

# BIEG DLA TYMKA

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

**Organizator:** Komitet Społeczny Czyńmy Cuda  
**Data:** 2017-04-02  
**Miejsce:** Myślęcinek  
**Dystans:** 5 km

**B4SPORT**  
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: K30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>PALACZ Wioletta</b>	<b>408</b>		K30	1	00:00:03	<b>00:22:02.40</b>	<b>00:22:05.55</b>		4:24	13.6 (100%)
2	<b>FULARCZYK-KOZŁOWSKA Magdalena</b>	<b>558</b>	LOTTO-BYDGOSTIA BYDGOSZCZ	K30	2	00:00:06	<b>00:22:26.30</b>	<b>00:22:32.40</b>	+00:00:23 (1.8%)	4:29	13.4 (98.5%)
3	<b>TATULIŃSKA Aleksandra</b>	<b>562</b>	RUN BYDGOSZCZ	K30	3	00:00:05	<b>00:22:44.85</b>	<b>00:22:50.20</b>	+00:00:42 (3.1%)	4:33	13.2 (97.1%)
4	<b>MROTEK Katarzyna</b>	<b>180</b>	QUAPRO TEAM	K30	4	00:00:10	<b>00:23:48.35</b>	<b>00:23:58.90</b>	+00:01:45 (7.4%)	4:45	12.6 (92.6%)
5	<b>BEDNAREK Marta</b>	<b>419</b>	CZARNE STOPY.SM	K30	5	00:00:16	<b>00:25:08.90</b>	<b>00:25:24.95</b>	+00:03:06 (12.4%)	5:01	11.9 (87.5%)
6	<b>POTRZEBOWSKA Agata</b>	<b>131</b>		K30	6	00:00:10	<b>00:25:15.65</b>	<b>00:25:26.00</b>	+00:03:13 (12.8%)	5:03	11.9 (87.5%)
7	<b>BICZKOWSKA Magdalena</b>	<b>302</b>	RUN BYDGOSZCZ	K30	7	00:00:21	<b>00:26:07.80</b>	<b>00:26:29.35</b>	+00:04:05 (15.7%)	5:13	11.5 (84.6%)
8	<b>CZARNECKA - PIJAROWSKA Dominika</b>	<b>34</b>		K30	8	00:00:13	<b>00:26:13.00</b>	<b>00:26:26.50</b>	+00:04:10 (15.9%)	5:14	11.4 (83.8%)
9	<b>JUREK Karolina</b>	<b>294</b>		K30	9	00:00:24	<b>00:26:21.50</b>	<b>00:26:46.30</b>	+00:04:19 (16.4%)	5:16	11.4 (83.8%)
10	<b>RAKOWSKA Ewa</b>	<b>583</b>		K30	10	00:00:18	<b>00:26:48.85</b>	<b>00:27:07.35</b>	+00:04:46 (17.8%)	5:21	11.2 (82.4%)
11	<b>KROPIŃSKA Monika</b>	<b>104</b>		K30	11	00:00:21	<b>00:27:05.70</b>	<b>00:27:27.45</b>	+00:05:03 (18.7%)	5:25	11.1 (81.6%)
12	<b>PŁACZKOWSKA Magdalena</b>	<b>582</b>		K30	12	00:00:14	<b>00:27:09.15</b>	<b>00:27:23.90</b>	+00:05:06 (18.8%)	5:25	11 (80.9%)
13	<b>GOLIMOWSKA Anna</b>	<b>425</b>	BYDGOSZCZ	K30	13	00:00:43	<b>00:27:19.30</b>	<b>00:28:02.80</b>	+00:05:16 (19.3%)	5:27	11 (80.9%)
14	<b>GERKE Lucyna</b>	<b>151</b>		K30	14	00:00:35	<b>00:27:32.35</b>	<b>00:28:07.60</b>	+00:05:29 (20.0%)	5:30	10.9 (80.1%)
