



# BIEG PRZEZ MOST

B4SPORT  
INTELIGENTNE ZAWODY SPORTOWE

**Wydarzenie:** BIEG PRZEZ MOST  
**Organizator:** Urząd Dzielnicy Warszawa - Białołęka  
**Data:** 2022-09-04  
**Miejsce:** Warszawa  
**Dystans:** 10 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K 30-39

| Msc | Zawodnik                           | Numer      | Klub                                | Kategoria | Mkat | Mieszkaniec<br>Białołęki | Samorządowiec | Czas<br>startu | 6.6km    | 9km      | Czas<br>netto<br>10km | Czas<br>brutto<br>10km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|------------------------------------|------------|-------------------------------------|-----------|------|--------------------------|---------------|----------------|----------|----------|-----------------------|------------------------|----------------------|-----------------|-----------------|
| 1   | <b>ŁAPIŃSKA Anna</b>               | <b>532</b> |                                     | K 30-39   | 1    |                          |               | 00:00:02       | 00:23:33 | 00:33:15 | <b>00:37:33.80</b>    | <b>00:37:36.20</b>     |                      | 3:45            | 16<br>(100%)    |
| 2   | <b>ZIELIŃSKA Weronika</b>          | <b>212</b> | 12TRI.PL / ASICS FRONTRUNNER POLAND | K 30-39   | 2    |                          |               | 00:00:07       | 00:25:47 | 00:36:02 | <b>00:40:27.55</b>    | <b>00:40:34.70</b>     | +00:02:53<br>(7.2%)  | 4:02            | 14.8<br>(92.5%) |
| 3   | <b>CZERWIŃSKA Katarzyna</b>        | <b>663</b> |                                     | K 30-39   | 3    |                          |               | 00:00:03       | 00:25:36 | 00:36:21 | <b>00:40:58.35</b>    | <b>00:41:02.20</b>     | +00:03:24<br>(8.3%)  | 4:05            | 14.6<br>(91.3%) |
| 4   | <b>KARBOWIAK Marcelina</b>         | <b>134</b> |                                     | K 30-39   | 4    | Tak                      |               | 00:00:10       | 00:26:36 | 00:37:18 | <b>00:41:52.25</b>    | <b>00:42:03.10</b>     | +00:04:18<br>(10.3%) | 4:11            | 14.3<br>(89.4%) |
| 5   | <b>DĄBROWSKA Dominika</b>          | <b>186</b> | LEGIA TABLE TENNIS SCHOOLS          | K 30-39   | 5    | Tak                      |               | 00:00:05       | 00:26:38 | 00:37:37 | <b>00:42:30.75</b>    | <b>00:42:36.05</b>     | +00:04:56<br>(11.6%) | 4:15            | 14.1<br>(88.1%) |
| 6   | <b>S Karolina</b>                  | <b>604</b> | KAROLINA SŁOMCZYŃSKA                | K 30-39   | 6    |                          |               | 00:00:05       | 00:27:18 | 00:38:22 | <b>00:42:57.75</b>    | <b>00:43:03.70</b>     | +00:05:23<br>(12.6%) | 4:17            | 14<br>(87.5%)   |
| 7   | <b>BAK Magdalena</b>               | <b>619</b> |                                     | K 30-39   | 7    |                          |               | 00:00:09       | 00:27:28 | 00:38:47 | <b>00:43:30.20</b>    | <b>00:43:39.60</b>     | +00:05:56<br>(13.7%) | 4:21            | 13.8<br>(86.3%) |
| 8   | <b>SADOWSKA Marzena</b>            | <b>17</b>  |                                     | K 30-39   | 8    | Tak                      |               | 00:00:10       | 00:27:31 | 00:38:52 | <b>00:43:34.70</b>    | <b>00:43:44.90</b>     | +00:06:00<br>(13.8%) | 4:21            | 13.8<br>(86.3%) |
