

# BIAŁOŁĘCKI BIEG WOLNOŚCI

B4SPORT

**Organizator:** Urząd Dzielnicy Białołęka m.st. Warszawa  
**Data:** 2022-12-11  
**Miejsce:** Warszawa  
**Dystans:** 13 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K3 40-49 lat

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pracownicy		0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						Mieszkańcy Białołęki	Stużby Więziennej								
1	<b>KAŹMIERCZAK Marta</b>	<b>197</b>	DREAM RUN	K3 40-49 lat	1			00:00:21	00:17:13	00:34:16	<b>00:51:21.30</b>	<b>00:51:21.30</b>		3:57	15.2 (100%)
2	<b>TYM Joanna</b>	<b>471</b>	LIPIEC RUNNING TEAM	K3 40-49 lat	2			00:00:28	00:20:29	00:41:10	<b>01:01:44.00</b>	<b>01:01:44.00</b>	+00:10:22 (16.8%)	4:44	12.6 (82.9%)
3	<b>SERAFIN-GORSZKOWSKA Paulina</b>	<b>385</b>	140MINUT.PL	K3 40-49 lat	3		Tak	00:00:35	00:21:15	00:42:00	<b>01:02:36.50</b>	<b>01:02:36.50</b>	+00:11:15 (18.0%)	4:48	12.5 (82.2%)
4	<b>KOWALIKOWSKA Renata</b>	<b>229</b>	BIEGAM NA TARCHOMINIE	K3 40-49 lat	4		Tak	00:00:28	00:20:31	00:41:38	<b>01:02:53.00</b>	<b>01:02:53.00</b>	+00:11:31 (18.3%)	4:50	12.4 (81.6%)
5	<b>WÓJCIK Monika</b>	<b>498</b>	ADIDAS RUNNERS WARSAW	K3 40-49 lat	5		Tak	00:00:45	00:22:16	00:43:18	<b>01:04:08.40</b>	<b>01:04:08.40</b>	+00:12:47 (19.9%)	4:56	12.2 (80.3%)
6	<b>SZYSZKO Ewa</b>	<b>448</b>	MARKOWI BIEGACZE	K3 40-49 lat	6			00:00:29	00:21:03	00:42:29	<b>01:04:21.95</b>	<b>01:04:21.95</b>	+00:13:00 (20.2%)	4:57	12.1 (79.6%)
7	<b>KALICZYŃSKA Wioletta</b>	<b>175</b>	PROJEKT1000UP	K3 40-49 lat	7		Tak	00:00:36	00:21:20	00:43:17	<b>01:05:20.15</b>	<b>01:05:20.15</b>	+00:13:58 (21.4%)	5:01	11.9 (78.3%)
8	<b>ŻURANIEWSKA Agnieszka</b>	<b>521</b>		K3 40-49 lat	8		Tak	00:00:49	00:22:20	00:44:20	<b>01:06:24.90</b>	<b>01:06:24.90</b>	+00:15:03 (22.7%)	5:06	11.7 (77.0%)
9	<b>KAPUŚCIAREK Elżbieta</b>	<b>184</b>		K3 40-49 lat	9			00:00:46	00:22:40	00:45:12	<b>01:07:34.25</b>	<b>01:07:34.25</b>	+00:16:12 (24.0%)	5:11	11.5 (75.7%)
10	<b>SIEWRUK Katarzyna</b>	<b>389</b>	WARSAW RUN CLUB	K3 40-49 lat	10			00:00:51	00:22:48	00:45:03	<b>01:07:42.90</b>	<b>01:07:42.90</b>	+00:16:21 (24.2%)	5:12	11.5 (75.7%)
11	<b>RASIŃSKA Agnieszka</b>	<b>365</b>	NASIELSK BASZTA TEAM	K3 40-49 lat	11			00:01:11	00:24:10	00:47:16	<b>01:10:11.15</b>	<b>01:10:11.15</b>	+00:18:49 (26.8%)	5:23	11.1 (73.0%)
12	<b>GUSZCZA Ewa</b>	<b>132</b>	MARKOWI BIEGACZE	K3 40-49 lat	12			00:00:51	00:23:21	00:46:57	<b>01:10:47.65</b>	<b>01:10:47.65</b>	+00:19:26 (27.5%)	5:26	11 (72.4%)
13	<b>KARAŚ-GMITRZUK Marzena</b>	<b>188</b>	BESTIE OCR LEGIONOWO	K3 40-49 lat	13		Tak	00:00:58	00:24:23	00:47:38	<b>01:11:05.85</b>	<b>01:11:05.85</b>	+00:19:44 (27.8%)	5:28	11 (72.4%)
