



BIEG PRZEZ MOST

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

BIEG PRZEZ MOST
Urząd Dzielnicy Warszawa - Białołęka
2022-09-04
Warszawa
10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K 40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Białołęki	Samorządowiec	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KAŹMIERCZAK Marta	796	TRENERBIEGANIA.PL	K 40-49	1			00:00:03	00:24:33	00:34:36	00:38:43.75	00:38:47.10		3:52	15.5 (100%)
2	BIENIEK- UGNIEWSKA Joanna	214	SUNFIT STUDIO	K 40-49	2			00:00:07	00:26:07	00:37:02	00:41:43.90	00:41:51.25	+00:03:00 (7.2%)	4:10	14.4 (92.9%)
3	ŁABĘCKA Agata	418	KLUB BIEGACZA RTV EURO AGD	K 40-49	3			00:00:17	00:28:31	00:40:03	00:44:57.55	00:45:14.80	+00:06:13 (13.9%)	4:29	13.3 (85.8%)
4	SZYMBORSKA Monika	580		K 40-49	4			00:00:21	00:29:10	00:41:25	00:46:31.30	00:46:52.30	+00:07:47 (16.8%)	4:39	12.9 (83.2%)
5	ZWARDOŃ Ewa	164	BUXIDA	K 40-49	5			00:00:17	00:29:23	00:41:47	00:46:50.75	00:47:08.00	+00:08:07 (17.3%)	4:41	12.8 (82.6%)
6	THEODOULOU Nicci	632		K 40-49	6			00:00:58	00:31:11	00:43:35	00:48:32.35	00:49:30.70	+00:09:48 (20.2%)	4:51	12.4 (80.0%)
7	JĘDRZEJCZYK- KOWALSKA Sylwia	380	BIGTIRESRUNCLUB	K 40-49	7			00:01:04	00:31:23	00:44:00	00:49:07.75	00:50:12.45	+00:10:24 (21.2%)	4:54	12.2 (78.7%)
8	JAKUBISIAK Renata	209	BIEGAM NA TARCHOMINIE	K 40-49	8	Tak		00:00:56	00:31:46	00:44:21	00:49:57.20	00:50:53.30	+00:11:13 (22.5%)	4:59	12 (77.4%)
9	ŁATKOWSKA Monika	401	GRUPA BIEGOWA UM W-WA	K 40-49	9		Tak	00:01:21	00:31:37	00:44:37	00:49:59.15	00:51:20.90	+00:11:15 (22.5%)	4:59	12 (77.4%)
10	BOGUMIŁ Izabela	478		K 40-49	10			00:00:44	00:31:36	00:44:40	00:50:07.20	00:50:52.00	+00:11:23 (22.7%)	5:00	12 (77.4%)
11	ZEGAR Anna	357		K 40-49	11	Tak		00:01:26	00:32:09	00:45:32	00:51:05.95	00:52:32.75	+00:12:22 (24.2%)	5:06	11.7 (75.5%)
12	CIMOCHOWSKA- ŚWITALSKA Magdalena	422	BIEGAM NA TARCHOMINIE	K 40-49	12	Tak		00:01:21	00:32:13	00:45:31	00:51:12.05	00:52:33.35	+00:12:28 (24.4%)	5:07	11.7 (75.5%)
13	STAROŃSKA Magdalena	693	BIEGAM NA TARCHOMINIE	K 40-49	13	Tak		00:00:41	00:32:13	00:45:42	00:51:12.90	00:51:54.10	+00:12:29 (24.4%)	5:07	11.7 (75.5%)
14	SZYSZKO Ewa	181	MARKOWI BIEGACZE	K 40-49	14			00:00:28	00:31:30	00:46:17	00:51:45.50	00:52:13.80	+00:13:01 (25.2%)	5:10	11.6 (74.8%)
15	TARCZOŃ Agata	700	ZMITEK-TEAM	K 40-49	15			00:00:29	00:32:14	00:46:13	00:52:03.45	00:52:33.15	+00:13:19 (25.6%)	5:12	11.5 (74.2%)
