



IX BIEGI ULICZNE - BIEG GŁÓWNY 5KM

B4SPORT

Wydarzenie: IX Biegi Uliczne im. Antoniego Nawrockiego
Organizator: MUKS „Start” Solec Kujawski
Data: 2023-06-11
Miejsce: Solec Kujawski
Dystans: 5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Solec Kujawski	Pętla 1 2.5km	Kara/ bonifikata	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	UZIAŁŁO Lena	450	PASACO	K 16-19	1		00:10:29		00:21:00.85	00:21:08.15		4:12	14.3 (100%)
2	OCHOCKA-GRZELAK Emilia	402		K 30-39	1		00:10:46		00:21:42.50	00:21:47.40	+00:00:39 (3.0%)	4:20	13.8 (96.5%)
3	KRUCZKOWSKA Magdalena	373	BRZEZIŃSKI RUN CLUB	K 40-49	1		00:10:53		00:22:33.40	00:22:37.50	+00:01:29 (6.6%)	4:30	13.3 (93.0%)
4	ĆWIKLIŃSKA Anna	339	AKADEMIA MISTRZÓW SPORTU	K 40-49	2		00:11:13	00:00:30	00:22:48.95	00:22:58.50	+00:01:50 (8.0%)	4:27	13.5 (94.4%)
5	UZIAŁŁO Daria	449	PASACO	K 16-19	2		00:11:25		00:23:37.65	00:23:45.10	+00:02:36 (11.0%)	4:43	12.7 (88.8%)
6	WIECZOREK Izabela	452		K 30-39	2		00:11:57		00:24:34.55	00:24:37.75	+00:03:29 (14.2%)	4:54	12.2 (85.3%)
7	PISKORSKA Marta	416	KOLOROWE GACIE	K 40-49	3	Tak	00:12:06		00:24:45.90	00:24:48.75	+00:03:40 (14.8%)	4:57	12.1 (84.6%)
8	PAWLAK Ada	490		K 16-19	3	Tak	00:12:40		00:24:51.70	00:24:59.45	+00:03:51 (15.4%)	4:58	12.1 (84.6%)
9	STUDZIŃSKA Ilona	479		K 30-39	3		00:12:42		00:25:08.40	00:25:15.55	+00:04:07 (16.3%)	5:01	11.9 (83.2%)
10	KALINOWSKA Patrycja	359		K 30-39	4	Tak	00:12:31		00:25:48.15	00:25:50.80	+00:04:42 (18.2%)	5:09	11.6 (81.1%)
11	MŁYNARCZYK Stefania	392		K 50-59	1	Tak	00:13:04		00:26:22.50	00:26:27.60	+00:05:19 (20.1%)	5:16	11.4 (79.7%)
12	DZIELAK Marta	345	SAPER TEAM	K 20-29	1		00:13:19		00:26:36.00	00:26:45.95	+00:05:37 (21.0%)	5:19	11.3 (79.0%)
13	SURMIŃSKA Aleksandra	441		K 16-19	4		00:13:34		00:26:46.55	00:26:54.10	+00:05:45 (21.4%)	5:21	11.2 (78.3%)
14	WOJTECKA Ewelina	457	MUZEUM SOLCA	K 30-39	5	Tak	00:13:47		00:27:30.80	00:27:43.50	+00:06:35 (23.8%)	5:30	10.9 (76.2%)
15	ZOLANOWICZ Asia	483		K 16-19	5		00:12:53		00:27:42.30	00:27:48.20	+00:06:40 (24.0%)	5:32	10.8 (75.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Solec Kujawski	Pętla 1 2.5km	Kara/ bonifikata	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
16	PIETRZAK Małgorzata	415		K 40-49	4	Tak	00:14:08		00:27:39.90	00:27:52.55	+00:06:44 (24.2%)	5:31	10.8 (75.5%)
17	NOGA Joanna	398		K 20-29	2		00:13:44		00:28:09.95	00:28:19.50	+00:07:11 (25.4%)	5:37	10.7 (74.8%)
18	ADRYJAŃCZYK Małgorzata	331	RUNCROSS ROZGARTY	K 40-49	5		00:13:49		00:28:32.10	00:28:40.45	+00:07:32 (26.3%)	5:42	10.5 (73.4%)
18	LENSER Ewa	378	MUZEUM SOLCA	K 40-49	5	Tak	00:14:08		00:28:27.35	00:28:40.45	+00:07:32 (26.3%)	5:41	10.5 (73.4%)
20	POLANOWSKA Aleksandra	478		K 40-49	7		00:13:38		00:28:51.20	00:28:55.00	+00:07:46 (26.9%)	5:46	10.4 (72.7%)
21	POCHOWSKA Monika	417	PASACO	K 30-39	6		00:14:10		00:29:06.80	00:29:16.70	+00:08:08 (27.8%)	5:49	10.3 (72.0%)