14	<b>STAROŃSKA Magdalena</b>	<b>417</b>	BIEGAM NA TARCHOMINIE	K3 40-49 lat	14		Tak	00:00:58	00:24:23	00:47:38	<b>01:11:07.10</b>	<b>01:11:07.10</b>	+00:19:45 (27.8%)	5:28	11 (72.4%)
15	<b>ŁATKOWSKA Monika</b>	<b>265</b>	GRUPA BIEGOWA CHTMO	K3 40-49 lat	15			00:00:59	00:24:25	00:47:38	<b>01:11:07.20</b>	<b>01:11:07.20</b>	+00:19:45 (27.8%)	5:28	11 (72.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pracownicy		0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						Mieszkańcy Białoleki	Służby Więziennej								
16	<b>RÓŻAŃSKA Magdalena</b>	<b>370</b>		K3 40-49 lat	16			00:00:35	00:24:00	00:48:03	<b>01:11:54.90</b>	<b>01:11:54.90</b>	+00:20:33 (28.6%)	5:31	10.8 (71.1%)
17	<b>TURCZYŃSKA Monika</b>	<b>447</b>		K3 40-49 lat	17			00:00:40	00:23:52	00:48:01	<b>01:12:30.95</b>	<b>01:12:30.95</b>	+00:21:09 (29.2%)	5:34	10.8 (71.1%)
18	<b>CIMOCHOWSKA-ŚWITALSKA Magdalena</b>	<b>70</b>	BIEGAM NA TARCHOMINIE	K3 40-49 lat	18	Tak		00:01:04	00:24:56	00:48:58	<b>01:12:50.10</b>	<b>01:12:50.10</b>	+00:21:28 (29.5%)	5:36	10.7 (70.4%)
19	<b>ADAMCZUK Agnieszka</b>	<b>12</b>	MARKOWI BIEGACZE	K3 40-49 lat	19			00:00:50	00:24:24	00:49:46	<b>01:14:03.80</b>	<b>01:14:03.80</b>	+00:22:42 (30.7%)	5:41	10.5 (69.1%)
20	<b>ISASI-KURAN Agata</b>	<b>143</b>	MARKOWI BIEGACZE	K3 40-49 lat	20			00:01:03	00:26:09	00:50:29	<b>01:14:28.95</b>	<b>01:14:28.95</b>	+00:23:07 (31.1%)	5:43	10.5 (69.1%)
21	<b>MYŚLIŃSKA Anna</b>	<b>123</b>	BIAŁOLEKA JEST KOBIETĄ	K3 40-49 lat	21	Tak	Tak	00:00:56	00:25:12	00:50:00	<b>01:14:42.80</b>	<b>01:14:42.80</b>	+00:23:21 (31.3%)	5:44	10.4 (68.4%)
22	<b>HRYCIUK Katarzyna</b>	<b>141</b>	EKOBIEGI	K3 40-49 lat	22			00:01:02	00:27:54	00:51:52	<b>01:15:16.40</b>	<b>01:15:16.40</b>	+00:23:55 (31.8%)	5:47	10.4 (68.4%)
23	<b>LODOWSKA Ilona</b>	<b>263</b>		K3 40-49 lat	23			00:00:53	00:25:03	00:50:16	<b>01:15:28.60</b>	<b>01:15:28.60</b>	+00:24:07 (32.0%)	5:48	10.3 (67.8%)
24	<b>SYNOWIEC Dorota</b>	<b>432</b>		K3 40-49 lat	24			00:01:04	00:25:55	00:51:01	<b>01:16:02.75</b>	<b>01:16:02.75</b>	+00:24:41 (32.5%)	5:50	10.3 (67.8%)
25	<b>GUZIŃSKA Ola</b>	<b>134</b>		K3 40-49 lat	25			00:00:49	00:25:50	00:51:08	<b>01:16:52.25</b>	<b>01:16:52.25</b>	+00:25:30 (33.2%)	5:54	10.1 (66.4%)
26	<b>NOBERT Marta</b>	<b>313</b>		K3 40-49 lat	26		Tak	00:00:45	00:25:50	00:51:47	<b>01:16:52.30</b>	<b>01:16:52.30</b>	+00:25:31 (33.2%)	5:54	10.1 (66.4%)
27	<b>GAWEŁ Dorota</b>	<b>107</b>		K3 40-49 lat	27			00:01:06	00:26:21	00:52:12	<b>01:18:31.35</b>	<b>01:18:31.35</b>	+00:27:10 (34.6%)	6:02	9.9 (65.1%)
28	<b>KUJAWA Agnieszka</b>	<b>245</b>		K3 40-49 lat	28			00:00:47	00:26:20	00:52:32	<b>01:18:33.70</b>	<b>01:18:33.70</b>	+00:27:12 (34.6%)	6:02	9.9 (65.1%)
