



DOBRA PIĄTKA - NW

B4SPORT

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

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	NAKONIECZNY Grzegorz	224	EKSPEDYCJA NORDIC TEAM SZCZECIN	M40	1	00:30:28.75	00:30:48.25		6:05	9.8 (100%)
2	LIPIŃSKI Karol	178		M40	2	00:30:54.35	00:31:17.45	+00:00:29 (1.6%)	6:10	9.7 (99.0%)
3	ZDANUK Artur	360	EKSPEDYCJA NORDIC TEAM SZCZECIN	M40	3	00:30:58.55	00:31:23.30	+00:00:35 (1.9%)	6:11	9.7 (99.0%)
4	KAŻMIERCZAK Norbert	132	TUPTUP TEAM	M40	4	00:32:29.05	00:32:54.95	+00:02:06 (6.4%)	6:29	9.2 (93.9%)
5	SZYMSKA Małgorzata	323	EKSPEDYCJA NORDIC TEAM SZCZECIN	K30	1	00:32:47.55	00:33:09.50	+00:02:21 (7.1%)	6:33	9.1 (92.9%)
6	GŁADZIK Aleksander	82	KOMPAS TEAM	M30	1	00:33:08.45	00:33:32.20	+00:02:43 (8.1%)	6:37	9 (91.8%)
7	ŁEMPKOWSKI Janusz	188	BBL POLICE	M40	5	00:34:11.85	00:34:18.55	+00:03:30 (10.2%)	6:50	8.8 (89.8%)
8	LIPIŃSKA Karolina	177		K30	2	00:34:03.25	00:34:29.30	+00:03:41 (10.7%)	6:48	8.8 (89.8%)
9	PALIWODA Kasia	240	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40	1	00:34:20.35	00:34:41.10	+00:03:52 (11.2%)	6:52	8.7 (88.8%)
10	LENER Sławomir	174	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50	1	00:34:17.85	00:34:42.40	+00:03:54 (11.2%)	6:51	8.7 (88.8%)
11	GUZIKOWSKI Tomasz	100	GUZIK TEAM SZCZECIN	M40	6	00:34:27.30	00:34:50.85	+00:04:02 (11.6%)	6:53	8.7 (88.8%)
12	KAMIŃSKA Magdalena	125	PUM SZCZECIN	K30	3	00:34:29.80	00:34:51.75	+00:04:03 (11.6%)	6:54	8.7 (88.8%)
13	STACHOWICZ-HAWRYLAK Sylwia	293	ZACHODNIOPM.CENTRUM ONKOLOGII	K40	2	00:35:24.10	00:35:44.55	+00:04:56 (13.8%)	7:04	8.5 (86.7%)
14	CHOJNACKI Paweł	377		M40	7	00:35:33.45	00:36:01.00	+00:05:12 (14.5%)	7:06	8.4 (85.7%)
15	KUPNIEWSKA Aleksandra	166	KOMPAS TEAM	K30	4	00:36:20.15	00:36:47.75	+00:05:59 (16.3%)	7:16	8.3 (84.7%)
16	PARCHIMOWICZ Janusz	242		M50	2	00:36:41.70	00:36:56.40	+00:06:08 (16.6%)	7:20	8.2 (83.7%)
17	WOŹNIEWSKA Grażyna	350	NORDICOWELOVE POLICE	K50	1	00:36:35.95	00:36:56.55	+00:06:08 (16.6%)	7:19	8.2 (83.7%)
18	MADRAK Anna	193		K40	3	00:37:19.00	00:37:19.00	+00:06:30 (17.5%)	7:27	8 (81.6%)
19	GÓRSKA Dorota	90		K50	2	00:36:59.85	00:37:25.55	+00:06:37 (17.7%)	7:24	8.1 (82.7%)
20	GÓRSKA Agnieszka	89	NORDICOWE LOVE POLICE	K40	4	00:37:34.65	00:37:57.60	+00:07:09 (18.9%)	7:31	8 (81.6%)
21	NIEZGODA Adam	228	KOMPAS TEAM	M40	8	00:37:39.20	00:38:04.90	+00:07:16 (19.1%)	7:31	8 (81.6%)
22	BIELAWA Anna	21		K40	5	00:37:55.90	00:38:28.40	+00:07:40 (19.9%)	7:35	7.9 (80.6%)
