

BIAŁOŁĘCKI BIEG WOLNOŚCI

B4SPORT

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

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K3 40-49 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	HASS-KALITA Joanna	436	WARSAW MASTERS TEAM	K3 40-49 lat	1	00:00:06	00:21:19	00:43:05	01:04:53.20	01:04:59.60		4:59	12 (100%)
2	SZYSZKO Ewa	366	MARKOWI BIEGACZE	K3 40-49 lat	2	00:00:14	00:23:46	00:46:42	01:10:28.05	01:10:42.15	+00:05:34 (7.9%)	5:25	11.1 (92.5%)
3	NEJFELD Hanna	264	BIEGAJĄCE ZĄBKI	K3 40-49 lat	3	00:00:14	00:23:42	00:47:14	01:10:52.00	01:11:06.85	+00:05:58 (8.4%)	5:27	11 (91.7%)
4	ZWARDON Ewa	424	KLUB BIEGACZA RTV EURO AGD	K3 40-49 lat	4	00:00:11	00:24:17	00:47:47	01:11:23.30	01:11:34.85	+00:06:30 (9.1%)	5:29	10.9 (90.8%)
5	KALICZYŃSKA Wioletta	171	PROJEKT1000UP/OZZKS MOZ GDAŃSK	K3 40-49 lat	5	00:00:26	00:24:01	00:47:50	01:12:30.55	01:12:56.85	+00:07:37 (10.5%)	5:34	10.8 (90.0%)
6	SERAFIN-GORSZKOWSKA Paulina	326		K3 40-49 lat	6	00:00:22	00:24:34	00:48:48	01:13:30.55	01:13:52.70	+00:08:37 (11.7%)	5:39	10.6 (88.3%)
7	SIEWRUK Katarzyna	442	WARSAW RUN CLUB	K3 40-49 lat	7	00:00:07	00:24:19	00:48:43	01:13:49.70	01:13:57.60	+00:08:56 (12.1%)	5:40	10.6 (88.3%)
8	TYM Joanna	381		K3 40-49 lat	8	00:00:12	00:25:20	00:50:03	01:14:39.60	01:14:52.00	+00:09:46 (13.1%)	5:44	10.4 (86.7%)
9	ŻURANIEWSKA Agnieszka	429	TEAM PARSZCZYŃSKICH	K3 40-49 lat	9	00:00:41	00:25:10	00:49:48	01:15:00.80	01:15:41.90	+00:10:07 (13.5%)	5:46	10.4 (86.7%)
10	TOMCZUK-KUZKA Katarzyna	460		K3 40-49 lat	10	00:01:27	00:25:52	00:51:02	01:17:05.10	01:18:32.70	+00:12:11 (15.8%)	5:55	10.1 (84.2%)
11	GRZECHNIK Renata	144	MKB DREPTAK	K3 40-49 lat	11	00:01:12	00:26:10	00:51:40	01:17:07.05	01:18:19.05	+00:12:13 (15.9%)	5:55	10.1 (84.2%)
12	DYDERSKA Wioletta	101		K3 40-49 lat	12	00:00:19	00:25:51	00:52:00	01:18:35.05	01:18:54.15	+00:13:41 (17.4%)	6:02	9.9 (82.5%)
13	WOJDAK Anna	403		K3 40-49 lat	13	00:00:59	00:26:38	00:53:16	01:20:14.05	01:21:13.05	+00:15:20 (19.1%)	6:10	9.7 (80.8%)
14	KAPUŚCIAREK Elżbieta	457		K3 40-49 lat	14	00:00:39	00:27:40	00:54:05	01:22:05.90	01:22:45.50	+00:17:12 (21.0%)	6:18	9.5 (79.2%)
15	CHMIELOWIEC Anna	64		K3 40-49 lat	15	00:00:11	00:26:26	00:53:44	01:22:09.50	01:22:21.05	+00:17:16 (21.0%)	6:19	9.5 (79.2%)
16	GUSZCZA Ewa	148	MARKOWI BIEGACZE	K3 40-49 lat	16	00:00:30	00:27:32	00:54:21	01:22:18.10	01:22:48.10	+00:17:24 (21.2%)	6:19	9.5 (79.2%)

