



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

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

VII MARSZ MIKOŁAJKOWY

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Mieszkanka Powiatu Police

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	PALIWODA Kasia	4		K-40	4	00:35:13.10	00:35:14.60		3:31	17 (100%)
2	RADCZUK Karolina	237	KOMPAS TEAM OPEN	K-30	4	00:35:41.00	00:35:42.85	+00:00:28 (1.3%)	3:34	16.8 (98.8%)
3	KUPNIEWSKA Aleksandra	155	KOMPAS TEAM	K-30	5	00:36:09.80	00:36:12.55	+00:00:57 (2.7%)	3:37	16.6 (97.6%)
4	KĘSKA-PLĄSEK Małgorzata	126	LOVELASY/BBLPOLICE	K-40	9	00:36:22.90	00:36:28.85	+00:01:14 (3.4%)	3:38	16.5 (97.1%)
5	STEBLECKA Marta	271	KOMPAS TEAM	K-30	6	00:37:16.50	00:37:20.85	+00:02:06 (5.6%)	3:43	16.1 (94.7%)
6	GRYNFELDER Izabela	88		K-50	9	00:38:05.90	00:38:09.65	+00:02:55 (7.6%)	3:48	15.7 (92.4%)
7	SKOWRON-GINIEWSKA Katarzyna	266		K-40	13	00:38:52.35	00:38:52.35	+00:03:37 (9.3%)	3:53	15.4 (90.6%)
8	BIERNACKA Helena	21	NIEZRZESZONA	K-50	11	00:39:00.85	00:39:06.25	+00:03:51 (9.9%)	3:54	15.4 (90.6%)
9	KRASNODEBSKA Julia	143	BBL POLICE	K-20	2	00:39:00.00	00:39:06.40	+00:03:51 (9.9%)	3:54	15.4 (90.6%)
10	GRZEGORCZYK Ela	91		K-50	13	00:39:23.70	00:39:23.70	+00:04:09 (10.5%)	3:56	15.2 (89.4%)
11	BARTYNA Krystyna	9		K-50	14	00:39:23.90	00:39:29.50	+00:04:14 (10.8%)	3:56	15.2 (89.4%)
12	MADRAK Anna	186	BBL	K-40	16	00:39:30.40	00:39:36.45	+00:04:21 (11.0%)	3:57	15.2 (89.4%)
13	ZDANUK Małgorzata	339		K-40	18	00:40:09.85	00:40:13.80	+00:04:59 (12.4%)	4:01	14.9 (87.6%)
14	SALA Mirosława	252		K-50	19	00:40:48.00	00:40:49.85	+00:05:35 (13.7%)	4:04	14.7 (86.5%)
15	BUJNOWSKA Anita	36		K-20	4	00:40:44.50	00:41:00.15	+00:05:45 (14.0%)	4:04	14.7 (86.5%)
16	KAROL Agnieszka	121	LEJDISPOLICE	K-40	21	00:41:00.00	00:41:07.25	+00:05:52 (14.3%)	4:06	14.6 (85.9%)
17	MICHALIK-CAŁY Kasia	204	KOBIECE BIEGANIE	K-30	15	00:42:04.35	00:42:04.35	+00:06:49 (16.2%)	4:12	14.3 (84.1%)
18	PRZYGODZKA Katarzyna	235		K-40	25	00:42:43.75	00:42:43.75	+00:07:29 (17.5%)	4:16	14 (82.4%)
19	KACZOROWSKA Justyna	112		K-30	19	00:42:36.75	00:42:45.25	+00:07:30 (17.6%)	4:15	14.1 (82.9%)
20	DURAJ Paulina	55		K-30	20	00:42:36.55	00:42:45.35	+00:07:30 (17.6%)	4:15	14.1 (82.9%)
21	ŻURAWSKA Agnieszka	350		K-20	5	00:42:57.60	00:42:57.60	+00:07:43 (18.0%)	4:17	14 (82.4%)
22	RIEDEL Magdalena	241		K-40	26	00:42:42.70	00:42:59.65	+00:07:45 (18.0%)	4:16	14 (82.4%)
