



# BIEG WEGAŃSKI 21 KM

B4SPORT

**Wydarzenie:** Bieg Wegański  
**Organizator:** Fundacja Run Vegan  
**Data:** 2019-05-19  
**Miejsce:** Warszawa  
**Dystans:** 21 km

**B4SPORT**  
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: K30-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 7km	Start_All 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	LITWINIUK Hanna	868		K30-49	1	00:00:02	00:33:22	01:06:32	01:39:36.95	01:39:39.90		4:44	12.6 (100%)
2	GRABOŚ Nina	834		K30-49	2	00:00:15	00:33:23	01:08:20	01:43:09.60	01:43:24.75	+00:03:32 (3.4%)	4:54	12.2 (96.8%)
3	WINKOWSKA-STRUZIK Magdalena	925	DUKLANOWSKI TEAM / ADIDAS RUNNERS WARSAW	K30-49	3	00:00:04	00:33:44	01:08:23	01:43:10.25	01:43:15.15	+00:03:33 (3.4%)	4:54	12.2 (96.8%)
4	WASIK Marta	921		K30-49	4	00:00:04	00:34:51	01:10:24	01:46:32.60	01:46:36.70	+00:06:55 (6.5%)	5:04	11.8 (93.7%)
5	GALA Kamila	831	NAPRZÓD MŁOCINY	K30-49	5	00:00:06	00:37:08	01:13:47	01:50:40.75	01:50:47.05	+00:11:03 (10.0%)	5:16	11.4 (90.5%)
6	DI MICHELE Alessia	820	A.S.D. VEGAN POWER TIME	K30-49	6	00:00:05	00:37:45	01:16:00	01:53:52.95	01:53:58.05	+00:14:16 (12.5%)	5:25	11.1 (88.1%)
7	IDRYJAN Karolina	840		K30-49	7	00:00:15	00:37:29	01:15:54	01:56:29.15	01:56:44.60	+00:16:52 (14.5%)	5:32	10.8 (85.7%)
8	GRZYWACZ Natalia	839		K30-49	8	00:00:08	00:39:36	01:18:34	01:57:45.50	01:57:54.40	+00:18:08 (15.4%)	5:36	10.7 (84.9%)
9	STEFANIUK Marzena	903		K30-49	9	00:00:04	00:38:43	01:18:02	01:57:48.65	01:57:53.30	+00:18:11 (15.4%)	5:36	10.7 (84.9%)
10	ORLI Serena	881	VEGAN POWER TEAM	K30-49	10	00:00:04	00:39:38	01:18:41	01:58:23.65	01:58:28.25	+00:18:46 (15.9%)	5:38	10.6 (84.1%)
11	RĄB Agnieszka	895		K30-49	11	00:00:11	00:39:55	01:20:40	02:02:26.20	02:02:37.30	+00:22:49 (18.6%)	5:49	10.3 (81.7%)
12	KRÓLAK Magda	864	TENPO PRYMA SORT	K30-49	12	00:00:06	00:39:42	01:20:49	02:02:49.30	02:02:55.60	+00:23:12 (18.9%)	5:50	10.3 (81.7%)
13	JANOWSKA Katarzyna	843	YOUNG4EVER	K30-49	13	00:00:05	00:40:41	01:22:55	02:03:27.15	02:03:33.00	+00:23:50 (19.3%)	5:52	10.2 (81.0%)
14	ZAWALSKA Izabela	931		K30-49	14	00:00:12	00:41:13	01:22:05	02:03:46.65	02:03:59.25	+00:24:09 (19.5%)	5:53	10.2 (81.0%)
15	KROPIAK Katarzyna	863	VEGE RUNNERS	K30-49	15	00:00:08	00:40:28	01:22:00	02:04:40.00	02:04:48.05	+00:25:03 (20.1%)	5:56	10.1 (80.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All 7km	Start All 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
