

## 2 BIAŁOGARDZKI BIEG SZLAKIEM GRYFA - 5 KM

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

2 Białogardzki Bieg Szlakiem Gryfa  
Białogardzkie Stowarzyszenie Aktywności Sportowej  
2020-10-03  
Białogard  
5 km



Klasyfikacja: K-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	MARKOWSKA Iwona	275	4 FIT CROSS BIAŁOGARD	2 Fala	1	00:49:57.45		9:59	6 (100%)
2	ORLON Barbara	290		1 Fala	5	00:56:22.70	+00:06:25 (11.4%)	11:16	5.3 (88.3%)
3	NIKLAS Małgorzata	283	KSF	3 Fala	2	00:56:31.25	+00:06:33 (11.6%)	11:18	5.3 (88.3%)
3	WOLANSKA Anna	351	KLUB SPORTOWY FITNESS	3 Fala	2	00:56:31.25	+00:06:33 (11.6%)	11:18	5.3 (88.3%)
5	KEMPROWSKA Sylwia	245		1 Fala	7	00:59:11.15	+00:09:13 (15.6%)	11:50	5.1 (85.0%)
6	HEJZA Katarzyna	234		1 Fala	10	01:00:33.25	+00:10:35 (17.5%)	12:06	5 (83.3%)
7	ZALEWSKA Magdalena	359	BUDIMET BIAŁOGARD	1 Fala	11	01:01:07.45	+00:11:10 (18.3%)	12:13	4.9 (81.7%)
8	URBAN Joanna	336	KŁOSIAKI	1 Fala	13	01:01:18.45	+00:11:21 (18.5%)	12:15	4.9 (81.7%)
9	WĄSOWICZ Ewa	339		3 Fala	4	01:01:53.90	+00:11:56 (19.3%)	12:22	4.8 (80.0%)
10	WYSZOMIRSKA Sylwia	356	PAINTBALL ML BYŚLAW	2 Fala	6	01:02:43.40	+00:12:45 (20.4%)	12:32	4.8 (80.0%)
11	LISOWSKA Monika	268		1 Fala	19	01:02:45.85	+00:12:48 (20.4%)	12:33	4.8 (80.0%)
12	GRZELAK Karina	229		1 Fala	20	01:02:45.90	+00:12:48 (20.4%)	12:33	4.8 (80.0%)
13	KURENDA Sylwia	258		1 Fala	21	01:02:45.95	+00:12:48 (20.4%)	12:33	4.8 (80.0%)
14	GÓRALSKA Monika	226	CLUB FORMA BIAŁOGARD	2 Fala	9	01:02:51.70	+00:12:54 (20.5%)	12:34	4.8 (80.0%)
15	WIDERA Anna	342	CLUB FORMA BIAŁOGARD	2 Fala	10	01:02:55.50	+00:12:58 (20.6%)	12:35	4.8 (80.0%)
16	BAMBERSKA Barbara	202	CLUB FORMA BIAŁOGARD	2 Fala	11	01:03:02.80	+00:13:05 (20.8%)	12:36	4.8 (80.0%)
17	CEGIEŁKA Anna	214	CLUB FORMA BIAŁOGARD	2 Fala	12	01:03:05.45	+00:13:08 (20.8%)	12:37	4.8 (80.0%)
18	GRZEGORZAK Monika	228		2 Fala	13	01:05:03.70	+00:15:06 (23.2%)	13:00	4.6 (76.7%)
19	MARCINIAK Agnieszka	274	CLUB FORMA BIAŁOGARD	2 Fala	15	01:05:20.55	+00:15:23 (23.5%)	13:04	4.6 (76.7%)
20	DĘBSKA Kamila	220	KLUB SPORTOWY FITNESS	3 Fala	6	01:07:24.25	+00:17:26 (25.9%)	13:28	4.5 (75.0%)
21	ZIĘCINA Monika	363	KLUB SPORTOWY FITNESS	3 Fala	7	01:07:24.30	+00:17:26 (25.9%)	13:28	4.5 (75.0%)
22	DUBICKA Marta	221	KLUB SPORTOWY FITNESS	3 Fala	8	01:07:25.15	+00:17:27 (25.9%)	13:29	4.4 (73.3%)
23	GUZOWSKA Marta	231	KLUB SPORTOWY FITNESS	3 Fala	9	01:07:26.25	+00:17:28 (25.9%)	13:29	4.4 (73.3%)
