



# BIEG PRZEZ MOST 2019

B4SPORT

**Organizator:** Urząd Dzielnicy Warszawa - Białołęka  
**Data:** 2019-09-22  
**Miejsce:** Warszawa  
**Dystans:** 10 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K 40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>HASS-KALITA Joanna</b>	<b>245</b>	WARSAW MASTERS TEAM	K 40-49	1	00:00:04	00:27:11	00:37:13	<b>00:42:00.80</b>	<b>00:42:05.60</b>		4:12	14.3 (100%)
2	<b>WESOŁOWSKA Katarzyna</b>	<b>844</b>	NAPRZÓD MŁOCINY	K 40-49	2	00:00:09	00:27:37	00:37:44	<b>00:42:46.40</b>	<b>00:42:55.50</b>	+00:00:45 (1.8%)	4:16	14 (97.9%)
3	<b>ŻURANIEWSKA Agnieszka</b>	<b>918</b>	NUDNE PIĄTKI	K 40-49	3	00:00:14	00:27:37	00:38:02	<b>00:43:08.85</b>	<b>00:43:23.75</b>	+00:01:08 (2.6%)	4:18	13.9 (97.2%)
4	<b>CZAJKOWSKA Dorota</b>	<b>119</b>		K 40-49	4	00:00:29	00:29:15	00:39:55	<b>00:45:10.70</b>	<b>00:45:40.40</b>	+00:03:09 (7.0%)	4:31	13.3 (93.0%)
5	<b>SZYMBORSKA Monika</b>	<b>788</b>	TEAM ZABIEGANE DNI	K 40-49	5	00:00:41	00:29:27	00:40:28	<b>00:45:48.75</b>	<b>00:46:29.95</b>	+00:03:47 (8.3%)	4:34	13.1 (91.6%)
6	<b>ROGÓŻ Elżbieta</b>	<b>947</b>	PRORUNNING PROMOTION	K 40-49	6	00:00:30	00:29:25	00:40:23	<b>00:45:51.85</b>	<b>00:46:22.75</b>	+00:03:51 (8.4%)	4:35	13.1 (91.6%)
7	<b>OCHNIK-KALINOWSKA Justyna</b>	<b>573</b>		K 40-49	7	00:00:29	00:29:51	00:41:20	<b>00:46:53.30</b>	<b>00:47:22.30</b>	+00:04:52 (10.4%)	4:41	12.8 (89.5%)
8	<b>STOLARCZYK Gosia</b>	<b>748</b>	LS WORLD RUN	K 40-49	8	00:00:25	00:29:54	00:41:23	<b>00:47:08.15</b>	<b>00:47:33.25</b>	+00:05:07 (10.9%)	4:42	12.7 (88.8%)
9	<b>BOGUMIŁ Izabela</b>	<b>54</b>		K 40-49	9	00:00:15	00:30:42	00:41:50	<b>00:47:23.10</b>	<b>00:47:38.10</b>	+00:05:22 (11.3%)	4:44	12.7 (88.8%)
10	<b>BORYSOWSKA Monika</b>	<b>69</b>		K 40-49	10	00:00:43	00:30:31	00:42:05	<b>00:47:48.60</b>	<b>00:48:32.45</b>	+00:05:47 (12.1%)	4:46	12.5 (87.4%)
11	<b>GAŚIOROWSKA Alicja</b>	<b>194</b>	ŻÓRAWSKITEAM	K 40-49	11	00:00:38	00:31:16	00:43:06	<b>00:48:33.40</b>	<b>00:49:12.00</b>	+00:06:32 (13.5%)	4:51	12.4 (86.7%)
12	<b>KRUK Edyta</b>	<b>407</b>	GRUPA BIEGOWA UM W-WA	K 40-49	12	00:00:47	00:31:41	00:43:47	<b>00:49:44.90</b>	<b>00:50:32.30</b>	+00:07:44 (15.5%)	4:58	12.1 (84.6%)
