



5 MIL – BIEG DZIELNICY WŁOCHY

B4SPORT

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

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
1	KAŹMIERCZAK Marta	137	DREAM RUN	K 40-49 lat	1	00:00:02	00:29:09.95	00:29:12.05		3:38	16.5
2	BYTNER-KWIATKOWSKA Monika	37	KS PREFBET SONAROL	K 30-39 lat	1	00:00:02	00:30:17.65	00:30:19.70	+00:01:07	3:47	15.9
3	GÓRKA Maja	89	MM TEAM	K 20-29 lat	1	00:00:03	00:30:55.60	00:30:59.25	+00:01:45	3:51	15.5
4	KARBOWIAK Marcelina	133		K 30-39 lat	2	00:00:03	00:32:17.85	00:32:21.10	+00:03:07	4:02	14.9
5	KRASZPULSKA Maggie	169	ŻÓRAWSKI TEAM	K 30-39 lat	3	00:00:02	00:32:20.45	00:32:23.15	+00:03:10	4:02	14.8
6	WESOŁOWSKA Katarzyna	356	ORANGE POLSKA	K 40-49 lat	2	00:00:04	00:33:39.45	00:33:43.95	+00:04:29	4:12	14.3
7	KADŁUBOWSKA Anna	127		K 20-29 lat	2	00:00:03	00:34:46.75	00:34:50.40	+00:05:36	4:20	13.8
8	MAJEWSKA Edyta	441	WIDŁOROGI/ ZABIEGANY WOŁOMIN	K 30-39 lat	4	00:00:05	00:34:52.65	00:34:58.25	+00:05:42	4:21	13.8
9	ZWARDOŃ Ewa	382	BUXIDA TEAM	K 40-49 lat	3	00:00:11	00:35:18.05	00:35:29.15	+00:06:08	4:24	13.6
10	GRYGIERCZYK Anna	471	PARKRUN PRUSZKÓW	K 40-49 lat	4	00:00:10	00:35:56.75	00:36:06.75	+00:06:46	4:29	13.4
11	SZYMANIK Anna	331		K 15-19 lat	1	00:00:09	00:35:58.75	00:36:08.55	+00:06:48	4:29	13.3
12	WOJCIECHOWSKA-ZAJĄC Małgorzata	361	PAWKO RUNNER TEAM	K 30-39 lat	5	00:00:12	00:36:07.50	00:36:19.65	+00:06:57	4:30	13.3
13	RZYMOWSKA Krystyna	288		K 50-59 lat	1	00:00:10	00:36:18.15	00:36:28.25	+00:07:08	4:32	13.2
14	WIŚNIEWSKA Ewa	397		K 50-59 lat	2	00:00:09	00:36:36.10	00:36:45.25	+00:07:26	4:34	13.1
15	SPRAWKA Marta	308		K 20-29 lat	3	00:00:08	00:36:41.35	00:36:49.85	+00:07:31	4:35	13.1
16	TERESZCZUK Julia	340		K 15-19 lat	2	00:00:02	00:36:53.20	00:36:56.15	+00:07:43	4:36	13
17	JAŁOSZYŃSKA Anna	116	HACHI JUDO	K 20-29 lat	4	00:00:06	00:36:59.50	00:37:05.55	+00:07:49	4:37	13
18	KWIATKOWSKA Renata	187	KB OŻARÓW MAZOWIECKI BIEGA	K 50-59 lat	3	00:00:06	00:37:01.60	00:37:08.25	+00:07:51	4:37	13
19	LEŚNIEWICZ-PARASZKA Danuta	191	MINIONS SPEED TEAM	K 30-39 lat	6	00:00:04	00:37:09.85	00:37:14.75	+00:07:59	4:38	12.9
20	PNIEWSKA Edyta	462	LUX MED	K 40-49 lat	5	00:00:28	00:37:20.90	00:37:48.95	+00:08:10	4:40	12.9
21	STRZELCZYK Marta	314		K 30-39 lat	7	00:00:15	00:37:23.15	00:37:38.15	+00:08:13	4:40	12.8
