



BIEG WEGAŃSKI 10 KM

B4SPORT

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

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Kobiety Open

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	KRAJEWSKA Klaudia	36		K1-29	1	00:21:22	00:43:09.00	00:43:12.00	+00:02:24 (5.6%)	4:18	13.9 (94.6%)
4	MICHALAK Maja	126	MM TEAM	K1-29	2	00:21:22	00:43:11.00	00:43:14.30	+00:02:26 (5.6%)	4:19	13.9 (94.6%)
5	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%)
6	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%)
7	BEDNAREK Anna	7	SPARTAN TRAINING GROUP WARSZAWA	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%)
8	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%)
9	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%)
10	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%)
11	KOWALIK Natalia	92	WAT WARSZAWA	K1-29	3	00:23:22	00:49:06.70	00:49:10.55	+00:08:22 (17.0%)	4:54	12.2 (83.0%)
12	DOROKHOVA Yevheniia	33		K1-29	4	00:24:06	00:49:04.60	00:49:11.25	+00:08:23 (17.1%)	4:54	12.2 (83.0%)
13	MIJAL Paulina	127		K1-29	5	00:24:42	00:49:30.95	00:49:37.15	+00:08:49 (17.8%)	4:57	12.1 (82.3%)
14	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%)
15	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%)

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16	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%)
17	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%)
18	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%)
19	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%)
20	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%)
21	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%)
22	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%)
23	DZIAMENTSJEVA Vijaleta	35	SCHRONISKO NA PALUCHU/JACEKBIEGA RUNNING TEAM			00:27:22	00:55:47.05	00:56:11.05	+00:15:23 (27.4%)	5:34	10.8 (73.5%)
24	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%)
25	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%)
26	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%)
27	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%)
28	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%)
29	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%)
30	CYGAN Anna	23	BLACK HAT ULTRA	K50+	1	00:29:19	00:58:50.30	00:58:55.15	+00:18:07 (30.8%)	5:53	10.2 (69.4%)
31	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%)
32	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%)
33	WRZOS Joanna	225		K1-29	6	00:30:15	00:59:27.75	00:59:39.15	+00:18:51 (31.6%)	5:56	10.1 (68.7%)
34	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%)
35	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%)
36	PAWELEC Krystyna	151	DOGOŃ GRODZISK MAZ	K50+	2	00:29:31	01:00:07.00	01:00:26.15	+00:19:38 (32.5%)	6:00	10 (68.0%)
37	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%)
38	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%)

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39	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%)
40	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%)
41	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%)
42	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%)
43	MIASTKOWSKA Ewa	125		K50+	3	00:30:16	01:03:06.90	01:03:20.15	+00:22:32 (35.6%)	6:18	9.5 (64.6%)
44	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%)
45	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%)
46	KOSSAKOWSKA Natalia	90		K1-29	7	00:31:35	01:04:01.15	01:04:09.35	+00:23:21 (36.4%)	6:24	9.4 (63.9%)
47	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%)
48	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%)
49	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%)
50	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%)
51	WYCECH Agnieszka	238		K50+	4	00:30:41	01:05:19.50	01:05:41.90	+00:24:53 (37.9%)	6:31	9.2 (62.6%)
52	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%)
53	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%)
54	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%)
55	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%)
56	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%)
57	KARŁOWICZ Anna	79	PARTIA WOLNYCH BIEGACZY	K50+	5	00:33:44	01:08:59.35	01:09:23.55	+00:28:35 (41.2%)	6:53	8.7 (59.2%)
58	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%)
59	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%)
60	PRZYBYSZ Małgorzata	159	CHYŻE JEŻE Z DYSMÓZGIĄ	K1-29	8	00:33:43	01:10:04.00	01:10:23.10	+00:29:35 (42.0%)	7:00	8.6 (58.5%)
61	GŁOWACKA Malwina	48	MŁODY VS STARY			00:36:26	01:10:11.45	01:10:39.05	+00:29:51 (42.3%)	7:01	8.5 (57.8%)

