



MARSZ MIKOŁAJKOWY

B4SPORT

Wydarzenie: X Bieg Mikołajkowy
Organizator: Stowarzyszenie BiegamBoLubie Team Police
Data: 2022-12-04
Miejsce: Police
Dystans: 5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat Police	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	KLABAN Tetiana	741		K-40	1	Tak		00:36:27.50	00:36:27.50		7:17	8.2 (100%)
2	LIPIŃSKA Karolina	770	KS POGODNI NORDIKOWCY SZCZECIN	K-40	2		KS Pogodni Nordikowcy Szczecin	00:36:35.15	00:36:35.15	+00:00:07 (0.3%)	7:19	8.2 (100%)
3	BŁĄD-WASZKIEWICZ Wanda	665		K-40	3			00:37:35.80	00:37:35.80	+00:01:08 (3.0%)	7:31	8 (97.6%)
4	SZUBERT-ADAMSKA Ewelina	876	FUTYMKA TEAM	K-40	4	Tak	Futymka Team	00:38:04.35	00:38:04.35	+00:01:36 (4.2%)	7:36	7.9 (96.3%)
5	SZYMAŃSKA Ewa	883		K-40	5	Tak	Kompas Team	00:38:33.45	00:38:33.45	+00:02:05 (5.4%)	7:42	7.8 (95.1%)
6	GÓRSKA Agnieszka	705		K-40	6		KS Pogodni Nordikowcy Szczecin 2	00:38:52.35	00:38:52.35	+00:02:24 (6.2%)	7:46	7.7 (93.9%)
7	GROCHOLSKA Agnieszka	706		K-40	7			00:39:25.40	00:39:25.40	+00:02:57 (7.5%)	7:53	7.6 (92.7%)
8	MUSZKIET-SOBAŃSKA Agnieszka	808	MUFFINKOWE MORSY	K-40	8		Muffinkowe Morsy	00:40:07.55	00:40:07.55	+00:03:40 (9.1%)	8:01	7.5 (91.5%)
9	BOGDAŁ Monika	666	BACKER DREAM TEAM	K-40	9			00:40:45.80	00:40:45.80	+00:04:18 (10.6%)	8:09	7.4 (90.2%)
10	AMBROZIEWICZ Monika	651		K-40	10			00:41:53.15	00:41:53.15	+00:05:25 (13.0%)	8:22	7.2 (87.8%)
11	WIŚNIEWSKA Dorota	921	WIOSŁO	K-40	11			00:41:54.40	00:41:54.40	+00:05:26 (13.0%)	8:22	7.2 (87.8%)
11	OLSZEWSKA Magdalena	922	WIOSŁO	K-40	11			00:41:54.40	00:41:54.40	+00:05:26 (13.0%)	8:22	7.2 (87.8%)
13	SZEWCUK Małgorzata	875	KS POGODNI NORDICOWCY SZCZECIN	K-40	13	Tak	KS Pogodni Nordikowcy Szczecin 2	00:42:05.40	00:42:05.40	+00:05:37 (13.4%)	8:25	7.1 (86.6%)
14	GÓRNIK Anna	920	WIOSŁO	K-40	14			00:42:14.30	00:42:14.30	+00:05:46 (13.7%)	8:26	7.1 (86.6%)
15	MARIAŃSKA-FOJUT Agata	789		K-40	15			00:42:27.75	00:42:27.75	+00:06:00 (14.1%)	8:29	7.1 (86.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat Police	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
16	DUL Magdalena	678	KB HERMES GRYFINO	K-40	16			00:43:03.25	00:43:03.25	+00:06:35 (15.3%)	8:36	7 (85.4%)
17	LEWANDOWSKA Dorota	768		K-40	17			00:43:07.55	00:43:07.55	+00:06:40 (15.5%)	8:37	7 (85.4%)
18	ŁEMPKOWSKA Beata	779	BBL POLICE	K-40	18	Tak	Januszek Team BBL	00:43:11.15	00:43:11.15	+00:06:43 (15.6%)	8:38	6.9 (84.1%)
19	MICHALSKA Aneta	797		K-40	19	Tak		00:43:17.05	00:43:17.05	+00:06:49 (15.8%)	8:39	6.9 (84.1%)
20	WOJNAS Beata	901	HULK TEAM	K-40	20	Tak		00:43:19.35	00:43:19.35	+00:06:51 (15.8%)	8:39	6.9 (84.1%)
