



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Bieg Mikołajkowy
Stowarzyszenie BiegamBoLubię Team Police
2019-12-01
Police
5 km

VII MARSZ MIKOŁAJKOWY

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	SZYMSKA Małgorzata	296	NORDIC WALKING POLAND	K-30	1	00:33:04.65	00:33:06.30		3:18	18.1 (100%)
2	LIPIŃSKA Karolina	169	EKSPEDYCJA NORDIC TEAM SZCZECIN	K-30	2	00:33:53.35	00:33:55.70	+00:00:49 (2.4%)	3:23	17.7 (97.8%)
3	NAWROCKA Joanna	352	EKSPEDYCJA NORDIC TEAM SZCZECIN	K-30	3	00:34:11.65	00:34:11.65	+00:01:05 (3.2%)	3:25	17.6 (97.2%)
4	RADCZUK Karolina	237	KOMPAS TEAM OPEN	K-30	4	00:35:41.00	00:35:42.85	+00:02:36 (7.3%)	3:34	16.8 (92.8%)
5	KUPNIEWSKA Aleksandra	155	KOMPAS TEAM	K-30	5	00:36:09.80	00:36:12.55	+00:03:06 (8.6%)	3:37	16.6 (91.7%)
6	STEBLECKA Marta	271	KOMPAS TEAM	K-30	6	00:37:16.50	00:37:20.85	+00:04:14 (11.4%)	3:43	16.1 (89.0%)
7	SEŃ Agata	254		K-30	7	00:37:47.10	00:37:47.10	+00:04:40 (12.4%)	3:46	15.9 (87.8%)
8	WÓJCIK Kalina	329		K-30	8	00:38:29.30	00:38:34.05	+00:05:27 (14.2%)	3:51	15.6 (86.2%)
9	KACZMARCZYK Agnieszka	111		K-30	9	00:39:09.25	00:39:09.25	+00:06:02 (15.4%)	3:54	15.3 (84.5%)
10	MUĆKO Iwona	210		K-30	10	00:40:18.10	00:40:18.10	+00:07:11 (17.9%)	4:01	14.9 (82.3%)
11	SETA Krysia	255	MONIAGYM	K-30	11	00:40:09.95	00:40:18.25	+00:07:11 (17.9%)	4:01	14.9 (82.3%)
12	HYBIAK Jolanta	93		K-30	12	00:40:56.25	00:40:56.25	+00:07:49 (19.1%)	4:05	14.7 (81.2%)
13	GŁADZIK Anna	79	KOMPAS TEAM	K-30	13	00:41:14.30	00:41:18.70	+00:08:12 (19.9%)	4:07	14.6 (80.7%)
14	KRUGŁY Magdalena	145		K-30	14	00:41:58.45	00:41:58.45	+00:08:52 (21.1%)	4:11	14.3 (79.0%)
15	MICHALIK-CAŁY Kasia	204	KOBIECE BIEGANIE	K-30	15	00:42:04.35	00:42:04.35	+00:08:58 (21.3%)	4:12	14.3 (79.0%)
16	WINCEWICZ Ewa	317		K-30	16	00:42:08.50	00:42:08.50	+00:09:02 (21.4%)	4:12	14.2 (78.5%)
17	SIKORA Magdalena	265		K-30	17	00:42:10.10	00:42:10.10	+00:09:03 (21.5%)	4:13	14.2 (78.5%)
18	STRUK Agata	275		K-30	18	00:42:16.45	00:42:16.45	+00:09:10 (21.7%)	4:13	14.2 (78.5%)
19	KACZOROWSKA Justyna	112		K-30	19	00:42:36.75	00:42:45.25	+00:09:38 (22.6%)	4:15	14.1 (77.9%)
20	DURAJ Paulina	55		K-30	20	00:42:36.55	00:42:45.35	+00:09:39 (22.6%)	4:15	14.1 (77.9%)
21	STOMPE Katarzyna	272		K-30	21	00:42:38.45	00:42:57.60	+00:09:51 (22.9%)	4:15	14.1 (77.9%)
22	FLEJTER Magdalena	61		K-30	22	00:42:52.15	00:43:10.40	+00:10:04 (23.3%)	4:17	14 (77.3%)
23	MALINOWSKA Kamila	190		K-30	23	00:43:09.25	00:43:28.50	+00:10:22 (23.9%)	4:18	13.9 (76.8%)
