



V ĆWIERĆMARATON MUZYCZNY 10KM

B4SPORT

Organiser:
Date:
Place:
Distance:

Stowarzyszenie Klub Biegowy 4 RUN Team Piła
2016-05-01
Piła
10 km



Classification: K30

Place	Participant	Number	Club	Category	MCat	Start time	1.7km	5.7km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	STEFANOWICZ Monika	2	WKS GRUNWALD POZNAŃ	K30	1	00:00:01	00:06:22	00:20:49	00:35:39.70	00:35:41.30		3:34	16.8 (100%)
2	PADUSZYŃSKA Wioletta	342	PRETORIAN GORZÓW	K30	2	00:00:02	00:06:36	00:21:54	00:37:59.00	00:38:01.00	+00:02:19 (6.1%)	3:47	15.8 (94.0%)
3	RYCHTER Antonina	4	MKL SZCZECINEK	K30	3	00:00:01	00:06:59	00:23:30	00:40:26.05	00:40:27.95	+00:04:46 (11.8%)	4:02	14.8 (88.1%)
4	SOBCZAK-CZYNSZ Anna	596	FIZJOLINE SZCZECIN	K30	4	00:00:02	00:07:18	00:24:30	00:42:39.20	00:42:41.60	+00:06:59 (16.4%)	4:15	14.1 (83.9%)
5	MARCINIAK Edyta	293	SUPERMARATON KALISZ	K30	5	00:00:03	00:07:17	00:25:07	00:43:41.15	00:43:44.25	+00:08:01 (18.4%)	4:22	13.7 (81.5%)
6	PAUSZEK-SUBSTYK Lucyna	351	BIEGAJĄCY WĄGROWIEC	K30	6	00:00:07	00:07:44	00:26:20	00:45:36.10	00:45:43.30	+00:09:56 (21.8%)	4:33	13.2 (78.6%)
7	SOBAŃSKA Anna	442	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	K30	7	00:00:03	00:08:08	00:27:05	00:45:58.75	00:46:02.25	+00:10:19 (22.4%)	4:35	13 (77.4%)
8	CHAREŹIŃSKA Lucyna	63	LKB LESZNO	K30	8	00:00:07	00:08:12	00:27:17	00:46:37.20	00:46:44.30	+00:10:57 (23.5%)	4:39	12.9 (76.8%)
9	PODLECKA Agnieszka	370	4 RUN TEAM PIŁA	K30	9	00:00:07	00:08:12	00:27:17	00:46:39.35	00:46:47.05	+00:10:59 (23.6%)	4:40	12.9 (76.8%)
10	MRÓZ Agata	310	KUMA	K30	10	00:00:04	00:07:55	00:27:19	00:46:41.20	00:46:45.65	+00:11:01 (23.6%)	4:40	12.9 (76.8%)
11	HASS Anita	167	E-FIZJO.PL	K30	11	00:00:15	00:08:12	00:27:10	00:46:47.55	00:47:03.05	+00:11:07 (23.8%)	4:40	12.8 (76.2%)
12	PIECHOWSKA-CIOZDA Emilia	361		K30	12	00:00:05	00:08:17	00:27:38	00:47:41.60	00:47:46.85	+00:12:01 (25.2%)	4:46	12.6 (75.0%)
13	BOSIANEK Anna	53		K30	13	00:00:03	00:08:12	00:28:17	00:48:32.35	00:48:36.20	+00:12:52 (26.5%)	4:51	12.4 (73.8%)
14	POSZWA Anna	553		K30	14	00:00:06	00:08:14	00:27:55	00:48:44.60	00:48:50.75	+00:13:04 (26.8%)	4:52	12.3 (73.2%)

