



BIEG PRZEZ MOST

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

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

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: Mieszkanka Białołęki

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	KARBOWIAK Marcelina	134		K 30-39	4	Tak		00:00:10	00:26:36	00:37:18	00:41:52.25	00:42:03.10		4:11	14.3 (100%)
2	DĄBROWSKA Dominika	186	LEGIA TABLE TENNIS SCHOOLS	K 30-39	5	Tak		00:00:05	00:26:38	00:37:37	00:42:30.75	00:42:36.05	+00:00:38 (1.5%)	4:15	14.1 (98.6%)
3	SADOWSKA Marzena	17		K 30-39	8	Tak		00:00:10	00:27:31	00:38:52	00:43:34.70	00:43:44.90	+00:01:42 (3.9%)	4:21	13.8 (96.5%)
4	WINKOWSKA- STRUZIK Magdalena	536	DUCLA ACADEMY	K 30-39	10	Tak		00:00:08	00:28:37	00:40:39	00:45:37.55	00:45:46.15	+00:03:45 (8.2%)	4:33	13.2 (92.3%)
5	AUGUSTYŃSKA- ŚMIETAŁO Iwona	191	BIEGAM NA TARCHOMINIE	K 30-39	13	Tak		00:00:19	00:29:30	00:41:43	00:46:53.00	00:47:12.20	+00:05:00 (10.7%)	4:41	12.8 (89.5%)
6	NIECKARZ Justyna	639		K 30-39	14	Tak		00:01:52	00:29:40	00:41:49	00:46:56.00	00:48:48.35	+00:05:03 (10.8%)	4:41	12.8 (89.5%)
7	WALENCIK Julia	774		K 1-29	3	Tak		00:00:33	00:31:36	00:44:06	00:49:43.25	00:50:16.90	+00:07:51 (15.8%)	4:58	12.1 (84.6%)
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	+00:08:04 (16.2%)	4:59	12 (83.9%)
9	BUCHALSKA Ewa	717	EKOBIEGI	K 50-59	1	Tak		00:01:02	00:31:48	00:45:00	00:50:30.15	00:51:32.35	+00:08:37 (17.1%)	5:03	11.9 (83.2%)
10	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	+00:09:13 (18.1%)	5:06	11.7 (81.8%)
11	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	+00:09:19 (18.2%)	5:07	11.7 (81.8%)
12	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	+00:09:20 (18.2%)	5:07	11.7 (81.8%)
13	CZARNOCKA NIEDZIELSKA Angelika	746		K 30-39	17	Tak		00:00:48	00:31:57	00:45:25	00:51:13.10	00:52:01.60	+00:09:20 (18.3%)	5:07	11.7 (81.8%)
14	KUCZYŃSKA Karolina	491		K 30-39	19	Tak		00:00:12	00:32:39	00:46:31	00:52:00.40	00:52:12.95	+00:10:08 (19.5%)	5:12	11.5 (80.4%)
15	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	+00:11:04 (20.9%)	5:17	11.3 (79.0%)
16	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	+00:11:57 (22.2%)	5:23	11.1 (77.6%)
17	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	+00:12:40 (23.2%)	5:27	11 (76.9%)
18	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	+00:12:49 (23.4%)	5:28	11 (76.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec		Czas			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h	
						Białołęki	Samorządowiec	startu	6.6km	9km						
19	DOBOSZ Aneta	603	WŚCIEKŁE PIĘŚCI WĘŻA	K 30-39	26	Tak			00:01:43	00:34:32	00:48:43	00:54:44.90	00:56:28.40	+00:12:52 (23.5%)	5:28	11 (76.9%)
20	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	+00:13:24 (24.2%)	5:31	10.9 (76.2%)
21	FLOREK Małgorzata	705		K 30-39	27	Tak			00:01:14	00:34:46	00:49:15	00:55:22.15	00:56:36.95	+00:13:29 (24.4%)	5:32	10.8 (75.5%)
22	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	+00:14:56 (26.3%)	5:40	10.6 (74.1%)
23	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	+00:15:42 (27.3%)	5:45	10.4 (72.7%)
24	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	+00:15:54 (27.5%)	5:46	10.4 (72.7%)
25	SOŁDECKA Anna	640	SLOW JOGGING BIAŁOŁĘKA	K 50-59	7	Tak			00:02:03	00:37:51	00:51:56	00:57:55.40	00:59:58.90	+00:16:03 (27.7%)	5:47	10.4 (72.7%)
26	KOSEWSKA Dorota	192	BIEGAM NA TARCHOMINIE	K 50-59	8	Tak			00:01:43	00:36:09	00:51:44	00:58:03.05	00:59:46.85	+00:16:10 (27.9%)	5:48	10.3 (72.0%)
27	PIKULIŃSKA Iwona	712		K 30-39	35	Tak			00:01:40	00:36:35	00:52:04	00:58:22.25	01:00:02.40	+00:16:30 (28.3%)	5:50	10.3 (72.0%)
28	RUDNICKA Emilia	621		K 30-39	39	Tak			00:01:43	00:36:38	00:52:14	00:58:58.00	01:00:41.90	+00:17:05 (29.0%)	5:53	10.2 (71.3%)
29	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	+00:17:08 (29.1%)	5:54	10.2 (71.3%)
30	RADOMSKA-ZUBCZYŃSKA Maria	43		K 30-39	41	Tak			00:00:31	00:37:07	00:52:44	00:59:09.10	00:59:40.50	+00:17:16 (29.2%)	5:54	10.1 (70.6%)
31	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	+00:17:23 (29.3%)	5:55	10.1 (70.6%)
32	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	+00:17:29 (29.5%)	5:56	10.1 (70.6%)
33	ŚCIWIARSKA Małgorzata	37		K 30-39	42	Tak			00:01:41	00:37:49	00:53:13	00:59:21.75	01:01:03.70	+00:17:29 (29.5%)	5:56	10.1 (70.6%)
34	OWOC Magdalena	304		K 30-39	43	Tak			00:01:45	00:37:12	00:53:02	00:59:44.40	01:01:29.50	+00:17:52 (29.9%)	5:58	10 (69.9%)
35	MAJCHRZAK Anna	3		K 30-39	45	Tak	Tak		00:02:02	00:39:15	00:54:50	01:01:42.55	01:03:44.90	+00:19:50 (32.1%)	6:10	9.7 (67.8%)
36	WIŚNIEWSKA Aneta	361		K 30-39	47	Tak			00:00:33	00:38:05	00:55:10	01:01:54.95	01:02:28.55	+00:20:02 (32.4%)	6:11	9.7 (67.8%)
37	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	+00:20:13 (32.6%)	6:12	9.7 (67.8%)
38	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	+00:20:15 (32.6%)	6:12	9.7 (67.8%)
39	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	+00:20:41 (33.1%)	6:15	9.6 (67.1%)
40	WALECKA Wiktoria	773	TRUCHT TARCHOMIN TEAM	K 30-39	51	Tak	Tak		00:01:39	00:37:59	00:55:21	01:02:43.75	01:04:23.25	+00:20:51 (33.3%)	6:16	9.6 (67.1%)
41	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	+00:20:56 (33.3%)	6:16	9.6 (67.1%)
42	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	+00:21:05 (33.5%)	6:17	9.5 (66.4%)
43	MARSZAŁEK Karolina	259		K 50-59	11	Tak			00:02:11	00:40:13	00:56:17	01:03:07.20	01:05:18.20	+00:21:14 (33.7%)	6:18	9.5 (66.4%)
44	MEDVETSKA Irina	618		K 1-29	8	Tak			00:00:11	00:40:11	00:56:43	01:03:26.05	01:03:37.30	+00:21:33 (34.0%)	6:20	9.5 (66.4%)
45	ORŁOWSKA Dorota	770	INTERSPORT	K 30-39	53	Tak			00:00:42	00:42:13	00:57:43	01:03:31.20	01:04:14.00	+00:21:38 (34.1%)	6:21	9.4 (65.7%)

