



## BIEG LĄDUJ NA OSOWEJ III EDYCJA

B4SPORT

**Organizator:** Stowarzyszenie Klub Sportowy Olimpia Osowa  
**Data:** 2016-09-25  
**Miejsce:** Gdańsk  
**Dystans:** 10 km



Klasyfikacja: K-open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>BARANOWSKA-TRZASKO Aleksandra</b>	<b>4</b>		K 30-39	1	00:00:02	<b>00:40:40.95</b>	<b>00:40:43.30</b>		4:04	14.7 (100%)
2	<b>BUCEWKA Magda</b>	<b>18</b>	LKS ZANTYR SZTUM	K 30-39	2	00:00:01	<b>00:42:23.05</b>	<b>00:42:24.45</b>	+00:01:42 (4.0%)	4:14	14.2 (96.6%)
3	<b>SIKORA Iwona</b>	<b>137</b>	SP 31 GDYNIA	K 30-39	3	00:00:02	<b>00:43:47.50</b>	<b>00:43:50.05</b>	+00:03:06 (7.1%)	4:22	13.7 (93.2%)
4	<b>ZADWORNA Magdalena</b>	<b>173</b>		K 30-39	4	00:00:09	<b>00:44:01.15</b>	<b>00:44:10.15</b>	+00:03:20 (7.6%)	4:24	13.6 (92.5%)
5	<b>DZIEWIATOWSKA Joanna</b>	<b>30</b>	DIETETYKA-24.PL	K 40-49	1	00:00:03	<b>00:44:24.15</b>	<b>00:44:27.95</b>	+00:03:43 (8.4%)	4:26	13.5 (91.8%)
6	<b>ZDROJEWSKA Katarzyna</b>	<b>177</b>		K 30-39	5	00:00:03	<b>00:45:14.25</b>	<b>00:45:17.75</b>	+00:04:33 (10.1%)	4:31	13.3 (90.5%)
6	<b>DAMASZK Małgorzata</b>	<b>25</b>		K 16-29	1	00:00:07	<b>00:45:14.25</b>	<b>00:45:21.60</b>	+00:04:33 (10.1%)	4:31	13.3 (90.5%)
8	<b>KACZMAREK-BYZDRA Aleksandra</b>	<b>54</b>	BYZDRA TEAM	K 40-49	2	00:00:06	<b>00:45:42.40</b>	<b>00:45:48.70</b>	+00:05:01 (11.0%)	4:34	13.1 (89.1%)
9	<b>BŁOCKA Joanna</b>	<b>13</b>		K 16-29	2	00:00:02	<b>00:46:48.00</b>	<b>00:46:50.55</b>	+00:06:07 (13.1%)	4:40	12.8 (87.1%)
10	<b>KOWALSKA Iwona</b>	<b>181</b>		K 30-39	6	00:00:08	<b>00:47:05.50</b>	<b>00:47:13.95</b>	+00:06:24 (13.6%)	4:42	12.7 (86.4%)
11	<b>MAZUREK Anna</b>	<b>105</b>	FABER TEAM	K 30-39	7	00:00:09	<b>00:47:32.30</b>	<b>00:47:41.80</b>	+00:06:51 (14.4%)	4:45	12.6 (85.7%)
12	<b>BŁASZAK Magdalena</b>	<b>193</b>		K 30-39	8	00:00:07	<b>00:47:38.85</b>	<b>00:47:46.60</b>	+00:06:57 (14.6%)	4:45	12.6 (85.7%)
13	<b>ŚLESZYCKA Edyta</b>	<b>154</b>		K 40-49	3	00:00:06	<b>00:48:38.05</b>	<b>00:48:44.05</b>	+00:07:57 (16.3%)	4:51	12.3 (83.7%)
14	<b>ŚLIWAK-BŁOŃSKA Anna</b>	<b>155</b>		K 30-39	9	00:00:10	<b>00:48:38.55</b>	<b>00:48:48.65</b>	+00:07:57 (16.4%)	4:51	12.3 (83.7%)

