



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Białolecki Bieg Wolności
Urząd Dzielnicy Białoleka m.st. Warszawa
2023-12-10
Warszawa
13 km

BIAŁOLECKI BIEG WOLNOŚCI

B4SPORT
INTELLIGENTNE ZAWODY SPORTOWE

B4SPORT
INTELLIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K3 40-49 lat

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pracownicy		Czas startu	0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						Mieszkańcy Białoleki	Służby Więziennej									
1	KAZMIERCZAK Marta	619	DREAM RUN	K3 40-49 lat	1			00:00:02	00:00:23	00:17:08	00:34:10	00:51:13.40	00:51:15.70		3:56	15.2 (100%)
2	TYM Joanna	542		K3 40-49 lat	2			00:00:03	00:00:27	00:19:47	00:39:37	00:59:23.20	00:59:26.80	+00:08:09 (13.7%)	4:34	13.1 (86.2%)
3	SERAFIN-GORSZKOWSKA Paulina	454	AW-SZYBCIEJ-TEAM	K3 40-49 lat	3		Tak	00:00:07	00:00:31	00:20:51	00:40:57	01:00:55.95	01:01:03.25	+00:09:42 (15.9%)	4:41	12.8 (84.2%)
4	KOWALIKOWSKA Renata	366		K3 40-49 lat	4	Tak		00:00:04	00:00:28	00:20:18	00:41:08	01:02:04.90	01:02:09.80	+00:10:51 (17.5%)	4:46	12.6 (82.9%)
5	WÓJCIK Monika	576	BIEGAM NA TARCHOMINIE	K3 40-49 lat	5	Tak		00:00:04	00:00:28	00:20:19	00:41:17	01:02:22.45	01:02:26.90	+00:11:09 (17.9%)	4:47	12.5 (82.2%)
6	KORZENIOWSKA Małgorzata	254		K3 40-49 lat	6			00:00:03	00:00:30	00:21:25	00:42:54	01:04:30.90	01:04:34.85	+00:13:17 (20.6%)	4:57	12.1 (79.6%)
7	GÓRZYŃSKA Patrycja	151	BWRUNNERS	K3 40-49 lat	7	Tak		00:00:14	00:00:43	00:23:02	00:45:12	01:06:03.80	01:06:17.90	+00:14:50 (22.5%)	5:04	11.8 (77.6%)
8	TERESZCZUK Joanna	524	AZS AWF	K3 40-49 lat	8			00:00:47	00:00:43	00:22:56	00:45:24	01:07:38.50	01:08:25.90	+00:16:25 (24.3%)	5:12	11.5 (75.7%)
9	KLIMKIEWICZ-SIKORA Beata	235	GRUPA BIEGOWA CHTMO	K3 40-49 lat	9			00:00:36	00:00:44	00:23:35	00:45:40	01:07:47.90	01:08:23.90	+00:16:34 (24.4%)	5:12	11.5 (75.7%)
10	TOMCZUK-KUZKA Katarzyna	527		K3 40-49 lat	10			00:00:06	00:00:33	00:22:27	00:45:05	01:08:12.50	01:08:19.20	+00:16:59 (24.9%)	5:14	11.4 (75.0%)
11	SROCZYŃSKA Magdalena	478		K3 40-49 lat	11			00:00:17	00:00:43	00:23:15	00:45:52	01:08:19.20	01:08:37.10	+00:17:05 (25.0%)	5:15	11.4 (75.0%)
12	KARAŚ-GMITRZUK Marzena	210	BESTIE OCR LEGIONOWO	K3 40-49 lat	12		Tak	00:00:12	00:00:39	00:23:39	00:46:22	01:08:35.25	01:08:48.05	+00:17:21 (25.3%)	5:16	11.4 (75.0%)
