



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Kaszubska Poniewierka 2019
Stowarzyszenie „Aktywni w Trójmieście”
2019-09-14
Wieżyca
30 km

KASZUBSKA PONIEWIERKA - 30KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Open K

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
1	WIĘCEK Anna	700		Open K	1	02:36:08.45	02:36:12.85		5:12	11.5 (100%)
2	NIKEL Martyna	594	KONTENER FORMY	Open K	2	02:49:21.80	02:49:25.60	+00:13:12 (7.8%)	5:38	10.6 (92.2%)
3	PAWELCZAK Karolina	609	JATREUJE	Open K	3	02:53:31.20	02:53:36.05	+00:17:23 (10.0%)	5:47	10.4 (90.4%)
4	LABUDA Anna	551	AKADEMIA BIEGOWA KARTUZY	Open K	4	02:54:55.25	02:54:59.35	+00:18:46 (10.7%)	5:49	10.3 (89.6%)
5	KLIMEK Kasia	515		Open K	5	02:55:44.75	02:55:55.90	+00:19:43 (11.2%)	5:51	10.2 (88.7%)
6	SZTEJNA Joanna	676	ALIOR RUNNING TEAM	Open K	6	03:00:06.30	03:00:21.10	+00:24:08 (13.4%)	6:00	10 (87.0%)
7	PRYŚKO-GROBELNA Małgorzata	623		Open K	7	03:03:35.65	03:03:41.35	+00:27:28 (15.0%)	6:07	9.8 (85.2%)
8	PIĄTKOWIAK Aleksandra	613	GRUNWALD TEAM POZNAŃ	Open K	8	03:06:28.25	03:06:36.15	+00:30:23 (16.3%)	6:12	9.7 (84.3%)
9	JURCZYK Ewa	509		Open K	9	03:10:21.85	03:10:36.40	+00:34:23 (18.0%)	6:20	9.5 (82.6%)
10	RĄB Agnieszka	742		Open K	10	03:10:22.50	03:10:44.95	+00:34:32 (18.1%)	6:20	9.5 (82.6%)
11	SZARSZEWSKA Natalia	674		Open K	11	03:12:52.90	03:13:01.00	+00:36:48 (19.1%)	6:25	9.3 (80.9%)
12	ŁUCKA Anna	561	AKADEMIA BIEGANIA GRUDZIĄDZ	Open K	12	03:15:05.15	03:15:21.00	+00:39:08 (20.0%)	6:30	9.2 (80.0%)
13	JARSKA Hanna	505		Open K	13	03:16:40.55	03:16:45.35	+00:40:32 (20.6%)	6:33	9.2 (80.0%)
14	DALECKA Dorota	452	BIEGAMYRAZEM.PL	Open K	14	03:16:31.20	03:16:47.85	+00:40:35 (20.6%)	6:33	9.2 (80.0%)
15	MALISZEWSKA Malwina	566		Open K	15	03:18:25.10	03:18:39.90	+00:42:27 (21.4%)	6:36	9.1 (79.1%)
16	KRZYŻANEK Marta	540		Open K	16	03:18:41.90	03:18:52.95	+00:42:40 (21.5%)	6:37	9.1 (79.1%)
17	STASZKIEWICZ Lucyna	666	STASHKY TEAM	Open K	17	03:19:45.05	03:19:55.95	+00:43:43 (21.9%)	6:39	9 (78.3%)
18	NAZARKO Małgorzata	592		Open K	18	03:19:31.95	03:19:59.90	+00:43:47 (21.9%)	6:39	9 (78.3%)
19	FELSKA Katarzyna	465	NIGHT RUNNERS SŁUPSK	Open K	19	03:19:33.60	03:20:01.90	+00:43:49 (21.9%)	6:39	9 (78.3%)
20	CZECHOWSKA Joanna	451		Open K	20	03:19:43.25	03:20:08.95	+00:43:56 (22.0%)	6:39	9 (78.3%)
21	ZIĘBA Beata	723	ENDURE TEAM	Open K	21	03:20:16.60	03:20:22.90	+00:44:10 (22.0%)	6:40	9 (78.3%)
22	DORENDĄ-ZABOROWICZ Marta	458		Open K	22	03:21:38.95	03:21:58.70	+00:45:45 (22.7%)	6:43	8.9 (77.4%)
23	GRAMBURG Magda	486	BIG VIKING	Open K	23	03:21:55.20	03:22:04.35	+00:45:51 (22.7%)	6:43	8.9 (77.4%)