16	TOMCZUK- KUZKA Katarzyna	205		K 40-49	16		Tak	00:00:17	00:32:14	00:46:08	00:52:04.50	00:52:22.35	+00:13:20 (25.6%)	5:12	11.5 (74.2%)
17	HRYCIUK Katarzyna	419	EKOBIEGI	K 40-49	17			00:01:25	00:32:38	00:46:22	00:52:24.95	00:53:50.55	+00:13:41 (26.1%)	5:14	11.5 (74.2%)
18	KOCIK Elżbieta	10		K 40-49	18	Tak	Tak	00:01:26	00:33:25	00:47:11	00:52:56.45	00:54:22.50	+00:14:12 (26.8%)	5:17	11.3 (72.9%)

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								
19	SYNOWIEC Dorota	231		K 40-49	19			00:00:58	00:33:46	00:47:20	00:53:05.35	00:54:04.25	+00:14:21 (27.0%)	5:18	11.3 (72.9%)
20	SZEJKA Katarzyna	550		K 40-49	20			00:00:45	00:33:24	00:47:30	00:53:27.05	00:54:12.20	+00:14:43 (27.5%)	5:20	11.2 (72.3%)
21	MYŚLIŃSKA Anna	123		K 40-49	21	Tak	Tak	00:01:26	00:33:40	00:47:44	00:53:50.05	00:55:16.40	+00:15:06 (28.1%)	5:23	11.1 (71.6%)
22	CABAŃSKA Dorota	369		K 40-49	22			00:01:36	00:33:16	00:47:46	00:54:06.25	00:55:42.55	+00:15:22 (28.4%)	5:24	11.1 (71.6%)
23	HUSZCZA Agata	464		K 40-49	23	Tak		00:01:05	00:34:39	00:48:49	00:54:32.75	00:55:38.15	+00:15:49 (29.0%)	5:27	11 (71.0%)
24	JAREK Katarzyna	229		K 40-49	24			00:01:21	00:33:27	00:48:20	00:54:37.50	00:55:58.95	+00:15:53 (29.1%)	5:27	11 (71.0%)
25	JANIAK Jagoda	456		K 40-49	25	Tak		00:00:59	00:33:50	00:48:36	00:54:41.45	00:55:40.75	+00:15:57 (29.2%)	5:28	11 (71.0%)
26	WOJDAK Anna	539		K 40-49	26			00:00:36	00:34:32	00:49:04	00:54:54.35	00:55:30.35	+00:16:10 (29.5%)	5:29	10.9 (70.3%)
27	WALENDZIK Wiesia	566		K 40-49	27	Tak		00:00:33	00:34:00	00:48:58	00:55:16.30	00:55:49.60	+00:16:32 (29.9%)	5:31	10.9 (70.3%)
28	RASIŃSKA Agnieszka	167	NASIELSK BASZTA TEAM	K 40-49	28			00:01:23	00:33:52	00:49:49	00:56:21.90	00:57:45.20	+00:17:38 (31.3%)	5:38	10.6 (68.4%)
29	CZARTORYSKA Anna	521		K 40-49	29	Tak		00:01:40	00:35:25	00:50:27	00:56:49.00	00:58:29.90	+00:18:05 (31.8%)	5:40	10.6 (68.4%)
30	WOJTKIEWICZ Anna	262		K 40-49	30			00:01:37	00:35:50	00:50:52	00:57:21.05	00:58:58.80	+00:18:37 (32.5%)	5:44	10.5 (67.7%)
31	APANOWICZ Angelika	162	EKOBIEGI	K 40-49	31	Tak		00:01:33	00:36:01	00:50:57	00:57:34.85	00:59:08.35	+00:18:51 (32.7%)	5:45	10.4 (67.1%)
32	CISZEWSKA Anna	131		K 40-49	32	Tak		00:01:38	00:36:13	00:51:39	00:57:46.80	00:59:25.70	+00:19:03 (33.0%)	5:46	10.4 (67.1%)
33	FABISIAK Anna	664	TEAM ZABIEGANE DNI	K 40-49	33			00:00:20	00:36:23	00:51:47	00:58:06.45	00:58:26.90	+00:19:22 (33.3%)	5:48	10.3 (66.5%)