| 9   | <b>LISZKA Karolina</b>             | <b>492</b> | KAZIKI                              | K 30-39   | 9    |                          |               | 00:00:09       | 00:27:29 | 00:38:46 | <b>00:43:35.50</b>    | <b>00:43:44.80</b>     | +00:06:01<br>(13.8%) | 4:21            | 13.8<br>(86.3%) |
| 10  | <b>WINKOWSKA-STRUZIK Magdalena</b> | <b>536</b> | DUCLA ACADEMY                       | K 30-39   | 10   | Tak                      |               | 00:00:08       | 00:28:37 | 00:40:39 | <b>00:45:37.55</b>    | <b>00:45:46.15</b>     | +00:08:03<br>(17.7%) | 4:33            | 13.2<br>(82.5%) |
| 11  | <b>GŁODOWSKA Marta</b>             | <b>443</b> | ŻÓRAWSKI TEAM                       | K 30-39   | 11   |                          |               | 00:00:14       | 00:28:41 | 00:40:41 | <b>00:45:46.65</b>    | <b>00:46:01.60</b>     | +00:08:12<br>(17.9%) | 4:34            | 13.1<br>(81.9%) |
| 12  | <b>KWIECIŃSKA Małgorzata</b>       | <b>313</b> | BRAVEHEARTS LEGIONOWO               | K 30-39   | 12   |                          |               | 00:00:18       | 00:28:40 | 00:40:45 | <b>00:45:58.75</b>    | <b>00:46:17.50</b>     | +00:08:24<br>(18.3%) | 4:35            | 13.1<br>(81.9%) |
| 13  | <b>AUGUSTYŃSKA-ŚMIETAŁO Iwona</b>  | <b>191</b> | BIEGAM NA TARCHOMINIE               | K 30-39   | 13   | Tak                      |               | 00:00:19       | 00:29:30 | 00:41:43 | <b>00:46:53.00</b>    | <b>00:47:12.20</b>     | +00:09:19<br>(19.9%) | 4:41            | 12.8<br>(80.0%) |
| 14  | <b>NIECKARZ Justyna</b>            | <b>639</b> |                                     | K 30-39   | 14   | Tak                      |               | 00:01:52       | 00:29:40 | 00:41:49 | <b>00:46:56.00</b>    | <b>00:48:48.35</b>     | +00:09:22<br>(20.0%) | 4:41            | 12.8<br>(80.0%) |
| 15  | <b>SAKOWSKA Agnieszka</b>          | <b>655</b> |                                     | K 30-39   | 15   |                          |               | 00:01:26       | 00:30:47 | 00:43:23 | <b>00:48:44.55</b>    | <b>00:50:11.10</b>     | +00:11:10<br>(22.9%) | 4:52            | 12.3<br>(76.9%) |
| 16  | <b>CHOTOMSKA Dorota</b>            | <b>483</b> |                                     | K 30-39   | 16   |                          |               | 00:00:11       | 00:30:53 | 00:43:59 | <b>00:49:27.65</b>    | <b>00:49:39.25</b>     | +00:11:53<br>(24.1%) | 4:56            | 12.1<br>(75.6%) |

| Msc | Zawodnik                              | Numer      | Klub                      | Kategoria | Mkat | Mieszkaniec |               | Czas startu | 6.6km    | 9km      | Czas netto 10km | Czas brutto 10km   | Różn               | Tempo min/km      | Tempo km/h |              |
|-----|---------------------------------------|------------|---------------------------|-----------|------|-------------|---------------|-------------|----------|----------|-----------------|--------------------|--------------------|-------------------|------------|--------------|
|     |                                       |            |                           |           |      | Białołęki   | Samorządowiec |             |          |          |                 |                    |                    |                   |            |              |