13	RUDNIK Katarzyna	435	KB PACE	K3 40-49 lat	13			00:00:23	00:00:40	00:23:12	00:45:53	01:08:41.45	01:09:04.55	+00:17:28 (25.4%)	5:17	11.4 (75.0%)
14	KAPUŚCIAREK Elżbieta	207		K3 40-49 lat	14			00:00:15	00:00:40	00:22:55	00:45:44	01:08:50.40	01:09:05.40	+00:17:37 (25.6%)	5:17	11.3 (74.3%)
15	ROTTER Małgorzata	431	MARKOWI BIEGACZE	K3 40-49 lat	15			00:00:08	00:00:38	00:23:32	00:47:05	01:10:39.60	01:10:48.40	+00:19:26 (27.5%)	5:26	11 (72.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pracownicy		Czas startu	0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						Mieszkańcy Białotołki	Służby Więziennej									
16	CIMOCHOWSKA-ŚWITALSKA Magdalena	87	BIEGAM NA TARCHOMINIE	K3 40-49 lat	16	Tak		00:00:30	00:00:43	00:24:05	00:47:46	01:11:15.15	01:11:45.60	+00:20:01 (28.1%)	5:28	10.9 (71.7%)
17	KOŁODZIEJSKA Iwona	617		K3 40-49 lat	17			00:00:38	00:00:47	00:25:10	00:48:53	01:12:27.10	01:13:05.50	+00:21:13 (29.3%)	5:34	10.8 (71.1%)
18	WYROZĘBSKA Anna	579		K3 40-49 lat	18	Tak		00:00:07	00:00:38	00:23:58	00:48:07	01:12:27.80	01:12:34.80	+00:21:14 (29.3%)	5:34	10.8 (71.1%)
19	JAGODA Teresa	178	GRUPA BIEGOWA CHTMO	K3 40-49 lat	19			00:00:35	00:00:45	00:25:21	00:49:20	01:12:47.60	01:13:23.55	+00:21:34 (29.6%)	5:35	10.7 (70.4%)
20	MYŚLIŃSKA Anna	123	EKOBIEGI	K3 40-49 lat	20	Tak	Tak	00:00:20	00:00:42	00:24:33	00:49:02	01:13:05.05	01:13:25.50	+00:21:51 (29.9%)	5:37	10.7 (70.4%)
21	KOCIK Elżbieta	44		K3 40-49 lat	21	Tak		00:00:07	00:00:37	00:24:20	00:48:54	01:13:17.85	01:13:25.65	+00:22:04 (30.1%)	5:38	10.6 (69.7%)
22	HRYCIUK Katarzyna	175	EKOBIEGI	K3 40-49 lat	22			00:00:33	00:00:48	00:25:31	00:49:48	01:14:28.95	01:15:02.30	+00:23:15 (31.2%)	5:43	10.5 (69.1%)
23	KOWALEWSKA Katarzyna	265		K3 40-49 lat	23			00:00:39	00:00:45	00:25:55	00:50:36	01:14:46.25	01:15:25.35	+00:23:32 (31.5%)	5:45	10.4 (68.4%)
24	WALCZUK Magda	552		K3 40-49 lat	24	Tak		00:00:51	00:00:43	00:26:55	00:51:44	01:16:10.35	01:17:02.05	+00:24:56 (32.8%)	5:51	10.2 (67.1%)
25	KUŚMIREK-KOWAL Joanna	291	BIEGAM NA TARCHOMINIE	K3 40-49 lat	25	Tak		00:00:16	00:00:42	00:26:03	00:51:32	01:16:26.35	01:16:43.10	+00:25:12 (33.0%)	5:52	10.2 (67.1%)
26	NOWAK Katarzyna	365		K3 40-49 lat	26			00:00:44	00:00:44	00:25:58	00:50:58	01:16:31.95	01:17:16.85	+00:25:18 (33.1%)	5:53	10.2 (67.1%)
