



# DOBRA PIĄTKA - BIEG

B4SPORT

**Wydarzenie:** Dobra Piątka  
**Organizator:** Stowarzyszenie BiegamBoLubię Team Police  
**Data:** 2019-04-27  
**Miejsce:** Dobra  
**Dystans:** 5 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: K30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>BERNACKA-SZYDLIK Karolina</b>	<b>20</b>	BIEGUNKI	K30	1	<b>00:21:37.65</b>	<b>00:21:39.50</b>		4:19	13.9 (100%)
2	<b>GOCAL Anita</b>	<b>84</b>	UKL ÓSEMKA POLICE	K30	2	<b>00:21:56.85</b>	<b>00:21:58.95</b>	+00:00:19 (1.5%)	4:23	13.7 (98.6%)
3	<b>KAMIŃSKA Adriana</b>	<b>124</b>	BBL POLICE	K30	3	<b>00:22:02.95</b>	<b>00:22:05.05</b>	+00:00:25 (1.9%)	4:24	13.6 (97.8%)
4	<b>MICHALIK - CALY Kasia</b>	<b>214</b>	KOBIECE BIEGANIE	K30	4	<b>00:22:13.65</b>	<b>00:22:15.55</b>	+00:00:36 (2.7%)	4:26	13.5 (97.1%)
5	<b>ALABRUDZIŃSKA Agnieszka</b>	<b>387</b>	SZAWLA STARGARD	K30	5	<b>00:22:29.15</b>	<b>00:22:34.20</b>	+00:00:54 (4.0%)	4:29	13.3 (95.7%)
6	<b>PROKOP Agata</b>	<b>256</b>		K30	6	<b>00:23:11.30</b>	<b>00:23:15.40</b>	+00:01:35 (6.9%)	4:38	12.9 (92.8%)
7	<b>GÓRECKA-PAWLAK Edyta</b>	<b>88</b>		K30	7	<b>00:23:19.25</b>	<b>00:23:22.95</b>	+00:01:43 (7.4%)	4:39	12.9 (92.8%)
8	<b>WÓJCIK Katarzyna</b>	<b>351</b>	FIZJOBIEGACZE SZCZECIN	K30	8	<b>00:23:19.30</b>	<b>00:23:23.50</b>	+00:01:44 (7.4%)	4:39	12.9 (92.8%)
9	<b>DOLEŻEK Agnieszka</b>	<b>62</b>	WIECZORNE BIEGANIE	K30	9	<b>00:23:39.70</b>	<b>00:23:42.25</b>	+00:02:02 (8.6%)	4:44	12.7 (91.4%)
10	<b>SZOSTAK Edyta</b>	<b>317</b>	BIEGUNKI	K30	10	<b>00:24:02.35</b>	<b>00:24:04.95</b>	+00:02:25 (10.1%)	4:48	12.5 (89.9%)
11	<b>OLEJNIK Kamila</b>	<b>233</b>		K30	11	<b>00:24:16.20</b>	<b>00:24:19.05</b>	+00:02:39 (10.9%)	4:51	12.4 (89.2%)
12	<b>WARSINSKA Monika</b>	<b>337</b>		K30	12	<b>00:24:46.85</b>	<b>00:24:57.60</b>	+00:03:18 (13.2%)	4:57	12.1 (87.1%)
13	<b>KUSTRA Paulina</b>	<b>169</b>	BBL POLICE	K30	13	<b>00:26:00.65</b>	<b>00:26:04.10</b>	+00:04:24 (16.9%)	5:12	11.5 (82.7%)
14	<b>RADCZUK Karolina</b>	<b>261</b>		K30	14	<b>00:26:15.65</b>	<b>00:26:21.00</b>	+00:04:41 (17.8%)	5:15	11.4 (82.0%)
