



## MARYNARSKA DYCHA - BIEG 10KM

B4SPORT

**Event:** IV BIEG PRZEŁAJOWY "MARYNARSKA DYCHA" im.  
admirala floty Andrzeja KARWETY  
**Organiser:** CENTRUM SZKOLENIA MARYNARKI WOJENNEJ  
(CSMW)  
**Date:** 2019-04-13  
**Place:** Ustka  
**Distance:** 10 km



Classification: K40-49

Place	Participant	Number	Club	Category	MCat	Net time 10km	Gap	Pace min/km	Pace km/h
1	KUKLIŃSKA-NURKOWSKA Lucyna	102	USB USTKA	K40-49	1	<b>00:53:45.87</b>		5:22	11.2 (100%)
2	BARGAŃSKA Justyna	11	RUNTASTYCZNI TEAM BYTÓW	K40-49	2	<b>00:54:42.59</b>	+00:00:56 (1.7%)	5:28	11 (98.2%)
3	KRZOSKA Dorota	100		K40-49	3	<b>01:00:19.32</b>	+00:06:33 (10.9%)	6:01	9.9 (88.4%)
4	PELA Hanna	154	USB USTKA	K40-49	4	<b>01:01:48.86</b>	+00:08:02 (13.0%)	6:10	9.7 (86.6%)
5	ZIELIŃSKA Marzena	236	DECATHLON POWER SŁUPSK	K40-49	5	<b>01:02:31.02</b>	+00:08:45 (14.0%)	6:15	9.6 (85.7%)
6	GERTNER Anna	48	BŁĘKITNE MORSY ŁEBA	K40-49	6	<b>01:03:15.74</b>	+00:09:29 (15.0%)	6:19	9.5 (84.8%)
7	REMUS Monika	172	BEST BEASTS	K40-49	7	<b>01:04:21.39</b>	+00:10:35 (16.5%)	6:26	9.3 (83.0%)
8	KURZAWIŃSKA-JABŁOŃSKA Kasia	108	CZARNE BIEGA	K40-49	8	<b>01:05:26.26</b>	+00:11:40 (17.8%)	6:32	9.2 (82.1%)
9	BIELEWICZ Anna	12	STOPA SŁUPSK	K40-49	9	<b>01:05:58.93</b>	+00:12:13 (18.5%)	6:35	9.1 (81.3%)
10	KLUK Sylwia	79		K40-49	10	<b>01:06:58.74</b>	+00:13:12 (19.7%)	6:41	9 (80.4%)
11	BOBOWICZ Katarzyna	14		K40-49	11	<b>01:07:46.43</b>	+00:14:00 (20.7%)	6:46	8.9 (79.5%)
12	MARCZEWSKA Małgorzata	244	JW3775	K40-49	12	<b>01:08:13.69</b>	+00:14:27 (21.2%)	6:49	8.8 (78.6%)
13	GOŁGOWSKA Małgorzata	51	USB USTKA	K40-49	13	<b>01:08:36.32</b>	+00:14:50 (21.6%)	6:51	8.7 (77.7%)
14	NIZIOŁ Małgorzata	133	BEST BEASTS	K40-49	14	<b>01:12:13.94</b>	+00:18:28 (25.6%)	7:13	8.3 (74.1%)
15	PIETRZYCKA Renata	158	RUNEDA	K40-49	15	<b>01:13:11.26</b>	+00:19:25 (26.5%)	7:19	8.2 (73.2%)
16	BRODALA Jola	20		K40-49	16	<b>01:15:39.24</b>	+00:21:53 (28.9%)	7:34	7.9 (70.5%)
17	POLEWIK Małgorzata	164		K40-49	17	<b>01:16:35.29</b>	+00:22:49 (29.8%)	7:39	7.8 (69.6%)
18	KURCZ Barbara	105	BABECZKI KOSZALIN	K40-49	18	<b>01:19:54.51</b>	+00:26:08 (32.7%)	7:59	7.5 (67.0%)
19	LABRYGA Wioletta	110		K40-49	19	<b>01:32:03.30</b>	+00:38:17 (41.6%)	9:12	6.5 (58.0%)
	ŁUBKOWSKA Magdalena	115		K40-49		<b>DNF</b>		-	- (0.0%)

Total 20 results.