27	SIDORCZUK-KUMOSA Dorota	455	TEAM ZABIEGANEDNI	K3 40-49 lat	27			00:00:42	00:00:47	00:27:26	00:52:43	01:17:28.60	01:18:10.65	+00:26:15 (33.9%)	5:57	10.1 (66.4%)
28	ZALEWSKA Patrycja	586		K3 40-49 lat	28	Tak		00:00:21	00:00:43	00:25:41	00:51:18	01:17:37.75	01:17:59.55	+00:26:24 (34.0%)	5:58	10 (65.8%)
29	WIERBIŁOWICZ Małgorzata	559		K3 40-49 lat	29			00:00:20	00:00:45	00:27:13	00:53:06	01:18:34.75	01:18:55.40	+00:27:21 (34.8%)	6:02	9.9 (65.1%)
30	ŁUCZAK Małgorzata	309	RUNNERSI ZE SKARBKA	K3 40-49 lat	30	Tak		00:00:08	00:00:38	00:24:44	00:51:16	01:18:41.50	01:18:50.25	+00:27:28 (34.9%)	6:03	9.9 (65.1%)
31	MUSIAŁ Jawiga	615		K3 40-49 lat	31			00:00:07	00:00:33	00:25:12	00:51:56	01:18:54.95	01:19:02.35	+00:27:41 (35.1%)	6:04	9.9 (65.1%)
32	GUZIŃSKA Ola	165		K3 40-49 lat	32			00:00:27	00:00:47	00:26:50	00:54:14	01:20:20.25	01:20:47.25	+00:29:06 (36.2%)	6:10	9.7 (63.8%)
33	SROCZYŃSKA Emilia	477		K3 40-49 lat	33	Tak		00:00:25	00:00:47	00:27:05	00:53:43	01:20:21.35	01:20:46.60	+00:29:07 (36.3%)	6:10	9.7 (63.8%)
34	RUCYK Justyna	434		K3 40-49 lat	34			00:00:07	00:00:37	00:26:04	00:52:59	01:20:38.20	01:20:45.40	+00:29:24 (36.5%)	6:12	9.7 (63.8%)
35	HEBDA Agata	169		K3 40-49 lat	35			00:00:38	00:00:46	00:27:31	00:54:01	01:20:43.00	01:21:21.25	+00:29:29 (36.5%)	6:12	9.7 (63.8%)
36	DĄBROWSKA Eliza	97		K3 40-49 lat	36			00:00:28	00:00:49	00:27:33	00:53:58	01:20:48.35	01:21:17.10	+00:29:34 (36.6%)	6:12	9.7 (63.8%)
37	WITEK Małgorzata	564		K3 40-49 lat	37	Tak		00:00:24	00:00:47	00:27:06	00:53:43	01:21:11.25	01:21:36.20	+00:29:57 (36.9%)	6:14	9.6 (63.2%)
38	KORNATKO-PULKOWSKA Mariola	253		K3 40-49 lat	38		Tak	00:00:56	00:00:48	00:28:12	00:55:05	01:22:08.85	01:23:05.20	+00:30:55 (37.6%)	6:19	9.5 (62.5%)
39	SIKORSKA Karolina	459	KIP RUNNING	K3 40-49 lat	39			00:00:29		00:28:46	00:56:21	01:22:57.15	01:23:26.25	+00:31:43 (38.2%)	6:22	9.4 (61.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pracownicy		Czas startu	0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						Mieszkańcy Białotołki	Służby Więziennej									
40	ZAWADZKA-NAZIMEK Joanna	596	PRZYBYSZE Z MATPLANETY	K3 40-49 lat	40			00:00:41	00:00:47	00:29:40	00:58:24	01:23:00.80	01:23:42.45	+00:31:47 (38.3%)	6:23	9.4 (61.8%)
