



MARSZ MIKOŁAJKOWY

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Event: X Bieg Mikołajkowy
Organiser: Stowarzyszenie BiegamBoLubie Team Police
Date: 2022-12-04
Place: Police
Distance: 5 km

Classification: Mieszkanca Powiatu Police

Place	Participant	Number	Club	Category	MCat	Powiat Police	Drużyna 1	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	MURAWSKA Wioletta	806	SKB DZIK POLICE	K-50	2	Tak		00:34:11.55	00:34:11.55		6:50	8.8 (100%)
2	KLABAN Tetiana	741		K-40	1	Tak		00:36:27.50	00:36:27.50	+00:02:15 (6.2%)	7:17	8.2 (93.2%)
3	SZUBERT-ADAMSKA Ewelina	876	FUTYMKA TEAM	K-40	4	Tak	Futymka Team	00:38:04.35	00:38:04.35	+00:03:52 (10.2%)	7:36	7.9 (89.8%)
4	GÓRSKA Dorota	704		K-50	5	Tak		00:38:31.00	00:38:31.00	+00:04:19 (11.2%)	7:42	7.8 (88.6%)
5	SZYMAŃSKA Ewa	883		K-40	5	Tak	Kompas Team	00:38:33.45	00:38:33.45	+00:04:21 (11.3%)	7:42	7.8 (88.6%)
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	+00:04:29 (11.6%)	7:44	7.8 (88.6%)
7	MALINOWSKA Marzena	787		K-50	7	Tak		00:39:33.55	00:39:33.55	+00:05:22 (13.6%)	7:54	7.6 (86.4%)
8	KAŁANDYK Paulina	733		K-30	6	Tak		00:39:34.90	00:39:34.90	+00:05:23 (13.6%)	7:54	7.6 (86.4%)
9	KUDERSKA Iwona	761	KPP POLICE	K-50	8	Tak		00:40:09.15	00:40:09.15	+00:05:57 (14.8%)	8:01	7.5 (85.2%)
10	JURCZYK Anna	732	FUTYMKA TEAM	K-30	7	Tak	Futymka Team	00:41:12.70	00:41:12.70	+00:07:01 (17.0%)	8:14	7.3 (83.0%)
11	BIERNACKA Helena	662	NIEZRZESZONA	K-60	4	Tak		00:41:30.95	00:41:30.95	+00:07:19 (17.6%)	8:18	7.2 (81.8%)
12	SALA Mirosława	852	KPP POLICE	K-60	5	Tak		00:41:37.15	00:41:37.15	+00:07:25 (17.8%)	8:19	7.2 (81.8%)
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	+00:07:53 (18.8%)	8:25	7.1 (80.7%)
14	MICHALSKA Karolina	799		K-20	2	Tak		00:42:19.65	00:42:19.65	+00:08:08 (19.2%)	8:27	7.1 (80.7%)
15	PIOTROWSKA Kamila	829		K-30	9	Tak		00:42:29.85	00:42:29.85	+00:08:18 (19.5%)	8:29	7.1 (80.7%)

