



BIEG PRZEZ MOST 2021

B4SPORT

Organiser:
Date:
Place:
Distance:

Urząd Dzielnicy Warszawa - Białołęka
2021-09-12
Warszawa
10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: Mieszkanka Białołęki

Place	Participant	Number	Club	Category	MCat	6.6km	9km	Net time 10km	Gap	Pace min/km	Pace km/h
1	JARZYŃSKA Kinga	682		K 1-29	2	00:27:09	00:38:59	00:43:47.00		4:22	13.7 (100%)
2	SADOWSKA Marzena	445		K 30-39	3	00:28:14	00:40:02	00:44:51.00	+00:01:04 (2.4%)	4:29	13.4 (97.8%)
3	WINKOWSKA-STRUZIK Magda	558	DUKLANOWSKI TEAM	K 30-39	4	00:28:24	00:40:27	00:45:15.00	+00:01:28 (3.2%)	4:31	13.3 (97.1%)
4	ŻURANIEWSKA Agnieszka	612	NUDNE PIĄTKI	K 40-49	3	00:28:51	00:41:12	00:45:59.35	+00:02:12 (4.8%)	4:35	13 (94.9%)
5	JAKUBISIAK Renata	182	BIEGAM NA TARCHOMINIE	K 40-49	4	00:28:52	00:41:09	00:46:21.10	+00:02:34 (5.5%)	4:38	12.9 (94.2%)
6	WALECKA Wiktoria	542	BIEGAM NA TARCHOMINIE	K 30-39	7	00:29:20	00:41:40	00:46:37.95	+00:02:50 (6.1%)	4:39	12.9 (94.2%)
7	TRUSZKOWSKA Marta	527	BESTIE OCR LEGIONOWO	K 30-39	8	00:29:30	00:41:49	00:46:56.25	+00:03:09 (6.7%)	4:41	12.8 (93.4%)
8	KOWALIKOWSKA Renata	246	BIEGAM NA TARCHOMINIE	K 40-49	5	00:28:56	00:41:49	00:47:03.20	+00:03:16 (6.9%)	4:42	12.8 (93.4%)
9	AUGUSTYŃSKA-ŚMIETAŁO Iwona	21	WŚCIEKŁY FINISZ	K 30-39	10	00:29:52	00:42:46	00:47:47.40	+00:04:00 (8.4%)	4:46	12.6 (92.0%)
10	JAGIEŁŁO-FAJKOWSKA Agnieszka	181	ADIDAS RUNNERS WARSAW	K 30-39	12	00:30:00	00:43:13	00:48:17.90	+00:04:30 (9.3%)	4:49	12.4 (90.5%)
11	CICHOŃSKA Elżbieta	90		K 50-59	1	00:31:19	00:44:29	00:49:53.65	+00:06:06 (12.2%)	4:59	12 (87.6%)
12	CHWALISZ Michalina	89	VEGE RUNNERS	K 1-29	6	00:32:41	00:45:36	00:50:54.95	+00:07:07 (14.0%)	5:05	11.8 (86.1%)
13	RAWSKA Małgorzata	425		K 40-49	13	00:32:49	00:46:22	00:51:47.95	+00:08:00 (15.5%)	5:10	11.6 (84.7%)
14	GÓRSKA Małgorzata	160		K 30-39	21	00:32:53	00:46:27	00:52:01.85	+00:08:14 (15.9%)	5:12	11.5 (83.9%)
15	MOLAK Katarzyna	339		K 1-29	7	00:33:12	00:46:41	00:52:09.30	+00:08:22 (16.1%)	5:12	11.5 (83.9%)
16	APANOWICZ Angelika	16	EKOBIEGI	K 40-49	14	00:32:51	00:46:24	00:52:14.25	+00:08:27 (16.2%)	5:13	11.5 (83.9%)
17	WOŁYNEK Agnieszka	576		K 40-49	16	00:32:50	00:46:47	00:52:23.85	+00:08:36 (16.4%)	5:14	11.5 (83.9%)
