



Wydarzenie: Bieg Mikołajkowy
Organizator: Stowarzyszenie BiegamBoLubię Team Police
Data: 2019-12-01
Miejsce: Police
Dystans: 5 km

VII MARSZ MIKOŁAJKOWY

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	ZGRAJA Katarzyna	341	BIGACZESWINOUJSIE	K-40	1	00:32:22.50	00:32:22.50		3:14	18.5 (100%)
2	ZIÓŁKOWSKA Sylwia	342	PUSZCZYK BUKOWY	K-40	2	00:33:57.45	00:33:59.10	+00:01:36 (4.7%)	3:23	17.7 (95.7%)
3	GŁADKOWSKA Iryna	77		K-40	3	00:35:03.50	00:35:05.85	+00:02:43 (7.8%)	3:30	17.1 (92.4%)
4	PALIWODA Kasia	4		K-40	4	00:35:13.10	00:35:14.60	+00:02:52 (8.1%)	3:31	17 (91.9%)
5	STACHOWICZ-HAWRYLAK Sylwia	270	ZACHPOM.CENTRUM ONKOLOGII	K-40	5	00:35:18.85	00:35:20.60	+00:02:58 (8.4%)	3:31	17 (91.9%)
6	LUDWICZAK Andżelika	174	EKSPEDYCJAOSIMY WYBRAĆ	K-40	6	00:35:16.95	00:35:21.40	+00:02:58 (8.4%)	3:31	17 (91.9%)
7	KORYBSKA Aleksandra	136		K-40	7	00:36:10.80	00:36:10.80	+00:03:48 (10.5%)	3:37	16.6 (89.7%)
8	GABERT Beata	67	EKSPEDYCJA NORDIC TEAM SZCZECIN	K-40	8	00:36:11.15	00:36:11.15	+00:03:48 (10.5%)	3:37	16.6 (89.7%)
9	KĘSKA-PLĄSEK Małgorzata	126	LOVELASY/BBLPOLICE	K-40	9	00:36:22.90	00:36:28.85	+00:04:06 (11.3%)	3:38	16.5 (89.2%)
10	MASŁOWSKA Magdalena	197		K-40	10	00:36:49.25	00:36:55.55	+00:04:33 (12.3%)	3:40	16.3 (88.1%)
11	KRZYCHOWIEC Agata	148	EKSPEDYCJA NORDIC TEAM SZCZECIN	K-40	11	00:37:34.15	00:37:37.80	+00:05:15 (14.0%)	3:45	16 (86.5%)
12	PODHAJNA Agnieszka	231		K-40	12	00:38:22.65	00:38:22.65	+00:06:00 (15.6%)	3:50	15.6 (84.3%)
13	SKOWROŃ-GINIEWSKA Katarzyna	266		K-40	13	00:38:52.35	00:38:52.35	+00:06:29 (16.7%)	3:53	15.4 (83.2%)
14	ŁAZOWSKA Edyta	177	KOMPAS TEAM	K-40	14	00:39:10.00	00:39:13.70	+00:06:51 (17.5%)	3:55	15.3 (82.7%)
15	WŁADKOWSKA Agnieszka	322		K-40	15	00:39:12.65	00:39:21.75	+00:06:59 (17.8%)	3:55	15.3 (82.7%)
16	MADRAK Anna	186	BBL	K-40	16	00:39:30.40	00:39:36.45	+00:07:13 (18.3%)	3:57	15.2 (82.2%)
17	BOROWIK Dorota	29		K-40	17	00:39:53.70	00:39:59.05	+00:07:36 (19.0%)	3:59	15 (81.1%)
18	ZDANUK Małgorzata	339		K-40	18	00:40:09.85	00:40:13.80	+00:07:51 (19.5%)	4:01	14.9 (80.5%)
19	LASZKIEWICZ Lila	160		K-40	19	00:40:22.00	00:40:22.00	+00:07:59 (19.8%)	4:02	14.9 (80.5%)
20	ŻABOKLIICKA Monika	343		K-40	20	00:40:24.90	00:40:32.40	+00:08:09 (20.1%)	4:02	14.8 (80.0%)
21	KAROL Agnieszka	121	LEJDISPOLICE	K-40	21	00:41:00.00	00:41:07.25	+00:08:44 (21.3%)	4:06	14.6 (78.9%)
