



## II MIKOŁAJKOWY BIEG CHARYTATYWNY - BIEG DLA IZY

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

**Organizator:** Zespół Szkół Ogólnokształcących nr 3 w Bydgoszczy  
**Data:** 2017-12-03  
**Miejsce:** Bydgoszcz  
**Dystans:** 5 km

Klasyfikacja: K-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	MATUSZAK Dorota	569		K-30	1	00:00:06	00:21:16.10	00:21:22.50		4:15	14.1 (100%)
2	PALACZ Wioletta	391		K-30	2	00:00:00	00:22:06.45	00:22:06.45	+00:00:50 (3.8%)	4:25	13.6 (96.5%)
3	GLAŻIŃSKA Paulina	178		K-30	3	00:00:03	00:22:18.75	00:22:22.50	+00:01:02 (4.7%)	4:27	13.4 (95.0%)
4	DERING Hanna	7	BYDGOSKIE ŻÓŁWIE	K-30	4	00:00:09	00:22:54.55	00:23:03.85	+00:01:38 (7.2%)	4:34	13.1 (92.9%)
5	MROTEK Katarzyna	32	ON THE MOVE	K-30	5	00:00:12	00:23:32.25	00:23:44.35	+00:02:16 (9.6%)	4:42	12.7 (90.1%)
6	PASZEK Maria	438	TKKF KOLEJARZ BYDGOSZCZ	K-30	6	00:00:11	00:23:58.80	00:24:10.20	+00:02:42 (11.3%)	4:47	12.5 (88.7%)
7	KOSECKA Justyna	179		K-30	7	00:00:03	00:24:06.95	00:24:10.55	+00:02:50 (11.8%)	4:49	12.4 (87.9%)
8	ZDROJOWA Agnieszka	126		K-30	8	00:00:00	00:24:19.35	00:24:19.45	+00:03:03 (12.6%)	4:51	12.3 (87.2%)
9	ELTINGER Justyna	582	RUN BYDGOSZCZ	K-30	9	00:00:03	00:24:37.70	00:24:41.35	+00:03:21 (13.6%)	4:55	12.2 (86.5%)
10	LEWANDOWSKA Joanna	70		K-30	10	00:00:20	00:24:39.30	00:25:00.00	+00:03:23 (13.7%)	4:56	12.2 (86.5%)
11	PRZYBYŁA Agnieszka	265	PACTUM	K-30	11	00:00:27	00:24:46.45	00:25:14.40	+00:03:30 (14.2%)	4:57	12.1 (85.8%)
12	NAPIERALSKA Natalia	20		K-30	12	00:00:17	00:25:28.50	00:25:45.50	+00:04:12 (16.5%)	5:05	11.8 (83.7%)
13	PILAKOWSKA Angelika	112		K-30	13	00:00:05	00:25:31.50	00:25:36.50	+00:04:15 (16.7%)	5:06	11.8 (83.7%)
14	POTRZEBOWSKA Agata	4	DEAF	K-30	14	00:00:33	00:25:43.60	00:26:17.15	+00:04:27 (17.3%)	5:08	11.7 (83.0%)
15	PAWLACZYK-MATELA Emilia	417	BYDGOSKA GAZELA	K-30	15	00:00:15	00:25:51.55	00:26:06.80	+00:04:35 (17.8%)	5:10	11.6 (82.3%)
16	PŁOSZAJ Magdalena	105		K-30	16	00:00:05	00:26:06.95	00:26:12.55	+00:04:50 (18.6%)	5:13	11.5 (81.6%)
17	TARCZYŃSKA Marta	22	TEAM KUCYKI	K-30	17	00:00:32	00:26:29.80	00:27:02.65	+00:05:13 (19.7%)	5:18	11.3 (80.1%)
18	CISZEWSKA Emilia	8		K-30	18	00:00:34	00:26:31.55	00:27:05.75	+00:05:15 (19.8%)	5:18	11.3 (80.1%)
19	POPIOŁEK Barbara	356		K-30	19	00:00:23	00:26:34.30	00:26:58.15	+00:05:18 (20.0%)	5:19	11.3 (80.1%)
20	BRZYKCY Karolina	47		K-30	20	00:00:14	00:27:16.20	00:27:30.25	+00:06:00 (22.0%)	5:27	11 (78.0%)