41	MALETKA Joanna	317		K3 40-49 lat	41	Tak		00:00:42	00:00:46	00:27:50	00:55:17	01:23:08.10	01:23:50.50	+00:31:54 (38.4%)	6:23	9.4 (61.8%)
42	BARNAS Ilona	26		K3 40-49 lat	42			00:00:42	00:00:47	00:27:50	00:55:18	01:23:08.35	01:23:50.45	+00:31:54 (38.4%)	6:23	9.4 (61.8%)
43	KOŁACIŃSKA Ewelina	240	LEŚNE SZYCHY	K3 40-49 lat	43			00:00:29	00:00:47	00:28:09	00:56:56	01:23:09.00	01:23:38.85	+00:31:55 (38.4%)	6:23	9.4 (61.8%)
44	GONET Katarzyna	143	BIEGAM NA TARCHOMINIE	K3 40-49 lat	44	Tak		00:00:42	00:00:46	00:28:18	00:55:45	01:23:28.75	01:24:11.50	+00:32:15 (38.6%)	6:25	9.3 (61.2%)
45	ANDRUKIEWICZ Anita	15	GRUPA BIEGOWA CHTMO	K3 40-49 lat	45			00:00:32	00:00:47	00:27:47	00:54:52	01:23:35.50	01:24:07.90	+00:32:22 (38.7%)	6:25	9.3 (61.2%)
46	ŁATKOWSKA Monika	304	GRUPA BIEGOWA CHTMO	K3 40-49 lat	46			00:00:31	00:00:47	00:27:47	00:54:51	01:23:35.80	01:24:07.60	+00:32:22 (38.7%)	6:25	9.3 (61.2%)
47	KOWALSKA Kinga	267	KB PACE	K3 40-49 lat	47			00:00:39	00:00:47	00:29:32	00:58:23	01:23:37.10	01:24:16.75	+00:32:23 (38.7%)	6:25	9.3 (61.2%)
48	MATUSIEWICZ Karolina	328		K3 40-49 lat	48			00:00:44	00:00:45	00:27:04	00:54:50	01:23:41.40	01:24:25.40	+00:32:28 (38.8%)	6:26	9.3 (61.2%)
49	LASKOWSKA Marzena	293		K3 40-49 lat	49			00:00:43	00:00:46	00:27:04	00:54:51	01:23:41.50	01:24:25.25	+00:32:28 (38.8%)	6:26	9.3 (61.2%)
50	MICHNOWSKA Adriana	337	BIEGAM NA TARCHOMINIE	K3 40-49 lat	50			00:00:43	00:00:47	00:28:36	00:56:43	01:23:55.15	01:24:38.85	+00:32:41 (39.0%)	6:27	9.3 (61.2%)
51	MISZTA Barbara	347		K3 40-49 lat	51			00:00:00		00:31:36	01:01:36	01:28:32.35	01:28:32.35	+00:37:18 (42.1%)	6:48	8.8 (57.9%)
52	TORZEWSKA Agnieszka	530	BEMOWO BIEGA	K3 40-49 lat	52			00:00:24	00:00:45	00:27:42	00:55:40	01:29:55.25	01:30:19.30	+00:38:41 (43.0%)	6:55	8.7 (57.2%)
53	LEWANDOWSKA Monika	296		K3 40-49 lat	53	Tak		00:00:13	00:00:45	00:29:25	00:59:57	01:30:25.40	01:30:38.90	+00:39:12 (43.4%)	6:57	8.6 (56.6%)
54	SZWARC Anna	513	BIEGAM NA BIAŁOLEŃCE	K3 40-49 lat	54	Tak		00:00:13	00:00:45	00:30:09	00:59:56	01:30:26.20	01:30:39.55	+00:39:12 (43.4%)	6:57	8.6 (56.6%)
55	WINIARSKA Izabela	562	IZAGÓRĄ	K3 40-49 lat	55	Tak		00:00:32	00:00:50	00:28:35	00:58:57	01:31:16.70	01:31:48.75	+00:40:03 (43.9%)	7:01	8.5 (55.9%)
56	ZIARKO Joanna	602		K3 40-49 lat	56			00:00:18	00:00:44	00:30:38	01:01:07	01:32:09.10	01:32:27.15	+00:40:55 (44.4%)	7:05	8.5 (55.9%)