29	<b>WITEK Małgorzata</b>	<b>489</b>		K3 40-49 lat	29	Tak		00:00:46	00:26:15	00:52:29	<b>01:18:59.50</b>	<b>01:18:59.50</b>	+00:27:38 (35.0%)	6:04	9.9 (65.1%)
30	<b>CZARTORYSKA Anna</b>	<b>407</b>		K3 40-49 lat	30	Tak		00:00:45	00:25:35	00:52:23	<b>01:19:24.35</b>	<b>01:19:24.35</b>	+00:28:03 (35.3%)	6:06	9.8 (64.5%)
31	<b>MŁYŃCZYK Adriana</b>	<b>304</b>		K3 40-49 lat	31	Tak		00:00:37	00:26:02	00:52:25	<b>01:19:27.55</b>	<b>01:19:27.55</b>	+00:28:06 (35.4%)	6:06	9.8 (64.5%)
32	<b>KOCIK Elżbieta</b>	<b>4</b>		K3 40-49 lat	32	Tak		00:01:22	00:28:08	00:54:01	<b>01:19:32.60</b>	<b>01:19:32.60</b>	+00:28:11 (35.4%)	6:07	9.8 (64.5%)
33	<b>ŁUCZAK Małgorzata</b>	<b>270</b>	RUNNERSI ZE SKARBKA	K3 40-49 lat	33	Tak		00:00:53	00:25:52	00:52:44	<b>01:20:28.40</b>	<b>01:20:28.40</b>	+00:29:07 (36.2%)	6:11	9.7 (63.8%)
34	<b>TORZEWSKA Agnieszka</b>	<b>461</b>		K3 40-49 lat	34			00:01:07	00:27:51	00:54:48	<b>01:20:57.65</b>	<b>01:20:57.65</b>	+00:29:36 (36.6%)	6:13	9.6 (63.2%)
35	<b>SIKORSKA Agnieszka</b>	<b>390</b>	EKOBIEGI	K3 40-49 lat	35	Tak		00:01:03	00:28:00	00:55:35	<b>01:24:22.10</b>	<b>01:24:22.10</b>	+00:33:00 (39.1%)	6:29	9.2 (60.5%)
36	<b>HEBDA Agata</b>	<b>137</b>		K3 40-49 lat	36			00:01:18	00:29:12	00:57:12	<b>01:24:38.45</b>	<b>01:24:38.45</b>	+00:33:17 (39.3%)	6:30	9.2 (60.5%)
37	<b>KAMIŃSKA Anna</b>	<b>177</b>		K3 40-49 lat	37		Tak	00:01:16	00:29:06	00:57:03	<b>01:24:50.05</b>	<b>01:24:50.05</b>	+00:33:28 (39.5%)	6:31	9.2 (60.5%)
38	<b>ZIARKO Joanna</b>	<b>513</b>		K3 40-49 lat	38			00:00:56	00:27:49	00:55:56	<b>01:25:12.35</b>	<b>01:25:12.35</b>	+00:33:51 (39.7%)	6:33	9.2 (60.5%)

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						Mieszkańcy Białoleki	Służby Więziennej								
39	RUCYK Justyna	372		K3 40-49 lat	39			00:01:17	00:28:07	00:56:06	01:25:13.90	01:25:13.90	+00:33:52 (39.7%)	6:33	9.2 (60.5%)
40	KONFEDERAK Agnieszka	215	MARKOWI BIEGACZE	K3 40-49 lat	40			00:01:04	00:27:50	00:56:03	01:26:25.05	01:26:25.05	+00:35:03 (40.6%)	6:38	9 (59.2%)
41	LEWANDOWSKA Monika	259	BIEGAM NA BIAŁOLECIE	K3 40-49 lat	41	Tak		00:00:40	00:28:07	00:57:25	01:26:55.35	01:26:55.35	+00:35:34 (40.9%)	6:41	9 (59.2%)
42	ŁOZOWSKA Dorota	268		K3 40-49 lat	42	Tak		00:00:44	00:28:40	00:57:32	01:27:04.10	01:27:04.10	+00:35:42 (41.0%)	6:41	9 (59.2%)
43	WINIARSKA Izabela	7	IZAGÓRĄ	K3 40-49 lat	43	Tak		00:01:23	00:29:09	00:57:25	01:27:05.55	01:27:05.55	+00:35:44 (41.0%)	6:41	9 (59.2%)
44	SZWARC Anna	442		K3 40-49 lat	44	Tak		00:00:41	00:28:07	00:57:25	01:27:12.30	01:27:12.30	+00:35:51 (41.1%)	6:42	8.9 (58.6%)
45	GRYGOWSKA Beata	129		K3 40-49 lat	45			00:00:45	00:27:54	00:58:01	01:28:18.55	01:28:18.55	+00:36:57 (41.8%)	6:47	8.8 (57.9%)
