



BYDGOSKI BIEG NIEPODLEGŁOŚCI 2021

B4SPORT

Organizator: Aktywna Bydgoszcz
Data: 2021-11-11
Miejsce: Bydgoszcz
Dystans: 5 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	SZENK Marta	138		K-40	1	00:00:04	00:19:21.30	00:19:25.60		3:52	15.5 (100%)
2	BŁAŻEJAK Krzysztofa	907	WTLENIE.PL	K-40	2	00:00:05	00:22:18.70	00:22:24.40	+00:02:57 (13.3%)	4:27	13.5 (87.1%)
3	URBAŃSKA Ewa	179	TM IRON TEAM	K-40	3	00:00:07	00:22:45.95	00:22:53.70	+00:03:24 (15.0%)	4:33	13.2 (85.2%)
4	MICHALIK Joanna	106		K-40	4	00:00:38	00:23:08.05	00:23:46.50	+00:03:46 (16.3%)	4:37	13 (83.9%)
5	MROTEK Katarzyna	663	AKADEMIA MISTRZÓW SPORTU	K-40	5	00:00:15	00:23:43.90	00:23:59.45	+00:04:22 (18.4%)	4:44	12.6 (81.3%)
6	JASIŃSKA Małgorzata	1012		K-40	6	00:01:12	00:24:33.35	00:25:45.90	+00:05:12 (21.2%)	4:54	12.2 (78.7%)
7	WOLAN Magdalena	62	AMOREK	K-40	7	00:00:18	00:24:42.40	00:25:01.25	+00:05:21 (21.7%)	4:56	12.1 (78.1%)
8	BEDNAREK Marta	67	CZARNE STOPY	K-40	8	00:00:32	00:24:56.20	00:25:29.10	+00:05:34 (22.4%)	4:59	12 (77.4%)
9	KUBIS Sylwia	872		K-40	9	00:01:15	00:25:09.80	00:26:25.65	+00:05:48 (23.1%)	5:01	11.9 (76.8%)
10	KUJDA Dorota	924		K-40	10	00:00:10	00:25:26.85	00:25:37.75	+00:06:05 (23.9%)	5:05	11.8 (76.1%)
11	MACIOSZEK Ewa	409	M.A.D.M.E.P.	K-40	11	00:00:08	00:25:31.60	00:25:40.40	+00:06:10 (24.2%)	5:06	11.8 (76.1%)
12	BARTOS Ligia	963	WTORKOWY TRENING	K-40	12	00:00:12	00:25:35.15	00:25:47.60	+00:06:13 (24.4%)	5:07	11.7 (75.5%)
13	JĘDRZEJCZYK Iwona	818		K-40	13	00:00:00	00:25:40.70	00:25:40.70	+00:06:19 (24.6%)	5:08	11.7 (75.5%)
14	MELWIŃSKA Paulina	33	RUN BYDGOSZCZ	K-40	14	00:00:24	00:25:45.40	00:26:09.45	+00:06:24 (24.9%)	5:09	11.7 (75.5%)
15	SKRZĄTEK Anna	558		K-40	15	00:00:26	00:25:45.70	00:26:12.35	+00:06:24 (24.9%)	5:09	11.7 (75.5%)
16	KRZESZEWSKA Agnieszka	357		K-40	16	00:00:19	00:25:58.10	00:26:17.70	+00:06:36 (25.5%)	5:11	11.6 (74.8%)
17	SZOPINSKA Agnieszka	930		K-40	17	00:00:59	00:26:03.60	00:27:02.75	+00:06:42 (25.7%)	5:12	11.5 (74.2%)
18	RASSALSKA-KAUSA Jola	903		K-40	18	00:00:20	00:26:06.60	00:26:26.85	+00:06:45 (25.9%)	5:13	11.5 (74.2%)
19	ROBACZEWSKA Lidia	368		K-40	19	00:00:27	00:26:10.90	00:26:38.05	+00:06:49 (26.1%)	5:14	11.5 (74.2%)
20	MUSS Karolina	959		K-40	20	00:01:18	00:26:22.25	00:27:41.00	+00:07:00 (26.6%)	5:16	11.4 (73.5%)