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46	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	+00:21:40 (34.1%)	6:21	9.4 (65.7%)
47	BULIK Bozena	685		K 30-39	54	Tak		00:01:53	00:40:51	00:57:49	01:04:34.95	01:06:28.60	+00:22:42 (35.2%)	6:27	9.3 (65.0%)
48	JASIOCHA Diana	549		K 30-39	55	Tak		00:00:37	00:41:06	00:57:52	01:04:47.25	01:05:24.40	+00:22:55 (35.4%)	6:28	9.3 (65.0%)
48	DZIEWULSKA Natalia	611		K 30-39	56	Tak		00:00:37	00:41:06	00:57:52	01:04:47.25	01:05:24.40	+00:22:55 (35.4%)	6:28	9.3 (65.0%)
50	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	+00:23:06 (35.6%)	6:29	9.2 (64.3%)
51	NOWAK Kasia	650		K 30-39	57	Tak		00:01:58	00:41:08	00:57:50	01:04:58.90	01:06:57.25	+00:23:06 (35.6%)	6:29	9.2 (64.3%)
52	KACZYŃSKA Paula	335		K 1-29	11	Tak		00:01:52	00:40:31	00:57:42	01:05:05.30	01:06:57.40	+00:23:13 (35.7%)	6:30	9.2 (64.3%)
53	DROZDOWSKA Aleksandra	553		K 30-39	58	Tak		00:00:37	00:41:31	00:58:38	01:06:02.30	01:06:39.45	+00:24:10 (36.6%)	6:36	9.1 (63.6%)
54	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	+00:24:35 (37.0%)	6:38	9 (62.9%)
55	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	+00:24:36 (37.0%)	6:38	9 (62.9%)
56	PIĘŃKOSZ Monika	715		K 1-29	12	Tak		00:01:42	00:41:31	00:59:05	01:06:38.95	01:08:21.70	+00:24:46 (37.2%)	6:39	9 (62.9%)
57	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	+00:25:09 (37.5%)	6:42	9 (62.9%)
58	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	+00:25:12 (37.6%)	6:42	8.9 (62.2%)
59	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	+00:25:16 (37.6%)	6:42	8.9 (62.2%)
60	WIĘCKOWSKA Aneta	437	POLSKA	K 30-39	61	Tak	Tak	00:02:05	00:42:20	00:59:59	01:07:14.65	01:09:20.30	+00:25:22 (37.7%)	6:43	8.9 (62.2%)
61	TRZECIAK Elżbieta	445		K 50-59	14	Tak		00:02:05	00:42:20	00:59:59	01:07:14.95	01:09:20.55	+00:25:22 (37.7%)	6:43	8.9 (62.2%)
62	PONIEWIERSKA Magdalena	767	INTERSPORT	K 30-39	62	Tak		00:00:43	00:42:12	01:00:06	01:07:31.45	01:08:14.85	+00:25:39 (38.0%)	6:45	8.9 (62.2%)
63	MAKOWSKA Iza	777	INTERSPORT	K 30-39	63	Tak		00:00:43	00:42:13	01:00:07	01:07:31.90	01:08:14.90	+00:25:39 (38.0%)	6:45	8.9 (62.2%)
64	ROSA Teresa	648		K 50-59	15	Tak		00:02:12	00:44:10	01:01:30	01:07:57.65	01:10:09.65	+00:26:05 (38.4%)	6:47	8.8 (61.5%)
65	BORKOWSKA Monika	307		K 30-39	64	Tak		00:00:49	00:43:38	01:00:44	01:08:04.35	01:08:54.30	+00:26:12 (38.5%)	6:48	8.8 (61.5%)
66	CZYŻ Justyna	388		K 30-39	65	Tak		00:01:00	00:40:31	01:00:40	01:08:08.25	01:09:08.50	+00:26:16 (38.5%)	6:48	8.8 (61.5%)
67	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	+00:27:44 (39.9%)	6:57	8.6 (60.1%)
68	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	+00:28:25 (40.4%)	7:01	8.5 (59.4%)
69	LISOWSKA Alicja	155	BIEGAM NA TARCHOMINIE	K 30-39	70	Tak		00:00:55	00:43:11	01:02:31	01:11:11.35	01:12:06.85	+00:29:19 (41.2%)	7:07	8.4 (58.7%)
70	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	+00:29:34 (41.4%)	7:08	8.4 (58.7%)
71	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	+00:30:26 (42.1%)	7:13	8.3 (58.0%)
72	JAKUBASEK Paulina	781		K 1-29	18	Tak		00:00:19	00:44:57	01:05:19	01:12:51.35	01:13:11.05	+00:30:59 (42.5%)	7:17	8.2 (57.3%)