15	<b>MICHAŁKO Kamila</b>	<b>215</b>		K30	15	<b>00:26:17.30</b>	<b>00:26:26.45</b>	+00:04:46 (18.1%)	5:15	11.4 (82.0%)
16	<b>JURUĆ Paulina</b>	<b>118</b>	WIECZORNE BIEGANIE W SZCZECINIE	K30	16	<b>00:26:23.50</b>	<b>00:26:35.05</b>	+00:04:55 (18.5%)	5:16	11.4 (82.0%)
17	<b>SROCZYŃSKA Izabela</b>	<b>292</b>		K30	17	<b>00:27:11.55</b>	<b>00:27:17.40</b>	+00:05:37 (20.6%)	5:26	11 (79.1%)
18	<b>STĘPNIAK Monika</b>	<b>298</b>	KOBIECE BIEGANIE	K30	18	<b>00:27:26.15</b>	<b>00:27:29.00</b>	+00:05:49 (21.2%)	5:29	10.9 (78.4%)
19	<b>GRZYBOWSKA Dominika</b>	<b>97</b>		K30	19	<b>00:27:17.20</b>	<b>00:27:32.05</b>	+00:05:52 (21.3%)	5:27	11 (79.1%)
20	<b>POGORZELSKA Sylwia</b>	<b>252</b>	WIECZORNE BIEGANIE	K30	20	<b>00:27:27.60</b>	<b>00:27:35.00</b>	+00:05:55 (21.5%)	5:29	10.9 (78.4%)
21	<b>JASIŃSKA Natalia</b>	<b>112</b>	WIECZORNE BIEGANIE W SZCZECINIE	K30	21	<b>00:27:57.25</b>	<b>00:28:02.60</b>	+00:06:23 (22.8%)	5:35	10.7 (77.0%)
22	<b>KACZMAREK Arleta</b>	<b>121</b>	KOBIECE BIEGANIE	K30	22	<b>00:28:01.00</b>	<b>00:28:04.50</b>	+00:06:25 (22.9%)	5:36	10.7 (77.0%)
23	<b>REWERS Aleksandra</b>	<b>266</b>	STOWARZYSZENIE BLIŻEJ SIEBIE	K30	23	<b>00:28:37.95</b>	<b>00:28:41.75</b>	+00:07:02 (24.5%)	5:43	10.5 (75.5%)
24	<b>RUP Anna</b>	<b>273</b>	MK FIZJOTERAPIA SZCZECIN	K30	24	<b>00:28:34.05</b>	<b>00:28:48.10</b>	+00:07:08 (24.8%)	5:42	10.5 (75.5%)
25	<b>CHRUSCIEWICZ Justyna</b>	<b>41</b>	BIEGUNKI	K30	25	<b>00:28:37.65</b>	<b>00:28:48.65</b>	+00:07:09 (24.8%)	5:43	10.5 (75.5%)
26	<b>NATALCZYK Ewelina</b>	<b>225</b>		K30	26	<b>00:28:49.20</b>	<b>00:28:57.90</b>	+00:07:18 (25.2%)	5:45	10.4 (74.8%)
27	<b>DOMINIAK Joanna</b>	<b>66</b>	TRIGYM SZCZECIN	K30	27	<b>00:28:51.65</b>	<b>00:29:08.40</b>	+00:07:28 (25.7%)	5:46	10.4 (74.8%)
28	<b>ŁĘCKA Karolina</b>	<b>186</b>		K30	28	<b>00:29:03.90</b>	<b>00:29:11.10</b>	+00:07:31 (25.8%)	5:48	10.3 (74.1%)
28	<b>MECHERSKA Joanna</b>	<b>212</b>		K30	29	<b>00:29:01.70</b>	<b>00:29:11.10</b>	+00:07:31 (25.8%)	5:48	10.3 (74.1%)

