



Organizator:
Data:
Miejsce:
Dystans:

Urząd Dzielnicy Warszawa - Białoleka
2021-09-12
Warszawa
10 km

BIEG PRZECZ MOST 2021

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K 30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	STELMACH Dominika	659		K 30-39	1	00:22:43	00:32:33	00:36:39.65		3:39	16.4 (100%)
2	NAWRAT Monika	649	KS PREFBET-SONAROL	K 30-39	2	00:25:21	00:35:54	00:40:14.35	+00:03:34 (8.9%)	4:01	14.9 (90.9%)
3	SADOWSKA Marzena	445		K 30-39	3	00:28:14	00:40:02	00:44:51.00	+00:08:11 (18.3%)	4:29	13.4 (81.7%)
4	WINKOWSKA-STRUZIK Magda	558	DUKLANOWSKI TEAM	K 30-39	4	00:28:24	00:40:27	00:45:15.00	+00:08:35 (19.0%)	4:31	13.3 (81.1%)
5	PACIOREK Ewa	377	GRUPA BIEGOWA UM W-WA	K 30-39	5	00:28:44	00:40:51	00:45:44.95	+00:09:05 (19.9%)	4:34	13.1 (79.9%)
6	SEKŚCIŃSKA Magda	449	GRUPA BIEGOWA UM W-WA	K 30-39	6	00:28:58	00:41:06	00:45:58.25	+00:09:18 (20.3%)	4:35	13.1 (79.9%)
7	WALECKA Wiktoria	542	BIEGAM NA TARCHOMINIE	K 30-39	7	00:29:20	00:41:40	00:46:37.95	+00:09:58 (21.4%)	4:39	12.9 (78.7%)
8	TRUSZKOWSKA Marta	527	BESTIE OCR LEGIONOWO	K 30-39	8	00:29:30	00:41:49	00:46:56.25	+00:10:16 (21.9%)	4:41	12.8 (78.0%)
9	FETISOVA Ekaterina	622		K 30-39	9	00:29:58	00:42:09	00:47:32.15	+00:10:52 (22.9%)	4:45	12.6 (76.8%)
10	AUGUSTYŃSKA-ŚMIETAŁO Iwona	21	WŚCIEKŁY FINISZ	K 30-39	10	00:29:52	00:42:46	00:47:47.40	+00:11:07 (23.3%)	4:46	12.6 (76.8%)
11	MACHUL Ewa	306		K 30-39	11	00:29:32	00:42:43	00:48:03.35	+00:11:23 (23.7%)	4:48	12.5 (76.2%)
12	JAGIEŁŁO-FAJKOWSKA Agnieszka	181	ADIDAS RUNNERS WARSAW	K 30-39	12	00:30:00	00:43:13	00:48:17.90	+00:11:38 (24.1%)	4:49	12.4 (75.6%)
13	NOWACKA Dominika	349	KUŹNIA TRIATHLONU	K 30-39	13	00:28:43	00:42:30	00:48:19.80	+00:11:40 (24.1%)	4:49	12.4 (75.6%)
14	ROMAN Anna	646		K 30-39	14	00:29:31	00:43:19	00:48:53.50	+00:12:13 (25.0%)	4:53	12.3 (75.0%)
15	ŻEBROWSKA Anna	606		K 30-39	15	00:30:46	00:43:44	00:49:05.00	+00:12:25 (25.3%)	4:54	12.2 (74.4%)
16	SZCZEPKOWSKA Marta	493		K 30-39	16	00:31:31	00:44:49	00:50:17.95	+00:13:38 (27.1%)	5:01	11.9 (72.6%)
17	CHOTOMSKA Dorota	83		K 30-39	17	00:31:31	00:45:11	00:50:46.00	+00:14:06 (27.8%)	5:04	11.8 (72.0%)
18	MICHEWICZ Gosia	326		K 30-39	18	00:33:09	00:45:59	00:51:02.90	+00:14:23 (28.2%)	5:06	11.8 (72.0%)
