



RUN BUDLEX FOR WOMEN

B4SPORT

Organizator: Green House / Budlex
Data: 2017-04-22
Miejsce: Bydgoszcz
Dystans: 5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	PARTHEMORE Ann	364		K30	1	00:00:02	00:20:52.05	00:20:54.45		4:10	14.4 (100%)
2	KRZEMIEŃ Joanna	259	6.KILOMETR	K30	2	00:00:10	00:21:41.50	00:21:51.85	+00:00:49 (3.8%)	4:20	13.8 (95.8%)
3	PĘKAŁA Aleksandra	252	RUN PASJA	K30	3	00:00:03	00:21:42.15	00:21:45.20	+00:00:50 (3.8%)	4:20	13.8 (95.8%)
4	WOŹNIAK Anna	136	RUN-PASJA	K30	4	00:00:01	00:22:06.05	00:22:08.00	+00:01:14 (5.6%)	4:25	13.6 (94.4%)
5	WĄSOWSKA Katarzyna	98		K30	5	00:00:00	00:22:27.10	00:22:27.30	+00:01:35 (7.1%)	4:29	13.4 (93.1%)
6	FILDEBRANDT Basia	114	FTI RACING TEAM	K30	6	00:00:03	00:22:36.90	00:22:40.10	+00:01:44 (7.7%)	4:31	13.3 (92.4%)
7	KUŁAKOWSKA Anna	154	ANDRO	K30	7	00:00:01	00:23:46.15	00:23:47.45	+00:02:54 (12.2%)	4:45	12.6 (87.5%)
8	DERING Hanna	36	BYDGOSKIE ŻÓŁWIE	K30	8	00:00:10	00:23:53.60	00:24:04.10	+00:03:01 (12.7%)	4:46	12.6 (87.5%)
9	SOSIŃSKA Izabela	17	X	K30	9	00:00:03	00:23:54.25	00:23:57.60	+00:03:02 (12.7%)	4:46	12.6 (87.5%)
10	HENNESSY Ashley	365		K30	10	00:00:02	00:23:58.50	00:24:00.90	+00:03:06 (13.0%)	4:47	12.5 (86.8%)
11	MAGDZIARZ Katarzyna	143	KANCELARIA HMM	K30	11	00:00:07	00:24:04.30	00:24:12.05	+00:03:12 (13.3%)	4:49	12.5 (86.8%)
12	BRYWCZYŃSKA Justyna	19	RODOS TEAM	K30	12	00:00:06	00:24:07.40	00:24:13.85	+00:03:15 (13.5%)	4:49	12.4 (86.1%)
13	NALIWAJSKA Natalia	233		K30	13	00:00:01	00:24:22.10	00:24:23.25	+00:03:30 (14.4%)	4:52	12.3 (85.4%)
14	KRUSZYNA Renata	94		K30	14	00:00:05	00:24:28.60	00:24:34.40	+00:03:36 (14.7%)	4:53	12.3 (85.4%)
15	SIERMIŃSKA-WARCZAK Celina	341	TEAMOCHAL	K30	15	00:00:05	00:24:35.30	00:24:40.65	+00:03:43 (15.1%)	4:55	12.2 (84.7%)
16	KAPELINSKA Dorota	91		K30	16	00:00:00	00:24:37.65	00:24:38.35	+00:03:45 (15.3%)	4:55	12.2 (84.7%)
17	KALINOWSKA Anna	178	UKS OMEGA GRUTA	K30	17	00:00:03	00:24:49.35	00:24:52.80	+00:03:57 (15.9%)	4:57	12.1 (84.0%)
18	PECYNA Ewelina	152		K30	18	00:00:01	00:24:59.40	00:25:01.10	+00:04:07 (16.5%)	5:00	12 (83.3%)
19	ZAPAŁOWSKA Joanna	103		K30	19	00:00:01	00:25:06.35	00:25:07.60	+00:04:14 (16.9%)	5:01	12 (83.3%)
