



5 MIL – BIEG DZIELNICY WŁOCHY

B4SPORT

Organizator: Urząd Dzielnicy Warszawa – Włochy
Data: 2023-11-05
Miejsce: Warszawa
Dystans: 8 km

B4SPORT
INTELIĞENTNE 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	123	DREAM RUN	K 40-49 lat	1	00:00:01	00:27:52.30	00:27:54.10		3:29	17.2 (100%)
2	BEREZNOWSKA Patrycja	25	WIELISZEW HERON TEAM HOKA POLAND TEAM	K 40-49 lat	2	00:00:03	00:31:11.00	00:31:14.80	+00:03:18 (10.6%)	3:53	15.4 (89.5%)
3	SZYMAŃSKA Agnieszka	317		K 40-49 lat	3	00:00:05	00:31:51.50	00:31:56.70	+00:03:59 (12.5%)	3:58	15.1 (87.8%)
4	WESOŁOWSKA Katarzyna	344	ORANGE POLSKA	K 40-49 lat	4	00:00:03	00:32:08.00	00:32:11.95	+00:04:15 (13.3%)	4:01	14.9 (86.6%)
5	GADOMSKA Anna	78	PZU SPORT TEAM	K 40-49 lat	5	00:00:07	00:32:55.90	00:33:02.90	+00:05:03 (15.4%)	4:06	14.6 (84.9%)
6	KOT Wioleta	447	ULTRA LASKI	K 40-49 lat	6	00:00:08	00:34:06.70	00:34:15.35	+00:06:14 (18.3%)	4:15	14.1 (82.0%)
7	ZWARDOŃ Ewa	407	BUXIDA TEAM	K 40-49 lat	7	00:00:08	00:34:34.90	00:34:43.55	+00:06:42 (19.4%)	4:19	13.9 (80.8%)
8	LUDYNIA Aleksandra	173	STG WARSZAWA	K 40-49 lat	8	00:00:04	00:34:50.25	00:34:55.10	+00:06:57 (20.0%)	4:21	13.8 (80.2%)
9	GRYGIERCZYK Anna	400	ROZBIEGANY PIASTÓW	K 40-49 lat	9	00:00:05	00:34:57.10	00:35:02.85	+00:07:04 (20.3%)	4:22	13.7 (79.7%)
10	RUPALA Katarzyna	475		K 40-49 lat	10	00:00:05	00:35:59.60	00:36:05.55	+00:08:07 (22.6%)	4:29	13.3 (77.3%)
11	TERESZCZUK Joanna	428		K 40-49 lat	11	00:00:11	00:36:47.40	00:36:58.65	+00:08:55 (24.2%)	4:35	13 (75.6%)
12	PNIEWSKA Edyta	257	LUX MED SPORTS TEAM	K 40-49 lat	12	00:00:28	00:36:47.40	00:37:15.50	+00:08:55 (24.2%)	4:35	13 (75.6%)
13	OKUŁOWICZ Eliza	230		K 40-49 lat	13	00:00:22	00:36:50.00	00:37:12.35	+00:08:57 (24.3%)	4:36	13 (75.6%)
14	SIEWRUK Katarzyna	283	WARSAW RUN CLUB	K 40-49 lat	14	00:00:04	00:36:50.70	00:36:55.05	+00:08:58 (24.4%)	4:36	13 (75.6%)

