5 MIL – BIEG DZIELNICY WŁOCHY

Organizator: Urząd Dzielnicy Warszawa – Włochy
Data: 2022-11-06
Miejsce: Warszawa
Dystans: 8 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K 30-39 lat

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
1	**BYTNER-KWIATKOWSKA Monika**	**37**	KS PREFBET SONAROL	K 30-39 lat	1	00:00:02	**00:30:17.65**	**00:30:19.70**		3:47	15.9 (100%)
2	**KARBOWIAK Marcelina**	**133**		K 30-39 lat	2	00:00:03	**00:32:17.85**	**00:32:21.10**	+00:02:00 (6.2%)	4:02	14.9 (93.7%)
3	**KRASZPULSKA Maggie**	**169**	ŻÓRAWSKI TEAM	K 30-39 lat	3	00:00:02	**00:32:20.45**	**00:32:23.15**	+00:02:02 (6.3%)	4:02	14.8 (93.1%)
4	**MAJEWSKA Edyta**	**441**	WIDŁOROGI/ ZABIEGANY WOŁOMIN	K 30-39 lat	4	00:00:05	**00:34:52.65**	**00:34:58.25**	+00:04:35 (13.1%)	4:21	13.8 (86.8%)
5	**WOJCIECHOWSKA-ZAJĄC Małgorzata**	**361**	PAWKO RUNNER TEAM	K 30-39 lat	5	00:00:12	**00:36:07.50**	**00:36:19.65**	+00:05:49 (16.1%)	4:30	13.3 (83.6%)
6	**LEŚNIEWICZ-PARASZKA Danuta**	**191**	MINIONS SPEED TEAM	K 30-39 lat	6	00:00:04	**00:37:09.85**	**00:37:14.75**	+00:06:52 (18.5%)	4:38	12.9 (81.1%)
7	**STRZELCZYK Marta**	**314**		K 30-39 lat	7	00:00:15	**00:37:23.15**	**00:37:38.15**	+00:07:05 (19.0%)	4:40	12.8 (80.5%)
8	**GONCERZEWICZ Anna**	**85**	STARE BABICE BIEGAJĄ	K 30-39 lat	8	00:00:12	**00:37:24.80**	**00:37:37.55**	+00:07:07 (19.0%)	4:40	12.8 (80.5%)
9	**SPRAWKA Joanna**	**307**	PCH_RUN	K 30-39 lat	9	00:00:26	**00:37:37.50**	**00:38:04.35**	+00:07:19 (19.5%)	4:42	12.8 (80.5%)
10	**BIAŁECKA Urszula**	**452**	UNIQA RUNNING TEAM	K 30-39 lat	10	00:00:06	**00:38:10.75**	**00:38:16.80**	+00:07:53 (20.7%)	4:46	12.6 (79.2%)
11	**BUJALSKA Agata**	**443**		K 30-39 lat	11	00:00:14	**00:38:45.20**	**00:38:59.40**	+00:08:27 (21.8%)	4:50	12.4 (78.0%)
12	**FILIPOWICZ Natalia**	**72**		K 30-39 lat	12	00:00:07	**00:38:52.80**	**00:38:59.95**	+00:08:35 (22.1%)	4:51	12.3 (77.4%)
13	**STĘPKA Sylwia**	**311**		K 30-39 lat	13	00:00:12	**00:39:12.00**	**00:39:24.65**	+00:08:54 (22.7%)	4:54	12.2 (76.7%)
14	**GORSKA Malgorzata**	**444**		K 30-39 lat	14	00:00:12	**00:39:15.80**	**00:39:28.00**	+00:08:58 (22.8%)	4:54	12.2 (76.7%)
15	**SUJKOWSKA Paulina**	**315**		K 30-39 lat	15	00:00:24	**00:39:45.75**	**00:40:10.45**	+00:09:28 (23.8%)	4:58	12.1 (76.1%)
16	**CHRZĄSTOWSKA Kamila**	**42**		K 30-39 lat	16	00:00:13	**00:39:47.85**	**00:40:00.95**	+00:09:30 (23.9%)	4:58	12.1 (76.1%)
17	**DZIARNOWSKA Magda**	**66**	MECHANIKA ZDROWIA	K 30-39 lat	17	00:00:11	**00:39:55.40**	**00:40:07.10**	+00:09:37 (24.1%)	4:59	12 (75.5%)
18	**FLOREK Małgorzata**	**73**		K 30-39 lat	18	00:00:33	**00:40:00.55**	**00:40:34.10**	+00:09:42 (24.3%)	5:00	12 (75.5%)
19	**BANASIK-URBANOWSKA Katarzyna**	**15**	GRUPA BIEGOWA UM W-WA	K 30-39 lat	19	00:00:30	**00:40:06.00**	**00:40:36.90**	+00:09:48 (24.5%)	5:00	12 (75.5%)
20	**MASENEK Aneta**	**440**		K 30-39 lat	20	00:00:25	**00:40:50.45**	**00:41:16.05**	+00:10:32 (25.8%)	5:06	11.8 (74.2%)
21	**AUGUSTYNIAK Ewelina**	**13**		K 30-39 lat	21	00:00:29	**00:41:12.40**	**00:41:41.45**	+00:10:54 (26.5%)	5:09	11.7 (73.6%)