57	GRYGOWSKA Beata	160		K3 40-49 lat	57			00:00:27	00:00:47	00:28:05	00:59:43	01:32:30.20	01:32:57.80	+00:41:16 (44.6%)	7:06	8.4 (55.3%)
58	ĆWIKŁA Joanna	629		K3 40-49 lat	58			00:00:20	00:00:45	00:28:20	01:00:30	01:33:47.45	01:34:07.90	+00:42:34 (45.4%)	7:12	8.3 (54.6%)
59	KATNER-PRUSZYŃSKA Joanna	217	KB OŻARÓW MAZOWIECKI BIEGA	K3 40-49 lat	59			00:00:47	00:00:47	00:32:04	01:03:47	01:35:33.95	01:36:21.35	+00:44:20 (46.4%)	7:21	8.2 (53.9%)
60	SYDOR-SEDEK Małgorzata	494	MARSZOBIEGI	K3 40-49 lat	60			00:00:20	00:00:51	00:33:48	00:39:55			+00:05:45	4:35	13.1 (86.2%)
61	PIOTROWSKA Edyta	404	BRACTWO BIEGOWE BGK	K3 40-49 lat	61			00:00:18	00:00:43	00:26:19	00:51:50			+00:17:40	5:57	10.1 (66.4%)
62	MÓWIŃSKA Anna	628		K3 40-49 lat	62	Tak		00:00:11	00:00:44	00:27:57	00:58:43			+00:24:33	6:44	8.9 (58.6%)
63	BEM Justyna	35	PĄCZKI W MAŚLE	K3 40-49 lat	63			00:00:00		00:37:02	01:13:28			+	8:26	7.1 (46.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pracownicy		Czas startu	0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						Mieszkańcy Białotołki	Służby Więziennej									
64	MATYSIAK Agnieszka	330		K3 40-49 lat	64			00:00:08	00:00:36	00:52:59	01:21:09			+00:46:59	9:19	6.4 (42.1%)
65	KOWALSKA Monika	266	DREAM RUN	K3 40-49 lat	65			00:00:04	00:00:30	00:21:23				+00:04:15	4:51	12.3 (80.9%)
66	GUSZCZA Ewa	163	MARKOWI BIEGACZE	K3 40-49 lat	66			00:00:07	00:00:38	00:23:33				+00:06:25	5:21	11.2 (73.7%)
67	RYBICKA Agnieszka	439	AKTYWNOŚĆ RODZI POZYTYWNOŚĆ	K3 40-49 lat	67		Tak	00:00:36	00:00:47	00:28:26				+00:11:18	6:27	9.3 (61.2%)
68	GABRYLEWICZ Katarzyna	122	DZIKUNY	K3 40-49 lat	68	Tak		00:00:23	00:00:44	00:29:52				+00:12:44	6:47	8.8 (57.9%)
69	KIEŁEK-MATYSIAK Kamila	226		K3 40-49 lat	69			00:00:24	00:00:47	00:32:54				+00:15:46	7:28	8 (52.6%)
70	DOBRZELEWSKA Edyta	103		K3 40-49 lat	70			00:00:51	00:00:45	00:34:11				+00:17:03	7:46	7.7 (50.7%)
71	SYLWANOWICZ Monika	495		K3 40-49 lat	71	Tak		00:00:25	00:00:49	00:39:26				+00:22:18	8:57	6.7 (44.1%)
72	KUBICKA Małgorzata	282	MARSZOBIEGI	K3 40-49 lat	72		Tak	00:00:21	00:00:50	00:41:15				+00:24:07	9:22	6.4 (42.1%)
73	GRĘDA Wioletta	154		K3 40-49 lat	73		Tak	00:00:23	00:00:49	00:44:28				+00:27:20	10:06	5.9 (38.8%)

Znaleziono 73 wynik(ów)