



BIEG PRZEZ MOST 2021

B4SPORT

Organizator: Urząd Dzielnicy Warszawa - Białołęka
Data: 2021-09-12
Miejsce: Warszawa
Dystans: 10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K 40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	HASS Joanna	185		K 40-49	1	00:26:24	00:37:32	00:42:03.50		4:12	14.3
2	WESOŁOWSKA Katarzyna	548	ORANGE POLSKA	K 40-49	2	00:27:14	00:38:45	00:43:26.80	+00:01:23	4:20	13.8
3	ŻURANIEWSKA Agnieszka	612	NUDNE PIĄTKI	K 40-49	3	00:28:51	00:41:12	00:45:59.35	+00:03:55	4:35	13
4	JAKUBISIAK Renata	182	BIEGAM NA TARCHOMINIE	K 40-49	4	00:28:52	00:41:09	00:46:21.10	+00:04:17	4:38	12.9
5	KOWALIKOWSKA Renata	246	BIEGAM NA TARCHOMINIE	K 40-49	5	00:28:56	00:41:49	00:47:03.20	+00:04:59	4:42	12.8
6	NEJFELD Hanna	345	MARKOW BIEGACZE	K 40-49	6	00:30:02	00:42:45	00:47:55.95	+00:05:52	4:47	12.5
7	SIEWRUK Katarzyna	457	WARSAW RUN CLUB	K 40-49	7	00:29:48	00:42:55	00:48:23.55	+00:06:20	4:50	12.4
8	KRUPA Agnieszka	258		K 40-49	8	00:30:14	00:43:08	00:48:24.80	+00:06:21	4:50	12.4
9	TOMCZUK-KUZKA Katarzyna	524		K 40-49	9	00:30:28	00:43:47	00:49:08.40	+00:07:04	4:54	12.2
10	JĘDRZEJCZYK-KOWALSKA Sylwia	196	BIGTIRESRUNTEAM	K 40-49	10	00:30:47	00:43:59	00:49:17.40	+00:07:13	4:55	12.2
11	DURKA Dorota	124	BIEGUSTATORZY	K 40-49	11	00:31:14	00:44:43	00:50:20.10	+00:08:16	5:02	11.9
12	ŁATKOWSKA Monika	300	GRUPA BIEGOWA CHTMO	K 40-49	12	00:32:15	00:45:53	00:51:25.45	+00:09:21	5:08	11.7
13	RAWSKA Małgorzata	425		K 40-49	13	00:32:49	00:46:22	00:51:47.95	+00:09:44	5:10	11.6
14	APANOWICZ Angelika	16	EKOBIEGI	K 40-49	14	00:32:51	00:46:24	00:52:14.25	+00:10:10	5:13	11.5
15	BLAIM Katarzyna	53		K 40-49	15	00:32:11	00:46:43	00:52:22.45	+00:10:18	5:14	11.5
16	WOŁYNEK Agnieszka	576		K 40-49	16	00:32:50	00:46:47	00:52:23.85	+00:10:20	5:14	11.5
17	ZARĘBA-TREMELET Katarzyna	590		K 40-49	17	00:32:57	00:47:16	00:52:51.90	+00:10:48	5:17	11.4
18	MYŚLIŃSKA Anna	357	BIAŁOŁĘKA JEST KOBIETĄ	K 40-49	18	00:33:23	00:47:08	00:52:54.65	+00:10:51	5:17	11.3
19	MATUSZEWSKA Jolanta	317		K 40-49	19	00:32:59	00:47:23	00:53:16.65	+00:11:13	5:19	11.3
20	CIMOCHOWSKA Magdalena	96	BIEGAM NA TARCHOMINIE	K 40-49	20	00:33:30	00:47:32	00:53:31.90	+00:11:28	5:21	11.2
21	SZYMAŃSKA Alicja	686		K 40-49	21	00:33:45	00:48:19	00:54:18.35	+00:12:14	5:25	11
22	JANKOWSKA Wiola	188		K 40-49	22	00:33:47	00:48:59	00:54:42.75	+00:12:39	5:28	11
23	TEJCHMA Natalia	515		K 40-49	23	00:34:36	00:48:42	00:54:44.25	+00:12:40	5:28	11
24	KOCIK Elżbieta	4		K 40-49	24			00:55:23.00	+00:13:19	5:32	10.8