21	BĄKOWSKA Sylwia	658		K-40	21	Tak		00:43:24.75	00:43:24.75	+00:06:57 (16.0%)	8:40	6.9 (84.1%)
22	KOŁODZIEJCZYK Justyna	744		K-40	22			00:43:26.00	00:43:26.00	+00:06:58 (16.1%)	8:41	6.9 (84.1%)
23	KOTFICA-TELEJ Agnieszka	749		K-40	23			00:43:29.45	00:43:29.45	+00:07:01 (16.2%)	8:41	6.9 (84.1%)
24	SAJEWICZ Marta	850	WALKING WARRIORS	K-40	24	Tak	Walking Warriors	00:44:08.50	00:44:08.50	+00:07:41 (17.4%)	8:49	6.8 (82.9%)
25	SYCH Małgorzata	871	KB KAMIEŃ POM.	K-40	25			00:44:19.20	00:44:19.20	+00:07:51 (17.7%)	8:51	6.8 (82.9%)
26	KOZA Joanna	752		K-40	26	Tak		00:44:26.50	00:44:26.50	+00:07:59 (18.0%)	8:53	6.8 (82.9%)
27	RADCZUK Karolina	834	GANG MARIANA	K-40	27	Tak		00:44:32.65	00:44:32.65	+00:08:05 (18.2%)	8:54	6.7 (81.7%)
28	ŻARCZYŃSKA Iwona	912		K-40	28	Tak		00:44:47.70	00:44:47.70	+00:08:20 (18.6%)	8:57	6.7 (81.7%)
29	MATWIEJCZUK Agnieszka	792	FUTYMKA TEAM	K-40	29			00:44:57.60	00:44:57.60	+00:08:30 (18.9%)	8:59	6.7 (81.7%)
30	JĘDRUCH Beata	730		K-40	30			00:45:17.40	00:45:17.40	+00:08:49 (19.5%)	9:03	6.6 (80.5%)
31	ŁUKOMSKA-DZIEDZIC Anna	783	FUNDACJA MIEZR WYSOKO	K-40	31			00:45:35.55	00:45:35.55	+00:09:08 (20.0%)	9:07	6.6 (80.5%)
32	JAGUSZEWSKA Sylwia	721		K-40	32	Tak		00:46:07.45	00:46:07.45	+00:09:39 (21.0%)	9:13	6.5 (79.3%)
33	JATCZAK Katarzyna	728	KPP POLICE	K-40	33	Tak		00:46:15.00	00:46:15.00	+00:09:47 (21.2%)	9:15	6.5 (79.3%)
34	FIJĄLKOWSKA Monika	685		K-40	34	Tak		00:46:15.85	00:46:15.85	+00:09:48 (21.2%)	9:15	6.5 (79.3%)
35	SIKORA Magdalena	858		K-40	35			00:46:16.75	00:46:16.75	+00:09:49 (21.2%)	9:15	6.5 (79.3%)
36	POLTORAK Ela	832		K-40	36			00:46:21.85	00:46:21.85	+00:09:54 (21.4%)	9:16	6.5 (79.3%)
37	DUDEK Agnieszka	677		K-40	37			00:46:22.10	00:46:22.10	+00:09:54 (21.4%)	9:16	6.5 (79.3%)
37	JANICKA-GNAT Karolina	724		K-40	37	Tak		00:46:22.10	00:46:22.10	+00:09:54 (21.4%)	9:16	6.5 (79.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat Police	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
39	ZDANKIEWICZ Olga	908		K-40	39	Tak		00:47:04.45	00:47:04.45	+00:10:36 (22.6%)	9:24	6.4 (78.0%)
40	LACINA Karolina	764		K-40	40	Tak		00:47:13.30	00:47:13.30	+00:10:45 (22.8%)	9:26	6.4 (78.0%)
41	ROSZATYCKA Magdalena	844		K-40	41			00:47:13.45	00:47:13.45	+00:10:45 (22.8%)	9:26	6.4 (78.0%)
42	EŚWIŁ Agnieszka	681		K-40	42	Tak		00:47:55.05	00:47:55.05	+00:11:27 (23.9%)	9:35	6.3 (76.8%)
43	STELMACH Mirella	864	BEZ	K-40	43			00:47:55.45	00:47:55.45	+00:11:27 (23.9%)	9:35	6.3 (76.8%)
44	LEDZION Dagmara	765		K-40	44			00:48:15.35	00:48:15.35	+00:11:47 (24.4%)	9:39	6.2 (75.6%)
45	BAK Kasia	657	TEAM FUTYMKA	K-40	45		Futymka Team	00:48:20.05	00:48:20.05	+00:11:52 (24.6%)	9:40	6.2 (75.6%)
