



BYDGOSKI BIEG NIEPODLEGŁOŚCI 2023

B4SPORT

Organizator: Aktywna Bydgoszcz
Data: 2023-11-11
Miejsce: Bydgoszcz
Dystans: 5 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: K-20

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	0.2km	2.5km	4.6km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	ŚWIATOWY Sara	1260		K-20	1	00:00:08	00:00:45	00:09:59	00:19:25	00:20:38.45	00:20:47.30		4:07	14.5 (100%)
2	CIACIUCH Agnieszka	179	BIEGACZE KCYNIA TEAM	K-20	2	00:00:23	00:00:53	00:10:25	00:19:55	00:21:05.20	00:21:28.45	+00:00:26 (2.1%)	4:13	14.2 (97.9%)
3	RZESZOTARSKA Aleksandra	1355	TEAM RUDNIK	K-20	3	00:00:04	00:00:40	00:10:05	00:19:57	00:21:05.60	00:21:10.55	+00:00:27 (2.1%)	4:13	14.2 (97.9%)
4	PŁACHECKA Angelika	296		K-20	4	00:00:22	00:00:52	00:10:40	00:20:42	00:21:52.55	00:22:14.90	+00:01:14 (5.6%)	4:22	13.7 (94.5%)
5	FRAĆKOWIAK Agata	1422	KOTŁOWSKIRUNTEAM	K-20	5	00:00:17	00:00:53	00:11:01	00:21:25	00:22:43.40	00:23:01.25	+00:02:04 (9.2%)	4:32	13.2 (91.0%)
6	KLOSKA Anna	1095		K-20	6	00:00:16	00:00:52	00:10:54	00:21:50	00:23:07.55	00:23:23.80	+00:02:29 (10.7%)	4:37	13 (89.7%)
7	GIZA Izabela	473		K-20	7	00:00:10	00:00:54	00:11:38	00:22:25	00:23:43.40	00:23:54.35	+00:03:04 (13.0%)	4:44	12.6 (86.9%)
8	MAGDZIAK Kasia	556	ŁAPA TRI RUN	K-20	8	00:00:08	00:00:47	00:11:11	00:22:24	00:23:47.15	00:23:55.20	+00:03:08 (13.2%)	4:45	12.6 (86.9%)
9	FIRST Anna	1098	RUN BYDGOSZCZ	K-20	9	00:00:18	00:00:55	00:11:25	00:22:36	00:23:53.90	00:24:12.35	+00:03:15 (13.6%)	4:46	12.6 (86.9%)
10	MALINOWSKA Joanna	1077		K-20	10	00:00:07	00:00:49	00:11:52	00:23:10	00:24:33.00	00:24:40.15	+00:03:54 (15.9%)	4:54	12.2 (84.1%)
11	ZIMOSZ Wiktoria	1075		K-20	11	00:00:14	00:00:57	00:11:52	00:23:12	00:24:34.85	00:24:49.30	+00:03:56 (16.0%)	4:54	12.2 (84.1%)
12	PARÓL Karolina	1348	BYDGOSKIE PSIEROTKI	K-20	12	00:01:20	00:01:08	00:12:16	00:23:21	00:24:42.25	00:26:02.55	+00:04:03 (16.4%)	4:56	12.1 (83.4%)
13	KOWALSKA Julia	413		K-20	13	00:00:30	00:00:59	00:12:11	00:23:10	00:24:46.75	00:25:17.25	+00:04:08 (16.7%)	4:57	12.1 (83.4%)
14	ZAGAJEWSKA Marcelina	804		K-20	14	00:00:24	00:00:55	00:11:48	00:23:26	00:24:50.40	00:25:15.20	+00:04:11 (16.9%)	4:58	12.1 (83.4%)
15	SOBOLEWSKA Aleksandra	568	BRZEZIŃSKI RUN CLUB	K-20	15	00:00:10	00:00:57	00:12:29	00:24:07	00:25:32.65	00:25:42.75	+00:04:54 (19.2%)	5:06	11.7 (80.7%)
16	CHAMIER CIEMINSKA Monika	1482		K-20	16	00:00:40	00:01:06	00:12:26	00:24:26	00:25:50.50	00:26:30.80	+00:05:12 (20.1%)	5:10	11.6 (80.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						startu	0.2km	2.5km	4.6km					
17	MISIAK Agata	477		K-20	17	00:00:58	00:01:09	00:13:04	00:24:28	00:25:51.50	00:26:50.15	+00:05:13 (20.2%)	5:10	11.6 (80.0%)
