



Bieg gen.  
J.H. Dąbrowskiego

**Organizator:** Nasze Białe Błota  
**Data:** 2016-10-01  
**Miejsce:** Zielonka  
**Dystans:** 10 km

# BIEG DĄBROWSKIEGO

B4SPORT

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INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K 30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Mundurowi	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>WOŹNIAKOWSKA Agata</b>	<b>286</b>	RUN BYDGOSZCZ	K 30-39	1	RUN BYDGOSZCZ		<b>00:42:29.70</b>	<b>00:42:33.55</b>		4:15	14.1 (100%)
2	<b>TATULIŃSKA Aleksandra</b>	<b>257</b>	RUN BYDGOSZCZ	K 30-39	2	RUN BYDGOSZCZ		<b>00:46:44.05</b>	<b>00:46:49.00</b>	+00:04:15 (9.1%)	4:40	12.8 (90.8%)
3	<b>CZAJKOWSKA Sylwia</b>	<b>38</b>	FOTOJOKER	K 30-39	3			<b>00:47:22.30</b>	<b>00:47:25.90</b>	+00:04:52 (10.3%)	4:44	12.7 (90.1%)
4	<b>KOWALSKA Angelika</b>	<b>124</b>	RUN PASJA	K 30-39	4			<b>00:47:33.40</b>	<b>00:47:38.80</b>	+00:05:05 (10.7%)	4:45	12.6 (89.4%)
5	<b>PALACZ Wioletta</b>	<b>199</b>		K 30-39	5			<b>00:47:33.65</b>	<b>00:47:41.90</b>	+00:05:08 (10.8%)	4:45	12.6 (89.4%)
6	<b>WYBORNA Renata</b>	<b>288</b>		K 30-39	6	FŚGK		<b>00:47:36.25</b>	<b>00:47:49.10</b>	+00:05:15 (11.0%)	4:45	12.6 (89.4%)
7	<b>STANGRECKA Agnieszka</b>	<b>237</b>		K 30-39	7			<b>00:47:52.00</b>	<b>00:48:04.05</b>	+00:05:30 (11.5%)	4:47	12.5 (88.7%)
8	<b>BANASZAK Monika</b>	<b>7</b>	RUN PASJA	K 30-39	8			<b>00:50:07.40</b>	<b>00:50:21.95</b>	+00:07:48 (15.5%)	5:00	12 (85.1%)
9	<b>TUCZYŃSKA Anna</b>	<b>267</b>		K 30-39	9			<b>00:50:33.85</b>	<b>00:50:47.20</b>	+00:08:13 (16.2%)	5:03	11.9 (84.4%)
10	<b>RYMARKIEWICZ Małgorzata</b>	<b>226</b>		K 30-39	10			<b>00:52:20.10</b>	<b>00:52:31.50</b>	+00:09:57 (19.0%)	5:14	11.5 (81.6%)
11	<b>WOŹNIAK Anna</b>	<b>285</b>	RUN PASJA	K 30-39	11	Run Pasja		<b>00:52:46.90</b>	<b>00:53:06.30</b>	+00:10:32 (19.9%)	5:16	11.4 (80.9%)
12	<b>DERING Hanna</b>	<b>48</b>		K 30-39	12		1	<b>00:53:17.30</b>	<b>00:53:30.10</b>	+00:10:56 (20.5%)	5:19	11.3 (80.1%)
13	<b>JEZIORSKA Moniks</b>	<b>87</b>	ANIOLY	K 30-39	13			<b>00:53:42.75</b>	<b>00:54:08.10</b>	+00:11:34 (21.4%)	5:22	11.2 (79.4%)
14	<b>SYNUS Yana</b>	<b>242</b>	PRISMA	K 30-39	14			<b>00:53:46.55</b>	<b>00:54:14.70</b>	+00:11:41 (21.5%)	5:22	11.2 (79.4%)
15	<b>PRACA Joanna</b>	<b>210</b>		K 30-39	15			<b>00:54:12.45</b>	<b>00:54:22.30</b>	+00:11:48 (21.7%)	5:25	11.1 (78.7%)
16	<b>STĘPIEŃ Monika</b>	<b>239</b>		K 30-39	16			<b>00:54:17.80</b>	<b>00:54:30.90</b>	+00:11:57 (21.9%)	5:25	11.1 (78.7%)