24	POSZYTEK Jagoda	620	RUNEDA	Open K	24	03:27:05.25	03:27:11.40	+00:50:58 (24.6%)	6:54	8.7 (75.7%)
25	JĘDRZEJCZYK Agnieszka	754		Open K	25	03:27:04.55	03:27:16.75	+00:51:03 (24.6%)	6:54	8.7 (75.7%)
26	GRZĘBSKA-BUJA Małgorzata	491		Open K	26	03:27:52.65	03:28:01.15	+00:51:48 (24.9%)	6:55	8.7 (75.7%)
27	LEBIEDZIŃSKA Angelika	554	BIEGACZE ŚWINOUJŚCIE	Open K	27	03:28:11.05	03:28:21.15	+00:52:08 (25.0%)	6:56	8.6 (74.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						30km	30km			
28	WOJNAROWSKA Marcelina	708		Open K	28	03:29:11.20	03:29:19.70	+00:53:06 (25.4%)	6:58	8.6 (74.8%)
29	KUBIAK Karolina	544	EXCALIBUR	Open K	29	03:31:54.65	03:32:03.35	+00:55:50 (26.3%)	7:03	8.5 (73.9%)
30	DĄBKOWSKA Dorota	759		Open K	30	03:32:00.15	03:32:20.80	+00:56:07 (26.4%)	7:04	8.5 (73.9%)
31	KREFT Ewa	539	DREAM TRI TEAM	Open K	31	03:33:41.65	03:33:50.95	+00:57:38 (27.0%)	7:07	8.4 (73.0%)
32	SZTYBOR Joanna	677		Open K	32	03:35:23.75	03:35:49.65	+00:59:36 (27.6%)	7:10	8.4 (73.0%)
33	ŚLĘCZKA Radka	683		Open K	33	03:36:39.90	03:37:03.90	+01:00:51 (28.0%)	7:13	8.3 (72.2%)
34	ROSZKOWSKA Sylwia	637		Open K	34	03:37:07.20	03:37:31.35	+01:01:18 (28.2%)	7:14	8.3 (72.2%)
35	SKOWRON Magdalena	659		Open K	35	03:37:33.30	03:37:43.30	+01:01:30 (28.3%)	7:15	8.3 (72.2%)
36	KOLMAN Małgorzata	520	GRUPA65.PL	Open K	36	03:37:57.05	03:38:19.40	+01:02:06 (28.4%)	7:15	8.3 (72.2%)
37	OKŁA Patrycja	600		Open K	37	03:39:20.25	03:39:43.00	+01:03:30 (28.9%)	7:18	8.2 (71.3%)
38	FILIPIAK Anna	468		Open K	38	03:41:53.65	03:41:59.90	+01:05:47 (29.6%)	7:23	8.1 (70.4%)
39	WENTOWSKA Aleksandra	697		Open K	39	03:42:27.75	03:42:42.15	+01:06:29 (29.9%)	7:24	8.1 (70.4%)
40	USZACKA Małgosia	691	USHATKI	Open K	40	03:42:23.00	03:43:02.00	+01:06:49 (30.0%)	7:24	8.1 (70.4%)
41	MATEJCZYK-WALETKO Dorota	573		Open K	41	03:43:05.95	03:43:12.50	+01:06:59 (30.0%)	7:26	8.1 (70.4%)
42	MELZER Hanna	578		Open K	42	03:42:58.70	03:43:20.55	+01:07:07 (30.1%)	7:25	8.1 (70.4%)
43	TRUSIAK Agnieszka	689	NIGHT RUNNERS SŁUPSK	Open K	43	03:44:33.65	03:45:00.15	+01:08:47 (30.6%)	7:29	8 (69.6%)
44	LITWIN Barbara	558	STOPA SŁUPSK /NIGHT RUNNERS SŁUPSK	Open K	44	03:44:33.15	03:45:00.25	+01:08:47 (30.6%)	7:29	8 (69.6%)
45	SOCHA Dorota	662		Open K	45	03:46:01.45	03:46:13.25	+01:10:00 (30.9%)	7:32	8 (69.6%)
46	SOKOŁOWSKA Anna	663		Open K	46	03:46:03.45	03:46:14.90	+01:10:02 (31.0%)	7:32	8 (69.6%)
47	FIGEL Monika	467		Open K	47	03:46:10.55	03:46:34.05	+01:10:21 (31.1%)	7:32	8 (69.6%)
48	KUBALSKA Dorota	541	KOWALE TEAM	Open K	48	03:47:09.20	03:47:15.80	+01:11:02 (31.3%)	7:34	7.9 (68.7%)
49	PROMIŃSKA Karolina	622		Open K	49	03:47:11.95	03:47:26.05	+01:11:13 (31.3%)	7:34	7.9 (68.7%)
