



Event: Biegiem do Koszar
Organiser: Fundacja Nasza Historia
Date: 2022-05-21
Place: Nowy Dwór Mazowiecki
Distance: 5 km

BIEGIEM DO KOSZAR 5KM

B4SPORT

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Classification: Kobiety Open

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Net time 5km	Gap	Pace min/km	Pace km/h
1	OWCZAREK Katarzyna	168	ROZBIEGAMY NOWY DWÓR	Kobiety Open	1	Rozbiegamy Nowy Dwór	00:26:44.00		5:20	11.2 (100%)
2	TAPEREK Marta	280		Kobiety Open	2		00:26:51.10	+00:00:07 (0.4%)	5:22	11.2 (100%)
3	NERĆ-KACZERSKA Zuzanna	243		Kobiety Open	3		00:28:54.50	+00:02:10 (7.5%)	5:46	10.4 (92.9%)
4	WICIK-KUCIAPSKA Paulina	288		Kobiety Open	4		00:29:24.10	+00:02:40 (9.1%)	5:52	10.2 (91.1%)
5	TOMASZEWSKA Izabela	185	SOKÓŁ BODZANÓW	Kobiety Open	5	SOKÓŁ BODZANÓW	00:30:23.40	+00:03:39 (12.0%)	6:04	9.9 (88.4%)
6	RASZTUBOWICZ Izabela	112	3BS WAT	Kobiety Open	6	3BS WAT	00:30:36.00	+00:03:52 (12.6%)	6:07	9.8 (87.5%)
7	RYBICKA Agata	184	SOKÓŁ BODZANÓW	Kobiety Open	7	SOKÓŁ BODZANÓW	00:31:04.60	+00:04:20 (14.0%)	6:12	9.7 (86.6%)
8	RUCIŃSKA Wioleta	261		Kobiety Open	8		00:31:20.05	+00:04:36 (14.7%)	6:16	9.6 (85.7%)
9	CELIŃSKA-MYSŁAW Izabela	133	-	Kobiety Open	9		00:31:52.55	+00:05:08 (16.1%)	6:22	9.4 (83.9%)
10	SZYMCZAK Karolina	145	MARKOWI BIEGACZE	Kobiety Open	10		00:32:13.90	+00:05:29 (17.1%)	6:26	9.3 (83.0%)
11	GÓRNAŚ Zofia	136	KLUB BOKSERSKI NOWY DWÓR MAZOWIECKI	Kobiety Open	11	Klub Bokserski Nowy Dwór Mazowiecki	00:32:21.10	+00:05:37 (17.4%)	6:28	9.3 (83.0%)
12	JAWOREK Anna	167	ROZBIEGAMY NOWY DWÓR	Kobiety Open	12	Rozbiegamy Nowy Dwór	00:32:25.40	+00:05:41 (17.5%)	6:29	9.3 (83.0%)
13	PRZYBULSKA Małgorzata	188	TORUŃ PLAZA	Kobiety Open	13		00:32:28.10	+00:05:44 (17.7%)	6:29	9.2 (82.1%)