20	KARCZMARCZYK Katarzyna	322		K30	20	00:00:08	00:25:12.80	00:25:21.45	+00:04:20 (17.2%)	5:02	11.9 (82.6%)
21	CZYŻEWSKA Justyna	43		K30	21	00:00:15	00:25:14.00	00:25:29.10	+00:04:21 (17.3%)	5:02	11.9 (82.6%)
22	JUREK Karolina	158	TKN	K30	22	00:00:01	00:25:18.95	00:25:20.30	+00:04:26 (17.6%)	5:03	11.8 (81.9%)
23	DZIEDZIC Agnieszka	18	X	K30	23	00:00:04	00:25:23.65	00:25:27.80	+00:04:31 (17.8%)	5:04	11.8 (81.9%)
24	POTRZEBOWSKA Agata	23		K30	24	00:00:12	00:25:23.80	00:25:36.45	+00:04:31 (17.8%)	5:04	11.8 (81.9%)
25	STOKŁOSA Natalia	25		K30	25	00:00:13	00:25:38.60	00:25:51.80	+00:04:46 (18.6%)	5:07	11.7 (81.3%)
26	WYLANGOWSKA Joanna	60		K30	26	00:00:02	00:25:54.15	00:25:57.05	+00:05:02 (19.4%)	5:11	11.6 (80.6%)
27	GONCERZEWICZ Katarzyna	234		K30	27	00:00:08	00:25:56.50	00:26:04.65	+00:05:04 (19.6%)	5:11	11.6 (80.6%)
28	JEZIORSKA Monika	81		K30	28	00:00:07	00:25:56.65	00:26:04.50	+00:05:04 (19.6%)	5:11	11.6 (80.6%)
29	KUJDA Dorota	69		K30	29	00:00:15	00:26:02.00	00:26:17.05	+00:05:09 (19.8%)	5:12	11.5 (79.9%)
30	GIŻA Wioletta	8	POLONIA BYDGOSZCZ SLA	K30	30	00:00:14	00:26:03.45	00:26:17.70	+00:05:11 (19.9%)	5:12	11.5 (79.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
31	SZAMOCKA Agnieszka	347		K30	31	00:00:11	00:26:07.00	00:26:18.75	+00:05:14 (20.1%)	5:13	11.5 (79.9%)
32	SZEWCZUK Ewa	175	CENTRUM MASAŻY OSHIN BYDGOSZCZ	K30	32	00:00:05	00:26:15.10	00:26:20.65	+00:05:23 (20.5%)	5:15	11.4 (79.2%)
33	SZTURO Lidia	110	POLONIA BYDGOSZCZ SLA	K30	33	00:00:13	00:26:15.15	00:26:28.85	+00:05:23 (20.5%)	5:15	11.4 (79.2%)
34	GOLIMOWSKA Anna	155	BYDGOSZCZ	K30	34	00:00:25	00:26:22.00	00:26:47.20	+00:05:29 (20.9%)	5:16	11.4 (79.2%)
35	ZGLIŃSKA Anna	232		K30	35	00:00:04	00:26:24.00	00:26:28.65	+00:05:31 (21.0%)	5:16	11.4 (79.2%)
36	TURZYŃSKA Marta	258		K30	36	00:00:07	00:26:27.30	00:26:34.85	+00:05:35 (21.1%)	5:17	11.3 (78.5%)
37	GOŚCINIAK Agnieszka	76	NA	K30	37	00:00:04	00:26:48.35	00:26:53.15	+00:05:56 (22.2%)	5:21	11.2 (77.8%)
38	CISZEWSKA Emilia	52		K30	38	00:00:18	00:26:48.40	00:27:07.05	+00:05:56 (22.2%)	5:21	11.2 (77.8%)
39	NIKOŁAJEW Monika	308		K30	39	00:00:14	00:26:53.70	00:27:08.50	+00:06:01 (22.4%)	5:22	11.2 (77.8%)
40	CICHULSKA-QUAAS Izabela	47	RUN PASJA	K30	40	00:00:06	00:26:53.75	00:27:00.10	+00:06:01 (22.4%)	5:22	11.2 (77.8%)