18	BUCHALSKA Ewa	69	EKOBIEGI	K 50-59	3	00:32:49	00:46:54	00:52:41.30	+00:08:54 (16.9%)	5:16	11.4 (83.2%)
19	ZARĘBA-TREMELET Katarzyna	590		K 40-49	17	00:32:57	00:47:16	00:52:51.90	+00:09:04 (17.2%)	5:17	11.4 (83.2%)
20	MYŚLIŃSKA Anna	357	BIAŁOŁĘKA JEST KOBIETĄ	K 40-49	18	00:33:23	00:47:08	00:52:54.65	+00:09:07 (17.3%)	5:17	11.3 (82.5%)
21	MATUSZEWSKA Jolanta	317		K 40-49	19	00:32:59	00:47:23	00:53:16.65	+00:09:29 (17.8%)	5:19	11.3 (82.5%)
22	CIMOCHOWSKA Magdalena	96	BIEGAM NA TARCHOMINIE	K 40-49	20	00:33:30	00:47:32	00:53:31.90	+00:09:44 (18.2%)	5:21	11.2 (81.8%)
23	ZUBELEWICZ-JERUZALSKA Anna	604		K 30-39	29	00:34:21	00:48:35	00:54:30.75	+00:10:43 (19.7%)	5:27	11 (80.3%)
24	JARMUŻEWSKA Teresa	191	TIA	K 50-59	5	00:34:52	00:49:05	00:54:34.85	+00:10:47 (19.8%)	5:27	11 (80.3%)
25	JANKOWSKA Wiola	188		K 40-49	22	00:33:47	00:48:59	00:54:42.75	+00:10:55 (20.0%)	5:28	11 (80.3%)
26	TEJCHMA Natalia	515		K 40-49	23	00:34:36	00:48:42	00:54:44.25	+00:10:57 (20.0%)	5:28	11 (80.3%)
27	FURMANIAK PAŃCZAK Joanna	138	BIEGOWE WTORKI NA TARCHOMINIE	K 30-39	30	00:34:38	00:48:54	00:54:48.35	+00:11:01 (20.1%)	5:28	10.9 (79.6%)
28	RADOMSKA-ZUBCZYŃSKA Maria	418		K 30-39	32	00:33:53	00:49:16	00:55:14.80	+00:11:27 (20.7%)	5:31	10.9 (79.6%)
29	KOCIK Elżbieta	4		K 40-49	24			00:55:23.00	+00:11:36 (20.9%)	5:32	10.8 (78.8%)
30	JAROS Honorata	192	.	K 50-59	6	00:34:08	00:49:34	00:55:47.15	+00:12:00 (21.5%)	5:34	10.8 (78.8%)

								Net time 10km		Pace min/km	Pace km/h
Place	Participant	Number	Club	Category	MCat	6.6km	9km		Gap		
31	KROSZKIEWICZ Joanna	254		K 30-39	34	00:34:34	00:49:41	00:55:51.60	+00:12:04 (21.6%)	5:35	10.7 (78.1%)
32	BERECZ Eva	41		K 30-39	35	00:34:39	00:49:23	00:55:59.25	+00:12:12 (21.8%)	5:35	10.7 (78.1%)
33	ŚWIDERSKA Joanna	510		K 30-39	36	00:35:37	00:50:37	00:56:56.10	+00:13:09 (23.1%)	5:41	10.5 (76.6%)
34	CZARTORYSKA Maja	108		K 1-29	9	00:35:59	00:51:20	00:57:17.00	+00:13:30 (23.6%)	5:43	10.5 (76.6%)
35	MŁYŃCZYK Adriana	336		K 40-49	31	00:35:14	00:51:04	00:57:24.60	+00:13:37 (23.7%)	5:44	10.5 (76.6%)
36	MAJEWSKA Hanna	308	BIEGAM NA TARCHOMINIE	K 30-39	38	00:35:40	00:51:28	00:57:34.20	+00:13:47 (23.9%)	5:45	10.4 (75.9%)
37	CZARTORYSKA Anna	107		K 40-49	33	00:36:05	00:51:35	00:57:48.65	+00:14:01 (24.3%)	5:46	10.4 (75.9%)
