



# NOCNY BIEG SZLAKIEM DZIKA

B4SPORT

**Event:** Dziki Weekend 2021  
**Organiser:** Stowarzyszenie Klub Biegowy Dzik  
**Date:** 2021-08-20  
**Place:** Police  
**Distance:** 5 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Classification: K3 40-49

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	MARZEC Karolina	156	DZIKIE DZIKI GORZÓW	K3 40-49	1	00:00:09	00:27:00.85	00:27:10.40		5:24	11.1 (100%)
2	LEWANDOWSKA Anna	120	HELL'S HEAVEN SZCZECIN	K3 40-49	2	00:00:20	00:30:08.05	00:30:28.50	+00:03:07 (10.4%)	6:01	10 (90.1%)
3	DUBIEL Monika	372	HELL'S HEAVEN SZCZECIN	K3 40-49	3	00:00:21	00:30:20.95	00:30:42.00	+00:03:20 (11.0%)	6:04	9.9 (89.2%)
4	SYCHEL Magdalena	130	POLICE	K3 40-49	4	00:00:11	00:30:42.20	00:30:53.25	+00:03:41 (12.0%)	6:08	9.8 (88.3%)
5	BOCK Agnieszka	144	HASH HOUSE HARRIERS BS	K3 40-49	5	00:00:12	00:30:58.75	00:31:10.95	+00:03:57 (12.8%)	6:11	9.7 (87.4%)
6	RADCZUK Karolina	140	KOMPAS TEAM	K3 40-49	6	00:00:25	00:32:33.60	00:32:58.65	+00:05:32 (17.0%)	6:30	9.2 (82.9%)
7	ZIELIŃSKA Monika	78	POLISH ARMY GIRLS	K3 40-49	7	00:00:36	00:32:33.85	00:33:10.80	+00:05:33 (17.0%)	6:30	9.2 (82.9%)
8	DOMŻALSKA Aneta	129	ACTION GIRLS - BABKI WARIATKI	K3 40-49	8	00:00:15	00:34:14.75	00:34:29.80	+00:07:13 (21.1%)	6:50	8.8 (79.3%)
9	DOBACZEWSKA Ewa	126	ACTION GIRLS - BABKI WARIATKI	K3 40-49	9	00:00:14	00:34:14.85	00:34:29.80	+00:07:14 (21.1%)	6:50	8.8 (79.3%)
10	NARÓC Aneta	118	ACTION GIRLS - BABKI WARIATKI	K3 40-49	10	00:00:15	00:34:18.35	00:34:33.95	+00:07:17 (21.3%)	6:51	8.7 (78.4%)
11	PUPEK Małgorzata	326	WILKI Z CIECHOCINKA	K3 40-49	11	00:00:27	00:34:30.65	00:34:58.45	+00:07:29 (21.7%)	6:54	8.7 (78.4%)
12	WIECZOREK Magdalena	135	WIECZORKI3	K3 40-49	12	00:00:33	00:35:42.85	00:36:16.15	+00:08:42 (24.4%)	7:08	8.4 (75.7%)
13	BANOWSKA Iwona	76	GAPS	K3 40-49	13	00:00:37	00:36:02.65	00:36:40.55	+00:09:01 (25.1%)	7:12	8.3 (74.8%)
14	GRALEWICZ Magdalena	11	MM	K3 40-49	14	00:00:29	00:36:58.50	00:37:27.70	+00:09:57 (26.9%)	7:23	8.1 (73.0%)
15	BEDNARZ Katarzyna	178	NESSI TEAM	K3 40-49	15	00:00:24	00:37:38.80	00:38:03.25	+00:10:37 (28.2%)	7:31	8 (72.1%)
16	KOLEJ Monika	16	DZIKIE DZIKI GORZÓW	K3 40-49	16	00:00:15	00:37:44.55	00:37:59.80	+00:10:43 (28.4%)	7:32	8 (72.1%)
17	ZIELIŃSKA-RYŻ Katarzyna	215	DLL PARTNERS	K3 40-49	17	00:00:33	00:37:52.05	00:38:25.15	+00:10:51 (28.7%)	7:34	7.9 (71.2%)
18	LEŚNIEWSKA Julia	403	DLL PARTNERS	K3 40-49	18	00:00:33	00:38:25.35	00:38:59.25	+00:11:24 (29.7%)	7:41	7.8 (70.3%)
19	KAROLCZAK Magdalena	25	IHUUH TEAM	K3 40-49	19	00:00:25	00:39:13.05	00:39:38.80	+00:12:12 (31.1%)	7:50	7.6 (68.5%)
20	BOCHENEK Jadwiga	65	AFRO-FIT WATAHA CROSSFIT	K3 40-49	20	00:00:21	00:39:19.35	00:39:41.00	+00:12:18 (31.3%)	7:51	7.6 (68.5%)
21	PIOTROWSKA Dorota	418		K3 40-49	21	00:00:42	00:39:27.55	00:40:10.30	+00:12:26 (31.5%)	7:53	7.6 (68.5%)
22	NAJMARK Małgorzata	220		K3 40-49	22	00:00:27	00:39:43.15	00:40:10.40	+00:12:42 (32.0%)	7:56	7.6 (68.5%)
23	KOPEĆ Joanna	343	KOMO	K3 40-49	23	00:00:35	00:41:02.30	00:41:37.95	+00:14:01 (34.2%)	8:12	7.3 (65.8%)
24	SADZIK-DURKA Marta	344	FITBRACTWO	K3 40-49	24	00:00:21	00:41:31.15	00:41:52.70	+00:14:30 (34.9%)	8:18	7.2 (64.9%)
25	BORODZIUK Magdalena	114	SZCZECIN	K3 40-49	25	00:00:31	00:42:07.15	00:42:38.60	+00:15:06 (35.9%)	8:25	7.1 (64.0%)
26	SZAJEK Marta	346	HULK TEAM POLICE	K3 40-49	26	00:00:22	00:42:09.40	00:42:32.35	+00:15:08 (35.9%)	8:25	7.1 (64.0%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
27	<b>PERROT Magdalena</b>	<b>400</b>		K3 40-49	27	00:00:28	<b>00:42:41.95</b>	<b>00:43:10.50</b>	+00:15:41 (36.7%)	8:32	7 (63.1%)
28	<b>PIEKARZEWSKA Małgorzata</b>	<b>63</b>	DZIKUSY	K3 40-49	28	00:00:24	<b>00:42:50.70</b>	<b>00:43:14.85</b>	+00:15:49 (36.9%)	8:34	7 (63.1%)
29	<b>PERROT Magdalena</b>	<b>335</b>	WILKI Z CIECHOCINKA	K3 40-49	29	00:10:13	<b>00:50:04.30</b>	<b>01:00:18.25</b>	+00:23:03 (46.0%)	10:00	6 (54.1%)
30	<b>PŁOSA Monika</b>	<b>94</b>	-	K3 40-49	30	00:00:38	<b>00:51:12.50</b>	<b>00:51:51.05</b>	+00:24:11 (47.2%)	10:14	5.9 (53.2%)

Total 30 results.