16	<b>JAWOROWICZ Dobrochna</b>	<b>845</b>	KS PEGAZ	K30-49	16	00:00:09	00:40:19	01:21:59	<b>02:04:56.50</b>	<b>02:05:06.15</b>	+00:25:19 (20.3%)	5:57	10.1 (80.2%)
17	<b>KOPERSKA Anna Maria</b>	<b>857</b>		K30-49	17	00:00:13	00:41:53	01:24:30	<b>02:09:27.25</b>	<b>02:09:41.20</b>	+00:29:50 (23.0%)	6:09	9.7 (77.0%)
18	<b>ANDREJCZUK Magdalena</b>	<b>800</b>		K30-49	18	00:00:16	00:39:31	01:23:15	<b>02:13:02.00</b>	<b>02:13:18.10</b>	+00:33:25 (25.1%)	6:20	9.5 (75.4%)
19	<b>DOBOSZ Aneta</b>	<b>822</b>	WŚCIEKŁE PIĘŚCI WĘŻA	K30-49	19	00:00:14	00:43:11	01:27:29	<b>02:14:27.05</b>	<b>02:14:41.90</b>	+00:34:50 (25.9%)	6:24	9.4 (74.6%)
20	<b>DZIKOŃ Małgorzata</b>	<b>828</b>	BIAŁOSTOCKA SEKTA BIEGACZY	K30-49	20	00:00:09	00:43:55	01:29:05	<b>02:14:55.80</b>	<b>02:15:05.35</b>	+00:35:18 (26.2%)	6:25	9.3 (73.8%)
21	<b>WOJCIECHOWSKA Ewa</b>	<b>927</b>	BOLESŁAW	K30-49	21	00:00:09	00:42:41	01:28:52	<b>02:15:26.45</b>	<b>02:15:35.65</b>	+00:35:49 (26.5%)	6:26	9.3 (73.8%)
22	<b>KARESKA Ana</b>	<b>851</b>	NRC - NIKE + RUN CLUB SKOPJE	K30-49	22	00:00:08	00:42:37	01:27:04	<b>02:15:48.45</b>	<b>02:15:56.70</b>	+00:36:11 (26.6%)	6:28	9.3 (73.8%)
23	<b>STRZELECKA Izabela</b>	<b>905</b>		K30-49	23	00:00:11	00:43:03	01:29:15	<b>02:17:08.05</b>	<b>02:17:19.75</b>	+00:37:31 (27.4%)	6:31	9.2 (73.0%)
24	<b>RYBAK Anna</b>	<b>897</b>		K30-49	24	00:00:12	00:42:26	01:28:29	<b>02:17:28.75</b>	<b>02:17:41.05</b>	+00:37:51 (27.5%)	6:32	9.2 (73.0%)
25	<b>SZMIGIEL Joanna</b>	<b>913</b>		K30-49	25	00:00:04	00:42:23	01:29:24	<b>02:19:17.50</b>	<b>02:19:21.70</b>	+00:39:40 (28.5%)	6:37	9 (71.4%)
26	<b>KUBIAK Marta</b>	<b>865</b>		K30-49	26	00:00:11	00:46:05	01:31:54	<b>02:20:21.40</b>	<b>02:20:33.10</b>	+00:40:44 (29.0%)	6:41	9 (71.4%)
27	<b>MACHNIO Iwona</b>	<b>869</b>		K30-49	27	00:00:11	00:46:05	01:31:51	<b>02:20:22.90</b>	<b>02:20:34.45</b>	+00:40:45 (29.0%)	6:41	9 (71.4%)
28	<b>WIDALSKA Marta</b>	<b>922</b>	BIEGI GRODZISK MAZOWIECKI	K30-49	28	00:00:13	00:51:05	01:46:09	<b>02:44:05.00</b>	<b>02:44:18.00</b>	+01:04:28 (39.3%)	7:48	7.7 (61.1%)
29	<b>WYSOCKA Aleksandra</b>	<b>929</b>		K30-49	29	00:00:10	00:50:15	01:45:55	<b>02:46:29.90</b>	<b>02:46:40.25</b>	+01:06:52 (40.2%)	7:55	7.6 (60.3%)

Znaleziono 29 wynik(ów)