Place	Participant	Number	Club	Category	MCat	Start time	1.7km	5.7km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
15	FABIS Iza	109	3:33 TEAM	K30	15	00:00:18	00:08:52	00:28:43	00:48:56.50	00:49:14.55	+00:13:16 (27.1%)	4:53	12.3 (73.2%)
16	OSTROWSKA Agnieszka	339	DRUŻYNA SZPIKU	K30	16	00:00:08	00:08:13	00:27:50	00:49:13.75	00:49:22.55	+00:13:34 (27.6%)	4:55	12.2 (72.6%)
17	TUCZYŃSKA Monika	545	MTS DRUŻYNA SZPIKU KGHM,SP PIŁA	K30	17	00:00:06	00:08:14	00:28:19	00:50:04.60	00:50:11.05	+00:14:24 (28.8%)	5:00	12 (71.4%)
18	FRAĆKOWIAK Aneta	120	MAMY-BIEGAMY	K30	18	00:00:17	00:08:50	00:29:12	00:50:08.65	00:50:26.35	+00:14:28 (28.9%)	5:00	12 (71.4%)
19	KOT Magdalena	237		K30	19	00:00:11	00:08:44	00:29:02	00:50:14.10	00:50:26.00	+00:14:34 (29.0%)	5:01	11.9 (70.8%)
20	RZYWUCKA Jolanta	411	4 RUN TEAM PIŁA	K30	20	00:00:11	00:08:44	00:29:02	00:50:18.85	00:50:30.75	+00:14:39 (29.1%)	5:01	11.9 (70.8%)
21	DĄBROWSKA Iza	87	MUD GOATS	K30	21	00:00:08	00:08:57	00:29:27	00:50:32.50	00:50:41.30	+00:14:52 (29.4%)	5:03	11.9 (70.8%)
22	MIKŁA Kamila	304	31 BAZA LOTNICTWA TAKTYCZNEGO/ MAMY-BIEGAMY	K30	22	00:00:11	00:08:36	00:29:08	00:50:45.70	00:50:57.00	+00:15:06 (29.7%)	5:04	11.8 (70.2%)
23	WEINSTOK Anna	583		K30	23	00:00:25	00:08:45	00:29:09	00:51:02.55	00:51:28.15	+00:15:22 (30.1%)	5:06	11.8 (70.2%)
24	KOKOWSKA Anna	222	ZSS NR 1	K30	24	00:00:16	00:09:01	00:29:43	00:51:09.40	00:51:26.00	+00:15:29 (30.3%)	5:07	11.7 (69.6%)
25	BEDNAREK Aneta	34	KOBIETYBIEGAJA.PL	K30	25	00:00:21	00:08:43	00:29:38	00:51:28.90	00:51:50.00	+00:15:49 (30.7%)	5:08	11.7 (69.6%)
26	PARTYKA Maja	349	GABINET MASAŻU 'ORFEUSZ'	K30	26	00:00:14	00:08:54	00:29:48	00:51:34.20	00:51:48.80	+00:15:54 (30.8%)	5:09	11.6 (69.0%)
27	WROTECKA Emilia	513		K30	27	00:00:18	00:09:20	00:30:15	00:51:38.40	00:51:56.85	+00:15:58 (30.9%)	5:09	11.6 (69.0%)
28	KAPECKA Małgorzata	201		K30	28	00:00:05	00:08:59	00:29:52	00:51:44.60	00:51:50.15	+00:16:04 (31.1%)	5:10	11.6 (69.0%)
29	BERNARD Natalia	37		K30	29	00:00:12	00:09:08	00:30:01	00:51:55.90	00:52:08.45	+00:16:16 (31.3%)	5:11	11.6 (69.0%)
30	KNAPIŃSKA Monika	221		K30	30	00:00:17	00:09:07	00:30:24	00:52:34.80	00:52:52.60	+00:16:55 (32.2%)	5:15	11.4 (67.9%)
31	DĘBSKA Klaudyna	93		K30	31	00:00:25	00:09:10	00:30:40	00:52:56.05	00:53:21.90	+00:17:16 (32.6%)	5:17	11.3 (67.3%)
32	BOLESTA Katarzyna	46	BIEGAM ZA KARE	K30	32	00:00:25	00:09:44	00:31:40	00:53:27.45	00:53:52.80	+00:17:47 (33.3%)	5:20	11.2 (66.7%)
33	ŚWIERZOWSKA Magdalena	481	JEŻYCE BIEGAJĄ	K30	33	00:00:22	00:09:30	00:31:42	00:53:49.25	00:54:11.90	+00:18:09 (33.7%)	5:22	11.1 (66.1%)
34	PAŁYS Magdalena	348	SZKOŁA POLICJI W PILE	K30	34	00:00:15	00:09:47	00:31:44	00:53:57.10	00:54:12.35	+00:18:17 (33.9%)	5:23	11.1 (66.1%)
35	NOWAK Elżbieta	330		K30	35	00:00:15	00:09:47	00:31:45	00:53:57.75	00:54:12.80	+00:18:18 (33.9%)	5:23	11.1 (66.1%)
36	PAJĄK Monika	343	MAMY-BIEGAMY	K30	36	00:00:22	00:09:32	00:31:44	00:54:11.35	00:54:33.95	+00:18:31 (34.2%)	5:25	11.1 (66.1%)
37	SAFON-LACH Maria	413		K30	37	00:00:03	00:09:10	00:31:21	00:54:16.55	00:54:20.05	+00:18:36 (34.3%)	5:25	11.1 (66.1%)

