

# 5 BIAŁOGARDZKI BIEG SZLAKIEM GRYFA - 5 KM

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

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

5 BIAŁOGARDZKI BIEG SZLAKIEM GRYFA  
Białogardzkie Stowarzyszenie Aktywności Sportowej  
2024-04-14  
Białogard  
5 km



Klasyfikacja: K-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Fala	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>PIRÓG Ewa</b>	<b>111</b>	NIE	K-Open	1	FALA IV	<b>00:45:43.55</b>		9:08	6.6 (100%)
2	<b>WIECHOWSKA Agata</b>	<b>158</b>	ZAKRĘCONE	K-Open	2	FALA IV	<b>00:47:10.40</b>	+00:01:26 (3.1%)	9:26	6.4 (97.0%)
3	<b>KUPIS Aleksandra</b>	<b>74</b>	^.^	K-Open	3	FALA II	<b>00:48:18.25</b>	+00:02:34 (5.3%)	9:39	6.2 (93.9%)
4	<b>WITKIEWICZ Magda</b>	<b>162</b>	KB	K-Open	4	FALA III	<b>00:49:36.55</b>	+00:03:53 (7.8%)	9:55	6 (90.9%)
5	<b>SIELATYCKA Olga</b>	<b>134</b>	EL TORO DE ORO	K-Open	5	FALA III	<b>00:50:20.60</b>	+00:04:37 (9.2%)	10:04	6 (90.9%)
6	<b>FEDOROWIAT-NOWACKA Małgorzata</b>	<b>30</b>	EL TORO DE ORO	K-Open	6	FALA III	<b>00:50:20.90</b>	+00:04:37 (9.2%)	10:04	6 (90.9%)
7	<b>KŁACZKIEWICZ Alicja</b>	<b>61</b>	WY-BIEGANI SZCZECIN	K-Open	7	FALA III	<b>00:51:27.25</b>	+00:05:43 (11.1%)	10:17	5.8 (87.9%)
8	<b>MAZEPA Izabela</b>	<b>90</b>	-	K-Open	8	FALA IV	<b>00:53:51.30</b>	+00:08:07 (15.1%)	10:46	5.6 (84.8%)
9	<b>NOWAKOWSKA Marta</b>	<b>99</b>	SAMA DLA SIEBIE :)	K-Open	9	FALA II	<b>00:55:01.70</b>	+00:09:18 (16.9%)	11:00	5.5 (83.3%)
10	<b>MARKOWSKA Iwona</b>	<b>88</b>	TEAM DIABLO	K-Open	10	FALA III	<b>00:55:19.50</b>	+00:09:35 (17.4%)	11:03	5.4 (81.8%)
11	<b>DURA Monika</b>	<b>28</b>	.	K-Open	11	FALA IV	<b>00:56:07.40</b>	+00:10:23 (18.5%)	11:13	5.3 (80.3%)
12	<b>WITKOWSKA Malwina</b>	<b>163</b>	SUPER DZIEWCZYNY	K-Open	12	FALA II	<b>00:56:50.50</b>	+00:11:06 (19.6%)	11:22	5.3 (80.3%)
13	<b>WIECZOREK Agata</b>	<b>159</b>	SUPER DZIEWCZYNY	K-Open	13	FALA II	<b>00:56:50.55</b>	+00:11:07 (19.6%)	11:22	5.3 (80.3%)
14	<b>CEGIEŁKA Anna</b>	<b>16</b>	□	K-Open	14	FALA III	<b>00:56:53.30</b>	+00:11:09 (19.6%)	11:22	5.3 (80.3%)
15	<b>FLIS Anna</b>	<b>31</b>	WŚCIEKŁE PIĘŚCI MOPSA	K-Open	15	FALA IV	<b>01:00:15.20</b>	+00:14:31 (24.1%)	12:03	5 (75.8%)
16	<b>KARUT Natalia</b>	<b>56</b>	FAKTOZA	K-Open	16	FALA III	<b>01:00:52.60</b>	+00:15:09 (24.9%)	12:10	4.9 (74.2%)
