



BIEG WEGAŃSKI 10 KM

B4SPORT

Wydarzenie: 13. Bieg Wegański
Organizator: Fundacja Run Vegan
Data: 2022-06-04
Miejsce: Warszawa
Dystans: 10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K30-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KRASZPULSKA Maggie	95	ŻÓRAWSKI TEAM	K30-49	1	00:19:58	00:40:45.10	00:40:47.95		4:04	14.7 (100%)
2	RADKOWSKA Małgorzata	163	TEAM PARSZYŃSKICH/ADIDAS RUNNERS WARSAW	K30-49	2	00:21:38	00:43:07.95	00:43:11.20	+00:02:23 (5.5%)	4:18	13.9 (94.6%)
3	PSZENICZNA Joanna	160	VEGE RUNNERS	K30-49	3	00:22:55	00:45:58.20	00:46:04.20	+00:05:16 (11.4%)	4:35	13.1 (89.1%)
4	MAJER Bogusława	112	VEGE RUNNERS	K30-49	4	00:22:55	00:46:25.20	00:46:31.55	+00:05:43 (12.3%)	4:38	12.9 (87.8%)
5	BEDNAREK Anna	7	SPARTAN TRAINING GROUP WARSAWA	K30-49	5	00:23:34	00:46:52.25	00:46:59.70	+00:06:11 (13.2%)	4:41	12.8 (87.1%)
6	KOWALSKA Joanna	93	12TRI.PL	K30-49	6	00:23:47	00:48:06.05	00:48:09.35	+00:07:21 (15.3%)	4:48	12.5 (85.0%)
7	RUDNIK Marzena	171	BESTIE OCR LEGIONOWO	K30-49	7	00:24:14	00:48:20.45	00:48:28.15	+00:07:40 (15.8%)	4:50	12.4 (84.4%)
8	RUTKOWSKA Agnieszka	173		K30-49	8	00:24:07	00:48:32.50	00:48:37.00	+00:07:49 (16.1%)	4:51	12.4 (84.4%)
9	RZEPECKA-GONTAR Anna	175		K30-49	9	00:24:25	00:49:46.40	00:49:52.00	+00:09:04 (18.2%)	4:58	12.1 (82.3%)
10	JELEŃ-KOTLAREK Agnieszka	70	VEGE RUNNERS	K30-49	10	00:24:01	00:49:48.90	00:49:59.45	+00:09:11 (18.4%)	4:58	12 (81.6%)
11	FILIPOWICZ Natalia	42		K30-49	11	00:24:51	00:51:44.35	00:51:48.70	+00:11:00 (21.3%)	5:10	11.6 (78.9%)
12	PIĘKOŚ Magdalena	152		K30-49	12	00:25:23	00:51:43.25	00:51:56.80	+00:11:08 (21.5%)	5:10	11.6 (78.9%)
13	SADOWSKA Natalia	176		K30-49	13	00:26:02	00:52:03.60	00:52:07.75	+00:11:19 (21.7%)	5:12	11.5 (78.2%)
14	LEDWOLORZ Anna	106	VEGE RUNNERS	K30-49	14	00:25:42	00:52:33.55	00:52:41.30	+00:11:53 (22.6%)	5:15	11.4 (77.6%)
15	SKELTON-WITKOWSKA Sarah	180	VEGE RUNNERS	K30-49	15	00:26:12	00:53:42.90	00:53:51.25	+00:13:03 (24.2%)	5:22	11.2 (76.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	RÓŻAŃSKA Magdalena	170		K30-49	16	00:27:07	00:55:34.15	00:55:43.30	+00:14:55 (26.8%)	5:33	10.8 (73.5%)
17	TOMCZYK Beata	208	VEGE RUNNERS	K30-49	17	00:27:22	00:55:40.50	00:55:57.60	+00:15:09 (27.1%)	5:34	10.8 (73.5%)
18	KANTARSKA-BRYŁA Marta	78		K30-49	18	00:28:48	00:56:26.95	00:56:33.65	+00:15:45 (27.9%)	5:38	10.6 (72.1%)
19	GABLER Angelika	43		K30-49	19	00:25:48	00:56:34.45	00:56:38.30	+00:15:50 (28.0%)	5:39	10.6 (72.1%)