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30	<b>LUBASZKA Dorota</b>	<b>183</b>		K30	30	<b>00:29:11.15</b>	<b>00:29:19.10</b>	+00:07:39 (26.1%)	5:50	10.3 (74.1%)
31	<b>LATKOWSKA Anna</b>	<b>375</b>		K30	31	<b>00:29:26.95</b>	<b>00:29:37.70</b>	+00:07:58 (26.9%)	5:53	10.2 (73.4%)
32	<b>MIELCARZ Aneta</b>	<b>182</b>	KOBIECE BIEGANIE	K30	32	<b>00:29:42.85</b>	<b>00:29:51.90</b>	+00:08:12 (27.5%)	5:56	10.1 (72.7%)
33	<b>SPROGIS-PIETRUCZUK Katarzyna</b>	<b>291</b>		K30	33	<b>00:29:47.70</b>	<b>00:30:05.00</b>	+00:08:25 (28.0%)	5:57	10.1 (72.7%)
34	<b>NIEMCZYK Marta</b>	<b>227</b>	WIECZORNE BIEGANIE W GRYFINIE	K30	34	<b>00:29:51.05</b>	<b>00:30:07.35</b>	+00:08:27 (28.1%)	5:58	10.1 (72.7%)
35	<b>KOLBUSZ Anna</b>	<b>139</b>	WIECZORNE BIEGANIE W SZCZECINIE	K30	35	<b>00:30:05.05</b>	<b>00:30:13.45</b>	+00:08:33 (28.3%)	6:01	10 (71.9%)
36	<b>BANASIAK Adrianna</b>	<b>14</b>		K30	36	<b>00:30:09.95</b>	<b>00:30:27.35</b>	+00:08:47 (28.9%)	6:02	9.9 (71.2%)
37	<b>MAKUCH Agata</b>	<b>201</b>		K30	37	<b>00:30:23.20</b>	<b>00:30:38.90</b>	+00:08:59 (29.3%)	6:04	9.9 (71.2%)
38	<b>OPOLSKA Agata</b>	<b>235</b>		K30	38	<b>00:30:23.60</b>	<b>00:30:41.50</b>	+00:09:02 (29.4%)	6:04	9.9 (71.2%)
39	<b>CIURZYŃSKA Katarzyna</b>	<b>45</b>	MOJEBEZRZECZE.PL	K30	39	<b>00:31:12.65</b>	<b>00:31:19.00</b>	+00:09:39 (30.8%)	6:14	9.6 (69.1%)
40	<b>REDLARSKA Anna</b>	<b>264</b>	KOBIECE BIEGANIE	K30	40	<b>00:31:42.05</b>	<b>00:31:52.50</b>	+00:10:13 (32.1%)	6:20	9.5 (68.3%)
41	<b>LANDOWSKA Ewelina</b>	<b>380</b>	SMS POLICE	K30	41	<b>00:32:48.65</b>	<b>00:32:53.80</b>	+00:11:14 (34.2%)	6:33	9.1 (65.5%)
42	<b>KRUGŁY Magdalena</b>	<b>157</b>		K30	42	<b>00:33:10.90</b>	<b>00:33:26.70</b>	+00:11:47 (35.2%)	6:38	9 (64.7%)
43	<b>MURAWSKA Ewelina</b>	<b>390</b>		K30	43	<b>00:33:34.15</b>	<b>00:33:39.85</b>	+00:12:00 (35.7%)	6:42	8.9 (64.0%)
44	<b>CHUTKOWSKA Katarzyna</b>	<b>42</b>		K30	44	<b>00:33:34.45</b>	<b>00:33:40.90</b>	+00:12:01 (35.7%)	6:42	8.9 (64.0%)
45	<b>SAMBORSKA Katarzyna</b>	<b>278</b>		K30	45	<b>00:33:33.65</b>	<b>00:33:41.45</b>	+00:12:01 (35.7%)	6:42	8.9 (64.0%)
46	<b>PŁOSA Monika</b>	<b>250</b>		K30	46	<b>00:34:16.40</b>	<b>00:34:35.40</b>	+00:12:55 (37.4%)	6:51	8.8 (63.3%)
47	<b>ZDANKIEWICZ Olga</b>	<b>359</b>		K30	47	<b>00:35:29.15</b>	<b>00:35:40.85</b>	+00:14:01 (39.3%)	7:05	8.5 (61.2%)
48	<b>RUDZIK Gabriela</b>	<b>272</b>		K30	48	<b>00:36:04.35</b>	<b>00:36:09.10</b>	+00:14:29 (40.1%)	7:13	8.3 (59.7%)
49	<b>ALEKSANDROWICZ Joanna</b>	<b>6</b>		K30	49	<b>00:37:26.70</b>	<b>00:37:31.30</b>	+00:15:51 (42.3%)	7:29	8 (57.6%)
50	<b>KRASNODĘBSKA Magdalena</b>	<b>153</b>	BBL POLICE	K30	50	<b>00:40:09.80</b>	<b>00:40:22.25</b>	+00:18:42 (46.4%)	8:02	7.5 (54.0%)

Znaleziono 50 wynik(ów)