



Organizator:
Data:
Miejsce:
Dystans:

Stowarzyszenie Waleczne Serca
2022-10-02
Bydgoszcz
5 km

III BYDGOSKI BIEG PO ODDECH

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	GRECMAN Anna	179		K40	1	00:11:41	00:23:38.50	00:23:43.40		4:43	12.7 (100%)
2	CHEŁMINIAK Monika	104		K40	2	00:11:46	00:23:53.15	00:24:00.35	+00:00:16 (1.2%)	4:46	12.6 (99.2%)
3	CICHOŃSKA-BAZAK Marzena	176		K40	3	00:12:18	00:24:29.25	00:24:35.50	+00:00:52 (3.5%)	4:53	12.3 (96.9%)
4	ĆWIKLIŃSKA Anna	73		K40	4	00:12:02	00:24:52.90	00:24:57.85	+00:01:14 (5.0%)	4:58	12.1 (95.3%)
5	FIEGEL Katarzyna	193		K40	5	00:12:51	00:25:27.45	00:25:41.90	+00:01:58 (7.7%)	5:05	11.8 (92.9%)
6	BIEGAŁA Agnieszka	48		K40	6	00:12:55	00:25:51.60	00:25:57.30	+00:02:13 (8.6%)	5:10	11.6 (91.3%)
7	NAGORZYSKA Sylwia	6		K40	7	00:13:12	00:26:43.00	00:26:46.25	+00:03:02 (11.4%)	5:20	11.2 (88.2%)
8	PIETRZAK Edyta	249		K40	8	00:13:24	00:27:00.50	00:27:06.50	+00:03:23 (12.5%)	5:24	11.1 (87.4%)
9	KUJDA Dorota	145		K40	9	00:13:06	00:27:00.20	00:27:06.80	+00:03:23 (12.5%)	5:24	11.1 (87.4%)
10	STELLER Agnieszka	172		K40	10	00:12:53	00:27:01.75	00:27:33.90	+00:03:50 (13.9%)	5:24	11.1 (87.4%)
11	BOJAŁKOWSKA Krystyna	173		K40	11	00:13:27	00:27:36.15	00:28:02.60	+00:04:19 (15.4%)	5:31	10.9 (85.8%)
12	KOLIŃSKA Sylwia	299		K40	12	00:13:54	00:28:09.90	00:28:21.75	+00:04:38 (16.4%)	5:37	10.7 (84.3%)
13	KWAŚNIEWSKA Aldona	337		K40	13	00:14:32	00:29:01.25	00:29:10.60	+00:05:27 (18.7%)	5:48	10.3 (81.1%)
14	PIECHOWSKA Magdalena	99		K40	14	00:14:31	00:29:05.10	00:29:18.85	+00:05:35 (19.1%)	5:49	10.3 (81.1%)
15	BUREK Dorota	205		K40	15	00:14:33	00:29:21.30	00:29:25.20	+00:05:41 (19.4%)	5:52	10.2 (80.3%)
16	BUDZIK Justyna	170		K40	16	00:14:28	00:29:33.20	00:29:40.75	+00:05:57 (20.1%)	5:54	10.2 (80.3%)
17	BOROWA Agnieszka	233		K40	17	00:14:36	00:30:42.25	00:30:47.40	+00:07:04 (23.0%)	6:08	9.8 (77.2%)
18	JENERALSKA Natalia	111		K40	18	00:16:09	00:30:35.25	00:30:51.15	+00:07:07 (23.1%)	6:07	9.8 (77.2%)
19	JANULEWICZ Monika	180		K40	19	00:15:26	00:30:44.40	00:31:03.20	+00:07:19 (23.6%)	6:08	9.8 (77.2%)
20	JANISZAK Beata	278		K40	20	00:15:08	00:31:03.95	00:31:08.30	+00:07:24 (23.8%)	6:12	9.7 (76.4%)
21	LEWANDOWSKA Sylwia	25		K40	21	00:15:55	00:31:08.45	00:31:29.40	+00:07:46 (24.7%)	6:13	9.6 (75.6%)
22	IGNASIAK Bernadeta	355		K40	22	00:15:42	00:31:36.35	00:31:41.65	+00:07:58 (25.1%)	6:19	9.5 (74.8%)
23	KACPERSKA Anna	271		K40	23	00:15:37	00:31:41.35	00:31:45.00	+00:08:01 (25.3%)	6:20	9.5 (74.8%)
24	WALENTYN Katarzyna	22		K40	24	00:15:50	00:31:22.20	00:31:58.70	+00:08:15 (25.8%)	6:16	9.6 (75.6%)