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15	MATEJAK Katarzyna	188		K 40-49 lat	15	00:00:10	00:37:32.80	00:37:43.60	+00:09:40 (25.8%)	4:41	12.8 (74.4%)
16	TOMCZUK-KUZKA Katarzyna	329		K 40-49 lat	16	00:00:06	00:37:34.00	00:37:40.05	+00:09:41 (25.8%)	4:41	12.8 (74.4%)
17	PIROWSKA - REGUCKA Małgorzata	254		K 40-49 lat	17	00:00:43	00:38:28.50	00:39:12.20	+00:10:36 (27.6%)	4:48	12.5 (72.7%)
18	KRASZEWSKA Sylwia	153	SYLENDĄ WYSZKÓW	K 40-49 lat	18	00:00:18	00:38:39.95	00:38:58.65	+00:10:47 (27.9%)	4:49	12.4 (72.1%)
19	MIEDZIŃSKA Dominika	201		K 40-49 lat	19	00:00:05	00:38:59.60	00:39:04.85	+00:11:07 (28.5%)	4:52	12.3 (71.5%)
20	NAWROCKA Roma	221	GRUPA BIEGOWA UM W-WA	K 40-49 lat	20	00:00:11	00:39:13.40	00:39:24.50	+00:11:21 (28.9%)	4:54	12.2 (70.9%)
21	ZASTAWNA Aneta	364		K 40-49 lat	21	00:00:13	00:39:54.45	00:40:07.45	+00:12:02 (30.2%)	4:59	12 (69.8%)
22	BRODZIUK Anna	34	GRUPA BIEGWA UM W-WA	K 40-49 lat	22	00:00:28	00:40:40.30	00:41:09.00	+00:12:48 (31.5%)	5:05	11.8 (68.6%)
23	MATUSZEWSKA Julia	190		K 40-49 lat	23	00:00:26	00:40:57.60	00:41:24.00	+00:13:05 (32.0%)	5:07	11.7 (68.0%)
24	WIATR Anita	486		K 40-49 lat	24	00:00:38	00:41:32.25	00:42:10.75	+00:13:39 (32.9%)	5:11	11.6 (67.4%)
25	SIDORCZUK-KUMOSA Dorota	509		K 40-49 lat	25	00:00:12	00:42:14.60	00:42:27.40	+00:14:22 (34.0%)	5:16	11.4 (66.3%)
26	PIECHOCKA Katarzyna	250	BW RUNNERS	K 40-49 lat	26	00:00:17	00:42:15.35	00:42:33.25	+00:14:23 (34.0%)	5:16	11.4 (66.3%)
27	WELKIER Monika	343		K 40-49 lat	27	00:00:11	00:43:02.50	00:43:13.75	+00:15:10 (35.2%)	5:22	11.2 (65.1%)
28	RUCYK Justyna	454		K 40-49 lat	28	00:00:09	00:43:04.75	00:43:14.05	+00:15:12 (35.3%)	5:23	11.1 (64.5%)
29	CENDER Magdalena	42		K 40-49 lat	29	00:00:22	00:43:09.45	00:43:31.85	+00:15:17 (35.4%)	5:23	11.1 (64.5%)
30	KONFEDERAK Agnieszka	392	MARKOWI BIEGACZE	K 40-49 lat	30	00:00:23	00:43:31.60	00:43:54.70	+00:15:39 (36.0%)	5:26	11 (64.0%)
31	SOBIERAJ Klementyna	293	BEMOWO BIEGA	K 40-49 lat	31	00:00:47	00:44:08.30	00:44:55.85	+00:16:16 (36.9%)	5:31	10.9 (63.4%)
32	MATYSIAK Agnieszka	192		K 40-49 lat	32	00:00:09	00:44:13.50	00:44:22.95	+00:16:21 (37.0%)	5:31	10.9 (63.4%)
33	RODAK-KOWALEWSKA Justyna	271		K 40-49 lat	33	00:00:35	00:45:32.75	00:46:07.80	+00:17:40 (38.8%)	5:41	10.5 (61.0%)
34	PIENIAŻKIEWICZ Beata	506		K 40-49 lat	34	00:00:11	00:46:03.10	00:46:14.15	+00:18:10 (39.5%)	5:45	10.4 (60.5%)
35	PIETRZYK Anna	251	ROZBIEGANY PIASTÓW	K 40-49 lat	35	00:00:06	00:47:58.80	00:48:04.95	+00:20:06 (41.9%)	5:59	10 (58.1%)
36	BARNAŚ Ilona	508		K 40-49 lat	36	00:00:11	00:48:51.75	00:49:03.20	+00:20:59 (43.0%)	6:06	9.8 (57.0%)
37	BUREK Kasia	40		K 40-49 lat	37	00:00:09	00:49:23.10	00:49:32.20	+00:21:30 (43.6%)	6:10	9.7 (56.4%)

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38	CZAPSKA-SZYMUL Magdalena	457	URZĄD DZIELNICY URSUS M.ST. W-WY	K 40-49 lat	38	00:00:40	00:49:24.90	00:50:05.25	+00:21:32 (43.6%)	6:10	9.7 (56.4%)
39	BUDEK Ewa	38		K 40-49 lat	39	00:00:10	00:49:57.35	00:50:07.50	+00:22:05 (44.2%)	6:14	9.6 (55.8%)
40	KATNER-PRUSZYNSKA Joanna	121	KB OŻARÓW MAZOWIECKI BIEGA	K 40-49 lat	40	00:00:33	00:50:17.95	00:50:51.40	+00:22:25 (44.6%)	6:17	9.5 (55.2%)
41	WITEK-JANOTA Aneta	351		K 40-49 lat	41	00:00:04	00:52:33.95	00:52:38.30	+00:24:41 (47.0%)	6:34	9.1 (52.9%)
42	DOMINIAK Agnieszka	426	#BARTEKBIEGA	K 40-49 lat	42	00:00:16	00:52:56.40	00:53:12.40	+00:25:04 (47.4%)	6:37	9.1 (52.9%)
43	PAJĄK Marta	240	VEGE RUNNERS	K 40-49 lat	43	00:00:42	00:54:49.45	00:55:32.35	+00:26:57 (49.2%)	6:51	8.8 (51.2%)
44	DWURZYŃSKA Sylwia	67	GRUPA BIEGOWA UM W-WA	K 40-49 lat	44	00:00:38	00:57:03.80	00:57:42.00	+00:29:11 (51.2%)	7:07	8.4 (48.8%)

Znaleziono 44 wynik(ów)