



III MIKOŁAJKOWY BIEG CHARYTATYWNY - BIEG DLA IGNASIA

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Organiser: Zespół Szkół Ogólnokształcących nr 3 w Bydgoszczy
Date: 2018-12-02
Place: Bydgoszcz
Distance: 5 km

Classification: K-30

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	PĘKAŁA Aleksandra	348	RUN PASJA	K-30	1	00:00:03	00:19:24.70	00:19:28.50		3:53	15.5 (100%)
2	WOŹNIAKOWSKA Agata	365	RUN BYDGOSZCZ	K-30	2	00:00:03	00:20:29.20	00:20:33.15	+00:01:04 (5.2%)	4:06	14.6 (94.2%)
3	SZOPIŃSKA Agnieszka	411	STRZELECKA 3	K-30	3	00:00:22	00:22:58.10	00:23:20.15	+00:03:33 (15.5%)	4:35	13.1 (84.5%)
4	DROŹDŹ Małgorzata	416	AMS / KLONIKTEAM	K-30	4	00:00:33	00:24:24.85	00:24:58.60	+00:05:00 (20.5%)	4:53	12.3 (79.4%)
5	LINKA Monika	604		K-30	5	00:00:23	00:24:27.50	00:24:51.20	+00:05:02 (20.6%)	4:53	12.3 (79.4%)
6	MAJCHRZAK Magdalena	220		K-30	6	00:00:05	00:24:42.15	00:24:47.20	+00:05:17 (21.4%)	4:56	12.1 (78.1%)
7	KOPACZ Hanna	666		K-30	7	00:00:05	00:24:43.65	00:24:49.60	+00:05:18 (21.5%)	4:56	12.1 (78.1%)
8	NAGORZYSKA Sylwia	32	BIEGAMWSPIERAMMOTYWUJĘ	K-30	8	00:00:07	00:24:49.70	00:24:57.40	+00:05:25 (21.8%)	4:58	12.1 (78.1%)
9	SKUCIŃSKA Karolina	214		K-30	9	00:00:28	00:25:20.05	00:25:48.90	+00:05:55 (23.4%)	5:04	11.8 (76.1%)
10	POTRZEBOWSKA Agata	117	DEAF I #B3K	K-30	10	00:00:19	00:25:24.55	00:25:44.00	+00:05:59 (23.6%)	5:05	11.8 (76.1%)
11	DOLATA Aneta	91		K-30	11	00:00:10	00:25:37.95	00:25:48.05	+00:06:13 (24.3%)	5:07	11.7 (75.5%)
12	KOŃCZAL Joanna	148		K-30	12	00:00:06	00:25:46.60	00:25:53.00	+00:06:21 (24.7%)	5:09	11.6 (74.8%)
13	TARGOWSKA Małgorzata	635		K-30	13	00:00:07	00:25:58.10	00:26:05.10	+00:06:33 (25.2%)	5:11	11.6 (74.8%)
14	KRYSZTOFIŃSKA Anna	354	KLUB ZDROWIA BYDGOSZCZ HERBALIFE	K-30	14	00:00:23	00:26:00.35	00:26:24.20	+00:06:35 (25.4%)	5:12	11.5 (74.2%)
15	NIKOŁAJEW Monika	103		K-30	15	00:00:09	00:26:28.65	00:26:38.00	+00:07:03 (26.7%)	5:17	11.3 (72.9%)
16	TYKWIŃSKA Agnieszka	395		K-30	16	00:00:22	00:26:45.65	00:27:08.05	+00:07:20 (27.5%)	5:21	11.2 (72.3%)
17	PŁOSZAJ Magdalena	23		K-30	17	00:00:29	00:26:49.80	00:27:19.75	+00:07:25 (27.6%)	5:22	11.2 (72.3%)
18	KUBIAK-KUJAWA Joanna	374		K-30	18	00:00:32	00:27:01.00	00:27:33.15	+00:07:36 (28.1%)	5:24	11.1 (71.6%)
