



Organizator:
Data:
Miejsce:
Dystans:

Stowarzyszenie Waleczne Serca
2022-10-02
Bydgoszcz
5 km

III BYDGOSKI BIEG PO ODDECH

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	DOBRZYŃSKA Ewa	220		K30	1	00:11:34	00:23:03.40	00:23:07.75		4:36	13 (100%)
2	POLAŃCZYK Paulina	16		K30	2	00:11:42	00:23:37.20	00:23:42.85	+00:00:35 (2.5%)	4:43	12.7 (97.7%)
3	OKULICZ Anita	192		K30	3	00:12:25	00:25:27.15	00:25:30.40	+00:02:22 (9.3%)	5:05	11.8 (90.8%)
4	PACHOLSKA Joanna	328		K30	4	00:12:43	00:25:21.65	00:25:30.45	+00:02:22 (9.3%)	5:04	11.8 (90.8%)
5	KRUSZYNA Renata	106		K30	5	00:12:59	00:25:54.30	00:26:04.25	+00:02:56 (11.3%)	5:10	11.6 (89.2%)
6	RUTKOWSKA Karolina	143		K30	6	00:13:09	00:26:50.45	00:27:02.60	+00:03:54 (14.5%)	5:22	11.2 (86.2%)
7	NALEWALSKA Justyna	292		K30	7	00:13:32	00:27:25.50	00:27:39.45	+00:04:31 (16.4%)	5:29	10.9 (83.8%)
8	BAGNIEWSKA Małgorzata	80		K30	8	00:13:55	00:27:33.30	00:28:00.90	+00:04:53 (17.4%)	5:30	10.9 (83.8%)
9	BORAKIEWICZ Natalia	297		K30	9	00:13:53	00:28:08.75	00:28:21.55	+00:05:13 (18.4%)	5:37	10.7 (82.3%)
10	MURAWIAK Agnieszka	329		K30	10	00:13:43	00:28:18.70	00:28:27.95	+00:05:20 (18.7%)	5:39	10.6 (81.5%)
11	KAJA Dominika	201		K30	11	00:14:09	00:27:54.85	00:28:28.45	+00:05:20 (18.8%)	5:34	10.8 (83.1%)
12	BAGNIEWSKA Sandra	202		K30	12	00:14:12	00:28:25.40	00:28:51.65	+00:05:43 (19.9%)	5:41	10.6 (81.5%)
13	RYDELSKA Marysia	18		K30	13	00:13:57	00:28:31.75	00:28:58.25	+00:05:50 (20.2%)	5:42	10.5 (80.8%)
14	GIERCZAK Dorota	127		K30	14	00:14:46	00:29:08.05	00:29:22.20	+00:06:14 (21.2%)	5:49	10.3 (79.2%)
15	KABACIŃSKA Kinga	19		K30	15	00:14:27	00:29:16.05	00:29:34.70	+00:06:26 (21.8%)	5:51	10.3 (79.2%)
16	FRYCA Aleksandra	229		K30	16	00:15:13	00:29:02.90	00:29:35.30	+00:06:27 (21.8%)	5:48	10.3 (79.2%)
17	RÓŻYCZKA Joanna	30		K30	17	00:14:26	00:29:34.55	00:29:55.20	+00:06:47 (22.7%)	5:54	10.1 (77.7%)
18	MAŁKIŃSKA-BIĘGA Dorota	24		K30	18	00:14:37	00:30:05.25	00:30:17.40	+00:07:09 (23.6%)	6:01	10 (76.9%)
19	DOLATA Aneta	325		K30	19	00:15:34	00:30:09.90	00:30:31.60	+00:07:23 (24.2%)	6:01	10 (76.9%)
20	DOMEK Katarzyna	105		K30	20	00:15:11	00:30:08.20	00:30:35.05	+00:07:27 (24.4%)	6:01	10 (76.9%)
21	GAIDA Milena	90		K30	21	00:15:40	00:30:42.70	00:30:55.35	+00:07:47 (25.2%)	6:08	9.8 (75.4%)
22	ZIELIŃSKA Agnieszka	185		K30	22	00:15:00	00:30:53.15	00:31:10.15	+00:08:02 (25.8%)	6:10	9.7 (74.6%)
23	OSTROWSKA Justyna	32		K30	23	00:15:44	00:31:08.90	00:31:21.95	+00:08:14 (26.3%)	6:13	9.6 (73.8%)
24	PRZYBYŁAK Marta	31		K30	24	00:15:24	00:31:10.80	00:31:28.35	+00:08:20 (26.5%)	6:14	9.6 (73.8%)
25	UMIŃSKA Marzena	196		K30	25	00:15:33	00:31:03.25	00:31:28.70	+00:08:20 (26.5%)	6:12	9.7 (74.6%)
26	PRZEBULSKA Małgorzata	21		K30	26	00:15:50	00:31:16.05	00:31:52.15	+00:08:44 (27.4%)	6:15	9.6 (73.8%)
27	WALENTOWICZ Alicja	281		K30	27	00:15:40	00:31:21.75	00:31:55.70	+00:08:47 (27.6%)	6:16	9.6 (73.8%)
28	WOJCZAKOWSKA Paulina	42		K30	28	00:15:26	00:31:58.95	00:32:10.00	+00:09:02 (28.1%)	6:23	9.4 (72.3%)
29	BŁĄŻEK-KOJRO Kasia	14		K30	29	00:15:56	00:32:01.85	00:32:21.90	+00:09:14 (28.5%)	6:24	9.4 (72.3%)
30	KUŹNIA Katarzyna	28		K30	30	00:15:46	00:31:43.00	00:32:23.95	+00:09:16 (28.6%)	6:20	9.5 (73.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