19	DRAJCZYK Maria	627		K 30-39	19	00:32:29	00:46:14	00:51:56.40	+00:15:16 (29.4%)	5:11	11.6 (70.7%)
20	WNEK Joanna	227		K 30-39	20	00:32:22	00:46:10	00:52:00.25	+00:15:20 (29.5%)	5:12	11.5 (70.1%)
21	GÓRSKA Malgorzata	160		K 30-39	21	00:32:53	00:46:27	00:52:01.85	+00:15:22 (29.5%)	5:12	11.5 (70.1%)
22	RAKOWSKA Agnieszka	421		K 30-39	22	00:33:02	00:47:15	00:53:13.60	+00:16:33 (31.1%)	5:19	11.3 (68.9%)
23	SUCHECKA Joanna	483	KS POMORSKA	K 30-39	23	00:34:03	00:47:49	00:53:18.45	+00:16:38 (31.2%)	5:19	11.3 (68.9%)
24	BRZOZOWSKA Magdalena	66	BIEGUSTATORZY	K 30-39	24	00:33:03	00:47:31	00:53:24.80	+00:16:45 (31.4%)	5:20	11.2 (68.3%)
25	BANASIK-URBANOWSKA Katarzyna	31	GRUPA BIEGOWA UM W-WA	K 30-39	25	00:33:26	00:47:45	00:53:37.70	+00:16:58 (31.6%)	5:21	11.2 (68.3%)
26	SZLAGA Kinga	5		K 30-39	26	00:34:30	00:48:53	00:54:12.75	+00:17:33 (32.4%)	5:25	11.1 (67.7%)
27	SAMOCIUK Karolina	447		K 30-39	27	00:33:06	00:48:04	00:54:24.60	+00:17:44 (32.6%)	5:26	11 (67.1%)
28	POWROŃSKA Marta	384		K 30-39	28	00:33:46	00:48:32	00:54:28.90	+00:17:49 (32.7%)	5:26	11 (67.1%)
29	ZUBELEWICZ-JERUZALSKA Anna	604		K 30-39	29	00:34:21	00:48:35	00:54:30.75	+00:17:51 (32.7%)	5:27	11 (67.1%)
30	FURMANIAK PAŃCZAK Joanna	138	BIEGOWE WTORKI NA TARCHOMINIE	K 30-39	30	00:34:38	00:48:54	00:54:48.35	+00:18:08 (33.1%)	5:28	10.9 (66.5%)

								Czas netto 10km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km				
31	RING Urszula	427		K 30-39	31	00:34:02	00:48:54	00:54:50.05	+00:18:10 (33.1%)	5:29	10.9 (66.5%)
32	RADOMSKA-ZUBCZYŃSKA Maria	418		K 30-39	32	00:33:53	00:49:16	00:55:14.80	+00:18:35 (33.6%)	5:31	10.9 (66.5%)
33	CHODKOWSKA Anna	81		K 30-39	33	00:34:31	00:49:36	00:55:37.65	+00:18:58 (34.1%)	5:33	10.8 (65.9%)
34	KROSZKIEWICZ Joanna	254		K 30-39	34	00:34:34	00:49:41	00:55:51.60	+00:19:11 (34.4%)	5:35	10.7 (65.2%)
35	BERECZ Eva	41		K 30-39	35	00:34:39	00:49:23	00:55:59.25	+00:19:19 (34.5%)	5:35	10.7 (65.2%)
36	ŚWIDERSKA Joanna	510		K 30-39	36	00:35:37	00:50:37	00:56:56.10	+00:20:16 (35.6%)	5:41	10.5 (64.0%)
37	MURAWSKA Magdalena	342		K 30-39	37	00:35:41	00:50:37	00:56:57.60	+00:20:17 (35.6%)	5:41	10.5 (64.0%)
38	MAJEWSKA Hanna	308	BIEGAM NA TARCHOMINIE	K 30-39	38	00:35:40	00:51:28	00:57:34.20	+00:20:54 (36.3%)	5:45	10.4 (63.4%)