21	LEWANDOWSKA Dorota	166	LEJDISPOLICE	K-40	21	00:40:59.20	00:41:07.25	+00:08:44 (21.3%)	4:05	14.6 (78.9%)
23	BOGACZ Natalia	26	EKSPEDYCJA NORDIC TEAM	K-40	23	00:40:48.10	00:41:12.95	+00:08:50 (21.5%)	4:04	14.7 (79.5%)
24	MAŁKOWSKA Ewa	193		K-40	24	00:41:58.15	00:42:09.90	+00:09:47 (23.2%)	4:11	14.3 (77.3%)
25	PRZYGODZKA Katarzyna	235		K-40	25	00:42:43.75	00:42:43.75	+00:10:21 (24.2%)	4:16	14 (75.7%)
26	RIEDEL Magdalena	241		K-40	26	00:42:42.70	00:42:59.65	+00:10:37 (24.7%)	4:16	14 (75.7%)
27	DUDEK Agnieszka	54		K-40	27	00:43:01.50	00:43:05.60	+00:10:43 (24.9%)	4:18	13.9 (75.1%)
28	JANICKA-GNAT Karolina	98		K-40	28	00:43:01.75	00:43:05.75	+00:10:43 (24.9%)	4:18	13.9 (75.1%)
29	KOTFICA-TELEJ Agnieszka	140	RAZ SZCZECIN	K-40	29	00:42:52.20	00:43:09.80	+00:10:47 (25.0%)	4:17	14 (75.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10km	10km			
30	SYMAŃSKA Ewa	295		K-40	30	00:42:52.75	00:43:10.70	+00:10:48 (25.0%)	4:17	14 (75.7%)
31	SIELICKA Agnieszka	257		K-40	31	00:43:24.00	00:43:24.00	+00:11:01 (25.4%)	4:20	13.8 (74.6%)
32	WIELIŃSKA Iwona	315		K-40	32	00:43:22.70	00:43:27.55	+00:11:05 (25.5%)	4:20	13.8 (74.6%)
33	MICHALSKA Aneta	205	KOMPAS TEAM	K-40	33	00:43:19.90	00:43:28.80	+00:11:06 (25.5%)	4:20	13.8 (74.6%)
34	KUCHARSKA Edyta	151		K-40	34	00:43:56.85	00:44:06.25	+00:11:43 (26.6%)	4:23	13.7 (74.1%)
35	WOJNAS Beata	325		K-40	35	00:44:02.95	00:44:14.10	+00:11:51 (26.8%)	4:24	13.6 (73.5%)
36	BAKOWSKA Sylwia	13		K-40	36	00:44:14.15	00:44:14.15	+00:11:51 (26.8%)	4:25	13.6 (73.5%)
37	BĘŚ Joanna	17		K-40	37	00:44:18.25	00:44:24.35	+00:12:01 (27.1%)	4:25	13.5 (73.0%)
38	WIERSZYCKA Malgorzata	316	WIECZORNE BIEGANIE W SZCZECINIE	K-40	38	00:44:08.40	00:44:31.55	+00:12:09 (27.3%)	4:24	13.6 (73.5%)
39	DROZDEK Joanna	53	KOMPAS TEAM	K-40	39	00:44:44.40	00:44:55.65	+00:12:33 (27.9%)	4:28	13.4 (72.4%)
40	WIŚNIEWSKA Aleksandra	320		K-40	40	00:44:59.50	00:44:59.50	+00:12:37 (28.0%)	4:29	13.3 (71.9%)
41	KRZACZKOWSKA Magdalena	147		K-40	41	00:45:00.20	00:45:00.20	+00:12:37 (28.1%)	4:30	13.3 (71.9%)
42	ŻARCZYŃSKA Iwona	345		K-40	42	00:45:20.25	00:45:20.25	+00:12:57 (28.6%)	4:32	13.2 (71.4%)
43	ŁUKOMSKA-DZIEDZIC Anna	182	FUNDACJA MIERZ WYSOKO	K-40	43	00:45:19.80	00:45:29.70	+00:13:07 (28.8%)	4:32	13.2 (71.4%)