| 17  | <b>CZARNOCKA NIEDZIELSKA Angelika</b> | <b>746</b> |                           | K 30-39   | 17   | Tak         |               |             | 00:00:48 | 00:31:57 | 00:45:25        | <b>00:51:13.10</b> | <b>00:52:01.60</b> | +00:13:39 (26.7%) | 5:07       | 11.7 (73.1%) |
| 18  | <b>BARTOSZEWICZ Agnieszka</b>         | <b>526</b> |                           | K 30-39   | 18   |             |               |             | 00:00:43 | 00:32:10 | 00:45:47        | <b>00:51:31.90</b> | <b>00:52:15.60</b> | +00:13:58 (27.1%) | 5:09       | 11.6 (72.5%) |
| 19  | <b>KUCZYŃSKA Karolina</b>             | <b>491</b> |                           | K 30-39   | 19   | Tak         |               |             | 00:00:12 | 00:32:39 | 00:46:31        | <b>00:52:00.40</b> | <b>00:52:12.95</b> | +00:14:26 (27.8%) | 5:12       | 11.5 (71.9%) |
| 20  | <b>SUCHECKA Joanna</b>                | <b>93</b>  | KS POMORSKA               | K 30-39   | 20   |             |               |             | 00:00:53 | 00:33:42 | 00:46:54        | <b>00:52:29.35</b> | <b>00:53:22.40</b> | +00:14:55 (28.4%) | 5:14       | 11.4 (71.3%) |
| 21  | <b>IZDEBSKA Karolina</b>              | <b>593</b> | AKTYWNA WARSZAWA          | K 30-39   | 21   |             |               |             | 00:01:42 | 00:33:55 | 00:47:45        | <b>00:53:16.45</b> | <b>00:54:58.70</b> | +00:15:42 (29.5%) | 5:19       | 11.3 (70.6%) |
| 22  | <b>POZOROŃSKA Marta</b>               | <b>7</b>   | GTC                       | K 30-39   | 22   |             |               |             | 00:00:50 | 00:34:08 | 00:48:26        | <b>00:54:21.05</b> | <b>00:55:12.00</b> | +00:16:47 (30.9%) | 5:26       | 11 (68.8%)   |
| 23  | <b>LENART Agnieszka</b>               | <b>592</b> |                           | K 30-39   | 23   |             |               |             | 00:00:51 | 00:34:57 | 00:48:45        | <b>00:54:22.35</b> | <b>00:55:14.30</b> | +00:16:48 (30.9%) | 5:26       | 11 (68.8%)   |
| 24  | <b>SŁOWIAK Klaudia</b>                | <b>20</b>  |                           | K 30-39   | 24   |             |               |             | 00:01:46 | 00:34:52 | 00:48:41        | <b>00:54:23.20</b> | <b>00:56:09.45</b> | +00:16:49 (30.9%) | 5:26       | 11 (68.8%)   |
| 25  | <b>SOKOŁOWSKA Magdalena</b>           | <b>348</b> |                           | K 30-39   | 25   |             |               |             | 00:00:23 | 00:33:42 | 00:48:30        | <b>00:54:30.40</b> | <b>00:54:54.25</b> | +00:16:56 (31.1%) | 5:27       | 11 (68.8%)   |
| 26  | <b>DOBOSZ Aneta</b>                   | <b>603</b> | WŚCIEKŁE PIĘŚCI WĘŻA      | K 30-39   | 26   | Tak         |               |             | 00:01:43 | 00:34:32 | 00:48:43        | <b>00:54:44.90</b> | <b>00:56:28.40</b> | +00:17:11 (31.4%) | 5:28       | 11 (68.8%)   |
| 27  | <b>FLOREK Małgorzata</b>              | <b>705</b> |                           | K 30-39   | 27   | Tak         |               |             | 00:01:14 | 00:34:46 | 00:49:15        | <b>00:55:22.15</b> | <b>00:56:36.95</b> | +00:17:48 (32.2%) | 5:32       | 10.8 (67.5%) |