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17	<b>GONCERZEWICZ Katarzyna</b>	<b>63</b>		K 30-39	17			<b>00:54:10.50</b>	<b>00:54:36.50</b>	+00:12:02 (22.1%)	5:25	11.1 (78.7%)
18	<b>BEDNAREK Marta</b>	<b>11</b>		K 30-39	18			<b>00:54:25.35</b>	<b>00:54:39.30</b>	+00:12:05 (22.1%)	5:26	11 (78.0%)
19	<b>SZEWCZYK Karolina</b>	<b>246</b>		K 30-39	19			<b>00:54:32.80</b>	<b>00:54:45.00</b>	+00:12:11 (22.3%)	5:27	11 (78.0%)
20	<b>PROKOPOWICZ Agnieszka</b>	<b>212</b>		K 30-39	20			<b>00:54:57.95</b>	<b>00:55:18.75</b>	+00:12:45 (23.1%)	5:29	10.9 (77.3%)
21	<b>PAPROTA Emilia</b>	<b>201</b>	SER KPD	K 30-39	21	SER KPD	1	<b>00:55:05.75</b>	<b>00:55:21.15</b>	+00:12:47 (23.1%)	5:30	10.9 (77.3%)
22	<b>BICKOWSKA Magdalena</b>	<b>14</b>	RUN BYDGOSZCZ	K 30-39	22	RUN BYDGOSZCZ		<b>00:55:13.85</b>	<b>00:55:28.90</b>	+00:12:55 (23.3%)	5:31	10.9 (77.3%)
23	<b>KEMPIŃSKA Beata</b>	<b>108</b>		K 30-39	23			<b>00:55:10.70</b>	<b>00:55:30.65</b>	+00:12:57 (23.3%)	5:31	10.9 (77.3%)
24	<b>ĆWIKLIŃSKA Anna</b>	<b>43</b>	KLONIKTEAM	K 30-39	24			<b>00:55:34.70</b>	<b>00:55:48.35</b>	+00:13:14 (23.7%)	5:33	10.8 (76.6%)
25	<b>MARCINIAK Justyna</b>	<b>171</b>		K 30-39	25			<b>00:55:39.55</b>	<b>00:55:53.80</b>	+00:13:20 (23.9%)	5:33	10.8 (76.6%)
26	<b>KOLASIŃSKA Joanna</b>	<b>117</b>	RUN BYDGOSZCZ	K 30-39	26			<b>00:55:46.35</b>	<b>00:56:00.20</b>	+00:13:26 (24.0%)	5:34	10.8 (76.6%)
27	<b>ADASZAK Katarzyna</b>	<b>312</b>	RUN PASJA	K 30-39	27			<b>00:55:53.10</b>	<b>00:56:09.25</b>	+00:13:35 (24.2%)	5:35	10.7 (75.9%)
28	<b>KALISZEWSKA Małgorzata</b>	<b>93</b>	RUN PASJA BYDGOSZCZ	K 30-39	28			<b>00:55:59.00</b>	<b>00:56:14.10</b>	+00:13:40 (24.3%)	5:35	10.7 (75.9%)
29	<b>POTRZEBOWSKA Agata</b>	<b>209</b>		K 30-39	29			<b>00:56:11.05</b>	<b>00:56:22.80</b>	+00:13:49 (24.5%)	5:37	10.7 (75.9%)
30	<b>BONALSKA Magdalena</b>	<b>20</b>	RUN BYDGOSZCZ	K 30-39	30			<b>00:56:30.20</b>	<b>00:56:43.55</b>	+00:14:10 (25.0%)	5:39	10.6 (75.2%)
31	<b>MISUN-NOWAK Katarzyna</b>	<b>180</b>	ORTIMED RUNNERS TEAM	K 30-39	31			<b>00:56:32.60</b>	<b>00:56:56.10</b>	+00:14:22 (25.2%)	5:39	10.6 (75.2%)
32	<b>TOMASZEWSKA Agnieszka</b>	<b>261</b>		K 30-39	32			<b>00:56:52.40</b>	<b>00:57:09.65</b>	+00:14:36 (25.5%)	5:41	10.6 (75.2%)
33	<b>KROPIDŁOWSKA Magdalena</b>	<b>133</b>	KK KRUSZYN KRAJEŃSKI	K 30-39	33	KK Kruszyn Krajeński		<b>00:57:06.40</b>	<b>00:57:14.10</b>	+00:14:40 (25.6%)	5:42	10.5 (74.5%)
34	<b>ORNATOWSKA Magdalena</b>	<b>194</b>	GORDON RUN	K 30-39	34	GORDON RUN		<b>00:57:06.70</b>	<b>00:57:22.90</b>	+00:14:49 (25.8%)	5:42	10.5 (74.5%)