19	DULSKA Katarzyna	239		K-30	19	00:00:13	00:27:15.25	00:27:28.75	+00:07:50 (28.8%)	5:27	11 (71.0%)
20	KARCZEWSKA Agnieszka	257		K-30	20	00:00:42	00:27:23.90	00:28:06.80	+00:07:59 (29.2%)	5:28	10.9 (70.3%)
21	JARANTOWICZ Małgorzata	226	THE RUNNERS ŚWIECIE	K-30	21	00:00:17	00:27:29.65	00:27:46.85	+00:08:04 (29.4%)	5:29	10.9 (70.3%)
22	LEWANDOWSKA Izabela	193		K-30	22	00:00:27	00:27:30.05	00:27:57.05	+00:08:05 (29.4%)	5:30	10.9 (70.3%)
23	GRABOWSKA Marlena	316		K-30	23	00:00:26	00:27:30.85	00:27:56.85	+00:08:06 (29.4%)	5:30	10.9 (70.3%)
24	GÓRSKA Joanna	489		K-30	24	00:00:13	00:27:45.40	00:27:58.40	+00:08:20 (30.1%)	5:33	10.8 (69.7%)
25	CZYŻEWSKA Anna	184		K-30	25	00:00:22	00:27:51.15	00:28:13.55	+00:08:26 (30.3%)	5:34	10.8 (69.7%)
26	SIERNACKA Anna	652		K-30	26	00:00:08	00:27:52.10	00:28:00.35	+00:08:27 (30.3%)	5:34	10.8 (69.7%)
27	KRZEMIŃSKA Jolanta	155		K-30	27	00:00:22	00:27:53.80	00:28:15.90	+00:08:29 (30.4%)	5:34	10.8 (69.7%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
28	SZPYT Ania	357		K-30	28	00:00:21	00:27:55.15	00:28:16.25	+00:08:30 (30.5%)	5:35	10.7 (69.0%)
29	GÓRSKA Agnieszka	493		K-30	29	00:00:48	00:28:21.25	00:29:10.20	+00:08:56 (31.5%)	5:40	10.6 (68.4%)
30	ZAORSKA Marta	638		K-30	30	00:00:25	00:28:25.45	00:28:50.90	+00:09:00 (31.7%)	5:41	10.6 (68.4%)
31	KARWACKA Agnieszka	248	PINUP BYDGOSZCZ	K-30	31	00:00:12	00:28:43.00	00:28:55.50	+00:09:18 (32.4%)	5:44	10.4 (67.1%)
32	ARASZKIEWICZ Katarzyna	247	PINUP BYDGOSZCZ	K-30	32	00:00:00	00:28:55.40	00:28:55.40	+00:09:30 (32.9%)	5:47	10.4 (67.1%)
33	GŁĘBOCKA Agnieszka	556		K-30	33	00:00:24	00:29:02.05	00:29:26.35	+00:09:37 (33.1%)	5:48	10.3 (66.5%)
34	TARCZYŃSKA Marta	130	COOKIETEAMRUNERS	K-30	34	00:00:24	00:29:02.15	00:29:26.35	+00:09:37 (33.1%)	5:48	10.3 (66.5%)
35	LEWANDOWSKA Agnieszka	350		K-30	35	00:00:46	00:29:11.30	00:29:58.00	+00:09:46 (33.5%)	5:50	10.3 (66.5%)
36	MICHNIEWICZ Małgorzata	428		K-30	36	00:00:17	00:29:14.85	00:29:32.10	+00:09:50 (33.6%)	5:51	10.3 (66.5%)
37	KAŻMIERCZAK Małgorzata	277	BIEGAJĄCE ZÓŁWIE IT	K-30	37	00:00:44	00:29:22.35	00:30:06.55	+00:09:57 (33.9%)	5:52	10.2 (65.8%)
38	SAK Anna	381	DECATHLON TEAM INOWROCŁAW	K-30	38	00:00:37	00:29:25.50	00:30:02.60	+00:10:00 (34.0%)	5:53	10.2 (65.8%)