41	BIERNACKA Anna	318		K30	41	00:00:03	00:26:54.20	00:26:58.05	+00:06:02 (22.4%)	5:23	11.1 (77.1%)
42	BIERNAT Magdalena	338	PKO DREM TEAM	K30	42	00:00:06	00:26:54.30	00:27:01.20	+00:06:02 (22.4%)	5:23	11.1 (77.1%)
43	PŁACZKOWSKA Magdalena	40		K30	43	00:00:17	00:26:56.85	00:27:14.50	+00:06:04 (22.6%)	5:23	11.1 (77.1%)
44	CHMIEL Justyna	140	CHUSTYNKA.PL	K30	44	00:00:23	00:27:02.05	00:27:25.85	+00:06:10 (22.8%)	5:24	11.1 (77.1%)
45	TOMCZAK Krzysztofa	272		K30	45	00:00:12	00:27:03.30	00:27:16.15	+00:06:11 (22.9%)	5:24	11.1 (77.1%)
46	BAJAN Justyna	273		K30	46	00:00:12	00:27:03.40	00:27:16.25	+00:06:11 (22.9%)	5:24	11.1 (77.1%)
47	WIŚNIEWSKA Julia	330		K30	47	00:00:10	00:27:07.20	00:27:17.30	+00:06:15 (23.1%)	5:25	11.1 (77.1%)
48	ZIELIŃSKA Marzena	139		K30	48	00:00:27	00:27:30.00	00:27:57.85	+00:06:37 (24.1%)	5:30	10.9 (75.7%)
49	KRSIŃSKA Katarzyna	31		K30	49	00:00:12	00:27:30.40	00:27:43.30	+00:06:38 (24.1%)	5:30	10.9 (75.7%)
50	WAWRZYNIAK Karolina	49		K30	50	00:00:17	00:27:34.80	00:27:52.45	+00:06:42 (24.3%)	5:31	10.9 (75.7%)
51	KUKUŁA Agata	323		K30	51	00:00:08	00:27:37.70	00:27:46.65	+00:06:45 (24.5%)	5:31	10.9 (75.7%)
52	PAWLACZYK-MATELA Emilia	59	BYDGOSKA GAZELA	K30	52	00:00:17	00:27:38.05	00:27:55.60	+00:06:46 (24.5%)	5:31	10.9 (75.7%)
53	GÓRECKA Katarzyna	317	NIEZRZESZONA -> AMATOR :)	K30	53	00:00:17	00:27:41.55	00:27:59.10	+00:06:49 (24.6%)	5:32	10.8 (75.0%)
54	JASTRZĘBSKA Marta	371		K30	54	00:00:03	00:27:43.55	00:27:46.55	+00:06:51 (24.7%)	5:32	10.8 (75.0%)
55	KULIBERDA Justyna	270		K30	55	00:00:06	00:27:50.00	00:27:56.35	+00:06:57 (25.0%)	5:34	10.8 (75.0%)
56	ZAŁECH Barbara	125		K30	56	00:00:14	00:27:58.50	00:28:12.75	+00:07:06 (25.4%)	5:35	10.7 (74.3%)
57	JELEŃ Agnieszka	87	VEGE RUNNERS	K30	57	00:00:30	00:27:59.60	00:28:30.20	+00:07:07 (25.5%)	5:36	10.7 (74.3%)
58	LEWIŃSKA Aleksandra	373		K30	58	00:00:04	00:28:04.00	00:28:08.25	+00:07:11 (25.7%)	5:36	10.7 (74.3%)
59	BEDNARCZUK Małgorzata	191		K30	59	00:00:02	00:28:15.95	00:28:18.40	+00:07:23 (26.2%)	5:39	10.6 (73.6%)
60	PIECYK-CZAJA Sonia	79		K30	60	00:00:04	00:28:27.90	00:28:32.40	+00:07:35 (26.7%)	5:41	10.5 (72.9%)
61	LIGMANN Anna	199		K30	61	00:00:17	00:28:38.05	00:28:55.05	+00:07:46 (27.1%)	5:43	10.5 (72.9%)