23	LITWINIAK Klaudia	180		K20	1	00:38:12.35	00:38:28.80	+00:07:40 (19.9%)	7:38	7.9 (80.6%)
24	SOCHACKA Sylwia	288		K20	2	00:38:38.55	00:38:59.70	+00:08:11 (21.0%)	7:43	7.8 (79.6%)
25	RYBCZYK Paweł	276	KOMPAS TEAM	M40	9	00:39:01.40	00:39:27.20	+00:08:38 (21.9%)	7:48	7.7 (78.6%)
26	WALENT Marta	334	WIECZORNE BIEGANIE W SZCZECINIE	K30	5	00:39:15.55	00:39:36.90	+00:08:48 (22.2%)	7:51	7.6 (77.6%)
27	LATAŃSKA-WALENT Małgorzata	173		K50	3	00:39:13.75	00:39:37.35	+00:08:49 (22.3%)	7:50	7.6 (77.6%)
28	WYSOCKA Izabela	353		K40	6	00:39:19.85	00:39:40.60	+00:08:52 (22.4%)	7:52	7.6 (77.6%)
29	BOROWSKA Magdalena	27		K40	7	00:39:36.30	00:39:59.50	+00:09:11 (23.0%)	7:55	7.6 (77.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 5km	brutto 5km			
30	KOTARSKA Małgorzata	145	NORDICOWELOVEPOLICE	K50	4	00:39:49.50	00:40:08.70	+00:09:20 (23.3%)	7:57	7.5 (76.5%)
31	ROSNER Bożena	270	ALS SZCZECIN	K50	5	00:39:41.35	00:40:11.45	+00:09:23 (23.4%)	7:56	7.6 (77.6%)
32	RUBAJ- FIEDZIUSZKO Anna	271		K30	6	00:39:52.00	00:40:16.05	+00:09:27 (23.5%)	7:58	7.5 (76.5%)
33	SIENKIEWICZ Malgorzata	283	ROZBIEGANY ZAŁOM	K20	3	00:40:03.60	00:40:19.10	+00:09:30 (23.6%)	8:00	7.5 (76.5%)
34	JAWORSKA Justyna	113	JUSTYNA JAWORSKA	K30	7	00:40:13.00	00:40:27.70	+00:09:39 (23.9%)	8:02	7.5 (76.5%)
35	BIELECKA Monika	22	TUPTUP TEAM	K40	8	00:40:10.15	00:40:29.15	+00:09:40 (23.9%)	8:02	7.5 (76.5%)
36	FALEŃSKI Rafał	72		M40	10	00:40:04.55	00:40:31.95	+00:09:43 (24.0%)	8:00	7.5 (76.5%)
37	KACA Jarosław	120	SKB DZIK	M20	1	00:40:16.25	00:40:42.25	+00:09:54 (24.3%)	8:03	7.5 (76.5%)
38	MICHALCZYK Katarzyna	213		K30	8	00:40:17.25	00:40:42.40	+00:09:54 (24.3%)	8:03	7.4 (75.5%)
39	SZWICHTENBERG Andrzej	321	DKKS	M40	11	00:40:33.15	00:40:52.15	+00:10:03 (24.6%)	8:06	7.4 (75.5%)
40	FUTYMA Karolina	76		K30	9	00:40:42.15	00:40:59.80	+00:10:11 (24.9%)	8:08	7.4 (75.5%)
41	CEBEREK - PŁOJCZYK Marcelina	395		K50	6	00:40:47.70	00:41:14.60	+00:10:26 (25.3%)	8:09	7.4 (75.5%)
42	ŻABOKLIICKA Monika	366		K40	9	00:40:56.45	00:41:26.85	+00:10:38 (25.7%)	8:11	7.3 (74.5%)
43	MALICKA Marzena	204		K30	10	00:41:18.85	00:41:39.75	+00:10:51 (26.1%)	8:15	7.3 (74.5%)
44	DASZKIEWICZ Beata	53		K40	10	00:41:22.05	00:41:42.60	+00:10:54 (26.1%)	8:16	7.3 (74.5%)
45	DOBROWOLSKA Dorota	60	ALS SZCZECIN	K50	7	00:41:28.10	00:41:56.55	+00:11:08 (26.6%)	8:17	7.2 (73.5%)
46	FRONTCZAK Ireneusz	75		M40	12	00:41:32.30	00:41:56.80	+00:11:08 (26.6%)	8:18	7.2 (73.5%)
