



5 MIL – BIEG DZIELNICY WŁOCHY

B4SPORT

Organizator:

Data:

Miejsce:

Dystans:

Urząd Dzielnicy Warszawa – Włochy

2022-11-06

Warszawa

8 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K 40-49 lat

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
1	KAŻMIERCZAK Marta	137	DREAM RUN	K 40-49 lat	1	00:00:02	00:29:09.95	00:29:12.05		3:38	16.5 (100%)
2	WESOŁOWSKA Katarzyna	356	ORANGE POLSKA	K 40-49 lat	2	00:00:04	00:33:39.45	00:33:43.95	+00:04:29 (13.3%)	4:12	14.3 (86.7%)
3	ZWARDOŃ Ewa	382	BUXIDA TEAM	K 40-49 lat	3	00:00:11	00:35:18.05	00:35:29.15	+00:06:08 (17.4%)	4:24	13.6 (82.4%)
4	GRYGIERCZYK Anna	471	PARKRUN PRUSZKÓW	K 40-49 lat	4	00:00:10	00:35:56.75	00:36:06.75	+00:06:46 (18.9%)	4:29	13.4 (81.2%)
5	PNIEWSKA Edyta	462	LUX MED	K 40-49 lat	5	00:00:28	00:37:20.90	00:37:48.95	+00:08:10 (21.9%)	4:40	12.9 (78.2%)
6	APANOWICZ Angelika	11		K 40-49 lat	6	00:00:14	00:37:23.40	00:37:37.70	+00:08:13 (22.0%)	4:40	12.8 (77.6%)
7	GRABOWIEC-ALIKOWSKA Renata	91		K 40-49 lat	7	00:00:08	00:38:15.80	00:38:24.35	+00:09:05 (23.8%)	4:46	12.5 (75.8%)
8	TERESZCZUK Joanna	470		K 40-49 lat	8	00:00:10	00:38:30.30	00:38:40.75	+00:09:20 (24.3%)	4:48	12.5 (75.8%)
9	MATEJAK Katarzyna	213		K 40-49 lat	9	00:00:08	00:39:03.60	00:39:11.65	+00:09:53 (25.3%)	4:52	12.3 (74.5%)
10	PIOTROWSKA Edyta	266	BRACTWO BIEGOWE BGK	K 40-49 lat	10	00:00:34	00:39:11.60	00:39:46.10	+00:10:01 (25.6%)	4:53	12.3 (74.5%)
11	NAWROCKA Roma	229	GRUPA BIEGOWA UM W-WA	K 40-49 lat	11	00:00:11	00:39:15.90	00:39:27.30	+00:10:05 (25.7%)	4:54	12.2 (73.9%)
12	LIBERADZKA Magdalena	194		K 40-49 lat	12	00:00:35	00:39:21.15	00:39:56.25	+00:10:11 (25.9%)	4:55	12.2 (73.9%)
13	GALA Kamila	76	NAPRZÓD MŁOCINY	K 40-49 lat	13	00:00:18	00:39:36.00	00:39:54.45	+00:10:26 (26.3%)	4:57	12.1 (73.3%)
14	BALICKA Aneta	14	DHL	K 40-49 lat	14	00:00:20	00:39:45.35	00:40:05.65	+00:10:35 (26.6%)	4:58	12.1 (73.3%)
15	SYNOWIEC Dorota	316		K 40-49 lat	15	00:00:38	00:41:07.95	00:41:46.85	+00:11:58 (29.1%)	5:08	11.7 (70.9%)
16	CIBORSKA Agnieszka	44		K 40-49 lat	16	00:00:10	00:41:40.50	00:41:51.25	+00:12:30 (30.0%)	5:12	11.5 (69.7%)
17	KOŁODZIEJSKA Iwona	153		K 40-49 lat	17	00:00:22	00:41:44.15	00:42:06.60	+00:12:34 (30.1%)	5:13	11.5 (69.7%)
18	BORYSZKOWSKA Iwona	26	12TRI	K 40-49 lat	18	00:00:07	00:41:45.40	00:41:53.00	+00:12:35 (30.2%)	5:13	11.5 (69.7%)
19	SZYMANIK Lidia	330		K 40-49 lat	19	00:00:27	00:41:50.00	00:42:17.45	+00:12:40 (30.3%)	5:13	11.5 (69.7%)
20	KUŹNIAK Martyna	185		K 40-49 lat	20	00:00:27	00:41:59.85	00:42:26.85	+00:12:49 (30.6%)	5:14	11.4 (69.1%)
21	DZWONKOWSKA-SMOŁKO Sylwia	437		K 40-49 lat	21	00:00:03	00:42:20.70	00:42:23.95	+00:13:10 (31.1%)	5:17	11.3 (68.5%)
22	BRODZIUK Anna	27	GRUPA BIEGOWA UM W-WA	K 40-49 lat	22	00:00:20	00:42:23.15	00:42:43.65	+00:13:13 (31.2%)	5:17	11.3 (68.5%)
23	KOZAK Maryla	461	ROZBIEGANY LUX MED	K 40-49 lat	23	00:00:29	00:42:24.20	00:42:54.10	+00:13:14 (31.2%)	5:18	11.3 (68.5%)
24	MATUSZEWSKA Julia	215		K 40-49 lat	24	00:00:08	00:43:08.95	00:43:17.30	+00:13:59 (32.4%)	5:23	11.1 (67.3%)