17	<b>BUJAK Paulina</b>	<b>14</b>	FAKTOZA	K-Open	17	FALA III	<b>01:00:58.35</b>	+00:15:14 (25.0%)	12:11	4.9 (74.2%)
18	<b>BRYNKIEWICZ Anna</b>	<b>198</b>		K-Open	18	FALA I	<b>01:01:59.55</b>	+00:16:16 (26.2%)	12:23	4.8 (72.7%)
19	<b>FRACZCZAK Gosia</b>	<b>32</b>	MORDOR	K-Open	19	FALA II	<b>01:02:40.15</b>	+00:16:56 (27.0%)	12:32	4.8 (72.7%)
20	<b>ŁUKASZEWICZ Alicja</b>	<b>81</b>	TEAM DIABLO	K-Open	20	FALA III	<b>01:04:42.15</b>	+00:18:58 (29.3%)	12:56	4.6 (69.7%)
21	<b>SWOROBOWICZ Magdalena</b>	<b>143</b>	TEAM DIABLO	K-Open	21	FALA III	<b>01:04:44.90</b>	+00:19:01 (29.4%)	12:56	4.6 (69.7%)
22	<b>RÓJ Barbara</b>	<b>122</b>	TEAM DIABLO	K-Open	22	FALA III	<b>01:04:47.25</b>	+00:19:03 (29.4%)	12:57	4.6 (69.7%)
23	<b>DEBERT Milena</b>	<b>22</b>	WILKI	K-Open	23	FALA II	<b>01:04:50.65</b>	+00:19:07 (29.5%)	12:58	4.6 (69.7%)
24	<b>JASIŃSKA Dominika</b>	<b>47</b>	WILKI	K-Open	24	FALA II	<b>01:04:52.75</b>	+00:19:09 (29.5%)	12:58	4.6 (69.7%)
25	<b>ŻUBER Anna</b>	<b>172</b>	TEXAS	K-Open	25	FALA III	<b>01:05:04.05</b>	+00:19:20 (29.7%)	13:00	4.6 (69.7%)
26	<b>PYTLARCZYK Justyna</b>	<b>116</b>	TEXAS	K-Open	26	FALA III	<b>01:05:04.75</b>	+00:19:21 (29.7%)	13:00	4.6 (69.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Fala	Czas netto		Tempo min/km	Tempo km/h
							5km	Różn		
27	<b>KILJAN Sylwia</b>	<b>60</b>	WILKI	K-Open	27	FALA II	<b>01:06:18.10</b>	+00:20:34 (31.0%)	13:15	4.5 (68.2%)
28	<b>PAWŁOWSKA Urszula</b>	<b>106</b>	WILKI	K-Open	28	FALA II	<b>01:06:18.40</b>	+00:20:34 (31.0%)	13:15	4.5 (68.2%)
29	<b>MADAJCZYK Katarzyna</b>	<b>82</b>	BIAŁOGARD	K-Open	29	FALA III	<b>01:06:20.10</b>	+00:20:36 (31.1%)	13:16	4.5 (68.2%)
29	<b>RACZYŃSKA-ZAJĄC Patrycja</b>	<b>118</b>	BIAŁOGARD	K-Open	29	FALA III	<b>01:06:20.10</b>	+00:20:36 (31.1%)	13:16	4.5 (68.2%)
31	<b>DAMIŃSKA Paulina</b>	<b>21</b>	BIAŁOGARD	K-Open	31	FALA III	<b>01:06:20.65</b>	+00:20:37 (31.1%)	13:16	4.5 (68.2%)
32	<b>GABRIEL Julia</b>	<b>36</b>	TEAM DIABLO	K-Open	32	FALA III	<b>01:07:05.00</b>	+00:21:21 (31.8%)	13:25	4.5 (68.2%)
33	<b>OZIMKOWSKA Ada</b>	<b>104</b>	^.^	K-Open	33	FALA II	<b>01:07:28.60</b>	+00:21:45 (32.2%)	13:29	4.4 (66.7%)
34	<b>STAWSKA Angelika</b>	<b>140</b>	ZAKRĘCONE	K-Open	34	FALA IV	<b>01:07:38.20</b>	+00:21:54 (32.4%)	13:31	4.4 (66.7%)
35	<b>OZIMKOWSKA Dobrosia</b>	<b>103</b>	HNGMNCLB	K-Open	35	FALA II	<b>01:07:56.40</b>	+00:22:12 (32.7%)	13:35	4.4 (66.7%)