15	<b>OSTROWSKA Karolina</b>	<b>535</b>		K30	15	00:00:26	<b>00:27:37.40</b>	<b>00:28:04.25</b>	+00:05:35 (20.2%)	5:31	10.9 (80.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
16	<b>CISZEWSKA Emilia</b>	<b>69</b>		K30	16	00:00:34	<b>00:27:38.05</b>	<b>00:28:12.90</b>	+00:05:35 (20.2%)	5:31	10.9 (80.1%)
17	<b>SZTURO Lidia</b>	<b>50</b>		K30	17	00:00:29	<b>00:27:38.30</b>	<b>00:28:08.10</b>	+00:05:35 (20.3%)	5:31	10.8 (79.4%)
18	<b>CABAŃSKA Katarzyna</b>	<b>3</b>	VITAPOL	K30	18	00:00:28	<b>00:27:39.70</b>	<b>00:28:08.40</b>	+00:05:37 (20.3%)	5:32	10.8 (79.4%)
19	<b>ĆWIKLIŃSKA Anna</b>	<b>61</b>	KLONIKTEAM	K30	19	00:00:28	<b>00:27:41.75</b>	<b>00:28:09.90</b>	+00:05:39 (20.4%)	5:32	10.8 (79.4%)
20	<b>PAWLACZYK-MATELA Emilia</b>	<b>10</b>	BYDGOSKA GAZELA	K30	20	00:00:11	<b>00:27:44.70</b>	<b>00:27:56.00</b>	+00:05:42 (20.6%)	5:33	10.8 (79.4%)
21	<b>GRZESIAK - KNUT Lucyna</b>	<b>486</b>		K30	21	00:00:39	<b>00:28:07.55</b>	<b>00:28:47.40</b>	+00:06:05 (21.6%)	5:37	10.7 (78.7%)
22	<b>GOŁATTA Magda</b>	<b>488</b>		K30	22	00:00:39	<b>00:28:11.60</b>	<b>00:28:51.30</b>	+00:06:09 (21.8%)	5:38	10.6 (77.9%)
23	<b>NAPIERAŁA Anna</b>	<b>446</b>	CZARNE STOPY.SM	K30	23	00:00:12	<b>00:28:26.25</b>	<b>00:28:39.05</b>	+00:06:23 (22.5%)	5:41	10.5 (77.2%)
24	<b>IWANIEK Dominika</b>	<b>293</b>	RUN BYDGOSZCZ	K30	24	00:00:57	<b>00:28:40.70</b>	<b>00:29:38.15</b>	+00:06:38 (23.1%)	5:44	10.5 (77.2%)
25	<b>RUMIŃSKA Ewelina</b>	<b>588</b>		K30	25	00:00:15	<b>00:29:10.30</b>	<b>00:29:25.60</b>	+00:07:07 (24.4%)	5:50	10.3 (75.7%)
26	<b>KUFEL Magdalena</b>	<b>546</b>		K30	26	00:00:16	<b>00:29:11.50</b>	<b>00:29:27.65</b>	+00:07:09 (24.5%)	5:50	10.3 (75.7%)
27	<b>KALINOWSKA Anna</b>	<b>149</b>		K30	27	00:00:34	<b>00:29:14.10</b>	<b>00:29:48.60</b>	+00:07:11 (24.6%)	5:50	10.3 (75.7%)
28	<b>SPYCHALSKA Marlena</b>	<b>138</b>		K30	28	00:00:39	<b>00:29:15.35</b>	<b>00:29:54.90</b>	+00:07:12 (24.7%)	5:51	10.3 (75.7%)
29	<b>POREBSKA Magdalena</b>	<b>376</b>		K30	29	00:00:00	<b>00:29:30.45</b>	<b>00:29:30.45</b>	+00:07:28 (25.3%)	5:54	10.2 (75.0%)
30	<b>NIKOŁAJEW Monika</b>	<b>148</b>		K30	30	00:00:20	<b>00:29:38.05</b>	<b>00:29:58.70</b>	+00:07:35 (25.6%)	5:55	10.1 (74.3%)