44	NEBRATENKO Ilona	212		K-40	44	00:45:25.85	00:45:31.30	+00:13:08 (28.9%)	4:32	13.2 (71.4%)
45	LEWAK Katarzyna	162	LEWACZKI TEAM	K-40	45	00:45:26.15	00:45:33.10	+00:13:10 (28.9%)	4:32	13.2 (71.4%)
46	DAHLKE Edyta	49		K-40	46	00:45:34.90	00:45:34.90	+00:13:12 (29.0%)	4:33	13.2 (71.4%)
47	TYKWINSKA Ewelina	305	EINHEIT LÖCKNITZ	K-40	47	00:45:28.35	00:45:40.40	+00:13:17 (29.1%)	4:32	13.2 (71.4%)
48	TOMASZEWSKA Joanna	303		K-40	48	00:45:36.10	00:45:48.45	+00:13:25 (29.3%)	4:33	13.2 (71.4%)
49	BOROWSKA Magdalena	30		K-40	49	00:45:49.25	00:45:49.25	+00:13:26 (29.3%)	4:34	13.1 (70.8%)
50	BETKER Anna	16		K-40	50	00:45:50.00	00:46:01.65	+00:13:39 (29.7%)	4:35	13.1 (70.8%)
51	GRYGORCEWICZ Anna	87		K-40	51	00:45:49.65	00:46:01.85	+00:13:39 (29.7%)	4:34	13.1 (70.8%)
52	SZWARC-LASZCZYK Katarzyna	291		K-40	52	00:45:48.75	00:46:06.95	+00:13:44 (29.8%)	4:34	13.1 (70.8%)
53	FRĄCKWIECZ Sylwia	63		K-40	53	00:45:57.75	00:46:08.30	+00:13:45 (29.8%)	4:35	13.1 (70.8%)
54	MALINOWSKA-WASILUK Agnieszka	191		K-40	54	00:46:12.05	00:46:12.05	+00:13:49 (29.9%)	4:37	13 (70.3%)
55	SZEWCZUK Małgorzata	280		K-40	55	00:46:13.85	00:46:13.85	+00:13:51 (30.0%)	4:37	13 (70.3%)
56	ŚLIWKA Małgorzata	297	MORŚWINY	K-40	56	00:45:54.45	00:46:18.05	+00:13:55 (30.1%)	4:35	13.1 (70.8%)
57	WYPYCH Iwona	331	MORŚWINY ŚWINOUJŚCIE	K-40	57	00:45:53.70	00:46:18.35	+00:13:55 (30.1%)	4:35	13.1 (70.8%)
58	MIKSZA Katarzyna	208	KAGIK	K-40	58	00:46:06.40	00:46:19.35	+00:13:56 (30.1%)	4:36	13 (70.3%)
59	OLENDER Barbara	217		K-40	59	00:46:10.05	00:46:23.80	+00:14:01 (30.2%)	4:37	13 (70.3%)
60	JATCZAK Ewa	105		K-40	60	00:46:25.70	00:46:25.70	+00:14:03 (30.3%)	4:38	12.9 (69.7%)
61	PIECHOTA Katarzyna	225		K-40	61	00:46:13.95	00:46:28.25	+00:14:05 (30.3%)	4:37	13 (70.3%)
62	WIPPLINGER Jolanta	318		K-40	62	00:46:16.55	00:46:37.30	+00:14:14 (30.6%)	4:37	13 (70.3%)
63	IGNACIUK Joanna	94		K-40	63	00:46:14.20	00:46:37.95	+00:14:15 (30.6%)	4:37	13 (70.3%)
64	PABJAN Dorota	219	MORŚWINY	K-40	64	00:46:13.05	00:46:38.35	+00:14:15 (30.6%)	4:37	13 (70.3%)
65	WYSOCKA-LEŚNIK Agnieszka	332		K-40	65	00:46:52.25	00:46:52.25	+00:14:29 (30.9%)	4:41	12.8 (69.2%)
66	GABRIELA Ziętarska	68		K-40	66	00:46:31.20	00:46:52.60	+00:14:30 (30.9%)	4:39	12.9 (69.7%)
67	KUBIAK-WOLNA Małgorzata	149	GWIEZDNI WOLNI	K-40	67	00:47:02.80	00:47:07.05	+00:14:44 (31.3%)	4:42	12.8 (69.2%)