20	WĘGLARZ Agnieszka	214		K30-49	20	00:28:57	00:56:30.95	00:56:45.45	+00:15:57 (28.1%)	5:39	10.6 (72.1%)
21	MATYSIAK Jakub	116	STG WARSZAWA	K30-49	21	00:28:11	00:56:51.80	00:56:58.60	+00:16:10 (28.4%)	5:41	10.6 (72.1%)
22	MŁOCKA-GORCZYŃSKA Matylda	130		K30-49	22	00:27:31	00:57:31.75	00:57:36.70	+00:16:48 (29.2%)	5:45	10.4 (70.7%)
23	TSYMANOVICH Iryna	211		K30-49	23	00:29:39	00:57:35.95	00:57:47.95	+00:17:00 (29.4%)	5:45	10.4 (70.7%)
24	FIGURSKA Weronika	40		K30-49	24	00:28:50	00:59:08.15	00:59:15.55	+00:18:27 (31.2%)	5:54	10.1 (68.7%)
25	JĘDREJ Emilia	71		K30-49	25	00:29:12	00:59:13.15	00:59:28.70	+00:18:40 (31.4%)	5:55	10.1 (68.7%)
26	KOŁOWIECKA-WILKOS Angela	87	VEGERUNNERS	K30-49	26	00:30:46	00:59:48.65	01:00:07.25	+00:19:19 (32.1%)	5:58	10 (68.0%)
27	ŁUCZAK Małgorzata	107	RUNNERSI	K30-49	27	00:27:56	01:00:02.55	01:00:08.55	+00:19:20 (32.2%)	6:00	10 (68.0%)
28	KRZTOŃ Marlena	101	BESTIE OCR LEGIONOWO	K30-49	28	00:30:09	01:00:30.40	01:00:44.65	+00:19:56 (32.8%)	6:03	9.9 (67.3%)
29	LASKOWSKA Izabela	104	EFERESOWY TEAM BIEGOWY	K30-49	29	00:30:28	01:00:32.20	01:00:47.25	+00:19:59 (32.9%)	6:03	9.9 (67.3%)
30	MARZUCHOWSKA Monika	115		K30-49	30	00:29:09	01:00:41.65	01:00:54.15	+00:20:06 (33.0%)	6:04	9.9 (67.3%)
31	BANASIK-URBANOWSKA Katarzyna	5	GRUPA BIEGOWA UM W-WA	K30-49	31	00:29:46	01:01:19.45	01:01:30.55	+00:20:42 (33.7%)	6:07	9.8 (66.7%)
32	JOANNA Szatkowska	245		K30-49	32	00:30:24	01:01:47.75	01:02:09.55	+00:21:21 (34.4%)	6:10	9.7 (66.0%)
33	JANCZEWSKA Ewa	66		K30-49	33	00:30:00	01:02:26.15	01:02:35.45	+00:21:47 (34.8%)	6:14	9.6 (65.3%)
34	KOWALCZYK Anna Kowalczyk	91	DOGOŃ GRODZISK MAZOWIECKI	K30-49	34	00:30:45	01:03:01.50	01:03:23.45	+00:22:35 (35.6%)	6:18	9.5 (64.6%)
35	SIEMIŃSKA Katarzyna	178	BEMOWO BIEGA	K30-49	35	00:32:16	01:03:50.65	01:03:59.80	+00:23:11 (36.2%)	6:23	9.4 (63.9%)
36	KĘDZIOR Katarzyna	82		K30-49	36	00:30:34	01:04:13.05	01:04:19.35	+00:23:31 (36.6%)	6:25	9.3 (63.3%)
37	DAWIDOWSKA Joanna	29		K30-49	37	00:31:56	01:04:47.15	01:04:55.45	+00:24:07 (37.2%)	6:28	9.3 (63.3%)
38	SZCZĘCH Jagoda	241		K30-49	38	00:31:25	01:04:55.75	01:05:10.40	+00:24:22 (37.4%)	6:29	9.2 (62.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
39	TERPITOWSKA Agnieszka	236		K30-49	39	00:30:46	01:05:15.45	01:05:22.55	+00:24:34 (37.6%)	6:31	9.2 (62.6%)
40	MILCZAREK Eva	129		K30-49	40	00:32:18	01:06:56.65	01:07:02.30	+00:26:14 (39.1%)	6:41	9 (61.2%)
41	ZIELIŃSKA Małgorzata	231		K30-49	41	00:32:53	01:07:23.55	01:07:46.15	+00:26:58 (39.8%)	6:44	8.9 (60.5%)