25	PASTERNAK Justyna	383	Z BIEGANIEM MI DO TWARZY	K 40-49	25	00:34:34	00:49:26	00:55:28.50	+00:13:25	5:32	10.8
26	MYCIELSKA Ewa	651		K 40-49	26	00:34:59	00:50:00	00:55:53.85	+00:13:50	5:35	10.7
27	FIRCHAŁ Monika	131	ORT ŁOMIANKI	K 40-49	27	00:34:41	00:49:45	00:56:02.70	+00:13:59	5:36	10.7
28	SZYMBORSKA Dota	503	POŁAWACZKI PEREŁ	K 40-49	28	00:35:19	00:50:08	00:56:13.50	+00:14:10	5:37	10.7
29	HRYCIUK Katarzyna	180	EKOBIEGI	K 40-49	29	00:35:52	00:50:45	00:56:33.25	+00:14:29	5:39	10.6
30	BOGUMIŁ Izabela	57		K 40-49	30	00:35:41	00:50:46	00:57:01.50	+00:14:58	5:42	10.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
31	MŁYŃCZYK Adriana	336		K 40-49	31	00:35:14	00:51:04	00:57:24.60	+00:15:21	5:44	10.5
32	O'NEILL Agnieszka	366	BIEGOWE WTORKI NA TARCHOMINIE	K 40-49	32	00:34:58	00:50:39	00:57:24.70	+00:15:21	5:44	10.5
33	CZARTORYSKA Anna	107		K 40-49	33	00:36:05	00:51:35	00:57:48.65	+00:15:45	5:46	10.4
34	GONET Katarzyna	156		K 40-49	34	00:36:41	00:51:59	00:58:01.65	+00:15:58	5:48	10.3
35	GŁÓWKA Małgorzata	148		K 40-49	35	00:36:28	00:52:23	00:58:19.95	+00:16:16	5:49	10.3
36	DYMARSKA Marzena	125	BUSHIDO CENTRUM	K 40-49	36	00:36:32	00:51:59	00:58:21.70	+00:16:18	5:50	10.3
37	DĄBROWSKA Anna	113		K 40-49	37	00:36:29	00:52:01	00:58:22.60	+00:16:19	5:50	10.3
38	MAZUR Jowita	321	FUNKCJONUJ	K 40-49	38	00:37:02	00:52:17	00:58:23.25	+00:16:19	5:50	10.3
39	HIŻ Marta	179		K 40-49	39	00:37:34	00:52:29	00:58:45.20	+00:16:41	5:52	10.2
40	WAWRYK Dorota	545		K 40-49	40	00:36:29	00:52:42	00:59:17.45	+00:17:13	5:55	10.1
41	TOBIASZ Dorota	519	GRUPA BIEGOWA CHTMO	K 40-49	41	00:37:30	00:53:35	00:59:42.50	+00:17:39	5:58	10.1
42	ARAŻNY Kamila	19	TRUCHT TARCHOMIN TEAM	K 40-49	42	00:37:42	00:53:12	00:59:45.40	+00:17:41	5:58	10
43	LAZARSKA Małgorzata	278		K 40-49	43	00:37:04	00:53:03	00:59:45.45	+00:17:41	5:58	10
44	MICHAŁOWSKA Anna	648	BIEGAM NA TARCHOMINIE	K 40-49	44	00:37:13	00:53:33	00:59:54.70	+00:17:51	5:59	10
45	BALCERZAK-JAŁUSZEWSKA Katarzyna	28	MARKOW BIEGACZE	K 40-49	45	00:37:23	00:53:43	01:00:11.30	+00:18:07	6:01	10
46	KWAPISZ-CICHOWSKA Katarzyna	275		K 40-49	46	00:38:09	00:53:43	01:00:27.00	+00:18:23	6:02	9.9
47	ŁUCZAK Małgorzata	303	RUNNERSI ZE SKARBKA	K 40-49	47	00:37:32	00:54:04	01:00:37.50	+00:18:34	6:03	9.9
48	MATUSZEWSKA Julia	693		K 40-49	48	00:36:32	00:53:24	01:00:52.10	+00:18:48	6:05	9.9
49	KUJAWSKA Joanna	118		K 40-49	49	00:37:23	00:54:28	01:01:12.25	+00:19:08	6:07	9.8
50	CISZEWSKA Anna	98		K 40-49	50	00:37:49	00:54:49	01:01:32.55	+00:19:29	6:09	9.8
51	LEWANDOWSKA Monika	284		K 40-49	51	00:38:18	00:55:05	01:01:48.20	+00:19:44	6:10	9.7
