



Organiser: Green House / Budlex
Date: 2017-04-22
Place: Bydgoszcz
Distance: 5 km

RUN BUDLEX FOR WOMEN

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: K40

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	GOLON Marlena	42	BARONOWE GOLONOWE	K40	1	00:00:02	00:21:45.75	00:21:48.15		4:21	13.8 (100%)
2	JAROCKA Beata	28	NIEZRZESZONA	K40	2	00:00:03	00:22:05.80	00:22:09.25	+00:00:20 (1.5%)	4:25	13.6 (98.6%)
3	STAWARSKA Elżbieta	138		K40	3	00:00:01	00:23:09.75	00:23:11.55	+00:01:24 (6.0%)	4:38	12.9 (93.5%)
4	WIECZOREK Justyna	181	INOWROCLAW BIEGA	K40	4	00:00:03	00:23:23.30	00:23:27.15	+00:01:37 (7.0%)	4:40	12.8 (92.8%)
5	SZYCZEWSKA Ewa	121		K40	5	00:00:01	00:23:51.95	00:23:53.20	+00:02:06 (8.8%)	4:46	12.6 (91.3%)
6	GIERSZEWSKA Grażyna	280		K40	6	00:00:11	00:24:19.95	00:24:31.05	+00:02:34 (10.6%)	4:52	12.3 (89.1%)
7	WOJCIECHOWSKA Emilia	195		K40	7	00:00:05	00:24:24.65	00:24:29.90	+00:02:38 (10.8%)	4:52	12.3 (89.1%)
8	KRUTUL Kasia	108	AMATOR	K40	8	00:00:21	00:24:49.15	00:25:10.75	+00:03:03 (12.3%)	4:57	12.1 (87.7%)
9	KUBIS Sylwia	92		K40	9	00:00:04	00:25:18.85	00:25:23.00	+00:03:33 (14.0%)	5:03	11.8 (85.5%)
10	RYBKA Iлона	51		K40	10	00:00:11	00:25:24.35	00:25:35.80	+00:03:38 (14.3%)	5:04	11.8 (85.5%)
11	JAMRÓZ Joanna	48	BARONOWE GOLONOWE	K40	11	00:00:03	00:25:29.25	00:25:32.85	+00:03:43 (14.6%)	5:05	11.8 (85.5%)
12	GROBELNA Angelika	20		K40	12	00:00:10	00:25:49.30	00:26:00.05	+00:04:03 (15.7%)	5:10	11.6 (84.1%)
13	PORAZIŃSKA Viktoria	46		K40	13	00:00:02	00:25:53.30	00:25:55.55	+00:04:07 (15.9%)	5:10	11.6 (84.1%)
14	POLACKA Jadwiga	188	BIEGAJ Z DĘBAMI	K40	14	00:00:10	00:26:06.60	00:26:17.10	+00:04:20 (16.7%)	5:13	11.5 (83.3%)
15	JANKOWSKA Katarzyna	288		K40	15	00:00:21	00:26:27.80	00:26:48.95	+00:04:42 (17.8%)	5:17	11.3 (81.9%)
16	NUNZEK Agnieszka	62		K40	16	00:00:05	00:26:28.20	00:26:33.20	+00:04:42 (17.8%)	5:17	11.3 (81.9%)
17	POCZWARDOWSKA Wioletta	293		K40	17	00:00:07	00:26:32.55	00:26:39.55	+00:04:46 (18.0%)	5:18	11.3 (81.9%)
18	GRACZKOWSKA Mirka	227		K40	18	00:00:10	00:26:43.55	00:26:54.50	+00:04:57 (18.6%)	5:20	11.2 (81.2%)
19	MELLEM- ZWIEWKA Małgorzata	163	KLUB BIEGAJĄCE BABECZKI	K40	19	00:00:19	00:27:17.25	00:27:36.75	+00:05:31 (20.2%)	5:27	11 (79.7%)