36	<b>CZERNAK Magdalena</b>	<b>20</b>	HNGMNCLB	K-Open	36	FALA II	<b>01:07:56.70</b>	+00:22:13 (32.7%)	13:35	4.4 (66.7%)
37	<b>MAKSYMIOUK Natalia</b>	<b>85</b>	NK&JG	K-Open	37	FALA I	<b>01:08:04.40</b>	+00:22:20 (32.8%)	13:36	4.4 (66.7%)
38	<b>WERNER Justyna</b>	<b>156</b>	NK&JG	K-Open	38	FALA I	<b>01:08:05.00</b>	+00:22:21 (32.8%)	13:37	4.4 (66.7%)
39	<b>MAŁKOWSKA Edyta</b>	<b>87</b>	ENDOR.FINKA IŃSKO	K-Open	39	FALA II	<b>01:08:23.10</b>	+00:22:39 (33.1%)	13:40	4.4 (66.7%)
40	<b>ŚWIĘTLICKA Iwona</b>	<b>149</b>	BIEGAM BO LUBIĘ	K-Open	40	FALA II	<b>01:08:45.25</b>	+00:23:01 (33.5%)	13:45	4.4 (66.7%)
41	<b>BURY Emilia</b>	<b>15</b>	.	K-Open	41	FALA I	<b>01:09:05.90</b>	+00:23:22 (33.8%)	13:49	4.3 (65.2%)
42	<b>WRÓTNIK Katarzyna</b>	<b>166</b>	NOWICJUSZ	K-Open	42	FALA II	<b>01:09:06.15</b>	+00:23:22 (33.8%)	13:49	4.3 (65.2%)
43	<b>WÓJCIK Magdalena</b>	<b>165</b>	TEAM DIABLO	K-Open	43	FALA III	<b>01:11:00.70</b>	+00:25:17 (35.6%)	14:12	4.2 (63.6%)
44	<b>KIJEWSKA Małgorzata</b>	<b>59</b>	TEAM DIABLO	K-Open	44	FALA III	<b>01:11:00.90</b>	+00:25:17 (35.6%)	14:12	4.2 (63.6%)
45	<b>HEBDA Milena</b>	<b>44</b>	SZUWARKI	K-Open	45	FALA I	<b>01:11:38.00</b>	+00:25:54 (36.2%)	14:19	4.2 (63.6%)
46	<b>ŻEBRYK Joanna</b>	<b>171</b>	SZUWARKI	K-Open	46	FALA I	<b>01:11:42.25</b>	+00:25:58 (36.2%)	14:20	4.2 (63.6%)
47	<b>KUCHARCZYK Elżbieta</b>	<b>73</b>	RUNGRYF	K-Open	47	FALA I	<b>01:12:00.25</b>	+00:26:16 (36.5%)	14:24	4.2 (63.6%)
48	<b>SOBIERAJSKA Karolina</b>	<b>137</b>	KSIĘGOWE TWOJEGO KOLEGI	K-Open	48	FALA I	<b>01:12:30.75</b>	+00:26:47 (36.9%)	14:30	4.1 (62.1%)
49	<b>WIDAWSKA Paulina</b>	<b>157</b>	KSIĘGOWE TWOJEGO KOLEGI	K-Open	49	FALA I	<b>01:12:31.55</b>	+00:26:48 (37.0%)	14:30	4.1 (62.1%)
50	<b>KASPRZAK Małgorzata</b>	<b>58</b>	:-)	K-Open	50	FALA I	<b>01:12:43.50</b>	+00:26:59 (37.1%)	14:32	4.1 (62.1%)
51	<b>GRUSZEWSKA Edyta</b>	<b>42</b>	:)	K-Open	51	FALA I	<b>01:12:43.70</b>	+00:27:00 (37.1%)	14:32	4.1 (62.1%)
52	<b>KONDAK Anna</b>	<b>62</b>	BRAK	K-Open	52	FALA II	<b>01:13:22.65</b>	+00:27:39 (37.7%)	14:40	4.1 (62.1%)
53	<b>GUZOWSKA Aleksandra</b>	<b>43</b>		K-Open	53	FALA II	<b>01:14:03.00</b>	+00:28:19 (38.3%)	14:48	4.1 (62.1%)
54	<b>POTEJKO Julita</b>	<b>113</b>	MORDOR	K-Open	54	FALA II	<b>01:15:39.70</b>	+00:29:56 (39.6%)	15:07	4 (60.6%)
55	<b>MICH Kamila</b>	<b>92</b>	MORDOR	K-Open	55	FALA II	<b>01:15:40.25</b>	+00:29:56 (39.6%)	15:08	4 (60.6%)