Place	Participant	Number	Club	Category	MCat	Start time	1.7km	5.7km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
38	WYKA Angelika	519	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ...	K30	38	00:00:09	00:09:11	00:31:11	00:54:22.85	00:54:32.75	+00:18:43 (34.4%)	5:26	11 (65.5%)
39	ZYCH Agnieszka	6	4 RUN TEAM PIŁA	K30	39	00:00:12	00:09:28	00:31:21	00:54:26.00	00:54:38.30	+00:18:46 (34.5%)	5:26	11 (65.5%)
40	JOKIEL Monika	599		K30	40	00:00:07	00:08:46	00:30:05	00:54:45.50	00:54:52.65	+00:19:05 (34.9%)	5:28	11 (65.5%)
41	ARAMOWICZ Urszula	19	1KADR.PL	K30	41	00:00:05	00:09:30	00:31:53	00:55:08.15	00:55:13.40	+00:19:28 (35.3%)	5:30	10.9 (64.9%)
42	STADNIK Ewelina	443		K30	42	00:00:15	00:09:51	00:32:42	00:55:20.35	00:55:36.30	+00:19:40 (35.6%)	5:32	10.8 (64.3%)
43	KOSTECKA Małgorzata	234	NIGHT RUNNERS	K30	43	00:00:25	00:10:09	00:32:27	00:55:44.85	00:56:10.05	+00:20:05 (36.0%)	5:34	10.8 (64.3%)
44	SICIARZ Natalia	423	NIGHT RUNNERS	K30	44	00:00:25	00:10:09	00:32:27	00:55:45.40	00:56:10.40	+00:20:05 (36.0%)	5:34	10.8 (64.3%)
45	GRUBICH - BIEDNA Joanna	157		K30	45	00:00:24	00:09:48	00:32:08	00:55:48.75	00:56:13.15	+00:20:09 (36.1%)	5:34	10.7 (63.7%)
46	SKRZYPCZAK Ewa	439		K30	46	00:00:34	00:09:16	00:31:50	00:55:50.80	00:56:24.90	+00:20:11 (36.1%)	5:35	10.7 (63.7%)
47	FLIEGNER Julia	117	JEŻYCE BIEGAJĄ	K30	47	00:00:22	00:09:31	00:32:07	00:55:55.25	00:56:17.85	+00:20:15 (36.2%)	5:35	10.7 (63.7%)
48	LIPSKA Małgorzata	270		K30	48	00:00:20	00:09:49	00:32:23	00:55:55.95	00:56:16.20	+00:20:16 (36.2%)	5:35	10.7 (63.7%)
49	CIERACH Anna	73		K30	49	00:00:17	00:09:43	00:32:48	00:56:06.60	00:56:23.75	+00:20:26 (36.4%)	5:36	10.7 (63.7%)
50	HRYNCEWICZ Agata	174		K30	50	00:00:17	00:10:06	00:33:04	00:56:38.65	00:56:56.50	+00:20:58 (37.0%)	5:39	10.6 (63.1%)
51	KOWALSKA Marzena	240		K30	51	00:00:14	00:10:02	00:33:03	00:56:38.95	00:56:53.75	+00:20:59 (37.0%)	5:39	10.6 (63.1%)
52	FILIPIAK Basia	116	MAMY-BIEGAMY	K30	52	00:00:17	00:09:48	00:32:40	00:56:48.85	00:57:06.55	+00:21:09 (37.2%)	5:40	10.6 (63.1%)
53	WALKOWIAK Magdalena	491		K30	53	00:00:17	00:10:06	00:33:05	00:56:49.75	00:57:07.70	+00:21:10 (37.2%)	5:41	10.6 (63.1%)
54	PTAKOWSKA Natalia	388		K30	54	00:00:09	00:09:14	00:32:36	00:57:03.25	00:57:12.90	+00:21:23 (37.5%)	5:42	10.5 (62.5%)
55	LISSEWSKA Konstancja	273	GRUNWALD TEAM POZNAŃ	K30	55	00:00:11	00:10:09	00:33:48	00:58:28.60	00:58:40.45	+00:22:48 (39.0%)	5:50	10.3 (61.3%)
56	DRAJERCZAK Marlena	98	MAMY - BIEGAMY	K30	56	00:00:17	00:09:48	00:33:32	00:58:33.10	00:58:51.00	+00:22:53 (39.1%)	5:51	10.2 (60.7%)
57	MALICKA Jolanta	289	GRUPA DWAKOLKA.PL	K30	57	00:00:13	00:10:20	00:35:10	00:58:47.80	00:59:01.75	+00:23:08 (39.3%)	5:52	10.2 (60.7%)
58	TOMCZAK-PAJĄK Magdalena	586		K30	58	00:00:19	00:10:15	00:34:20	00:58:49.75	00:59:09.15	+00:23:10 (39.4%)	5:53	10.2 (60.7%)
59	RASZKA Elżbieta	391		K30	59	00:00:21	00:10:00	00:34:17	00:58:53.70	00:59:15.60	+00:23:14 (39.4%)	5:53	10.2 (60.7%)
60	ZAWADA Marta	528		K30	60	00:00:15	00:10:00	00:33:52	00:58:55.15	00:59:10.45	+00:23:15 (39.5%)	5:53	10.2 (60.7%)