25	SOLCZAK Marta	424	PAWKO RUNNER TEAM, BIEGAJ Z URSUSEM	K 40-49 lat	25	00:00:20	00:44:01.70	00:44:22.60	+00:14:51 (33.8%)	5:30	10.9 (66.1%)
26	PIECHOCKA Katarzyna	261	BIEGOWY WARIAT RUNNING TEAM	K 40-49 lat	26	00:00:29	00:44:42.50	00:45:12.10	+00:15:32 (34.8%)	5:35	10.7 (64.8%)
27	INOROWICZ Joanna	111		K 40-49 lat	27	00:00:38	00:44:45.85	00:45:24.75	+00:15:35 (34.8%)	5:35	10.7 (64.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
28	THEODOULOU Nicci	341	TBS	K 40-49 lat	28	00:00:39	00:45:10.30	00:45:50.00	+00:16:00 (35.4%)	5:38	10.6 (64.2%)
29	WÓJCICKA Ewa	600		K 40-49 lat	29	00:00:13	00:45:32.90	00:45:46.40	+00:16:22 (36.0%)	5:41	10.5 (63.6%)
30	BEREDA Agnieszka	20		K 40-49 lat	30	00:00:34	00:46:21.45	00:46:56.15	+00:17:11 (37.1%)	5:47	10.4 (63.0%)
31	PAJĄK Marta	250	VEGE RUNNERS	K 40-49 lat	31	00:00:37	00:46:36.15	00:47:13.90	+00:17:26 (37.4%)	5:49	10.3 (62.4%)
32	KNOBLOCH Ewa	150		K 40-49 lat	32	00:00:14	00:47:08.40	00:47:23.00	+00:17:58 (38.1%)	5:53	10.2 (61.8%)
33	ZIARKO Joanna	379		K 40-49 lat	33	00:00:16	00:47:11.00	00:47:27.85	+00:18:01 (38.2%)	5:53	10.2 (61.8%)
34	BUREK Katarzyna	35		K 40-49 lat	34	00:00:21	00:47:39.45	00:48:00.60	+00:18:29 (38.8%)	5:57	10.1 (61.2%)
35	DERECZ Monika	55		K 40-49 lat	35	00:00:20	00:47:58.05	00:48:18.45	+00:18:48 (39.2%)	5:59	10 (60.6%)
36	PADUCH Katka	249		K 40-49 lat	36	00:00:42	00:48:10.05	00:48:52.20	+00:19:00 (39.4%)	6:01	10 (60.6%)
37	DUDEK Beata	62		K 40-49 lat	37	00:00:26	00:48:15.40	00:48:42.10	+00:19:05 (39.6%)	6:01	9.9 (60.0%)
38	KOWALEWSKA Katarzyna	164	12TRI.PL	K 40-49 lat	38	00:00:25	00:48:17.75	00:48:43.65	+00:19:07 (39.6%)	6:02	9.9 (60.0%)
39	KOWALSKA Kinga	165	12TRI.PL	K 40-49 lat	39	00:00:25	00:48:40.95	00:49:06.25	+00:19:31 (40.1%)	6:05	9.9 (60.0%)
40	KORCZYNSKA-PISARSKA Olga	158		K 40-49 lat	40	00:00:23	00:48:44.50	00:49:07.70	+00:19:34 (40.2%)	6:05	9.8 (59.4%)
41	GABRYLEWICZ Katarzyna	453	UNIQA RUNNING TEAM	K 40-49 lat	41	00:00:24	00:48:47.70	00:49:12.15	+00:19:37 (40.2%)	6:05	9.8 (59.4%)
42	KOPCZYŃSKA Anna	599		K 40-49 lat	42	00:00:34	00:48:56.05	00:49:30.30	+00:19:46 (40.4%)	6:07	9.8 (59.4%)
43	KONFEDERAK Agnieszka	414	MARKOWI BIEGACZE	K 40-49 lat	43	00:00:14	00:50:07.70	00:50:22.60	+00:20:57 (41.8%)	6:15	9.6 (58.2%)
44	GÓRECKA Anna	87	MOTOBABINIEC	K 40-49 lat	44	00:00:23	00:50:49.80	00:51:13.70	+00:21:39 (42.6%)	6:21	9.4 (57.0%)
45	TOKARSKA Magda	448		K 40-49 lat	45	00:00:14	00:54:44.55	00:54:59.50	+00:25:34 (46.7%)	6:50	8.8 (53.3%)
46	PAWLAK Katarzyna	435	PAN	K 40-49 lat	46	00:00:24	00:55:26.10	00:55:50.90	+00:26:16 (47.4%)	6:55	8.7 (52.7%)
47	PLICHCIŃSKA Małgorzata	268	EKONOMIK MOKOTÓW	K 40-49 lat	47	00:00:26	00:56:39.40	00:57:05.60	+00:27:29 (48.5%)	7:04	8.5 (51.5%)
48	KAMIŃSKA Aga	130		K 40-49 lat	48	00:00:11	01:05:18.45	01:05:30.00	+00:36:08 (55.3%)	8:09	7.4 (44.8%)
49	MYŚLIŃSKA Anna	227	EKOBIEGI	K 40-49 lat	49	00:00:55	01:06:10.05	01:07:06.00	+00:37:00 (55.9%)	8:16	7.3 (44.2%)

Znaleziono 49 wynik(ów)