31	<b>WEGNER-KEILING Patrycja</b>	<b>273</b>		K30	31	00:00:21	<b>00:29:47.75</b>	<b>00:30:09.55</b>	+00:07:45 (26.0%)	5:57	10.1 (74.3%)
32	<b>KANIEWSKA Arleta</b>	<b>116</b>		K30	32	00:00:15	<b>00:29:58.35</b>	<b>00:30:13.60</b>	+00:07:55 (26.5%)	5:59	10 (73.5%)
33	<b>DRZEWIECKA Ewelina</b>	<b>475</b>	CROSS TEAM BYDGOSZCZ	K30	33	00:00:56	<b>00:30:03.55</b>	<b>00:30:59.60</b>	+00:08:01 (26.7%)	6:00	10 (73.5%)
34	<b>NADOLNA Patrycja</b>	<b>226</b>	CROSSTEAM BYDGOSZCZ	K30	34	00:00:55	<b>00:30:03.70</b>	<b>00:30:58.90</b>	+00:08:01 (26.7%)	6:00	10 (73.5%)
35	<b>KARBOWSKA Alina</b>	<b>93</b>		K30	35	00:00:23	<b>00:30:28.50</b>	<b>00:30:52.20</b>	+00:08:26 (27.7%)	6:05	9.8 (72.1%)
36	<b>WIJATA Agnieszka</b>	<b>45</b>		K30	36	00:00:43	<b>00:30:33.30</b>	<b>00:31:16.60</b>	+00:08:30 (27.9%)	6:06	9.8 (72.1%)
37	<b>WORONIECKA Anna</b>	<b>212</b>		K30	37	00:00:42	<b>00:30:39.55</b>	<b>00:31:21.70</b>	+00:08:37 (28.1%)	6:07	9.8 (72.1%)
38	<b>RYDLEWSKA Kinga</b>	<b>203</b>	RUN BYDGOSZCZ	K30	38	00:00:38	<b>00:30:40.65</b>	<b>00:31:18.85</b>	+00:08:38 (28.2%)	6:08	9.8 (72.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
39	<b>NADOBNA Agnieszka</b>	<b>321</b>		K30	39	00:00:00	<b>00:30:41.20</b>	<b>00:30:41.20</b>	+00:08:38 (28.2%)	6:08	9.8 (72.1%)
40	<b>SZTEJKA Jolanta</b>	<b>198</b>	BENEFITKSO	K30	40	00:00:37	<b>00:30:49.15</b>	<b>00:31:26.60</b>	+00:08:46 (28.5%)	6:09	9.7 (71.3%)
41	<b>BOINSKA Anna</b>	<b>280</b>	DZIBOLONGI	K30	41	00:00:22	<b>00:30:52.60</b>	<b>00:31:14.95</b>	+00:08:50 (28.6%)	6:10	9.7 (71.3%)
42	<b>WYPYCH-KLUNDER Katarzyna</b>	<b>101</b>		K30	42	00:00:23	<b>00:30:58.50</b>	<b>00:31:22.00</b>	+00:08:56 (28.8%)	6:11	9.7 (71.3%)
43	<b>FRELICHOWSKA Karolina</b>	<b>329</b>		K30	43	00:00:25	<b>00:30:59.65</b>	<b>00:31:25.35</b>	+00:08:57 (28.9%)	6:12	9.7 (71.3%)
44	<b>RUTKOWSKA Virginia</b>	<b>41</b>		K30	44	00:00:23	<b>00:31:17.80</b>	<b>00:31:41.00</b>	+00:09:15 (29.6%)	6:15	9.6 (70.6%)
45	<b>PULKOWSKA Aleksandra</b>	<b>66</b>		K30	45	00:00:14	<b>00:31:26.30</b>	<b>00:31:40.80</b>	+00:09:23 (29.9%)	6:17	9.5 (69.9%)
46	<b>KONKEL Agata</b>	<b>554</b>		K30	46	00:00:46	<b>00:31:28.55</b>	<b>00:32:14.55</b>	+00:09:26 (30.0%)	6:17	9.5 (69.9%)
47	<b>SZCZEPANEK-KOZIŃSKA Justyna</b>	<b>375</b>		K30	47	00:00:47	<b>00:32:01.95</b>	<b>00:32:49.20</b>	+00:09:59 (31.2%)	6:24	9.4 (69.1%)
