



# MARSZ MIKOŁAJKOWY

B4SPORT

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

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: K-50

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat Police	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	MASŁYK Małgorzata	791		K-50	1		Poparzeni Śniegiem	00:33:19.75	00:33:19.75		6:39	9 (100%)
2	MURAWSKA Wioletta	806	SKB DZIK POLICE	K-50	2	Tak		00:34:11.55	00:34:11.55	+00:00:51 (2.5%)	6:50	8.8 (97.8%)
3	OLEJNIK Marzena	818		K-50	3		KS Pogodni Nordikowcy Szczecin	00:35:32.60	00:35:32.60	+00:02:12 (6.2%)	7:06	8.4 (93.3%)
4	STACHOWICZ-HAWRYLAK Sylwia	862	ZACHPOMORSKIE CENTRUM ONKOLOGII	K-50	4			00:35:43.20	00:35:43.20	+00:02:23 (6.7%)	7:08	8.4 (93.3%)
5	GÓRSKA Dorota	704		K-50	5	Tak		00:38:31.00	00:38:31.00	+00:05:11 (13.5%)	7:42	7.8 (86.7%)
6	RUTKOWSKA Dorota	847	KS POGODNI NORDICOWCY SZCZECIN	K-50	6	Tak	KS Pogodni Nordikowcy Szczecin 2	00:38:40.95	00:38:40.95	+00:05:21 (13.8%)	7:44	7.8 (86.7%)
7	MALINOWSKA Marzena	787		K-50	7	Tak		00:39:33.55	00:39:33.55	+00:06:13 (15.7%)	7:54	7.6 (84.4%)
8	KUDERSKA Iwona	761	KPP POLICE	K-50	8	Tak		00:40:09.15	00:40:09.15	+00:06:49 (17.0%)	8:01	7.5 (83.3%)
9	SŁABOSZEWSKA Elżbieta	859	KS POGODNI NORDIKOWCY SZCZECIN	K-50	9		KS Pogodni Nordikowcy Szczecin 2	00:40:44.05	00:40:44.05	+00:07:24 (18.2%)	8:08	7.4 (82.2%)
10	OSIADACZ Iwona	820	BACKER DREAM TEAM	K-50	10			00:41:56.90	00:41:56.90	+00:08:37 (20.5%)	8:23	7.2 (80.0%)
11	SIELICKA Agnieszka	856		K-50	11			00:42:09.50	00:42:09.50	+00:08:49 (20.9%)	8:25	7.1 (78.9%)
12	PILAWSKA Małgorzata	826		K-50	12	Tak		00:43:06.65	00:43:06.65	+00:09:46 (22.7%)	8:37	7 (77.8%)
13	BIENIEWICZ Ewa	660		K-50	13			00:43:13.65	00:43:13.65	+00:09:53 (22.9%)	8:38	6.9 (76.7%)
14	ZALEWSKA Teresa	906		K-50	14	Tak		00:43:14.80	00:43:14.80	+00:09:55 (22.9%)	8:38	6.9 (76.7%)
15	KAROL Agnieszka	735		K-50	15	Tak		00:43:19.00	00:43:19.00	+00:09:59 (23.1%)	8:39	6.9 (76.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat Police	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
16	<b>ŻOŁNO Magdalena</b>	<b>915</b>		K-50	16			<b>00:43:32.70</b>	<b>00:43:32.70</b>	+00:10:12 (23.5%)	8:42	6.9 (76.7%)
17	<b>NEBRATENKO Ilona</b>	<b>810</b>		K-50	17			<b>00:43:56.55</b>	<b>00:43:56.55</b>	+00:10:36 (24.2%)	8:47	6.8 (75.6%)
18	<b>GROCHOWSKA Anna</b>	<b>708</b>		K-50	18			<b>00:44:06.25</b>	<b>00:44:06.25</b>	+00:10:46 (24.4%)	8:49	6.8 (75.6%)
19	<b>KRAWCZYK Basia</b>	<b>756</b>	FUTYMKA TEAM	K-50	19			<b>00:44:21.75</b>	<b>00:44:21.75</b>	+00:11:02 (24.9%)	8:52	6.8 (75.6%)
20	<b>ŻARNICKA Renata</b>	<b>913</b>		K-50	20			<b>00:44:23.20</b>	<b>00:44:23.20</b>	+00:11:03 (24.9%)	8:52	6.8 (75.6%)
21	<b>ŁOZIUK Basia</b>	<b>782</b>		K-50	21			<b>00:44:26.50</b>	<b>00:44:26.50</b>	+00:11:06 (25.0%)	8:53	6.8 (75.6%)