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17	CABAŃSKA Dorota	58		K3 40-49 lat	17	00:00:46	00:28:42	00:55:39	01:22:53.65	01:23:39.95	+00:18:00 (21.7%)	6:22	9.4 (78.3%)
18	ADAMCZUK Agnieszka	14	MARKOWI BIEGACZE	K3 40-49 lat	18	00:00:29	00:27:59	00:55:51	01:23:04.10	01:23:33.80	+00:18:10 (21.9%)	6:23	9.4 (78.3%)
19	SIWEK Ewa	330	TUPTUŚ OTWOCK	K3 40-49 lat	19	00:00:19	00:29:09	00:58:08	01:26:16.35	01:26:35.55	+00:21:23 (24.8%)	6:38	9 (75.0%)
20	MYŚLIŃSKA Anna	75	BIĄŁOŁĘKA JEST KOBIETĄ	K3 40-49 lat	20	00:00:37	00:29:04	00:57:06	01:26:18.50	01:26:55.50	+00:21:25 (24.8%)	6:38	9 (75.0%)
21	WŁODARCZYK Anna	402	ADIDAS RUNNERS WARSAW	K3 40-49 lat	21	00:00:54	00:29:40	00:58:25	01:27:24.45	01:28:18.70	+00:22:31 (25.8%)	6:43	8.9 (74.2%)
22	GRUZD Anna	141	TRIATHLON TARCHOMIN TEAM	K3 40-49 lat	22	00:00:47	00:29:49	00:58:40	01:27:53.20	01:28:40.20	+00:23:00 (26.2%)	6:45	8.9 (74.2%)
23	RZEPNIEWSKA Joanna	319	MARKOWI BIEGACZE	K3 40-49 lat	23	00:00:15	00:28:36	00:58:23	01:29:01.10	01:29:16.55	+00:24:07 (27.1%)	6:50	8.8 (73.3%)
24	GONET Katarzyna	132		K3 40-49 lat	24	00:01:16	00:30:34	01:00:12	01:30:34.35	01:31:50.80	+00:25:41 (28.4%)	6:58	8.6 (71.7%)
25	CZAJKA Justyna	82		K3 40-49 lat	25	00:00:53	00:30:35	01:00:06	01:30:48.05	01:31:41.10	+00:25:54 (28.5%)	6:59	8.6 (71.7%)
26	HRYCIUK Katarzyna	155	EKOBIEGI	K3 40-49 lat	26	00:01:24	00:33:05	01:01:57	01:31:01.70	01:32:26.30	+00:26:08 (28.7%)	7:00	8.6 (71.7%)
27	GŁÓWCZYŃSKA Małgorzata	131	MARKOWI BIEGACZE	K3 40-49 lat	27	00:00:29	00:31:03	01:00:54	01:31:29.30	01:31:58.80	+00:26:36 (29.1%)	7:02	8.5 (70.8%)