22	APANOWICZ Angelika	11		K 40-49 lat	6	00:00:14	00:37:23.40	00:37:37.70	+00:08:13	4:40	12.8
23	GONCERZEWICZ Anna	85	STARE BABICE BIEGAJĄ	K 30-39 lat	8	00:00:12	00:37:24.80	00:37:37.55	+00:08:14	4:40	12.8
24	SPRAWKA Joanna	307	PCH_RUN	K 30-39 lat	9	00:00:26	00:37:37.50	00:38:04.35	+00:08:27	4:42	12.8
25	BIAŁECKA Urszula	452	UNIQA RUNNING TEAM	K 30-39 lat	10	00:00:06	00:38:10.75	00:38:16.80	+00:09:00	4:46	12.6
26	GRABOWIEC-ALIKOWSKA Renata	91		K 40-49 lat	7	00:00:08	00:38:15.80	00:38:24.35	+00:09:05	4:46	12.5
27	TERESZCZUK Joanna	470		K 40-49 lat	8	00:00:10	00:38:30.30	00:38:40.75	+00:09:20	4:48	12.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 8km	brutto 8km			
28	BUJALSKA Agata	443		K 30-39 lat	11	00:00:14	00:38:45.20	00:38:59.40	+00:09:35	4:50	12.4
29	FILIPOWICZ Natalia	72		K 30-39 lat	12	00:00:07	00:38:52.80	00:38:59.95	+00:09:42	4:51	12.3
30	TULA Renata	347		70+	1	00:00:10	00:38:57.00	00:39:07.30	+00:09:47	4:52	12.3
31	MATEJAK Katarzyna	213		K 40-49 lat	9	00:00:08	00:39:03.60	00:39:11.65	+00:09:53	4:52	12.3
32	PIOTROWSKA Edyta	266	BRACTWO BIEGOWE BGK	K 40-49 lat	10	00:00:34	00:39:11.60	00:39:46.10	+00:10:01	4:53	12.3
33	STĘPKA Sylwia	311		K 30-39 lat	13	00:00:12	00:39:12.00	00:39:24.65	+00:10:02	4:54	12.2
34	GORSKA Malgorzata	444		K 30-39 lat	14	00:00:12	00:39:15.80	00:39:28.00	+00:10:05	4:54	12.2
35	NAWROCKA Roma	229	GRUPA BIEGOWA UM W-WA	K 40-49 lat	11	00:00:11	00:39:15.90	00:39:27.30	+00:10:05	4:54	12.2
36	LIBERADZKA Magdalena	194		K 40-49 lat	12	00:00:35	00:39:21.15	00:39:56.25	+00:10:11	4:55	12.2
37	DEJKO Wiktoria	422	LUBELSKIBIEACZ.PLTEAM	K 15-19 lat	3	00:00:16	00:39:28.25	00:39:44.70	+00:10:18	4:56	12.2
38	GALA Kamila	76	NAPRZÓD MŁOCINY	K 40-49 lat	13	00:00:18	00:39:36.00	00:39:54.45	+00:10:26	4:57	12.1
39	BALICKA Aneta	14	DHL	K 40-49 lat	14	00:00:20	00:39:45.35	00:40:05.65	+00:10:35	4:58	12.1
40	SUJKOWSKA Paulina	315		K 30-39 lat	15	00:00:24	00:39:45.75	00:40:10.45	+00:10:35	4:58	12.1
41	KARASIEWICZ Katarzyna	132		K 50-59 lat	4	00:00:05	00:39:46.65	00:39:52.55	+00:10:36	4:58	12.1
42	CHRZAŚTOWSKA Kamila	42		K 30-39 lat	16	00:00:13	00:39:47.85	00:40:00.95	+00:10:37	4:58	12.1
43	DZIARNOWSKA Magda	66	MECHANIKA ZDROWIA	K 30-39 lat	17	00:00:11	00:39:55.40	00:40:07.10	+00:10:45	4:59	12