31	SKOWRON-BAJERSKA Paulina	264		K30	31	00:16:32	00:33:54.70	00:34:18.25	+00:11:10 (32.6%)	6:46	8.8 (67.7%)
32	MACINKIEWICZ Natalia	241		K30	32	00:17:23	00:34:06.80	00:34:39.15	+00:11:31 (33.3%)	6:49	8.8 (67.7%)
33	KACZMAREK Paulina	13		K30	33	00:18:00	00:35:39.30	00:35:48.25	+00:12:40 (35.4%)	7:07	8.4 (64.6%)
34	ŚREDNIAWSKA Elżbieta	291		K30	34	00:18:01	00:35:44.60	00:36:03.25	+00:12:55 (35.8%)	7:08	8.4 (64.6%)
35	OSTANIEWICZ Kamila	141		K30	35	00:17:30	00:36:00.70	00:36:13.95	+00:13:06 (36.2%)	7:12	8.3 (63.8%)
36	BERTLING Monika	301		K30	36	00:17:49	00:36:17.70	00:36:33.00	+00:13:25 (36.7%)	7:15	8.3 (63.8%)
37	WNUKIEWICZ Róża	350		K30	37	00:19:06	00:36:28.65	00:36:47.55	+00:13:39 (37.1%)	7:17	8.2 (63.1%)
38	KAWSKA Aneta	413		K30	38	00:17:22	00:36:37.60	00:37:08.55	+00:14:00 (37.7%)	7:19	8.2 (63.1%)
39	LIGMAN-STASIAK Oliwia	339		K30	39	00:18:21	00:36:37.50	00:37:22.15	+00:14:14 (38.1%)	7:19	8.2 (63.1%)
40	WESOŁOWSKA-ŁUKOMSKA Edyta	69		K30	40	00:17:41	00:37:04.90	00:37:29.55	+00:14:21 (38.3%)	7:24	8.1 (62.3%)
41	WITKOWICZ Aleksandra	182		K30	41	00:19:06	00:38:02.05	00:38:12.95	+00:15:05 (39.5%)	7:36	7.9 (60.8%)
42	KOMOROWSKA Małgorzata	39		K30	42	00:19:06	00:38:02.90	00:38:13.15	+00:15:05 (39.5%)	7:36	7.9 (60.8%)
43	GRZEMPA Joanna	81		K30	43	00:19:31	00:37:39.90	00:38:23.40	+00:15:15 (39.8%)	7:31	8 (61.5%)
44	WALCZYNA-WELC Weronika	384		K30	44	00:19:12	00:38:13.05	00:38:24.80	+00:15:17 (39.8%)	7:38	7.8 (60.0%)
45	MATUSZEWSKA-KUJAWA Natalia	215		K30	45	00:18:31	00:37:37.45	00:38:36.60	+00:15:28 (40.1%)	7:31	8 (61.5%)
46	PUCHALSKA Joanna	399		K30	46	00:18:34	00:38:28.95	00:38:37.35	+00:15:29 (40.1%)	7:41	7.8 (60.0%)
47	NOWICKA Aldona	92		K30	47	00:18:44	00:38:38.45	00:38:38.45	+00:15:30 (40.1%)	7:43	7.8 (60.0%)
48	KULIGOWSKA Barbara	59		K30	48	00:18:50	00:38:12.30	00:38:44.15	+00:15:36 (40.3%)	7:38	7.9 (60.8%)
49	SZULWIC Natalia	157		K30	49	00:18:48	00:38:11.10	00:38:44.25	+00:15:36 (40.3%)	7:38	7.9 (60.8%)
50	OKOŃSKA Żaneta	204		K30	50	00:18:40	00:38:19.10	00:38:45.25	+00:15:37 (40.3%)	7:39	7.8 (60.0%)
51	WIRSZYŁŁO Karina	257		K30	51	00:19:50	00:39:10.05	00:39:29.50	+00:16:21 (41.4%)	7:50	7.7 (59.2%)
52	SNOPEK Edyta	313		K30	52	00:18:48	00:39:49.35	00:40:03.10	+00:16:55 (42.3%)	7:57	7.5 (57.7%)
53	KOCHANOWSKA Katarzyna	314		K30	53	00:20:13	00:40:47.60	00:41:07.50	+00:17:59 (43.8%)	8:09	7.4 (56.9%)
54	LASOTA Agata	33		K30	54	00:20:02	00:41:24.85	00:41:31.95	+00:18:24 (44.3%)	8:16	7.2 (55.4%)
55	TYKWIŃSKA Agnieszka	364		K30	55	00:19:25	00:42:42.50	00:42:49.85	+00:19:42 (46.0%)	8:32	7 (53.8%)
56	RUTKOWSKA Karolina	419		K30	56	00:20:06	00:43:16.80	00:43:21.35	+00:20:13 (46.7%)	8:39	6.9 (53.1%)
57	NOWICKA Natalia	135		K30	57	00:20:31	00:43:24.30	00:44:19.20	+00:21:11 (47.8%)	8:40	6.9 (53.1%)
58	DAMRATH Maja	232		K30	58	00:21:39	00:44:30.05	00:45:00.40	+00:21:52 (48.6%)	8:54	6.7 (51.5%)
59	DOMBROWSKA Karolina	184		K30	59	00:23:44	00:47:59.10	00:48:23.05	+00:25:15 (52.2%)	9:35	6.3 (48.5%)
60	SUCHARA Magdalena	244		K30	60	00:23:58	00:48:15.55	00:48:36.85	+00:25:29 (52.4%)	9:39	6.2 (47.7%)
61	KĘDZIERSKA Kinga	307		K30	61	00:26:45	00:55:14.20	00:56:06.65	+00:32:58 (58.8%)	11:02	5.4 (41.5%)

Znaleziono 61 wynik(ów)