III BIEG POGOŃ RAKA - SZCZECIN

Organizator: Stowarzyszenie Walki z Rakiem Płuca Oddział Szczecin
Data: 2019-10-05
Miejsce: Szczecin
Dystans: 5 km

Klasyfikacja: K40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	**GOCZEWSKA Joanna**	**110**		K40	1	00:00:02	**00:24:56.05**	**00:24:58.85**		4:59	12 (100%)
2	**ZAPOR Anna**	**586**		K40	2	00:00:47	**00:25:17.50**	**00:26:04.65**	+00:00:21 (1.4%)	5:03	11.9 (99.2%)
3	**ŚWIATOWIEC Anna**	**508**		K40	3	00:00:05	**00:25:50.60**	**00:25:56.30**	+00:00:54 (3.5%)	5:10	11.6 (96.7%)
4	**ŁĄCZAK Justyna**	**262**	ASSECO ACTIVE TEAM	K40	4	00:00:13	**00:26:15.95**	**00:26:29.35**	+00:01:19 (5.1%)	5:15	11.4 (95.0%)
5	**TADYCH Beata**	**513**		K40	5	00:00:12	**00:26:35.40**	**00:26:48.35**	+00:01:39 (6.2%)	5:19	11.3 (94.2%)
6	**BĄCIK Aneta**	**21**		K40	6	00:00:08	**00:27:17.60**	**00:27:25.90**	+00:02:21 (8.6%)	5:27	11 (91.7%)
7	**WIŚNIEWSKA Marta**	**554**	WIECZORNE BIEGANIE W SZCZECINIE	K40	7	00:00:11	**00:27:31.25**	**00:27:43.05**	+00:02:35 (9.4%)	5:30	10.9 (90.8%)
8	**CHODAK Monika**	**51**	HUSARIA RACE TEAM	K40	8	00:00:10	**00:27:39.20**	**00:27:50.05**	+00:02:43 (9.8%)	5:32	10.8 (90.0%)
9	**KRUCZKOWSKA Agnieszka**	**233**		K40	9	00:00:10	**00:28:11.10**	**00:28:21.55**	+00:03:15 (11.5%)	5:38	10.6 (88.3%)
10	**NIEWADZIK Ula**	**343**		K40	10	00:00:26	**00:28:17.90**	**00:28:44.05**	+00:03:21 (11.9%)	5:39	10.6 (88.3%)
11	**TOKARCZYK Marta**	**515**		K40	11	00:00:41	**00:28:58.00**	**00:29:39.80**	+00:04:01 (13.9%)	5:47	10.4 (86.7%)
12	**KRAŚNIEWSKA Bożena**	**225**		K40	12	00:00:13	**00:29:00.30**	**00:29:13.50**	+00:04:04 (14.0%)	5:48	10.3 (85.8%)
13	**STACHOWICZ-HAWRYLAK Sylwia**	**467**	ZACHPOM.CENTRUM ONKOLOGII	K40	13	00:00:31	**00:29:20.65**	**00:29:52.55**	+00:04:24 (15.0%)	5:52	10.2 (85.0%)
14	**CAŁKA Barbara**	**46**	KOBIECE BIEGANIE	K40	14	00:00:16	**00:29:28.60**	**00:29:44.85**	+00:04:32 (15.4%)	5:53	10.2 (85.0%)
15	**ŁODZIATO Magdalena**	**280**	TURKEYS TEAM	K40	15	00:00:12	**00:29:50.30**	**00:30:02.45**	+00:04:54 (16.4%)	5:58	10.1 (84.2%)
16	**ŁUKASIEWICZ Agnieszka**	**282**		K40	16	00:00:13	**00:29:56.05**	**00:30:09.90**	+00:05:00 (16.7%)	5:59	10 (83.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
17	**KOSIŃSKA Agnieszka**	**213**	SCTP	K40	17	00:00:05	**00:30:21.55**	**00:30:26.90**	+00:05:25 (17.9%)	6:04	9.9 (82.5%)
18	**MACIASZCZYK Ewa**	**288**	WIECZORNE BIEGANIE W SZCZECINIE	K40	18	00:00:06	**00:30:30.75**	**00:30:37.10**	+00:05:34 (18.3%)	6:06	9.8 (81.7%)
19	**DZIWISZ Bogusia**	**90**		K40	19	00:00:36	**00:30:36.60**	**00:31:13.35**	+00:05:40 (18.5%)	6:07	9.8 (81.7%)
20	**KRUSZEWICZ Dalida**	**239**	AMPIO TEAM	K40	20	00:00:35	**00:30:50.80**	**00:31:26.05**	+00:05:54 (19.2%)	6:10	9.7 (80.8%)
21	**ŚLUSARZ Iwona**	**507**		K40	21	00:00:42	**00:30:53.60**	**00:31:35.75**	+00:05:57 (19.3%)	6:10	9.7 (80.8%)
22	**ZIELIŃSKA Ludmiła**	**590**	KB WIKON NOWA SÓL	K40	22	00:00:18	**00:31:11.55**	**00:31:30.30**	+00:06:15 (20.1%)	6:14	9.6 (80.0%)