35	<b>ZAMIATOWSKA Kinga</b>	<b>293</b>	RUN BYDGOSZCZ	K 30-39	35			<b>00:57:16.80</b>	<b>00:57:37.40</b>	+00:15:03 (26.1%)	5:43	10.5 (74.5%)
36	<b>CZYŻEWSKA Justyna</b>	<b>41</b>		K 30-39	36			<b>00:57:27.70</b>	<b>00:57:44.40</b>	+00:15:10 (26.3%)	5:44	10.4 (73.8%)
37	<b>JAŹDŹEWSKA Alicja</b>	<b>84</b>	JAZDZOLE	K 30-39	37			<b>00:58:37.20</b>	<b>00:58:57.45</b>	+00:16:23 (27.8%)	5:51	10.2 (72.3%)
38	<b>MOROSZCZAK Dominika</b>	<b>306</b>	SPÓJNIA BIAŁE BŁOTA	K 30-39	38	SPÓJNIA BIAŁE BŁOTA		<b>00:58:42.50</b>	<b>00:58:59.35</b>	+00:16:25 (27.9%)	5:52	10.2 (72.3%)
39	<b>JADCZAK Katarzyna</b>	<b>76</b>	LEJDIZ	K 30-39	39	Lejdiz		<b>01:00:04.00</b>	<b>01:00:18.30</b>	+00:17:44 (29.4%)	6:00	10 (70.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Mundurowi	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
40	<b>CZARNECKA -PIJAROWSKA Dominika</b>	<b>39</b>		K 30-39	40			<b>01:00:33.80</b>	<b>01:00:38.25</b>	+00:18:04 (29.8%)	6:03	9.9 (70.2%)
41	<b>KOŚMICKA Emilia</b>	<b>121</b>		K 30-39	41			<b>01:00:38.25</b>	<b>01:01:04.15</b>	+00:18:30 (30.3%)	6:03	9.9 (70.2%)
42	<b>TOMASZEK Agnieszka</b>	<b>260</b>	BIEGAJ Z DĘBAMI	K 30-39	42			<b>01:01:15.20</b>	<b>01:01:33.15</b>	+00:18:59 (30.9%)	6:07	9.8 (69.5%)
43	<b>WALENTYNOWICZ Aneta</b>	<b>274</b>	PRUSZCZ BIEGA	K 30-39	43			<b>01:03:38.35</b>	<b>01:03:59.70</b>	+00:21:26 (33.5%)	6:21	9.4 (66.7%)
44	<b>BARTKOWIAK Katarzyna</b>	<b>8</b>		K 30-39	44			<b>01:04:57.20</b>	<b>01:05:17.30</b>	+00:22:43 (34.8%)	6:29	9.2 (65.2%)
45	<b>KOSECKA Justyna</b>	<b>120</b>	ORTIMED RUNNERS TEAM	K 30-39	45			<b>01:05:08.45</b>	<b>01:05:31.15</b>	+00:22:57 (35.0%)	6:30	9.2 (65.2%)
46	<b>MRUK-WAWRZYNIAK Patrycja</b>	<b>186</b>		K 30-39	46			<b>01:06:17.05</b>	<b>01:06:31.20</b>	+00:23:57 (36.0%)	6:37	9.1 (64.5%)
47	<b>ŁUKOMSKI Marcin</b>	<b>167</b>	BENEFITKSO	K 30-39	47			<b>01:06:31.00</b>	<b>01:06:50.35</b>	+00:24:16 (36.3%)	6:39	9 (63.8%)
48	<b>SZTEJKA Jolanta</b>	<b>249</b>	BENEFITKSO	K 30-39	48			<b>01:06:31.50</b>	<b>01:06:50.60</b>	+00:24:17 (36.3%)	6:39	9 (63.8%)
49	<b>DEPKA Agnieszka</b>	<b>46</b>		K 30-39	49			<b>01:08:28.75</b>	<b>01:08:49.80</b>	+00:26:16 (38.2%)	6:50	8.8 (62.4%)
50	<b>HALLEK Celestyna</b>	<b>315</b>		K 30-39	50			<b>01:15:11.80</b>	<b>01:15:33.65</b>	+00:33:00 (43.7%)	7:31	8 (56.7%)
51	<b>PASIEKA Magda</b>	<b>203</b>	MAM TĘ MOC	K 30-39	51			<b>01:17:19.30</b>	<b>01:17:42.90</b>	+00:35:09 (45.2%)	7:43	7.8 (55.3%)
52	<b>KOTOWSKA-KOWALSKA Anna</b>	<b>122</b>	GORZEŃ RUN	K 30-39	52			<b>01:17:51.30</b>	<b>01:18:00.40</b>	+00:35:26 (45.4%)	7:47	7.7 (54.6%)

Znaleziono 52 wynik(ów)