38	GONET Katarzyna	156		K 40-49	34	00:36:41	00:51:59	00:58:01.65	+00:14:14 (24.5%)	5:48	10.3 (75.2%)
39	MAZUR Jowita	321	FUNKCJONUJ	K 40-49	38	00:37:02	00:52:17	00:58:23.25	+00:14:36 (25.0%)	5:50	10.3 (75.2%)
40	ORZEŁ Karolina	370		K 30-39	44	00:36:50	00:52:36	00:59:00.40	+00:15:13 (25.8%)	5:54	10.2 (74.5%)
41	FLOREK Małgorzata	134		K 30-39	45	00:36:50	00:52:50	00:59:09.70	+00:15:22 (26.0%)	5:54	10.1 (73.7%)
42	KIESIO Sylwia	219	NESSI TEAM	K 30-39	48	00:37:39	00:53:17	00:59:34.20	+00:15:47 (26.5%)	5:57	10.1 (73.7%)
43	ARAŻNY Kamila	19	TRUCHT TARCHOMIN TEAM	K 40-49	42	00:37:42	00:53:12	00:59:45.40	+00:15:58 (26.7%)	5:58	10 (73.0%)
44	LAZARSKA Małgorzata	278		K 40-49	43	00:37:04	00:53:03	00:59:45.45	+00:15:58 (26.7%)	5:58	10 (73.0%)
45	MICHAŁOWSKA Anna	648	BIEGAM NA TARCHOMINIE	K 40-49	44	00:37:13	00:53:33	00:59:54.70	+00:16:07 (26.9%)	5:59	10 (73.0%)
46	MAJCHRZAK Anna	320		K 30-39	50	00:38:03	00:53:48	01:00:15.45	+00:16:28 (27.3%)	6:01	10 (73.0%)
47	ŁUCZAK Małgorzata	303	RUNNERSI ZE SKARBKA	K 40-49	47	00:37:32	00:54:04	01:00:37.50	+00:16:50 (27.8%)	6:03	9.9 (72.3%)
48	SIKORSKA Agnieszka	626		K 30-39	51	00:37:50	00:54:05	01:00:43.25	+00:16:56 (27.9%)	6:04	9.9 (72.3%)
49	KUJAWSKA Joanna	118		K 40-49	49	00:37:23	00:54:28	01:01:12.25	+00:17:25 (28.5%)	6:07	9.8 (71.5%)
50	SHERSHUN Halyna	452	MASTERS DOJO KARATE KYOKUSHIN	K 30-39	52	00:36:57	00:54:20	01:01:19.10	+00:17:32 (28.6%)	6:07	9.8 (71.5%)
51	WALCZUK Magda	541	BRAK	K 30-39	53	00:37:13	00:54:36	01:01:22.85	+00:17:35 (28.7%)	6:08	9.8 (71.5%)
52	GWIZDAŁA Wioletta	677		K 30-39	54	00:38:18	00:55:07	01:01:22.90	+00:17:35 (28.7%)	6:08	9.8 (71.5%)
53	CISZEWSKA Anna	98		K 40-49	50	00:37:49	00:54:49	01:01:32.55	+00:17:45 (28.9%)	6:09	9.8 (71.5%)
54	LEWANDOWSKA Monika	284		K 40-49	51	00:38:18	00:55:05	01:01:48.20	+00:18:01 (29.2%)	6:10	9.7 (70.8%)
55	BESSARABA Jagoda	43		K 1-29	13	00:37:24	00:55:09	01:02:21.70	+00:18:34 (29.8%)	6:14	9.6 (70.1%)
56	KUŚMIREK-KOWAL Joanna	274		K 30-39	56	00:37:54	00:55:44	01:02:23.20	+00:18:36 (29.8%)	6:14	9.6 (70.1%)
57	AUGUSTYNIAK Aleksandra	20		K 40-49	52	00:39:33	00:56:19	01:03:09.15	+00:19:22 (30.7%)	6:18	9.5 (69.3%)
58	BRZÓZKA Magda	68	TARCHO ZIOMY	K 30-39	58	00:39:09	00:56:26	01:03:16.10	+00:19:29 (30.8%)	6:19	9.5 (69.3%)