21	KARCZEWSKA Arletta	117	WHM POLSKA	K-40	21	00:00:33	00:26:29.70	00:27:02.80	+00:07:08 (26.9%)	5:17	11.3 (72.9%)
22	SIWAK Anna	526		K-40	22	00:01:07	00:26:43.85	00:27:51.70	+00:07:22 (27.6%)	5:20	11.2 (72.3%)
23	WITKOWSKA Mariola	1038		K-40	23	00:00:25	00:26:49.75	00:27:15.10	+00:07:28 (27.9%)	5:21	11.2 (72.3%)
24	WOJTYSIAK Dorota	104		K-40	24	00:00:23	00:27:27.10	00:27:50.60	+00:08:05 (29.5%)	5:29	10.9 (70.3%)
25	ZAMIATOWSKA Kinga	531	BELLA LINE, NARTOROLKI BDG	K-40	25	00:00:26	00:27:30.45	00:27:56.90	+00:08:09 (29.6%)	5:30	10.9 (70.3%)
26	SZULC Magda	680	SZULC TEAM	K-40	26	00:00:53	00:27:40.05	00:28:33.05	+00:08:18 (30.0%)	5:32	10.8 (69.7%)
27	KŁOS Kamila	1055	TG SOKÓŁ I	K-40	27	00:01:12	00:27:48.25	00:29:00.45	+00:08:26 (30.4%)	5:33	10.8 (69.7%)
28	ŻURYŃ Aldona	999	ORANGE POLSKA	K-40	28	00:00:59	00:27:49.00	00:28:48.55	+00:08:27 (30.4%)	5:33	10.8 (69.7%)
29	POLIWKA Ula	888	ABRAMCZYK	K-40	29	00:00:43	00:27:50.85	00:28:34.75	+00:08:29 (30.5%)	5:34	10.8 (69.7%)
30	ŻEREK Magdalena	976	KOLEGIUM KUJAWSKIE	K-40	30	00:00:37	00:27:59.00	00:28:36.15	+00:08:37 (30.8%)	5:35	10.7 (69.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas	Czas	Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
31	LENSER Ewa	473	MUZEUM SOLCA	K-40	31	00:01:09	00:28:09.50	00:29:19.25	+00:08:48 (31.3%)	5:37	10.7 (69.0%)
32	MAJEWSKA Barbara	450		K-40	32	00:00:13	00:28:10.00	00:28:23.50	+00:08:48 (31.3%)	5:38	10.7 (69.0%)
33	JAWORSKA KACZMAREK Sylwia	420	#4FAJTER	K-40	33	00:00:39	00:28:16.45	00:28:55.90	+00:08:55 (31.5%)	5:39	10.6 (68.4%)
34	BARAŃSKA Sylwia	958	PARKRUN BYDGOSZCZ	K-40	34	00:00:37	00:28:19.90	00:28:57.25	+00:08:58 (31.7%)	5:39	10.6 (68.4%)
35	WESOŁOWSKA Aleksandra	171		K-40	35	00:00:14	00:28:25.85	00:28:40.20	+00:09:04 (31.9%)	5:41	10.6 (68.4%)
36	BARWIKOWSKA Bogusia	1048		K-40	36	00:01:09	00:28:29.25	00:29:39.20	+00:09:07 (32.1%)	5:41	10.5 (67.7%)
37	POLACKA Jadwiga	225	BIEGAJ Z DĘBAMI	K-40	37	00:01:20	00:28:30.05	00:29:50.45	+00:09:08 (32.1%)	5:42	10.5 (67.7%)
38	JACKOWIEC-JAGIELSKA Małgorzata	331		K-40	38	00:00:27	00:28:32.55	00:28:59.80	+00:09:11 (32.2%)	5:42	10.5 (67.7%)
39	OKOŃSKA Emilia	1068		K-40	39	00:01:18	00:28:33.65	00:29:52.10	+00:09:12 (32.2%)	5:42	10.5 (67.7%)