39	WIEWIÓRA Agata	222		K-30	39	00:00:05	00:29:27.50	00:29:32.85	+00:10:02 (34.1%)	5:53	10.2 (65.8%)
40	OŻGA Agnieszka	16		K-30	40	00:00:23	00:29:30.15	00:29:53.15	+00:10:05 (34.2%)	5:54	10.2 (65.8%)
41	GRUŻEWSKA Justyna	56		K-30	41	00:00:31	00:29:34.00	00:30:05.80	+00:10:09 (34.3%)	5:54	10.1 (65.2%)
42	MARSZAŁKOWSKA Katarzyna	151		K-30	42	00:00:43	00:29:37.35	00:30:20.75	+00:10:12 (34.5%)	5:55	10.1 (65.2%)
43	LEWIŃSKA Aleksandra	625		K-30	43	00:00:35	00:29:39.10	00:30:14.90	+00:10:14 (34.5%)	5:55	10.1 (65.2%)
44	WIATROWSKA Katarzyna	234		K-30	44	00:00:09	00:29:40.20	00:29:49.55	+00:10:15 (34.6%)	5:56	10.1 (65.2%)
45	ZDUNKIEWICZ Hania	95	#WIĘCEJSPRZĘTUNIŻTALENTU	K-30	45	00:00:48	00:29:51.00	00:30:39.30	+00:10:26 (35.0%)	5:58	10.1 (65.2%)
46	SOBOTA Beata	541		K-30	46	00:00:34	00:29:54.50	00:30:28.50	+00:10:29 (35.1%)	5:58	10 (64.5%)
47	ROZMARYNOWICZ Anna Maria	313	WOLNOŚĆ	K-30	47	00:00:20	00:29:57.95	00:30:18.80	+00:10:33 (35.2%)	5:59	10 (64.5%)
48	JELONEK Angelika	500		K-30	48	00:00:46	00:29:59.00	00:30:45.70	+00:10:34 (35.3%)	5:59	10 (64.5%)
49	MANIKOWSKA Katarzyna	642		K-30	49	00:00:33	00:30:02.60	00:30:35.70	+00:10:37 (35.4%)	6:00	10 (64.5%)
50	TRETKA Karolina	624		K-30	50	00:00:18	00:30:03.45	00:30:21.85	+00:10:38 (35.4%)	6:00	10 (64.5%)
51	OZOROWSKA Karolina	417		K-30	51	00:00:47	00:30:24.60	00:31:12.30	+00:10:59 (36.2%)	6:05	9.9 (63.9%)
52	DOMINIAK Joanna	488		K-30	52	00:00:37	00:30:33.95	00:31:10.95	+00:11:09 (36.5%)	6:06	9.8 (63.2%)
53	WÓJCIK Anna	28		K-30	53	00:00:13	00:30:45.30	00:30:58.75	+00:11:20 (36.9%)	6:09	9.8 (63.2%)
54	KALINOWSKA Patrycja	660		K-30	54	00:00:17	00:30:50.40	00:31:07.50	+00:11:25 (37.1%)	6:10	9.7 (62.6%)
55	NOSKOWIAK-BAJNO Alicja	315		K-30	55	00:00:16	00:30:50.70	00:31:07.40	+00:11:26 (37.1%)	6:10	9.7 (62.6%)
56	WYPYCH-KLUNDER Katarzyna	2		K-30	56	00:00:29	00:31:07.10	00:31:36.75	+00:11:42 (37.6%)	6:13	9.6 (61.9%)
57	JARUZEL Justyna	424		K-30	57	00:00:13	00:31:07.60	00:31:21.35	+00:11:42 (37.6%)	6:13	9.6 (61.9%)
58	BULIŃSKA Agnieszka	92		K-30	58	00:00:43	00:31:21.60	00:32:05.15	+00:11:56 (38.1%)	6:16	9.6 (61.9%)
59	MAN Beata	207		K-30	59	00:00:39	00:31:31.75	00:32:11.50	+00:12:07 (38.4%)	6:18	9.5 (61.3%)