23	KOTFICA-TELEJ Agnieszka	140	RAZ SZCZECIN	K-40	29	00:42:52.20	00:43:09.80	+00:07:55 (18.3%)	4:17	14 (82.4%)
24	FLEJTER Magdalena	61		K-30	22	00:42:52.15	00:43:10.40	+00:07:55 (18.4%)	4:17	14 (82.4%)
25	SZYMAŃSKA Ewa	295		K-40	30	00:42:52.75	00:43:10.70	+00:07:56 (18.4%)	4:17	14 (82.4%)
26	MICHALSKA Aneta	205	KOMPAS TEAM	K-40	33	00:43:19.90	00:43:28.80	+00:08:14 (18.9%)	4:20	13.8 (81.2%)
27	KAŁWA Ania	116		K-20	6	00:43:47.00	00:43:47.00	+00:08:32 (19.5%)	4:22	13.7 (80.6%)
28	BENDIG-WIELOWIEJSKA Beata	15		K-30	24	00:43:44.20	00:43:48.35	+00:08:33 (19.5%)	4:22	13.7 (80.6%)
29	STRUK Jadwiga	276		K-50	29	00:43:52.75	00:43:52.75	+00:08:38 (19.7%)	4:23	13.7 (80.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10km	10km			
30	WNUK Wanda	323		K-50	34	00:44:01.25	00:44:03.45	+00:08:48 (20.0%)	4:24	13.6 (80.0%)
31	TYŁODZIECKA Magdalena	306		K-30	25	00:44:05.90	00:44:05.90	+00:08:51 (20.1%)	4:24	13.6 (80.0%)
32	UKLEJA Ilona	308		K-30	26	00:44:06.20	00:44:06.20	+00:08:51 (20.1%)	4:24	13.6 (80.0%)
33	KUCHARSKA Edyta	151		K-40	34	00:43:56.85	00:44:06.25	+00:08:51 (20.1%)	4:23	13.7 (80.6%)
34	WOJNAS Beata	325		K-40	35	00:44:02.95	00:44:14.10	+00:08:59 (20.3%)	4:24	13.6 (80.0%)
35	BAKOWSKA Sylwia	13		K-40	36	00:44:14.15	00:44:14.15	+00:08:59 (20.3%)	4:25	13.6 (80.0%)
36	BĘŚ Joanna	17		K-40	37	00:44:18.25	00:44:24.35	+00:09:09 (20.6%)	4:25	13.5 (79.4%)
37	POPIOŁEK Joanna	233		K-30	27	00:44:26.35	00:44:26.35	+00:09:11 (20.7%)	4:26	13.5 (79.4%)
38	BUDIS Halina	35		K-30	29	00:44:18.60	00:44:36.65	+00:09:22 (21.0%)	4:25	13.5 (79.4%)
39	ŻARNOWSKA Emilia	349		K-20	7	00:44:35.00	00:44:40.90	+00:09:26 (21.1%)	4:27	13.5 (79.4%)
40	PEDA Kamila	223		K-30	31	00:44:39.05	00:44:50.05	+00:09:35 (21.4%)	4:27	13.4 (78.8%)
41	PUCHTA Anna	236	KOMPAS TEAM	K-30	32	00:44:40.65	00:44:50.65	+00:09:36 (21.4%)	4:28	13.4 (78.8%)
42	GAŁUSZKA Livia	72		K-20	8	00:44:29.80	00:44:54.15	+00:09:39 (21.5%)	4:27	13.5 (79.4%)
43	KARCZMARCZYK Adriana	120		K-30	33	00:44:43.65	00:44:55.05	+00:09:40 (21.5%)	4:28	13.4 (78.8%)
44	WIŚNIEWSKA Aleksandra	320		K-40	40	00:44:59.50	00:44:59.50	+00:09:44 (21.7%)	4:29	13.3 (78.2%)
45	ROSIŃSKA Karolina	245		K-30	35	00:44:53.85	00:45:00.10	+00:09:45 (21.7%)	4:29	13.4 (78.8%)
46	FIJAŁKOWSKA Monika	60		K-30	37	00:44:55.50	00:45:07.75	+00:09:53 (21.9%)	4:29	13.4 (78.8%)
47	KLITYŃSKA Agnieszka	130	NIEZRZESZONY	K-30	38	00:44:49.65	00:45:10.45	+00:09:55 (22.0%)	4:29	13.4 (78.8%)