| 28  | <b>HORDIENKO Natalia</b>              | <b>372</b> | UKRAINE                   | K 30-39   | 28   |             | Tak           |             | 00:00:11 | 00:35:15 | 00:50:13        | <b>00:56:29.65</b> | <b>00:56:40.85</b> | +00:18:55 (33.5%) | 5:38       | 10.6 (66.3%) |
| 29  | <b>CHMIEL Anna</b>                    | <b>135</b> |                           | K 30-39   | 29   |             | Tak           |             | 00:01:34 | 00:35:56 | 00:50:26        | <b>00:56:38.25</b> | <b>00:58:12.65</b> | +00:19:04 (33.7%) | 5:39       | 10.6 (66.3%) |
| 30  | <b>IWANICKA Monika</b>                | <b>472</b> |                           | K 30-39   | 30   |             | Tak           |             | 00:00:43 | 00:36:11 | 00:50:58        | <b>00:56:59.60</b> | <b>00:57:43.15</b> | +00:19:25 (34.1%) | 5:41       | 10.5 (65.6%) |
| 31  | <b>KACZMAREK Katarzyna</b>            | <b>454</b> | MARKOWI BIEGACZE          | K 30-39   | 31   |             |               |             | 00:01:46 | 00:36:27 | 00:51:01        | <b>00:57:02.50</b> | <b>00:58:48.75</b> | +00:19:28 (34.1%) | 5:42       | 10.5 (65.6%) |
| 32  | <b>SHYMANCHUK Volha</b>               | <b>659</b> |                           | K 30-39   | 32   |             |               |             | 00:01:34 | 00:35:37 | 00:50:45        | <b>00:57:18.30</b> | <b>00:58:52.90</b> | +00:19:44 (34.5%) | 5:43       | 10.5 (65.6%) |
| 33  | <b>FETISOVA Katia</b>                 | <b>576</b> |                           | K 30-39   | 33   |             |               |             | 00:01:33 | 00:36:01 | 00:50:57        | <b>00:57:34.80</b> | <b>00:59:08.60</b> | +00:20:01 (34.8%) | 5:45       | 10.4 (65.0%) |
| 34  | <b>TRZASKO Ania</b>                   | <b>744</b> | NEWBALANCERUNCLUB         | K 30-39   | 34   |             |               |             | 00:01:26 | 00:35:44 | 00:51:39        | <b>00:58:01.20</b> | <b>00:59:27.75</b> | +00:20:27 (35.3%) | 5:48       | 10.3 (64.4%) |
| 35  | <b>PIKULIŃSKA Iwona</b>               | <b>712</b> |                           | K 30-39   | 35   | Tak         |               |             | 00:01:40 | 00:36:35 | 00:52:04        | <b>00:58:22.25</b> | <b>01:00:02.40</b> | +00:20:48 (35.6%) | 5:50       | 10.3 (64.4%) |
| 36  | <b>SIKORSKA Agnieszka</b>             | <b>392</b> |                           | K 30-39   | 36   |             |               |             | 00:01:54 | 00:37:16 | 00:52:22        | <b>00:58:43.85</b> | <b>01:00:38.75</b> | +00:21:10 (36.0%) | 5:52       | 10.2 (63.8%) |
| 37  | <b>LEZNER Karolina</b>                | <b>80</b>  |                           | K 30-39   | 37   |             |               |             | 00:01:46 | 00:37:39 | 00:52:15        | <b>00:58:49.20</b> | <b>01:00:35.80</b> | +00:21:15 (36.1%) | 5:52       | 10.2 (63.8%) |
| 38  | <b>SAWICKA - WERS Urszula</b>         | <b>248</b> | BIEGAM BO LUBIĘ KOŁOBRZEG | K 30-39   | 38   |             |               |             | 00:00:21 | 00:36:06 | 00:52:22        | <b>00:58:56.25</b> | <b>00:59:17.65</b> | +00:21:22 (36.3%) | 5:53       | 10.2 (63.8%) |
| 39  | <b>RUDNICKA Emilia</b>                | <b>621</b> |                           | K 30-39   | 39   | Tak         |               |             | 00:01:43 | 00:36:38 | 00:52:14        | <b>00:58:58.00</b> | <b>01:00:41.90</b> | +00:21:24 (36.3%) | 5:53       | 10.2 (63.8%) |
