

**Organizator:** Urząd Dzielnicy Białołęka m.st. Warszawa  
**Data:** 2021-12-12  
**Miejsce:** Warszawa  
**Dystans:** 13 km

Klasyfikacja: K2 30-39 lat

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
1	ŚLUSARCZYK Katarzyna	367	OK!SPORT	K2 30-39 lat	1	00:00:00	00:21:24	00:42:00	<b>01:02:42.00</b>	<b>01:02:42.00</b>		4:49	12.4
2	MEJKA Małgorzata	234		K2 30-39 lat	2	00:00:34	00:22:33	00:43:45	<b>01:06:19.50</b>	<b>01:06:53.80</b>	+00:03:37	5:06	11.8
3	DROGOSZEWSKA Magdalena	97		K2 30-39 lat	3	00:00:11	00:23:58	00:47:39	<b>01:11:20.60</b>	<b>01:11:31.80</b>	+00:08:38	5:29	10.9
4	TARNOWSKA Nika	451		K2 30-39 lat	4	00:00:13	00:24:18	00:48:30	<b>01:12:33.20</b>	<b>01:12:46.80</b>	+00:09:51	5:34	10.8
5	WINKOWSKA-STRUZIK Magdalena	396	DUKLANOWSKI TEAM	K2 30-39 lat	5	00:00:14	00:24:15	00:48:37	<b>01:12:46.25</b>	<b>01:13:00.85</b>	+00:10:04	5:35	10.7
6	BORUC Magdalena	50	MILWAUKEE POLSKA	K2 30-39 lat	6	00:00:11	00:23:58	00:48:43	<b>01:13:34.35</b>	<b>01:13:45.35</b>	+00:10:52	5:39	10.6
7	NAPIONTEK Maria	262		K2 30-39 lat	7	00:00:08	00:24:48	00:49:44	<b>01:14:33.45</b>	<b>01:14:42.30</b>	+00:11:51	5:44	10.5
8	MAJ Kamila	228		K2 30-39 lat	8	00:00:05	00:24:02	00:48:59	<b>01:14:51.35</b>	<b>01:14:57.20</b>	+00:12:09	5:45	10.4
9	KĄDZIOŁKA Beata	177		K2 30-39 lat	9	00:00:09	00:24:44	00:50:08	<b>01:16:32.70</b>	<b>01:16:42.20</b>	+00:13:50	5:53	10.2
10	WALECKA Wiktoria	443	BIEGAM NA TARCHOMINIE	K2 30-39 lat	10	00:00:45	00:25:31	00:51:26	<b>01:17:40.25</b>	<b>01:18:25.55</b>	+00:14:58	5:58	10
11	WINDLOCH Emilia	395	ZABIEGANY WOŁOMIN	K2 30-39 lat	11	00:01:09	00:27:52	00:53:02	<b>01:18:00.90</b>	<b>01:19:10.75</b>	+00:15:18	6:00	10
12	IZDEBSKA Karolina	156	AKTYWNA WARSZAWA	K2 30-39 lat	12	00:00:32	00:26:16	00:52:23	<b>01:19:18.25</b>	<b>01:19:50.65</b>	+00:16:36	6:06	9.8
13	WESOŁOWSKA Monika	388	ZABIEGANA	K2 30-39 lat	13	00:00:17	00:26:33	00:53:34	<b>01:20:42.35</b>	<b>01:21:00.20</b>	+00:18:00	6:12	9.7
14	FURMANIAK PAŃCZAK Joanna	117	TEAM PARSZCZYŃSKICH	K2 30-39 lat	14	00:00:47	00:28:18	00:55:14	<b>01:22:17.75</b>	<b>01:23:05.10</b>	+00:19:35	6:19	9.5
15	ZUBELEWICZ-JERUZALSKA Anna	423		K2 30-39 lat	15	00:00:44	00:28:20	00:55:17	<b>01:22:20.20</b>	<b>01:23:05.05</b>	+00:19:38	6:20	9.5
16	STOLARSKA Paulina	349	WARSAW RUN CLUB	K2 30-39 lat	16	00:01:06	00:29:48	00:57:08	<b>01:23:57.25</b>	<b>01:25:03.65</b>	+00:21:15	6:27	9.3
17	MAJ Magdalena	449		K2 30-39 lat	17	00:01:05	00:29:59	00:58:34	<b>01:26:03.70</b>	<b>01:27:09.30</b>	+00:23:21	6:37	9.1
18	KĘDZIOREK Ela	179		K2 30-39 lat	18	00:01:15	00:31:40	01:00:10	<b>01:28:18.40</b>	<b>01:29:34.35</b>	+00:25:36	6:47	8.8
19	BARNAS Ilona	29	PRETTYFITTYTEAM	K2 30-39 lat	19	00:00:56	00:31:46	01:00:43	<b>01:28:28.20</b>	<b>01:29:24.90</b>	+00:25:46	6:48	8.8