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Net time 5km	Gap	Pace min/km	Pace km/h
14	DANISZEWSKA Marta	165	ROZBIEGAMY NOWY DWÓR	Kobiety Open	14	Rozbiegamy Nowy Dwór	00:32:37.30	+00:05:53 (18.1%)	6:31	9.2 (82.1%)
15	CZYTRZYŃSKA Alicja	131	HURAGAN	Kobiety Open	15		00:33:08.50	+00:06:24 (19.3%)	6:37	9.1 (81.3%)
16	KRAWCZAK Aldona	226		Kobiety Open	16		00:33:18.50	+00:06:34 (19.7%)	6:39	9 (80.4%)
17	FIJAŁKOWSKA Aleksandra	116	BESTIE OCR LEGIONOWO	Kobiety Open	17	Bestie OCR Legionowo	00:33:23.25	+00:06:39 (19.9%)	6:40	9 (80.4%)
18	ŚWISTAK Ilona	148	PROVIDENT	Kobiety Open	18		00:33:40.95	+00:06:56 (20.6%)	6:44	8.9 (79.5%)
19	RUDNIK Marzena	119	BESTIE OCR LEGIONOWO	Kobiety Open	19	Bestie OCR Legionowo	00:33:52.15	+00:07:08 (21.1%)	6:46	8.9 (79.5%)
20	KRZTOŃ Marlena	117	BESTIE OCR LEGIONOWO	Kobiety Open	20	Bestie OCR Legionowo	00:33:52.65	+00:07:08 (21.1%)	6:46	8.9 (79.5%)
21	KUROPATWIŃSKA Sylwia	230		Kobiety Open	21		00:34:00.40	+00:07:16 (21.4%)	6:48	8.8 (78.6%)
22	GALIŃSKA Magdalena	189	WARSZAWSKI ZAUŁEK	Kobiety Open	22		00:34:01.65	+00:07:17 (21.4%)	6:48	8.8 (78.6%)
23	STANISZEWSKA Monika	142	LECĘ BO CHCĘ	Kobiety Open	23		00:34:12.50	+00:07:28 (21.9%)	6:50	8.8 (78.6%)
24	BUDNICKA Katarzyna	200		Kobiety Open	24		00:34:19.00	+00:07:35 (22.1%)	6:51	8.7 (77.7%)
25	BUDKOWSKA Dorota	199		Kobiety Open	25		00:34:38.55	+00:07:54 (22.8%)	6:55	8.7 (77.7%)
26	JEZNACH Dorota	215		Kobiety Open	26		00:34:38.90	+00:07:54 (22.8%)	6:55	8.7 (77.7%)
27	STYPKA SORDYL Olga	274		Kobiety Open	27		00:34:49.05	+00:08:05 (23.2%)	6:57	8.6 (76.8%)
28	SALAK Katarzyna	265		Kobiety Open	28	Fizyk Sport	00:34:52.65	+00:08:08 (23.4%)	6:58	8.6 (76.8%)
29	DĘBSKA Renata	205		Kobiety Open	29		00:34:53.55	+00:08:09 (23.4%)	6:58	8.6 (76.8%)
30	ŁAPKO Joanna	298	WKS MODLIN	Kobiety Open	30	WKS Modlin	00:34:53.95	+00:08:09 (23.4%)	6:58	8.6 (76.8%)
31	LEWKOWICZ Agnieszka	232		Kobiety Open	31		00:35:26.60	+00:08:42 (24.6%)	7:05	8.5 (75.9%)
32	KALBARCZYK Aleksandra	219		Kobiety Open	32		00:36:09.70	+00:09:25 (26.1%)	7:13	8.3 (74.1%)
33	MAKOWSKA Karolina	236		Kobiety Open	33		00:36:21.75	+00:09:37 (26.5%)	7:16	8.3 (74.1%)
34	WIŚNIEWSKA Justyna	289		Kobiety Open	34		00:36:23.75	+00:09:39 (26.5%)	7:16	8.2 (73.2%)
35	MATYSIAK Agusia	238		Kobiety Open	35		00:36:25.10	+00:09:41 (26.6%)	7:17	8.2 (73.2%)
36	POWAŻKA Natalia	111	3BS WAT	Kobiety Open	36	3BS WAT	00:36:27.95	+00:09:43 (26.7%)	7:17	8.2 (73.2%)