28	JANKOWSKA Wiola	159		K3 40-49 lat	28	00:01:35	00:33:24	01:04:06	01:32:18.95	01:33:54.85	+00:27:25 (29.7%)	7:06	8.5 (70.8%)
29	SZULC Kasia	361		K3 40-49 lat	29	00:00:27	00:29:44	01:00:57	01:32:34.05	01:33:02.00	+00:27:40 (29.9%)	7:07	8.4 (70.0%)
30	CZARTORYSKA Anna	84		K3 40-49 lat	30	00:01:08	00:32:49	01:02:16	01:32:51.50	01:34:00.15	+00:27:58 (30.1%)	7:08	8.4 (70.0%)
31	SROCZYŃSKA Justyna	343	OSTRESROKI	K3 40-49 lat	31	00:00:17	00:30:35	01:02:07	01:33:33.20	01:33:50.30	+00:28:40 (30.6%)	7:11	8.3 (69.2%)
32	OSTAPIŃSKA Magda	282		K3 40-49 lat	32	00:00:16	00:30:36	01:02:07	01:33:34.10	01:33:50.75	+00:28:40 (30.7%)	7:11	8.3 (69.2%)
33	SZCZECHOWICZ Marta	478		K3 40-49 lat	33	00:00:56	00:31:53	01:01:52	01:34:05.15	01:35:01.85	+00:29:11 (31.0%)	7:14	8.3 (69.2%)
34	ŁUCZAK Małgorzata	224	RUNNERSI ZE SKARBKA	K3 40-49 lat	34	00:00:38	00:30:41	01:02:19	01:34:38.05	01:35:16.55	+00:29:44 (31.4%)	7:16	8.2 (68.3%)
35	MOĆKO Anita	255	MARKOWI BIEGACZE	K3 40-49 lat	35	00:00:24	00:31:17	01:03:06	01:35:26.75	01:35:51.35	+00:30:33 (32.0%)	7:20	8.2 (68.3%)
36	KOCIK Elżbieta	6		K3 40-49 lat	36	00:01:28	00:33:09	01:03:36	01:35:43.40	01:37:12.35	+00:30:50 (32.2%)	7:21	8.1 (67.5%)
37	ZIARKO Joanna	416		K3 40-49 lat	37	00:00:33	00:31:57	01:03:31	01:37:05.25	01:37:39.10	+00:32:12 (33.2%)	7:28	8 (66.7%)
38	WINIARSKA Iza	77	OBROŃCÓW TOBRUKU 40 , 01-494 WARSZAWA	K3 40-49 lat	38	00:00:14	00:31:25	01:04:50	01:39:01.75	01:39:16.45	+00:34:08 (34.5%)	7:37	7.9 (65.8%)
39	PRZETAKIEWICZ Magdalena	297		K3 40-49 lat	39	00:01:20	00:33:47	01:06:06	01:39:19.75	01:40:40.60	+00:34:26 (34.7%)	7:38	7.9 (65.8%)

