

Organizator: Urząd Dzielnicy Białołęka m.st. Warszawa
Data: 2019-12-14
Miejsce: Warszawa
Dystans: 13 km

Klasyfikacja: K3 40-49 lat

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	0.1km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
1	MISZTA Barbara	240	KS STASZEWSKY	K3 40-49 lat	1	00:00:04	00:00:22	00:19:30	00:38:51	00:57:57.40	00:58:01.40		4:27	13.5
2	MORELOWSKA Maria	241	WALHALLA FIGHT CLUB	K3 40-49 lat	2	00:00:03	00:00:25	00:20:27	00:41:02	01:01:49.60	01:01:53.30	+00:03:52	4:45	12.6
3	GRUMBIANIN Paulina	115	LOGWIN	K3 40-49 lat	3	00:00:06	00:00:25	00:20:26	00:41:04	01:01:57.30	01:02:03.55	+00:03:59	4:45	12.6
4	KOWALSKA Kasia	184	TEAM ZABIEGANEDNI	K3 40-49 lat	4	00:00:14	00:00:29	00:20:18	00:41:03	01:02:06.40	01:02:20.70	+00:04:09	4:46	12.6
5	BUCHALSKA Ewa	478	EKOBIEGI	K3 40-49 lat	5	00:00:20	00:00:34	00:21:36	00:43:24	01:05:16.00	01:05:36.05	+00:07:18	5:01	12
6	TEJCHMA Natalia	373	BIEGAM NA TARCHOMINIE	K3 40-49 lat	6	00:00:23	00:00:36	00:22:51	00:44:06	01:05:26.60	01:05:49.90	+00:07:29	5:02	11.9
7	GULCZ Katarzyna	120	SR GDAŃSK-PÓŁNOC/KUJAWSKY RUNNERS	K3 40-49 lat	7	00:00:06	00:00:27	00:21:36	00:43:19	01:05:33.65	01:05:40.20	+00:07:36	5:02	11.9
8	KALICZYŃSKA Wioletta	147	CYTRYNOWI STUDENCI / RUNEDA	K3 40-49 lat	8	00:00:09	00:00:28	00:21:47	00:43:50	01:06:16.25	01:06:25.65	+00:08:18	5:05	11.8
9	GRZECHNIK Renata	431		K3 40-49 lat	9	00:00:17	00:00:31	00:22:43	00:45:12	01:07:01.00	01:07:18.30	+00:09:03	5:09	11.6
10	SCHINDLER Żaneta	318		K3 40-49 lat	10	00:00:07	00:00:27	00:22:12	00:44:58	01:07:40.10	01:07:47.90	+00:09:42	5:12	11.5
11	WOJCIECHOWSKA Klaudia	468	TEAM ZABIEGANEDNI	K3 40-49 lat	11	00:00:07	00:00:30	00:22:49	00:45:15	01:08:11.70	01:08:19.55	+00:10:14	5:14	11.4
12	MYŚLIŃSKA Anna	1	EKOBIEGI	K3 40-49 lat	12	00:00:15	00:00:32	00:23:05	00:46:14	01:09:07.55	01:09:23.05	+00:11:10	5:19	11.3
13	MĘDEL Marta	231		K3 40-49 lat	13	00:00:18	00:00:37	00:24:12	00:47:49	01:11:09.85	01:11:28.35	+00:13:12	5:28	11
14	JAROSZ-PIWONSKA Aldona	134		K3 40-49 lat	14	00:00:51	00:00:33	00:23:52	00:48:12	01:12:35.45	01:13:27.05	+00:14:38	5:35	10.7
15	KARASIEWICZ Katarzyna	154		K3 40-49 lat	15	00:00:17	00:00:34	00:24:15	00:48:40	01:13:34.70	01:13:52.35	+00:15:37	5:39	10.6
16	BRZOSKA Małgorzata	427	BRACTWO BIEGOWE BGK	K3 40-49 lat	16	00:00:04	00:00:28	00:23:42	00:48:21	01:13:35.05	01:13:39.75	+00:15:37	5:39	10.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	0.1km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
17	CZAJKA Justyna	57		K3 40-49 lat	17	00:00:21	00:00:36	00:22:57	00:46:08	01:13:51.55	01:14:12.80	+00:15:54	5:40	10.6
18	KRZYSIAK Aneczka	190		K3 40-49 lat	18	00:00:39	00:00:38	00:24:13	00:49:36	01:14:25.15	01:15:05.05	+00:16:27	5:43	10.5