44	FLOREK Małgorzata	73		K 30-39 lat	18	00:00:33	00:40:00.55	00:40:34.10	+00:10:50	5:00	12
45	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	+00:10:56	5:00	12
46	ORNOWSKA Joanna	241		K 20-29 lat	5	00:00:15	00:40:12.00	00:40:27.90	+00:11:02	5:01	11.9
47	MASENEK Aneta	440		K 30-39 lat	20	00:00:25	00:40:50.45	00:41:16.05	+00:11:40	5:06	11.8
48	SYNOWIEC Dorota	316		K 40-49 lat	15	00:00:38	00:41:07.95	00:41:46.85	+00:11:58	5:08	11.7
49	AUGUSTYNIAK Ewelina	13		K 30-39 lat	21	00:00:29	00:41:12.40	00:41:41.45	+00:12:02	5:09	11.7
50	KUCHTA Zuzanna	178		K 15-19 lat	4	00:00:15	00:41:18.50	00:41:33.80	+00:12:08	5:09	11.6
51	TOKARSKA Weronika	343		K 15-19 lat	5	00:00:14	00:41:19.05	00:41:33.85	+00:12:09	5:09	11.6
52	FIJAŁKOWSKA Aleksandra	594	BESTIE OCR LEGIONOWO	K 30-39 lat	22	00:00:10	00:41:19.15	00:41:30.05	+00:12:09	5:09	11.6
53	UZIEMBŁO Katarzyna	351		K 30-39 lat	23	00:00:26	00:41:23.00	00:41:49.55	+00:12:13	5:10	11.6
54	GUZIK Justyna	99		K 30-39 lat	24	00:00:24	00:41:38.70	00:42:03.20	+00:12:28	5:12	11.5
55	CIBORSKA Agnieszka	44		K 40-49 lat	16	00:00:10	00:41:40.50	00:41:51.25	+00:12:30	5:12	11.5
56	HARABIN Justyna	103		K 30-39 lat	25	00:00:31	00:41:42.10	00:42:13.70	+00:12:32	5:12	11.5
57	KOŁODZIEJSKA Iwona	153		K 40-49 lat	17	00:00:22	00:41:44.15	00:42:06.60	+00:12:34	5:13	11.5
58	BORYSZKOWSKA Iwona	26	12TRI	K 40-49 lat	18	00:00:07	00:41:45.40	00:41:53.00	+00:12:35	5:13	11.5
59	SZYMANIK Lidia	330		K 40-49 lat	19	00:00:27	00:41:50.00	00:42:17.45	+00:12:40	5:13	11.5
60	ŚWIĄTEK Paulina	335		K 20-29 lat	6	00:00:33	00:41:55.50	00:42:28.65	+00:12:45	5:14	11.5
61	KUŹNIAK Martyna	185		K 40-49 lat	20	00:00:27	00:41:59.85	00:42:26.85	+00:12:49	5:14	11.4
62	KARPIŃSKA Hanna	426		K 30-39 lat	26	00:00:36	00:42:05.40	00:42:42.00	+00:12:55	5:15	11.4
63	LEWANDOWSKA Joanna	192		K 50-59 lat	5	00:00:29	00:42:15.55	00:42:44.80	+00:13:05	5:16	11.4
64	DZWONKOWSKA-SMOŁKO Sylwia	437		K 40-49 lat	21	00:00:03	00:42:20.70	00:42:23.95	+00:13:10	5:17	11.3
65	BRODZIUK Anna	27	GRUPA BIEGOWA UM W-WA	K 40-49 lat	22	00:00:20	00:42:23.15	00:42:43.65	+00:13:13	5:17	11.3
66	KOZAK Maryla	461	ROZBIEGANY LUX MED	K 40-49 lat	23	00:00:29	00:42:24.20	00:42:54.10	+00:13:14	5:18	11.3
67	GADOMSKA Małgorzata	74		K 50-59 lat	6	00:00:16	00:42:37.50	00:42:53.65	+00:13:27	5:19	11.3