13	<b>SĘK Zofia</b>	<b>698</b>		K 40-49	13	00:00:43	00:33:01	00:44:40	<b>00:50:33.50</b>	<b>00:51:16.90</b>	+00:08:32 (16.9%)	5:03	11.9 (83.2%)
14	<b>JAROS Honorata</b>	<b>280</b>		K 40-49	14	00:00:55	00:32:18	00:44:50	<b>00:50:57.70</b>	<b>00:51:53.50</b>	+00:08:56 (17.6%)	5:05	11.8 (82.5%)
15	<b>TEJCHMA Natalia</b>	<b>805</b>	BIEGAM NA TARCHOMINIE	K 40-49	15	00:01:01	00:33:37	00:45:22	<b>00:51:18.35</b>	<b>00:52:19.95</b>	+00:09:17 (18.1%)	5:07	11.7 (81.8%)
16	<b>BUCHALSKA Ewa</b>	<b>78</b>	EKOBIEGI	K 40-49	16	00:00:46	00:32:48	00:45:20	<b>00:51:40.10</b>	<b>00:52:26.35</b>	+00:09:39 (18.7%)	5:10	11.6 (81.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
17	<b>KOSTRZEWA Elwira</b>	<b>382</b>	PZU SPORT TEAM	K 40-49	17	00:01:08	00:33:33		<b>00:52:04.05</b>	<b>00:53:12.80</b>	+00:10:03 (19.3%)	5:12	11.5 (80.4%)
18	<b>SCHINDLER Żaneta</b>	<b>695</b>		K 40-49	18	00:00:42	00:33:39	00:46:01	<b>00:52:13.35</b>	<b>00:52:56.00</b>	+00:10:12 (19.5%)	5:13	11.5 (80.4%)
19	<b>STAŃCZAK Iwona</b>	<b>740</b>	TRUCHT TARCHOMIN TEAM	K 40-49	19	00:00:58	00:34:07	00:46:58	<b>00:52:54.95</b>	<b>00:53:53.60</b>	+00:10:54 (20.6%)	5:17	11.3 (79.0%)
20	<b>ZAWIŚLAK Jola</b>	<b>897</b>		K 40-49	20	00:01:07	00:34:39	00:47:33	<b>00:53:47.40</b>	<b>00:54:54.70</b>	+00:11:46 (21.9%)	5:22	11.2 (78.3%)
21	<b>PALUCH Anna</b>	<b>592</b>		K 40-49	21	00:00:48	00:34:58	00:47:35	<b>00:53:55.00</b>	<b>00:54:43.85</b>	+00:11:54 (22.1%)	5:23	11.1 (77.6%)
22	<b>SKIBIŃSKA Małgorzata</b>	<b>713</b>		K 40-49	22	00:01:53	00:35:58	00:48:17	<b>00:54:22.85</b>	<b>00:56:16.00</b>	+00:12:22 (22.7%)	5:26	11 (76.9%)
23	<b>KWAPISZ-CICHOWSKA Katarzyna</b>	<b>431</b>	DĄBROWSKI TEAM	K 40-49	23	00:00:59	00:35:10	00:47:59	<b>00:54:28.00</b>	<b>00:55:27.15</b>	+00:12:27 (22.9%)	5:26	11 (76.9%)
24	<b>JAWORSKA Katarzyna</b>	<b>286</b>		K 40-49	24	00:01:01	00:35:03	00:47:52	<b>00:54:35.50</b>	<b>00:55:37.35</b>	+00:12:34 (23.0%)	5:27	11 (76.9%)
25	<b>ŚWIĆ Małgorzata</b>	<b>794</b>	TRUCHT TARCHOMIN TEAM	K 40-49	25	00:00:48	00:34:37	00:48:07	<b>00:54:56.25</b>	<b>00:55:44.80</b>	+00:12:55 (23.5%)	5:29	10.9 (76.2%)
26	<b>OSIŃSKA Sylwia</b>	<b>587</b>		K 40-49	26	00:00:10	00:34:59	00:48:35	<b>00:55:13.25</b>	<b>00:55:24.20</b>	+00:13:12 (23.9%)	5:31	10.9 (76.2%)
