



BIEG WEGAŃSKI 5 KM

B4SPORT

Wydarzenie: 11 Wirtualny Bieg Wegański
Organizator: Fundacja Run Vegan
Data: 2020-05-17
Miejsce: Warszawa
Dystans: 5 km

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	SWIANIEWICZ Antoni	301		M30-49	1	00:19:12.00	00:19:12.00		3:50	15.6 (100%)
2	FURTAK Krystyna	502		K50+	1	00:22:38.00	00:22:38.00	+00:03:26 (15.2%)	4:31	13.3 (85.3%)
3	PRĘGOWSKI Michał	278	VEGE RUNNERS	M30-49	2	00:23:41.00	00:23:41.00	+00:04:29 (18.9%)	4:44	12.7 (81.4%)
4	RÓŻAŃSKA Magdalena	284		K30-49	1	00:25:24.00	00:25:24.00	+00:06:12 (24.4%)	5:04	11.8 (75.6%)
5	BURYTA Marek	15		M1-29	1	00:25:25.00	00:25:25.00	+00:06:13 (24.5%)	5:05	11.8 (75.6%)
6	MĘDRZYCKI Mirosław	254	PARKRUN BRÓDNO	M50+	1	00:26:00.00	00:26:00.00	+00:06:48 (26.2%)	5:12	11.5 (73.7%)
7	WEJTKO Tomasz	316		M50+	2	00:27:18.00	00:27:18.00	+00:08:06 (29.7%)	5:27	11 (70.5%)
8	SADOWSKI Mateusz	288		M1-29	2	00:27:21.21	00:27:21.21	+00:08:09 (29.8%)	5:28	11 (70.5%)
9	MAGUZA Zofia	454		K1-29	1	00:28:08.00	00:28:08.00	+00:08:56 (31.8%)	5:37	10.7 (68.6%)
10	SADOWSKA Justyna	287		K30-49	2	00:28:26.00	00:28:26.00	+00:09:14 (32.5%)	5:41	10.6 (67.9%)
11	KUDER Anna	247		K50+	2	00:29:25.00	00:29:25.00	+00:10:13 (34.7%)	5:53	10.2 (65.4%)
12	PASZEK Krystyna	272	DOGOŃ GRODZISK MAZOWIECKI	K50+	3	00:29:45.00	00:29:45.00	+00:10:33 (35.5%)	5:57	10.1 (64.7%)
13	LUPINSKA Katarzyna	452		K30-49	3	00:29:54.00	00:29:54.00	+00:10:42 (35.8%)	5:58	10 (64.1%)
14	WOŁĄGIEWICZ Małgorzata	324		K30-49	4	00:29:59.00	00:29:59.00	+00:10:47 (36.0%)	5:59	10 (64.1%)
15	WINNICKA Marta	320		K30-49	5	00:30:04.00	00:30:04.00	+00:10:52 (36.1%)	6:00	10 (64.1%)
16	PRĘGOWSKA Katarzyna	453		K1-29	2	00:30:34.00	00:30:34.00	+00:11:22 (37.2%)	6:06	9.8 (62.8%)
16	PRĘGOWSKI Olaf	420	TATRZAŃSKIE ZUCHY	M1-29	3	00:30:34.00	00:30:34.00	+00:11:22 (37.2%)	6:06	9.8 (62.8%)
18	GAGLIARDI Alfredo	225	VEGAN POWER TEAM	M30-49	3	00:30:39.00	00:30:39.00	+00:11:27 (37.4%)	6:07	9.8 (62.8%)
19	KWIATKOWSKA Amelka	250		K1-29	3	00:30:40.00	00:30:40.00	+00:11:28 (37.4%)	6:08	9.8 (62.8%)
20	WEJTKO Ela	315		K50+	4	00:30:59.00	00:30:59.00	+00:11:47 (38.0%)	6:11	9.7 (62.2%)
21	WAWRZONEK Karolina	335		K30-49	6	00:31:04.00	00:31:04.00	+00:11:52 (38.2%)	6:12	9.7 (62.2%)
22	SZAŁAŃSKA Agata	304		K30-49	7	00:31:13.00	00:31:13.00	+00:12:01 (38.5%)	6:14	9.6 (61.5%)
23	OLSZEWSKA Jola	269	BIEGACZE POMAGACZE	K50+	5	00:31:32.00	00:31:32.00	+00:12:20 (39.1%)	6:18	9.5 (60.9%)
24	STEFAŃSKA Joanna	299		K30-49	8	00:31:35.00	00:31:35.00	+00:12:23 (39.2%)	6:19	9.5 (60.9%)
25	KRZYŻEWSKI Adam	244	VEGAN RUNNERS	M1-29	4	00:31:47.00	00:31:47.00	+00:12:35 (39.6%)	6:21	9.4 (60.3%)
26	SKÓRNIIEWSKA Katarzyna	294		K1-29	4	00:31:50.00	00:31:50.00	+00:12:38 (39.7%)	6:22	9.4 (60.3%)
26	SKÓRNIIEWSKA Magdalena	293		K30-49	9	00:31:50.00	00:31:50.00	+00:12:38 (39.7%)	6:22	9.4 (60.3%)
28	DĄBROWA Wojciech	218		M50+	3	00:32:00.00	00:32:00.00	+00:12:48 (40.0%)	6:24	9.4 (60.3%)
29	ŻELECHOWSKI Artur	334		M30-49	4	00:32:34.00	00:32:34.00	+00:13:22 (41.0%)	6:30	9.2 (59.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