59	NOWAK Kasia	350		K 30-39	59	00:39:09	00:56:26	01:03:16.45	+00:19:29 (30.8%)	6:19	9.5 (69.3%)
60	ŁOZOWSKA Dorota	301		K 40-49	53	00:39:52	00:56:45	01:03:26.65	+00:19:39 (31.0%)	6:20	9.5 (69.3%)
61	TERECH Ewelina	624		K 40-49	54	00:39:31	00:56:33	01:03:32.75	+00:19:45 (31.1%)	6:21	9.4 (68.6%)
62	JANIK-ARMATA Aneta	186		K 30-39	60	00:39:12	00:56:40	01:03:33.65	+00:19:46 (31.1%)	6:21	9.4 (68.6%)
63	WYSOCKA-LEŚNIKOWSKA Magdalena	580		K 30-39	61	00:39:54	00:56:36	01:03:43.95	+00:19:56 (31.3%)	6:22	9.4 (68.6%)
64	DOMINIAK Edyta	688		K 30-39	62	00:39:13	00:56:48	01:03:53.20	+00:20:06 (31.5%)	6:23	9.4 (68.6%)
65	PODSADNI-KRYSIK Paulina	397	EKOBIEGI	K 30-39	64	00:40:06	00:56:37	01:04:05.05	+00:20:18 (31.7%)	6:24	9.4 (68.6%)
66	WOJTAŚ Beata	574		K 40-49	55	00:39:15	00:56:48	01:04:10.90	+00:20:23 (31.8%)	6:25	9.4 (68.6%)
67	MIERCZYK Agnieszka	332		K 40-49	57	00:39:33	00:57:07	01:04:19.30	+00:20:32 (31.9%)	6:25	9.3 (67.9%)
68	KNIAZIAK - BOBROWICZ Magdalena	631	ORANGE POLSKA	K 40-49	58	00:39:01	00:57:10	01:04:26.70	+00:20:39 (32.1%)	6:26	9.3 (67.9%)
69	BUDEK Joanna	71		K 40-49	59	00:40:18	00:57:09	01:04:48.70	+00:21:01 (32.4%)	6:28	9.3 (67.9%)
70	NASEWICZ-MAMLA Halina	343		K 50-59	13	00:40:38	00:57:44	01:04:54.50	+00:21:07 (32.5%)	6:29	9.2 (67.2%)
71	RUDNICKA Emilia	625	ZABIEGANI PO USZY	K 30-39	67	00:39:00	00:57:26	01:05:00.75	+00:21:13 (32.7%)	6:30	9.2 (67.2%)
72	BALINSKA Justyna	29		K 30-39	68	00:40:50	00:58:25	01:05:46.50	+00:21:59 (33.4%)	6:34	9.1 (66.4%)
73	JUNDZIŁ-BOGUSIEWICZ Paulina	200		K 30-39	70	00:39:07	00:59:02	01:07:29.95	+00:23:42 (35.1%)	6:44	8.9 (65.0%)
74	STRZELEC Agnieszka	482		K 40-49	60	00:41:17	01:00:15	01:08:01.50	+00:24:14 (35.6%)	6:48	8.8 (64.2%)

Place	Participant	Number	Club	Category	MCat	6.6km	9km	Net time 10km	Gap	Pace min/km	Pace km/h
75	LISOWSKA Alicja	291	BIEGAM NA TARCHOMINIE	K 30-39	72	00:41:07	01:00:41	01:08:35.05	+00:24:48 (36.2%)	6:51	8.7 (63.5%)
76	WIŚNIEWSKA-DUDA Anna	562		K 30-39	73	00:42:56	01:01:00	01:08:36.00	+00:24:49 (36.2%)	6:51	8.7 (63.5%)
76	WÓJCIK Monika	653	TRUCHTAM NA TARCHOMINIE	K 40-49	61			01:08:36.00	+00:24:49 (36.2%)	6:51	8.7 (63.5%)
78	ZATYLNA Joanna	591		K 30-39	74	00:41:31	01:00:19	01:08:50.40	+00:25:03 (36.4%)	6:53	8.7 (63.5%)