27	<b>CIMOCHOWSKA Magdalena</b>	<b>113</b>	BIEGAM NA TARCHOMINIE	K 40-49	27	00:01:10	00:35:24	00:48:50	<b>00:55:27.25</b>	<b>00:56:37.60</b>	+00:13:26 (24.2%)	5:32	10.8 (75.5%)
28	<b>KACPRZAK-KLEJNA Agnieszka</b>	<b>311</b>		K 40-49	28	00:01:24	00:36:29	00:49:29	<b>00:55:36.50</b>	<b>00:57:01.15</b>	+00:13:35 (24.4%)	5:33	10.8 (75.5%)
29	<b>CIBORSKA Agnieszka</b>	<b>934</b>	NAPRZÓD MŁOCINY	K 40-49	29	00:00:46	00:35:40	00:49:26	<b>00:56:10.70</b>	<b>00:56:57.30</b>	+00:14:09 (25.2%)	5:37	10.7 (74.8%)
30	<b>ŁOZOSWKA Aneta</b>	<b>229</b>	TRUCHT TARCHOMIN TEAM	K 40-49	30	00:01:05	00:36:08	00:49:51	<b>00:56:31.30</b>	<b>00:57:36.45</b>	+00:14:30 (25.7%)	5:39	10.6 (74.1%)
31	<b>LISZEWSKA Anna</b>	<b>451</b>	RUN TEAM NASIELSK	K 40-49	31	00:00:34	00:36:08	00:49:51	<b>00:56:46.55</b>	<b>00:57:21.25</b>	+00:14:45 (26.0%)	5:40	10.6 (74.1%)
32	<b>DĄBROWSKA Magdalena</b>	<b>135</b>	RUN4FUN	K 40-49	32	00:00:38	00:36:23	00:50:02	<b>00:57:02.85</b>	<b>00:57:40.85</b>	+00:15:02 (26.4%)	5:42	10.5 (73.4%)
33	<b>KOPCINSKA Katarzyna</b>	<b>367</b>		K 40-49	33	00:00:35	00:37:30	00:51:23	<b>00:58:05.20</b>	<b>00:58:41.05</b>	+00:16:04 (27.7%)	5:48	10.3 (72.0%)
34	<b>SKOWROŃSKA Ewa</b>	<b>716</b>		K 40-49	34	00:00:09	00:37:39	00:51:23	<b>00:58:05.40</b>	<b>00:58:14.55</b>	+00:16:04 (27.7%)	5:48	10.3 (72.0%)
35	<b>WOJCIECHOWSKA Ewa</b>	<b>867</b>	EKOBIEGI	K 40-49	35	00:01:41	00:37:33	00:51:22	<b>00:58:05.75</b>	<b>00:59:47.60</b>	+00:16:04 (27.7%)	5:48	10.3 (72.0%)
36	<b>ROCKA Gosia</b>	<b>660</b>		K 40-49	36	00:01:30	00:37:27	00:51:25	<b>00:58:10.70</b>	<b>00:59:41.00</b>	+00:16:09 (27.8%)	5:49	10.3 (72.0%)
37	<b>DESKA Karolina</b>	<b>144</b>	WWW.LESZEKBIEGA.PL	K 40-49	37	00:01:07	00:36:52	00:51:09	<b>00:58:11.60</b>	<b>00:59:19.45</b>	+00:16:10 (27.8%)	5:49	10.3 (72.0%)
38	<b>CIEPIENIAK Ania</b>	<b>104</b>		K 40-49	38	00:00:10	00:36:44	00:51:19	<b>00:58:32.10</b>	<b>00:58:42.90</b>	+00:16:31 (28.2%)	5:51	10.3 (72.0%)
39	<b>RURKA Anna</b>	<b>965</b>		K 40-49	39	00:01:01	00:37:47	00:51:40	<b>00:58:46.80</b>	<b>00:59:48.50</b>	+00:16:46 (28.5%)	5:52	10.2 (71.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