20	FILARSKA Marzena	198		K40	20	00:00:31	00:27:33.95	00:28:05.30	+00:05:48 (21.1%)	5:30	10.9 (79.0%)
21	KAWSKA Ewa	197		K40	21	00:00:31	00:27:34.55	00:28:05.60	+00:05:48 (21.1%)	5:30	10.9 (79.0%)
22	KOCHAŃSKA Wioletta	325		K40	22	00:00:20	00:27:41.85	00:28:02.50	+00:05:56 (21.4%)	5:32	10.8 (78.3%)
23	RZEPECKA Katarzyna	14		K40	23	00:00:21	00:28:04.40	00:28:26.25	+00:06:18 (22.5%)	5:37	10.7 (77.5%)
24	JURCZYK Anna	106		K40	24	00:00:22	00:28:07.40	00:28:29.65	+00:06:21 (22.6%)	5:37	10.7 (77.5%)
25	STYCZYŃSKA Anna	260		K40	25	00:00:02	00:28:16.25	00:28:18.25	+00:06:30 (23.0%)	5:39	10.6 (76.8%)
26	OSSOWSKA Danuta	80		K40	26	00:00:24	00:28:23.30	00:28:47.65	+00:06:37 (23.3%)	5:40	10.6 (76.8%)
27	RYDELSKA Kinga	196		K40	27	00:00:23	00:28:24.15	00:28:47.35	+00:06:38 (23.4%)	5:40	10.6 (76.8%)
28	PANKOWSKA Ewa	278		K40	28	00:00:06	00:28:35.40	00:28:42.30	+00:06:49 (23.9%)	5:43	10.5 (76.1%)
29	JARUSZEWSKA Jowita	313		K40	29	00:00:21	00:29:05.00	00:29:26.35	+00:07:19 (25.2%)	5:49	10.3 (74.6%)
30	STAFIEJ Barbara	292	BMS	K40	30	00:00:14	00:29:22.35	00:29:36.35	+00:07:36 (25.9%)	5:52	10.2 (73.9%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
31	GÓRSKA Danuta	299		K40	31	00:00:07	00:29:34.65	00:29:42.35	+00:07:48 (26.4%)	5:55	10.1 (73.2%)
32	ŚCIESIŃSKA Justyna	250		K40	32	00:00:03	00:29:37.15	00:29:40.35	+00:07:51 (26.5%)	5:55	10.1 (73.2%)
33	SOBOWIEC Mirka	148	SOBOWIEC TEAM	K40	33	00:00:19	00:29:48.05	00:30:07.75	+00:08:02 (27.0%)	5:57	10.1 (73.2%)
34	STIMMA Anna	100		K40	34	00:00:06	00:29:48.20	00:29:55.10	+00:08:02 (27.0%)	5:57	10.1 (73.2%)
35	PIĄTEK Lidia	164	KLUB BIEGAJĄCE BABECZKI	K40	35	00:00:19	00:29:52.55	00:30:11.65	+00:08:06 (27.2%)	5:58	10 (72.5%)
36	MARKOWSKA Magdalena	192		K40	36	00:00:23	00:29:57.65	00:30:21.25	+00:08:11 (27.4%)	5:59	10 (72.5%)
37	BRETT Diana	353		K40	37	00:00:06	00:30:11.20	00:30:17.30	+00:08:25 (27.9%)	6:02	9.9 (71.7%)
38	KORNACKA Sylwia	244		K40	38	00:00:07	00:30:14.55	00:30:22.30	+00:08:28 (28.0%)	6:03	9.9 (71.7%)
39	GNIOT Joanna	90	DIABEŁKOWA AŚ	K40	39	00:00:18	00:30:16.45	00:30:35.25	+00:08:30 (28.1%)	6:03	9.9 (71.7%)
