

BIAŁOŁĘCKI BIEG WOLNOŚCI

B4SPORT

Organizator: Urząd Dzielnicy Białołęka m.st. Warszawa
Data: 2021-12-12
Miejsce: Warszawa
Dystans: 13 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K2 30-39 lat

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
1	ŚLUSARCZYK Katarzyna	367	OK!SPORT	K2 30-39 lat	1	00:00:00	00:21:24	00:42:00	01:02:42.00	01:02:42.00		4:49	12.4 (100%)
2	MEJKA Małgorzata	234		K2 30-39 lat	2	00:00:34	00:22:33	00:43:45	01:06:19.50	01:06:53.80	+00:03:37 (5.5%)	5:06	11.8 (95.2%)
3	DROGOSZEWSKA Magdalena	97		K2 30-39 lat	3	00:00:11	00:23:58	00:47:39	01:11:20.60	01:11:31.80	+00:08:38 (12.1%)	5:29	10.9 (87.9%)
4	TARNOWSKA Nika	451		K2 30-39 lat	4	00:00:13	00:24:18	00:48:30	01:12:33.20	01:12:46.80	+00:09:51 (13.6%)	5:34	10.8 (87.1%)
5	WINKOWSKA-STRUZIK Magdalena	396	DUKLANOWSKI TEAM	K2 30-39 lat	5	00:00:14	00:24:15	00:48:37	01:12:46.25	01:13:00.85	+00:10:04 (13.8%)	5:35	10.7 (86.3%)
6	BORUC Magdalena	50	MILWAUKEE POLSKA	K2 30-39 lat	6	00:00:11	00:23:58	00:48:43	01:13:34.35	01:13:45.35	+00:10:52 (14.8%)	5:39	10.6 (85.5%)
7	NAPIONTEK Maria	262		K2 30-39 lat	7	00:00:08	00:24:48	00:49:44	01:14:33.45	01:14:42.30	+00:11:51 (15.9%)	5:44	10.5 (84.7%)
8	MAJ Kamila	228		K2 30-39 lat	8	00:00:05	00:24:02	00:48:59	01:14:51.35	01:14:57.20	+00:12:09 (16.2%)	5:45	10.4 (83.9%)
9	KĄDZIOŁKA Beata	177		K2 30-39 lat	9	00:00:09	00:24:44	00:50:08	01:16:32.70	01:16:42.20	+00:13:50 (18.1%)	5:53	10.2 (82.3%)
10	WALECKA Wiktoria	443	BIEGAM NA TARCHOMINIE	K2 30-39 lat	10	00:00:45	00:25:31	00:51:26	01:17:40.25	01:18:25.55	+00:14:58 (19.3%)	5:58	10 (80.6%)
11	WINDŁOCH Emilia	395	ZABIEGANY WOŁOMIN	K2 30-39 lat	11	00:01:09	00:27:52	00:53:02	01:18:00.90	01:19:10.75	+00:15:18 (19.6%)	6:00	10 (80.6%)
12	IZDEBSKA Karolina	156	AKTYWNA WARSZAWA	K2 30-39 lat	12	00:00:32	00:26:16	00:52:23	01:19:18.25	01:19:50.65	+00:16:36 (20.9%)	6:06	9.8 (79.0%)
13	WESOŁOWSKA Monika	388	ZABIEGANA	K2 30-39 lat	13	00:00:17	00:26:33	00:53:34	01:20:42.35	01:21:00.20	+00:18:00 (22.3%)	6:12	9.7 (78.2%)
14	FURMANIAK PAŃCZAK Joanna	117	TEAM PARSZCZYŃSKICH	K2 30-39 lat	14	00:00:47	00:28:18	00:55:14	01:22:17.75	01:23:05.10	+00:19:35 (23.8%)	6:19	9.5 (76.6%)
15	ZUBELEWICZ-JERUZALSKA Anna	423		K2 30-39 lat	15	00:00:44	00:28:20	00:55:17	01:22:20.20	01:23:05.05	+00:19:38 (23.8%)	6:20	9.5 (76.6%)
16	STOLARSKA Paulina	349	WARSAW RUN CLUB	K2 30-39 lat	16	00:01:06	00:29:48	00:57:08	01:23:57.25	01:25:03.65	+00:21:15 (25.3%)	6:27	9.3 (75.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
17	MAJ Magdalena	449		K2 30-39 lat	17	00:01:05	00:29:59	00:58:34	01:26:03.70	01:27:09.30	+00:23:21 (27.1%)	6:37	9.1 (73.4%)
18	KĘDZIOREK Ela	179		K2 30-39 lat	18	00:01:15	00:31:40	01:00:10	01:28:18.40	01:29:34.35	+00:25:36 (29.0%)	6:47	8.8 (71.0%)
19	BARNAS Ilona	29	PRETTYFITTYTEAM	K2 30-39 lat	19	00:00:56	00:31:46	01:00:43	01:28:28.20	01:29:24.90	+00:25:46 (29.1%)	6:48	8.8 (71.0%)