24	BENDIG-WIELOWIEJSKA Beata	15		K-30	24	00:43:44.20	00:43:48.35	+00:10:42 (24.4%)	4:22	13.7 (75.7%)
25	TYŁODZIECKA Magdalena	306		K-30	25	00:44:05.90	00:44:05.90	+00:10:59 (24.9%)	4:24	13.6 (75.1%)
26	UKLEJA Ilona	308		K-30	26	00:44:06.20	00:44:06.20	+00:10:59 (24.9%)	4:24	13.6 (75.1%)
27	POPIOŁEK Joanna	233		K-30	27	00:44:26.35	00:44:26.35	+00:11:20 (25.5%)	4:26	13.5 (74.6%)
28	SZCZEREK Iwona	278	WIECZORNE BIEGANIE W SZCZECINIE	K-30	28	00:44:08.25	00:44:31.35	+00:11:25 (25.6%)	4:24	13.6 (75.1%)
29	BUDIS Halina	35		K-30	29	00:44:18.60	00:44:36.65	+00:11:30 (25.8%)	4:25	13.5 (74.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
30	ROSIAK Paulina	243	KOMPAS TEAM	K-30	30	00:44:33.05	00:44:42.35	+00:11:36 (25.9%)	4:27	13.5 (74.6%)
31	PEDA Kamila	223		K-30	31	00:44:39.05	00:44:50.05	+00:11:43 (26.2%)	4:27	13.4 (74.0%)
32	PUCHTA Anna	236		K-30	32	00:44:40.65	00:44:50.65	+00:11:44 (26.2%)	4:28	13.4 (74.0%)
33	KARCZMARCZYK Adriana	120		K-30	33	00:44:43.65	00:44:55.05	+00:11:48 (26.3%)	4:28	13.4 (74.0%)
34	KARPIŃSKA Anita	123		K-30	34	00:44:33.95	00:44:55.65	+00:11:49 (26.3%)	4:27	13.5 (74.6%)
35	ROSIŃSKA Karolina	245	NIEZRZESZONY	K-30	35	00:44:53.85	00:45:00.10	+00:11:53 (26.4%)	4:29	13.4 (74.0%)
36	BASZURO Magdalena	12		K-30	36	00:45:06.10	00:45:06.10	+00:11:59 (26.6%)	4:30	13.3 (73.5%)
37	FIJAŁKOWSKA Monika	60		K-30	37	00:44:55.50	00:45:07.75	+00:12:01 (26.6%)	4:29	13.4 (74.0%)
38	KLITYŃSKA Agnieszka	130		K-30	38	00:44:49.65	00:45:10.45	+00:12:04 (26.7%)	4:29	13.4 (74.0%)
39	WOLSKA-RAJCHEL Maria	327		K-30	39	00:45:34.70	00:45:54.25	+00:12:47 (27.9%)	4:33	13.2 (72.9%)
40	ŁAPA - SUSKA Kamila	175	KAGIK	K-30	40	00:45:55.20	00:45:55.20	+00:12:48 (27.9%)	4:35	13.1 (72.4%)
41	KOŁACKA Anita	134		K-30	41	00:46:06.05	00:46:19.25	+00:13:12 (28.5%)	4:36	13 (71.8%)
42	KISIELEWSKA Anna	129		K-30	42	00:46:09.80	00:46:23.80	+00:13:17 (28.6%)	4:36	13 (71.8%)
43	BŁĄD-WASZKIEWICZ Wanda	25		K-30	43	00:46:43.60	00:46:43.60	+00:13:37 (29.2%)	4:40	12.8 (70.7%)
44	RUSIECKA Marta	250		K-30	44	00:46:50.45	00:46:50.45	+00:13:44 (29.3%)	4:41	12.8 (70.7%)
45	JATCZAK Katarzyna	104	DZIEWCZYNY Z KIJKAMI	K-30	45	00:47:09.05	00:47:09.05	+00:14:02 (29.8%)	4:42	12.7 (70.2%)
46	REĆKO Wioleta	239		K-30	46	00:46:55.40	00:47:16.05	+00:14:09 (30.0%)	4:41	12.8 (70.7%)
47	FUTYMA Karolina	66		K-30	47	00:46:57.45	00:47:16.35	+00:14:10 (30.0%)	4:41	12.8 (70.7%)