62	GAJEK Agnieszka	217	TASAK TEAM	K30	62	00:00:16	00:28:48.10	00:29:04.30	+00:07:56 (27.5%)	5:45	10.4 (72.2%)
63	MAKOWSKA Justyna	216	TASAK TEAM	K30	63	00:00:15	00:28:48.30	00:29:04.25	+00:07:56 (27.6%)	5:45	10.4 (72.2%)
64	JANKOWSKA Agnieszka	182		K30	64	00:00:12	00:29:02.95	00:29:15.85	+00:08:10 (28.2%)	5:48	10.3 (71.5%)
65	KOSECKA Justyna	286	ORTIMED RUNNERS TEAM	K30	65	00:00:07	00:29:04.90	00:29:11.95	+00:08:12 (28.2%)	5:48	10.3 (71.5%)
66	PASIEKA Magda	161	MAM TĘ MOC	K30	66	00:00:06	00:29:22.65	00:29:29.55	+00:08:30 (29.0%)	5:52	10.2 (70.8%)
67	JANUSZKIEWICZ Kornelia	294		K30	67	00:00:30	00:29:26.10	00:29:56.35	+00:08:34 (29.1%)	5:53	10.2 (70.8%)
68	KOPACZ Hanka	104		K30	68	00:00:27	00:29:30.15	00:29:57.55	+00:08:38 (29.3%)	5:54	10.2 (70.8%)
69	PIETRZAK Sylwia	302		K30	69	00:00:29	00:29:37.00	00:30:06.80	+00:08:44 (29.5%)	5:55	10.1 (70.1%)
70	KUGACZ Aneta	207	RUN BYDGOSZCZ	K30	70	00:00:04	00:29:40.80	00:29:45.15	+00:08:48 (29.7%)	5:56	10.1 (70.1%)
71	KOZŁOWSKA Anna	238		K30	71	00:00:25	00:29:48.85	00:30:14.35	+00:08:56 (30.0%)	5:57	10.1 (70.1%)
72	KISZKA Justyna	147	RUN PASJA	K30	72	00:00:21	00:29:58.95	00:30:20.10	+00:09:06 (30.4%)	5:59	10 (69.4%)
73	BOCIEK Seweryna	319		K30	73	00:00:03	00:30:00.35	00:30:03.40	+00:09:08 (30.5%)	6:00	10 (69.4%)
74	KRZYSIAK Katarzyna	304		K30	74	00:00:10	00:30:05.55	00:30:15.70	+00:09:13 (30.7%)	6:01	10 (69.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
75	JASKUŁA Karolina	305		K30	75	00:00:09	00:30:05.70	00:30:15.50	+00:09:13 (30.7%)	6:01	10 (69.4%)
76	SALAMON Marta	320		K30	76	00:00:17	00:30:09.25	00:30:27.20	+00:09:17 (30.8%)	6:02	9.9 (68.8%)
77	ŚLIŻ Anna	165	ŚLIŻKI	K30	77	00:00:09	00:30:10.40	00:30:19.45	+00:09:18 (30.8%)	6:02	9.9 (68.8%)
78	RASSALSKA-KAUSA Jola	10		K30	78	00:00:18	00:30:12.10	00:30:30.15	+00:09:20 (30.9%)	6:02	9.9 (68.8%)
79	SERAP Sinem	327		K30	79	00:00:02	00:30:13.70	00:30:16.15	+00:09:21 (31.0%)	6:02	9.9 (68.8%)
80	MAKLAKIEWICZ Agnieszka	205		K30	80	00:00:22	00:30:20.75	00:30:43.25	+00:09:28 (31.2%)	6:04	9.9 (68.8%)
81	SADOWSKA Katarzyna	193		K30	81	00:00:23	00:30:32.00	00:30:55.55	+00:09:39 (31.7%)	6:06	9.8 (68.1%)
