



5 MIL – BIEG DZIELNICY WŁOCHY

B4SPORT

Organizator:
Data:
Miejsce:
Dystans:

Urząd Dzielnicy Warszawa – Włochy
2023-11-05
Warszawa
8 km

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	VEREMCHUK Yuliia	334	TEAMOCHAL #BIEGAMBOLUBIĘ	K 30-39 lat	1	00:00:19	00:28:38.30	00:28:57.55		3:34	16.8 (100%)
2	BYTNER-KWIATKOWSKA Monika	41	WPRUNNING PRUSZKÓW	K 30-39 lat	2	00:00:03	00:30:14.20	00:30:17.35	+00:01:35 (5.3%)	3:46	15.9 (94.6%)
3	MAZUR Emilia	195		K 30-39 lat	3	00:00:04	00:33:01.20	00:33:05.95	+00:04:22 (13.3%)	4:07	14.5 (86.3%)
4	ŚNIEGOSKA Sandra	323	BROOKS RUN HAPPY	K 30-39 lat	4	00:00:11	00:33:59.85	00:34:11.45	+00:05:21 (15.8%)	4:14	14.1 (83.9%)
5	CIEŚLIŃSKA Karolina	51	STG WARSZAWA	K 30-39 lat	5	00:00:04	00:34:22.90	00:34:27.10	+00:05:44 (16.7%)	4:17	14 (83.3%)
6	SPRAWKA Joanna	442	PCH_RUN	K 30-39 lat	6	00:01:38	00:35:52.70	00:37:31.00	+00:07:14 (20.2%)	4:29	13.4 (79.8%)
7	LEŚNIEWICZ-PARASZKA Danuta	378	MINIONSSPEEDTEAM	K 30-39 lat	7	00:00:06	00:35:57.50	00:36:04.20	+00:07:19 (20.4%)	4:29	13.4 (79.8%)
8	PRZYBOROWSKA Sylwia	266		K 30-39 lat	8	00:00:13	00:36:22.80	00:36:36.70	+00:07:44 (21.3%)	4:32	13.2 (78.6%)
9	FILIPOWICZ Natalia	74	NEW BALANCE RUN CLUB	K 30-39 lat	9	00:00:08	00:36:35.55	00:36:43.80	+00:07:57 (21.7%)	4:34	13.1 (78.0%)
10	LEWKOWICZ Marta	169		K 30-39 lat	10	00:00:16	00:36:50.40	00:37:06.45	+00:08:12 (22.3%)	4:36	13 (77.4%)
11	SŁOWIAK Klaudia	288		K 30-39 lat	11	00:00:07	00:37:07.95	00:37:15.75	+00:08:29 (22.9%)	4:38	12.9 (76.8%)
12	STĘPKA Sylwia	302		K 30-39 lat	12	00:00:33	00:38:42.35	00:39:15.55	+00:10:04 (26.0%)	4:50	12.4 (73.8%)
13	DOBROWOLSKA Marlena	427	TO NATURALNE	K 30-39 lat	13	00:00:25	00:38:54.25	00:39:20.05	+00:10:15 (26.4%)	4:51	12.3 (73.2%)
14	ROGALSKA Justyna	272	PAWKO RUNNER TEAM	K 30-39 lat	14	00:00:29	00:39:55.15	00:40:24.35	+00:11:16 (28.3%)	4:59	12 (71.4%)
15	SEKLECKA Agata	373	STG WARSZAWA	K 30-39 lat	15	00:00:33	00:39:59.05	00:40:32.50	+00:11:20 (28.4%)	4:59	12 (71.4%)
16	SEKŚCIŃSKA Magda	421	AKTYWNA WARSZAWA	K 30-39 lat	16	00:00:17	00:40:02.35	00:40:20.10	+00:11:24 (28.5%)	5:00	12 (71.4%)
17	LISOWSKA Monika	449		K 30-39 lat	17	00:00:08	00:40:02.55	00:40:11.05	+00:11:24 (28.5%)	5:00	12 (71.4%)
18	KOŚCIK Urszula	144		K 30-39 lat	18	00:00:00	00:40:26.00	00:40:26.00	+00:11:47 (29.2%)	5:03	11.9 (70.8%)
19	WYSZKOWSKA Natalia	491	STG WARSZAWA	K 30-39 lat	19	00:00:05	00:41:44.85	00:41:50.45	+00:13:06 (31.4%)	5:13	11.5 (68.5%)
20	KONASIEWICZ Agnieszka	395		K 30-39 lat	20	00:00:41	00:41:54.70	00:42:35.95	+00:13:16 (31.7%)	5:14	11.5 (68.5%)
21	MRÓZ Gabriela	215	PAWKO RUNNER TEAM	K 30-39 lat	21	00:00:16	00:42:30.80	00:42:47.35	+00:13:52 (32.6%)	5:18	11.3 (67.3%)
22	PERZANOWSKA Karolina	12		K 30-39 lat	22	00:00:27	00:42:45.25	00:43:12.60	+00:14:06 (33.0%)	5:20	11.2 (66.7%)
23	MIŚKIEWICZ Beata	210		K 30-39 lat	23	00:00:32	00:42:48.90	00:43:21.45	+00:14:10 (33.1%)	5:21	11.2 (66.7%)
24	HARABIN Justyna	102		K 30-39 lat	24	00:00:20	00:42:53.90	00:43:14.35	+00:14:15 (33.2%)	5:21	11.2 (66.7%)