40	KWAŚNIEWSKA Aldona	587		K-40	40	00:01:11	00:28:36.05	00:29:47.60	+00:09:14 (32.3%)	5:43	10.5 (67.7%)
41	FUZ Gabriela	697	KABEL TEAM BYDGOSZCZ	K-40	41	00:01:11	00:28:40.15	00:29:51.80	+00:09:18 (32.5%)	5:44	10.5 (67.7%)
42	LESZCZYŃSKA Kinga	380		K-40	42	00:00:53	00:28:43.30	00:29:36.95	+00:09:22 (32.6%)	5:44	10.4 (67.1%)
43	SZAJDA Magdalena	188		K-40	43	00:01:15	00:29:09.00	00:30:24.85	+00:09:47 (33.6%)	5:49	10.3 (66.5%)
44	NOSKOWIAK-BAJNO Alicja	985		K-40	44	00:01:10	00:29:14.80	00:30:25.65	+00:09:53 (33.8%)	5:50	10.3 (66.5%)
45	MALATYŃSKA Barbara	670		K-40	45	00:00:59	00:29:15.35	00:30:15.20	+00:09:54 (33.8%)	5:51	10.3 (66.5%)
46	LEWANDOWSKA Sylwia	53		K-40	46	00:00:34	00:29:15.50	00:29:50.35	+00:09:54 (33.8%)	5:51	10.3 (66.5%)
47	SIERADZKA Małgorzata	610		K-40	47	00:01:20	00:29:20.05	00:30:40.45	+00:09:58 (34.0%)	5:52	10.2 (65.8%)
48	ZIELIŃSKA Justyna	51	KAPITEAM	K-40	48	00:01:11	00:29:20.70	00:30:31.85	+00:09:59 (34.0%)	5:52	10.2 (65.8%)
49	STEJUK Aleksandra	279	AKADEMIA MISTRZÓW SPORTU	K-40	49	00:01:14	00:29:34.25	00:30:48.95	+00:10:12 (34.5%)	5:54	10.1 (65.2%)
50	WASILEWSKA Agata	285		K-40	50	00:01:14	00:29:34.30	00:30:48.95	+00:10:13 (34.5%)	5:54	10.1 (65.2%)
51	MISUN-NOWAK Katarzyna	281	AKADEMIA MISTRZÓW SPORTU	K-40	51	00:01:14	00:29:34.80	00:30:49.20	+00:10:13 (34.6%)	5:54	10.1 (65.2%)
52	BEAUVALE Monika	1064		K-40	52	00:00:26	00:29:36.25	00:30:02.85	+00:10:14 (34.6%)	5:55	10.1 (65.2%)
53	KOWALSKA Jolanta	1066		K-40	53	00:00:19	00:29:38.05	00:29:57.75	+00:10:16 (34.7%)	5:55	10.1 (65.2%)
54	ZDUNKIEWICZ Hania	98	#WIĘCEJSPRZĘTUNIŻTALENTU	K-40	54	00:00:57	00:29:39.00	00:30:36.55	+00:10:17 (34.7%)	5:55	10.1 (65.2%)
55	KOTARSKA-SKONIECZKA Anna	905	PND RUNNING TEAM	K-40	55	00:00:42	00:29:46.85	00:30:29.55	+00:10:25 (35.0%)	5:57	10.1 (65.2%)
56	KRASIŃSKA Katarzyna	783		K-40	56	00:00:16	00:29:47.70	00:30:04.10	+00:10:26 (35.0%)	5:57	10.1 (65.2%)
57	WOJCIECHOWSKA Dagmara	570		K-40	57	00:00:10	00:29:54.10	00:30:04.85	+00:10:32 (35.3%)	5:58	10 (64.5%)
58	FURMAN Małgorzata	669		K-40	58	00:01:21	00:29:54.95	00:31:16.55	+00:10:33 (35.3%)	5:58	10 (64.5%)
59	CZARNECKA -PIJAROWSKA Dominika	488		K-40	59	00:00:43	00:30:04.05	00:30:47.35	+00:10:42 (35.6%)	6:00	10 (64.5%)