30	JAKUBEK-SKULTECKA Monika	233		K30-49	10	00:33:19.00	00:33:19.00	+00:14:07 (42.4%)	6:39	9 (57.7%)
31	CEBULA Agnieszka	212		K30-49	11	00:34:10.00	00:34:10.00	+00:14:58 (43.8%)	6:50	8.8 (56.4%)
32	MIELEWSKA Brygida	501		K50+	6	00:34:15.00	00:34:15.00	+00:15:03 (43.9%)	6:51	8.8 (56.4%)
33	STĘPNIAK Marta	300		K30-49	12	00:34:24.00	00:34:24.00	+00:15:12 (44.2%)	6:52	8.7 (55.8%)
34	GOŁAWSKA-TURZYŃSKA Katarzyna	227		K30-49	13	00:34:37.00	00:34:37.00	+00:15:25 (44.5%)	6:55	8.7 (55.8%)
35	ŻABA Aleksandra	330	VEGE RUNNERS	K1-29	5	00:34:39.00	00:34:39.00	+00:15:27 (44.6%)	6:55	8.7 (55.8%)
36	KIEŁBASIŃSKA Olga	241	DOGOŃ GRODZISK MAZOWIECKI	K1-29	6	00:37:52.00	00:37:52.00	+00:18:40 (49.3%)	7:34	7.9 (50.6%)
37	GÓRECKA Anna	28		K30-49	14	00:38:15.00	00:38:15.00	+00:19:03 (49.8%)	7:39	7.8 (50.0%)
38	CICHOCKA Magdalena	215		K30-49	15	00:38:19.00	00:38:19.00	+00:19:07 (49.9%)	7:39	7.8 (50.0%)
39	SOCHACZEWSKA-GRALAK Magdalena	298	GRALAKI5	K30-49	16	00:38:20.00	00:38:20.00	+00:19:08 (49.9%)	7:40	7.8 (50.0%)
40	SŁONIEWSKA Monika	295		K50+	7	00:38:53.00	00:38:53.00	+00:19:41 (50.6%)	7:46	7.7 (49.4%)
41	RZEPKA Beata	286		K30-49	17	00:40:10.00	00:40:10.00	+00:20:58 (52.2%)	8:02	7.5 (48.1%)
42	PILSKA Magda	275	SLOW JOGGING WARSZAWA	K30-49	18	00:40:27.00	00:40:27.00	+00:21:15 (52.5%)	8:05	7.4 (47.4%)
43	IWANIUK Jacek	500		M30-49	5	00:41:21.00	00:41:21.00	+00:22:09 (53.6%)	8:16	7.3 (46.8%)
44	SZAFRAN Olga	303		K30-49	19	00:41:23.00	00:41:23.00	+00:22:11 (53.6%)	8:16	7.2 (46.2%)
45	FIJAŁKOWSKA Jolanta	223		K50+	8	00:41:39.00	00:41:39.00	+00:22:27 (53.9%)	8:19	7.2 (46.2%)
46	RACZYŃSKA Agnieszka	281		K30-49	20	00:42:32.00	00:42:32.00	+00:23:20 (54.9%)	8:30	7.1 (45.5%)
47	ADAMCZYK Elżbieta	201		K50+	9	00:43:35.00	00:43:35.00	+00:24:23 (55.9%)	8:43	6.9 (44.2%)
48	FAŁATOWICZ Ryszard	222		M50+	4	00:44:00.00	00:44:00.00	+00:24:48 (56.4%)	8:48	6.8 (43.6%)
49	MRUCZYŃSKA-PIETRUCZANIS Katarzyna	261	WKURW_TEAM / AKTYWNI WĘGRÓW	K30-49	21	00:45:23.00	00:45:23.00	+00:26:11 (57.7%)	9:04	6.6 (42.3%)
50	MAZUR Martyna	252		K1-29	7	00:49:08.00	00:49:08.00	+00:29:56 (60.9%)	9:49	6.1 (39.1%)
51	GAWRON Monika	456		K30-49	22	00:58:57.00	00:58:57.00	+00:39:45 (67.4%)	11:47	5.1 (32.7%)
52	CICHOCKA Renata	216		K30-49	23	00:59:20.00	00:59:20.00	+00:40:08 (67.6%)	11:52	5.1 (32.7%)
53	BOROWIAK Jacek	209	SLOW JOGGING POLSKA	M50+	5	01:01:01.00	01:01:01.00	+00:41:49 (68.5%)	12:12	4.9 (31.4%)
54	SZWARNOWSKI Xavier	305		M1-29	5	01:03:40.00	01:03:40.00	+00:44:28 (69.8%)	12:44	4.7 (30.1%)
55	BIŁOBRAN Jacek	207		M30-49	6	01:18:49.00	01:18:49.00	+00:59:37 (75.6%)	15:45	3.8 (24.4%)
55	BIŁOBRAN Marta	206		K30-49	24	01:18:49.00	01:18:49.00	+00:59:37 (75.6%)	15:45	3.8 (24.4%)
57	BOROWIAK Jolanta	210	SLOW JOGGING POLSKA	K50+	10	01:39:44.00	01:39:44.00	+01:20:32 (80.7%)	19:56	3 (19.2%)
58	SMOCZYK Mirosława	296		K30-49	25	01:56:42.00	01:56:42.00	+01:37:30 (83.5%)	23:20	2.6 (16.7%)

Znaleziono 58 wynik(ów)