23	**PŁACHTA Monika**	**396**	KOBIECE BIEGANIE	K40	23	00:00:17	**00:31:20.85**	**00:31:37.85**	+00:06:24 (20.5%)	6:16	9.6 (80.0%)
24	**KOZINIEC Ewelina**	**220**	DRUŻYNA FILIPA	K40	24	00:00:07	**00:31:25.70**	**00:31:33.25**	+00:06:29 (20.7%)	6:17	9.5 (79.2%)
25	**ŚWITALSKA Edyta**	**512**	SCTP	K40	25	00:00:28	**00:31:34.10**	**00:32:02.30**	+00:06:38 (21.0%)	6:18	9.5 (79.2%)
26	**KOŚCIŃSKA Elżbieta**	**215**	WOJSKOWY KLUB HDK	K40	26	00:00:12	**00:31:37.45**	**00:31:50.35**	+00:06:41 (21.2%)	6:19	9.5 (79.2%)
27	**MANOWIECKA Aleksandra**	**606**		K40	27	00:00:09	**00:31:42.55**	**00:31:51.60**	+00:06:46 (21.4%)	6:20	9.5 (79.2%)
28	**WERYK Jadwiga**	**541**	NA WZGORZU	K40	28	00:00:15	**00:31:55.80**	**00:32:10.85**	+00:06:59 (21.9%)	6:23	9.4 (78.3%)
29	**KULEWSKA Joanna**	**248**	NORDICOWELOVE POLICE	K40	29	00:00:22	**00:32:00.60**	**00:32:23.45**	+00:07:04 (22.1%)	6:24	9.4 (78.3%)
30	**DROZDEK Joanna**	**81**	KOMPAS TEAM	K40	30	00:00:17	**00:32:01.40**	**00:32:19.10**	+00:07:05 (22.1%)	6:24	9.4 (78.3%)
31	**JUSZKIEWICZ Małgorzata**	**164**	FIZJOBIEGACZE SZCZECIN	K40	31	00:00:29	**00:32:05.80**	**00:32:35.20**	+00:07:09 (22.3%)	6:25	9.3 (77.5%)
32	**GÓRSKA Agnieszka**	**117**	KLUB BIEGOWY DZIK	K40	32	00:00:23	**00:32:45.75**	**00:33:09.45**	+00:07:49 (23.9%)	6:33	9.2 (76.7%)
33	**GABERT Beata**	**98**	RAZ SZCZECIN	K40	33	00:00:14	**00:32:50.10**	**00:33:04.20**	+00:07:54 (24.1%)	6:34	9.1 (75.8%)
34	**MAZURAK Joanna**	**318**		K40	34	00:00:34	**00:33:06.80**	**00:33:41.55**	+00:08:10 (24.7%)	6:37	9.1 (75.8%)
35	**PSUTY Wioletta**	**408**		K40	35	00:00:24	**00:33:15.55**	**00:33:39.90**	+00:08:19 (25.0%)	6:39	9 (75.0%)
36	**MAŁKOWSKA Ewa**	**303**		K40	36	00:00:05	**00:33:29.40**	**00:33:35.25**	+00:08:33 (25.5%)	6:42	9 (75.0%)
37	**KACZMAREK Kamila**	**167**	BIZON DERCZEWO	K40	37	00:00:09	**00:33:51.60**	**00:34:00.90**	+00:08:55 (26.4%)	6:46	8.9 (74.2%)
38	**ALEKSANDRUK-DUTKIEWICZ Agnieszka**	**9**		K40	38	00:00:23	**00:34:00.15**	**00:34:23.15**	+00:09:04 (26.7%)	6:48	8.8 (73.3%)
39	**BOROWSKA Magdalena**	**305**		K40	39	00:00:21	**00:34:01.75**	**00:34:22.80**	+00:09:05 (26.7%)	6:48	8.8 (73.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
40	**RUTKOWSKA Justyna**	**431**		K40	40	00:00:28	**00:34:05.10**	**00:34:33.30**	+00:09:09 (26.8%)	6:49	8.8 (73.3%)
41	**ŁYCZEK Agata**	**285**		K40	41	00:00:29	**00:34:37.35**	**00:35:07.10**	+00:09:41 (28.0%)	6:55	8.7 (72.5%)
42	**KOLASA Agnieszka**	**199**		K40	42	00:00:39	**00:34:37.95**	**00:35:17.65**	+00:09:41 (28.0%)	6:55	8.7 (72.5%)
43	**LASKOWSKA Beata**	**261**		K40	43	00:00:12	**00:34:39.65**	**00:34:52.30**	+00:09:43 (28.1%)	6:56	8.7 (72.5%)
44	**PIOTROWSKA Dorota**	**389**	AMPIO TEAM	K40	44	00:00:34	**00:34:43.20**	**00:35:17.65**	+00:09:47 (28.2%)	6:56	8.6 (71.7%)
45	**ORSZULSKA Magdalena**	**358**	WIECZORNE BIEGANIE W SZCZECINIE	K40	45	00:00:13	**00:35:37.65**	**00:35:50.70**	+00:10:41 (30.0%)	7:07	8.4 (70.0%)