40	<b>JACHOWSKA Aldona</b>	<b>259</b>		K 40-49	40	00:01:10	00:37:07	00:51:56	<b>00:59:06.70</b>	<b>01:00:16.75</b>	+00:17:05 (28.9%)	5:54	10.2 (71.3%)
41	<b>GŁÓWKA Małgorzata</b>	<b>971</b>	ANPHARM RUN TEAM	K 40-49	41	00:00:24	00:37:52	00:52:14	<b>00:59:09.45</b>	<b>00:59:33.65</b>	+00:17:08 (29.0%)	5:54	10.1 (70.6%)
42	<b>SIKORA Zuzanna</b>	<b>707</b>	PZU SPORT TEAM	K 40-49	42	00:01:08	00:36:40	00:51:42	<b>00:59:09.70</b>	<b>01:00:18.65</b>	+00:17:08 (29.0%)	5:55	10.1 (70.6%)
43	<b>MIKULSKA Agnieszka</b>	<b>529</b>		K 40-49	43	00:01:43	00:38:34	00:52:30	<b>00:59:15.70</b>	<b>01:00:59.10</b>	+00:17:14 (29.1%)	5:55	10.1 (70.6%)
44	<b>WALCZAK Anna</b>	<b>830</b>	TURBODZIKI	K 40-49	44	00:01:37	00:38:27	00:52:36	<b>00:59:20.80</b>	<b>01:00:58.00</b>	+00:17:20 (29.2%)	5:56	10.1 (70.6%)
45	<b>KORZENIOWSKA- SOBCZUK Anna</b>	<b>377</b>	BIEGAM NA TARCHOMINIE	K 40-49	45	00:01:42	00:38:21	00:52:26	<b>00:59:37.05</b>	<b>01:01:19.10</b>	+00:17:36 (29.5%)	5:57	10.1 (70.6%)
46	<b>GONET Katarzyna</b>	<b>211</b>		K 40-49	46	00:01:06	00:38:08	00:52:46	<b>00:59:44.50</b>	<b>01:00:51.10</b>	+00:17:43 (29.7%)	5:58	10 (69.9%)
47	<b>HNIDZIUK Magdalena</b>	<b>250</b>		K 40-49	47	00:01:29	00:38:21	00:52:45	<b>01:00:03.00</b>	<b>01:01:32.55</b>	+00:18:02 (30.0%)	6:00	10 (69.9%)
48	<b>MYŚLIŃSKA Anna</b>	<b>1111</b>	BIAŁOŁĘKA JEST KOBIETĄ	K 40-49	48	00:01:41	00:38:29	00:52:35	<b>01:00:05.80</b>	<b>01:01:46.80</b>	+00:18:05 (30.1%)	6:00	10 (69.9%)
49	<b>KRAKOWIAK Sylwia</b>	<b>399</b>		K 40-49	49	00:00:44	00:38:38	00:53:26	<b>01:00:27.00</b>	<b>01:01:11.50</b>	+00:18:26 (30.5%)	6:02	9.9 (69.2%)
50	<b>MUCHA Kamila</b>	<b>550</b>	BIEGAM NA TARCHOMINIE	K 40-49	50	00:01:40	00:38:55	00:53:37	<b>01:00:49.30</b>	<b>01:02:29.70</b>	+00:18:48 (30.9%)	6:04	9.9 (69.2%)
51	<b>ŁUCZAK Małgorzata</b>	<b>472</b>	RUNNERSI ZE SKARBKA	K 40-49	51	00:00:37	00:38:28	00:53:36	<b>01:00:53.40</b>	<b>01:01:30.70</b>	+00:18:52 (31.0%)	6:05	9.9 (69.2%)
52	<b>SOBIESKA Aleksandra</b>	<b>725</b>		K 40-49	52	00:01:53	00:39:37	00:54:08	<b>01:01:26.40</b>	<b>01:03:19.85</b>	+00:19:25 (31.6%)	6:08	9.8 (68.5%)