82	WYPYCH-KLUNDER Katarzyna	189		K30	82	00:00:21	00:30:36.05	00:30:57.20	+00:09:44 (31.8%)	6:07	9.8 (68.1%)
83	PIÓRKOWSKA Aga	22		K30	83	00:00:13	00:30:38.85	00:30:52.20	+00:09:46 (31.9%)	6:07	9.8 (68.1%)
84	KLAJBOR Monika	284		K30	84	00:00:20	00:30:39.40	00:30:59.95	+00:09:47 (31.9%)	6:07	9.8 (68.1%)
85	SZALA Monika	29	ICH DWOJE	K30	85	00:00:15	00:30:52.20	00:31:07.60	+00:10:00 (32.4%)	6:10	9.7 (67.4%)
86	MRÓWCZYŃSKA Agnieszka	215		K30	86	00:00:08	00:30:57.85	00:31:06.20	+00:10:05 (32.6%)	6:11	9.7 (67.4%)
87	MAKOWSKA Justyna	257		K30	87	00:00:07	00:31:01.00	00:31:08.15	+00:10:08 (32.7%)	6:12	9.7 (67.4%)
88	PRZYBYLSKA Paulina	137		K30	88	00:00:20	00:31:02.90	00:31:23.35	+00:10:10 (32.8%)	6:12	9.7 (67.4%)
89	MICHTA Iwona	307	SPÓJNIA BIAŁE BŁOTA	K30	89	00:00:26	00:31:11.40	00:31:37.95	+00:10:19 (33.1%)	6:14	9.6 (66.7%)
90	KOWALSKA Katarzyna	376		K30	90	00:00:12	00:31:18.75	00:31:31.45	+00:10:26 (33.4%)	6:15	9.6 (66.7%)
91	WIŚNIEWSKA Dorota	269		K30	91	00:00:12	00:31:35.45	00:31:48.20	+00:10:43 (33.9%)	6:19	9.5 (66.0%)
92	MAKOWSKA-ADAMCZYK Marta	236	AKTYWNA	K30	92	00:00:28	00:31:55.90	00:32:24.05	+00:11:03 (34.6%)	6:23	9.4 (65.3%)
93	ROSOŁOWICZ Kamila	247		K30	93	00:00:28	00:31:57.50	00:32:25.95	+00:11:05 (34.7%)	6:23	9.4 (65.3%)
94	NOWAK Agnieszka	264		K30	94	00:00:26	00:31:57.80	00:32:23.85	+00:11:05 (34.7%)	6:23	9.4 (65.3%)
95	BRĄGIEL Anna	153	VEGERUNNERS	K30	95	00:00:27	00:32:11.65	00:32:38.80	+00:11:19 (35.2%)	6:26	9.3 (64.6%)
96	SUDOŁ Karolina	256		K30	96	00:00:15	00:32:20.10	00:32:35.40	+00:11:28 (35.5%)	6:28	9.3 (64.6%)
97	NOWAKOWSKA Sylwia	123		K30	97	00:00:27	00:32:20.90	00:32:48.85	+00:11:28 (35.5%)	6:28	9.3 (64.6%)
98	MIKOŁAJCZAK Aleksandra	3		K30	98	00:00:14	00:32:26.90	00:32:41.85	+00:11:34 (35.7%)	6:29	9.2 (63.9%)
99	WIATROWSKA Katarzyna	145		K30	99	00:00:16	00:32:29.55	00:32:46.25	+00:11:37 (35.8%)	6:30	9.2 (63.9%)
100	TRUŚ Karolina	261	BIEGAJ Z DĘBAMI	K30	100	00:00:26	00:32:48.10	00:33:14.45	+00:11:56 (36.4%)	6:33	9.1 (63.2%)
101	ZIELIŃSKA Justyna	50	SOLECCY BIEGACZE	K30	101	00:00:15	00:32:48.45	00:33:03.75	+00:11:56 (36.4%)	6:33	9.1 (63.2%)
102	WESOŁOWSKA Aleksandra	248		K30	102	00:00:29	00:32:49.85	00:33:19.65	+00:11:57 (36.4%)	6:34	9.1 (63.2%)