20	SKELTON Sarah	332	VEGE RUNNERS	K2 30-39 lat	20	00:01:12	00:32:08	01:01:41	<b>01:30:11.10</b>	<b>01:31:23.90</b>	+00:27:29	6:56	8.6
21	SZYBOWSKA-SZYMCZAK Joanna	363	SW - AŚ GRÓJEC	K2 30-39 lat	21	00:00:20	00:29:22	00:59:57	<b>01:30:49.85</b>	<b>01:31:09.85</b>	+00:28:07	6:59	8.6
22	BORAWSKA Emilia	458	BEMOWO BIEGA	K2 30-39 lat	22	00:01:09	00:33:11	01:02:17	<b>01:30:58.30</b>	<b>01:32:07.30</b>	+00:28:16	6:59	8.6
23	KACZMAREK Katarzyna	169	MARKOWI BIEGACZE	K2 30-39 lat	23	00:01:16	00:30:39	01:01:22	<b>01:32:49.10</b>	<b>01:34:05.15</b>	+00:30:07	7:08	8.4
24	CZERWIEC Małgorzata	88		K2 30-39 lat	24	00:01:45	00:33:18	01:03:23	<b>01:33:29.15</b>	<b>01:35:14.35</b>	+00:30:47	7:11	8.3
25	GALIŃSKA Magdalena	120	WARSZAWSKI ZAUŁEK	K2 30-39 lat	25	00:01:32	00:32:42	01:03:54	<b>01:35:55.00</b>	<b>01:37:27.30</b>	+00:33:13	7:22	8.1
26	KRASUSKA Magdalena	445		K2 30-39 lat	26	00:01:04	00:32:44	01:04:20	<b>01:36:18.45</b>	<b>01:37:23.40</b>	+00:33:36	7:24	8.1
27	LEZNER Karolina	220		K2 30-39 lat	27	00:01:21	00:33:16	01:04:36	<b>01:36:47.45</b>	<b>01:38:08.90</b>	+00:34:05	7:26	8.1
28	DZIERŻANOWSKA Kinga	106		K2 30-39 lat	28	00:00:40	00:33:14	01:05:22	<b>01:39:10.75</b>	<b>01:39:50.85</b>	+00:36:28	7:37	7.9
29	MIERZEJEWSKA-JASIŃSKA Martyna	244	BIEGAM NA TARCHOMINIE	K2 30-39 lat	29	00:01:01	00:34:40	01:06:34	<b>01:39:28.95</b>	<b>01:40:30.30</b>	+00:36:46	7:39	7.8
30	CHOJNOWSKA Marta	68		K2 30-39 lat	30	00:01:18	00:33:54	01:06:32	<b>01:40:31.55</b>	<b>01:41:49.65</b>	+00:37:49	7:43	7.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
31	<b>WIŚNIEWSKA-DUDA Anna</b>	<b>397</b>		K2 30-39 lat	31	00:00:13	00:34:49	01:07:20	<b>01:41:31.80</b>	<b>01:41:45.30</b>	+00:38:49	7:48	7.7
32	<b>ZATYLNA Joanna</b>	<b>410</b>		K2 30-39 lat	32	00:01:30	00:33:01	01:05:29	<b>01:42:14.65</b>	<b>01:43:45.00</b>	+00:39:32	7:51	7.6
33	<b>LESZCZYŃSKA Marlena</b>	<b>219</b>		K2 30-39 lat	33	00:01:25	00:33:53	01:08:49	<b>01:44:46.35</b>	<b>01:46:11.95</b>	+00:42:04	8:03	7.4
34	<b>ROMANOWSKA Ewa</b>	<b>311</b>		K2 30-39 lat	34	00:00:41	00:30:07	01:00:20			+	6:56	8.7
35	<b>OPOŃSKA Emilia</b>	<b>278</b>	BIEGAM NA TARCHOMINIE	K2 30-39 lat	35	00:00:59	00:32:31	01:06:15			+	7:36	7.9
36	<b>MAJCHRZAK Anna</b>	<b>3</b>		K2 30-39 lat	36	00:01:38	00:35:55	01:09:33			+	7:59	7.5
37	<b>SAJEWSKA Karolina</b>	<b>321</b>		K2 30-39 lat	37	00:00:36	00:37:11	01:17:30			+	8:54	6.7
38	<b>KUNDYS Karolina</b>	<b>433</b>		K2 30-39 lat	38	00:00:00	00:29:55	01:22:31			+	9:29	6.3
39	<b>REGULSKA Ewa</b>	<b>307</b>		K2 30-39 lat	39	00:00:22	00:29:27				+	6:41	9
40	<b>SOLAREK Kinga</b>	<b>5</b>		K2 30-39 lat	40	00:01:38	00:36:14				+	8:14	7.3
41	<b>OGOŃCZYK Donata</b>	<b>272</b>		K2 30-39 lat	41	00:00:48	00:39:47				+	9:02	6.6
42	<b>BOHDZIEWICZ Izabela</b>	<b>49</b>		K2 30-39 lat	42	00:01:56	00:40:12				+	9:08	6.6

Znaleziono 42 wynik(ów)