48	KUPCZYK Katarzyna	154		K-30	48	00:47:01.70	00:47:17.00	+00:14:10 (30.0%)	4:42	12.8 (70.7%)
49	GARNCAREK Monika	73		K-30	49	00:46:54.90	00:47:20.45	+00:14:14 (30.1%)	4:41	12.8 (70.7%)
50	GĄGOL Marlena	75	DMUCHAWIEC	K-30	50	00:47:32.65	00:47:32.65	+00:14:26 (30.4%)	4:45	12.6 (69.6%)
51	GAJDZIŃSKA Dagmara	69		K-30	51	00:47:21.90	00:47:32.90	+00:14:26 (30.4%)	4:44	12.7 (70.2%)
52	MICHALAK Halina	202		K-30	52	00:47:35.50	00:47:35.50	+00:14:29 (30.4%)	4:45	12.6 (69.6%)
53	BABYSZKO Alicja	8		K-30	53	00:47:31.55	00:47:47.75	+00:14:41 (30.7%)	4:45	12.6 (69.6%)
54	CZERNECKA Aleksandra	47		K-30	54	00:47:33.35	00:47:48.25	+00:14:41 (30.7%)	4:45	12.6 (69.6%)
55	JANOWSKA-PASZKOWSKA Joanna	101	DZIKI WEEKEND	K-30	55	00:47:38.40	00:47:51.55	+00:14:45 (30.8%)	4:45	12.6 (69.6%)
56	ŁUKASZEWSKA Ilona	351		K-30	56	00:47:52.15	00:48:16.95	+00:15:10 (31.4%)	4:47	12.5 (69.1%)
57	MAŁECKA Karolina	192		K-30	57	00:47:51.30	00:48:17.25	+00:15:10 (31.4%)	4:47	12.5 (69.1%)
58	SIKORA Magdalena	263		K-30	58	00:48:17.55	00:48:17.55	+00:15:11 (31.4%)	4:49	12.4 (68.5%)
59	PODZIELNA Aleksandra	232		K-30	59	00:48:03.10	00:48:18.45	+00:15:12 (31.5%)	4:48	12.5 (69.1%)
60	ROMAŃSKA Joanna	242	BBL POLICE	K-30	60	00:48:14.00	00:48:35.85	+00:15:29 (31.9%)	4:49	12.4 (68.5%)
61	BAGIŃSKA Weronika	363		K-30	61	00:48:39.70	00:48:56.25	+00:15:49 (32.4%)	4:52	12.3 (68.0%)
62	KRASNODEBSKA Magdalena	142		K-30	62	00:48:49.70	00:49:15.30	+00:16:09 (32.8%)	4:53	12.3 (68.0%)
63	AUGUSTOWSKA Julia	222		K-30	63	00:49:04.90	00:49:16.60	+00:16:10 (32.8%)	4:54	12.2 (67.4%)
64	DOMINIAK-OLSZEWSKA Małgorzata	52		K-30	64	00:49:06.85	00:49:22.80	+00:16:16 (33.0%)	4:54	12.2 (67.4%)
65	JANOWICZ Renata	99	DMUCHAWIEC	K-30	65	00:49:06.55	00:49:23.10	+00:16:16 (33.0%)	4:54	12.2 (67.4%)
66	SZYMAŃSKA Aleksandra	294		K-30	66	00:49:08.65	00:49:30.20	+00:16:23 (33.1%)	4:54	12.2 (67.4%)
67	PIOTROWSKA Izabela	230		K-30	67	00:49:05.95	00:49:30.45	+00:16:24 (33.1%)	4:54	12.2 (67.4%)
68	GAŁUSZKA Agnieszka	70		K-30	68	00:49:15.20	00:49:40.80	+00:16:34 (33.4%)	4:55	12.2 (67.4%)
69	SZULC Anna	288		K-30	69	00:51:07.10	00:51:30.10	+00:18:23 (35.7%)	5:06	11.7 (64.6%)
70	CHMIELEWSKA Sabina	38	DZIEWCZYNY Z KIJKAMI	K-30	70	00:51:30.70	00:51:30.70	+00:18:24 (35.7%)	5:09	11.7 (64.6%)
71	RUBAJ Anna	248		K-30	71	00:51:57.00	00:51:57.00	+00:18:50 (36.3%)	5:11	11.5 (63.5%)
72	MALICKA Marzena	189		K-30	72	00:52:40.05	00:53:03.05	+00:19:56 (37.6%)	5:16	11.4 (63.0%)