42	SZYLKIN Agnieszka	203		K30-49	42	00:32:53	01:07:23.90	01:07:46.30	+00:26:58 (39.8%)	6:44	8.9 (60.5%)
43	KALBARCZYK Izabella	75		K30-49	43	00:32:57	01:07:38.60	01:07:58.55	+00:27:10 (40.0%)	6:45	8.9 (60.5%)
44	ŻUROWSKA Nina	235		K30-49	44	00:33:04	01:08:13.45	01:08:28.80	+00:27:40 (40.4%)	6:49	8.8 (59.9%)
45	PACZYŃSKA Katarzyna	142		K30-49	45	00:33:23	01:09:54.40	01:10:14.55	+00:29:26 (41.9%)	6:59	8.6 (58.5%)
46	GÓRECKA Anna	50	MOTOBABINIEC	K30-49	46	00:33:27	01:10:15.45	01:10:19.50	+00:29:31 (42.0%)	7:01	8.5 (57.8%)
47	KRAWCZYK Małgorzata	96		K30-49	47	00:37:24	01:11:08.90	01:11:35.25	+00:30:47 (43.0%)	7:06	8.4 (57.1%)
48	MĘŻYDŁO Aleksandra	124		K30-49	48	00:37:35	01:12:20.70	01:12:36.80	+00:31:48 (43.8%)	7:14	8.3 (56.5%)
49	PANFIL Karolina	144		K30-49	49	00:37:50	01:14:27.15	01:14:50.75	+00:34:02 (45.5%)	7:26	8.1 (55.1%)
50	KALATA-ZAWŁOCKA Aleksandra	74		K30-49	50	00:35:50	01:16:04.65	01:16:24.10	+00:35:36 (46.6%)	7:36	7.9 (53.7%)
51	GROTNIK Ewelina	54	MOTOBABINIEC	K30-49	51	00:37:17	01:16:38.55	01:17:01.45	+00:36:13 (47.0%)	7:39	7.8 (53.1%)
52	SZCZUTOWSKA Olga	198		K30-49	52	00:28:28			+00:08:41	5:41	10.5 (71.4%)
53	WINNICKA-MACKENTHUN Agnieszka	218		K30-49	53	00:28:51			+00:09:05	5:46	10.4 (70.7%)
54	NAPIERSKA Dominika	132	VEGERUNNERS	K30-49	54	00:28:55			+00:09:02	5:47	10.4 (70.7%)
55	HARABIN Justyna	57		K30-49	55	00:29:19			+00:09:37	5:51	10.2 (69.4%)
56	ZUBELEWICZ-JERUZALSKA Anna	233		K30-49	56	00:29:57			+00:10:24	5:59	10 (68.0%)
57	TRATSIAK Volha	210		K30-49	57	00:30:04			+00:10:16	6:00	10 (68.0%)
58	KĘSKA Katarzyna	243		K30-49	58	00:30:28			+00:10:33	6:05	9.8 (66.7%)
59	SKÓRNIEWSKA Magdalena	181		K30-49	59	00:30:50			+00:11:16	6:10	9.7 (66.0%)
60	KOPCZYŃSKA Judyta	88	MARKOWI BIEGACZE	K30-49	60	00:32:47			+00:13:00	6:33	9.2 (62.6%)
61	GINALSKA Aneta	45		K30-49	61	00:32:52			+00:13:13	6:34	9.1 (61.9%)
62	WIŚNIEWSKA-DUDA Anna	219		K30-49	62	00:33:19			+00:13:22	6:39	9 (61.2%)
63	TERZONI Karina	239		K30-49	63	00:33:47			+00:13:58	6:45	8.9 (60.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
64	NIERODA Agnieszka	134		K30-49	64	00:35:47			+00:16:06	7:09	8.4 (57.1%)
65	MYŚLIBORSKA Olga	131		K30-49	65	00:36:50			+00:16:57	7:22	8.1 (55.1%)
66	ROGINSKI Melissa	244		K30-49	66	00:41:01			+00:21:16	8:12	7.3 (49.7%)
67	NOWAKOWSKA Anna	135		K30-49	67	00:41:48			+00:21:55	8:21	7.2 (49.0%)
68	BARANOWSKA Ewelina	6	RUN VEGAN WOLONTARIAT :)	K30-49	68	00:43:10			+00:24:25	8:38	6.9 (46.9%)

Znaleziono 68 wynik(ów)