48	WOLSKA-RAJCHEL Maria	327		K-30	39	00:45:34.70	00:45:54.25	+00:10:39 (23.2%)	4:33	13.2 (77.6%)
49	BETKER Anna	16		K-40	50	00:45:50.00	00:46:01.65	+00:10:47 (23.4%)	4:35	13.1 (77.1%)
50	GRYGORCEWICZ Anna	87		K-40	51	00:45:49.65	00:46:01.85	+00:10:47 (23.4%)	4:34	13.1 (77.1%)
51	FRĄCKWIECZ Sylwia	63		K-40	53	00:45:57.75	00:46:08.30	+00:10:53 (23.6%)	4:35	13.1 (77.1%)
52	SZEWCZUK Małgorzata	280		K-40	55	00:46:13.85	00:46:13.85	+00:10:59 (23.8%)	4:37	13 (76.5%)
53	OLENDER Barbara	217		K-40	59	00:46:10.05	00:46:23.80	+00:11:09 (24.0%)	4:37	13 (76.5%)
54	KUBIAK-WOLNA Małgorzata	149	GWIEZDNI WOLNI	K-40	67	00:47:02.80	00:47:07.05	+00:11:52 (25.2%)	4:42	12.8 (75.3%)
55	KUDERSKA Iwona	152		K-40	68	00:46:56.15	00:47:08.75	+00:11:54 (25.2%)	4:41	12.8 (75.3%)
56	JATCZAK Katarzyna	104		K-30	45	00:47:09.05	00:47:09.05	+00:11:54 (25.3%)	4:42	12.7 (74.7%)
57	FUTYMA Karolina	66	DZIEWCZYNY Z KIJKAMI	K-30	47	00:46:57.45	00:47:16.35	+00:12:01 (25.4%)	4:41	12.8 (75.3%)
58	ŻARNOWSKA Monika	348		K-40	70	00:47:25.10	00:47:30.30	+00:12:15 (25.8%)	4:44	12.7 (74.7%)
59	GAŁOL Marlena	75		K-30	50	00:47:32.65	00:47:32.65	+00:12:18 (25.9%)	4:45	12.6 (74.1%)
60	GAJDZIŃSKA Dagmara	69		K-30	51	00:47:21.90	00:47:32.90	+00:12:18 (25.9%)	4:44	12.7 (74.7%)
61	MICHALAK Halina	202		K-30	52	00:47:35.50	00:47:35.50	+00:12:20 (25.9%)	4:45	12.6 (74.1%)
62	KAŁWA Agnieszka	114		K-40	73	00:48:02.65	00:48:14.40	+00:12:59 (26.9%)	4:48	12.5 (73.5%)
63	ŁUKASZEWSKA Ilona	351		K-30	56	00:47:52.15	00:48:16.95	+00:13:02 (27.0%)	4:47	12.5 (73.5%)
64	TARGOSIŃSKA Marcelina	300		K-20	16	00:47:56.40	00:48:17.25	+00:13:02 (27.0%)	4:47	12.5 (73.5%)
65	SIKORA Magdalena	263	DZIKI WEEKEND	K-30	58	00:48:17.55	00:48:17.55	+00:13:02 (27.0%)	4:49	12.4 (72.9%)
66	PODZIELNA Aleksandra	232		K-30	59	00:48:03.10	00:48:18.45	+00:13:03 (27.0%)	4:48	12.5 (73.5%)
67	TARGOSIŃSKA Wioletta	299		K-40	74	00:47:58.95	00:48:18.95	+00:13:04 (27.1%)	4:47	12.5 (73.5%)
68	CHYLEWSKA - KĘSY Danuta	43	MY Z PODWÓRKA	K-50	48	00:48:46.75	00:49:08.50	+00:13:53 (28.3%)	4:52	12.3 (72.4%)
69	KRASNODEBSKA Magdalena	142	BBL POLICE	K-30	62	00:48:49.70	00:49:15.30	+00:14:00 (28.4%)	4:53	12.3 (72.4%)
70	ŁEMPKOWSKA Beata	178	BBL POLICE	K-40	78	00:49:15.90	00:49:15.90	+00:14:01 (28.5%)	4:55	12.2 (71.8%)
71	AUGUSTOWSKA Julia	222	KOMPAS TEAM	K-30	63	00:49:04.90	00:49:16.60	+00:14:02 (28.5%)	4:54	12.2 (71.8%)