48	<b>PODOSEK Magdalena</b>	<b>277</b>	BYDGOSZCZ	K30	48	00:00:13	<b>00:32:06.40</b>	<b>00:32:19.80</b>	+00:10:04 (31.4%)	6:25	9.3 (68.4%)
49	<b>OSZUŚCIK Agata</b>	<b>76</b>		K30	49	00:00:12	<b>00:32:06.60</b>	<b>00:32:19.55</b>	+00:10:04 (31.4%)	6:25	9.3 (68.4%)
50	<b>RATAJCZAK Aurelia</b>	<b>289</b>	RUN BYDGOSZCZ	K30	50	00:00:20	<b>00:32:21.65</b>	<b>00:32:42.40</b>	+00:10:19 (31.9%)	6:28	9.3 (68.4%)
51	<b>ŻAKOWSKA Aleksandra</b>	<b>6</b>	IDA JAK BURZA	K30	51	00:00:08	<b>00:32:32.40</b>	<b>00:32:40.90</b>	+00:10:30 (32.3%)	6:30	9.2 (67.6%)
52	<b>BĄK Magdalena</b>	<b>2</b>	IDA JAK BURZA	K30	52	00:00:08	<b>00:32:32.85</b>	<b>00:32:41.20</b>	+00:10:30 (32.3%)	6:30	9.2 (67.6%)
53	<b>KARWOWSKA Angelika</b>	<b>165</b>		K30	53	00:00:21	<b>00:32:37.55</b>	<b>00:32:58.60</b>	+00:10:35 (32.4%)	6:31	9.2 (67.6%)
54	<b>CIŻMOWSKA Dagmara</b>	<b>7</b>	IDA JAK BURZA	K30	54	00:00:08	<b>00:32:42.90</b>	<b>00:32:51.75</b>	+00:10:40 (32.6%)	6:32	9.2 (67.6%)
55	<b>URBAŃSKA Kamila</b>	<b>46</b>	REGIONALNE CENTRUM KRWIODAWSTWA I KRWIOLECZNICTWA W BYDGOSZCZY	K30	55	00:00:44	<b>00:32:44.55</b>	<b>00:33:28.85</b>	+00:10:42 (32.7%)	6:32	9.2 (67.6%)
56	<b>KŁODA Karolina</b>	<b>537</b>		K30	56	00:00:24	<b>00:32:47.60</b>	<b>00:33:11.60</b>	+00:10:45 (32.8%)	6:33	9.2 (67.6%)
57	<b>BŁASZKIEWICZ Marzena</b>	<b>201</b>		K30	57	00:00:36	<b>00:32:49.85</b>	<b>00:33:26.40</b>	+00:10:47 (32.9%)	6:34	9.1 (66.9%)
58	<b>SKWERES Natalia</b>	<b>137</b>		K30	58	00:00:31	<b>00:33:07.55</b>	<b>00:33:39.45</b>	+00:11:05 (33.5%)	6:37	9.1 (66.9%)
59	<b>SADOWSKA Katarzyna</b>	<b>391</b>		K30	59	00:00:48	<b>00:33:17.75</b>	<b>00:34:06.35</b>	+00:11:15 (33.8%)	6:39	9 (66.2%)
60	<b>GRZYB Aleksandra</b>	<b>40</b>		K30	60	00:00:31	<b>00:33:21.05</b>	<b>00:33:53.00</b>	+00:11:18 (33.9%)	6:40	9 (66.2%)

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61	LEMKA Karolina	506		K30	61	00:01:08	00:33:23.95	00:34:32.55	+00:11:21 (34.0%)	6:40	9 (66.2%)
62	ŚMIGIELSKA Alicja	244		K30	62	00:00:54	00:33:24.25	00:34:18.70	+00:11:21 (34.0%)	6:40	9 (66.2%)
63	MINISZEWSKA Irena	259		K30	63	00:00:09	00:33:40.60	00:33:49.80	+00:11:38 (34.6%)	6:44	8.9 (65.4%)
