



Organizator:
Data:
Miejsce:
Dystans:

Urząd Dzielnicy Warszawa – Włochy
2022-11-06
Warszawa
8 km

5 MIL – BIEG DZIELNICY WŁOCHY

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K 30-39 lat

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
1	BYTNER-KWIATKOWSKA Monika	37	KS PREFBET SONAROL	K 30-39 lat	1	00:00:02	00:30:17.65	00:30:19.70		3:47	15.9 (100%)
2	KARBOWIAK Marcelina	133		K 30-39 lat	2	00:00:03	00:32:17.85	00:32:21.10	+00:02:00 (6.2%)	4:02	14.9 (93.7%)
3	KRASZPULSKA Maggie	169	ŻÓRAWSKI TEAM	K 30-39 lat	3	00:00:02	00:32:20.45	00:32:23.15	+00:02:02 (6.3%)	4:02	14.8 (93.1%)
4	MAJEWSKA Edyta	441	WIDŁOROGI/ ZABIEGANY WOŁOMIN	K 30-39 lat	4	00:00:05	00:34:52.65	00:34:58.25	+00:04:35 (13.1%)	4:21	13.8 (86.8%)
5	WOJCIECHOWSKA-ZAJĄC Małgorzata	361	PAWKO RUNNER TEAM	K 30-39 lat	5	00:00:12	00:36:07.50	00:36:19.65	+00:05:49 (16.1%)	4:30	13.3 (83.6%)
6	LEŚNIEWICZ-PARASZKA Danuta	191	MINIONS SPEED TEAM	K 30-39 lat	6	00:00:04	00:37:09.85	00:37:14.75	+00:06:52 (18.5%)	4:38	12.9 (81.1%)
7	STRZELCZYK Marta	314		K 30-39 lat	7	00:00:15	00:37:23.15	00:37:38.15	+00:07:05 (19.0%)	4:40	12.8 (80.5%)
8	GONCERZEWICZ Anna	85	STARE BABICE BIEGAJĄ	K 30-39 lat	8	00:00:12	00:37:24.80	00:37:37.55	+00:07:07 (19.0%)	4:40	12.8 (80.5%)
9	SPRAWKA Joanna	307	PCH_RUN	K 30-39 lat	9	00:00:26	00:37:37.50	00:38:04.35	+00:07:19 (19.5%)	4:42	12.8 (80.5%)
10	BIAŁECKA Urszula	452	UNIQA RUNNING TEAM	K 30-39 lat	10	00:00:06	00:38:10.75	00:38:16.80	+00:07:53 (20.7%)	4:46	12.6 (79.2%)
11	BUJALSKA Agata	443		K 30-39 lat	11	00:00:14	00:38:45.20	00:38:59.40	+00:08:27 (21.8%)	4:50	12.4 (78.0%)
12	FILIPOWICZ Natalia	72		K 30-39 lat	12	00:00:07	00:38:52.80	00:38:59.95	+00:08:35 (22.1%)	4:51	12.3 (77.4%)
13	STĘPKA Sylwia	311		K 30-39 lat	13	00:00:12	00:39:12.00	00:39:24.65	+00:08:54 (22.7%)	4:54	12.2 (76.7%)
14	GORSKA Małgorzata	444		K 30-39 lat	14	00:00:12	00:39:15.80	00:39:28.00	+00:08:58 (22.8%)	4:54	12.2 (76.7%)
15	SUJKOWSKA Paulina	315		K 30-39 lat	15	00:00:24	00:39:45.75	00:40:10.45	+00:09:28 (23.8%)	4:58	12.1 (76.1%)
16	CHRZAŚTOWSKA Kamila	42		K 30-39 lat	16	00:00:13	00:39:47.85	00:40:00.95	+00:09:30 (23.9%)	4:58	12.1 (76.1%)
17	DZIARNOWSKA Magda	66	MECHANIKA ZDROWIA	K 30-39 lat	17	00:00:11	00:39:55.40	00:40:07.10	+00:09:37 (24.1%)	4:59	12 (75.5%)
18	FLOREK Małgorzata	73		K 30-39 lat	18	00:00:33	00:40:00.55	00:40:34.10	+00:09:42 (24.3%)	5:00	12 (75.5%)
19	BANASIK-URBANOWSKA Katarzyna	15	GRUPA BIEGOWA UM W-WA	K 30-39 lat	19	00:00:30	00:40:06.00	00:40:36.90	+00:09:48 (24.5%)	5:00	12 (75.5%)
20	MASENEK Aneta	440		K 30-39 lat	20	00:00:25	00:40:50.45	00:41:16.05	+00:10:32 (25.8%)	5:06	11.8 (74.2%)
21	AUGUSTYNIAK Ewelina	13		K 30-39 lat	21	00:00:29	00:41:12.40	00:41:41.45	+00:10:54 (26.5%)	5:09	11.7 (73.6%)
