

# III BIEG SZLAKIEM LEŚNYCH

B4SPORT

**Organizator:** Stowarzyszenie Przyjaciół Lipinek  
**Data:** 2017-06-03  
**Miejsce:** Lipinki  
**Dystans:** 12 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-Open

| Msc | Zawodnik                   | Numer      | Klub                        | Kategoria | Mkat | Czas startu | Czas netto 12km    | Czas brutto 12km   | Różn              | Tempo min/km | Tempo km/h   |
|-----|----------------------------|------------|-----------------------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|--------------|
| 1   | <b>RANISZEWSKA Marzena</b> | <b>157</b> | PACKMAN TEAM                | K30       | 1    | 00:00:01    | <b>00:51:37.15</b> | <b>00:51:38.75</b> |                   | 4:18         | 13.9 (100%)  |
| 2   | <b>MURAWIEC Izabela</b>    | <b>33</b>  |                             | K30       | 2    | 00:00:02    | <b>00:56:53.95</b> | <b>00:56:56.25</b> | +00:05:16 (9.3%)  | 4:44         | 12.7 (91.4%) |
| 3   | <b>SUCHOMSKA Beata</b>     | <b>50</b>  |                             | K40       | 1    | 00:00:05    | <b>00:57:55.65</b> | <b>00:58:00.65</b> | +00:06:18 (10.9%) | 4:49         | 12.4 (89.2%) |
| 4   | <b>KARCZEWSKA Olga</b>     | <b>151</b> | YOUCO                       | K20       | 1    | 00:00:03    | <b>00:59:13.05</b> | <b>00:59:16.40</b> | +00:07:35 (12.8%) | 4:56         | 12.2 (87.8%) |
| 5   | <b>OREMUS Zuzanna</b>      | <b>86</b>  |                             | K16       | 1    | 00:00:04    | <b>01:01:41.20</b> | <b>01:01:46.10</b> | +00:10:04 (16.3%) | 5:08         | 11.7 (84.2%) |
| 6   | <b>KOSTRO Kasia</b>        | <b>128</b> |                             | K40       | 2    | 00:00:13    | <b>01:02:04.05</b> | <b>01:02:17.50</b> | +00:10:26 (16.8%) | 5:10         | 11.6 (83.5%) |
| 7   | <b>ZABOROWSKA Beata</b>    | <b>38</b>  |                             | K40       | 3    | 00:00:03    | <b>01:02:20.25</b> | <b>01:02:23.95</b> | +00:10:43 (17.2%) | 5:11         | 11.6 (83.5%) |
| 8   | <b>STYKAŁA Magdalena</b>   | <b>2</b>   |                             | K40       | 4    | 00:00:11    | <b>01:02:40.55</b> | <b>01:02:52.05</b> | +00:11:03 (17.6%) | 5:13         | 11.5 (82.7%) |
| 9   | <b>CHABROS Małgorzata</b>  | <b>46</b>  | THE RUNNERS ŚWIECIE         | K20       | 2    | 00:00:10    | <b>01:04:09.85</b> | <b>01:04:20.45</b> | +00:12:32 (19.6%) | 5:20         | 11.2 (80.6%) |
| 10  | <b>NOWACKA Gabriela</b>    | <b>153</b> | AKADEMIA BIEGANIA GRUDZIĄDZ | K50       | 1    | 00:00:04    | <b>01:05:41.75</b> | <b>01:05:46.20</b> | +00:14:04 (21.4%) | 5:28         | 11 (79.1%)   |
| 11  | <b>PYRKA Marta</b>         | <b>20</b>  | 2 LO ŚWIECIE                | K30       | 3    | 00:00:12    | <b>01:08:06.80</b> | <b>01:08:18.85</b> | +00:16:29 (24.2%) | 5:40         | 10.6 (76.3%) |
| 12  | <b>ZDROJKOWSKA Joanna</b>  | <b>119</b> | ROLL&RUN TEAM               | K50       | 2    | 00:00:11    | <b>01:08:27.40</b> | <b>01:08:38.60</b> | +00:16:50 (24.6%) | 5:42         | 10.5 (75.5%) |
| 13  | <b>GNIOT Bożena</b>        | <b>160</b> |                             | K30       | 4    | 00:00:12    | <b>01:08:51.90</b> | <b>01:09:04.00</b> | +00:17:14 (25.0%) | 5:44         | 10.5 (75.5%) |
| 14  | <b>MICHNA Justyna</b>      | <b>49</b>  |                             | K40       | 5    | 00:00:11    | <b>01:09:28.55</b> | <b>01:09:40.25</b> | +00:17:51 (25.7%) | 5:47         | 10.4 (74.8%) |