56	<b>LASKOWSKA-ZINCZENKO Katarzyna</b>	<b>77</b>	FIT BABECZKI	K-Open	56	FALA IV	<b>01:16:09.15</b>	+00:30:25 (40.0%)	15:13	3.9 (59.1%)
57	<b>ŚMIAŁKOWSKA Wioleta</b>	<b>148</b>	FIT BABECZKI	K-Open	57	FALA IV	<b>01:16:09.50</b>	+00:30:25 (40.0%)	15:13	3.9 (59.1%)
58	<b>WIEWIÓRA Julia</b>	<b>160</b>	FIT BABECZKI	K-Open	58	FALA IV	<b>01:16:09.95</b>	+00:30:26 (40.0%)	15:13	3.9 (59.1%)
59	<b>PSUJA Katarzyna</b>	<b>115</b>	FIT BABECZKI	K-Open	59	FALA IV	<b>01:16:10.30</b>	+00:30:26 (40.0%)	15:14	3.9 (59.1%)
60	<b>CICHOŃ Ewa</b>	<b>18</b>	FIT BABECZKI	K-Open	60	FALA IV	<b>01:16:10.35</b>	+00:30:26 (40.0%)	15:14	3.9 (59.1%)
61	<b>KRÓLIKOWSKA Anna</b>	<b>68</b>	FITBABECZKI	K-Open	61	FALA IV	<b>01:16:10.50</b>	+00:30:26 (40.0%)	15:14	3.9 (59.1%)
62	<b>WALKOWIAK Daria</b>	<b>155</b>	SG	K-Open	62	FALA I	<b>01:16:58.15</b>	+00:31:14 (40.6%)	15:23	3.9 (59.1%)
63	<b>SEEWALD Agnieszka</b>	<b>133</b>	ZAKWAS	K-Open	63	FALA I	<b>01:16:58.55</b>	+00:31:15 (40.6%)	15:23	3.9 (59.1%)
64	<b>MICHNOWSKA Dominika</b>	<b>94</b>	BIAŁOGARD	K-Open	64	FALA III	<b>01:20:40.05</b>	+00:34:56 (43.3%)	16:08	3.7 (56.1%)
65	<b>ŻYŁKA Roksana</b>	<b>176</b>	BIAŁOGARD	K-Open	65	FALA III	<b>01:20:40.30</b>	+00:34:56 (43.3%)	16:08	3.7 (56.1%)
66	<b>DŁUTEK Katarzyna</b>	<b>25</b>	.	K-Open	66	FALA I	<b>01:20:57.55</b>	+00:35:14 (43.5%)	16:11	3.7 (56.1%)
67	<b>JABŁOŃSKA Dorota</b>	<b>46</b>	.	K-Open	67	FALA I	<b>01:20:57.80</b>	+00:35:14 (43.5%)	16:11	3.7 (56.1%)
68	<b>KRZEPICKA Ilona</b>	<b>70</b>	BIAŁOGARD	K-Open	68	FALA I	<b>01:22:21.25</b>	+00:36:37 (44.5%)	16:28	3.6 (54.5%)
69	<b>ŚWITOŃ Magda</b>	<b>151</b>	CRAZYFISCH	K-Open	69	FALA II	<b>01:23:31.40</b>	+00:37:47 (45.3%)	16:42	3.6 (54.5%)
70	<b>SZYMAŃSKA Monika</b>	<b>145</b>	BRAK	K-Open	70	FALA II	<b>01:23:32.40</b>	+00:37:48 (45.3%)	16:42	3.6 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Fala	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
71	<b>ŻUCHOWSKA Izabela</b>	<b>173</b>	SIOSTRY SAŚIADKI	K-Open	71	FALA II	<b>01:25:20.20</b>	+00:39:36 (46.4%)	17:04	3.5 (53.0%)
72	<b>KRÓL Magdalena</b>	<b>69</b>	SIOSTRY SAŚIADKI	K-Open	72	FALA II	<b>01:25:23.80</b>	+00:39:40 (46.5%)	17:04	3.5 (53.0%)
73	<b>ŻUKOWSKA Joanna</b>	<b>175</b>	SIOSTRY SAŚIADKI	K-Open	73	FALA II	<b>01:25:24.60</b>	+00:39:41 (46.5%)	17:04	3.5 (53.0%)

Znaleziono 73 wynik(ów)