52	AUGUSTYNIAK Aleksandra	20		K 40-49	52	00:39:33	00:56:19	01:03:09.15	+00:21:05	6:18	9.5
53	ŁOZOWSKA Dorota	301		K 40-49	53	00:39:52	00:56:45	01:03:26.65	+00:21:23	6:20	9.5
54	TERECH Ewelina	624		K 40-49	54	00:39:31	00:56:33	01:03:32.75	+00:21:29	6:21	9.4
55	WOJTAŚ Beata	574		K 40-49	55	00:39:15	00:56:48	01:04:10.90	+00:22:07	6:25	9.4
56	WINDER Agnieszka	557		K 40-49	56	00:39:31	00:57:07	01:04:18.80	+00:22:15	6:25	9.3
57	MIERCZYK Agnieszka	332		K 40-49	57	00:39:33	00:57:07	01:04:19.30	+00:22:15	6:25	9.3
58	KNIAZIAK - BOBROWICZ Magdalena	631	ORANGE POLSKA	K 40-49	58	00:39:01	00:57:10	01:04:26.70	+00:22:23	6:26	9.3
59	BUDEK Joanna	71		K 40-49	59	00:40:18	00:57:09	01:04:48.70	+00:22:45	6:28	9.3
60	STRZELEC Agnieszka	482		K 40-49	60	00:41:17	01:00:15	01:08:01.50	+00:25:58	6:48	8.8
61	WÓJCIK Monika	653	TRUCHTAM NA TARCHOMINIE	K 40-49	61			01:08:36.00	+00:26:32	6:51	8.7
62	CIEPLAK Katarzyna	91		K 40-49	62	00:41:59	01:01:07	01:08:57.80	+00:26:54	6:53	8.7
63	TELAKOWSKA Anita	516		K 40-49	63	00:41:13	01:00:50	01:09:07.35	+00:27:03	6:54	8.7
64	MICHNOWSKA Adriana	328		K 40-49	64	00:42:16	01:01:06	01:09:13.65	+00:27:10	6:55	8.7
65	ROGUSKA Magdalena	1	BIAŁOŁĘKA JEST KOBIETĄ	K 40-49	65	00:42:01	01:00:49	01:09:14.70	+00:27:11	6:55	8.7
66	OŁDAK Katarzyna	691		K 40-49	66	00:41:03	01:01:28	01:09:18.20	+00:27:14	6:55	8.7
67	OSTASZEWSKA Katarzyna	374		K 40-49	67	00:40:14	01:01:41	01:10:00.55	+00:27:57	7:00	8.6
68	OLSZEWSKA Katarzyna Bernadetta	362		K 40-49	68	00:42:14	01:03:21	01:10:02.80	+00:27:59	7:00	8.6
69	ZAKABŁUKOWSKA Angelika	583		K 40-49	69	00:42:34	01:02:42	01:10:49.65	+00:28:46	7:04	8.5
70	LOTKO Justyna	295		K 40-49	70	00:43:00	01:04:04	01:12:10.35	+00:30:06	7:13	8.3
71	ROSZKOWSKA-KAZAŁA Małgorzata	432	BIEGOWE WTORKI NA TARCHOMINIE	K 40-49	71	00:44:41	01:04:48	01:13:10.45	+00:31:06	7:19	8.2
72	WIĘCKOWSKA Marzena	552		K 40-49	72			01:13:23.00	+00:31:19	7:20	8.2
73	WÓJTOWICZ Agnieszka	579		K 40-49	73	00:45:13	01:05:48	01:14:23.70	+00:32:20	7:26	8.1
74	KĘSICKA Katarzyna	217		K 40-49	74	00:47:14	01:08:55	01:17:09.30	+00:35:05	7:42	7.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
75	ŚLIMKO Adriana	507		K 40-49	75	00:48:45	01:10:03	01:19:30.70	+00:37:27	7:57	7.5
76	KISIELEWICZ Bożena	221	PSTROKATY PAREOMARATON	K 40-49	76	00:49:06	01:12:42	01:21:46.45	+00:39:42	8:10	7.3
Przekroczony limit czasu: 01:30:00											
77	WALASIK Agnieszka	540		K 40-49	77	00:59:20	01:26:49	01:37:38.30	+00:55:34	9:45	6.1

Znaleziono 77 wynik(ów)