60	PESZYŃSKA Joanna	692		K-40	60	00:00:54	00:30:08.95	00:31:03.65	+00:10:47 (35.8%)	6:01	10 (64.5%)
61	KASZTELAN Agnieszka	984		K-40	61	00:00:37	00:30:12.45	00:30:50.30	+00:10:51 (35.9%)	6:02	9.9 (63.9%)
62	WŁAŚNIAK Sylwia	586		K-40	62	00:00:17	00:30:15.05	00:30:32.20	+00:10:53 (36.0%)	6:03	9.9 (63.9%)
63	FILIPEK Mirosława	168		K-40	63	00:00:27	00:30:16.55	00:30:44.00	+00:10:55 (36.1%)	6:03	9.9 (63.9%)
64	ZMUDA Aleksandra	414		K-40	64	00:00:37	00:30:20.90	00:30:57.90	+00:10:59 (36.2%)	6:04	9.9 (63.9%)
65	KASPRZAK Ewa	701		K-40	65	00:00:37	00:30:21.60	00:30:58.95	+00:11:00 (36.2%)	6:04	9.9 (63.9%)
66	PAWLEWSKA Joanna	811	SPORTWAY	K-40	66	00:00:23	00:30:23.00	00:30:46.75	+00:11:01 (36.3%)	6:04	9.9 (63.9%)
67	KRUSZYŃSKA Magdalena	1020		K-40	67	00:00:24	00:30:29.25	00:30:54.20	+00:11:07 (36.5%)	6:05	9.8 (63.2%)
68	NAWROCKA Joanna	264	OPEN PL	K-40	68	00:00:24	00:30:33.00	00:30:57.30	+00:11:11 (36.6%)	6:06	9.8 (63.2%)
69	JAKUBIK LORENC Aneta	391	NIE MAM	K-40	69	00:00:28	00:30:34.90	00:31:03.35	+00:11:13 (36.7%)	6:06	9.8 (63.2%)
70	GRUŻEWSKA Justyna	382	46	K-40	70	00:00:27	00:30:37.85	00:31:05.70	+00:11:16 (36.8%)	6:07	9.8 (63.2%)
71	GABRICH Zaneta	500		K-40	71	00:00:25	00:30:38.00	00:31:03.70	+00:11:16 (36.8%)	6:07	9.8 (63.2%)
72	ERDMANN Agnieszka	940		K-40	72	00:00:53	00:30:38.50	00:31:31.95	+00:11:17 (36.8%)	6:07	9.8 (63.2%)
73	GŁĘBOCKA Agnieszka	523		K-40	73	00:01:16	00:30:42.20	00:31:58.65	+00:11:20 (37.0%)	6:08	9.8 (63.2%)
74	WISNIEWSKA Małgorzata	887		K-40	74	00:01:11	00:30:46.35	00:31:58.00	+00:11:25 (37.1%)	6:09	9.8 (63.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas	Czas	Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
75	BŁASZKIEWICZ Marzena	850		K-40	75	00:01:11	00:30:46.45	00:31:58.40	+00:11:25 (37.1%)	6:09	9.8 (63.2%)
76	PRIETZ Agata	289		K-40	76	00:01:07	00:30:57.95	00:32:04.95	+00:11:36 (37.5%)	6:11	9.7 (62.6%)
77	AUGUSTYNOWICZ Katarzyna	249	TKKF KOLEJARZ	K-40	77	00:00:24	00:30:58.00	00:31:22.95	+00:11:36 (37.5%)	6:11	9.7 (62.6%)
78	KORNACKA Katarzyna	537		K-40	78	00:00:26	00:31:05.40	00:31:31.45	+00:11:44 (37.7%)	6:13	9.7 (62.6%)
79	PIERZCHALSKA Kasia	459		K-40	79	00:00:40	00:31:14.15	00:31:55.10	+00:11:52 (38.0%)	6:14	9.6 (61.9%)