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40	TORZEWSKA Agnieszka	376		K3 40-49 lat	40	00:00:50	00:33:09	01:05:19	01:40:49.05	01:41:40.00	+00:35:55 (35.6%)	7:45	7.7 (64.2%)
41	MONIKA Lewandowska	256		K3 40-49 lat	41	00:00:38	00:33:40	01:06:38	01:41:14.15	01:41:52.85	+00:36:20 (35.9%)	7:47	7.7 (64.2%)
42	KOZŁOWSKA-KAWYCZ Karolina	201	ROZBIEGANE MICHAŁOWICE	K3 40-49 lat	42	00:01:19	00:33:44	01:07:36	01:41:42.50	01:43:01.50	+00:36:49 (36.2%)	7:49	7.7 (64.2%)
43	ZBIŃKOWSKA Dorota	412		K3 40-49 lat	43	00:00:51	00:33:08	01:07:29	01:43:06.25	01:43:57.35	+00:38:13 (37.1%)	7:55	7.6 (63.3%)
44	MNISZKO Urszula	254	MARKOWI BIEGACZE	K3 40-49 lat	44	00:00:32	00:33:20	01:07:13	01:43:27.55	01:44:00.30	+00:38:34 (37.3%)	7:57	7.5 (62.5%)
45	BALCERZAK-JAŁTUSZEWSKA Katarzyna	479	MARKOWI BIEGACZE	K3 40-49 lat	45	00:00:30	00:33:22	01:07:15	01:43:29.10	01:43:59.50	+00:38:35 (37.3%)	7:57	7.5 (62.5%)
46	WINDER Agnieszka	394		K3 40-49 lat	46	00:01:07	00:34:00	01:07:38	01:43:56.45	01:45:03.55	+00:39:03 (37.6%)	7:59	7.5 (62.5%)
47	STEFAŃSKA Joanna	346		K3 40-49 lat	47	00:00:27	00:34:34	01:09:12	01:46:37.35	01:47:04.55	+00:41:44 (39.1%)	8:12	7.3 (60.8%)
48	GÓRECKA Anna	136		K3 40-49 lat	48	00:00:17	00:34:48	01:10:50	01:47:26.80	01:47:44.35	+00:42:33 (39.6%)	8:15	7.3 (60.8%)
49	ŁOZOWSKA Dorota	223		K3 40-49 lat	49	00:01:46	00:35:44	01:13:16	01:51:51.20	01:53:38.10	+00:46:58 (42.0%)	8:36	7 (58.3%)
50	SIMIŃSKA Marta	81		K3 40-49 lat	50	00:00:38	00:35:53	01:12:36	01:52:15.05	01:52:53.25	+00:47:21 (42.2%)	8:38	6.9 (57.5%)
51	METELSKA Magdalena	235		K3 40-49 lat	51	00:00:21	00:34:06	01:11:08	01:54:21.25	01:54:42.50	+00:49:28 (43.3%)	8:47	6.8 (56.7%)
52	MĘDEL Marta	236		K3 40-49 lat	52	00:00:48	00:32:46	01:03:56			+00:20:51	7:20	8.2 (68.3%)
53	KUJAWSKA Joanna	211	BIEGAM NA TARCHOMINIE	K3 40-49 lat	53	00:01:11	00:33:28	01:06:07			+00:23:02	7:35	7.9 (65.8%)
54	STĘPLEWSKA Małgorzata	453		K3 40-49 lat	54	00:00:56	00:33:46	01:06:25			+00:23:20	7:38	7.9 (65.8%)
55	ROGUSKA Magdalena	500	BIAŁOŁĘKA JEST KOBIETĄ	K3 40-49 lat	55	00:01:38	00:35:56	01:09:34			+00:26:29	7:59	7.5 (62.5%)
56	OLSZEWSKA Mariola	7	RAZEM DLA BIAŁOŁĘKI	K3 40-49 lat	56	00:01:28	00:35:20	01:10:25			+00:27:20	8:05	7.4 (61.7%)
57	TEŁAKOWSKA Anita	372		K3 40-49 lat	57	00:01:11	00:35:15	01:11:23			+00:28:18	8:12	7.3 (60.8%)
58	FAJKOWSKA-KOSIEC Anna	108		K3 40-49 lat	58	00:01:20	00:35:17	01:12:18			+00:29:13	8:18	7.2 (60.0%)
59	WILCZYŃSKA Małgorzata	391		K3 40-49 lat	59	00:00:00	00:49:45	01:51:00			+	12:45	4.7 (39.2%)
60	SCHINDLER Żaneta	323		K3 40-49 lat	60	00:00:08	00:25:59				+00:04:40	5:54	10.2 (85.0%)
61	BISOWSKA Katarzyna	45	A NA CO TO KOMU POTRZEBNE	K3 40-49 lat	61	00:01:00	00:31:34				+00:10:15	7:10	8.4 (70.0%)
62	WÓJTOWICZ Agnieszka	407		K3 40-49 lat	62	00:01:01	00:35:35				+00:14:16	8:05	7.4 (61.7%)

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63	LACH Marta	215	SLOW JOGGING BIAŁOŁĘKA	K3 40-49 lat	63	00:01:43	00:37:11				+00:15:52	8:27	7.1 (59.2%)
64	WALASIK Agnieszka	384		K3 40-49 lat	64	00:01:42	00:44:27				+00:23:08	10:06	5.9 (49.2%)

Znaleziono 64 wynik(ów)