68	MARCZAK Grażyna	207	LECZO TEAM	K 60+	1	00:00:16	00:42:45.25	00:43:01.45	+00:13:35	5:20	11.2
69	HAWRYLUK-STASIAK Ewa	105	BIEGUNI 2022	K 50-59 lat	7	00:00:10	00:42:49.85	00:43:00.55	+00:13:39	5:21	11.2
70	MADEJAK Aleksandra	401		K 30-39 lat	27	00:00:31	00:42:58.75	00:43:29.85	+00:13:48	5:22	11.2
71	MATUSZEWSKA Julia	215		K 40-49 lat	24	00:00:08	00:43:08.95	00:43:17.30	+00:13:59	5:23	11.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 8km	brutto 8km			
72	FICOŃ Monika	71		K 50-59 lat	8	00:00:28	00:43:43.75	00:44:12.45	+00:14:33	5:27	11
73	SOLCZAK Marta	424	PAWKO RUNNER TEAM, BIEGAJ Z URSUSEM	K 40-49 lat	25	00:00:20	00:44:01.70	00:44:22.60	+00:14:51	5:30	10.9
74	ZYCH Kasia	384	NEW BALANS CLUB	K 30-39 lat	28	00:00:08	00:44:05.75	00:44:13.90	+00:14:55	5:30	10.9
75	MIELNICZEK Magdalena	220		K 50-59 lat	9	00:00:13	00:44:08.00	00:44:21.80	+00:14:58	5:31	10.9
76	DORF Weronika	59		K 20-29 lat	7	00:00:22	00:44:30.55	00:44:53.40	+00:15:20	5:33	10.8
77	PIECHOCKA Katarzyna	261	BIEGOWY WARIAT RUNNING TEAM	K 40-49 lat	26	00:00:29	00:44:42.50	00:45:12.10	+00:15:32	5:35	10.7
78	INOROWICZ Joanna	111		K 40-49 lat	27	00:00:38	00:44:45.85	00:45:24.75	+00:15:35	5:35	10.7
79	THEODOULOU Nicci	341	TBS	K 40-49 lat	28	00:00:39	00:45:10.30	00:45:50.00	+00:16:00	5:38	10.6
80	DWORAK Paulina	65		K 20-29 lat	8	00:00:30	00:45:18.20	00:45:48.40	+00:16:08	5:39	10.6
81	STELMACH Paulina	310		K 30-39 lat	29	00:00:39	00:45:24.15	00:46:03.85	+00:16:14	5:40	10.6
82	WÓJCICKA Ewa	600		K 40-49 lat	29	00:00:13	00:45:32.90	00:45:46.40	+00:16:22	5:41	10.5
83	WASOWSKA Jagoda	586	KS PEGAZ PIASECZNO	K 50-59 lat	10	00:00:30	00:45:41.20	00:46:11.90	+00:16:31	5:42	10.5
84	KUNKA Monika	179		K 30-39 lat	30	00:00:16	00:45:45.35	00:46:01.95	+00:16:35	5:43	10.5
85	HULANICKA Irina	109		K 60+	2	00:00:21	00:45:49.35	00:46:11.30	+00:16:39	5:43	10.5
86	KARPOWICZ Zofia	135		K 30-39 lat	31	00:00:07	00:46:02.50	00:46:09.75	+00:16:52	5:45	10.4
87	BEREDA Agnieszka	20		K 40-49 lat	30	00:00:34	00:46:21.45	00:46:56.15	+00:17:11	5:47	10.4
88	PAJĄK Marta	250	VEGE RUNNERS	K 40-49 lat	31	00:00:37	00:46:36.15	00:47:13.90	+00:17:26	5:49	10.3
89	ROMANOWSKA Ewa	282		K 30-39 lat	32	00:00:18	00:46:52.35	00:47:10.75	+00:17:42	5:51	10.2
90	KNOBLOCH Ewa	150		K 40-49 lat	32	00:00:14	00:47:08.40	00:47:23.00	+00:17:58	5:53	10.2