21	FIEGEL Katarzyna	322		K-30	21	00:00:22	00:27:23.90	00:27:46.70	+00:06:07 (22.4%)	5:28	10.9 (77.3%)
22	FALGOWSKA Agnieszka	155	SZURUSIE TEAM	K-30	22	00:00:35	00:27:30.85	00:28:06.05	+00:06:14 (22.7%)	5:30	10.9 (77.3%)
23	OBREBSKA Ela	279	BIEGASIE	K-30	23	00:00:28	00:27:33.70	00:28:02.60	+00:06:17 (22.8%)	5:30	10.9 (77.3%)
24	MICHNIEWICZ Małgorzata	123		K-30	24	00:00:10	00:27:39.75	00:27:50.35	+00:06:23 (23.1%)	5:32	10.8 (76.6%)
25	BOROWIEC Lucyna	513		K-30	25	00:00:07	00:27:54.00	00:28:01.15	+00:06:37 (23.8%)	5:34	10.8 (76.6%)
26	SUSZEK Kasia	357		K-30	26	00:00:23	00:27:57.80	00:28:20.85	+00:06:41 (23.9%)	5:35	10.7 (75.9%)
27	TWARDOWSKA Sylwia	530		K-30	27	00:00:22	00:28:02.45	00:28:24.60	+00:06:46 (24.2%)	5:36	10.7 (75.9%)

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							netto 5km	brutto 5km			
28	<b>JAKALAK Alicja</b>	<b>297</b>		K-30	28	00:00:37	<b>00:28:07.60</b>	<b>00:28:45.20</b>	+00:06:51 (24.4%)	5:37	10.7 (75.9%)
29	<b>NAGORZYSKA Sylwia</b>	<b>16</b>		K-30	29	00:00:06	<b>00:28:26.95</b>	<b>00:28:33.25</b>	+00:07:10 (25.2%)	5:41	10.5 (74.5%)
30	<b>OKOŃSKA Joanna</b>	<b>567</b>		K-30	30	00:00:00	<b>00:28:28.90</b>	<b>00:28:28.90</b>	+00:07:12 (25.3%)	5:41	10.5 (74.5%)
31	<b>CHMIEL Justyna</b>	<b>419</b>	CHUSTYNKA.PL	K-30	31	00:00:41	<b>00:28:50.05</b>	<b>00:29:31.45</b>	+00:07:33 (26.2%)	5:46	10.4 (73.8%)
32	<b>LEWANDOWSKA Sylwia</b>	<b>68</b>		K-30	32	00:00:09	<b>00:28:55.45</b>	<b>00:29:04.75</b>	+00:07:39 (26.5%)	5:47	10.4 (73.8%)
33	<b>SYGULSKA Justyna</b>	<b>196</b>		K-30	33	00:00:29	<b>00:29:04.50</b>	<b>00:29:34.00</b>	+00:07:48 (26.9%)	5:49	10.3 (73.0%)
34	<b>KWIATKOWSKA Karolina</b>	<b>158</b>		K-30	34	00:00:25	<b>00:29:13.95</b>	<b>00:29:39.75</b>	+00:07:57 (27.2%)	5:50	10.3 (73.0%)
35	<b>KAJTEK Marta</b>	<b>649</b>		K-30	35	00:00:53	<b>00:29:30.40</b>	<b>00:30:23.45</b>	+00:08:14 (27.9%)	5:54	10.2 (72.3%)
36	<b>HOFFMANN Monika</b>	<b>231</b>		K-30	36	00:00:42	<b>00:29:33.70</b>	<b>00:30:16.10</b>	+00:08:17 (28.1%)	5:54	10.1 (71.6%)
37	<b>ŁOŻYKOWSKA Justyna</b>	<b>355</b>		K-30	37	00:00:03	<b>00:29:35.00</b>	<b>00:29:38.20</b>	+00:08:18 (28.1%)	5:55	10.1 (71.6%)
38	<b>GÓRNIOWICZ Angelika</b>	<b>347</b>		K-30	38	00:00:03	<b>00:29:36.00</b>	<b>00:29:39.00</b>	+00:08:19 (28.1%)	5:55	10.1 (71.6%)
39	<b>LEWANDOWSKA Izabela</b>	<b>410</b>		K-30	39	00:00:30	<b>00:29:38.60</b>	<b>00:30:08.80</b>	+00:08:22 (28.3%)	5:55	10.1 (71.6%)