| 40  | <b>GAPSKA Agnieszka</b>               | <b>766</b> | KRAV MAGA KLUB KENKO      | K 30-39   | 40   |             |               |             | 00:01:47 | 00:38:32 | 00:53:08        | <b>00:59:05.25</b> | <b>01:00:52.70</b> | +00:21:31 (36.4%) | 5:54       | 10.2 (63.8%) |

| Msc | Zawodnik                         | Numer      | Klub                      | Kategoria | Mkat | Mieszkaniec |               | Czas startu | 6.6km    | 9km      | Czas netto 10km | Czas brutto 10km   | Różn               | Tempo min/km      | Tempo km/h |              |
|-----|----------------------------------|------------|---------------------------|-----------|------|-------------|---------------|-------------|----------|----------|-----------------|--------------------|--------------------|-------------------|------------|--------------|
|     |                                  |            |                           |           |      | Białołęki   | Samorządowiec |             |          |          |                 |                    |                    |                   |            |              |
| 41  | <b>RADOMSKA-ZUBCZYŃSKA Maria</b> | <b>43</b>  |                           | K 30-39   | 41   | Tak         |               |             | 00:00:31 | 00:37:07 | 00:52:44        | <b>00:59:09.10</b> | <b>00:59:40.50</b> | +00:21:35 (36.5%) | 5:54       | 10.1 (63.1%) |
| 42  | <b>ŚCIWIARSKA Małgorzata</b>     | <b>37</b>  |                           | K 30-39   | 42   | Tak         |               |             | 00:01:41 | 00:37:49 | 00:53:13        | <b>00:59:21.75</b> | <b>01:01:03.70</b> | +00:21:47 (36.7%) | 5:56       | 10.1 (63.1%) |
| 43  | <b>OWOC Magdalena</b>            | <b>304</b> |                           | K 30-39   | 43   | Tak         |               |             | 00:01:45 | 00:37:12 | 00:53:02        | <b>00:59:44.40</b> | <b>01:01:29.50</b> | +00:22:10 (37.1%) | 5:58       | 10 (62.5%)   |
| 44  | <b>CHRZANOWSKA Agata</b>         | <b>499</b> |                           | K 30-39   | 44   |             |               |             | 00:00:57 | 00:37:20 | 00:53:26        | <b>00:59:51.55</b> | <b>01:00:49.05</b> | +00:22:17 (37.2%) | 5:59       | 10 (62.5%)   |
| 45  | <b>MAJCHRZAK Anna</b>            | <b>3</b>   |                           | K 30-39   | 45   | Tak         | Tak           |             | 00:02:02 | 00:39:15 | 00:54:50        | <b>01:01:42.55</b> | <b>01:03:44.90</b> | +00:24:08 (39.1%) | 6:10       | 9.7 (60.6%)  |
| 46  | <b>CHODUN Agnieszka</b>          | <b>560</b> |                           | K 30-39   | 46   |             |               |             | 00:00:51 | 00:39:07 | 00:55:13        | <b>01:01:43.65</b> | <b>01:02:35.35</b> | +00:24:09 (39.1%) | 6:10       | 9.7 (60.6%)  |
| 47  | <b>WIŚNIEWSKA Aneta</b>          | <b>361</b> |                           | K 30-39   | 47   | Tak         |               |             | 00:00:33 | 00:38:05 | 00:55:10        | <b>01:01:54.95</b> | <b>01:02:28.55</b> | +00:24:21 (39.3%) | 6:11       | 9.7 (60.6%)  |