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61	OWCZARZAK Gosia	341	MATKAMAWYCHODNE	K30	61	00:00:32	00:10:20	00:34:20	00:59:25.15	00:59:58.00	+00:23:45 (40.0%)	5:56	10.1 (60.1%)
62	PROKOP Małgorzata	378		K30	62	00:00:29	00:10:47	00:34:37	00:59:33.25	01:00:02.25	+00:23:53 (40.1%)	5:57	10.1 (60.1%)
63	KLESZCZ Bożena	214		K30	63	00:00:37	00:10:41	00:34:51	00:59:52.15	01:00:30.10	+00:24:12 (40.4%)	5:59	10 (59.5%)
64	CHOMONT Magdalena	566		K30	64	00:00:13	00:09:31	00:33:47	01:00:00.25	01:00:13.25	+00:24:20 (40.6%)	6:00	10 (59.5%)
65	KOSMAŁSKA Magdalena	232	SKS HUSARIA	K30	65	00:00:28	00:10:47	00:35:38	01:00:12.25	01:00:40.50	+00:24:32 (40.8%)	6:01	10 (59.5%)
66	JAKUBOWSKA Małgorzata	180		K30	66	00:00:31	00:10:43	00:35:03	01:00:40.80	01:01:12.00	+00:25:01 (41.2%)	6:04	9.9 (58.9%)
67	AUGUSTYNIAK Agnieszka	22	MATKI WARIATKI	K30	67	00:00:28	00:10:07	00:34:34	01:01:37.70	01:02:05.85	+00:25:58 (42.1%)	6:09	9.7 (57.7%)
68	ŁUBNIEWICZ Bernadeta	283		K30	68	00:00:18	00:10:31	00:35:19	01:01:39.25	01:01:57.60	+00:25:59 (42.2%)	6:09	9.7 (57.7%)
69	DYMECKA Joanna	103	PARKRUN SZCZECINEK	K30	69	00:00:09	00:10:06	00:34:56	01:01:47.20	01:01:56.80	+00:26:07 (42.3%)	6:10	9.7 (57.7%)
70	ŻUPAŃSKA Anna	542		K30	70	00:00:13	00:11:14	00:36:20	01:01:51.00	01:02:04.00	+00:26:11 (42.3%)	6:11	9.7 (57.7%)
71	PRENDECKA Sylwia	377	RUNNERS OF WAŁCZ	K30	71	00:00:24	00:10:06	00:35:16	01:01:58.30	01:02:22.60	+00:26:18 (42.5%)	6:11	9.7 (57.7%)
72	PAJĄK Małgosia	344		K30	72	00:00:24	00:10:07	00:35:16	01:01:58.60	01:02:22.60	+00:26:18 (42.5%)	6:11	9.7 (57.7%)
73	ADAMSKA Ewa	15	HERNIK TEAM	K30	73	00:00:29	00:10:48	00:35:53	01:02:02.30	01:02:32.05	+00:26:22 (42.5%)	6:12	9.7 (57.7%)
74	PRZYBYLSKA Aneta	382	RODZINKA.PL	K30	74	00:00:31	00:10:53	00:36:00	01:02:07.20	01:02:38.60	+00:26:27 (42.6%)	6:12	9.7 (57.7%)
75	OLEJNICZAK Justyna	337	MAMY-BIEGAMY	K30	75	00:00:28	00:11:27	00:36:26	01:02:24.60	01:02:53.05	+00:26:44 (42.9%)	6:14	9.6 (57.1%)
76	MARCINIAK Marta	292	MAMY-BIEGAMY	K30	76	00:00:28	00:11:27	00:36:26	01:02:25.75	01:02:53.85	+00:26:46 (42.9%)	6:14	9.6 (57.1%)
77	SŁABUSZEWSKA Olga	441	AJJ.. RT	K30	77	00:00:35	00:11:27	00:37:12	01:02:33.85	01:03:09.35	+00:26:54 (43.0%)	6:15	9.6 (57.1%)
78	ANTOCHOWSKA Barbara	16		K30	78	00:00:22	00:10:17	00:36:08	01:02:54.85	01:03:17.75	+00:27:15 (43.3%)	6:17	9.5 (56.5%)
79	BRZOZOWSKA Anula	55		K30	79	00:00:32	00:10:59	00:36:05	01:02:58.90	01:03:31.15	+00:27:19 (43.4%)	6:17	9.5 (56.5%)
80	WAŁEK Małgorzata	492	BRAK	K30	80	00:00:15	00:10:33	00:36:30	01:03:21.00	01:03:36.90	+00:27:41 (43.7%)	6:20	9.5 (56.5%)
81	KŁOS Anna	218		K30	81	00:00:27	00:10:58	00:36:43	01:03:34.40	01:04:02.00	+00:27:54 (43.9%)	6:21	9.4 (56.0%)
82	GAWLIŃSKA Agnieszka	126		K30	82	00:00:19	00:10:26	00:36:36	01:03:51.30	01:04:10.40	+00:28:11 (44.2%)	6:23	9.4 (56.0%)
83	BURBULIS Agnieszka	60	LOKATOR NIERUCHOMOŚCI PIŁA	K30	83	00:00:15	00:10:34	00:36:32	01:04:09.25	01:04:25.20	+00:28:29 (44.4%)	6:25	9.4 (56.0%)