18	MAGDZIARZ Klaudia	574	BRZEZIŃSKIRUNCLUB	K-20	18	00:00:43	00:01:14	00:12:54	00:24:25	00:25:51.80	00:26:35.30	+00:05:13 (20.2%)	5:10	11.6 (80.0%)
19	MAŁKOWSKA Ewa	1231		K-20	19	00:01:16	00:01:14	00:13:00	00:24:32	00:25:54.90	00:27:11.40	+00:05:16 (20.4%)	5:10	11.6 (80.0%)
20	BARAN Anna	1337		K-20	20	00:01:13	00:01:10	00:12:41	00:24:28	00:25:57.30	00:27:10.80	+00:05:18 (20.5%)	5:11	11.6 (80.0%)
21	OLKOWSKA Patrycja	1339		K-20	21	00:00:44	00:01:11	00:13:12	00:24:41	00:26:08.45	00:26:52.95	+00:05:30 (21.0%)	5:13	11.5 (79.3%)
22	STADNIICHUK Vita	974		K-20	22	00:00:06	00:00:52	00:12:33	00:24:52	00:26:24.85	00:26:31.25	+00:05:46 (21.9%)	5:16	11.4 (78.6%)
23	WRZESIŃSKA- CZACHÓR Małgorzata	1414		K-20	23	00:00:02	00:00:51	00:12:48	00:25:14	00:26:46.90	00:26:49.15	+00:06:08 (22.9%)	5:21	11.2 (77.2%)
24	DAWIDZIAK Emilia	703		K-20	24	00:00:24	00:01:01	00:13:07	00:25:18	00:26:48.75	00:27:12.85	+00:06:10 (23.0%)	5:21	11.2 (77.2%)
25	CABAJ Agata	1060		K-20	25	00:00:23	00:00:59	00:12:56	00:25:22	00:26:56.10	00:27:19.35	+00:06:17 (23.4%)	5:23	11.1 (76.6%)
26	SZKOPIAK-NOWAKOWSKA Oliwia	93		K-20	26	00:01:14	00:01:18	00:13:48	00:25:51	00:27:21.15	00:28:35.30	+00:06:42 (24.5%)	5:28	11 (75.9%)
27	MASŁOWSKA Kamila	1492		K-20	27	00:00:11	00:00:57	00:12:54	00:25:47	00:27:23.25	00:27:34.65	+00:06:44 (24.6%)	5:28	11 (75.9%)
28	ŚWIATOWY Daria	1412		K-20	28	00:00:10	00:01:01	00:13:08	00:26:04	00:27:29.85	00:27:40.50	+00:06:51 (24.9%)	5:29	10.9 (75.2%)
29	MIŚTAK Kamila	751		K-20	29	00:00:37	00:01:07	00:13:36	00:26:04	00:27:38.50	00:28:16.15	+00:07:00 (25.3%)	5:31	10.9 (75.2%)
30	ŻUBROWSKA Weronika	1191		K-20	30	00:01:19	00:01:15	00:13:39	00:26:09	00:27:40.70	00:29:00.10	+00:07:02 (25.4%)	5:32	10.8 (74.5%)
31	GRYSZÓWKA Gryszówka	1247		K-20	31	00:01:26	00:01:12	00:13:56	00:26:21	00:27:46.45	00:29:13.15	+00:07:08 (25.7%)	5:33	10.8 (74.5%)
32	DOMARADZKA-MAZUREK Małgorzata	1282		K-20	32	00:00:47	00:01:07	00:13:57	00:26:41	00:28:01.20	00:28:49.00	+00:07:22 (26.3%)	5:36	10.7 (73.8%)
33	LISIŃSKA Zuzanna	362		K-20	33	00:00:27	00:01:04	00:13:45	00:26:45	00:28:13.25	00:28:40.30	+00:07:34 (26.9%)	5:38	10.6 (73.1%)
34	DZIERZANOWSKA Eliza	1203		K-20	34	00:01:27	00:01:10	00:14:10	00:26:46	00:28:18.25	00:29:45.75	+00:07:39 (27.1%)	5:39	10.6 (73.1%)
35	KRZESZEWSKA Magdalena	1315		K-20	35	00:00:07	00:01:03	00:13:55	00:27:02	00:28:25.50	00:28:33.10	+00:07:47 (27.4%)	5:41	10.6 (73.1%)
36	WRÓBLEWSKA Dominika	425		K-20	36	00:00:10	00:00:54	00:13:29	00:27:26	00:29:04.00	00:29:14.00	+00:08:25 (29.0%)	5:48	10.3 (71.0%)