68	KUDERSKA Iwona	152		K-40	68	00:46:56.15	00:47:08.75	+00:14:46 (31.3%)	4:41	12.8 (69.2%)
69	ROSZATYCKA-KRAUSE Agnieszka	365	DMUCHAWIEC GOLENIÓW	K-40	69	00:46:53.95	00:47:20.15	+00:14:57 (31.6%)	4:41	12.8 (69.2%)
70	ŻARNOWSKA Monika	348		K-40	70	00:47:25.10	00:47:30.30	+00:15:07 (31.8%)	4:44	12.7 (68.6%)
71	SZUKALSKA Monika	285		K-40	71	00:47:09.60	00:47:31.35	+00:15:08 (31.9%)	4:43	12.7 (68.6%)
72	KOWALSKA Agnieszka	355		K-40	72	00:47:25.50	00:47:37.30	+00:15:14 (32.0%)	4:44	12.6 (68.1%)
73	KAŁWA Agnieszka	114		K-40	73	00:48:02.65	00:48:14.40	+00:15:51 (32.9%)	4:48	12.5 (67.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
74	TARGOSIŃSKA Wioletta	299		K-40	74	00:47:58.95	00:48:18.95	+00:15:56 (33.0%)	4:47	12.5 (67.6%)
75	AGATOWSKA Joanna	6		K-40	75	00:48:15.60	00:48:32.65	+00:16:10 (33.3%)	4:49	12.4 (67.0%)
76	CIESIELSKA Agnieszka	45		K-40	76	00:48:33.15	00:48:33.15	+00:16:10 (33.3%)	4:51	12.4 (67.0%)
77	GRZĄDKA Iwona	89		K-40	77	00:48:14.85	00:48:36.85	+00:16:14 (33.4%)	4:49	12.4 (67.0%)
78	ŁEMPKOWSKA Beata	178	BBL POLICE	K-40	78	00:49:15.90	00:49:15.90	+00:16:53 (34.3%)	4:55	12.2 (65.9%)
79	TARWID Bożena	302		K-40	79	00:49:09.65	00:49:26.80	+00:17:04 (34.5%)	4:54	12.2 (65.9%)
80	LEWANDOWSKA Elżbieta	165		K-40	80	00:49:20.60	00:49:28.05	+00:17:05 (34.6%)	4:56	12.2 (65.9%)
81	LITWINIAK Izabela	171	DZIEWCZYNY Z KIJKAMI	K-40	81	00:49:22.40	00:49:42.05	+00:17:19 (34.9%)	4:56	12.1 (65.4%)
82	JANOWSKA Emilia	100		K-40	82	00:49:43.25	00:49:43.25	+00:17:20 (34.9%)	4:58	12.1 (65.4%)
83	GRIEGER Monika	86		K-40	83	00:50:34.65	00:50:41.85	+00:18:19 (36.1%)	5:03	11.9 (64.3%)
84	BREWIŃSKA-GRACZYK Adriana	31		K-40	84	00:50:29.25	00:50:42.85	+00:18:20 (36.2%)	5:02	11.9 (64.3%)
85	SZCZUROWSKA Joanna	279		K-40	85	00:51:26.85	00:51:49.50	+00:19:27 (37.5%)	5:08	11.7 (63.2%)
86	NAJMARK Małgorzata	211	NORDICOVE LOVE POLICE	K-40	86	00:51:33.90	00:51:53.20	+00:19:30 (37.6%)	5:09	11.6 (62.7%)
87	SROCZYŃSKA Marlena	269	NORDICOVELOVE POLICE	K-40	87	00:51:36.15	00:51:54.80	+00:19:32 (37.6%)	5:09	11.6 (62.7%)
88	GÓRSKA Agnieszka	84	NORDICOWELOVE POLICE	K-40	88	00:51:39.85	00:51:56.35	+00:19:33 (37.7%)	5:10	11.6 (62.7%)
	BRUCH Edyta	32		K-40		DNF	DNF	-	-	- (0.0%)
	BUCICHOWSKA Malgorzata	34		K-40		DNF	DNF	-	-	- (0.0%)
	MATLAKIEWICZ-KUŁAK Marta	199		K-40		DNF	DNF	-	-	- (0.0%)

Znaleziono 91 wynik(ów)