24	SMUKOWSKA Alicja	318		3 Fala	11	01:07:37.70	+00:17:40 (26.1%)	13:31	4.4 (73.3%)
25	SMUKOWSKA Magda	317		3 Fala	12	01:07:37.85	+00:17:40 (26.1%)	13:31	4.4 (73.3%)
26	IWASZKO Anna	235		2 Fala	17	01:10:46.80	+00:20:49 (29.4%)	14:09	4.2 (70.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
27	<b>POŻYCZKA Aleksandra</b>	<b>302</b>		2 Fala	18	<b>01:10:46.90</b>	+00:20:49 (29.4%)	14:09	4.2 (70.0%)
28	<b>SKIBIŃSKA Natalia</b>	<b>314</b>		2 Fala	21	<b>01:14:34.00</b>	+00:24:36 (33.0%)	14:54	4 (66.7%)
29	<b>OSTROWSKA Barbara</b>	<b>292</b>	RAMS TRAINING HOUSE	3 Fala	14	<b>01:15:30.65</b>	+00:25:33 (33.8%)	15:06	4 (66.7%)
30	<b>ŻUBER Anna</b>	<b>365</b>	TEXAS	2 Fala	22	<b>01:15:42.85</b>	+00:25:45 (34.0%)	15:08	4 (66.7%)
31	<b>GROS Ewa</b>	<b>227</b>		3 Fala	15	<b>01:16:02.00</b>	+00:26:04 (34.3%)	15:12	3.9 (65.0%)
32	<b>KĘDZIERSKA Ewelina</b>	<b>247</b>		3 Fala	16	<b>01:16:02.10</b>	+00:26:04 (34.3%)	15:12	3.9 (65.0%)
33	<b>WODNICKA Ewa</b>	<b>349</b>		3 Fala	17	<b>01:16:02.35</b>	+00:26:04 (34.3%)	15:12	3.9 (65.0%)
34	<b>LIPERTOWICZ Adrianna</b>	<b>266</b>	RUNBIKE GRYFICE	3 Fala	18	<b>01:16:03.65</b>	+00:26:06 (34.3%)	15:12	3.9 (65.0%)
35	<b>MIKOŁAJCZAK Alicja</b>	<b>281</b>		2 Fala	23	<b>01:16:15.15</b>	+00:26:17 (34.5%)	15:15	3.9 (65.0%)
36	<b>ŁUGOWSKA Agnieszka</b>	<b>337</b>	CLUB FORMA BIAŁOGARD	2 Fala	24	<b>01:16:15.40</b>	+00:26:17 (34.5%)	15:15	3.9 (65.0%)
37	<b>ORSZULSKA Magdalena</b>	<b>291</b>	WIECZORNE BIEGANIE W SZCZECINIE	1 Fala	25	<b>01:16:32.45</b>	+00:26:35 (34.7%)	15:18	3.9 (65.0%)
38	<b>GAŁWA Oliwia</b>	<b>224</b>	TEXAS	2 Fala	26	<b>01:21:09.35</b>	+00:31:11 (38.4%)	16:13	3.7 (61.7%)
39	<b>HAŁAS Renata</b>	<b>233</b>		1 Fala	26	<b>01:22:43.75</b>	+00:32:46 (39.6%)	16:32	3.6 (60.0%)
40	<b>WASILEWSKA Karolina</b>	<b>244</b>	SETKA	1 Fala	29	<b>01:22:45.30</b>	+00:32:47 (39.6%)	16:33	3.6 (60.0%)
41	<b>BOROS-SMOLIŃSKA Ewelina</b>	<b>211</b>		1 Fala	30	<b>01:22:45.45</b>	+00:32:48 (39.6%)	16:33	3.6 (60.0%)
42	<b>ŻUKOWSKA Joanna</b>	<b>367</b>	SIOSTRY SĄSIADKI	2 Fala	27	<b>01:27:38.80</b>	+00:37:41 (43.0%)	17:31	3.4 (56.7%)
43	<b>KRÓL Magdalena</b>	<b>255</b>	SIOSTRY SĄSIADKI	2 Fala	28	<b>01:27:38.90</b>	+00:37:41 (43.0%)	17:31	3.4 (56.7%)
44	<b>ŻUCHOWSKA Izabela</b>	<b>366</b>	SIOSTRY SĄSIADKI	2 Fala	29	<b>01:27:39.40</b>	+00:37:41 (43.0%)	17:31	3.4 (56.7%)

Znaleziono 44 wynik(ów)