40	<b>CZYŻEWSKA Bernadeta</b>	<b>101</b>		K-30	40	00:00:00	<b>00:29:39.50</b>	<b>00:29:39.50</b>	+00:08:23 (28.3%)	5:55	10.1 (71.6%)
41	<b>KUBONIA-KAMIŃSKA Hanna</b>	<b>564</b>		K-30	41	00:00:01	<b>00:29:48.50</b>	<b>00:29:49.90</b>	+00:08:32 (28.6%)	5:57	10.1 (71.6%)
42	<b>FIGURA-ZGÓRSKA Joanna</b>	<b>305</b>		K-30	42	00:00:10	<b>00:30:06.35</b>	<b>00:30:16.40</b>	+00:08:50 (29.4%)	6:01	10 (70.9%)
43	<b>SZALA Monika</b>	<b>473</b>		K-30	43	00:00:18	<b>00:30:23.35</b>	<b>00:30:41.50</b>	+00:09:07 (30.0%)	6:04	9.9 (70.2%)
44	<b>CELEJEWSKA Agnieszka</b>	<b>256</b>		K-30	44	00:00:09	<b>00:30:23.40</b>	<b>00:30:33.05</b>	+00:09:07 (30.0%)	6:04	9.9 (70.2%)
45	<b>GRZYWACZ Karolina</b>	<b>90</b>		K-30	45	00:00:02	<b>00:30:26.70</b>	<b>00:30:29.35</b>	+00:09:10 (30.1%)	6:05	9.9 (70.2%)
46	<b>SAŁASIŃSKA Marta</b>	<b>521</b>		K-30	46	00:00:01	<b>00:30:27.65</b>	<b>00:30:29.60</b>	+00:09:11 (30.2%)	6:05	9.8 (69.5%)
47	<b>ŁUKASZKIEWICZ Karolina</b>	<b>515</b>		K-30	47	00:00:34	<b>00:30:29.65</b>	<b>00:31:03.70</b>	+00:09:13 (30.3%)	6:05	9.8 (69.5%)
48	<b>KOWALSKA Katarzyna</b>	<b>342</b>		K-30	48	00:00:01	<b>00:30:37.35</b>	<b>00:30:38.45</b>	+00:09:21 (30.5%)	6:07	9.8 (69.5%)
49	<b>CZAJA Iwona</b>	<b>345</b>		K-30	49	00:00:07	<b>00:30:38.55</b>	<b>00:30:46.30</b>	+00:09:22 (30.6%)	6:07	9.8 (69.5%)
50	<b>URASIŃSKA Karolina</b>	<b>596</b>		K-30	50	00:00:02	<b>00:30:45.50</b>	<b>00:30:48.35</b>	+00:09:29 (30.9%)	6:09	9.8 (69.5%)
51	<b>TYKWIŃSKA Agnieszka</b>	<b>230</b>		K-30	51	00:00:02	<b>00:30:46.05</b>	<b>00:30:48.40</b>	+00:09:29 (30.9%)	6:09	9.8 (69.5%)
52	<b>PROKOPOWICZ Agnieszka</b>	<b>51</b>		K-30	52	00:00:31	<b>00:30:46.70</b>	<b>00:31:17.85</b>	+00:09:30 (30.9%)	6:09	9.8 (69.5%)
53	<b>MEGER Agnieszka</b>	<b>149</b>		K-30	53	00:00:29	<b>00:30:47.95</b>	<b>00:31:17.75</b>	+00:09:31 (30.9%)	6:09	9.7 (68.8%)
54	<b>MALICKA Maria</b>	<b>143</b>		K-30	54	00:00:26	<b>00:30:57.55</b>	<b>00:31:24.00</b>	+00:09:41 (31.3%)	6:11	9.7 (68.8%)
55	<b>WÓJCIK Anna</b>	<b>325</b>		K-30	55	00:00:22	<b>00:31:09.65</b>	<b>00:31:32.10</b>	+00:09:53 (31.7%)	6:14	9.6 (68.1%)
56	<b>WIATROWSKA Katarzyna</b>	<b>392</b>		K-30	56	00:00:22	<b>00:31:30.20</b>	<b>00:31:53.10</b>	+00:10:14 (32.5%)	6:18	9.5 (67.4%)
57	<b>RADZIŃSKA Aleksandra</b>	<b>304</b>		K-30	57	00:00:50	<b>00:31:36.65</b>	<b>00:32:27.55</b>	+00:10:20 (32.7%)	6:19	9.5 (67.4%)
58	<b>BOCZKAJA Agata</b>	<b>588</b>		K-30	58	00:00:24	<b>00:31:45.05</b>	<b>00:32:09.35</b>	+00:10:28 (33.0%)	6:21	9.4 (66.7%)