40	SZYMCZAK Barbara	150		K40	40	00:00:07	00:30:17.50	00:30:24.95	+00:08:31 (28.2%)	6:03	9.9 (71.7%)
41	BIECHOWSKA Beata	296		K40	41	00:00:03	00:30:20.15	00:30:23.15	+00:08:34 (28.3%)	6:04	9.9 (71.7%)
42	MARĆ Aga	116		K40	42	00:00:20	00:30:29.55	00:30:49.85	+00:08:43 (28.6%)	6:05	9.8 (71.0%)
43	BARAŃSKA Sylwia	131	PARKRUN BYDGOSZCZ	K40	43	00:00:11	00:30:34.50	00:30:46.40	+00:08:48 (28.8%)	6:07	9.8 (71.0%)
44	TWARDOWSKA Katarzyna	223		K40	44	00:00:26	00:30:43.35	00:31:09.55	+00:08:57 (29.2%)	6:08	9.8 (71.0%)
45	MERYK Elżbieta	245	GRUPA MALBORK	K40	45	00:00:18	00:30:46.75	00:31:05.20	+00:09:01 (29.3%)	6:09	9.7 (70.3%)
46	DĘBCZYŃSKA Agnieszka	61	ILOKLUB	K40	46	00:00:22	00:30:50.85	00:31:12.95	+00:09:05 (29.5%)	6:10	9.7 (70.3%)
47	CYBUL Anna	263		K40	47	00:00:11	00:31:00.25	00:31:11.70	+00:09:14 (29.8%)	6:12	9.7 (70.3%)
48	SKOWRON Monika	93		K40	48	00:00:27	00:31:54.15	00:32:21.25	+00:10:08 (31.8%)	6:22	9.4 (68.1%)
49	WYSMOLIŃSKA Barbara	39		K40	49	00:00:11	00:31:56.35	00:32:07.35	+00:10:10 (31.9%)	6:23	9.4 (68.1%)
50	LIBERA Sabina	41	PARKRUN BYDGOSZCZ	K40	50	00:00:11	00:32:03.90	00:32:15.75	+00:10:18 (32.1%)	6:24	9.4 (68.1%)
51	BŁASZCZYK Agnieszka	246		K40	51	00:00:24	00:32:12.00	00:32:36.35	+00:10:26 (32.4%)	6:26	9.3 (67.4%)
52	ALEKSY Małgorzata	5	APATOR	K40	52	00:00:24	00:32:32.75	00:32:57.40	+00:10:47 (33.1%)	6:30	9.2 (66.7%)
53	BAKA Catherine	367		K40	53	00:00:03	00:32:38.05	00:32:41.05	+00:10:52 (33.3%)	6:31	9.2 (66.7%)
54	STEFANIAK Katarzyna	214	CYKLO KWIDZYN	K40	54	00:00:01	00:32:40.30	00:32:41.85	+00:10:54 (33.4%)	6:32	9.2 (66.7%)
55	WIŚNIEWSKA Ewa	157		K40	55	00:00:18	00:33:36.55	00:33:55.15	+00:11:50 (35.2%)	6:43	8.9 (64.5%)
56	SIEMIENIEC Violetta	73		K40	56	00:00:02	00:33:57.60	00:33:59.70	+00:12:11 (35.9%)	6:47	8.8 (63.8%)
57	CZYŻYCKA Beata	187		K40	57	00:00:28	00:35:17.80	00:35:46.35	+00:13:32 (38.3%)	7:03	8.5 (61.6%)
58	DĄBROWSKA Hanna	295		K40	58	00:00:04	00:35:54.00	00:35:58.45	+00:14:08 (39.4%)	7:10	8.4 (60.9%)
59	CEGLARSKA Petra	315		K40	59	00:00:14	00:36:48.80	00:37:03.60	+00:15:03 (40.9%)	7:21	8.1 (58.7%)
60	BOBIŃSKA Beata	275		K40	60	00:00:22	00:36:50.75	00:37:13.70	+00:15:05 (40.9%)	7:22	8.1 (58.7%)

Total 60 results.