20	SKELTON Sarah	332	VEGE RUNNERS	K2 30-39 lat	20	00:01:12	00:32:08	01:01:41	01:30:11.10	01:31:23.90	+00:27:29 (30.5%)	6:56	8.6 (69.4%)
21	SZYBOWSKA-SZYMCZAK Joanna	363	SW - AŚ GRÓJEC	K2 30-39 lat	21	00:00:20	00:29:22	00:59:57	01:30:49.85	01:31:09.85	+00:28:07 (31.0%)	6:59	8.6 (69.4%)
22	BORAWSKA Emilia	458	BEMOWO BIEGA	K2 30-39 lat	22	00:01:09	00:33:11	01:02:17	01:30:58.30	01:32:07.30	+00:28:16 (31.1%)	6:59	8.6 (69.4%)
23	KACZMAREK Katarzyna	169	MARKOWI BIEGACZE	K2 30-39 lat	23	00:01:16	00:30:39	01:01:22	01:32:49.10	01:34:05.15	+00:30:07 (32.4%)	7:08	8.4 (67.7%)
24	CZERWIEC Małgorzata	88		K2 30-39 lat	24	00:01:45	00:33:18	01:03:23	01:33:29.15	01:35:14.35	+00:30:47 (32.9%)	7:11	8.3 (66.9%)
25	GALIŃSKA Magdalena	120	WARSZAWSKI ZAUŁEK	K2 30-39 lat	25	00:01:32	00:32:42	01:03:54	01:35:55.00	01:37:27.30	+00:33:13 (34.6%)	7:22	8.1 (65.3%)
26	KRASUSKA Magdalena	445		K2 30-39 lat	26	00:01:04	00:32:44	01:04:20	01:36:18.45	01:37:23.40	+00:33:36 (34.9%)	7:24	8.1 (65.3%)
27	LEZNER Karolina	220		K2 30-39 lat	27	00:01:21	00:33:16	01:04:36	01:36:47.45	01:38:08.90	+00:34:05 (35.2%)	7:26	8.1 (65.3%)
28	DZIERŻANOWSKA Kinga	106		K2 30-39 lat	28	00:00:40	00:33:14	01:05:22	01:39:10.75	01:39:50.85	+00:36:28 (36.8%)	7:37	7.9 (63.7%)
29	MIERZEJEWSKA-JASIŃSKA Martyna	244	BIEGAM NA TARCHOMINIE	K2 30-39 lat	29	00:01:01	00:34:40	01:06:34	01:39:28.95	01:40:30.30	+00:36:46 (37.0%)	7:39	7.8 (62.9%)
30	CHOJNOWSKA Marta	68		K2 30-39 lat	30	00:01:18	00:33:54	01:06:32	01:40:31.55	01:41:49.65	+00:37:49 (37.6%)	7:43	7.8 (62.9%)
31	WIŚNIEWSKA-DUDA Anna	397		K2 30-39 lat	31	00:00:13	00:34:49	01:07:20	01:41:31.80	01:41:45.30	+00:38:49 (38.2%)	7:48	7.7 (62.1%)
32	ZATYLNA Joanna	410		K2 30-39 lat	32	00:01:30	00:33:01	01:05:29	01:42:14.65	01:43:45.00	+00:39:32 (38.7%)	7:51	7.6 (61.3%)
33	LESZCZYŃSKA Marlena	219		K2 30-39 lat	33	00:01:25	00:33:53	01:08:49	01:44:46.35	01:46:11.95	+00:42:04 (40.2%)	8:03	7.4 (59.7%)
34	ROMANOWSKA Ewa	311		K2 30-39 lat	34	00:00:41	00:30:07	01:00:20			+	6:56	8.7 (70.2%)
35	OPOŃSKA Emilia	278	BIEGAM NA TARCHOMINIE	K2 30-39 lat	35	00:00:59	00:32:31	01:06:15			+	7:36	7.9 (63.7%)
36	MAJCHRZAK Anna	3		K2 30-39 lat	36	00:01:38	00:35:55	01:09:33			+	7:59	7.5 (60.5%)
37	SAJEWSKA Karolina	321		K2 30-39 lat	37	00:00:36	00:37:11	01:17:30			+	8:54	6.7 (54.0%)
38	KUNDYS Karolina	433		K2 30-39 lat	38	00:00:00	00:29:55	01:22:31			+	9:29	6.3 (50.8%)
39	REGULSKA Ewa	307		K2 30-39 lat	39	00:00:22	00:29:27				+	6:41	9 (72.6%)

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40	SOLAREK Kinga	5		K2 30-39 lat	40	00:01:38	00:36:14				+	8:14	7.3 (58.9%)
41	OGOŃCZYK Donata	272		K2 30-39 lat	41	00:00:48	00:39:47				+	9:02	6.6 (53.2%)
42	BOHDZIEWICZ Izabela	49		K2 30-39 lat	42	00:01:56	00:40:12				+	9:08	6.6 (53.2%)

Znaleziono 42 wynik(ów)