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15	ZABOROWSKA Paulina	172	HEALTHY CLICK	K 16-29	3	00:00:14	00:48:42.90	00:48:57.15	+00:08:01 (16.5%)	4:52	12.3 (83.7%)
16	WÓJCIK Małgorzata	170		K 40-49	4	00:00:06	00:48:55.75	00:49:02.60	+00:08:14 (16.9%)	4:53	12.3 (83.7%)
17	SZCZĘCH-LIDZBARSKA Elzbieta	148	ELA@MARCINTEAM	K 16-29	4	00:00:02	00:48:56.70	00:48:59.35	+00:08:15 (16.9%)	4:53	12.3 (83.7%)
18	SZYMAŃSKA Monika	187		K 30-39	10	00:00:09	00:49:21.15	00:49:30.15	+00:08:40 (17.6%)	4:56	12.2 (83.0%)
19	KLUCK Sylwia	66		K 30-39	11	00:00:03	00:49:54.05	00:49:57.35	+00:09:13 (18.5%)	4:59	12 (81.6%)
20	KAZYAKA Katarzyna	60		K 16-29	5	00:00:07	00:50:32.65	00:50:40.55	+00:09:51 (19.5%)	5:03	11.9 (81.0%)
21	OSTOJSKA Ewa	112		K 40-49	5	00:00:05	00:50:39.95	00:50:45.30	+00:09:59 (19.7%)	5:04	11.8 (80.3%)
22	NIKODEMCZYK Patrycja	109	BIGYELLOWFOOT ADVENTURE TEAM	K 30-39	12	00:00:15	00:50:43.30	00:50:58.45	+00:10:02 (19.8%)	5:04	11.8 (80.3%)
23	BRONICKA Monika	17	MARINA POINT	K 30-39	13	00:00:10	00:50:44.45	00:50:55.05	+00:10:03 (19.8%)	5:04	11.8 (80.3%)
24	POTRYKUS Małgorzata	131	BOJANO BIEGA	K 40-49	6	00:00:05	00:51:56.05	00:52:01.20	+00:11:15 (21.7%)	5:11	11.6 (78.9%)
25	BĘDZIAK Anna	6		K 30-39	14	00:00:10	00:52:09.05	00:52:19.55	+00:11:28 (22.0%)	5:12	11.5 (78.2%)
26	KLIMASZEWSKA Małgorzata	180		K 30-39	15	00:00:03	00:53:00.25	00:53:04.20	+00:12:19 (23.2%)	5:18	11.3 (76.9%)
27	ZAKRZEWSKA Katarzyna	174		K 30-39	16	00:00:13	00:53:24.15	00:53:37.75	+00:12:43 (23.8%)	5:20	11.2 (76.2%)
28	KRZEMIŃSKA Sylwia	80	WYMIATACZE	K 30-39	17	00:00:10	00:54:11.40	00:54:22.05	+00:13:30 (24.9%)	5:25	11.1 (75.5%)
29	BIESZKE Iza	7	WYMIATACZE	K 30-39	18	00:00:10	00:54:11.60	00:54:21.80	+00:13:30 (24.9%)	5:25	11.1 (75.5%)
30	KUBIK Agnieszka	83	BCT TEAM GDYNIA	K 30-39	19	00:00:03	00:54:26.10	00:54:29.95	+00:13:45 (25.3%)	5:26	11 (74.8%)
31	KLINICKA Julia	65	PAGA	K 16-29	6	00:00:12	00:54:59.50	00:55:12.00	+00:14:18 (26.0%)	5:30	10.9 (74.1%)
32	KLEINA Doris	64	BOJANO BIEGA :)	K 40-49	7	00:00:05	00:55:02.75	00:55:07.90	+00:14:21 (26.1%)	5:30	10.9 (74.1%)
33	KOPEĆ Katarzyna	185		K 16-29	7	00:00:04	00:55:07.80	00:55:12.10	+00:14:26 (26.2%)	5:30	10.9 (74.1%)
34	WIŚNIEWSKA Kornelia	165		K 40-49	8	00:00:15	00:55:22.45	00:55:37.60	+00:14:41 (26.5%)	5:32	10.8 (73.5%)
35	BORYS-HALULKO Maria	16		K 30-39	20	00:00:13	00:56:05.45	00:56:19.15	+00:15:24 (27.5%)	5:36	10.7 (72.8%)
36	KOWALIK Wioletta	76	WYMIATACZE	K 30-39	21	00:00:09	00:56:20.30	00:56:30.05	+00:15:39 (27.8%)	5:38	10.6 (72.1%)
37	BLUJ Elżbieta	9		K 30-39	22	00:00:13	00:56:36.60	00:56:50.55	+00:15:55 (28.1%)	5:39	10.6 (72.1%)