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16	MIKLAS Aleksandra	801	WALKING WARRIORS	K-30	12	Tak	Walking Warriors	00:43:06.55	00:43:06.55	+00:08:55 (20.7%)	8:37	7 (79.5%)
17	PILAWSKA Małgorzata	826		K-50	12	Tak		00:43:06.65	00:43:06.65	+00:08:55 (20.7%)	8:37	7 (79.5%)
18	ŁEMPKOWSKA Beata	779	BBL POLICE	K-40	18	Tak	Januszek Team BBL	00:43:11.15	00:43:11.15	+00:08:59 (20.8%)	8:38	6.9 (78.4%)
19	ZALEWSKA Teresa	906		K-50	14	Tak		00:43:14.80	00:43:14.80	+00:09:03 (20.9%)	8:38	6.9 (78.4%)
20	MISIUK Marta	803	LOVELASY	K-30	13	Tak		00:43:16.95	00:43:16.95	+00:09:05 (21.0%)	8:39	6.9 (78.4%)
21	MICHALSKA Aneta	797		K-40	19	Tak		00:43:17.05	00:43:17.05	+00:09:05 (21.0%)	8:39	6.9 (78.4%)
22	MICHALSKA Marianna	798		K-20	3	Tak		00:43:17.25	00:43:17.25	+00:09:05 (21.0%)	8:39	6.9 (78.4%)
23	KAROL Agnieszka	735		K-50	15	Tak		00:43:19.00	00:43:19.00	+00:09:07 (21.1%)	8:39	6.9 (78.4%)
24	WOJNAS Beata	901	HULK TEAM	K-40	20	Tak		00:43:19.35	00:43:19.35	+00:09:07 (21.1%)	8:39	6.9 (78.4%)
25	BĄKOWSKA Sylwia	658		K-40	21	Tak		00:43:24.75	00:43:24.75	+00:09:13 (21.2%)	8:40	6.9 (78.4%)
26	SAJEWICZ Marta	850	WALKING WARRIORS	K-40	24	Tak	Walking Warriors	00:44:08.50	00:44:08.50	+00:09:56 (22.5%)	8:49	6.8 (77.3%)
27	SAJEWICZ Magdalena	849	WALKING WARRIORS	K-30	15	Tak	Walking Warriors	00:44:08.75	00:44:08.75	+00:09:57 (22.5%)	8:49	6.8 (77.3%)
28	SZWECH Katarzyna	879		K-30	16	Tak		00:44:24.60	00:44:24.60	+00:10:13 (23.0%)	8:52	6.8 (77.3%)
29	KOZA Joanna	752		K-40	26	Tak		00:44:26.50	00:44:26.50	+00:10:14 (23.1%)	8:53	6.8 (77.3%)
30	MIKA Małgorzata	800		K-50	22	Tak		00:44:31.55	00:44:31.55	+00:10:20 (23.2%)	8:54	6.7 (76.1%)
31	RADCZUK Karolina	834	GANG MARIANA	K-40	27	Tak		00:44:32.65	00:44:32.65	+00:10:21 (23.2%)	8:54	6.7 (76.1%)
32	ŻARCZYŃSKA Iwona	912		K-40	28	Tak		00:44:47.70	00:44:47.70	+00:10:36 (23.7%)	8:57	6.7 (76.1%)
33	KASPRZAK Elżbieta	738		K-60	10	Tak		00:46:07.35	00:46:07.35	+00:11:55 (25.9%)	9:13	6.5 (73.9%)
34	JAGUSZEWSKA Sylwia	721		K-40	32	Tak		00:46:07.45	00:46:07.45	+00:11:55 (25.9%)	9:13	6.5 (73.9%)
35	JATCZAK Katarzyna	728	KPP POLICE	K-40	33	Tak		00:46:15.00	00:46:15.00	+00:12:03 (26.1%)	9:15	6.5 (73.9%)
36	JATCZAK Natalia	729	KPP POLICE	K-20	5	Tak		00:46:15.10	00:46:15.10	+00:12:03 (26.1%)	9:15	6.5 (73.9%)
37	FIJAŁKOWSKA Monika	685		K-40	34	Tak		00:46:15.85	00:46:15.85	+00:12:04 (26.1%)	9:15	6.5 (73.9%)
38	WNUK Wanda	899		K-50	25	Tak		00:46:21.30	00:46:21.30	+00:12:09 (26.2%)	9:16	6.5 (73.9%)

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39	JANICKA-GNAT Karolina	724		K-40	37	Tak		00:46:22.10	00:46:22.10	+00:12:10 (26.3%)	9:16	6.5 (73.9%)
40	ROSIŃSKA Karolina	840		K-30	20	Tak		00:46:40.45	00:46:40.45	+00:12:28 (26.7%)	9:20	6.4 (72.7%)
41	ZDANKIEWICZ Olga	908		K-40	39	Tak		00:47:04.45	00:47:04.45	+00:12:52 (27.4%)	9:24	6.4 (72.7%)
42	LACINA Karolina	764		K-40	40	Tak		00:47:13.30	00:47:13.30	+00:13:01 (27.6%)	9:26	6.4 (72.7%)
43	PIOŁUNOWICZ Jolanta	828		K-50	30	Tak		00:47:28.75	00:47:28.75	+00:13:17 (28.0%)	9:29	6.3 (71.6%)
44	EŚWIŁ Agnieszka	681		K-40	42	Tak		00:47:55.05	00:47:55.05	+00:13:43 (28.6%)	9:35	6.3 (71.6%)
45	MICHALAK Monika	796	FUTYMKA TEAM	K-40	46	Tak		00:48:20.35	00:48:20.35	+00:14:08 (29.3%)	9:40	6.2 (70.5%)
46	LOLAS-SZYDŁOWSKA Margarita	774		K-40	49	Tak		00:48:21.30	00:48:21.30	+00:14:09 (29.3%)	9:40	6.2 (70.5%)
47	NIESCIER Dorota	814		K-40	51	Tak		00:48:22.15	00:48:22.15	+00:14:10 (29.3%)	9:40	6.2 (70.5%)
48	SOŁTYS Agnieszka	860		K-40	52	Tak		00:48:38.65	00:48:38.65	+00:14:27 (29.7%)	9:43	6.2 (70.5%)
49	FUTYMA Karolina	694	FUTYMKA TEAM	K-30	24	Tak		00:49:07.55	00:49:07.55	+00:14:56 (30.4%)	9:49	6.1 (69.3%)
50	GRZYBOWSKA Katarzyna	711		K-40	64	Tak		00:50:08.50	00:50:08.50	+00:15:56 (31.8%)	10:01	6 (68.2%)
51	HRYŃCZUK Marta	719		K-40	65	Tak		00:50:08.85	00:50:08.85	+00:15:57 (31.8%)	10:01	6 (68.2%)
52	ROSIŃSKA Grażyna	841		K-50	35	Tak		00:50:36.75	00:50:36.75	+00:16:25 (32.4%)	10:07	5.9 (67.0%)
53	RÓŻAŃSKA Beata	845		K-50	37	Tak		00:50:47.55	00:50:47.55	+00:16:36 (32.7%)	10:09	5.9 (67.0%)
54	KOSTANSKA Dagmara	747		K-30	28	Tak		00:50:51.15	00:50:51.15	+00:16:39 (32.8%)	10:10	5.9 (67.0%)
55	NIEMIEC Joanna	813		K-40	71	Tak		00:50:51.35	00:50:51.35	+00:16:39 (32.8%)	10:10	5.9 (67.0%)
56	WIJTYK Natalia	896		K-20	6	Tak		00:50:52.05	00:50:52.05	+00:16:40 (32.8%)	10:10	5.9 (67.0%)
57	GAZECKA Krystyna	698		K-60	14	Tak		00:52:47.45	00:52:47.45	+00:18:35 (35.2%)	10:33	5.7 (64.8%)
58	RIEDEL Magdalena	837	MORSY SIADŁO	K-40	74	Tak		00:52:50.25	00:52:50.25	+00:18:38 (35.3%)	10:34	5.7 (64.8%)
59	STANISZEWSKA Iza	863	KIJKI SIADŁO DOLNE	K-40	75	Tak		00:52:51.20	00:52:51.20	+00:18:39 (35.3%)	10:34	5.7 (64.8%)
60	KRÓLAK-CHOCHOŁ Joanna	757		K-40	78	Tak		00:53:06.15	00:53:06.15	+00:18:54 (35.6%)	10:37	5.6 (63.6%)
61	TARWID Bożena	890		K-50	39	Tak		00:53:06.60	00:53:06.60	+00:18:55 (35.6%)	10:37	5.6 (63.6%)