46	**OLEJNIK Agnieszka**	**352**		K40	46	00:00:20	**00:35:40.45**	**00:36:00.80**	+00:10:44 (30.1%)	7:08	8.4 (70.0%)
47	**NOWAK Aneta**	**348**	NORDICOWELOVE POLICE	K40	47	00:00:23	**00:35:41.15**	**00:36:04.45**	+00:10:45 (30.1%)	7:08	8.4 (70.0%)
48	**KUSZYK Małgorzata**	**255**	AUTONOMICZNA AKADEMIA AIKIDO SZCZECIN	K40	48	00:00:31	**00:36:09.70**	**00:36:40.85**	+00:11:13 (31.0%)	7:13	8.3 (69.2%)
49	**DĘBICKA Iwona**	**73**		K40	49	00:00:19	**00:36:39.45**	**00:36:58.75**	+00:11:43 (32.0%)	7:19	8.2 (68.3%)
50	**JASIŃSKA Lidia**	**158**		K40	50	00:00:19	**00:36:39.70**	**00:36:58.75**	+00:11:43 (32.0%)	7:19	8.2 (68.3%)
51	**PIERŚCIŃSKA Marzena**	**381**		K40	51	00:00:18	**00:36:44.85**	**00:37:02.85**	+00:11:48 (32.1%)	7:20	8.2 (68.3%)
52	**MEDZIŃSKA Małgorzata**	**319**		K40	52	00:00:18	**00:37:15.95**	**00:37:34.55**	+00:12:19 (33.1%)	7:27	8.1 (67.5%)
53	**KURASIŃSKA Dorota**	**252**	RAZ	K40	53	00:00:29	**00:37:24.30**	**00:37:53.75**	+00:12:28 (33.3%)	7:28	8 (66.7%)
54	**HARWAT Katarzyna**	**134**		K40	54	00:00:30	**00:37:29.05**	**00:37:59.70**	+00:12:33 (33.5%)	7:29	8 (66.7%)
54	**WISNIEWSKA Agnieszka**	**550**		K40	54	00:00:30	**00:37:29.05**	**00:37:59.60**	+00:12:33 (33.5%)	7:29	8 (66.7%)
56	**WELENS Anna**	**540**		K40	56	00:00:33	**00:37:35.60**	**00:38:09.30**	+00:12:39 (33.7%)	7:31	8 (66.7%)
57	**MALEC Edyta**	**299**	STARGARDZKI KLUB MORSOW MIEDWIANIE	K40	57	00:00:25	**00:37:48.85**	**00:38:14.20**	+00:12:52 (34.1%)	7:33	7.9 (65.8%)
58	**PIEKARSKA Wioletta**	**379**	GORĄCE CZAJNIKI	K40	58	00:00:07	**00:38:28.70**	**00:38:35.95**	+00:13:32 (35.2%)	7:41	7.8 (65.0%)
59	**KUJAWSKA Irmina**	**246**		K40	59	00:00:06	**00:39:25.50**	**00:39:31.65**	+00:14:29 (36.8%)	7:53	7.6 (63.3%)
60	**PADOK Magdalena**	**364**	SISTERS	K40	60	00:00:24	**00:40:30.60**	**00:40:55.20**	+00:15:34 (38.4%)	8:06	7.4 (61.7%)
61	**ŚWIGOST Beata**	**511**		K40	61	00:00:09	**00:40:36.80**	**00:40:46.35**	+00:15:40 (38.6%)	8:07	7.4 (61.7%)
62	**TADYCH Beata**	**609**		K40	62	00:00:20	**00:41:19.50**	**00:41:40.05**	+00:16:23 (39.7%)	8:16	7.3 (60.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
63	**MALINOWSKA-WASILUK Agnieszka**	**300**		K40	63	00:00:26	**00:42:06.70**	**00:42:33.25**	+00:17:10 (40.8%)	8:25	7.1 (59.2%)
64	**KAROL Anna**	**181**		K40	64	00:00:48	**00:42:20.10**	**00:43:08.50**	+00:17:24 (41.1%)	8:28	7.1 (59.2%)
65	**BIELECKA Monika**	**28**	TUPTUP TEAM	K40	65	00:00:49	**00:43:40.05**	**00:44:29.05**	+00:18:44 (42.9%)	8:44	6.9 (57.5%)
66	**ROSZATYCKA-KRAUSE Agnieszka**	**425**	DMUCHAWIEC GOLENIÓW	K40	66	00:00:32	**00:45:37.35**	**00:46:09.65**	+00:20:41 (45.3%)	9:07	6.6 (55.0%)
67	**LEWAK Katarzyna**	**273**	LEWACZKI TEAM	K40	67	00:00:32	**00:46:55.50**	**00:47:27.75**	+00:21:59 (46.9%)	9:23	6.4 (53.3%)
DQ	**SZCZEPANSKA Anna**	**494**		K40		DQ	**00:22:11.05 DQ**	**DQ**		0:00	13.5 (112.5%)

Znaleziono 68 wynik(ów)