60	TWARDOWSKA Sylwia	360		K-30	60	00:00:05	00:31:50.45	00:31:55.70	+00:12:25 (39.0%)	6:22	9.4 (60.6%)
61	CILSKA Agnieszka	208		K-30	61	00:00:47	00:32:04.50	00:32:51.65	+00:12:39 (39.5%)	6:24	9.4 (60.6%)
62	SZALA Monika	5	ICH DWOJE BYDGOSZCZ	K-30	62	00:00:44	00:32:12.05	00:32:57.00	+00:12:47 (39.7%)	6:26	9.3 (60.0%)
63	WINOGRODZKA Magda	375		K-30	63	00:00:00	00:32:38.50	00:32:38.50	+00:13:13 (40.5%)	6:31	9.2 (59.4%)
64	PIKIES Agnieszka	153		K-30	64	00:00:22	00:32:43.20	00:33:05.70	+00:13:18 (40.7%)	6:32	9.2 (59.4%)
65	SIATKOWSKA Anna	57		K-30	65	00:00:09	00:33:37.20	00:33:46.50	+00:14:12 (42.3%)	6:43	8.9 (57.4%)
66	STEFAŃSKA Wiesława	104	#WIĘCEJSPRZĘTUNIŻTALENTU	K-30	66	00:00:46	00:33:40.30	00:34:26.30	+00:14:15 (42.4%)	6:44	8.9 (57.4%)
67	LEWANDOWSKA Joanna	646		K-30	67	00:00:23	00:34:45.95	00:35:09.20	+00:15:21 (44.2%)	6:57	8.6 (55.5%)
68	BILON-MOLENDA Alicja	212		K-30	68	00:00:24	00:34:48.65	00:35:12.95	+00:15:23 (44.2%)	6:57	8.6 (55.5%)
69	NITYCZ Agnieszka	446		K-30	69	00:00:35	00:35:09.45	00:35:44.80	+00:15:44 (44.8%)	7:01	8.5 (54.8%)
70	GERCZYŃSKA Elżbieta	253		K-30	70	00:00:44	00:35:17.75	00:36:02.70	+00:15:53 (45.0%)	7:03	8.5 (54.8%)
71	CHOCHLIŃSKA Marta	14		K-30	71	00:00:43	00:35:33.65	00:36:17.50	+00:16:08 (45.4%)	7:06	8.4 (54.2%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
72	BINIENDA Katarzyna	452	BIMAT	K-30	72	00:00:40	00:36:03.30	00:36:44.25	+00:16:38 (46.2%)	7:12	8.3 (53.5%)
73	PEŻYŃSKA Anna	287		K-30	73	00:00:00	00:38:37.65	00:38:37.65	+00:19:12 (49.7%)	7:43	7.8 (50.3%)
74	KISZKA Justyna	160	RUN PASJA	K-30	74	00:00:28	00:38:42.70	00:39:11.50	+00:19:18 (49.9%)	7:44	7.7 (49.7%)
75	KOSIEDOWSKA Magdalena	632		K-30	75	00:00:39	00:38:59.30	00:39:39.20	+00:19:34 (50.2%)	7:48	7.7 (49.7%)
76	JANUSZEWSKA Agnieszka	12		K-30	76	00:00:12	00:39:43.10	00:39:55.60	+00:20:18 (51.1%)	7:56	7.6 (49.0%)
77	FAGIELNICZ MROZIK Tina	656		K-30	77	00:00:00	00:41:21.40	00:41:21.40	+00:21:56 (53.1%)	8:16	7.3 (47.1%)
78	OKROJ Agnieszka	206		K-30	78	00:00:54	00:42:18.95	00:43:13.70	+00:22:54 (54.1%)	8:27	7.1 (45.8%)
79	RAKOCZY Magdalena	118	GCK BB	K-30	79	00:00:55	00:45:59.00	00:46:54.35	+00:26:34 (57.8%)	9:11	6.5 (41.9%)

Total 79 results.