50	NITA Katarzyna	595	1972	Open K	50	03:47:21.55	03:47:40.95	+01:11:28 (31.4%)	7:34	7.9 (68.7%)
51	KOTYSZ Katarzyna	739	BBL OPOLE	Open K	51	03:47:24.10	03:47:50.05	+01:11:37 (31.4%)	7:34	7.9 (68.7%)
52	PIETRZAK Teresa	615	GRUPA BIEGOWA 65	Open K	52	03:50:31.50	03:50:53.35	+01:14:40 (32.3%)	7:41	7.8 (67.8%)
53	SZARMACH Olga	672	PORT GDYNIA SPORT TEAM	Open K	53	03:51:10.65	03:51:20.25	+01:15:07 (32.5%)	7:42	7.8 (67.8%)
54	TRZEWIKOWSKA Marzena	690	PGB SPORTOWA PACZKA	Open K	54	03:52:13.55	03:52:28.05	+01:16:15 (32.8%)	7:44	7.8 (67.8%)
55	OHLER Aleksandra	599		Open K	55	03:51:57.65	03:52:28.35	+01:16:15 (32.8%)	7:43	7.8 (67.8%)
56	KORPUSIK Marta	526		Open K	56	03:51:57.85	03:52:28.55	+01:16:15 (32.8%)	7:43	7.8 (67.8%)
57	DETLAFF Anna	454	RADOŚĆ BIEGANIA	Open K	57	03:51:57.80	03:52:29.15	+01:16:16 (32.8%)	7:43	7.8 (67.8%)
58	PRZYSIĘŻNA Grażyna	627	BBL GDAŃSK	Open K	58	03:52:56.45	03:54:21.35	+01:18:08 (33.3%)	7:45	7.7 (67.0%)
59	BŁASIŃSKA Żaneta	429	SPC	Open K	59	03:57:18.05	03:57:35.80	+01:21:22 (34.3%)	7:54	7.6 (66.1%)
60	HERMANOWICZ Aneta	498	PZU SPORT TEAM	Open K	60	03:58:39.75	03:58:52.75	+01:22:39 (34.6%)	7:57	7.5 (65.2%)
61	ZAREMBA Ania	744		Open K	61	03:58:42.05	03:59:29.50	+01:23:16 (34.8%)	7:57	7.5 (65.2%)
62	GRZESZCZAK Małgorzata	490	BIEGAMYRAZEM.PL	Open K	62	03:59:17.20	03:59:34.35	+01:23:21 (34.8%)	7:58	7.5 (65.2%)
63	BUJNOWSKA Wioleta	440		Open K	63	04:02:56.40	04:03:06.60	+01:26:53 (35.7%)	8:05	7.4 (64.3%)
64	SKIBICKA Dorota	657	PZU SPORT TEAM	Open K	64	04:03:16.65	04:03:29.40	+01:27:16 (35.8%)	8:06	7.4 (64.3%)
65	GOŚ-ZDROJEWSKA Agnieszka	485	BIEGAMYRAZEM.PL	Open K	65	04:03:19.25	04:03:36.20	+01:27:23 (35.9%)	8:06	7.4 (64.3%)
66	ROMANOWSKA Beata	635	RUN VEGAN TEAM	Open K	66	04:03:20.00	04:03:36.35	+01:27:23 (35.9%)	8:06	7.4 (64.3%)
67	JAGMIN Izabela	501	WYMIATACZE	Open K	67	04:03:36.60	04:03:52.40	+01:27:39 (35.9%)	8:07	7.4 (64.3%)
68	PASTWA Monika	607		Open K	68	04:05:16.90	04:05:29.75	+01:29:16 (36.4%)	8:10	7.3 (63.5%)
69	RUPIŃSKA Agnieszka	643		Open K	69	04:05:21.10	04:05:42.40	+01:29:29 (36.4%)	8:10	7.3 (63.5%)
70	MARCINKOWSKA Jadwiga	568		Open K	70	04:05:35.40	04:05:56.85	+01:29:44 (36.5%)	8:11	7.3 (63.5%)
71	WYBRANIEC Karolina	713		Open K	71	04:06:30.20	04:06:46.55	+01:30:33 (36.7%)	8:13	7.3 (63.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
72	PRASEK Lucyna	621	BODY IN MOTION	Open K	72	04:06:52.45	04:07:16.00	+01:31:03 (36.8%)	8:13	7.3 (63.5%)
73	ZVINGEVICA - KALNINA Kristine	724	MTS / KLIBA DROSME	Open K	73	04:06:50.70	04:07:19.90	+01:31:07 (36.8%)	8:13	7.3 (63.5%)
74	WALKOWSKA Justyna	693	JACEK BIEGA RUNNING TEAM	Open K	74	04:07:23.20	04:07:34.95	+01:31:22 (36.9%)	8:14	7.3 (63.5%)