53	<b>ŁĄCKA Ilona</b>	<b>461</b>	BIAŁOŁĘKA JEST KOBIETĄ	K 40-49	53	00:01:40	00:39:02	00:53:59	<b>01:01:32.05</b>	<b>01:03:12.40</b>	+00:19:31 (31.7%)	6:09	9.8 (68.5%)
54	<b>ADAMOWSKA Barbara</b>	<b>2</b>	MINISTERSTWO FINANSÓW	K 40-49	54	00:01:02	00:38:58	00:54:08	<b>01:01:42.30</b>	<b>01:02:45.10</b>	+00:19:41 (31.9%)	6:10	9.7 (67.8%)
55	<b>ZOUABI Dorota</b>	<b>907</b>		K 40-49	55	00:00:37	00:38:57	00:54:10	<b>01:01:48.50</b>	<b>01:02:25.75</b>	+00:19:47 (32.0%)	6:10	9.7 (67.8%)
56	<b>MIKITIUK Katarzyna</b>	<b>527</b>		K 40-49	56	00:01:05	00:38:43	00:54:16	<b>01:02:02.05</b>	<b>01:03:07.30</b>	+00:20:01 (32.3%)	6:12	9.7 (67.8%)
57	<b>ADAMUS Katarzyna</b>	<b>4</b>	DECATHLON PIASECZNO	K 40-49	57	00:01:26	00:39:17	00:54:38	<b>01:02:16.70</b>	<b>01:03:43.05</b>	+00:20:15 (32.5%)	6:13	9.6 (67.1%)
58	<b>JARMUŻEWSKA Teresa</b>	<b>278</b>	TIA	K 40-49	58	00:02:12	00:41:45	00:55:58	<b>01:02:46.35</b>	<b>01:04:58.45</b>	+00:20:45 (33.1%)	6:16	9.6 (67.1%)
59	<b>WOŁYNEK Agnieszka</b>	<b>875</b>		K 40-49	59	00:01:23	00:39:51	00:55:28	<b>01:03:03.35</b>	<b>01:04:26.90</b>	+00:21:02 (33.4%)	6:18	9.5 (66.4%)
60	<b>JURCZAK Agnieszka</b>	<b>301</b>		K 40-49	60	00:00:09	00:39:54	00:55:22	<b>01:03:19.80</b>	<b>01:03:29.30</b>	+00:21:19 (33.7%)	6:20	9.5 (66.4%)
61	<b>MIKLEWICZ Małgorzata</b>	<b>528</b>		K 40-49	61	00:01:59	00:41:18	00:56:25	<b>01:03:45.05</b>	<b>01:05:44.75</b>	+00:21:44 (34.1%)	6:22	9.4 (65.7%)
62	<b>PTASZYŃSKA Magdalena</b>	<b>646</b>		K 40-49	62	00:00:53	00:40:01	00:55:54	<b>01:03:49.40</b>	<b>01:04:42.90</b>	+00:21:48 (34.2%)	6:22	9.4 (65.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
63	PIOTROWSKA-KRZAK Ela	623		K 40-49	63	00:01:37	00:42:11	00:57:33	01:04:52.40	01:06:30.00	+00:22:51 (35.2%)	6:29	9.2 (64.3%)
64	RYNECKA Agnieszka	684		K 40-49	64	00:01:53	00:41:08	00:57:24	01:05:19.55	01:07:13.15	+00:23:18 (35.7%)	6:32	9.2 (64.3%)
65	FALKOWSKA Monika	164		K 40-49	65	00:01:44	00:41:15	00:57:30	01:05:35.10	01:07:19.60	+00:23:34 (35.9%)	6:33	9.1 (63.6%)
66	KUĆ Beata	423		K 40-49	66	00:01:39	00:41:31	00:58:10	01:06:33.65	01:08:13.60	+00:24:32 (36.9%)	6:39	9 (62.9%)
67	STĘPIŃSKA Joanna	746		K 40-49	67	00:02:02	00:42:34	00:59:00	01:07:25.15	01:09:27.30	+00:25:24 (37.7%)	6:44	8.9 (62.2%)