37	KRZYWDZIŃSKA Julia	423		K-20	37	00:00:09	00:00:54	00:13:30	00:27:26	00:29:04.90	00:29:14.30	+00:08:26 (29.0%)	5:48	10.3 (71.0%)
38	FOJUCIK Sylwia	1038		K-20	38	00:00:56	00:01:13	00:14:02	00:27:24	00:29:09.95	00:30:05.95	+00:08:31 (29.2%)	5:49	10.3 (71.0%)
39	KOSECKA Martyna	659		K-20	39	00:01:32	00:01:12	00:14:02	00:27:45	00:29:23.95	00:30:56.35	+00:08:45 (29.8%)	5:52	10.2 (70.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						startu	0.2km	2.5km	4.6km					
40	KOZICKA Magdalena	1187		K-20	40	00:00:36	00:01:12	00:14:18	00:27:55	00:29:35.70	00:30:12.35	+00:08:57 (30.3%)	5:55	10.1 (69.7%)
41	KNASIECKA Martyna	454		K-20	41	00:01:28	00:01:10	00:14:23	00:27:27	00:29:35.90	00:31:03.90	+00:08:57 (30.3%)	5:55	10.1 (69.7%)
42	MARCZYŃSKA-PYZ Anna	352		K-20	42	00:00:08	00:01:07	00:14:21	00:28:05	00:29:41.75	00:29:50.65	+00:09:03 (30.5%)	5:56	10.1 (69.7%)
43	CIĄRZYŃSKA Wiktoria	1056		K-20	43	00:00:34	00:01:04	00:14:10	00:28:02	00:29:42.90	00:30:17.80	+00:09:04 (30.5%)	5:56	10.1 (69.7%)
44	CIESELSKA Jagoda	940		K-20	44	00:00:27	00:01:03	00:13:50	00:28:06	00:29:46.20	00:30:14.05	+00:09:07 (30.7%)	5:57	10.1 (69.7%)
45	MICHALSKA Karolina	601	KAROFITKA	K-20	45	00:00:35	00:01:12	00:14:33	00:28:12	00:29:53.20	00:30:28.95	+00:09:14 (30.9%)	5:58	10 (69.0%)
46	KORZENIOWSKA Ewa	642		K-20	46	00:00:22	00:01:06	00:14:02	00:28:11	00:29:57.40	00:30:19.80	+00:09:18 (31.1%)	5:59	10 (69.0%)
47	WOLFF Katarzyna	1336	KABEL TEAM BYDGOSZCZ	K-20	47	00:00:26		00:15:11	00:28:29	00:30:06.00	00:30:32.50	+00:09:27 (31.4%)	6:01	10 (69.0%)
48	PASIŃSKA Julia	655		K-20	48	00:01:32	00:01:18	00:15:33	00:28:56	00:30:18.00	00:31:50.75	+00:09:39 (31.9%)	6:03	9.9 (68.3%)
49	GACKA Paula	931	RUN BYDGOSZCZ	K-20	49	00:00:40	00:01:12	00:14:41	00:28:33	00:30:22.60	00:31:03.25	+00:09:44 (32.1%)	6:04	9.9 (68.3%)
50	SIEKIERKOWSKA Wiktoria	605		K-20	50	00:00:55	00:01:14	00:15:12	00:28:46	00:30:24.45	00:31:19.65	+00:09:46 (32.1%)	6:04	9.9 (68.3%)
51	RYBKA Sylwia	434		K-20	51	00:01:32	00:01:19	00:15:22	00:28:52	00:30:31.45	00:32:03.60	+00:09:53 (32.4%)	6:06	9.8 (67.6%)
52	SZPOTKOWSKA Julia	35		K-20	52	00:00:48	00:01:18	00:15:19	00:29:09	00:30:46.10	00:31:34.45	+00:10:07 (32.9%)	6:09	9.8 (67.6%)
53	DĄBROWSKA Aleksandra	1390		K-20	53	00:00:26	00:01:16	00:15:13	00:29:26	00:31:11.05	00:31:37.10	+00:10:32 (33.8%)	6:14	9.6 (66.2%)
54	PIESIK-WIECZOREK Magdalena	1246		K-20	54	00:01:37	00:01:19	00:16:03	00:30:08	00:31:43.00	00:33:20.50	+00:11:04 (34.9%)	6:20	9.5 (65.5%)
55	KOWALCZYK Zuzanna	1490		K-20	55	00:00:53	00:01:26	00:16:25	00:30:07	00:31:45.20	00:32:38.45	+00:11:06 (35.0%)	6:21	9.4 (64.8%)