19	ADAMCZUK Agnieszka	11	MARKOWI BIEGACZE	K3 40-49 lat	19	00:00:27	00:00:37	00:26:05	00:50:43	01:14:35.15	01:15:02.70	+00:16:37	5:44	10.5
20	SKIBIŃSKA Małgorzata	454	ZOLWKIERSI	K3 40-49 lat	20	00:00:39	00:00:36	00:25:50	00:50:43	01:15:03.65	01:15:42.80	+00:17:06	5:46	10.4
21	GADOMSKA Małgorzata	88	NW CZŁAPSKI TEAM	K3 40-49 lat	21	00:00:14	00:00:36	00:24:56	00:49:54	01:15:31.25	01:15:46.15	+00:17:33	5:48	10.3
22	WEBER Agata	393	JACEKBIEGA RUNNING TEAM	K3 40-49 lat	22	00:00:00	00:01:03	00:24:46	00:49:49	01:15:31.85	01:15:31.85	+00:17:34	5:48	10.3
23	KŁOS Anna	166	PO PROSTU MY	K3 40-49 lat	23	00:00:42	00:00:38	00:26:38	00:51:40	01:16:12.15	01:16:54.40	+00:18:14	5:51	10.2
24	ŁOZOWSKA Aneta	212		K3 40-49 lat	24	00:00:29	00:00:38	00:26:00	00:51:25	01:16:38.35	01:17:08.05	+00:18:40	5:53	10.2
25	GONET Katarzyna	105		K3 40-49 lat	25	00:00:28	00:00:38	00:26:00	00:51:25	01:16:46.20	01:17:14.70	+00:18:48	5:54	10.2
26	MAZUR Jowita	229	FUNKCJONUJ	K3 40-49 lat	26	00:00:28	00:00:39	00:26:01	00:51:25	01:16:46.55	01:17:15.45	+00:18:49	5:54	10.2
27	WĄSIK Izabela	392		K3 40-49 lat	27	00:00:31	00:00:37	00:25:59	00:51:23	01:16:50.90	01:17:22.05	+00:18:53	5:54	10.1
28	KOTLENGA Monika	181		K3 40-49 lat	28	00:00:13	00:00:33	00:25:24	00:51:09	01:16:54.80	01:17:07.85	+00:18:57	5:54	10.1
29	TROJANEK Edyta	378	WWW.SENSORYBEAUTY.PL	K3 40-49 lat	29	00:00:16	00:00:35	00:26:10	00:51:47	01:17:10.45	01:17:27.25	+00:19:13	5:56	10.1
30	RZEPLIŃSKA Dorota	500		K3 40-49 lat	30	00:00:11	00:00:31	00:25:33	00:51:29	01:17:24.40	01:17:36.15	+00:19:27	5:57	10.1
31	GROBEREK Monika	113		K3 40-49 lat	31	00:00:22	00:00:34	00:25:49	00:51:13	01:17:31.95	01:17:54.55	+00:19:34	5:57	10.1
32	NOBERT Marta	252	CYTRYNOWI STUDENCI	K3 40-49 lat	32	00:00:09	00:00:34	00:25:39	00:51:23	01:18:01.10	01:18:11.00	+00:20:03	6:00	10
33	ADAMOWSKA Barbara	12		K3 40-49 lat	33	00:00:24	00:00:36	00:26:04	00:52:08	01:19:00.45	01:19:24.50	+00:21:03	6:04	9.9
34	SIKORSKA Agnieszka	504	EKOBIEGI	K3 40-49 lat	34	00:00:50	00:00:37	00:26:33	00:52:54	01:19:55.45	01:20:46.25	+00:21:58	6:08	9.8
35	NIEZGODA Ewa	251	NIEZGODNIKI	K3 40-49 lat	35	00:00:07	00:00:32	00:26:50	00:53:54	01:20:51.60	01:20:59.50	+00:22:54	6:13	9.6
36	SOBCZAK Anna	456	M.I.L.A. MASTERS IWICZNA LIFE ATHLETICS	K3 40-49 lat	36	00:00:38	00:00:36	00:26:55	00:54:27	01:22:07.95	01:22:46.10	+00:24:10	6:19	9.5
37	ŁACKA Ilona	210	BIAŁOŁĘKA JEST KOBIETĄ	K3 40-49 lat	37	00:00:17	00:00:37	00:28:15	00:57:31	01:25:34.45	01:25:52.35	+00:27:37	6:35	9.1
38	HAJKOWICZ Dorota	541		K3 40-49 lat	38	00:00:00	00:00:36	00:26:58	00:57:11	01:27:12.85	01:27:12.85	+00:29:15	6:42	8.9
39	ŁUCZAK Małgorzata	215	RUNNERSI ZE SKARBKA	K3 40-49 lat	39	00:00:34	00:00:39	00:28:50	00:58:20	01:27:33.55	01:28:08.00	+00:29:36	6:44	8.9