68	SOJA Kasia	728	VEGE RUNNERS	K 40-49	68	00:00:00	00:43:52	01:00:03	01:07:42.45	01:07:42.45	+00:25:41 (37.9%)	6:46	8.9 (62.2%)
69	PANASIUK Aga	596		K 40-49	69	00:01:10	00:42:43	00:59:45	01:08:17.30	01:09:27.60	+00:26:16 (38.5%)	6:49	8.8 (61.5%)
70	BUDAJ-FIDECKA Anna	81	FIDEPOP	K 40-49	70	00:01:33	00:44:21	01:00:26	01:08:40.10	01:10:13.80	+00:26:39 (38.8%)	6:52	8.7 (60.8%)
71	KACZOROWSKA Monika	319		K 40-49	71	00:01:52	00:44:33	01:01:22	01:09:34.80	01:11:26.95	+00:27:34 (39.6%)	6:57	8.6 (60.1%)
72	ŁOCHINA Marta	466		K 40-49	72	00:01:53	00:44:35	01:01:33	01:09:36.25	01:11:29.30	+00:27:35 (39.6%)	6:57	8.6 (60.1%)
73	SOSNÓWKA Magdalena	732		K 40-49	73	00:01:59	00:44:42	01:01:53	01:10:08.00	01:12:07.50	+00:28:07 (40.1%)	7:00	8.6 (60.1%)
74	WÓJTOWICZ Agnieszka	877		K 40-49	74	00:02:18	00:47:14	01:04:50	01:13:53.25	01:16:11.55	+00:31:52 (43.1%)	7:23	8.1 (56.6%)
75	WAWRZONEK Karolina	839		K 40-49	75	00:02:18	00:47:15	01:04:52	01:14:10.55	01:16:29.15	+00:32:09 (43.4%)	7:25	8.1 (56.6%)
76	METERA Anna	518		K 40-49	76	00:00:36	00:50:01	01:09:28	01:19:11.40	01:19:48.15	+00:37:10 (46.9%)	7:55	7.6 (53.1%)
77	DRACZYŃSKA Edyta	153		K 40-49	77	00:00:36	00:50:00	01:09:28	01:19:12.10	01:19:48.45	+00:37:11 (47.0%)	7:55	7.6 (53.1%)
78	JÓŹWIAK Dorota	299	SLOW JOGGING BIAŁOŁĘKA	K 40-49	78	00:02:26			01:22:49.10	01:25:15.50	+00:40:48 (49.3%)	8:16	7.2 (50.3%)
79	SIERPOWSKA-BARTOSIK Agnieszka	701	SLOW JOGGING ŁÓDŹ / VEGE RUNNERS	K 40-49	79	00:02:25	00:54:31	01:15:48	01:28:08.15	01:30:33.55	+00:46:07 (52.3%)	8:48	6.8 (47.6%)
80	GRĄCKA Katarzyna	222		K 40-49	80	00:02:24	00:54:32	01:15:50	01:28:08.80	01:30:33.50	+00:46:08 (52.3%)	8:48	6.8 (47.6%)
81	WILCZYŃSKA Małgorzata	992		K 40-49	81	00:02:27	00:57:31	01:18:21	01:29:39.75	01:32:07.55	+00:47:38 (53.1%)	8:58	6.7 (46.9%)
<b>Przekroczony limit czasu: 01:30:00</b>													
LIM	PILSKA Magda	621	SLOW JOGGING WARSZAWA	K 40-49		00:02:32	00:56:50	01:19:12	01:31:29.00	01:34:01.10		0:00	6.6 (46.2%)
LIM	BORZUCHOWSKA Monika	70	SLOWJOGGING ŁÓDŹ	K 40-49		00:02:26	00:56:52	01:19:11	01:31:33.60	01:33:59.75		0:00	6.6 (46.2%)
LIM	ZAWADA Katarzyna	894		K 40-49		00:02:26	00:56:54	01:18:08	01:31:33.65	01:34:00.55		0:00	6.6 (46.2%)