34	MYCIELSKA Ewa	199		K 40-49	34			00:00:37	00:36:30	00:51:47	00:58:08.65	00:58:45.95	+00:19:24 (33.4%)	5:48	10.3 (66.5%)
35	WINIARSKA Izabela	395	IZAGÓRĄ	K 40-49	35		Tak	00:02:02	00:36:13	00:51:31	00:58:23.90	01:00:26.35	+00:19:40 (33.7%)	5:50	10.3 (66.5%)
36	BRZOSTOWSKA Kama	652		K 40-49	36			00:01:37	00:36:15	00:52:05	00:58:43.20	01:00:20.40	+00:19:59 (34.0%)	5:52	10.2 (65.8%)
37	KUŚMIREK-KOWAL Joanna	350	BIEGAM NA TARCHOMINIE	K 40-49	37	Tak		00:01:36	00:36:37	00:52:31	00:59:00.90	01:00:37.40	+00:20:17 (34.4%)	5:54	10.2 (65.8%)
38	RUCYK Justyna	694		K 40-49	38		Tak	00:01:35	00:37:24	00:52:52	00:59:14.85	01:00:50.25	+00:20:31 (34.6%)	5:55	10.1 (65.2%)
39	JANKOWSKA Wioletta	182		K 40-49	39	Tak		00:01:06	00:37:33	00:52:46	00:59:15.45	01:00:21.45	+00:20:31 (34.6%)	5:55	10.1 (65.2%)
40	ROTTER Małgorzata	56		K 40-49	40			00:01:44	00:37:42	00:53:02	00:59:18.30	01:01:02.90	+00:20:34 (34.7%)	5:55	10.1 (65.2%)
41	BALCERZAK-JAŁTUSZEWSKA Katarzyna	634	MARKOWI BIEGACZE	K 40-49	41			00:01:44	00:37:43	00:53:02	00:59:20.75	01:01:05.25	+00:20:37 (34.7%)	5:56	10.1 (65.2%)
42	WOŁYNEK Agnieszka	91		K 40-49	42	Tak		00:01:41	00:37:49	00:53:13	00:59:21.55	01:01:03.50	+00:20:37 (34.8%)	5:56	10.1 (65.2%)
43	GŁÓWKA Małgorzata	223		K 40-49	43			00:01:59	00:38:16	00:53:09	00:59:27.45	01:01:27.05	+00:20:43 (34.9%)	5:56	10.1 (65.2%)
44	BROŻYNA Magda	707		K 40-49	44			00:00:23	00:37:41	00:53:25	00:59:58.40	01:00:21.95	+00:21:14 (35.4%)	5:59	10 (64.5%)
45	BRZOZOWSKA Magdalena	271	BIEGUSTATORZY	K 40-49	45			00:01:45	00:37:39	00:52:33	01:00:01.20	01:01:46.95	+00:21:17 (35.5%)	6:00	10 (64.5%)

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								
46	KOPCZYŃSKA Dominika	649		K 40-49	46			00:02:00	00:37:32	00:53:43	01:00:38.35	01:02:38.95	+00:21:54 (36.1%)	6:03	9.9 (63.9%)
47	GAWĘŁ Dorota	442		K 40-49	47			00:01:25	00:38:28	00:53:59	01:00:40.85	01:02:06.50	+00:21:57 (36.2%)	6:04	9.9 (63.9%)
48	WOJTKOWSKA Anna	282		K 40-49	48			00:01:50	00:37:47	00:54:02	01:00:41.05	01:02:31.40	+00:21:57 (36.2%)	6:04	9.9 (63.9%)
49	ZIARKO Joanna	176		K 40-49	49			00:00:46	00:40:20	00:55:28	01:01:58.45	01:02:44.75	+00:23:14 (37.5%)	6:11	9.7 (62.6%)
50	GONET Katarzyna	195	BIEGOWE WTORKI NA TARCHOMINIE	K 40-49	50	Tak		00:01:46	00:38:46	00:55:16	01:02:05.55	01:03:51.65	+00:23:21 (37.6%)	6:12	9.7 (62.6%)
51	KRASUSKA Magdalena	451	SPOŁECZNA SZKOŁA PODSTAWOWA INTEGRACYJNA NR 100 STO	K 40-49	51	Tak		00:00:39	00:41:08	00:55:49	01:02:07.45	01:02:47.15	+00:23:23 (37.7%)	6:12	9.7 (62.6%)