22	MARUT Izabela	389		K 30-39	7		00:13:42		00:29:16.55	00:29:25.50	+00:08:17 (28.2%)	5:51	10.3 (72.0%)
23	LECH Aleksandra	376		K 40-49	8	Tak	00:13:54		00:29:27.90	00:29:32.90	+00:08:24 (28.5%)	5:53	10.2 (71.3%)
24	ZIELIŃSKA Justyna	460	KOLOROWE GACIE	K 40-49	9	Tak	00:14:17		00:29:32.55	00:29:37.00	+00:08:28 (28.6%)	5:54	10.2 (71.3%)
25	WOŹNIACKA Beata	459	KOLOROWE GACIE	K 50-59	2	Tak	00:14:19		00:29:35.10	00:29:38.40	+00:08:30 (28.7%)	5:55	10.1 (70.6%)
26	STAROWICZ Aleksandra	435		K 30-39	8	Tak	00:14:15		00:29:46.05	00:29:53.20	+00:08:45 (29.3%)	5:57	10.1 (70.6%)
27	TKACZUK Jolanta	448	TG SOKOŁ GNIEWKOWO	K 50-59	3		00:15:21		00:30:59.60	00:31:03.35	+00:09:55 (31.9%)	6:11	9.7 (67.8%)
28	KUBIŚ Katarzyna	375	PASACO	K 30-39	9		00:14:56		00:31:10.45	00:31:17.15	+00:10:09 (32.4%)	6:14	9.6 (67.1%)
29	MAN Beata	387	KLIMAT SOLEC	K 40-49	10	Tak	00:14:59		00:32:10.50	00:32:20.25	+00:11:12 (34.6%)	6:26	9.3 (65.0%)
30	PERESIAK Anna	408		K 60-69	1	Tak	00:15:38		00:32:47.95	00:32:56.00	+00:11:47 (35.8%)	6:33	9.2 (64.3%)
31	BISKUPSKA Maja	336	PASACO	K 20-29	3		00:16:08		00:32:59.40	00:32:59.40	+00:11:51 (35.9%)	6:35	9.1 (63.6%)
32	KOTECKA-BŁASZAK Michalina	368	GLOBAL PROSPECT TEAM	K 30-39	10	Tak	00:15:41		00:33:01.05	00:33:07.70	+00:11:59 (36.2%)	6:36	9.1 (63.6%)
33	GRZESZAK Danuta	351		K 60-69	2		00:16:03		00:33:24.30	00:33:28.85	+00:12:20 (36.9%)	6:40	9 (62.9%)
34	KRYSIŃSKA Kamila	374	TEAMOCHAL	K 40-49	11		00:16:22		00:33:18.95	00:33:31.90	+00:12:23 (37.0%)	6:39	9 (62.9%)
35	SZMYT-ŚLIWIŃSKA Monika	443		K 40-49	12	Tak	00:16:38		00:33:57.05	00:34:08.45	+00:13:00 (38.1%)	6:47	8.8 (61.5%)
36	SURMA Magdalena	440		K 30-39	11		00:16:44		00:34:37.55	00:34:37.55	+00:13:29 (39.0%)	6:55	8.7 (60.8%)
37	KĘDZIORSKA Beata	363		K 50-59	4		00:16:39		00:35:01.25	00:35:15.40	+00:14:07 (40.1%)	7:00	8.6 (60.1%)
38	DŁONIAK Alina	342		K 50-59	5		00:16:47		00:35:16.10	00:35:24.15	+00:14:16 (40.3%)	7:03	8.5 (59.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Solec Kujawski	Pętla 1 2.5km	Kara/ bonifikata	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
39	RIGHI Julianna	423		K 20-29	4		00:16:47		00:35:16.35	00:35:24.25	+00:14:16 (40.3%)	7:03	8.5 (59.4%)
40	MALCZEWSKA Mirka	385	FORDONRUNNERS	K 60-69	3		00:17:57		00:37:24.40	00:37:37.05	+00:16:28 (43.8%)	7:28	8 (55.9%)
41	SIEDLECKA Alina	426		K 50-59	6	Tak	00:18:06		00:39:34.20	00:39:39.50	+00:18:31 (46.7%)	7:54	7.6 (53.1%)
42	SURMA Jolanta	438		K 30-39	12		00:18:54		00:40:06.35	00:40:17.20	+00:19:09 (47.5%)	8:01	7.5 (52.4%)
43	OSSOWSKA Agnieszka	404		K 30-39	13	Tak	00:19:07		00:40:38.75	00:40:52.30	+00:19:44 (48.3%)	8:07	7.4 (51.7%)
44	MIKOŁAJCZAK Aleksandra	391	MUZEUM SOLCA IM. KSIĘCIA PRZEMYSŁA	K 40-49	13	Tak	00:19:07		00:40:38.90	00:40:52.35	+00:19:44 (48.3%)	8:07	7.4 (51.7%)
45	NAWROCKA Sylwia	394	KLINIKA TLENOWA INOWROCŁAW	K 30-39	14		00:12:57				+00:02:26	5:10	11.6 (81.1%)

Znaleziono 45 wynik(ów)