64	KLICZKOWSKA Agnieszka	105		K30	64	00:00:32	00:33:44.10	00:34:16.85	+00:11:41 (34.7%)	6:44	8.9 (65.4%)
65	NOWAKOWSKA Sylwia	298		K30	65	00:00:38	00:33:55.95	00:34:34.65	+00:11:53 (35.0%)	6:47	8.8 (64.7%)
66	MIKOŁAJCZAK Aleksandra	509	SOLECCY BIEGACZE	K30	66	00:00:27	00:34:09.25	00:34:37.05	+00:12:06 (35.5%)	6:50	8.8 (64.7%)
67	SZCZEŚNIAK Marlena	211	INDYWIDUALNIE	K30	67	00:00:42	00:34:13.70	00:34:56.50	+00:12:11 (35.6%)	6:50	8.8 (64.7%)
68	SZCZEŚNIAK Mariola	281	INDYWIDUALNIE	K30	68	00:00:42	00:34:22.25	00:35:04.85	+00:12:19 (35.9%)	6:52	8.7 (64.0%)
69	WIŚNIEWSKA Dorota	581		K30	69	00:00:43	00:34:23.05	00:35:06.75	+00:12:20 (35.9%)	6:52	8.7 (64.0%)
70	OŻÓG Justyna	536	EKIPA BSW	K30	70	00:00:41	00:34:29.95	00:35:11.25	+00:12:27 (36.1%)	6:54	8.7 (64.0%)
71	PIÓRKOWSKA Aga	27		K30	71	00:00:27	00:34:52.30	00:35:19.50	+00:12:49 (36.8%)	6:58	8.6 (63.2%)
72	NYBAK Beata	68		K30	72	00:00:38	00:34:55.05	00:35:33.05	+00:12:52 (36.9%)	6:59	8.6 (63.2%)
73	DOBICKA Katarzyna	297		K30	73	00:00:37	00:34:55.45	00:35:33.05	+00:12:53 (36.9%)	6:59	8.6 (63.2%)
74	KULIŃSKA Agata	551		K30	74	00:00:14	00:34:58.45	00:35:13.10	+00:12:56 (37.0%)	6:59	8.6 (63.2%)
75	KOPACZ Hanka	4	DZIEWCZYNY Z MEDYCYNY	K30	75	00:00:51	00:35:00.30	00:35:51.70	+00:12:57 (37.0%)	7:00	8.6 (63.2%)
76	WIATROWA Katarzyna	348		K30	76	00:00:37	00:35:08.10	00:35:45.50	+00:13:05 (37.3%)	7:01	8.5 (62.5%)
77	ROSA- CZUBAK Katarzyna	158		K30	77	00:00:38	00:35:14.10	00:35:52.60	+00:13:11 (37.4%)	7:02	8.5 (62.5%)
78	WISNIEWSKA Małgorzata	13		K30	78	00:00:41	00:35:16.70	00:35:58.15	+00:13:14 (37.5%)	7:03	8.5 (62.5%)
79	POLEK Krystyna	77		K30	79	00:00:36	00:35:21.40	00:35:58.35	+00:13:19 (37.7%)	7:04	8.5 (62.5%)
80	KONOPIŃSKA Agnieszka	8	RUN BYDGOSZCZ	K30	80	00:00:40	00:35:26.25	00:36:06.90	+00:13:23 (37.8%)	7:05	8.5 (62.5%)
81	SZYSLER Julia	75		K30	81	00:00:43	00:35:54.65	00:36:38.25	+00:13:52 (38.6%)	7:11	8.4 (61.8%)
82	KARCZEWSKA Kinga	483	APTEKA IM. L. PASTEUR	K30	82	00:00:45	00:35:56.40	00:36:41.75	+00:13:54 (38.7%)	7:11	8.3 (61.0%)
83	MARĆ Natalia	9	IDA JAK BURZA	K30	83	00:00:09	00:36:08.70	00:36:18.20	+00:14:06 (39.0%)	7:13	8.3 (61.0%)

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84	<b>CHYŻEWSKA Justyna</b>	<b>139</b>		K30	84	00:00:27	<b>00:36:16.50</b>	<b>00:36:43.75</b>	+00:14:14 (39.2%)	7:15	8.3 (61.0%)