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84	JASOŃ-PAWŁOWSKA Justyna	185	E-FIZJO.PL	K30	84	00:00:20	00:11:06	00:36:49	01:04:10.40	01:04:30.40	+00:28:30 (44.4%)	6:25	9.4 (56.0%)
85	STĘPNIEWICZ Małgorzata	580		K30	85	00:00:21	00:10:04	00:36:45	01:05:03.25	01:05:24.50	+00:29:23 (45.2%)	6:30	9.2 (54.8%)
86	CICHOSZ Honorata	69	KB KATORŻNIK MUROWANA GOŚLINA	K30	86	00:00:27	00:11:05	00:37:44	01:05:49.20	01:06:16.25	+00:30:09 (45.8%)	6:34	9.1 (54.2%)
87	ZANDECKA Monika	525	MAMY-BIEGAMY	K30	87	00:00:32	00:12:15	00:41:01	01:08:42.15	01:09:14.45	+00:33:02 (48.1%)	6:52	8.7 (51.8%)
88	GOMOŁA Ewelina	574		K30	88	00:00:06	00:11:53	00:39:20	01:08:57.70	01:09:04.65	+00:33:18 (48.3%)	6:53	8.7 (51.8%)
89	LIGENZA-KOWALCZUK Agata	269		K30	89	00:00:30	00:11:34	00:40:13	01:09:29.30	01:09:59.35	+00:33:49 (48.7%)	6:56	8.6 (51.2%)
90	KIN Michalina	208		K30	90	00:00:29	00:11:29	00:39:48	01:09:45.20	01:10:14.35	+00:34:05 (48.9%)	6:58	8.6 (51.2%)
91	PAWLAK Katarzyna	352	MAMY-BIEGAMY	K30	91	00:00:32	00:12:15	00:40:35	01:10:25.65	01:10:58.35	+00:34:45 (49.4%)	7:02	8.5 (50.6%)
92	CERANOWSKA Agnieszka	610	PSEUDOBIEGACZKI	K30	92	00:00:26	00:11:32	00:40:09	01:11:23.85	01:11:50.65	+00:35:44 (50.1%)	7:08	8.4 (50.0%)
93	ŁĘCKA Sylwia	282	MAMY-BIEGAMY	K30	93	00:00:32	00:12:15	00:41:01	01:11:51.65	01:12:23.75	+00:36:11 (50.4%)	7:11	8.4 (50.0%)
94	ZBIELSKA Agnieszka	529	SAILING TEAM FERAJNA	K30	94	00:00:29	00:11:53	00:41:48	01:14:08.70	01:14:38.15	+00:38:29 (51.9%)	7:24	8.1 (48.2%)
95	KIWERTZ Anna	210	MAMY-BIEGAMY	K30	95	00:00:24	00:11:34	00:43:01			+00:22:13	7:32	8 (47.6%)

Total 95 results.