72	MICHALSKA Karolina	206	KOMPAS TEAM	K-20	17	00:49:07.40	00:49:17.85	+00:14:03 (28.5%)	4:54	12.2 (71.8%)
73	DOMINIAK-OLSZEWSKA Małgorzata	52	KIJKI&SZILKI	K-30	64	00:49:06.85	00:49:22.80	+00:14:08 (28.6%)	4:54	12.2 (71.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
74	JANOWICZ Renata	99	KIJKI&SZPILKI	K-30	65	00:49:06.55	00:49:23.10	+00:14:08 (28.6%)	4:54	12.2 (71.8%)
75	BEDNARCZYK Alicja	14	KIJKI&SZPILKI	K-50	49	00:49:08.10	00:49:23.85	+00:14:09 (28.7%)	4:54	12.2 (71.8%)
76	TARWID Bożena	302		K-40	79	00:49:09.65	00:49:26.80	+00:14:12 (28.7%)	4:54	12.2 (71.8%)
77	SZYMAŃSKA Aleksandra	294		K-30	66	00:49:08.65	00:49:30.20	+00:14:15 (28.8%)	4:54	12.2 (71.8%)
78	GAŁUSZKA Agnieszka	70		K-30	68	00:49:15.20	00:49:40.80	+00:14:26 (29.1%)	4:55	12.2 (71.8%)
79	GRIEGER Monika	86		K-40	83	00:50:34.65	00:50:41.85	+00:15:27 (30.5%)	5:03	11.9 (70.0%)
80	SZULC Anna	288		K-30	69	00:51:07.10	00:51:30.10	+00:16:15 (31.6%)	5:06	11.7 (68.8%)
81	CHMIELEWSKA Sabina	38		K-30	70	00:51:30.70	00:51:30.70	+00:16:16 (31.6%)	5:09	11.7 (68.8%)
82	WOŹNIEWSKA Grażyna	328	NORDICOWELOVE POLICE	K-50	56	00:51:39.25	00:51:52.90	+00:16:38 (32.1%)	5:09	11.6 (68.2%)
83	GAZECKA Krystyna	74		K-50	57	00:51:39.20	00:51:52.95	+00:16:38 (32.1%)	5:09	11.6 (68.2%)
84	NAJMARK Małgorzata	211	NORDICOVE LOVE POLICE	K-40	86	00:51:33.90	00:51:53.20	+00:16:38 (32.1%)	5:09	11.6 (68.2%)
85	CICHECKA Joanna	44	NORDICOWELOVE POLICE	K-50	58	00:51:53.40	00:51:53.40	+00:16:38 (32.1%)	5:11	11.6 (68.2%)
86	TOMZIK-SWINARSKA Izabela	304	NORDICOWE LOVE	K-50	59	00:51:38.20	00:51:53.65	+00:16:39 (32.1%)	5:09	11.6 (68.2%)
87	SZYDELSKA Krystyna	293	NORDICOWELOVE POLICE	K-50	60	00:51:39.40	00:51:53.80	+00:16:39 (32.1%)	5:09	11.6 (68.2%)
88	SROCZYŃSKA Marlena	269	NORDICOWELOVE POLICE	K-40	87	00:51:36.15	00:51:54.80	+00:16:40 (32.1%)	5:09	11.6 (68.2%)
89	GÓRSKA Agnieszka	84	NORDICOWELOVE POLICE	K-40	88	00:51:39.85	00:51:56.35	+00:16:41 (32.1%)	5:10	11.6 (68.2%)
90	MALICKA Marzena	189	DZIEWCZYNY Z KJKAMI	K-30	72	00:52:40.05	00:53:03.05	+00:17:48 (33.6%)	5:16	11.4 (67.1%)
91	CZARNECKA Ewa	46		K-50	65	00:55:15.95	00:55:15.95	+00:20:01 (36.2%)	5:31	10.9 (64.1%)
	JUCHA Iza	109		K-50		DNF	DNF		-	- (0.0%)
	WOJTAL Anna	326	NORDICOWELOVE	K-50		DNF	DNF		-	- (0.0%)
	BUCICHOWSKA Malgorzata	34		K-40		DNF	DNF		-	- (0.0%)
	MATLAKIEWICZ-KUŁAK Marta	199		K-40		DNF	DNF		-	- (0.0%)

Znaleziono 95 wynik(ów)