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	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	+00:31:24 (42.9%)	7:19	8.2 (57.3%)
74	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	+00:31:58 (43.3%)	7:23	8.1 (56.6%)
75	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	+00:32:44 (43.9%)	7:27	8 (55.9%)
76	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	+00:33:35 (44.5%)	7:32	8 (55.9%)
77	WICHTOWSKA Karolina	29		K 30-39	77	Tak		00:00:22	00:46:57	01:07:20	01:16:01.30	01:16:24.25	+00:34:09 (44.9%)	7:36	7.9 (55.2%)
78	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	+00:35:04 (45.6%)	7:41	7.8 (54.5%)
79	BIDZIŃSKA Alicja	19		K 30-39	78	Tak		00:00:04	00:47:54	01:08:48	01:17:45.50	01:17:50.20	+00:35:53 (46.2%)	7:46	7.7 (53.8%)
80	STAŃKOWSKA Katarzyna	518		K 50-59	20	Tak		00:01:04	00:50:53	01:11:58	01:20:59.30	01:22:03.35	+00:39:07 (48.3%)	8:05	7.4 (51.7%)
Przekroczony limit czasu: 01:30:00															
81	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	+00:52:26 (55.6%)	9:25	6.4 (44.8%)

Znaleziono 81 wynik(ów)