22	FIJAŁKOWSKA Aleksandra	594	BESTIE OCR LEGIONOWO	K 30-39 lat	22	00:00:10	00:41:19.15	00:41:30.05	+00:11:01 (26.7%)	5:09	11.6 (73.0%)
23	UZIEMBŁO Katarzyna	351		K 30-39 lat	23	00:00:26	00:41:23.00	00:41:49.55	+00:11:05 (26.8%)	5:10	11.6 (73.0%)
24	GUZIK Justyna	99		K 30-39 lat	24	00:00:24	00:41:38.70	00:42:03.20	+00:11:21 (27.3%)	5:12	11.5 (72.3%)
25	HARABIN Justyna	103		K 30-39 lat	25	00:00:31	00:41:42.10	00:42:13.70	+00:11:24 (27.4%)	5:12	11.5 (72.3%)
26	KARPIŃSKA Hanna	426		K 30-39 lat	26	00:00:36	00:42:05.40	00:42:42.00	+00:11:47 (28.0%)	5:15	11.4 (71.7%)
27	MADEJAK Aleksandra	401		K 30-39 lat	27	00:00:31	00:42:58.75	00:43:29.85	+00:12:41 (29.5%)	5:22	11.2 (70.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
28	ZYCH Kasia	384	NEW BALANS CLUB	K 30-39 lat	28	00:00:08	00:44:05.75	00:44:13.90	+00:13:48 (31.3%)	5:30	10.9 (68.6%)
29	STELMACH Paulina	310		K 30-39 lat	29	00:00:39	00:45:24.15	00:46:03.85	+00:15:06 (33.3%)	5:40	10.6 (66.7%)
30	KUNKA Monika	179		K 30-39 lat	30	00:00:16	00:45:45.35	00:46:01.95	+00:15:27 (33.8%)	5:43	10.5 (66.0%)
31	KARPOWICZ Zofia	135		K 30-39 lat	31	00:00:07	00:46:02.50	00:46:09.75	+00:15:44 (34.2%)	5:45	10.4 (65.4%)
32	ROMANOWSKA Ewa	282		K 30-39 lat	32	00:00:18	00:46:52.35	00:47:10.75	+00:16:34 (35.4%)	5:51	10.2 (64.2%)
33	KLAMBOROWSKA Magdalena	143	W POGONI ZA DUCHEM	K 30-39 lat	33	00:00:25	00:47:29.80	00:47:55.55	+00:17:12 (36.2%)	5:56	10.1 (63.5%)
34	OSTRYSZ Magdalena	247		K 30-39 lat	34	00:00:38	00:47:31.15	00:48:09.90	+00:17:13 (36.2%)	5:56	10.1 (63.5%)
35	ENDER Małgorzata	68		K 30-39 lat	35	00:00:25	00:47:47.70	00:48:12.70	+00:17:30 (36.6%)	5:58	10 (62.9%)
36	KOŁCZYK Małgorzata	596		K 30-39 lat	36	00:00:37	00:48:16.35	00:48:54.10	+00:17:58 (37.2%)	6:02	9.9 (62.3%)
37	ZIENKIEWICZ-MACHNIK Małgorzata	381		K 30-39 lat	37	00:00:26	00:49:54.70	00:50:21.60	+00:19:37 (39.3%)	6:14	9.6 (60.4%)
38	BIJAK Paulina	587	KAROLINA PAMIĘTA	K 30-39 lat	38	00:00:08	00:50:35.95	00:50:44.40	+00:20:18 (40.1%)	6:19	9.5 (59.7%)
39	PAMIĘTA Karolina	251		K 30-39 lat	39	00:00:36	00:51:16.45	00:51:52.75	+00:20:58 (40.9%)	6:24	9.4 (59.1%)
40	SIENKIEWICZ Joanna	295		K 30-39 lat	40	00:00:33	00:51:32.25	00:52:05.50	+00:21:14 (41.2%)	6:26	9.3 (58.5%)
41	MILLER Natalia	222		K 30-39 lat	41	00:00:15	00:53:12.05	00:53:27.35	+00:22:54 (43.1%)	6:39	9 (56.6%)
42	BIDZIŃSKA Alicja	22		K 30-39 lat	42	00:00:11	00:53:25.90	00:53:36.90	+00:23:08 (43.3%)	6:40	9 (56.6%)
43	SZCZUBIAŁ Magdalena	469	BALTAZARIUSZE	K 30-39 lat	43	00:00:35	00:55:15.00	00:55:50.40	+00:24:57 (45.2%)	6:54	8.7 (54.7%)
44	PANASIUK Beata	252		K 30-39 lat	44	00:00:33	00:55:30.25	00:56:03.50	+00:25:12 (45.4%)	6:56	8.6 (54.1%)

Znaleziono 44 wynik(ów)