80	HAŁAS Ewa	276	BIEGACZE KCYNIA TEAM	K-40	80	00:00:28	00:31:18.55	00:31:47.35	+00:11:57 (38.2%)	6:15	9.6 (61.9%)
81	LEWANDOWSKA Renata	983		K-40	81	00:01:12	00:31:21.45	00:32:34.40	+00:12:00 (38.3%)	6:16	9.6 (61.9%)
82	SZULAKOWSKA Patrycja	378	TERENOWA MASAKRA TEAM	K-40	82	00:01:20	00:31:30.50	00:32:51.20	+00:12:09 (38.6%)	6:18	9.5 (61.3%)
83	JANIC Joanna	228		K-40	83	00:00:56	00:31:34.20	00:32:30.65	+00:12:12 (38.7%)	6:18	9.5 (61.3%)
84	MURAWSKA Marta	575		K-40	84	00:00:21	00:31:34.25	00:31:55.30	+00:12:12 (38.7%)	6:18	9.5 (61.3%)
85	PROKOPOWICZ Aleksandra	866		K-40	85	00:01:28	00:31:49.10	00:33:17.10	+00:12:27 (39.2%)	6:21	9.4 (60.6%)
86	PRACA Joanna	173		K-40	86	00:00:17	00:31:52.00	00:32:09.80	+00:12:30 (39.3%)	6:22	9.4 (60.6%)
87	TEWS Marzena	177		K-40	87	00:00:17	00:31:52.85	00:32:10.10	+00:12:31 (39.3%)	6:22	9.4 (60.6%)
88	DERECKA Katarzyna	756	KABEL TEAM BYDGOSZCZ	K-40	88	00:01:11	00:32:21.45	00:33:33.20	+00:13:00 (40.2%)	6:28	9.3 (60.0%)
89	KUK Sylwia	131		K-40	89	00:01:04	00:32:22.00	00:33:26.90	+00:13:00 (40.2%)	6:28	9.3 (60.0%)
90	TOKARSKA Alicja	271	VEGE RUNNERS	K-40	90	00:00:51	00:32:35.20	00:33:26.40	+00:13:13 (40.6%)	6:31	9.2 (59.4%)
91	POLIWODZIŃSKA Agnieszka	515	WISŁA FORDON	K-40	91	00:00:14	00:32:40.20	00:32:54.30	+00:13:18 (40.8%)	6:32	9.2 (59.4%)
92	ZADROŻNA Magdalena	666		K-40	92	00:00:17	00:32:44.60	00:33:02.25	+00:13:23 (40.9%)	6:32	9.2 (59.4%)
93	ZECH Izabela	1025	FOREST GANG	K-40	93	00:01:16	00:32:57.50	00:34:14.40	+00:13:36 (41.3%)	6:35	9.1 (58.7%)
94	SZCZUTOWSKA Olga	352		K-40	94	00:01:09	00:32:58.80	00:34:08.15	+00:13:37 (41.3%)	6:35	9.1 (58.7%)
95	SOBOTA Beata	512		K-40	95	00:00:53	00:33:09.00	00:34:02.25	+00:13:47 (41.6%)	6:37	9 (58.1%)
96	TEMPSKA Agnieszka	843	FREAKY FIT TEAM	K-40	96	00:00:32	00:33:25.75	00:33:57.90	+00:14:04 (42.1%)	6:41	9 (58.1%)
97	PIÓRKOWSKA Aga	28	BRB BYDGOSZCZ	K-40	97	00:01:12	00:33:46.05	00:34:58.85	+00:14:24 (42.7%)	6:45	8.9 (57.4%)
98	RYMER Agnieszka	675		K-40	98	00:01:24	00:34:01.25	00:35:26.20	+00:14:39 (43.1%)	6:48	8.8 (56.8%)
99	MIELCARSKA Izabela	303	MIELCAR TEAM	K-40	99	00:01:11	00:34:03.40	00:35:15.15	+00:14:42 (43.2%)	6:48	8.8 (56.8%)
100	KŁODA Karolina	838		K-40	100	00:00:20	00:34:03.75	00:34:23.90	+00:14:42 (43.2%)	6:48	8.8 (56.8%)