| 48  | <b>GĄSECKA Olga</b>              | <b>290</b> |                           | K 30-39   | 48   |             |               |             | 00:01:40 | 00:39:26 | 00:55:40        | <b>01:02:25.20</b> | <b>01:04:05.20</b> | +00:24:51 (39.8%) | 6:14       | 9.6 (60.0%)  |
| 49  | <b>PIKIEWICZ Julka</b>           | <b>420</b> |                           | K 30-39   | 49   |             |               |             | 00:01:38 | 00:38:05 | 00:55:31        | <b>01:02:40.20</b> | <b>01:04:18.55</b> | +00:25:06 (40.1%) | 6:16       | 9.6 (60.0%)  |
| 50  | <b>ZYCH Kasia</b>                | <b>465</b> | NBRC                      | K 30-39   | 50   |             |               |             | 00:01:19 | 00:39:40 | 00:56:06        | <b>01:02:41.60</b> | <b>01:04:00.95</b> | +00:25:07 (40.1%) | 6:16       | 9.6 (60.0%)  |
| 51  | <b>WALECKA Wiktoria</b>          | <b>773</b> | TRUCHT TARCHOMIN TEAM     | K 30-39   | 51   | Tak         | Tak           |             | 00:01:39 | 00:37:59 | 00:55:21        | <b>01:02:43.75</b> | <b>01:04:23.25</b> | +00:25:09 (40.1%) | 6:16       | 9.6 (60.0%)  |
| 52  | <b>CHEŁCHOWSKA Ewa</b>           | <b>389</b> | BRBK - BIEGLI W PODATKACH | K 30-39   | 52   |             |               |             | 00:00:37 | 00:39:04 | 00:56:33        | <b>01:03:25.65</b> | <b>01:04:03.40</b> | +00:25:51 (40.8%) | 6:20       | 9.5 (59.4%)  |
| 53  | <b>ORŁOWSKA Dorota</b>           | <b>770</b> | INTERSPORT                | K 30-39   | 53   | Tak         |               |             | 00:00:42 | 00:42:13 | 00:57:43        | <b>01:03:31.20</b> | <b>01:04:14.00</b> | +00:25:57 (40.9%) | 6:21       | 9.4 (58.8%)  |
| 54  | <b>BULIK Bozena</b>              | <b>685</b> |                           | K 30-39   | 54   | Tak         |               |             | 00:01:53 | 00:40:51 | 00:57:49        | <b>01:04:34.95</b> | <b>01:06:28.60</b> | +00:27:01 (41.8%) | 6:27       | 9.3 (58.1%)  |
| 55  | <b>JASIOCHA Diana</b>            | <b>549</b> |                           | K 30-39   | 55   | Tak         |               |             | 00:00:37 | 00:41:06 | 00:57:52        | <b>01:04:47.25</b> | <b>01:05:24.40</b> | +00:27:13 (42.0%) | 6:28       | 9.3 (58.1%)  |
| 55  | <b>DZIEWULSKA Natalia</b>        | <b>611</b> |                           | K 30-39   | 56   | Tak         |               |             | 00:00:37 | 00:41:06 | 00:57:52        | <b>01:04:47.25</b> | <b>01:05:24.40</b> | +00:27:13 (42.0%) | 6:28       | 9.3 (58.1%)  |
| 57  | <b>NOWAK Kasia</b>               | <b>650</b> |                           | K 30-39   | 57   | Tak         |               |             | 00:01:58 | 00:41:08 | 00:57:50        | <b>01:04:58.90</b> | <b>01:06:57.25</b> | +00:27:25 (42.2%) | 6:29       | 9.2 (57.5%)  |
| 58  | <b>DROZDOWSKA Aleksandra</b>     | <b>553</b> |                           | K 30-39   | 58   | Tak         |               |             | 00:00:37 | 00:41:31 | 00:58:38        | <b>01:06:02.30</b> | <b>01:06:39.45</b> | +00:28:28 (43.1%) | 6:36       | 9.1 (56.9%)  |
| 59  | <b>KNAP Dorota</b>               | <b>25</b>  |                           | K 30-39   | 59   |             |               |             | 00:00:35 | 00:41:23 | 00:59:01        | <b>01:06:34.55</b> | <b>01:07:10.45</b> | +00:29:00 (43.6%) | 6:39       | 9 (56.3%)    |