103	SZALAPSKA Monika	348		K30	103	00:00:25	00:33:08.15	00:33:33.25	+00:12:16 (37.0%)	6:37	9.1 (63.2%)
104	DEPKA Agnieszka	84		K30	104	00:00:29	00:33:14.65	00:33:43.95	+00:12:22 (37.2%)	6:38	9 (62.5%)
105	CZERWIŃSKA Ewelina	329		K30	105	00:00:25	00:33:25.30	00:33:50.90	+00:12:33 (37.6%)	6:41	9 (62.5%)
106	MINISZEWSKA Irena	221		K30	106	00:00:08	00:33:27.40	00:33:36.35	+00:12:35 (37.6%)	6:41	9 (62.5%)
107	SZYMAŃSKA Izabela	262		K30	107	00:00:10	00:33:36.55	00:33:46.80	+00:12:44 (37.9%)	6:43	8.9 (61.8%)
108	KOCHAŃSKA Anna	141	BIEGAM BO LUBIĘ :)	K30	108	00:00:20	00:33:37.30	00:33:57.30	+00:12:45 (37.9%)	6:43	8.9 (61.8%)
109	JAROCH Magdalena	291	BYLE DO METY :)	K30	109	00:00:15	00:33:41.45	00:33:57.35	+00:12:49 (38.1%)	6:44	8.9 (61.8%)
110	KURTA-LEIPZIG Danuta	368		K30	110	00:00:05	00:33:47.75	00:33:53.40	+00:12:55 (38.3%)	6:45	8.9 (61.8%)
111	MATUSZEWSKA Agnieszka	144		K30	111	00:00:24	00:33:54.65	00:34:19.25	+00:13:02 (38.5%)	6:47	8.8 (61.1%)
112	RAKOCZY Magdalena	350	POCZĄTKUJĄCA	K30	112	00:00:09	00:34:00.35	00:34:09.85	+00:13:08 (38.6%)	6:48	8.8 (61.1%)
113	KO-KO Anna	55	GORZEŃ RUN	K30	113	00:00:24	00:34:18.75	00:34:43.10	+00:13:26 (39.2%)	6:51	8.7 (60.4%)
114	CIACIUCH Justyna	85	GORZEŃ RUN	K30	114	00:00:24	00:34:19.15	00:34:43.15	+00:13:27 (39.2%)	6:51	8.7 (60.4%)
115	CZYZEWSKA Hanna	303		K30	115	00:00:23	00:34:38.90	00:35:02.65	+00:13:46 (39.8%)	6:55	8.7 (60.4%)
116	SPYRKA Agnieszka	328		K30	116	00:00:25	00:34:39.05	00:35:04.55	+00:13:47 (39.8%)	6:55	8.7 (60.4%)
117	BOSAK Patrycja	97		K30	117	00:00:31	00:35:46.80	00:36:18.70	+00:14:54 (41.7%)	7:09	8.4 (58.3%)
118	KLUCZYŃSKA Blanka	9		K30	118	00:00:19	00:36:29.10	00:36:48.95	+00:15:37 (42.8%)	7:17	8.2 (56.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
119	SZEWCZYK Katarzyna	276		K30	119	00:00:23	00:36:43.25	00:37:06.55	+00:15:51 (43.2%)	7:20	8.2 (56.9%)
120	MIGAŁA Dorota	162		K30	120	00:00:09	00:37:36.15	00:37:45.45	+00:16:44 (44.5%)	7:31	8 (55.6%)
121	PASZKOWSKA Katarzyna	117	CROSSFIT BYDGOSZCZ	K30	121	00:00:12	00:37:46.35	00:37:58.40	+00:16:54 (44.8%)	7:33	7.9 (54.9%)
122	TYMCZAK Marta	324		K30	122	00:00:03	00:38:23.85	00:38:27.30	+00:17:31 (45.7%)	7:40	7.8 (54.2%)
123	JUDKOWIAK Joanna	340		K30	123	00:00:05					(0.0%)

Znaleziono 123 wynik(ów)