46	MICHALAK Monika	796	FUTYMKA TEAM	K-40	46	Tak		00:48:20.35	00:48:20.35	+00:11:52 (24.6%)	9:40	6.2 (75.6%)
47	KLITYŃSKA Agnieszka	742		K-40	47			00:48:20.50	00:48:20.50	+00:11:53 (24.6%)	9:40	6.2 (75.6%)
48	LITWINIAK Izabela	773	FUTYMKA TEAM	K-40	48		Futymka Team	00:48:20.70	00:48:20.70	+00:11:53 (24.6%)	9:40	6.2 (75.6%)
49	LOLAS-SZYDŁOWSKA Margarita	774		K-40	49	Tak		00:48:21.30	00:48:21.30	+00:11:53 (24.6%)	9:40	6.2 (75.6%)
50	KONDELA Edyta	745	AKTYWNE CHOSZCZNO	K-40	50			00:48:21.50	00:48:21.50	+00:11:54 (24.6%)	9:40	6.2 (75.6%)
51	NIESCIER Dorota	814		K-40	51	Tak		00:48:22.15	00:48:22.15	+00:11:54 (24.6%)	9:40	6.2 (75.6%)
52	SOŁTYS Agnieszka	860		K-40	52	Tak		00:48:38.65	00:48:38.65	+00:12:11 (25.1%)	9:43	6.2 (75.6%)
53	PACEK Małgorzata	821		K-40	53		Kompas Team	00:48:38.95	00:48:38.95	+00:12:11 (25.1%)	9:43	6.2 (75.6%)
54	ŁAZOWSKA Edyta	778	KOMPAS TEAM	K-40	54		Kompas Team	00:48:39.80	00:48:39.80	+00:12:12 (25.1%)	9:43	6.2 (75.6%)
55	TROJANOWSKA Izabela	892		K-40	55			00:48:41.65	00:48:41.65	+00:12:14 (25.1%)	9:44	6.2 (75.6%)
56	DROZDEK Joanna	676	KOMPAS TEAM	K-40	56		Kompas Team	00:48:42.75	00:48:42.75	+00:12:15 (25.2%)	9:44	6.2 (75.6%)
57	GŁADZIK Anna	700	KOMPAS TEAM	K-40	57		Kompas Team	00:48:44.05	00:48:44.05	+00:12:16 (25.2%)	9:44	6.2 (75.6%)
58	ŚNIEGOWSKA Dorota	886	DOROTKA	K-40	58			00:48:55.75	00:48:55.75	+00:12:28 (25.5%)	9:47	6.1 (74.4%)
59	GAŁĄZKA Magdalena	696		K-40	59			00:48:57.60	00:48:57.60	+00:12:30 (25.5%)	9:47	6.1 (74.4%)
60	PIECZYŃSKA Magdalena	824	AKTYWNE GRYFINO	K-40	60			00:49:03.10	00:49:03.10	+00:12:35 (25.7%)	9:48	6.1 (74.4%)
61	KOSTYSZAK Marta	748	FUTYMKA TEAM	K-40	61		Futymka Team	00:49:07.80	00:49:07.80	+00:12:40 (25.8%)	9:49	6.1 (74.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat Police	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
62	STRZELCZAK-CYBULSKA Agnieszka	867		K-40	62			00:49:29.70	00:49:29.70	+00:13:02 (26.3%)	9:53	6.1 (74.4%)
63	MUJTA Katarzyna	805		K-40	63			00:49:31.40	00:49:31.40	+00:13:03 (26.4%)	9:54	6.1 (74.4%)
64	GRZYBOWSKA Katarzyna	711		K-40	64	Tak		00:50:08.50	00:50:08.50	+00:13:41 (27.3%)	10:01	6 (73.2%)
65	HRYŃCZUK Marta	719		K-40	65	Tak		00:50:08.85	00:50:08.85	+00:13:41 (27.3%)	10:01	6 (73.2%)
66	JANKOWSKA Małgorzata	725		K-40	66			00:50:19.90	00:50:19.90	+00:13:52 (27.6%)	10:03	6 (73.2%)
67	GANDURSKA - TRZECIAKIEWICZ Karolina	697		K-40	67			00:50:40.80	00:50:40.80	+00:14:13 (28.1%)	10:08	5.9 (72.0%)
68	JUNAK Gabriela	731		K-40	68			00:50:43.80	00:50:43.80	+00:14:16 (28.1%)	10:08	5.9 (72.0%)
69	SZCZEPANIAK Anna	919		K-40	69			00:50:45.05	00:50:45.05	+00:14:17 (28.2%)	10:09	5.9 (72.0%)