22	**FIJAŁKOWSKA Aleksandra**	**594**	BESTIE OCR LEGIONOWO	K 30-39 lat	22	00:00:10	**00:41:19.15**	**00:41:30.05**	+00:11:01 (26.7%)	5:09	11.6 (73.0%)
23	**UZIEMBŁO Katarzyna**	**351**		K 30-39 lat	23	00:00:26	**00:41:23.00**	**00:41:49.55**	+00:11:05 (26.8%)	5:10	11.6 (73.0%)
24	**GUZIK Justyna**	**99**		K 30-39 lat	24	00:00:24	**00:41:38.70**	**00:42:03.20**	+00:11:21 (27.3%)	5:12	11.5 (72.3%)
25	**HARABIN Justyna**	**103**		K 30-39 lat	25	00:00:31	**00:41:42.10**	**00:42:13.70**	+00:11:24 (27.4%)	5:12	11.5 (72.3%)
26	**KARPIŃSKA Hanna**	**426**		K 30-39 lat	26	00:00:36	**00:42:05.40**	**00:42:42.00**	+00:11:47 (28.0%)	5:15	11.4 (71.7%)
27	**MADEJAK Aleksandra**	**401**		K 30-39 lat	27	00:00:31	**00:42:58.75**	**00:43:29.85**	+00:12:41 (29.5%)	5:22	11.2 (70.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
28	**ZYCH Kasia**	**384**	NEW BALANS CLUB	K 30-39 lat	28	00:00:08	**00:44:05.75**	**00:44:13.90**	+00:13:48 (31.3%)	5:30	10.9 (68.6%)
29	**STELMACH Paulina**	**310**		K 30-39 lat	29	00:00:39	**00:45:24.15**	**00:46:03.85**	+00:15:06 (33.3%)	5:40	10.6 (66.7%)
30	**KUNKA Monika**	**179**		K 30-39 lat	30	00:00:16	**00:45:45.35**	**00:46:01.95**	+00:15:27 (33.8%)	5:43	10.5 (66.0%)
31	**KARPOWICZ Zofia**	**135**		K 30-39 lat	31	00:00:07	**00:46:02.50**	**00:46:09.75**	+00:15:44 (34.2%)	5:45	10.4 (65.4%)
32	**ROMANOWSKA Ewa**	**282**		K 30-39 lat	32	00:00:18	**00:46:52.35**	**00:47:10.75**	+00:16:34 (35.4%)	5:51	10.2 (64.2%)
33	**KLAMBOROWSKA Magdalena**	**143**		K 30-39 lat	33	00:00:25	**00:47:29.80**	**00:47:55.55**	+00:17:12 (36.2%)	5:56	10.1 (63.5%)
34	**OSTRYSZ Magdalena**	**247**		K 30-39 lat	34	00:00:38	**00:47:31.15**	**00:48:09.90**	+00:17:13 (36.2%)	5:56	10.1 (63.5%)
35	**ENDER Małgorzata**	**68**		K 30-39 lat	35	00:00:25	**00:47:47.70**	**00:48:12.70**	+00:17:30 (36.6%)	5:58	10 (62.9%)
36	**KOŁCZYK Małgorzata**	**596**	W POGONI ZA DUCHEM	K 30-39 lat	36	00:00:37	**00:48:16.35**	**00:48:54.10**	+00:17:58 (37.2%)	6:02	9.9 (62.3%)
37	**ZIENKIEWICZ-MACHNIK Małgorzata**	**381**		K 30-39 lat	37	00:00:26	**00:49:54.70**	**00:50:21.60**	+00:19:37 (39.3%)	6:14	9.6 (60.4%)
38	**BIJAK Paulina**	**587**		K 30-39 lat	38	00:00:08	**00:50:35.95**	**00:50:44.40**	+00:20:18 (40.1%)	6:19	9.5 (59.7%)
39	**PAMIĘTA Karolina**	**251**	KAROLINA PAMIĘTA	K 30-39 lat	39	00:00:36	**00:51:16.45**	**00:51:52.75**	+00:20:58 (40.9%)	6:24	9.4 (59.1%)
40	**SIENKIEWICZ Joanna**	**295**		K 30-39 lat	40	00:00:33	**00:51:32.25**	**00:52:05.50**	+00:21:14 (41.2%)	6:26	9.3 (58.5%)
41	**MILLER Natalia**	**222**	BALTAZARIUSZE	K 30-39 lat	41	00:00:15	**00:53:12.05**	**00:53:27.35**	+00:22:54 (43.1%)	6:39	9 (56.6%)
42	**BIDZIŃSKA Alicja**	**22**		K 30-39 lat	42	00:00:11	**00:53:25.90**	**00:53:36.90**	+00:23:08 (43.3%)	6:40	9 (56.6%)
43	**SZCZUBIAŁ Magdalena**	**469**		K 30-39 lat	43	00:00:35	**00:55:15.00**	**00:55:50.40**	+00:24:57 (45.2%)	6:54	8.7 (54.7%)
44	**PANASIUK Beata**	**252**		K 30-39 lat	44	00:00:33	**00:55:30.25**	**00:56:03.50**	+00:25:12 (45.4%)	6:56	8.6 (54.1%)

Znaleziono 44 wynik(ów)