

# Pułtuski Festiwal Biegów

4-6 maja 2018

## PFB 2018 :: BIEG DWÓCH WYSP

B4SPORT

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INTELIGENTNE ZAWODY SPORTOWE

**Wydarzenie:** Pułtuski Festiwal Biegów 2018  
**Organizator:** Stowarzyszenie Pultovia  
**Data:** 2018-05-05  
**Miejsce:** Pułtusk  
**Dystans:** 5 km

Klasyfikacja: K30-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>POPOVA Olena</b>	<b>168</b>		K30-49	1	00:00:01	<b>00:17:54.20</b>	<b>00:17:55.75</b>		3:34	16.8 (100%)
2	<b>SUDZIŃSKA Mariola</b>	<b>129</b>	AKM OLSZTYN	K30-49	2	00:00:01	<b>00:20:25.80</b>	<b>00:20:27.75</b>	+00:02:31 (12.4%)	4:05	14.7 (87.5%)
3	<b>LEWANDOWSKA Karolina</b>	<b>160</b>	DREAM RUN	K30-49	3	00:00:02	<b>00:20:46.95</b>	<b>00:20:49.70</b>	+00:02:52 (13.9%)	4:09	14.4 (85.7%)
4	<b>CISZEWSKA Danuta</b>	<b>173</b>		K30-49	4	00:00:02	<b>00:21:10.10</b>	<b>00:21:12.30</b>	+00:03:15 (15.4%)	4:14	14.2 (84.5%)
5	<b>PASZKOWSKA Renata</b>	<b>130</b>		K30-49	5	00:00:05	<b>00:23:55.05</b>	<b>00:24:00.75</b>	+00:06:00 (25.1%)	4:47	12.5 (74.4%)
6	<b>PAWEŁAS Marta</b>	<b>145</b>	POMIJALNI	K30-49	6	00:00:03	<b>00:28:20.60</b>	<b>00:28:23.80</b>	+00:10:26 (36.8%)	5:40	10.6 (63.1%)
7	<b>KONCA Beata</b>	<b>175</b>	KB OŻARÓW MAZ.	K30-49	7	00:00:05	<b>00:28:54.60</b>	<b>00:29:00.25</b>	+00:11:00 (38.1%)	5:47	10.4 (61.9%)
8	<b>CHMURSKA Aneta</b>	<b>148</b>	NASIELSK BASZTA TEAM	K30-49	8	00:00:10	<b>00:28:58.90</b>	<b>00:29:09.15</b>	+00:11:04 (38.2%)	5:47	10.4 (61.9%)
9	<b>KRASKOWSKA Ewelina</b>	<b>188</b>	MAZOVIA PROACTIV	K30-49	9	00:00:08	<b>00:29:08.35</b>	<b>00:29:17.25</b>	+00:11:14 (38.6%)	5:49	10.3 (61.3%)
10	<b>SZMYT Barbara</b>	<b>178</b>	INOS TOWARZYSZE	K30-49	10	00:00:04	<b>00:29:30.05</b>	<b>00:29:34.20</b>	+00:11:35 (39.3%)	5:54	10.2 (60.7%)
11	<b>STRZELECKA Marta</b>	<b>119</b>		K30-49	11	00:00:06	<b>00:30:03.45</b>	<b>00:30:10.25</b>	+00:12:09 (40.4%)	6:00	10 (59.5%)
12	<b>PIWOWARCZYK Agata</b>	<b>186</b>	BRAVE HEARTS LEGIONOWO	K30-49	12	00:00:08	<b>00:30:15.65</b>	<b>00:30:23.75</b>	+00:12:21 (40.8%)	6:03	9.9 (58.9%)
13	<b>JAKUBCZYK Edyta</b>	<b>293</b>		K30-49	13	00:00:03	<b>00:30:15.90</b>	<b>00:30:19.15</b>	+00:12:21 (40.8%)	6:03	9.9 (58.9%)
14	<b>KAŹMIERCZAK Joanna</b>	<b>182</b>		K30-49	14	00:00:07	<b>00:31:13.20</b>	<b>00:31:21.15</b>	+00:13:19 (42.7%)	6:14	9.6 (57.1%)
15	<b>RUCIŃSKA Jolanta</b>	<b>135</b>	NASIELSK BASZTA TEAM	K30-49	15	00:00:11	<b>00:31:28.80</b>	<b>00:31:40.15</b>	+00:13:34 (43.1%)	6:17	9.5 (56.5%)
16	<b>TOMASIŃSKA Katarzyna</b>	<b>123</b>	NASIELSK BASZTA TEAM	K30-49	16	00:00:10	<b>00:31:29.60</b>	<b>00:31:39.85</b>	+00:13:35 (43.2%)	6:17	9.5 (56.5%)
17	<b>GŁOWACKA Aleksandra</b>	<b>164</b>		K30-49	17	00:00:09	<b>00:35:04.15</b>	<b>00:35:13.35</b>	+00:17:09 (48.9%)	7:00	8.6 (51.2%)
18	<b>KILIAN Monika</b>	<b>137</b>	ELEKTRYKWARSZAWA.PL	K30-49	18	00:00:04	<b>00:35:21.05</b>	<b>00:35:25.70</b>	+00:17:26 (49.4%)	7:04	8.5 (50.6%)

Znaleziono 18 wynik(ów)