



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Białotęcki Bieg Wolności
Urząd Dzielnicy Białoteka m.st. Warszawa
2023-12-10
Warszawa
13 km

BIAŁOTĘCKI BIEG WOLNOŚCI

B4SPORT
INTELEKTUJĄCE ZAWODY SPORTOWE

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INTELEKTUJĄCE ZAWODY SPORTOWE

Klasyfikacja: Synapsis - K

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkańcy Białoteki	Pracownicy Służby Więziennej	Czas startu	0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
1	ZALEWSKA Anna	585	GRUPA BIEGOWA CHTMO	K2 30-39 lat	5			00:00:03	00:00:26	00:19:53	00:39:32	00:59:13.70	00:59:17.65		4:33	13.2 (100%)
2	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	+00:01:42 (2.8%)	4:41	12.8 (97.0%)
3	TRUSZKOWSKA Marta	536	BESTIE OCR LEGIONOWO	K2 30-39 lat	8			00:00:11	00:00:37	00:21:51	00:43:10	01:03:43.65	01:03:54.85	+00:04:29 (7.1%)	4:54	12.2 (92.4%)
4	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	+00:06:50 (10.3%)	5:04	11.8 (89.4%)
5	CICHOŃSKA Elżbieta	84		K4 50-59 lat	5	Tak		00:00:44	00:00:40	00:22:31	00:44:52	01:07:28.05	01:08:12.60	+00:08:14 (12.2%)	5:11	11.6 (87.9%)
6	NERC Karolina	359		K1 < 29 lat	2			00:00:56	00:00:41	00:23:30	00:46:19	01:07:47.55	01:08:43.90	+00:08:33 (12.6%)	5:12	11.5 (87.1%)
7	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	+00:08:34 (12.6%)	5:12	11.5 (87.1%)
8	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	+00:08:58 (13.2%)	5:14	11.4 (86.4%)
9	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	+00:09:27 (13.8%)	5:17	11.4 (86.4%)
10	BUCHALSKA Ewa	279	BIEGAM NA TARCHOMINIE	K4 50-59 lat	7	Tak		00:00:32	00:00:42	00:23:23	00:46:05	01:08:43.50	01:09:15.90	+00:09:29 (13.8%)	5:17	11.4 (86.4%)
11	SZADURA Małgorzata	498	WIELISZEW HERON TEAM	K4 50-59 lat	8			00:00:10	00:00:36	00:22:37	00:46:20	01:10:21.70	01:10:32.60	+00:11:08 (15.8%)	5:24	11.1 (84.1%)
12	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	+00:13:14 (18.3%)	5:34	10.8 (81.8%)
13	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	+00:14:04 (19.2%)	5:38	10.6 (80.3%)
14	ADAMCZYK Alicja	11		K2 30-39 lat	17			00:00:19	00:00:44	00:24:30	00:49:11	01:13:59.95	01:14:19.15	+00:14:46 (20.0%)	5:41	10.5 (79.5%)
15	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	+00:15:15 (20.5%)	5:43	10.5 (79.5%)
16	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	+00:15:32 (20.8%)	5:45	10.4 (78.8%)

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 Białoteki	Służby Więziennej									
17	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	+00:17:18 (22.6%)	5:53	10.2 (77.3%)
18	BACHANEK Dorota	19		K4 50-59 lat	11			00:00:06	00:00:36	00:24:35	00:50:01	01:16:56.55	01:17:02.90	+00:17:42 (23.0%)	5:55	10.1 (76.5%)
19	PIKULIŃSKA Iwona	403		K2 30-39 lat	24	Tak		00:00:44	00:00:45	00:26:47	00:51:51	01:17:13.70	01:17:57.90	+00:18:00 (23.3%)	5:56	10.1 (76.5%)
20	WIĘCKOWSKA Aneta	561		K2 30-39 lat	25	Tak		00:00:41	00:00:45	00:27:03	00:52:22	01:17:22.80	01:18:04.25	+00:18:09 (23.5%)	5:57	10.1 (76.5%)
21	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	+00:18:14 (23.6%)	5:57	10.1 (76.5%)
22	NIEDŹWIECKA Katarzyna	42		K4 50-59 lat	12		Nie	00:00:33	00:00:48	00:26:59	00:52:01	01:17:38.25	01:18:11.65	+00:18:24 (23.7%)	5:58	10 (75.8%)
23	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	+00:21:07 (26.3%)	6:10	9.7 (73.5%)
24	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	+00:21:24 (26.5%)	6:12	9.7 (73.5%)
25	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	+00:21:57 (27.0%)	6:14	9.6 (72.7%)
26	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	+00:23:43 (28.6%)	6:22	9.4 (71.2%)
27	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	+00:23:54 (28.8%)	6:23	9.4 (71.2%)
28	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	+00:24:15 (29.1%)	6:25	9.3 (70.5%)
29	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	+00:24:22 (29.1%)	6:25	9.3 (70.5%)
30	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	+00:24:27 (29.2%)	6:26	9.3 (70.5%)
31	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	+00:29:18 (33.1%)	6:48	8.8 (66.7%)
32	KLINOWSKA Agnieszka	236	BIEGAM NA BIAŁOŁĘCE	K2 30-39 lat	30	Tak		00:00:13	00:00:44	00:29:25	00:59:55	01:30:25.15	01:30:39.10	+00:31:11 (34.5%)	6:57	8.6 (65.2%)
33	GROCHOWSKA Joanna	155	BIEGAM DOBRZE DLA FUNDACJI SYNOPSIS	K4 50-59 lat	21			00:00:52	00:00:47	00:29:51	00:57:22	01:30:55.70	01:31:48.30	+00:31:42 (34.9%)	6:59	8.6 (65.2%)
34	SALAMON Kinga	447	PACZKI W MAŚLE	K2 30-39 lat	33	Tak		00:00:50	00:00:43	00:33:34	01:06:14			+00:26:42	7:36	7.9 (59.8%)
35	BEM Justyna	35	PĄCZKI W MAŚLE	K3 40-49 lat	63			00:00:00		00:37:02	01:13:28			+	8:26	7.1 (53.8%)

Znaleziono 35 wynik(ów)