22	<b>MIKA Małgorzata</b>	<b>800</b>		K-50	22	Tak		<b>00:44:31.55</b>	<b>00:44:31.55</b>	+00:11:11 (25.1%)	8:54	6.7 (74.4%)
23	<b>SIELICKA Małgosia</b>	<b>857</b>		K-50	23			<b>00:45:18.20</b>	<b>00:45:18.20</b>	+00:11:58 (26.4%)	9:03	6.6 (73.3%)
24	<b>JASTRZĄB Joanna</b>	<b>727</b>		K-50	24			<b>00:45:33.55</b>	<b>00:45:33.55</b>	+00:12:13 (26.8%)	9:06	6.6 (73.3%)
25	<b>WNUK Wanda</b>	<b>899</b>		K-50	25	Tak		<b>00:46:21.30</b>	<b>00:46:21.30</b>	+00:13:01 (28.1%)	9:16	6.5 (72.2%)
26	<b>JAKIEL KUSA Małgorzata</b>	<b>722</b>		K-50	26			<b>00:46:45.65</b>	<b>00:46:45.65</b>	+00:13:25 (28.7%)	9:21	6.4 (71.1%)
27	<b>WENZEL Elwira</b>	<b>895</b>		K-50	27			<b>00:46:45.75</b>	<b>00:46:45.75</b>	+00:13:26 (28.7%)	9:21	6.4 (71.1%)
28	<b>SENIUTA Marzena</b>	<b>853</b>		K-50	28			<b>00:47:04.85</b>	<b>00:47:04.85</b>	+00:13:45 (29.2%)	9:24	6.4 (71.1%)
29	<b>MAZIUK Elżbieta</b>	<b>795</b>		K-50	29			<b>00:47:05.90</b>	<b>00:47:05.90</b>	+00:13:46 (29.2%)	9:25	6.4 (71.1%)
30	<b>PIOŁUNOWICZ Jolanta</b>	<b>828</b>		K-50	30	Tak		<b>00:47:28.75</b>	<b>00:47:28.75</b>	+00:14:09 (29.8%)	9:29	6.3 (70.0%)
31	<b>RUDECKA Edyta</b>	<b>846</b>		K-50	31			<b>00:48:58.55</b>	<b>00:48:58.55</b>	+00:15:38 (31.9%)	9:47	6.1 (67.8%)
32	<b>GOŁCZYŃSKA Ewa</b>	<b>703</b>	WIOSŁO	K-50	32			<b>00:49:03.40</b>	<b>00:49:03.40</b>	+00:15:43 (32.1%)	9:48	6.1 (67.8%)
33	<b>BIESAGA Małgorzata</b>	<b>664</b>		K-50	33			<b>00:49:21.00</b>	<b>00:49:21.00</b>	+00:16:01 (32.5%)	9:52	6.1 (67.8%)
34	<b>CIEŚLAK Helena</b>	<b>674</b>	LEGENDARY POWER SZEWC	K-50	34			<b>00:49:27.80</b>	<b>00:49:27.80</b>	+00:16:08 (32.6%)	9:53	6.1 (67.8%)
35	<b>ROSIŃSKA Grażyna</b>	<b>841</b>		K-50	35	Tak		<b>00:50:36.75</b>	<b>00:50:36.75</b>	+00:17:17 (34.1%)	10:07	5.9 (65.6%)
36	<b>SAKOSIK Janina</b>	<b>851</b>	KOMANDOSKA	K-50	36			<b>00:50:46.15</b>	<b>00:50:46.15</b>	+00:17:26 (34.4%)	10:09	5.9 (65.6%)
37	<b>RÓŻAŃSKA Beata</b>	<b>845</b>		K-50	37	Tak		<b>00:50:47.55</b>	<b>00:50:47.55</b>	+00:17:27 (34.4%)	10:09	5.9 (65.6%)
38	<b>OBARZANEK Bożena</b>	<b>816</b>	NIEZRZESZONA	K-50	38			<b>00:52:47.95</b>	<b>00:52:47.95</b>	+00:19:28 (36.9%)	10:33	5.7 (63.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat Police	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
39	<b>TARWID Bożena</b>	<b>890</b>		K-50	39	Tak		<b>00:53:06.60</b>	<b>00:53:06.60</b>	+00:19:46 (37.2%)	10:37	5.6 (62.2%)
40	<b>BASZURO Krystyna</b>	<b>653</b>		K-50	40			<b>00:53:09.30</b>	<b>00:53:09.30</b>	+00:19:49 (37.3%)	10:37	5.6 (62.2%)
41	<b>CICHECKA Joanna</b>	<b>670</b>	NORDICOWELOVE	K-50	41	Tak	Nordicowe Love	<b>00:55:48.95</b>	<b>00:55:48.95</b>	+00:22:29 (40.3%)	11:09	5.4 (60.0%)
42	<b>KUMOR Beata</b>	<b>763</b>	-	K-50	42			<b>00:56:28.10</b>	<b>00:56:28.10</b>	+00:23:08 (41.0%)	11:17	5.3 (58.9%)

Znaleziono 42 wynik(ów)