85	<b>RESZELA Marta</b>	<b>320</b>		K30	85	00:00:41	<b>00:37:17.60</b>	<b>00:37:59.15</b>	+00:15:15 (40.9%)	7:27	8 (58.8%)
86	<b>GAWLIK Karolina</b>	<b>99</b>		K30	86	00:00:38	<b>00:37:27.35</b>	<b>00:38:05.85</b>	+00:15:24 (41.2%)	7:29	8 (58.8%)
87	<b>JAROCH Magdalena</b>	<b>25</b>	ZESPÓŁ SZKÓŁ NR 19	K30	87	00:00:23	<b>00:37:44.60</b>	<b>00:38:08.30</b>	+00:15:42 (41.6%)	7:33	7.9 (58.1%)
88	<b>KOCZWARA Katarzyna</b>	<b>421</b>		K30	88	00:00:40	<b>00:38:23.10</b>	<b>00:39:03.75</b>	+00:16:20 (42.6%)	7:40	7.8 (57.4%)
89	<b>WÓJCIK Anna</b>	<b>213</b>		K30	89	00:00:33	<b>00:38:27.05</b>	<b>00:39:00.05</b>	+00:16:24 (42.7%)	7:41	7.8 (57.4%)
90	<b>MODRAKOWSKA Ewelina</b>	<b>255</b>		K30	90	00:00:32	<b>00:38:27.30</b>	<b>00:39:00.10</b>	+00:16:24 (42.7%)	7:41	7.8 (57.4%)
91	<b>SINACKA-GRZĘBOWSKI Beata</b>	<b>267</b>	STUDIO FOTOGRAFII ALLADIN	K30	91	00:00:24	<b>00:38:27.55</b>	<b>00:38:51.55</b>	+00:16:25 (42.7%)	7:41	7.8 (57.4%)
92	<b>BRZOZOWSKA Anna</b>	<b>516</b>		K30	92	00:01:04	<b>00:38:38.10</b>	<b>00:39:42.70</b>	+00:16:35 (43.0%)	7:43	7.8 (57.4%)
93	<b>ODJAS Beata</b>	<b>204</b>		K30	93	00:00:24	<b>00:38:41.60</b>	<b>00:39:06.35</b>	+00:16:39 (43.0%)	7:44	7.8 (57.4%)
94	<b>NITZ Natalia</b>	<b>70</b>		K30	94	00:00:59	<b>00:40:39.55</b>	<b>00:41:38.85</b>	+00:18:37 (45.8%)	8:07	7.4 (54.4%)
95	<b>DĄBROWSKA Sylwia</b>	<b>383</b>		K30	95	00:01:02	<b>00:41:24.70</b>	<b>00:42:27.65</b>	+00:19:22 (46.8%)	8:17	7.2 (52.9%)
96	<b>BANAT Aleksandra</b>	<b>161</b>		K30	96	00:01:02	<b>00:41:25.65</b>	<b>00:42:27.75</b>	+00:19:23 (46.8%)	8:17	7.2 (52.9%)
97	<b>NADOLINSKA Justyna</b>	<b>341</b>	GOCHA 68	K30	97	00:00:48	<b>00:42:06.00</b>	<b>00:42:54.10</b>	+00:20:03 (47.6%)	8:25	7.1 (52.2%)
98	<b>NOWAK Katarzyna</b>	<b>458</b>		K30	98	00:00:54	<b>00:46:28.65</b>	<b>00:47:23.35</b>	+00:24:26 (52.6%)	9:17	6.5 (47.8%)
99	<b>RASSALSKA-KAUSA Jola</b>	<b>63</b>		K30	99	00:00:31	<b>00:49:38.40</b>	<b>00:50:09.40</b>	+00:27:36 (55.6%)	9:55	6 (44.1%)
100	<b>MAŁECKA Monika</b>	<b>91</b>	DZIEWCZYNY Z MEDYCYNY	K30	100	00:01:11	<b>01:01:15.70</b>	<b>01:02:27.40</b>	+00:39:13 (64.0%)	12:15	4.9 (36.0%)

Znaleziono 100 wynik(ów)