101	WOŹNIAK Anna	21		K-40	101	00:00:16	00:34:11.65	00:34:28.35	+00:14:50 (43.4%)	6:50	8.8 (56.8%)
101	OSTROWSKA Renata	25		K-40	101	00:00:16	00:34:11.65	00:34:28.30	+00:14:50 (43.4%)	6:50	8.8 (56.8%)
103	MIELCAREK Ania	356		K-40	103	00:01:04	00:34:31.35	00:35:36.10	+00:15:10 (43.9%)	6:54	8.7 (56.1%)
104	ZIELIŃSKA Agnieszka	781		K-40	104	00:00:21	00:34:35.25	00:34:57.00	+00:15:13 (44.0%)	6:55	8.7 (56.1%)
105	ŁAKOMSKA - OPALA Iwona	270		K-40	105	00:00:56	00:34:42.50	00:35:39.45	+00:15:21 (44.2%)	6:56	8.6 (55.5%)
106	RATAJCZAK Aurelia	660		K-40	106	00:00:19	00:34:51.45	00:35:10.75	+00:15:30 (44.5%)	6:58	8.6 (55.5%)
107	ŁUSZCZYNA Karolina	1119		K-40	107	00:00:42	00:35:12.65	00:35:55.30	+00:15:51 (45.0%)	7:02	8.5 (54.8%)
108	PROWADZISZ Justyna	870		K-40	108	00:01:21	00:35:43.85	00:37:05.20	+00:16:22 (45.8%)	7:08	8.4 (54.2%)
109	SKRODZKA Anna	969		K-40	109	00:00:38	00:35:47.10	00:36:25.25	+00:16:25 (45.9%)	7:09	8.4 (54.2%)
110	SIEWERT Iwona	1053		K-40	110	00:00:21	00:36:04.65	00:36:25.70	+00:16:43 (46.4%)	7:12	8.3 (53.5%)
111	RYCIO-SAWIEŁAJC Joanna	321		K-40	111	00:00:32	00:36:09.80	00:36:42.75	+00:16:48 (46.5%)	7:13	8.3 (53.5%)
112	SPRENGEL Agnieszka	682		K-40	112	00:01:19	00:36:10.15	00:37:29.80	+00:16:48 (46.5%)	7:14	8.3 (53.5%)
113	PIĘKNA Monika	204		K-40	113	00:01:04	00:36:16.30	00:37:20.45	+00:16:55 (46.6%)	7:15	8.3 (53.5%)
114	PALACZ Wioletta	469	POLONIA BYDGOSZCZ SLA	K-40	114	00:00:58	00:36:54.35	00:37:52.35	+00:17:33 (47.6%)	7:22	8.1 (52.3%)
115	WÓJCIK Anna	6		K-40	115	00:00:45	00:37:29.55	00:38:14.75	+00:18:08 (48.4%)	7:29	8 (51.6%)
116	WIDAWSKA Anna	750		K-40	116	00:01:17	00:38:24.75	00:39:42.45	+00:19:03 (49.6%)	7:40	7.8 (50.3%)
117	BOROWICZ Małgorzata	563	KLUB ZDROWIA	K-40	117	00:00:00	00:40:37.55	00:40:37.55	+00:21:16 (52.4%)	8:07	7.4 (47.7%)
118	JANKOWSKA Małgorzata	1037	KOLEGIUM KUJAWSKIE	K-40	118	00:00:43	00:40:38.90	00:41:22.10	+00:21:17 (52.4%)	8:07	7.4 (47.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
119	CHOLEWCZYŃSKA Barbara	150		K-40	119	00:00:41	00:41:08.05	00:41:49.65	+00:21:46 (52.9%)	8:13	7.3 (47.1%)
120	MACKIEWICZ Beata	224		K-40	120	00:00:26	00:41:25.95	00:41:52.00	+00:22:04 (53.3%)	8:17	7.2 (46.5%)
121	TOMCZAK Katarzyna	637		K-40	121	00:00:39					(0.0%)

Znaleziono 121 wynik(ów)