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62	KĘSKA-PLĄSEK Małgorzata	740	LOVELASY	K-40	80	Tak		00:53:11.65	00:53:11.65	+00:19:00 (35.7%)	10:38	5.6 (63.6%)
63	KRASNODEBSKA Magdalena	754		K-40	81	Tak		00:53:12.10	00:53:12.10	+00:19:00 (35.7%)	10:38	5.6 (63.6%)
64	CIECHANOWICZ Agnieszka	672		K-40	82	Tak		00:53:19.55	00:53:19.55	+00:19:08 (35.9%)	10:39	5.6 (63.6%)
65	CIECHANOWICZ Martyna	671		K-20	7	Tak		00:53:19.90	00:53:19.90	+00:19:08 (35.9%)	10:39	5.6 (63.6%)
66	WOLSKA-RAJCHEL Maria	904	ARIELKA TEAM	K-30	30	Tak		00:54:17.10	00:54:17.10	+00:20:05 (37.0%)	10:51	5.5 (62.5%)
67	SZYDELSKA Krystyna	880	NORDICOWELOVE POLICE	K-60	17	Tak		00:55:48.70	00:55:48.70	+00:21:37 (38.7%)	11:09	5.4 (61.4%)
68	TOMZIK-SWINARSKA Izabela	891	NORDICOWE LOVE	K-60	18	Tak	Nordicowe Love	00:55:48.75	00:55:48.75	+00:21:37 (38.7%)	11:09	5.4 (61.4%)
69	CICHECKA Joanna	670	NORDICOWELOVE	K-50	41	Tak	Nordicowe Love	00:55:48.95	00:55:48.95	+00:21:37 (38.7%)	11:09	5.4 (61.4%)
70	BETKER Anna	659	KS ZADYSZKA	K-40	85	Tak	KS Zadyszka	00:56:09.25	00:56:09.25	+00:21:57 (39.1%)	11:13	5.3 (60.2%)
71	GRYGORCEWICZ Anna	709	KS ZADYSZKA	K-40	86	Tak	KS Zadyszka	00:56:09.30	00:56:09.30	+00:21:57 (39.1%)	11:13	5.3 (60.2%)
72	BIERKOWSKA Aneta	661		K-40	88	Tak	KS Zadyszka	00:56:11.40	00:56:11.40	+00:21:59 (39.1%)	11:14	5.3 (60.2%)
73	GURGACZ Gabriela	714	WALKING WARRIORS	K-40	90	Tak		00:57:34.05	00:57:34.05	+00:23:22 (40.6%)	11:30	5.2 (59.1%)
74	SUSZCZEWSKA Bogumiła	870	WALKING WARRIORS	K-60	21	Tak		00:57:34.20	00:57:34.20	+00:23:22 (40.6%)	11:30	5.2 (59.1%)
75	MALICKA Marzena	786		K-40	91	Tak		01:00:14.50	01:00:14.50	+00:26:02 (43.2%)	12:02	5 (56.8%)
76	KOTNIEWICZ Agnieszka	750	FUTYMKA TEAM	K-40	92	Tak	Futymka Team	01:00:15.75	01:00:15.75	+00:26:04 (43.3%)	12:03	5 (56.8%)

Total 76 results.