47	JANOWSKA Czesława Urszula	109		K50	8	00:41:46.15	00:42:14.30	+00:11:26 (27.1%)	8:21	7.2 (73.5%)
48	JANOWSKA-SZYBIAK Karolina	110		K30	11	00:41:45.10	00:42:14.40	+00:11:26 (27.1%)	8:21	7.2 (73.5%)
49	MAIK Magdalena	195	DKS POZIOMKOWA	K40	11	00:42:32.85	00:42:46.90	+00:11:58 (28.0%)	8:30	7.1 (72.4%)
50	KLITYŃSKA Agnieszka	137		K30	12	00:42:23.25	00:42:54.40	+00:12:06 (28.2%)	8:28	7.1 (72.4%)
51	SZUĆKO Ilona	318		K30	13	00:42:28.05	00:42:54.85	+00:12:06 (28.2%)	8:29	7.1 (72.4%)
52	GŁADZIK Anna	83	KOMPAS TEAM	K30	14	00:42:39.80	00:42:55.95	+00:12:07 (28.2%)	8:31	7 (71.4%)
53	ŻARCZYŃSKA Iwona	368		K40	12	00:42:48.35	00:43:09.50	+00:12:21 (28.6%)	8:33	7 (71.4%)
54	LITWINIAK Patrycja	181		K20	4	00:42:48.75	00:43:10.20	+00:12:21 (28.6%)	8:33	7 (71.4%)
55	KARCZEWSKA Danuta	128		K40	13	00:42:52.90	00:43:18.00	+00:12:29 (28.9%)	8:34	7 (71.4%)
56	KARCZEWSKI Jarosław	129		M50	3	00:42:53.25	00:43:18.40	+00:12:30 (28.9%)	8:34	7 (71.4%)
57	ZAGRODZKA Magdalena	356	STOWARZYSZENIE MY W GMINIE DOBRA	K40	14	00:42:58.90	00:43:21.40	+00:12:33 (29.0%)	8:35	7 (71.4%)
58	SZULC Magdalena	319		K50	9	00:42:53.55	00:43:23.00	+00:12:34 (29.0%)	8:34	7 (71.4%)
59	SZCZUROWSKI Łukasz	309		M20	2	00:43:03.55	00:43:32.15	+00:12:43 (29.2%)	8:36	7 (71.4%)
60	ŁABĘDŹ Małgorzata	172		K40	15	00:43:01.60	00:43:33.90	+00:12:45 (29.3%)	8:36	7 (71.4%)
61	WRÓBEL Karolina	352		K30	15	00:43:04.15	00:43:34.05	+00:12:45 (29.3%)	8:37	7 (71.4%)
62	SIBILA Aneta	280		K30	16	00:43:22.85	00:43:48.50	+00:13:00 (29.7%)	8:40	6.9 (70.4%)
63	MOTYL Olga	220		K30	17	00:43:29.40	00:43:49.65	+00:13:01 (29.7%)	8:41	6.9 (70.4%)
64	CEGLARSKA-ZACHA Liliana	290		K50	10	00:43:29.90	00:43:50.00	+00:13:01 (29.7%)	8:42	6.9 (70.4%)
65	DROZD-DĄBROWSKA Marzena	67		K40	16	00:43:31.65	00:43:50.50	+00:13:02 (29.7%)	8:42	6.9 (70.4%)
66	CZUDEK Agnieszka	49		K30	18	00:43:59.90	00:44:20.15	+00:13:31 (30.5%)	8:48	6.8 (69.4%)
67	ZIÓŁKO Ewelina	365		K20	5	00:43:47.65	00:44:20.95	+00:13:32 (30.5%)	8:45	6.9 (70.4%)
68	KOWALEWSKA Kinga	149		K20	6	00:43:48.05	00:44:21.15	+00:13:32 (30.5%)	8:45	6.8 (69.4%)
69	PIECHOTA Katarzyna	246	ZMĘCZONA SEZONEM	K40	17	00:44:01.40	00:44:25.55	+00:13:37 (30.7%)	8:48	6.8 (69.4%)
70	SZKUDLAREK Elżbieta	311		K50	11	00:44:04.20	00:44:26.65	+00:13:38 (30.7%)	8:48	6.8 (69.4%)
71	DĄBKOWSKA Ewa	54		K40	18	00:44:00.65	00:44:27.40	+00:13:39 (30.7%)	8:48	6.8 (69.4%)
72	GRZYBOWSKA Agnieszka	98		K30	19	00:44:07.00	00:44:34.80	+00:13:46 (30.9%)	8:49	6.8 (69.4%)