25	DŁUGOŃSKA Beata	130		K40	25	00:15:48	00:32:31.10	00:32:39.65	+00:08:56 (27.4%)	6:30	9.2 (72.4%)
26	KUKLISOVA Gabriela	147		K40	26	00:16:13	00:32:47.75	00:33:02.20	+00:09:18 (28.2%)	6:33	9.2 (72.4%)
27	DOMAROS Monika	418	BKTR GRYF	K40	27	00:16:06	00:33:12.15	00:33:17.30	+00:09:33 (28.7%)	6:38	9 (70.9%)
28	KRZYWAŃSKA Aleksandra	268		K40	28	00:16:42	00:33:55.00	00:33:59.80	+00:10:16 (30.2%)	6:47	8.8 (69.3%)
29	ZBIRANEK Beata	267		K40	29	00:16:43	00:33:55.15	00:33:59.95	+00:10:16 (30.2%)	6:47	8.8 (69.3%)
30	PIWECKA Karolina	237		K40	30	00:17:24	00:34:51.30	00:35:15.45	+00:11:32 (32.7%)	6:58	8.6 (67.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
31	RAJKOWSKA Jowita	304		K40	31	00:17:20	00:35:04.60	00:35:31.55	+00:11:48 (33.2%)	7:00	8.6 (67.7%)
32	MACIEJEWSKA Magdalena	63		K40	32	00:17:53	00:35:33.35	00:35:38.90	+00:11:55 (33.5%)	7:06	8.4 (66.1%)
33	TRYNKIEWICZ-KUGLARZ Karolina	224		K40	33	00:17:25	00:35:44.00	00:36:16.80	+00:12:33 (34.6%)	7:08	8.4 (66.1%)
34	ŚLAZIŃSKA Katarzyna	282		K40	34	00:18:02	00:36:12.85	00:36:30.45	+00:12:47 (35.0%)	7:14	8.3 (65.4%)
35	PARADOWSKA Anna	371		K40	35	00:16:11	00:36:27.85	00:36:31.00	+00:12:47 (35.0%)	7:17	8.2 (64.6%)
36	ŻYWICA Joanna	103		K40	36	00:17:47	00:36:16.70	00:36:33.25	+00:12:49 (35.1%)	7:15	8.3 (65.4%)
37	PRYBIŃSKA-MARCINIAK Anna	401		K40	37	00:18:21	00:36:44.80	00:37:07.60	+00:13:24 (36.1%)	7:20	8.2 (64.6%)
38	PSTRĄGOWSKA Alicja	65		K40	38	00:18:05	00:36:46.80	00:37:32.85	+00:13:49 (36.8%)	7:21	8.2 (64.6%)
39	SIATKOWSKA Anna	375		K40	39	00:18:24	00:37:54.15	00:38:16.65	+00:14:33 (38.0%)	7:34	7.9 (62.2%)
40	WENCKA Justyna	169		K40	40	00:17:41	00:38:37.70	00:38:46.00	+00:15:02 (38.8%)	7:43	7.8 (61.4%)
41	KRYSTOWCZYK Sylwia	411		K40	41	00:18:47	00:38:34.95	00:38:52.50	+00:15:09 (39.0%)	7:42	7.8 (61.4%)
42	GRUSZCZYŃSKA-ORACZ Mariola	68		K40	42	00:19:00	00:38:43.10	00:39:11.85	+00:15:28 (39.5%)	7:44	7.7 (60.6%)
43	SMOLIŃSKA Iwona	114		K40	43	00:18:35	00:39:22.85	00:39:38.00	+00:15:54 (40.1%)	7:52	7.6 (59.8%)
44	MLICKA Agnieszka	86		K40	44	00:19:47	00:40:38.80	00:41:04.50	+00:17:21 (42.2%)	8:07	7.4 (58.3%)
45	WÓJCIK Anna	74		K40	45	00:19:46	00:41:31.95	00:41:46.20	+00:18:02 (43.2%)	8:18	7.2 (56.7%)
46	IWANIUK Anita	37		K40	46	00:20:59	00:43:08.70	00:43:27.15	+00:19:43 (45.4%)	8:37	7 (55.1%)
47	PIERZGALSKA Anita	165		K40	47	00:20:58	00:43:08.00	00:43:27.55	+00:19:44 (45.4%)	8:37	7 (55.1%)
48	OLECHNOWICZ Ana	347		K40	48	00:25:08	00:50:45.95	00:51:36.45	+00:27:53 (54.0%)	10:09	5.9 (46.5%)

Znaleziono 48 wynik(ów)