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40	CHOŁUJ Agata	48	PO PROSTU MY	K3 40-49 lat	40	00:00:42	00:00:37	00:28:15	00:57:19	01:27:42.75	01:28:25.70	+00:29:45	6:44	8.9
41	WASZKIEWICZ Marta	464	WASZKA TEAM	K3 40-49 lat	41	00:00:12	00:00:36	00:28:41	00:58:38	01:28:09.60	01:28:21.75	+00:30:12	6:46	8.8
42	WIŚNIEWSKA Katarzyna	402	INDYWIDUALISTKA	K3 40-49 lat	42	00:00:14	00:00:36	00:32:28	01:05:32	01:40:14.85	01:40:29.05	+00:42:17	7:42	7.8
43	OSUCH Dorota	273	NWST	K3 40-49 lat	43	00:00:30	00:00:37	00:25:33	00:51:04			+00:12:13	5:52	10.2
44	RACZKOWSKA Dorota	299	BRACTWO BIEGOWE BGK	K3 40-49 lat	44	00:00:12	00:00:33	00:26:07	00:53:00			+00:14:08	6:05	9.8
45	ZAWADKA Agnieszka	411		K3 40-49 lat	45	00:00:48	00:00:38	00:27:31	00:55:06			+00:16:15	6:20	9.5
46	SZAFRAN Beata	355	PUMP!T	K3 40-49 lat	46	00:00:11	00:00:36	00:28:09	00:56:55			+00:18:04	6:32	9.2
47	GÓRECKA Anna	108		K3 40-49 lat	47	00:00:14	00:00:36	00:30:09	01:01:15			+00:22:24	7:02	8.5
48	JANKOWSKA Agnieszka	132	NASIELSK BASZTA TEAM	K3 40-49 lat	48	00:00:20	00:21:59	00:43:30	01:04:47			+00:25:56	7:26	8.1
49	MIKOŁAJCZYK Małgorzata	238		K3 40-49 lat	49	00:00:12	00:00:37	00:28:38				+00:09:08	6:30	9.2
50	SOSNÓWKA Magdalena	335		K3 40-49 lat	50	00:00:45	00:00:39	00:32:17				+00:12:46	7:20	8.2
51	SZOT Agnieszka	362	CYTRYNOWI STUDENCI	K3 40-49 lat	51	00:00:08	00:00:36	00:39:54				+00:20:23	9:04	6.6
52	BOGUSZ Agnieszka	32	CYTRYNOWI STUDENCI	K3 40-49 lat	52	00:00:07	00:00:37	00:39:55				+00:20:24	9:04	6.6
53	WILCZYŃSKA Małgorzata	545		K3 40-49 lat	53	00:00:47	00:00:38	00:43:42				+00:24:12	9:55	6
	SZCZEPAŃSKA DUDA Monika	358		K3 40-49 lat		DNF	00:00:36 DNF	00:26:17 DNF	DNF	DNF	DNF	-	-	-
	OLSZEWSKA Mariola	268	RAZEM DLA BIAŁOŁĘKI	K3 40-49 lat		DNF	00:00:36 DNF	00:26:17 DNF	DNF	DNF	DNF	-	-	-

Znaleziono 55 wynik(ów)