



# BYDGOSKI BIEG NIEPODLEGŁOŚCI 2023

B4SPORT

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

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: K-50

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	STASZKIEWICZ Lucyna	981	STASHKY TEAM	K-50	1	00:00:09	00:00:48	00:10:37	00:20:40	<b>00:22:00.10</b>	<b>00:22:09.95</b>		4:24	13.6 (100%)
2	ROBACZEWSKA Lidia	785		K-50	2	00:01:00	00:01:17	00:13:46	00:26:04	<b>00:27:37.70</b>	<b>00:28:37.90</b>	+00:05:37 (20.4%)	5:31	10.9 (80.1%)
3	WOŹNIACKA Beata	294	KOLOROWE GACIE	K-50	3	00:00:30	00:01:05	00:13:48	00:27:04	<b>00:28:40.65</b>	<b>00:29:11.20</b>	+00:06:40 (23.3%)	5:44	10.5 (77.2%)
4	ZUZA-WITKOWSKA Anna	1111		K-50	4	00:00:54	00:01:22	00:15:22	00:27:56	<b>00:29:26.70</b>	<b>00:30:20.70</b>	+00:07:26 (25.3%)	5:53	10.2 (75.0%)
5	SIERADZKA Małgorzata	1		K-50	5	00:01:10	00:01:14	00:14:04	00:28:04	<b>00:29:48.40</b>	<b>00:30:59.10</b>	+00:07:48 (26.2%)	5:57	10.1 (74.3%)
6	JUNKA Małgorzata	678	JASTRZĘBIE BYDGOSZCZ	K-50	6	00:00:41	00:01:08	00:14:30	00:28:15	<b>00:29:58.40</b>	<b>00:30:40.15</b>	+00:07:58 (26.6%)	5:59	10 (73.5%)
7	SZCZYGIELSKA-GRZYBOWSKA Violetta	1082		K-50	7	00:00:43	00:01:16	00:15:21	00:28:44	<b>00:30:22.15</b>	<b>00:31:05.55</b>	+00:08:22 (27.6%)	6:04	9.9 (72.8%)
8	DUDZIŃSKA Małgorzata	677		K-50	8	00:00:06	00:00:54	00:15:07	00:28:44	<b>00:30:28.60</b>	<b>00:30:34.70</b>	+00:08:28 (27.8%)	6:05	9.8 (72.1%)
9	PERDELWITZ Małgorzata	1091		K-50	9	00:00:52	00:01:26	00:15:39	00:28:56	<b>00:30:32.60</b>	<b>00:31:24.70</b>	+00:08:32 (28.0%)	6:06	9.8 (72.1%)
10	SZYMCZAK Barbara	204		K-50	10	00:00:59	00:01:19	00:15:18	00:29:04	<b>00:30:51.65</b>	<b>00:31:50.65</b>	+00:08:51 (28.7%)	6:10	9.7 (71.3%)
11	KORBEL Ewa	240	KORBI	K-50	11	00:00:54	00:01:13	00:15:00	00:29:14	<b>00:31:06.50</b>	<b>00:32:00.80</b>	+00:09:06 (29.3%)	6:13	9.6 (70.6%)
12	KRYMER Agnieszka	1032		K-50	12	00:01:04	00:01:21	00:15:12	00:29:21	<b>00:31:09.30</b>	<b>00:32:13.60</b>	+00:09:09 (29.4%)	6:13	9.6 (70.6%)
13	MALICKA Beata	815		K-50	13	00:00:24		00:15:07	00:29:25	<b>00:31:13.95</b>	<b>00:31:38.10</b>	+00:09:13 (29.6%)	6:14	9.6 (70.6%)
14	JANKOWSKA Katarzyna	1288		K-50	14	00:01:33	00:01:19	00:15:24	00:29:40	<b>00:31:26.65</b>	<b>00:33:00.30</b>	+00:09:26 (30.0%)	6:17	9.5 (69.9%)
15	LEWANDOWSKA Renata	773	ROLLTEAM BYDGOSZCZ	K-50	15	00:01:06	00:01:19	00:15:37	00:30:03	<b>00:31:49.55</b>	<b>00:32:56.15</b>	+00:09:49 (30.9%)	6:21	9.4 (69.1%)
16	TRYBOCKA Beata	1100		K-50	16	00:00:19	00:01:01	00:14:40	00:29:59	<b>00:31:59.00</b>	<b>00:32:18.30</b>	+00:09:58 (31.2%)	6:23	9.4 (69.1%)