39	SZCZEŚNIAK Marta	496		K 30-39	39	00:36:30	00:52:02	00:57:44.35	+00:21:04 (36.5%)	5:46	10.4 (63.4%)
40	POLAKOWSKA Anna	399		K 30-39	40	00:36:35	00:52:09	00:58:14.75	+00:21:35 (37.1%)	5:49	10.3 (62.8%)
41	MAĆKOWIAK Weronika	307		K 30-39	41	00:36:59	00:52:23	00:58:15.00	+00:21:35 (37.1%)	5:49	10.3 (62.8%)
42	GRABOWSKA Marta	161		K 30-39	42	00:36:07	00:52:17	00:58:34.85	+00:21:55 (37.4%)	5:51	10.2 (62.2%)
43	BAJERA Aneta	24		K 30-39	43	00:36:31	00:52:25	00:58:45.70	+00:22:06 (37.6%)	5:52	10.2 (62.2%)
44	ORZEŁ Karolina	370		K 30-39	44	00:36:50	00:52:36	00:59:00.40	+00:22:20 (37.9%)	5:54	10.2 (62.2%)
45	FLOREK Małgorzata	134		K 30-39	45	00:36:50	00:52:50	00:59:09.70	+00:22:30 (38.0%)	5:54	10.1 (61.6%)
46	KLIMCZAK Justyna	224	FLORIAN CHOJNICE	K 30-39	46	00:37:05	00:53:08	00:59:23.75	+00:22:44 (38.3%)	5:56	10.1 (61.6%)
47	CZARNIAKOWSKA Aleksandra	106		K 30-39	47	00:36:32	00:52:53	00:59:25.45	+00:22:45 (38.3%)	5:56	10.1 (61.6%)
48	KIESIO Sylwia	219	NESSI TEAM	K 30-39	48	00:37:39	00:53:17	00:59:34.20	+00:22:54 (38.5%)	5:57	10.1 (61.6%)
49	OPŃSKA Emilia	367	BIEGAM NA TARCHOMINIE	K 30-39	49	00:36:44	00:53:08	00:59:39.10	+00:22:59 (38.5%)	5:57	10.1 (61.6%)
50	MAJCHRZAK Anna	320		K 30-39	50	00:38:03	00:53:48	01:00:15.45	+00:23:35 (39.2%)	6:01	10 (61.0%)
51	SIKORSKA Agnieszka	626		K 30-39	51	00:37:50	00:54:05	01:00:43.25	+00:24:03 (39.6%)	6:04	9.9 (60.4%)
52	SHERSHUN Halyna	452	MASTERS DOJO KARATE KYOKUSHIN	K 30-39	52	00:36:57	00:54:20	01:01:19.10	+00:24:39 (40.2%)	6:07	9.8 (59.8%)
53	WALCZUK Magda	541	BRAK	K 30-39	53	00:37:13	00:54:36	01:01:22.85	+00:24:43 (40.3%)	6:08	9.8 (59.8%)
54	GWIZDAŁA Wioletta	677		K 30-39	54	00:38:18	00:55:07	01:01:22.90	+00:24:43 (40.3%)	6:08	9.8 (59.8%)
55	KACZMAREK Katarzyna	204		K 30-39	55	00:39:06	00:55:18	01:01:36.20	+00:24:56 (40.5%)	6:09	9.7 (59.1%)
56	KUŚMIREK-KOWAL Joanna	274		K 30-39	56	00:37:54	00:55:44	01:02:23.20	+00:25:43 (41.2%)	6:14	9.6 (58.5%)
57	CZERESNIEWSKA Anna	111		K 30-39	57	00:38:22	00:55:29	01:02:24.85	+00:25:45 (41.3%)	6:14	9.6 (58.5%)
58	BRZÓZKA Magda	68	TARCHO ZIOMY	K 30-39	58	00:39:09	00:56:26	01:03:16.10	+00:26:36 (42.1%)	6:19	9.5 (57.9%)
59	NOWAK Kasia	350		K 30-39	59	00:39:09	00:56:26	01:03:16.45	+00:26:36 (42.1%)	6:19	9.5 (57.9%)
60	JANIK-ARMATA Aneta	186		K 30-39	60	00:39:12	00:56:40	01:03:33.65	+00:26:54 (42.3%)	6:21	9.4 (57.3%)