46	CICHECKA Aneta	67		K3 40-49 lat	46			00:01:23	00:31:09	01:00:29	01:30:30.80	01:30:30.80	+00:39:09 (43.3%)	6:57	8.6 (56.6%)
47	BĄCZEK Anna	32		K3 40-49 lat	47		Tak	00:00:51	00:29:32	00:59:41	01:31:03.35	01:31:03.35	+00:39:42 (43.6%)	7:00	8.6 (56.6%)
48	SIMIŃSKA Marta	392		K3 40-49 lat	48			00:01:20	00:31:30	01:01:48	01:32:56.85	01:32:56.85	+00:41:35 (44.7%)	7:08	8.4 (55.3%)
49	POPENDA Dagmara	355		K3 40-49 lat	49			00:01:21	00:31:30	01:01:49	01:32:57.00	01:32:57.00	+00:41:35 (44.7%)	7:09	8.4 (55.3%)
50	WINDER Agnieszka	486		K3 40-49 lat	50	Tak		00:01:06	00:30:28	01:00:51	01:33:21.55	01:33:21.55	+00:42:00 (45.0%)	7:10	8.4 (55.3%)
51	ŻYŁA-ZDZIECH Sylwia	522		K3 40-49 lat	51	Tak		00:00:41	00:34:20	01:07:58	01:43:40.10	01:43:40.10	+00:52:18 (50.5%)	7:58	7.5 (49.3%)
	CABAŃSKA Dorota	59		K3 40-49 lat			Tak	00:00:36 DNF	00:22:46 DNF	00:46:11 DNF	DNF	DNF	-	-	(0.0%)
	MĘDEL Marta	291		K3 40-49 lat				00:01:11 DNF	00:29:17 DNF	00:57:16 DNF	DNF	DNF	-	-	(0.0%)
	MICHNOWSKA Adriana	294	BIEGOWE WTORKI NA TARCHOMINIE	K3 40-49 lat			Tak	00:01:15 DNF	00:31:54 DNF	01:01:22 DNF	DNF	DNF	-	-	(0.0%)
	LACH Marta	255	SLOWJOGGING BIAŁOLEKA	K3 40-49 lat			Tak	00:01:37 DNF	00:32:14 DNF	01:03:57 DNF	DNF	DNF	-	-	(0.0%)
	PLICHCIŃSKA Małgorzata	348	EKONOMIK MOKOTÓW	K3 40-49 lat				00:01:18 DNF	00:33:08 DNF	01:05:55 DNF	DNF	DNF	-	-	(0.0%)
	BEM Justyna	39		K3 40-49 lat				00:01:31 DNF	00:36:16 DNF	01:11:02 DNF	DNF	DNF	-	-	(0.0%)
	GONET Katarzyna	118	BIEGOWE WTORKI NA TARCHOMINIE	K3 40-49 lat			Tak	00:01:03 DNF	00:26:43 DNF	DNF	DNF	DNF	-	-	(0.0%)
	MILEK MATYSIAK Kamila	541		K3 40-49 lat				00:01:06 DNF	00:30:55 DNF	DNF	DNF	DNF	-	-	(0.0%)
	KARPIŃSKA Izabela	191		K3 40-49 lat			Tak	00:01:19 DNF	00:31:55 DNF	DNF	DNF	DNF	-	-	(0.0%)
	DOBRZELEWSKA Edyta	84		K3 40-49 lat				00:01:17 DNF	00:33:25 DNF	DNF	DNF	DNF	-	-	(0.0%)

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						Mieszkańcy Białoleki	Służby Więziennej								
	<b>SYLWANOWICZ Monika</b>	<b>431</b>	SKARYMAKERSI	K3 40-49 lat				00:01:01 DNF	00:34:15 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>MATYSIAK Agnieszka</b>	<b>286</b>		K3 40-49 lat				00:01:01 DNF	00:34:16 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>SYDOR- SĘDEK Małgorzata</b>	<b>430</b>		K3 40-49 lat			Tak	00:00:53 DNF	00:40:39 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>KUBICKA Małgorzata</b>	<b>241</b>		K3 40-49 lat			Tak	00:00:51 DNF	00:40:52 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>WILCZYŃSKA Małgorzata</b>	<b>485</b>		K3 40-49 lat				00:01:00 DNF	00:45:27 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 66 wynik(ów)