70	MATYJASZCZYK Anna	793		K-40	70			00:50:47.80	00:50:47.80	+00:14:20 (28.2%)	10:09	5.9 (72.0%)
71	NIEMIEC Joanna	813		K-40	71	Tak		00:50:51.35	00:50:51.35	+00:14:23 (28.3%)	10:10	5.9 (72.0%)
72	GRZYWA Joanna	713		K-40	72			00:52:11.85	00:52:11.85	+00:15:44 (30.2%)	10:26	5.7 (69.5%)
73	ŻABOKLICKA Monika	911		K-40	73			00:52:31.50	00:52:31.50	+00:16:04 (30.6%)	10:30	5.7 (69.5%)
74	RIEDEL Magdalena	837	MORSY SIADŁO	K-40	74	Tak		00:52:50.25	00:52:50.25	+00:16:22 (31.0%)	10:34	5.7 (69.5%)
75	STANISZEWSKA Iza	863	KIJKI SIADŁO DOLNE	K-40	75	Tak		00:52:51.20	00:52:51.20	+00:16:23 (31.0%)	10:34	5.7 (69.5%)
76	GRZĄDKA Iwona	710		K-40	76			00:53:04.50	00:53:04.50	+00:16:37 (31.3%)	10:36	5.7 (69.5%)
76	ROMAŃSKA Joanna	839		K-40	76			00:53:04.50	00:53:04.50	+00:16:37 (31.3%)	10:36	5.7 (69.5%)
78	KRÓLAK-CHOCHOŁ Joanna	757		K-40	78	Tak		00:53:06.15	00:53:06.15	+00:16:38 (31.3%)	10:37	5.6 (68.3%)
78	ŚLĘZAK Anita	885		K-40	78			00:53:06.15	00:53:06.15	+00:16:38 (31.3%)	10:37	5.6 (68.3%)
80	KĘSKA-PLĄSEK Małgorzata	740	LOVELASY	K-40	80	Tak		00:53:11.65	00:53:11.65	+00:16:44 (31.5%)	10:38	5.6 (68.3%)
81	KRASNODĘBSKA Magdalena	754		K-40	81	Tak		00:53:12.10	00:53:12.10	+00:16:44 (31.5%)	10:38	5.6 (68.3%)
82	CIECHANOWICZ Agnieszka	672		K-40	82	Tak		00:53:19.55	00:53:19.55	+00:16:52 (31.6%)	10:39	5.6 (68.3%)
83	NOWAK Aneta	815	NORDICOWELOVE	K-40	83			00:55:49.80	00:55:49.80	+00:19:22 (34.7%)	11:09	5.4 (65.9%)
84	BAK Kasia	656	FUTYMKA TEAM	K-40	84		Futymka Team	00:55:50.85	00:55:50.85	+00:19:23 (34.7%)	11:10	5.4 (65.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat Police	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
85	BETKER Anna	659	KS ZADYSZKA	K-40	85	Tak	KS Zadyszka	00:56:09.25	00:56:09.25	+00:19:41 (35.1%)	11:13	5.3 (64.6%)
86	GRYGORCEWICZ Anna	709	KS ZADYSZKA	K-40	86	Tak	KS Zadyszka	00:56:09.30	00:56:09.30	+00:19:41 (35.1%)	11:13	5.3 (64.6%)
87	SZYKOŁOWSKA Ewa	881	KS ZADYSZKA	K-40	87		KS Zadyszka	00:56:10.60	00:56:10.60	+00:19:43 (35.1%)	11:14	5.3 (64.6%)
88	BIERKOWSKA Aneta	661		K-40	88	Tak	KS Zadyszka	00:56:11.40	00:56:11.40	+00:19:43 (35.1%)	11:14	5.3 (64.6%)
89	ŚWITAŁA Konsuela	887		K-40	89			00:56:27.05	00:56:27.05	+00:19:59 (35.4%)	11:17	5.3 (64.6%)
90	GURGACZ Gabriela	714	WALKING WARRIORS	K-40	90	Tak		00:57:34.05	00:57:34.05	+00:21:06 (36.7%)	11:30	5.2 (63.4%)
91	MALICKA Marzena	786		K-40	91	Tak		01:00:14.50	01:00:14.50	+00:23:47 (39.5%)	12:02	5 (61.0%)
92	KOTNIEWICZ Agnieszka	750	FUTYMKA TEAM	K-40	92	Tak	Futymka Team	01:00:15.75	01:00:15.75	+00:23:48 (39.5%)	12:03	5 (61.0%)

Znaleziono 92 wynik(ów)