59	<b>GAŚIENNICA Joanna</b>	<b>619</b>		K-30	59	00:00:11	<b>00:32:16.30</b>	<b>00:32:27.30</b>	+00:11:00 (34.1%)	6:27	9.3 (66.0%)
60	<b>BŁOK Monika</b>	<b>546</b>		K-30	60	00:00:31	<b>00:32:25.75</b>	<b>00:32:56.95</b>	+00:11:09 (34.4%)	6:29	9.3 (66.0%)
61	<b>NOSKOWIAK-BAJNO Alicja</b>	<b>630</b>		K-30	61	00:00:13	<b>00:32:25.95</b>	<b>00:32:39.00</b>	+00:11:09 (34.4%)	6:29	9.2 (65.2%)
62	<b>BŁASZKIEWICZ Marzena</b>	<b>100</b>		K-30	62	00:00:12	<b>00:32:26.55</b>	<b>00:32:39.20</b>	+00:11:10 (34.4%)	6:29	9.2 (65.2%)
63	<b>WALEWSKA Magdalena</b>	<b>161</b>		K-30	63	00:00:04	<b>00:32:33.15</b>	<b>00:32:37.20</b>	+00:11:17 (34.7%)	6:30	9.2 (65.2%)
64	<b>WORONIECKA Anna</b>	<b>117</b>		K-30	64	00:00:31	<b>00:32:38.90</b>	<b>00:33:09.90</b>	+00:11:22 (34.9%)	6:31	9.2 (65.2%)
65	<b>KLUCZYŃSKA Blanka</b>	<b>127</b>		K-30	65	00:00:00	<b>00:33:35.25</b>	<b>00:33:35.25</b>	+00:12:19 (36.7%)	6:43	8.9 (63.1%)
66	<b>WIEKIESAK Dominika</b>	<b>584</b>		K-30	66	00:00:23	<b>00:33:45.20</b>	<b>00:34:08.75</b>	+00:12:29 (37.0%)	6:45	8.9 (63.1%)
67	<b>BURCHARDT Agnieszka</b>	<b>585</b>		K-30	67	00:00:23	<b>00:33:45.50</b>	<b>00:34:09.35</b>	+00:12:29 (37.0%)	6:45	8.9 (63.1%)
68	<b>SIATKOWSKA Anna</b>	<b>402</b>		K-30	68	00:00:16	<b>00:33:59.20</b>	<b>00:34:15.20</b>	+00:12:43 (37.4%)	6:47	8.8 (62.4%)
69	<b>ZALEWSKA Paulina</b>	<b>42</b>		K-30	69	00:00:33	<b>00:34:07.55</b>	<b>00:34:40.55</b>	+00:12:51 (37.7%)	6:49	8.8 (62.4%)
70	<b>OLSZEWSKA Marta</b>	<b>274</b>	ILO	K-30	70	00:00:21	<b>00:35:12.75</b>	<b>00:35:33.75</b>	+00:13:56 (39.6%)	7:02	8.5 (60.3%)
71	<b>ANDERSON Agnieszka</b>	<b>505</b>		K-30	71	00:00:59	<b>00:35:41.35</b>	<b>00:36:41.00</b>	+00:14:25 (40.4%)	7:08	8.4 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
72	<b>POPŁAWSKA Joanna</b>	<b>340</b>		K-30	72	00:00:07	<b>00:35:48.20</b>	<b>00:35:55.95</b>	+00:14:32 (40.6%)	7:09	8.4 (59.6%)
73	<b>TOMECKA Marzena</b>	<b>369</b>		K-30	73	00:01:09	<b>00:36:20.75</b>	<b>00:37:30.60</b>	+00:15:04 (41.5%)	7:16	8.3 (58.9%)
74	<b>POKORSKA Roma</b>	<b>629</b>		K-30	74	00:00:25	<b>00:36:26.00</b>	<b>00:36:51.80</b>	+00:15:09 (41.6%)	7:17	8.2 (58.2%)
75	<b>BUSZTA Anna</b>	<b>223</b>	KLUB ZDROWEGO STYLU ŻYCIA	K-30	75	00:00:48	<b>00:37:45.25</b>	<b>00:38:34.15</b>	+00:16:29 (43.7%)	7:33	7.9 (56.0%)
76	<b>PŁOCKA Patrycja</b>	<b>216</b>		K-30	76	00:00:24	<b>00:38:50.30</b>	<b>00:39:14.50</b>	+00:17:34 (45.2%)	7:46	7.7 (54.6%)

Znaleziono 76 wynik(ów)