91	ZIARKO Joanna	379		K 40-49 lat	33	00:00:16	00:47:11.00	00:47:27.85	+00:18:01	5:53	10.2
92	KLAMBOROWSKA Magdalena	143		K 30-39 lat	33	00:00:25	00:47:29.80	00:47:55.55	+00:18:19	5:56	10.1
93	OSTRYSZ Magdalena	247		K 30-39 lat	34	00:00:38	00:47:31.15	00:48:09.90	+00:18:21	5:56	10.1
94	SADŁOWSKA Aleksandra	289		K 20-29 lat	9	00:00:35	00:47:32.60	00:48:07.90	+00:18:22	5:56	10.1
95	BUREK Katarzyna	35		K 40-49 lat	34	00:00:21	00:47:39.45	00:48:00.60	+00:18:29	5:57	10.1
96	BRONISZEWSKA Natalia	28		K 15-19 lat	6	00:00:39	00:47:39.75	00:48:18.95	+00:18:29	5:57	10.1
97	ENDER Małgorzata	68		K 30-39 lat	35	00:00:25	00:47:47.70	00:48:12.70	+00:18:37	5:58	10
98	DERECZ Monika	55		K 40-49 lat	35	00:00:20	00:47:58.05	00:48:18.45	+00:18:48	5:59	10
99	PADUCH Katka	249		K 40-49 lat	36	00:00:42	00:48:10.05	00:48:52.20	+00:19:00	6:01	10
100	DUDEK Beata	62		K 40-49 lat	37	00:00:26	00:48:15.40	00:48:42.10	+00:19:05	6:01	9.9
101	KOŁCZYK Małgorzata	596	W POGONI ZA DUCHEM	K 30-39 lat	36	00:00:37	00:48:16.35	00:48:54.10	+00:19:06	6:02	9.9
102	KOWALEWSKA Katarzyna	164	12TRI.PL	K 40-49 lat	38	00:00:25	00:48:17.75	00:48:43.65	+00:19:07	6:02	9.9
103	GŁUCHOWSKA Daria	434		K 20-29 lat	10	00:00:18	00:48:26.45	00:48:44.85	+00:19:16	6:03	9.9
104	KERNER Agnieszka	139	GRUPA BIEGOWA UM W-WA	K 50-59 lat	11	00:00:37	00:48:39.10	00:49:16.75	+00:19:29	6:04	9.9
105	KOWALSKA Kinga	165	12TRI.PL	K 40-49 lat	39	00:00:25	00:48:40.95	00:49:06.25	+00:19:31	6:05	9.9
106	KORCZYNSKA-PISARSKA Olga	158		K 40-49 lat	40	00:00:23	00:48:44.50	00:49:07.70	+00:19:34	6:05	9.8
107	GABRYLEWICZ Katarzyna	453	UNIQA RUNNING TEAM	K 40-49 lat	41	00:00:24	00:48:47.70	00:49:12.15	+00:19:37	6:05	9.8
108	KOPCZYŃSKA Anna	599		K 40-49 lat	42	00:00:34	00:48:56.05	00:49:30.30	+00:19:46	6:07	9.8
109	ZIENKIEWICZ-MACHNIK Małgorzata	381		K 30-39 lat	37	00:00:26	00:49:54.70	00:50:21.60	+00:20:44	6:14	9.6
110	KONFEDERAK Agnieszka	414	MARKOWI BIEGACZE	K 40-49 lat	43	00:00:14	00:50:07.70	00:50:22.60	+00:20:57	6:15	9.6
111	BIJAK Paulina	587		K 30-39 lat	38	00:00:08	00:50:35.95	00:50:44.40	+00:21:26	6:19	9.5
112	GÓRECKA Anna	87	MOTOBABINIEC	K 40-49 lat	44	00:00:23	00:50:49.80	00:51:13.70	+00:21:39	6:21	9.4
113	GOŁACKA-PIOTOWSKA Beata	83		K 50-59 lat	12	00:00:15	00:50:54.80	00:51:10.10	+00:21:44	6:21	9.4