| 15  | <b>KARWASZ Agata</b>       | <b>44</b>  |                             | K16       | 2    | 00:00:02    | <b>01:10:35.20</b> | <b>01:10:37.50</b> | +00:18:58 (26.9%) | 5:52         | 10.2 (73.4%) |
| 16  | <b>HAWRO-CHYREK Anna</b>   | <b>129</b> | LAWA TEAM                   | K30       | 5    | 00:00:13    | <b>01:10:58.15</b> | <b>01:11:11.60</b> | +00:19:21 (27.3%) | 5:54         | 10.1 (72.7%) |
| 16  | <b>ZEMFLER Magdalena</b>   | <b>137</b> | TSUNAMI TRI                 | K30       | 6    | 00:00:13    | <b>01:10:58.15</b> | <b>01:11:11.90</b> | +00:19:21 (27.3%) | 5:54         | 10.1 (72.7%) |
| 18  | <b>BRAC Grażyna</b>        | <b>18</b>  |                             | K60       | 1    | 00:00:09    | <b>01:11:02.00</b> | <b>01:11:11.30</b> | +00:19:24 (27.3%) | 5:55         | 10.1 (72.7%) |
| 19  | <b>FRUKACZ Emilia</b>      | <b>6</b>   |                             | K20       | 3    | 00:00:10    | <b>01:11:10.05</b> | <b>01:11:20.75</b> | +00:19:32 (27.5%) | 5:55         | 10.1 (72.7%) |
| 20  | <b>JAWORSKA Anna</b>       | <b>82</b>  |                             | K30       | 7    | 00:00:04    | <b>01:12:12.40</b> | <b>01:12:17.05</b> | +00:20:35 (28.5%) | 6:01         | 10 (71.9%)   |
| 21  | <b>WOJTOWICZ Agnieszka</b> | <b>161</b> |                             | K30       | 8    | 00:00:07    | <b>01:12:23.80</b> | <b>01:12:30.95</b> | +00:20:46 (28.7%) | 6:01         | 9.9 (71.2%)  |
| 22  | <b>STYKAŁA Adrianna</b>    | <b>3</b>   |                             | K16       | 3    | 00:00:11    | <b>01:13:02.25</b> | <b>01:13:13.75</b> | +00:21:25 (29.3%) | 6:05         | 9.9 (71.2%)  |
| 23  | <b>KALINOWSKA Patrycja</b> | <b>16</b>  | SOLECCY BIEGACZE            | K20       | 4    | 00:00:13    | <b>01:14:03.95</b> | <b>01:14:16.95</b> | +00:22:26 (30.3%) | 6:10         | 9.7 (69.8%)  |
| 24  | <b>OLCZAK Ewa</b>          | <b>58</b>  | 2LO ŚWIECIE                 | K40       | 6    | 00:00:15    | <b>01:14:46.25</b> | <b>01:15:01.65</b> | +00:23:09 (31.0%) | 6:13         | 9.6 (69.1%)  |
| 25  | <b>KAWSKA Ewa</b>          | <b>52</b>  |                             | K40       | 7    | 00:00:13    | <b>01:16:10.15</b> | <b>01:16:23.95</b> | +00:24:33 (32.2%) | 6:20         | 9.5 (68.3%)  |
| 26  | <b>FILARSKA Marzena</b>    | <b>51</b>  |                             | K40       | 8    | 00:00:13    | <b>01:16:10.75</b> | <b>01:16:23.90</b> | +00:24:33 (32.2%) | 6:20         | 9.5 (68.3%)  |
| 27  | <b>CHABROS Teresa</b>      | <b>47</b>  |                             | K50       | 3    | 00:00:11    | <b>01:17:45.15</b> | <b>01:17:56.35</b> | +00:26:08 (33.6%) | 6:28         | 9.3 (66.9%)  |
| 28  | <b>MAZANOWSKA Izabela</b>  | <b>69</b>  |                             | K30       | 9    | 00:00:13    | <b>01:19:07.85</b> | <b>01:19:21.20</b> | +00:27:30 (34.8%) | 6:35         | 9.1 (65.5%)  |
| 29  | <b>WICZANOWSKA Natalia</b> | <b>73</b>  |                             | K20       | 5    | 00:00:09    | <b>01:20:16.25</b> | <b>01:20:25.25</b> | +00:28:39 (35.7%) | 6:41         | 9 (64.7%)    |
| 30  | <b>KOSECKA Katarzyna</b>   | <b>72</b>  |                             | K20       | 6    | 00:00:09    | <b>01:20:16.55</b> | <b>01:20:25.70</b> | +00:28:39 (35.7%) | 6:41         | 9 (64.7%)    |