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37	WALENTYN Katarzyna	173	RUNCROSS ROZGARTY	Kobiety Open	37		00:36:48.40	+00:10:04 (27.4%)	7:21	8.2 (73.2%)
38	GIERS Marta	208		Kobiety Open	38		00:36:51.30	+00:10:07 (27.5%)	7:22	8.1 (72.3%)
39	NOWAK Justyna	245		Kobiety Open	39	Kurze Stopy	00:37:33.60	+00:10:49 (28.8%)	7:30	8 (71.4%)
40	ZAWIDZKA Kasia	115	BASTION	Kobiety Open	40		00:37:50.00	+00:11:06 (29.3%)	7:34	7.9 (70.5%)
41	KRÓL Klaudia	227		Kobiety Open	41		00:37:50.45	+00:11:06 (29.4%)	7:34	7.9 (70.5%)
42	URBAŃSKA Anna	285		Kobiety Open	42		00:37:58.95	+00:11:14 (29.6%)	7:35	7.9 (70.5%)
43	RÓŻYCKA Magdalena	296	WKS MODLIN	Kobiety Open	43	WKS Modlin	00:38:09.00	+00:11:25 (29.9%)	7:37	7.9 (70.5%)
44	LITKE Andżelika	125	EAZYMUT.PL	Kobiety Open	44		00:38:16.00	+00:11:32 (30.1%)	7:39	7.8 (69.6%)
45	TOMASZEWSKA Marlena	283		Kobiety Open	45		00:38:49.05	+00:12:05 (31.1%)	7:45	7.7 (68.8%)
46	GOLACKA-PIOTROWSKA Beata	209		Kobiety Open	46		00:39:03.85	+00:12:19 (31.6%)	7:48	7.7 (68.8%)
47	ROSAK Ewa	258		Kobiety Open	47		00:39:21.70	+00:12:37 (32.1%)	7:52	7.6 (67.9%)
48	CHMIELEWSKA Kinga	151	RB	Kobiety Open	48	Reckitt	00:40:18.00	+00:13:34 (33.7%)	8:03	7.4 (66.1%)
49	TALAROWSKA Magdalena	279		Kobiety Open	49		00:40:27.65	+00:13:43 (33.9%)	8:05	7.4 (66.1%)
50	STRUMNIK Katarzyna	170	ROZBIEGAMY NOWY DWÓR	Kobiety Open	50	Rozbiegamy Nowy Dwór	00:40:36.55	+00:13:52 (34.2%)	8:07	7.4 (66.1%)
51	KOWALSKA Kinga	108	12TRI.PL	Kobiety Open	51		00:41:01.85	+00:14:17 (34.8%)	8:12	7.3 (65.2%)
52	JANUSZEWSKA Ewa	182	SOKÓŁ BODZANÓW	Kobiety Open	52	SOKÓŁ BODZANÓW	00:41:02.40	+00:14:18 (34.9%)	8:12	7.3 (65.2%)
53	KACPRZAK Beata	183	SOKÓŁ BODZANÓW	Kobiety Open	53	SOKÓŁ BODZANÓW	00:41:03.10	+00:14:19 (34.9%)	8:12	7.3 (65.2%)
54	PIEKUT Wioletta	156	RB	Kobiety Open	54	Reckitt	00:41:11.90	+00:14:27 (35.1%)	8:14	7.3 (65.2%)
55	TELAKOWSKA Anita	281		Kobiety Open	55		00:41:12.60	+00:14:28 (35.1%)	8:14	7.3 (65.2%)
56	GRZESZAK Danuta	210		Kobiety Open	56		00:41:30.55	+00:14:46 (35.6%)	8:18	7.2 (64.3%)
57	GODLEWSKA-BINIO Iwona	129	FIZYK SPORT	Kobiety Open	57	Fizyk Sport	00:41:48.45	+00:15:04 (36.1%)	8:21	7.2 (64.3%)
58	DYONIZIAK Katarzyna	207		Kobiety Open	58		00:43:13.70	+00:16:29 (38.2%)	8:38	6.9 (61.6%)
59	PENKALSKA Magdalena	253		Kobiety Open	59		00:43:35.80	+00:16:51 (38.7%)	8:43	6.9 (61.6%)

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60	SZCZEBLOWSKA Katarzyna	275		Kobiety Open	60		00:44:12.80	+00:17:28 (39.5%)	8:50	6.8 (60.7%)
61	ORZECHOWSKA Aleksandra	126	FIT SALCESONY	Kobiety Open	61	Fit Salcesony	00:45:29.55	+00:18:45 (41.2%)	9:05	6.6 (58.9%)
62	KACZYŃSKA Dorota	218		Kobiety Open	62		00:45:36.15	+00:18:52 (41.4%)	9:07	6.6 (58.9%)
63	WNUKOWSKA Dorota	295	WKS MODLIN	Kobiety Open	63	WKS Modlin	00:47:28.90	+00:20:44 (43.7%)	9:29	6.3 (56.3%)
64	STAŃCZAK Sonia	272		Kobiety Open	64		00:48:59.30	+00:22:15 (45.4%)	9:47	6.1 (54.5%)
65	BIELIŃSKA Anna	135		Kobiety Open	65		00:49:48.60	+00:23:04 (46.3%)	9:57	6 (53.6%)
66	SZAŁANKIEWICZ Aneta	120	COUCH POTATO	Kobiety Open	66		00:50:00.80	+00:23:16 (46.5%)	10:00	6 (53.6%)

Total 66 results.