114	PAMIĘTA Karolina	251	KAROLINA PAMIĘTA	K 30-39 lat	39	00:00:36	00:51:16.45	00:51:52.75	+00:22:06	6:24	9.4
115	SZULC Joanna	326		K 50-59 lat	13	00:00:23	00:51:19.20	00:51:42.80	+00:22:09	6:24	9.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
116	SIENKIEWICZ Joanna	295		K 30-39 lat	40	00:00:33	00:51:32.25	00:52:05.50	+00:22:22	6:26	9.3
117	KOCHMAN Iwona	417	VEGE RUNNERS	K 50-59 lat	14	00:00:27	00:52:02.80	00:52:30.25	+00:22:52	6:30	9.2
118	BANY Izabela	395		K 20-29 lat	11	00:00:27	00:52:32.75	00:52:59.75	+00:23:22	6:34	9.1
119	JURKOWSKA Irena	126		70+	8	00:00:27	00:53:11.60	00:53:38.90	+00:24:01	6:38	9
120	MILLER Natalia	222	BALTAZARIUSZE	K 30-39 lat	41	00:00:15	00:53:12.05	00:53:27.35	+00:24:02	6:39	9
121	BIDZIŃSKA Alicja	22		K 30-39 lat	42	00:00:11	00:53:25.90	00:53:36.90	+00:24:15	6:40	9
122	SZOT Maria	325	JASIELSKIE PIORUNY	K 50-59 lat	15	00:00:27	00:53:31.25	00:53:58.90	+00:24:21	6:41	9
123	SKALSKA Kamila	416		K 20-29 lat	12	00:00:36	00:53:36.05	00:54:12.65	+00:24:26	6:42	9
124	TOKARSKA Magda	448		K 40-49 lat	45	00:00:14	00:54:44.55	00:54:59.50	+00:25:34	6:50	8.8
125	SZCZUBIAŁ Magdalena	469		K 30-39 lat	43	00:00:35	00:55:15.00	00:55:50.40	+00:26:05	6:54	8.7
126	PAWLAK Katarzyna	435	PAN	K 40-49 lat	46	00:00:24	00:55:26.10	00:55:50.90	+00:26:16	6:55	8.7
127	PANASIUK Beata	252		K 30-39 lat	44	00:00:33	00:55:30.25	00:56:03.50	+00:26:20	6:56	8.6
128	PLICHCIŃSKA Małgorzata	268	EKONOMIK MOKOTÓW	K 40-49 lat	47	00:00:26	00:56:39.40	00:57:05.60	+00:27:29	7:04	8.5
129	REMBERK Danuta	278		70+	9	00:00:35	00:57:15.90	00:57:51.10	+00:28:05	7:09	8.4
130	GRECKA Anna	93		K 20-29 lat	13	00:00:21	00:57:22.60	00:57:43.70	+00:28:12	7:10	8.4
131	EVTUSHENKO Katsiaryna	433		K 20-29 lat	14	00:00:14	00:57:49.30	00:58:03.30	+00:28:39	7:13	8.3
132	KILKOWSKA Joanna	140		K 50-59 lat	16	00:00:28	00:58:30.35	00:58:59.05	+00:29:20	7:18	8.2
133	KAMIŃSKA Aga	130		K 40-49 lat	48	00:00:11	01:05:18.45	01:05:30.00	+00:36:08	8:09	7.4
134	OLCZAK Urszula	237	UMCS BIEGA	K 50-59 lat	17	00:00:57	01:06:05.90	01:07:03.40	+00:36:55	8:15	7.3
135	GROCHOWSKA Joanna	95	BIEGAMY Z OCHOTĄ	K 50-59 lat	18	00:00:57	01:06:08.20	01:07:05.60	+00:36:58	8:16	7.3
136	MYŚLIŃSKA Anna	227	EKOBIEGI	K 40-49 lat	49	00:00:55	01:06:10.05	01:07:06.00	+00:37:00	8:16	7.3

Znaleziono 136 wynik(ów)