| 60  | <b>STAGIŁOW Monika</b>           | <b>120</b> |                           | K 30-39   | 60   |             |               |             | 00:00:42 | 00:41:39 | 00:59:20        | <b>01:06:40.10</b> | <b>01:07:22.75</b> | +00:29:06 (43.7%) | 6:40       | 9 (56.3%)    |
| 61  | <b>WIĘCKOWSKA Aneta</b>          | <b>437</b> | POLSKA                    | K 30-39   | 61   | Tak         | Tak           |             | 00:02:05 | 00:42:20 | 00:59:59        | <b>01:07:14.65</b> | <b>01:09:20.30</b> | +00:29:40 (44.1%) | 6:43       | 8.9 (55.6%)  |
| 62  | <b>PONIEWIERSKA Magdalena</b>    | <b>767</b> | INTERSPORT                | K 30-39   | 62   | Tak         |               |             | 00:00:43 | 00:42:12 | 01:00:06        | <b>01:07:31.45</b> | <b>01:08:14.85</b> | +00:29:57 (44.4%) | 6:45       | 8.9 (55.6%)  |
| 63  | <b>MAKOWSKA Iza</b>              | <b>777</b> | INTERSPORT                | K 30-39   | 63   | Tak         |               |             | 00:00:43 | 00:42:13 | 01:00:07        | <b>01:07:31.90</b> | <b>01:08:14.90</b> | +00:29:58 (44.4%) | 6:45       | 8.9 (55.6%)  |
| 64  | <b>BORKOWSKA Monika</b>          | <b>307</b> |                           | K 30-39   | 64   | Tak         |               |             | 00:00:49 | 00:43:38 | 01:00:44        | <b>01:08:04.35</b> | <b>01:08:54.30</b> | +00:30:30 (44.8%) | 6:48       | 8.8 (55.0%)  |

| Msc | Zawodnik                   | Numer      | Klub                  | Kategoria | Mkat | Mieszkaniec |               | Czas startu | 6.6km    | 9km      | Czas netto 10km | Czas brutto 10km   | Różn               | Tempo min/km         | Tempo km/h |                |
|-----|----------------------------|------------|-----------------------|-----------|------|-------------|---------------|-------------|----------|----------|-----------------|--------------------|--------------------|----------------------|------------|----------------|
|     |                            |            |                       |           |      | Białołęki   | Samorządowiec |             |          |          |                 |                    |                    |                      |            |                |
| 65  | <b>CZYŻ Justyna</b>        | <b>388</b> |                       | K 30-39   | 65   | Tak         |               |             | 00:01:00 | 00:40:31 | 01:00:40        | <b>01:08:08.25</b> | <b>01:09:08.50</b> | +00:30:34<br>(44.9%) | 6:48       | 8.8<br>(55.0%) |
| 66  | <b>SZŁĄZAK Pola</b>        | <b>317</b> |                       | K 30-39   | 66   |             |               |             | 00:00:40 | 00:42:28 | 01:00:35        | <b>01:08:09.70</b> | <b>01:08:50.30</b> | +00:30:35<br>(44.9%) | 6:48       | 8.8<br>(55.0%) |
| 67  | <b>KOPROWSKA Barara</b>    | <b>343</b> |                       | K 30-39   | 67   |             |               |             | 00:01:56 | 00:43:17 | 01:01:36        | <b>01:09:14.40</b> | <b>01:11:10.90</b> | +00:31:40<br>(45.7%) | 6:55       | 8.7<br>(54.4%) |
| 68  | <b>BUDEK Ewa</b>           | <b>635</b> |                       | K 30-39   | 68   |             |               |             | 00:01:52 | 00:42:07 | 01:01:30        | <b>01:09:42.05</b> | <b>01:11:34.45</b> | +00:32:08<br>(46.1%) | 6:58       | 8.6<br>(53.8%) |
