNF	00:30:28 DNF	01:03:48 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%)
	SALAMON Kinga	382		K2 30-39 lat		Tak		00:01:19 DNF	00:30:53 DNF	01:04:00 DNF	DNF	DNF		-	- (0.0%)
	SOBCZAK Anna	403	M.I.L.A.	K4 50-59 lat				00:01:02 DNF	00:32:14 DNF	01:05:15 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%)
	WALĘDZIK Edyta	476		K1 < 29 lat		Tak		00:00:43 DNF	00:25:39 DNF	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%)
	KOZICKA Barbara	234	AKS ZŁY	K1 < 29 lat				00:01:21 DNF	00:28:11 DNF	DNF	DNF	DNF		-	- (0.0%)
	GRABOWSKA Marta	418		K2 30-39 lat				00:01:06 DNF	00:28:12 DNF	DNF	DNF	DNF		-	- (0.0%)
	KLESZCZ Anna	204	AKS ZŁY	K2 30-39 lat				00:01:20 DNF	00:28:13 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%)
	SAJEWSKA Karolina	381		K2 30-39 lat				00:01:01 DNF	00:34:14 DNF	DNF	DNF	DNF		-	- (0.0%)
	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%)

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
	GAJEWSKA Dominika	101		K2 30-39 lat				00:00:51 DNF	00:40:52 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%)
	HOFFMAN-LACHOWSKA Katarzyna	140		K4 50-59 lat			Tak	00:00:53 DNF	00:40:52 DNF	DNF	DNF	DNF		-	- (0.0%)
	SŁOTWIŃSKA Martyna	400		K1 < 29 lat				00:01:30 DNF	00:41:33 DNF	DNF	DNF	DNF		-	- (0.0%)
	BRZĄKAŁA Renata	54	SLOW JOGGING BIAŁOŁĘKA	K4 50-59 lat				00:01:41 DNF	00:44:02 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 136 wynik(ów)