52	KOWALCZYK Agnieszka	788		K 40-49	52			00:01:38	00:38:25	00:54:59	01:02:28.65	01:04:07.25	+00:23:44 (38.0%)	6:14	9.6 (61.9%)
53	WITEK Małgorzata	509		K 40-49	53	Tak		00:01:57	00:39:48	00:55:59	01:02:33.70	01:04:31.40	+00:23:49 (38.1%)	6:15	9.6 (61.9%)
54	KIRSZ Ewa	425		K 40-49	54	Tak		00:00:17	00:39:22	00:55:52	01:02:48.55	01:03:05.55	+00:24:04 (38.3%)	6:16	9.6 (61.9%)
55	PRĘDKA Marta	44		K 40-49	55	Tak		00:02:01	00:40:04	00:56:23	01:02:58.05	01:04:59.90	+00:24:14 (38.5%)	6:17	9.5 (61.3%)
56	ZOUABI Dorota	751	TOTAL FITNES	K 40-49	56	Tak		00:01:40	00:39:45	00:56:45	01:03:32.90	01:05:13.75	+00:24:49 (39.1%)	6:21	9.4 (60.6%)
57	PRUSZYŃSKA Joanna	132	KS OŻARÓW MAZOWIECKI BIEGA	K 40-49	57			00:01:51	00:40:15	00:56:44	01:03:56.65	01:05:48.40	+00:25:12 (39.4%)	6:23	9.4 (60.6%)
58	STASZEWSKA Kinga	645	KS STASZEWSKY	K 40-49	58			00:01:51	00:40:15	00:56:39	01:03:56.75	01:05:48.20	+00:25:13 (39.4%)	6:23	9.4 (60.6%)
59	BRZÓZKA Magda	300	PTWP	K 40-49	59	Tak		00:01:58	00:41:08	00:57:50	01:04:58.75	01:06:57.30	+00:26:15 (40.4%)	6:29	9.2 (59.4%)
60	ANDRUKIEWICZ Anita	515	GRUPA BIEGOWA CHTMO	K 40-49	60			00:01:44	00:41:16	00:58:25	01:05:41.20	01:07:25.30	+00:26:57 (41.0%)	6:34	9.1 (58.7%)
61	LESZCZYŃSKA Marlena	579		K 40-49	61			00:00:50	00:40:25	00:58:31	01:05:48.60	01:06:39.20	+00:27:04 (41.2%)	6:34	9.1 (58.7%)
62	LEWANDOWSKA Monika	50		K 40-49	62	Tak		00:00:06	00:42:13	00:59:27	01:06:27.80	01:06:34.40	+00:27:44 (41.7%)	6:38	9 (58.1%)
63	SZWARC Anna	23		K 40-49	63	Tak		00:00:06	00:42:12	00:59:27	01:06:28.25	01:06:34.55	+00:27:44 (41.7%)	6:38	9 (58.1%)
64	TERECH Ewelina	385		K 40-49	64	Tak		00:01:50	00:41:30	00:59:34	01:07:01.75	01:08:52.30	+00:28:18 (42.2%)	6:42	9 (58.1%)
65	ŁOZOWSKA Dorota	798		K 40-49	65	Tak		00:01:51	00:41:53	00:59:43	01:07:04.45	01:08:55.80	+00:28:20 (42.3%)	6:42	8.9 (57.4%)
66	KARPIŃSKA Izabela	263		K 40-49	66	Tak		00:00:58	00:41:36	00:59:22	01:07:08.65	01:08:06.90	+00:28:24 (42.3%)	6:42	8.9 (57.4%)
67	GUSZPIT Agnieszka	256		K 40-49	67		Tak	00:01:45	00:42:16	01:01:07	01:08:41.75	01:10:26.95	+00:29:58 (43.6%)	6:52	8.7 (56.1%)
68	CICHECKA Aneta	501		K 40-49	68			00:00:22	00:43:18	01:01:19	01:08:48.45	01:09:11.40	+00:30:04 (43.7%)	6:52	8.7 (56.1%)
69	TORZEWSKA Agnieszka	284	BEMOWO BIEGA	K 40-49	69			00:01:52	00:42:22	01:00:25	01:08:57.70	01:10:50.45	+00:30:13 (43.8%)	6:53	8.7 (56.1%)