| 69  | <b>STACH Karolina</b>      | <b>264</b> |                       | K 30-39   | 69   |             |               |             | 00:00:36 | 00:43:08 | 01:01:57        | <b>01:09:53.20</b> | <b>01:10:29.70</b> | +00:32:19<br>(46.3%) | 6:59       | 8.6<br>(53.8%) |
| 70  | <b>LISOWSKA Alicja</b>     | <b>155</b> | BIEGAM NA TARCHOMINIE | K 30-39   | 70   | Tak         |               |             | 00:00:55 | 00:43:11 | 01:02:31        | <b>01:11:11.35</b> | <b>01:12:06.85</b> | +00:33:37<br>(47.2%) | 7:07       | 8.4<br>(52.5%) |
| 71  | <b>KRZYŻEWSKA Karolina</b> | <b>737</b> | PZU SPORT TEAM        | K 30-39   | 71   |             |               |             | 00:02:03 | 00:45:03 | 01:04:03        | <b>01:12:05.55</b> | <b>01:14:08.80</b> | +00:34:31<br>(47.9%) | 7:12       | 8.3<br>(51.9%) |
| 72  | <b>ADAMCZYK Anna</b>       | <b>48</b>  | BIEGACZKI             | K 30-39   | 72   |             |               |             | 00:01:51 | 00:45:20 | 01:04:57        | <b>01:12:55.80</b> | <b>01:14:47.75</b> | +00:35:22<br>(48.5%) | 7:17       | 8.2<br>(51.3%) |
| 72  | <b>ŻMIJEWSKA Karolina</b>  | <b>47</b>  | BIEGACZKI             | K 30-39   | 73   |             |               |             | 00:01:51 | 00:45:20 | 01:04:57        | <b>01:12:56.00</b> | <b>01:14:47.75</b> | +00:35:22<br>(48.5%) | 7:17       | 8.2<br>(51.3%) |
| 74  | <b>STEGIENKO Karolina</b>  | <b>345</b> |                       | K 30-39   | 74   |             |               |             | 00:00:22 | 00:44:36 | 01:05:14        | <b>01:13:44.20</b> | <b>01:14:06.50</b> | +00:36:10<br>(49.1%) | 7:22       | 8.1<br>(50.6%) |
| 75  | <b>WŁODARCZYK Aneta</b>    | <b>34</b>  | KS KONIEC STAWKI      | K 30-39   | 75   |             |               |             | 00:02:09 | 00:47:50 | 01:07:17        | <b>01:15:09.25</b> | <b>01:17:19.15</b> | +00:37:35<br>(50.0%) | 7:30       | 8<br>(50.0%)   |
| 76  | <b>NEC Paulina</b>         | <b>396</b> |                       | K 30-39   | 76   |             |               |             | 00:01:59 | 00:46:08 | 01:07:14        | <b>01:15:24.90</b> | <b>01:17:24.30</b> | +00:37:51<br>(50.2%) | 7:32       | 8<br>(50.0%)   |
| 77  | <b>WICHTOWSKA Karolina</b> | <b>29</b>  |                       | K 30-39   | 77   | Tak         |               |             | 00:00:22 | 00:46:57 | 01:07:20        | <b>01:16:01.30</b> | <b>01:16:24.25</b> | +00:38:27<br>(50.6%) | 7:36       | 7.9<br>(49.4%) |
| 78  | <b>BIDZIŃSKA Alicja</b>    | <b>19</b>  |                       | K 30-39   | 78   | Tak         |               |             | 00:00:04 | 00:47:54 | 01:08:48        | <b>01:17:45.50</b> | <b>01:17:50.20</b> | +00:40:11<br>(51.7%) | 7:46       | 7.7<br>(48.1%) |
| 79  | <b>VALIIEVA Aliia</b>      | <b>473</b> |                       | K 30-39   | 79   |             |               |             | 00:00:55 | 00:49:58 | 01:10:39        | <b>01:19:26.90</b> | <b>01:20:22.50</b> | +00:41:53<br>(52.7%) | 7:56       | 7.6<br>(47.5%) |
| 80  | <b>GWIZDAŁA Wioletta</b>   | <b>696</b> |                       | K 30-39   | 80   |             |               |             | 00:01:44 |          |                 |                    |                    |                      |            | (0.0%)         |

Znaleziono 80 wynik(ów)