56	WYRĄBKIEWICZ Karolina	429		K-20	56	00:00:44	00:01:15	00:15:33	00:30:24	00:32:08.75	00:32:53.70	+00:11:30 (35.8%)	6:25	9.3 (64.1%)
57	GREGO Katarzyna	1162	GREGORKI	K-20	57	00:00:34	00:01:08	00:14:23	00:29:55	00:32:10.70	00:32:45.00	+00:11:32 (35.9%)	6:26	9.3 (64.1%)
58	MUSIAŁ Daria	818		K-20	58	00:00:28	00:01:04	00:15:08	00:30:31	00:32:25.65	00:32:54.25	+00:11:47 (36.3%)	6:29	9.3 (64.1%)
58	RZEPA Karolina	1123	KSN ŁUCZNICZKA BYDGOSZCZ	K-20	58	00:00:43	00:01:19	00:15:49	00:30:37	00:32:25.65	00:33:09.10	+00:11:47 (36.3%)	6:29	9.3 (64.1%)
60	PASIŃSKA Monika	819		K-20	60	00:00:28	00:01:04	00:15:08	00:30:32	00:32:26.50	00:32:54.50	+00:11:48 (36.4%)	6:29	9.2 (63.4%)
61	CHMARA Anna	1003	BYDGOSKIE TOWARZYSTWO WIOŚLARSKIE	K-20	61	00:01:19	00:01:18	00:16:14	00:30:39	00:32:26.90	00:33:46.30	+00:11:48 (36.4%)	6:29	9.2 (63.4%)
62	MAJCHROWICZ Alicja	1310		K-20	62	00:00:56	00:01:24	00:15:59	00:30:43	00:32:35.80	00:33:32.75	+00:11:57 (36.7%)	6:31	9.2 (63.4%)

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						startu	0.2km	2.5km	4.6km	5km	5km			
63	RUMIŃSKA Kornelia	347		K-20	63	00:00:34	00:01:08	00:15:10	00:30:49	00:32:45.05	00:33:19.40	+00:12:06 (37.0%)	6:33	9.2 (63.4%)
64	ZAWIDZKA Anna	711		K-20	64	00:01:30	00:01:20	00:16:23	00:31:03	00:32:49.85	00:34:20.65	+00:12:11 (37.1%)	6:33	9.1 (62.8%)
65	CHROSTOWSKA Patrycja	1099		K-20	65	00:00:45	00:01:13	00:16:12	00:31:05	00:32:52.45	00:33:38.00	+00:12:14 (37.2%)	6:34	9.1 (62.8%)
66	KRZESZEWSKA Weronika	985		K-20	66	00:00:43	00:01:25	00:16:45	00:31:28	00:33:03.40	00:33:46.75	+00:12:24 (37.6%)	6:36	9.1 (62.8%)
67	ZYGIEL Paulina	430		K-20	67	00:00:45	00:01:20	00:16:22	00:31:17	00:33:09.35	00:33:55.00	+00:12:30 (37.7%)	6:37	9 (62.1%)
68	WYPYCH Zuzanna	903	BIOTECH PRZYPRAWY	K-20	68	00:01:11	00:01:16	00:16:32	00:31:38	00:33:24.10	00:34:35.70	+00:12:45 (38.2%)	6:40	9 (62.1%)
69	OLSZEWSKA Joanna	102		K-20	69	00:01:17	00:01:16	00:15:50	00:31:42	00:33:31.40	00:34:48.70	+00:12:52 (38.4%)	6:42	9 (62.1%)
70	ZALEWSKA Natalia	1055		K-20	70	00:00:34	00:01:22	00:16:13	00:31:48	00:33:35.75	00:34:09.90	+00:12:57 (38.6%)	6:43	8.9 (61.4%)
71	DAŃCZYSZYN Dominika	1486		K-20	71	00:00:38	00:01:17	00:16:31	00:32:04	00:33:36.50	00:34:14.50	+00:12:58 (38.6%)	6:43	8.9 (61.4%)
72	SAŁEK Krzysztofa	982		K-20	72	00:00:22	00:01:14	00:16:19	00:32:19	00:34:15.65	00:34:38.35	+00:13:37 (39.8%)	6:51	8.8 (60.7%)
73	MONDRA Magdalena	909		K-20	73	00:00:22	00:01:14	00:16:20	00:32:20	00:34:16.70	00:34:38.80	+00:13:38 (39.8%)	6:51	8.8 (60.7%)
74	KUĆMIERZ Daria	1200		K-20	74	00:01:08	00:01:19	00:16:56	00:32:57	00:34:38.85	00:35:47.60	+00:14:00 (40.4%)	6:55	8.7 (60.0%)
