



## 5 MIL – BIEG DZIELNICY WŁOCHY

B4SPORT

**Organizator:** Urząd Dzielnicy Warszawa – Włochy  
**Data:** 2022-11-06  
**Miejsce:** Warszawa  
**Dystans:** 8 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K 50-59 lat

| Msc | Zawodnik                | Numer | Klub                       | Kategoria   | Mkat | Czas startu | Czas netto 8km | Czas brutto 8km | Różn              | Tempo min/km | Tempo km/h   |
|-----|-------------------------|-------|----------------------------|-------------|------|-------------|----------------|-----------------|-------------------|--------------|--------------|
| 1   | RZYMOWSKA Krystyna      | 288   |                            | K 50-59 lat | 1    | 00:00:10    | 00:36:18.15    | 00:36:28.25     |                   | 4:32         | 13.2 (100%)  |
| 2   | WIŚNIEWSKA Ewa          | 397   |                            | K 50-59 lat | 2    | 00:00:09    | 00:36:36.10    | 00:36:45.25     | +00:00:17 (0.8%)  | 4:34         | 13.1 (99.2%) |
| 3   | KWIATKOWSKA Renata      | 187   | KB OŻARÓW MAZOWIECKI BIEGA | K 50-59 lat | 3    | 00:00:06    | 00:37:01.60    | 00:37:08.25     | +00:00:43 (2.0%)  | 4:37         | 13 (98.5%)   |
| 4   | KARASIEWICZ Katarzyna   | 132   |                            | K 50-59 lat | 4    | 00:00:05    | 00:39:46.65    | 00:39:52.55     | +00:03:28 (8.7%)  | 4:58         | 12.1 (91.7%) |
| 5   | LEWANDOWSKA Joanna      | 192   |                            | K 50-59 lat | 5    | 00:00:29    | 00:42:15.55    | 00:42:44.80     | +00:05:57 (14.1%) | 5:16         | 11.4 (86.4%) |
| 6   | GADOMSKA Małgorzata     | 74    |                            | K 50-59 lat | 6    | 00:00:16    | 00:42:37.50    | 00:42:53.65     | +00:06:19 (14.8%) | 5:19         | 11.3 (85.6%) |
| 7   | HAWRYLUK-STASIAK Ewa    | 105   | BIEGUNI 2022               | K 50-59 lat | 7    | 00:00:10    | 00:42:49.85    | 00:43:00.55     | +00:06:31 (15.2%) | 5:21         | 11.2 (84.8%) |
| 8   | FICOŃ Monika            | 71    |                            | K 50-59 lat | 8    | 00:00:28    | 00:43:43.75    | 00:44:12.45     | +00:07:25 (17.0%) | 5:27         | 11 (83.3%)   |
| 9   | MIELNICZEK Magdalena    | 220   |                            | K 50-59 lat | 9    | 00:00:13    | 00:44:08.00    | 00:44:21.80     | +00:07:49 (17.7%) | 5:31         | 10.9 (82.6%) |
| 10  | WASOWSKA Jagoda         | 586   | KS PEGAZ PIASECZNO         | K 50-59 lat | 10   | 00:00:30    | 00:45:41.20    | 00:46:11.90     | +00:09:23 (20.5%) | 5:42         | 10.5 (79.5%) |
| 11  | KERNER Agnieszka        | 139   | GRUPA BIEGOWA UM W-WA      | K 50-59 lat | 11   | 00:00:37    | 00:48:39.10    | 00:49:16.75     | +00:12:20 (25.4%) | 6:04         | 9.9 (75.0%)  |
| 12  | GOŁACKA-PIOTOWSKA Beata | 83    |                            | K 50-59 lat | 12   | 00:00:15    | 00:50:54.80    | 00:51:10.10     | +00:14:36 (28.7%) | 6:21         | 9.4 (71.2%)  |
| 13  | SZULC Joanna            | 326   |                            | K 50-59 lat | 13   | 00:00:23    | 00:51:19.20    | 00:51:42.80     | +00:15:01 (29.3%) | 6:24         | 9.4 (71.2%)  |
| 14  | KOCHMAN Iwona           | 417   | VEGE RUNNERS               | K 50-59 lat | 14   | 00:00:27    | 00:52:02.80    | 00:52:30.25     | +00:15:44 (30.3%) | 6:30         | 9.2 (69.7%)  |
| 15  | SZOT Maria              | 325   | JASIELSKIE PIORUNY         | K 50-59 lat | 15   | 00:00:27    | 00:53:31.25    | 00:53:58.90     | +00:17:13 (32.2%) | 6:41         | 9 (68.2%)    |
| 16  | KILKOWSKA Joanna        | 140   |                            | K 50-59 lat | 16   | 00:00:28    | 00:58:30.35    | 00:58:59.05     | +00:22:12 (38.0%) | 7:18         | 8.2 (62.1%)  |
| 17  | OLCZAK Urszula          | 237   | UMCS BIEGA                 | K 50-59 lat | 17   | 00:00:57    | 01:06:05.90    | 01:07:03.40     | +00:29:47 (45.1%) | 8:15         | 7.3 (55.3%)  |
| 18  | GROCHOWSKA Joanna       | 95    | BIEGAMY Z OCHOTĄ           | K 50-59 lat | 18   | 00:00:57    | 01:06:08.20    | 01:07:05.60     | +00:29:50 (45.1%) | 8:16         | 7.3 (55.3%)  |

Znaleziono 18 wynik(ów)