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62	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%)
63	ZAPALSKA Magdalena	228		K1-29	9	00:32:34	01:12:05.70	01:12:12.50	+00:31:24 (43.5%)	7:12	8.3 (56.5%)
64	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%)
65	GNATOWSKA Elżbieta	49	WOLNI BIEGACZE SLOW JOGGING GRODZISK MAZ. / ŚMIGAM PO 50-TCE	K50+	6	00:35:57	01:13:03.60	01:13:25.10	+00:32:37 (44.4%)	7:18	8.2 (55.8%)
66	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%)
67	BIERNACKA Agnieszka	14		K50+	7	00:35:50	01:16:04.15	01:16:23.80	+00:35:35 (46.6%)	7:36	7.9 (53.7%)
68	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%)
69	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%)
70	REMBERK Danuta	164		K50+	8	00:39:16	01:20:36.45	01:20:58.65	+00:40:10 (49.6%)	8:03	7.4 (50.3%)
71	GROCHOWSKA Joanna	52	BIEGAMY Z OCHOTĄ	K50+	9	00:38:58	01:21:46.55	01:22:12.00	+00:41:24 (50.4%)	8:10	7.3 (49.7%)
72	ALVES Lucielly	1		K1-29	10	00:40:34	01:24:34.75	01:24:51.35	+00:44:03 (51.9%)	8:27	7.1 (48.3%)
73	GŁOWACKA Aleksandra	47	MŁODY VS STARY			00:41:53	01:25:14.15	01:25:40.10	+00:44:52 (52.4%)	8:31	7 (47.6%)
74	SZCZUTOWSKA Olga	198		K30-49	52	00:28:28			+00:08:41	5:41	10.5 (71.4%)
75	WINNICKA-MACKENTHUN Agnieszka	218		K30-49	53	00:28:51			+00:09:05	5:46	10.4 (70.7%)
76	NAPIERSKA Dominika	132	VEGERUNNERS	K30-49	54	00:28:55			+00:09:02	5:47	10.4 (70.7%)
77	HARABIN Justyna	57		K30-49	55	00:29:19			+00:09:37	5:51	10.2 (69.4%)
78	NOWOBILSKI Marzena	136		K1-29	11	00:29:24			+00:09:33	5:52	10.2 (69.4%)
79	SWICARZ Jola	194				00:29:25			+00:09:23	5:53	10.2 (69.4%)
80	TOKARZ Agnieszka	207				00:29:48			+00:10:18	5:57	10.1 (68.7%)
81	ZUBELEWICZ-JERUZALSKA Anna	233		K30-49	56	00:29:57			+00:10:24	5:59	10 (68.0%)
82	PARSZCZYŃSKA Izabela	147	TEAM PARSZCZYŃSKICH			00:29:58			+00:10:24	5:59	10 (68.0%)
83	GIEFERT Sylwia	44		K1-29	12	00:29:58			+00:10:24	5:59	10 (68.0%)
84	TRATSIK Volha	210		K30-49	57	00:30:04			+00:10:16	6:00	10 (68.0%)

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85	KĘSKA Katarzyna	243		K30-49	58	00:30:28			+00:10:33	6:05	9.8 (66.7%)
86	SKÓRNIEWSKA Magdalena	181		K30-49	59	00:30:50			+00:11:16	6:10	9.7 (66.0%)
87	RĘBIEJEWSKA Katarzyna	165	LIRENE RINNING TEAM	K50+	10	00:31:11			+00:11:14	6:14	9.6 (65.3%)
88	KOPCZYŃSKA Judyta	88	MARKOWI BIEGACZE	K30-49	60	00:32:47			+00:13:00	6:33	9.2 (62.6%)
89	GINALSKA Aneta	45		K30-49	61	00:32:52			+00:13:13	6:34	9.1 (61.9%)
90	WIŚNIEWSKA-DUDA Anna	219		K30-49	62	00:33:19			+00:13:22	6:39	9 (61.2%)
91	STASIAK Gabriela	190		K1-29	13	00:33:26			+00:13:36	6:41	9 (61.2%)
92	TERZONI Karina	239		K30-49	63	00:33:47			+00:13:58	6:45	8.9 (60.5%)
93	SZAŁAŃSKA Agata	196				00:33:48			+00:14:17	6:45	8.9 (60.5%)
94	CZYREK Maria	27	ADIDAS RUNNERS WARSAW	K1-29	14	00:34:17			+00:14:35	6:51	8.8 (59.9%)
95	NIERODA Agnieszka	134		K30-49	64	00:35:47			+00:16:06	7:09	8.4 (57.1%)
96	MAZUR Emanuela	119		K1-29	15	00:36:28			+00:16:56	7:17	8.2 (55.8%)
97	BOGUS Magdalena	18	SCHRONISKO NA PALUCHU			00:36:37			+00:17:09	7:19	8.2 (55.8%)
98	MYŚLIBORSKA Olga	131		K30-49	65	00:36:50			+00:16:57	7:22	8.1 (55.1%)
99	WŁOSIK Milena	220				00:37:16			+00:17:24	7:27	8.1 (55.1%)
100	SOBOTA Kamila	186	SCHRONISKO NA PALUCHU			00:38:34			+00:19:02	7:42	7.8 (53.1%)
101	SKÓRNIEWSKA Katarzyna	182		K1-29	16	00:38:52			+00:19:19	7:46	7.7 (52.4%)
102	FIJĄLKOWSKA Jolanta	41		K50+	11	00:38:55			+00:19:06	7:47	7.7 (52.4%)
103	MAZUR Ewa	120				00:40:11			+00:20:38	8:02	7.5 (51.0%)
104	ROGINSKI Melissa	244		K30-49	66	00:41:01			+00:21:16	8:12	7.3 (49.7%)
105	SZOSTAK Marta	201		K1-29	17	00:41:48			+00:21:55	8:21	7.2 (49.0%)
106	NOWAKOWSKA Anna	135		K30-49	67	00:41:48			+00:21:55	8:21	7.2 (49.0%)
107	MAZUR Shin	117		K1-29	18	00:42:10			+00:22:36	8:26	7.1 (48.3%)

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108	KALINOWSKA Magdalena	76		K50+	12	00:42:27			+00:22:41	8:29	7.1 (48.3%)
109	BARANOWSKA Ewelina	6	RUN VEGAN WOLONTARIAT :)	K30-49	68	00:43:10			+00:24:25	8:38	6.9 (46.9%)
110	PORAYSKA Joanna	156		K1-29	19	00:47:20			+00:27:36	9:28	6.3 (42.9%)

Znaleziono 110 wynik(ów)