79	CIEPLAK Katarzyna	91		K 40-49	62	00:41:59	01:01:07	01:08:57.80	+00:25:10 (36.5%)	6:53	8.7 (63.5%)
80	TELAKOWSKA Anita	516		K 40-49	63	00:41:13	01:00:50	01:09:07.35	+00:25:20 (36.7%)	6:54	8.7 (63.5%)
81	MICHNOWSKA Adriana	328		K 40-49	64	00:42:16	01:01:06	01:09:13.65	+00:25:26 (36.8%)	6:55	8.7 (63.5%)
82	ROGUSKA Magdalena	1	BIAŁOŁĘKA JEST KOBIETĄ	K 40-49	65	00:42:01	01:00:49	01:09:14.70	+00:25:27 (36.8%)	6:55	8.7 (63.5%)
83	ŁĄCKA Ilona	10	BIAŁOŁĘKA JEST KOBIETĄ	K 50-59	15	00:41:59	01:00:50	01:09:15.30	+00:25:28 (36.8%)	6:55	8.7 (63.5%)
84	OŁDAK Katarzyna	691		K 40-49	66	00:41:03	01:01:28	01:09:18.20	+00:25:31 (36.8%)	6:55	8.7 (63.5%)
85	ORŁOWSKA Dorota	680		K 30-39	75	00:42:03	01:01:24	01:09:34.00	+00:25:47 (37.1%)	6:57	8.6 (62.8%)
85	MAKOWSKA Izabella	681		K 30-39	76	00:42:03	01:01:25	01:09:34.00	+00:25:47 (37.1%)	6:57	8.6 (62.8%)
87	LOTKO Justyna	295		K 40-49	70	00:43:00	01:04:04	01:12:10.35	+00:28:23 (39.3%)	7:13	8.3 (60.6%)
88	PARZYCH Sylwia	633		K 30-39	77	00:42:41	01:04:09	01:12:48.70	+00:29:01 (39.9%)	7:16	8.2 (59.9%)
89	ROSZKOWSKA-KAZAŁA Małgorzata	432	BIEGOWE WTORKI NA TARCHOMINIE	K 40-49	71	00:44:41	01:04:48	01:13:10.45	+00:29:23 (40.2%)	7:19	8.2 (59.9%)
90	JORDAN Agnieszka	198	BIEGANIE W WARSZAWIE	K 30-39	78			01:13:22.00	+00:29:35 (40.3%)	7:20	8.2 (59.9%)
91	BIDZIŃSKA Alicja	46		K 30-39	80	00:46:44	01:07:38	01:16:06.55	+00:32:19 (42.5%)	7:36	7.9 (57.7%)
92	WIŚNIEWSKA Estera	561		K 1-29	20	00:47:16	01:08:13	01:17:04.25	+00:33:17 (43.2%)	7:42	7.8 (56.9%)
93	KĘSICKA Katarzyna	217		K 40-49	74	00:47:14	01:08:55	01:17:09.30	+00:33:22 (43.3%)	7:42	7.8 (56.9%)
94	ŚLIMKO Adriana	507		K 40-49	75	00:48:45	01:10:03	01:19:30.70	+00:35:43 (44.9%)	7:57	7.5 (54.7%)
Przekroczony limit czasu: 01:30:00											
95	MAJKOWSKA Zofia	684		K 1-29	21	00:58:06	01:23:40	01:34:19.55	+00:50:32 (53.6%)	9:25	6.4 (46.7%)
96	WALASIK Agnieszka	540		K 40-49	77	00:59:20	01:26:49	01:37:38.30	+00:53:51 (55.2%)	9:45	6.1 (44.5%)
97	BRZĄKAŁA Renata	65	SLOW JOGGING BIAŁOŁĘKA	K 50-59	19	01:00:22	01:27:12	01:37:43.25	+00:53:56 (55.2%)	9:46	6.1 (44.5%)
98	CZESNAR Kasia	670		K 50-59	20	01:00:17	01:25:40	01:37:44.40	+00:53:57 (55.2%)	9:46	6.1 (44.5%)

Total 98 results.