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38	<b>PODJASKA Marta</b>	<b>127</b>	NAPIERAMY!	K 30-39	23	00:00:17	<b>00:56:51.45</b>	<b>00:57:09.05</b>	+00:16:10 (28.4%)	5:41	10.6 (72.1%)
39	<b>DALKE Jowita</b>	<b>24</b>		K 30-39	24	00:00:15	<b>00:57:13.00</b>	<b>00:57:28.40</b>	+00:16:32 (28.9%)	5:43	10.5 (71.4%)
40	<b>ŁUCZYŃSKA Agnieszka</b>	<b>95</b>		K 30-39	25	00:00:03	<b>00:57:34.75</b>	<b>00:57:37.80</b>	+00:16:53 (29.3%)	5:45	10.4 (70.7%)
41	<b>KOKOT Karolina</b>	<b>69</b>		K 30-39	26	00:00:10	<b>00:57:36.00</b>	<b>00:57:46.90</b>	+00:16:55 (29.4%)	5:45	10.4 (70.7%)
42	<b>STUPAK Małgorzata</b>	<b>144</b>		K 30-39	27	00:00:10	<b>00:57:36.35</b>	<b>00:57:47.25</b>	+00:16:55 (29.4%)	5:45	10.4 (70.7%)
43	<b>SZATYBEŁKO Anita</b>	<b>146</b>		K 30-39	28	00:00:07	<b>00:58:16.10</b>	<b>00:58:24.05</b>	+00:17:35 (30.2%)	5:49	10.3 (70.1%)
44	<b>SUCHANOWSKA Anna</b>	<b>145</b>		K 40-49	9	00:00:09	<b>00:59:37.25</b>	<b>00:59:46.40</b>	+00:18:56 (31.8%)	5:57	10.1 (68.7%)
45	<b>OBOJSKA Monika</b>	<b>110</b>	WYMIATACZE, TRAKTOR TEAM GMINA KWIDZYN	K 30-39	29	00:00:10	<b>01:00:24.50</b>	<b>01:00:35.00</b>	+00:19:43 (32.7%)	6:02	9.9 (67.3%)
46	<b>PATER Bożena</b>	<b>118</b>		K 30-39	30	00:00:17	<b>01:01:38.80</b>	<b>01:01:56.35</b>	+00:20:57 (34.0%)	6:09	9.7 (66.0%)
47	<b>MICHALOWSKA Barbara</b>	<b>106</b>	WYMIATACZE	K 30-39	31	00:00:10	<b>01:01:38.95</b>	<b>01:01:49.05</b>	+00:20:58 (34.0%)	6:09	9.7 (66.0%)
48	<b>PIETRZYK Ilona</b>	<b>124</b>	BIEGNIJPOZDROWIE.PL	K 30-39	32	00:00:12	<b>01:01:39.35</b>	<b>01:01:52.20</b>	+00:20:58 (34.0%)	6:10	9.7 (66.0%)
49	<b>GIERGIELEWICZ Agnieszka</b>	<b>38</b>	BOJANO BIEGA	K 30-39	33	00:00:05	<b>01:01:40.05</b>	<b>01:01:45.20</b>	+00:20:59 (34.0%)	6:10	9.7 (66.0%)
50	<b>GÓRKOWSKA Elżbieta</b>	<b>42</b>	BOJANO BIEGA	K 30-39	34	00:00:04	<b>01:01:42.00</b>	<b>01:01:46.60</b>	+00:21:01 (34.1%)	6:10	9.7 (66.0%)
51	<b>BANACH-CYRA Anna</b>	<b>196</b>		K 30-39	35	00:00:04	<b>01:01:50.75</b>	<b>01:01:55.35</b>	+00:21:09 (34.2%)	6:11	9.7 (66.0%)
52	<b>GOŁĘBIEWSKA Małgorzata</b>	<b>40</b>		K 16-29	8	00:00:16	<b>01:02:13.80</b>	<b>01:02:30.30</b>	+00:21:32 (34.6%)	6:13	9.6 (65.3%)
53	<b>GRZESIK-URBAN Agnieszka</b>	<b>46</b>	WYMIATACZE	K 30-39	36	00:00:10	<b>01:03:03.60</b>	<b>01:03:13.80</b>	+00:22:22 (35.5%)	6:18	9.5 (64.6%)
54	<b>KRENCA Anna</b>	<b>78</b>		K 16-29	9	00:00:09	<b>01:03:21.60</b>	<b>01:03:31.25</b>	+00:22:40 (35.8%)	6:20	9.5 (64.6%)
55	<b>MACH Aleksandra</b>	<b>97</b>		K 16-29	10	00:00:11	<b>01:03:39.05</b>	<b>01:03:51.00</b>	+00:22:58 (36.1%)	6:22	9.4 (63.9%)
56	<b>MADANY Anita</b>	<b>98</b>	OSIEDLOWE ALEJKI	K 50+	1	00:00:07	<b>01:05:01.60</b>	<b>01:05:09.35</b>	+00:24:20 (37.4%)	6:30	9.2 (62.6%)
57	<b>SECH Anna</b>	<b>136</b>	MJR	K 30-39	37	00:00:10	<b>01:06:19.50</b>	<b>01:06:30.45</b>	+00:25:38 (38.7%)	6:38	9 (61.2%)
57	<b>KARPIŃSKA Katarzyna</b>	<b>59</b>		K 30-39	38	00:00:10	<b>01:06:19.50</b>	<b>01:06:30.35</b>	+00:25:38 (38.7%)	6:38	9 (61.2%)
59	<b>BLUJ-BRUDEREK Monika</b>	<b>11</b>	ACTIVE TEAM OSNIP WP GDYNIA	K 30-39	39	00:00:13	<b>01:09:57.45</b>	<b>01:10:11.05</b>	+00:29:16 (41.8%)	6:59	8.6 (58.5%)