25	SARNECKA Monika	480		K 30-39 lat	25	00:00:23	00:43:00.15	00:43:23.20	+00:14:21 (33.4%)	5:22	11.2 (66.7%)
26	GAPSKA Agnieszka	81	KENKO	K 30-39 lat	26	00:00:34	00:43:36.20	00:44:10.90	+00:14:57 (34.3%)	5:27	11 (65.5%)
27	DĄBROWSKA Żaneta	474		K 30-39 lat	27	00:00:32	00:43:56.05	00:44:28.45	+00:15:17 (34.8%)	5:29	10.9 (64.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
28	SZLASA Marta	311		K 30-39 lat	28	00:00:24	00:43:59.20	00:44:23.75	+00:15:20 (34.9%)	5:29	10.9 (64.9%)
29	BAJOR Katarzyna	16		K 30-39 lat	29	00:00:35	00:44:03.25	00:44:38.40	+00:15:24 (35.0%)	5:30	10.9 (64.9%)
30	GOREVTSOVA Evgeniya	87		K 30-39 lat	30	00:00:14	00:44:43.45	00:44:58.20	+00:16:05 (36.0%)	5:35	10.7 (63.7%)
31	KUNKA Monika	163		K 30-39 lat	31	00:00:27	00:45:21.55	00:45:49.05	+00:16:43 (36.9%)	5:40	10.6 (63.1%)
32	SUPEŁ Beata	305		K 30-39 lat	32	00:00:23	00:45:22.75	00:45:46.00	+00:16:44 (36.9%)	5:40	10.6 (63.1%)
33	BAKANOWSKA Olga	17	PAWKO RUNNER'S TEAM	K 30-39 lat	33	00:00:34	00:45:32.85	00:46:06.95	+00:16:54 (37.1%)	5:41	10.5 (62.5%)
34	DASZCZUK Natalia	54		K 30-39 lat	34	00:00:19	00:46:07.40	00:46:26.65	+00:17:29 (37.9%)	5:45	10.4 (61.9%)
35	ZYCH Kasia	368	NEW BALANS	K 30-39 lat	35	00:00:57	00:46:13.85	00:47:11.75	+00:17:35 (38.1%)	5:46	10.4 (61.9%)
36	SKROJNA Anna	287	RUN CZARNÓW	K 30-39 lat	36	00:00:19	00:47:45.10	00:48:05.00	+00:19:06 (40.0%)	5:58	10.1 (60.1%)
37	DOLIŃSKA Ewa	468		K 30-39 lat	37	00:00:08	00:48:13.60	00:48:22.40	+00:19:35 (40.6%)	6:01	10 (59.5%)
38	WOJCIECHOWSKA Olena	445	MAGAZYNBIEGANIE.PL	K 30-39 lat	38	00:00:04	00:49:08.35	00:49:13.25	+00:20:30 (41.7%)	6:08	9.8 (58.3%)
39	MIKA Anna	456		K 30-39 lat	39	00:00:12	00:49:09.65	00:49:21.90	+00:20:31 (41.7%)	6:08	9.8 (58.3%)
40	ZDZIESZYŃSKA Anna	411		K 30-39 lat	40	00:00:17	00:49:47.20	00:50:04.95	+00:21:08 (42.5%)	6:13	9.6 (57.1%)
41	KIELAR Anna	125		K 30-39 lat	41	00:00:20	00:51:13.45	00:51:34.10	+00:22:35 (44.1%)	6:24	9.4 (56.0%)
42	MRÓZ Joanna	216	KASZTANKI	K 30-39 lat	42	00:00:30	00:51:25.35	00:51:56.20	+00:22:47 (44.3%)	6:25	9.3 (55.4%)
43	WAWRZONKIEWICZ Justyna	340		K 30-39 lat	43	00:00:32	00:51:40.50	00:52:12.75	+00:23:02 (44.6%)	6:27	9.3 (55.4%)
44	BIDZIŃSKA Alicja	26		K 30-39 lat	44	00:00:22	00:53:21.85	00:53:43.85	+00:24:43 (46.3%)	6:40	9 (53.6%)
45	BARSZCZEWSKA Marta	22	BWRUNNERS	K 30-39 lat	45	00:00:17	00:53:26.50	00:53:43.90	+00:24:48 (46.4%)	6:40	9 (53.6%)
46	MIRKOWSKA Monika	375	GRUPA BIEGOWA UM WARSZAWA	K 30-39 lat	46	00:00:18	00:53:48.25	00:54:06.75	+00:25:09 (46.8%)	6:43	8.9 (53.0%)
47	GROCHOWINA Anna	471		K 30-39 lat	47	00:00:26	00:55:35.40	00:56:02.15	+00:26:57 (48.5%)	6:56	8.6 (51.2%)
48	DWORZYŃSKA-PARYS Marta	66		K 30-39 lat	48	00:00:37	00:56:09.65	00:56:47.55	+00:27:31 (49.0%)	7:01	8.5 (50.6%)
49	REGIMOWICZ Tamara	467	NEW BALANCE RUN CLUB	K 30-39 lat	49	00:00:49	00:58:27.80	00:59:17.05	+00:29:49 (51.0%)	7:18	8.2 (48.8%)

Znaleziono 49 wynik(ów)