70	MICHNOWSKA Adriana	197	BIEGOWE WTORKI NA TARCHOMINIE	K 40-49	70	Tak		00:02:09	00:44:15	01:02:12	01:09:37.05	01:11:46.65	+00:30:53 (44.4%)	6:57	8.6 (55.5%)
71	ROGUSKA Magdalena	1	MAGDALENA ROGUSKA	K 40-49	71	Tak	Tak	00:02:01	00:43:44	01:02:02	01:10:18.20	01:12:20.05	+00:31:34 (44.9%)	7:01	8.5 (54.8%)
72	KASPRZAK Olga	87		K 40-49	72	Tak		00:02:11	00:45:22	01:03:45	01:11:27.10	01:13:38.25	+00:32:43 (45.8%)	7:08	8.4 (54.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Białołęki	Samorządowiec	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
73	CHRZANOWSKA Małgorzata	421		K 40-49	73			00:00:34	00:44:43	01:03:39	01:11:48.20	01:12:22.95	+00:33:04 (46.1%)	7:10	8.4 (54.2%)
74	LACH Marta	688	SLOW JOGGING BIAŁOŁĘKA	K 40-49	74	Tak		00:02:03	00:45:39	01:04:24	01:12:18.90	01:14:22.30	+00:33:35 (46.4%)	7:13	8.3 (53.5%)
75	KUCHUŃSKA Monika	797		K 40-49	75	Tak		00:02:06	00:46:19	01:05:00	01:13:16.30	01:15:22.80	+00:34:32 (47.1%)	7:19	8.2 (52.9%)
76	GODZISZ Ewa	409	VEGERUNNERS	K 40-49	76			00:02:09	00:46:03	01:05:11	01:13:17.60	01:15:27.40	+00:34:33 (47.2%)	7:19	8.2 (52.9%)
77	GOŁASZEWSKA Dorota	558	XIII LICEUM OGÓLNOKSZTAŁCĄCE	K 40-49	77	Tak		00:00:21	00:46:06	01:05:26	01:13:50.95	01:14:12.25	+00:35:07 (47.6%)	7:23	8.1 (52.3%)
78	GRYGOWSKA Beata	662		K 40-49	78			00:02:12	00:46:14	01:06:08	01:14:08.90	01:16:21.15	+00:35:25 (47.8%)	7:24	8.1 (52.3%)
79	PANASIUK Aga	31		K 40-49	79			00:01:50	00:45:56	01:06:17	01:14:20.90	01:16:11.75	+00:35:37 (47.9%)	7:26	8.1 (52.3%)
80	MARKIEL- SKRZYPIŃSKA Anna	675		K 40-49	80	Tak		00:00:45	00:46:04	01:06:09	01:14:36.60	01:15:21.90	+00:35:52 (48.1%)	7:27	8 (51.6%)
81	ŻYŁA-ZDZIECH Sylwia	713		K 40-49	81	Tak		00:00:07	00:47:14	01:07:04	01:15:27.40	01:15:34.55	+00:36:43 (48.7%)	7:32	8 (51.6%)
82	JAWORSKA Agnieszka	703		K 40-49	82			00:02:04	00:46:41	01:07:15	01:15:58.10	01:18:02.10	+00:37:14 (49.0%)	7:35	7.9 (51.0%)
83	OBWIOSŁO Joanna	89		K 40-49	83			00:02:11	00:47:23	01:07:53	01:16:42.45	01:18:53.80	+00:37:58 (49.5%)	7:40	7.8 (50.3%)
84	WYSOCKA Karolina	178		K 40-49	84	Tak		00:01:45	00:46:39	01:07:30	01:16:56.55	01:18:42.50	+00:38:12 (49.7%)	7:41	7.8 (50.3%)
Przekroczony limit czasu: 01:30:00															
85	PROCZEK Sylwia	21		K 40-49	85	Tak		00:00:59	00:59:28	01:23:52	01:34:19.10	01:35:18.15	+00:55:35 (58.9%)	9:25	6.4 (41.3%)
86	STEFAŃSKA Joanna	145		K 40-49	86			00:00:34							(0.0%)

Znaleziono 86 wynik(ów)