| Msc | Zawodnik                        | Numer      | Klub                        | Kategoria | Mkat | Czas startu | Czas netto 12km    | Czas brutto 12km   | Różn              | Tempo min/km | Tempo km/h  |
|-----|---------------------------------|------------|-----------------------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|-------------|
| 31  | <b>GRZMIL Izabela</b>           | <b>92</b>  |                             | K40       | 9    | 00:00:13    | <b>01:22:25.25</b> | <b>01:22:39.05</b> | +00:30:48 (37.4%) | 6:52         | 8.7 (62.6%) |
| 32  | <b>ZYGMUNT Magdalena</b>        | <b>147</b> |                             | K40       | 10   | 00:00:10    | <b>01:23:22.90</b> | <b>01:23:33.40</b> | +00:31:45 (38.1%) | 6:56         | 8.6 (61.9%) |
| 33  | <b>MRUK Patrycja</b>            | <b>155</b> |                             | K30       | 10   | 00:00:12    | <b>01:26:16.40</b> | <b>01:26:29.00</b> | +00:34:39 (40.2%) | 7:11         | 8.3 (59.7%) |
| 34  | <b>JAWORSKA Żaneta</b>          | <b>115</b> |                             | K30       | 11   | 00:00:12    | <b>01:26:17.45</b> | <b>01:26:29.55</b> | +00:34:40 (40.2%) | 7:11         | 8.3 (59.7%) |
| 35  | <b>BRZEZINSKA-HAFFKE Sylwia</b> | <b>25</b>  |                             | K40       | 11   | 00:00:12    | <b>01:26:33.10</b> | <b>01:26:45.45</b> | +00:34:55 (40.4%) | 7:12         | 8.3 (59.7%) |
| 36  | <b>DANIŁOWSKA Małgorzata</b>    | <b>22</b>  |                             | K30       | 12   | 00:00:15    | <b>01:26:57.55</b> | <b>01:27:12.85</b> | +00:35:20 (40.6%) | 7:14         | 8.3 (59.7%) |
| 37  | <b>SZCZEPAŃSKA Katarzyna</b>    | <b>59</b>  |                             | K30       | 13   | 00:00:12    | <b>01:27:16.65</b> | <b>01:27:28.95</b> | +00:35:39 (40.9%) | 7:16         | 8.3 (59.7%) |
| 38  | <b>BRAC-WALCZYK Małgorzata</b>  | <b>114</b> | AKADEMIA BIEGANIA GRUDZIĄDZ | K50       | 4    | 00:00:04    | <b>01:28:50.70</b> | <b>01:28:54.95</b> | +00:37:13 (41.9%) | 7:24         | 8.1 (58.3%) |
| 39  | <b>PIANOWSKA Ewa</b>            | <b>54</b>  |                             | K50       | 5    | 00:00:14    | <b>01:29:19.65</b> | <b>01:29:33.90</b> | +00:37:42 (42.2%) | 7:26         | 8.1 (58.3%) |
| 40  | <b>RADOWSKA Anna</b>            | <b>76</b>  | SĘKI OSIE                   | K50       | 6    | 00:00:06    | <b>01:29:28.30</b> | <b>01:29:34.30</b> | +00:37:51 (42.3%) | 7:27         | 8 (57.6%)   |
| 41  | <b>STACHOWSKA Aleksandra</b>    | <b>48</b>  |                             | K30       | 14   | 00:00:10    | <b>01:38:15.25</b> | <b>01:38:25.45</b> | +00:46:38 (47.5%) | 8:11         | 7.3 (52.5%) |
| 42  | <b>MASTEJ Małgorzata</b>        | <b>125</b> | GOSIA&TOMEK                 | K20       | 7    | 00:00:08    | <b>01:38:55.70</b> | <b>01:39:04.00</b> | +00:47:18 (47.8%) | 8:14         | 7.3 (52.5%) |
|     | <b>OSYKA Emilia</b>             | <b>96</b>  |                             | K30       |      | DNF         | <b>DNF</b>         | <b>DNF</b>         | -                 | -            | - (0.0%)    |

Znaleziono 43 wynik(ów)