73	MILEWSKA Gosia	217	1979	K40	19	00:44:13.45	00:44:41.15	+00:13:52 (31.1%)	8:50	6.8 (69.4%)

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74	WOJTAL Anna	348	NORDICOWELOVE	K50	12	00:44:27.45	00:44:44.15	+00:13:55 (31.1%)	8:53	6.7 (68.4%)
75	SZCZUROWSKA Joanna	308		K40	20	00:44:17.90	00:44:46.30	+00:13:58 (31.2%)	8:51	6.8 (69.4%)
76	JUCHA Iza	116		K50	13	00:44:16.60	00:44:47.25	+00:13:59 (31.2%)	8:51	6.8 (69.4%)
77	KOWALEWSKA Beata	150		K50	14	00:44:34.35	00:45:04.45	+00:14:16 (31.7%)	8:54	6.7 (68.4%)
78	ŻARCZYŃSKA Klaudia	367		K20	7	00:44:57.35	00:45:17.45	+00:14:29 (32.0%)	8:59	6.7 (68.4%)
79	SZWICHTENBERG Ewa	320		K40	21	00:45:04.00	00:45:22.10	+00:14:33 (32.1%)	9:00	6.7 (68.4%)
80	ANTOSIK Renata	8		K50	15	00:45:53.95	00:46:16.85	+00:15:28 (33.4%)	9:10	6.5 (66.3%)
81	TATYS Katarzyna	329		K30	20	00:46:17.70	00:46:45.10	+00:15:56 (34.1%)	9:15	6.5 (66.3%)
82	GRALAK Joanna	91		K30	21	00:46:18.55	00:46:45.60	+00:15:57 (34.1%)	9:15	6.5 (66.3%)
83	SIENKIEWICZ Jolanta	284	ROZBIEGANY ZAŁOM	K50	16	00:46:53.55	00:47:09.55	+00:16:21 (34.7%)	9:22	6.4 (65.3%)
84	SZLARB Zofia	315		K50	17	00:46:51.70	00:47:14.60	+00:16:26 (34.8%)	9:22	6.4 (65.3%)
85	NIJAK Monika	229	DZIEWCZYNY Z KOSODRZEWINY	K30	22	00:46:55.35	00:47:26.05	+00:16:37 (35.1%)	9:23	6.4 (65.3%)
86	PUCHAŁA Marta	258		K20	8	00:47:50.55	00:48:20.90	+00:17:32 (36.3%)	9:34	6.3 (64.3%)
87	BUDEK Urszula	30		K50	18	00:47:51.80	00:48:21.20	+00:17:32 (36.3%)	9:34	6.3 (64.3%)
88	MĄDRASZEWSKA Wioletta	211		K50	19	00:48:04.60	00:48:33.90	+00:17:45 (36.6%)	9:36	6.2 (63.3%)
89	ANTCZAK Mateusz	7		M20	3	00:48:32.65	00:48:48.30	+00:18:00 (36.9%)	9:42	6.2 (63.3%)
90	WIOLETA REĆKO Wioleta	345		K30	23	00:48:26.60	00:48:48.90	+00:18:00 (36.9%)	9:41	6.2 (63.3%)
91	MIKUŁA Bogumiła	216		K50	20	00:48:25.55	00:48:56.50	+00:18:08 (37.1%)	9:41	6.2 (63.3%)
92	ANTOSIK Joanna	9		K30	24	00:50:03.70	00:50:25.20	+00:19:36 (38.9%)	10:00	6 (61.2%)
93	SZYSZKOWSKA Katarzyna	324	KALMAR RUNNERS	K30	25	00:50:41.45	00:51:13.35	+00:20:25 (39.9%)	10:08	5.9 (60.2%)
94	GĄGALSKA Weronika	81		K30	26	00:50:42.85	00:51:13.65	+00:20:25 (39.9%)	10:08	5.9 (60.2%)
94	KROTECKA Anna	156	1986	K30	27	00:50:41.35	00:51:13.65	+00:20:25 (39.9%)	10:08	5.9 (60.2%)
96	KIELISZEK Gabriela	136		K50	21	00:51:08.50	00:51:37.40	+00:20:49 (40.3%)	10:13	5.9 (60.2%)
97	DĄBROWSKA Edyta	55	STOWARZYSZENIE MY W GMINIE DOBRA	K40	22					(0.0%)
98	PUCHAŁA Halina	259		K40	23					(0.0%)

Znaleziono 98 wynik(ów)