61	WYSOCKA-LEŚNIKOWSKA Magdalena	580		K 30-39	61	00:39:54	00:56:36	01:03:43.95	+00:27:04 (42.5%)	6:22	9.4 (57.3%)
62	DOMINIAK Edyta	688		K 30-39	62	00:39:13	00:56:48	01:03:53.20	+00:27:13 (42.6%)	6:23	9.4 (57.3%)
63	TERPIŁOWSKA Agnieszka	518		K 30-39	63	00:38:31	00:57:06	01:04:03.30	+00:27:23 (42.8%)	6:24	9.4 (57.3%)
64	PODSADNI-KRYSIK Paulina	397	EKOBIEGI	K 30-39	64	00:40:06	00:56:37	01:04:05.05	+00:27:25 (42.8%)	6:24	9.4 (57.3%)
65	OCHENKOWSKA Monika	353		K 30-39	65	00:39:48	00:57:19	01:04:26.90	+00:27:47 (43.1%)	6:26	9.3 (56.7%)
66	NIEDZWIEDZKA Edyta	347		K 30-39	66	00:40:01	00:57:41	01:04:41.75	+00:28:02 (43.3%)	6:28	9.3 (56.7%)
67	RUDNICKA Emilia	625	ZABIEGANI PO USZY	K 30-39	67	00:39:00	00:57:26	01:05:00.75	+00:28:21 (43.6%)	6:30	9.2 (56.1%)
68	BALINSKA Justyna	29		K 30-39	68	00:40:50	00:58:25	01:05:46.50	+00:29:06 (44.3%)	6:34	9.1 (55.5%)
69	OSIAL Anita	373	PŁOŃSZCZANKI	K 30-39	69	00:42:12	01:00:17	01:07:10.35	+00:30:30 (45.4%)	6:43	8.9 (54.3%)
70	JUNDZIŁ-BOGUSIEWICZ Paulina	200		K 30-39	70	00:39:07	00:59:02	01:07:29.95	+00:30:50 (45.7%)	6:44	8.9 (54.3%)
71	TRUSZKOWSKA Agnieszka	528		K 30-39	71	00:41:12	01:00:32	01:08:05.60	+00:31:25 (46.2%)	6:48	8.8 (53.7%)
72	LISOWSKA Alicja	291	BIEGAM NA TARCHOMINIE	K 30-39	72	00:41:07	01:00:41	01:08:35.05	+00:31:55 (46.5%)	6:51	8.7 (53.0%)
73	WIŚNIEWSKA-DUDA Anna	562		K 30-39	73	00:42:56	01:01:00	01:08:36.00	+00:31:56 (46.6%)	6:51	8.7 (53.0%)
74	ZATYLNA Joanna	591		K 30-39	74	00:41:31	01:00:19	01:08:50.40	+00:32:10 (46.7%)	6:53	8.7 (53.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
75	ORŁOWSKA Dorota	680		K 30-39	75	00:42:03	01:01:24	01:09:34.00	+00:32:54 (47.3%)	6:57	8.6 (52.4%)
75	MAKOWSKA Izabella	681		K 30-39	76	00:42:03	01:01:25	01:09:34.00	+00:32:54 (47.3%)	6:57	8.6 (52.4%)
77	PARZYCH Sylwia	633		K 30-39	77	00:42:41	01:04:09	01:12:48.70	+00:36:09 (49.6%)	7:16	8.2 (50.0%)
78	JORDAN Agnieszka	198	BIEGANIE W WARSZAWIE	K 30-39	78			01:13:22.00	+00:36:42 (50.0%)	7:20	8.2 (50.0%)
79	OGOŃCZYK Donata	355		K 30-39	79	00:45:55	01:07:44	01:15:54.90	+00:39:15 (51.7%)	7:35	7.9 (48.2%)
80	BIDZIŃSKA Alicja	46		K 30-39	80	00:46:44	01:07:38	01:16:06.55	+00:39:26 (51.8%)	7:36	7.9 (48.2%)

Znaleziono 80 wynik(ów)