75	BERGMANN Ewa	425		Open K	75	04:10:29.70	04:10:41.15	+01:34:28 (37.7%)	8:21	7.2 (62.6%)
76	KANIEWSKA Emilia	512		Open K	76	04:10:29.95	04:10:54.85	+01:34:42 (37.7%)	8:21	7.2 (62.6%)
77	ZASADA Joanna	715	WYMIATACZE	Open K	77	04:10:54.05	04:11:09.90	+01:34:57 (37.8%)	8:21	7.2 (62.6%)
78	CENTKOWSKA Ewelina	443	SPC	Open K	78	04:11:49.25	04:12:07.30	+01:35:54 (38.0%)	8:23	7.1 (61.7%)
79	PIERNICKA Krystyna	614		Open K	79	04:12:41.00	04:12:49.75	+01:36:36 (38.2%)	8:25	7.1 (61.7%)
80	NESTOROWICZ Monika	593	KLUB BIEGACZA JURUND SZCZYTNO	Open K	80	04:17:41.20	04:17:52.15	+01:41:39 (39.4%)	8:35	7 (60.9%)
81	KOZŁOWSKA Joanna	537		Open K	81	04:21:44.05	04:22:02.25	+01:45:49 (40.4%)	8:43	6.9 (60.0%)
82	WOŹNIAK Beata	712	WYMIATACZE	Open K	82	04:24:06.65	04:24:16.00	+01:48:03 (40.9%)	8:48	6.8 (59.1%)
82	KACZYŃSKA Małgorzata	510	WYMIATACZE	Open K	83	04:24:06.05	04:24:16.00	+01:48:03 (40.9%)	8:48	6.8 (59.1%)
84	WYSOCKA Anna	714	WYMIATACZE	Open K	84	04:24:06.40	04:24:16.30	+01:48:03 (40.9%)	8:48	6.8 (59.1%)
84	WASAŻNIK Marta	694	WYMIATACZE	Open K	85	04:24:06.00	04:24:16.30	+01:48:03 (40.9%)	8:48	6.8 (59.1%)
86	SIEJKA Małgorzata	650	LEŚNY CROSS	Open K	86	04:24:12.85	04:24:43.10	+01:48:30 (41.0%)	8:48	6.8 (59.1%)
87	PSZCZÓŁKOWSKA Katarzyna	629	FIT4EVEREST.PL	Open K	87	04:29:25.80	04:29:36.00	+01:53:23 (42.1%)	8:58	6.7 (58.3%)
88	GEPPERT Elżbieta	480	BODY IN MOTION	Open K	88	04:30:07.95	04:30:31.05	+01:54:18 (42.3%)	9:00	6.7 (58.3%)
89	ŚPICA Dorota	685	RECEPTA NA ZDROWIE	Open K	89	04:30:27.80	04:31:00.10	+01:54:47 (42.4%)	9:00	6.7 (58.3%)
90	KNOSOWSKA Sylwia	517		Open K	90	04:32:46.65	04:33:03.60	+01:56:50 (42.8%)	9:05	6.6 (57.4%)
91	ŻBIKOWSKA Małgorzata	725	SPC	Open K	91	04:35:33.75	04:35:51.30	+01:59:38 (43.4%)	9:11	6.5 (56.5%)
92	SCHMIDT Beata	746	MIKI-TEAM	Open K	92	04:28:13.00	04:37:53.55	+02:01:40 (43.8%)	8:56	6.7 (58.3%)
93	BUDZYŃSKA Elżbieta	439		Open K	93	04:43:49.95	04:44:06.30	+02:07:53 (45.0%)	9:27	6.3 (54.8%)
94	BRZOZOWSKA Renata	438	WYMIATACZE	Open K	94	04:46:59.80	04:47:15.05	+02:11:02 (45.6%)	9:34	6.3 (54.8%)
95	DOMBROWSKA-GROCHOWSKA Justyna	456	WYMIATACZE	Open K	95	04:47:00.35	04:47:15.55	+02:11:02 (45.6%)	9:34	6.3 (54.8%)
96	ZAJDA Iwona	762		Open K	96	04:47:50.90	04:48:11.05	+02:11:58 (45.8%)	9:35	6.3 (54.8%)
97	PASTERNAK Joanna	606	PZU SPORT TEAM	Open K	97	04:55:51.95	04:56:07.40	+02:19:54 (47.2%)	9:51	6.1 (53.0%)
98	CERANOWSKA Aga	444	PSEUDOBIEGACZKI	Open K	98	04:56:13.90	04:56:23.35	+02:20:10 (47.3%)	9:52	6.1 (53.0%)
Przekroczony limit czasu: 05:10:00										
99	DOMBROVSKA Baiba	455	CĒSIS ECO TRAIL	Open K	99	05:33:03.90	05:33:35.00	+02:57:22 (53.2%)	11:06	5.4 (47.0%)

Znaleziono 99 wynik(ów)