75	GRANICZNA Justyna	1484		K-20	75	00:00:52	00:01:24	00:19:50	00:33:19	00:35:11.35	00:36:03.70	+00:14:32 (41.3%)	7:02	8.5 (58.6%)
76	KOWALSKA Weronika	1220	ZAWODY WYCIĄGANIA CZEGOŚ Z WODY	K-20	76	00:01:27	00:01:19	00:16:51	00:33:19	00:35:28.80	00:36:56.50	+00:14:50 (41.8%)	7:05	8.5 (58.6%)
77	KWAŚNIEWSKA Justyna	876		K-20	77	00:00:58	00:01:17	00:17:08	00:33:33	00:35:32.40	00:36:31.05	+00:14:53 (41.9%)	7:06	8.4 (57.9%)
78	GRYSZÓWKA Angelika	1388		K-20	78	00:01:25	00:01:19	00:17:02	00:33:50	00:35:51.10	00:37:16.40	+00:15:12 (42.4%)	7:10	8.4 (57.9%)
79	SZYMAŃSKA Maria	666		K-20	79	00:01:30	00:01:19	00:17:59	00:34:39	00:36:24.45	00:37:55.40	+00:15:46 (43.3%)	7:16	8.2 (56.6%)
80	CIESIELSKA Daria	811		K-20	80	00:00:15	00:01:01	00:17:05	00:34:50	00:36:49.60	00:37:04.90	+00:16:11 (44.0%)	7:21	8.1 (55.9%)
81	RYDZKOWSKA Nicola	329		K-20	81	00:00:46	00:01:32	00:18:39	00:35:25	00:37:18.75	00:38:05.45	+00:16:40 (44.7%)	7:27	8 (55.2%)
82	CIĄRZYŃSKA Weronika	1058		K-20	82	00:00:34	00:01:04	00:17:15	00:35:31	00:37:28.65	00:38:03.55	+00:16:50 (44.9%)	7:29	8 (55.2%)
83	ZAKRZEWSKA Marta	213		K-20	83	00:00:55	00:01:25	00:17:55	00:35:35	00:37:33.60	00:38:29.10	+00:16:55 (45.0%)	7:30	8 (55.2%)
84	RAK Justyna	591		K-20	84	00:00:53	00:01:25	00:17:58	00:36:05	00:38:02.95	00:38:56.75	+00:17:24 (45.8%)	7:36	7.9 (54.5%)
85	OZOG Laura	1258		K-20	85	00:01:18	00:01:22	00:17:28	00:36:46	00:38:12.45	00:39:30.80	+00:17:34 (46.0%)	7:38	7.9 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	0.2km	2.5km	4.6km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
86	SKOWROŃSKA Kinga	541		K-20	86	00:00:20	00:01:15	00:18:38	00:36:25	00:38:21.15	00:38:41.45	+00:17:42 (46.2%)	7:40	7.8 (53.8%)
87	NOWAK Marysia	1302		K-20	87	00:01:34	00:01:32	00:20:46	00:39:24	00:41:18.10	00:42:52.65	+00:20:39 (50.0%)	8:15	7.3 (50.3%)
88	KOWALSKA Karolina	1197		K-20	88	00:00:46	00:01:16	00:19:28	00:39:22	00:41:54.45	00:42:41.10	+00:21:16 (50.7%)	8:22	7.2 (49.7%)
89	ZŁOTOWSKA Weronika	1304		K-20	89	00:01:34	00:01:32	00:20:46	00:40:12	00:42:26.90	00:44:01.05	+00:21:48 (51.4%)	8:29	7.1 (49.0%)
90	SIEMIĄTKOWSKA Aleksandra	1494		K-20	90	00:00:53	00:01:23	00:19:50	00:39:57	00:42:29.70	00:43:23.00	+00:21:51 (51.4%)	8:29	7.1 (49.0%)
91	NASTAŁA Julia	349		K-20	91	00:01:07	00:01:27	00:21:07	00:40:42	00:43:05.20	00:44:12.70	+00:22:26 (52.1%)	8:37	7 (48.3%)
92	KRUPA Paulina	1141	KSN ŁUCZNICZKA BYDGOSZCZ	K-20	92	00:00:40	00:01:32	00:22:25	00:43:04	00:45:19.55	00:45:59.55	+00:24:41 (54.5%)	9:03	6.6 (45.5%)
93	ŚWIĄTEK Katarzyna	1130	KSN ŁUCZNICZKA BYDGOSZCZ	K-20	93	00:00:39	00:01:31	00:22:26	00:43:04	00:45:41.35	00:46:21.10	+00:25:02 (54.8%)	9:08	6.6 (45.5%)

Znaleziono 93 wynik(ów)