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
17	<b>POLACKA Jadwiga</b>	<b>312</b>	BIEGAJ Z DĘBAMI	K-50	17	00:01:30	00:01:16	00:16:03	00:31:24	<b>00:33:13.85</b>	<b>00:34:44.55</b>	+00:11:13 (33.8%)	6:38	9 (66.2%)
18	<b>RYDELSKA Kinga</b>	<b>130</b>		K-50	18	00:00:55	00:01:25	00:16:24	00:31:35	<b>00:33:21.75</b>	<b>00:34:17.10</b>	+00:11:21 (34.1%)	6:40	9 (66.2%)
19	<b>BADOWSKA Mariola</b>	<b>1138</b>	KSN ŁUCZNICZKA BYDGOSZCZ	K-50	19	00:00:41	00:01:29	00:16:51	00:31:45	<b>00:33:34.60</b>	<b>00:34:16.35</b>	+00:11:34 (34.5%)	6:42	8.9 (65.4%)
20	<b>GABRICH Żanetta</b>	<b>932</b>		K-50	20	00:00:27	00:01:18	00:16:25	00:31:55	<b>00:33:47.05</b>	<b>00:34:14.30</b>	+00:11:46 (34.9%)	6:45	8.9 (65.4%)
21	<b>RADOWSKA Helena</b>	<b>1186</b>		K-50	21	00:01:28	00:01:20	00:16:42	00:32:10	<b>00:33:55.40</b>	<b>00:35:23.90</b>	+00:11:55 (35.1%)	6:47	8.8 (64.7%)
22	<b>DROŻNIEWSKA Marzena</b>	<b>206</b>		K-50	22	00:01:11	00:01:23	00:16:57	00:32:22	<b>00:34:11.25</b>	<b>00:35:22.80</b>	+00:12:11 (35.6%)	6:50	8.8 (64.7%)
23	<b>KWASIGROCH Aleksandra</b>	<b>706</b>		K-50	23	00:00:29	00:01:08	00:15:55	00:32:18	<b>00:34:30.70</b>	<b>00:35:00.40</b>	+00:12:30 (36.2%)	6:54	8.7 (64.0%)
24	<b>WIŚNIEWSKA Lucyna</b>	<b>558</b>	TRISPACE/TREK	K-50	24	00:00:49	00:01:23	00:17:07	00:33:12	<b>00:35:10.25</b>	<b>00:35:59.55</b>	+00:13:10 (37.4%)	7:02	8.5 (62.5%)
25	<b>CZERNAK Beata</b>	<b>1168</b>		K-50	25	00:00:51	00:01:24	00:16:53	00:33:20	<b>00:35:12.30</b>	<b>00:36:04.15</b>	+00:13:12 (37.5%)	7:02	8.5 (62.5%)
26	<b>KURZAJ Beata</b>	<b>277</b>		K-50	26	00:00:27	00:01:14	00:17:12	00:33:44	<b>00:35:39.45</b>	<b>00:36:06.50</b>	+00:13:39 (38.3%)	7:07	8.4 (61.8%)
27	<b>BUZALSKA Agnieszka</b>	<b>1096</b>		K-50	27	00:01:26	00:01:23	00:17:28	00:33:45	<b>00:35:40.85</b>	<b>00:37:07.45</b>	+00:13:40 (38.3%)	7:08	8.4 (61.8%)
28	<b>CHOLEWCZYŃSKA Dorota</b>	<b>1127</b>	KSN ŁUCZNICZKA BYDGOSZCZ	K-50	28	00:01:05	00:01:32	00:17:49	00:34:00	<b>00:36:03.50</b>	<b>00:37:08.70</b>	+00:14:03 (39.0%)	7:12	8.3 (61.0%)
29	<b>CHMURZYŃSKA Ewa</b>	<b>1133</b>	KSN ŁUCZNICZKA BYDGOSZCZ	K-50	29	00:01:05	00:01:32	00:17:49	00:34:00	<b>00:36:03.80</b>	<b>00:37:08.90</b>	+00:14:03 (39.0%)	7:12	8.3 (61.0%)
30	<b>WISNIEWSKA Małgorzata</b>	<b>238</b>		K-50	30	00:00:22	00:01:13	00:17:19	00:34:17	<b>00:36:13.65</b>	<b>00:36:35.75</b>	+00:14:13 (39.3%)	7:14	8.3 (61.0%)
31	<b>HEYMANN Maria</b>	<b>1397</b>		K-50	31	00:00:44	00:01:21	00:18:33	00:36:38	<b>00:38:48.10</b>	<b>00:39:32.90</b>	+00:16:48 (43.3%)	7:45	7.7 (56.6%)
32	<b>NOWAKOWSKA-SZWAJCA Anna</b>	<b>271</b>		K-50	32	00:00:42	00:01:30	00:18:49	00:37:10	<b>00:39:33.20</b>	<b>00:40:15.20</b>	+00:17:33 (44.4%)	7:54	7.6 (55.9%)
33	<b>JANKOWSKA Katarzyna</b>	<b>47</b>	BIEGAJ Z DĘBAMI	K-50	33	00:01:17	00:01:27	00:19:41	00:39:37	<b>00:42:04.15</b>	<b>00:43:21.45</b>	+00:20:04 (47.7%)	8:24	7.1 (52.2%)
34	<b>MIKULSKA Małgorzata</b>	<b>269</b>		K-50	34	00:00:19	00:01:15	00:20:16	00:40:44	<b>00:43:14.90</b>	<b>00:43:34.40</b>	+00:21:14 (49.1%)	8:38	6.9 (50.7%)

Znaleziono 34 wynik(ów)