



# ŚNIADANIOWY BIEG MORSÓW

B4SPORT

**Organiser:** Gmina Mielno, Centrum Kultury w Mielnie – Biuro Organizacyjne Złotu Morsów  
**Date:** 2020-02-08  
**Place:** Mielno  
**Distance:** 5 km



Classification: K-Open

Place	Participant	Number	Club	Category	MCat	Net time 5km	Gap	Pace min/km	Pace km/h
1	ZIELIŃSKA Anna	218	TRUCHT ŁOBEZ	K-Open	1	00:22:16.60		4:27	13.5 (100%)
2	KRYNICKA GRZYB Małgorzata	91		K-Open	2	00:23:17.20	+00:01:00 (4.3%)	4:39	12.9 (95.6%)
3	KONKEL Agnieszka	67		K-Open	3	00:23:32.10	+00:01:15 (5.3%)	4:42	12.7 (94.1%)
4	CHORAŻY Karolina	31	LEO-TEAM	K-Open	4	00:24:21.55	+00:02:04 (8.5%)	4:52	12.3 (91.1%)
5	SZYMAŃSKA Brygida	236	STRZEGOMSKA DWUNASTKA	K-Open	5	00:24:41.40	+00:02:24 (9.8%)	4:56	12.2 (90.4%)
6	KRYNICKA Magdalena	120		K-Open	6	00:25:21.85	+00:03:05 (12.2%)	5:04	11.8 (87.4%)
7	PLICH Agnieszka	220	KS AMBER	K-Open	7	00:25:26.05	+00:03:09 (12.4%)	5:05	11.8 (87.4%)
8	DURKALEC Ewelina	5	STRZEGOMSKA DWUNASTKA	K-Open	8	00:25:35.60	+00:03:19 (13.0%)	5:07	11.7 (86.7%)
9	KWIATKOWSKA Monika	62	KS AMBER	K-Open	9	00:25:44.80	+00:03:28 (13.5%)	5:09	11.7 (86.7%)
10	WOŁCZYK Małgorzata	102	KS AMBER	K-Open	10	00:26:32.85	+00:04:16 (16.1%)	5:18	11.3 (83.7%)
11	SZOT Ewa	61	OKEANOS	K-Open	11	00:27:13.50	+00:04:56 (18.2%)	5:26	11 (81.5%)
12	SUCHODOLSKA Anna	204		K-Open	12	00:27:22.90	+00:05:06 (18.6%)	5:28	11 (81.5%)
13	KALINOWSKA Anna	107		K-Open	13	00:28:52.65	+00:06:36 (22.9%)	5:46	10.4 (77.0%)
14	KĘDZIERSKA Lilianna	59	MORSY GŁOGÓW	K-Open	14	00:29:00.60	+00:06:44 (23.2%)	5:48	10.3 (76.3%)
15	CYBULSKA Bogumiła	55	WROCŁAWSKI MORSY	K-Open	15	00:29:06.70	+00:06:50 (23.5%)	5:49	10.3 (76.3%)
16	PEŁKA Aneta	24		K-Open	16	00:29:19.45	+00:07:02 (24.0%)	5:51	10.2 (75.6%)
17	SZOSTAK Asia	73	KRWIO(BIEGANIE) ZIELONA GÓRA	K-Open	17	00:29:29.50	+00:07:12 (24.5%)	5:53	10.2 (75.6%)
18	DOBROCHOWSKA Ilona	172	STRZEGOMSKA DWUNASTKA	K-Open	18	00:29:31.05	+00:07:14 (24.5%)	5:54	10.2 (75.6%)
19	MADEJ Elżbieta	206	ŁÓDZKIE MORSY	K-Open	19	00:29:58.65	+00:07:42 (25.7%)	5:59	10 (74.1%)
20	MAJEWSKA Aleksandra	105	MORSY BOLESŁAWIEC	K-Open	20	00:30:15.45	+00:07:58 (26.4%)	6:03	9.9 (73.3%)
21	PACAN Mira	17		K-Open	21	00:30:24.15	+00:08:07 (26.7%)	6:04	9.9 (73.3%)
22	LAL Monika	200	RUNGRYF	K-Open	22	00:31:06.10	+00:08:49 (28.4%)	6:13	9.6 (71.1%)
23	HETMANOWSKA Anna	154	ULTRA PMI	K-Open	23	00:31:07.45	+00:08:50 (28.4%)	6:13	9.6 (71.1%)
24	ROMANOWICZ Monika	161	DZIKIE ŻÓŁWIE	K-Open	24	00:31:23.20	+00:09:06 (29.0%)	6:16	9.6 (71.1%)
25	WATA Marta	240	TYSKIE SINICE	K-Open	25	00:31:24.50	+00:09:07 (29.1%)	6:16	9.6 (71.1%)
26	SERAFIN Joanna	229		K-Open	26	00:31:40.20	+00:09:23 (29.7%)	6:20	9.5 (70.4%)

Place	Participant	Number	Club	Category	MCat	Net		Pace min/km	Pace km/h
						time 5km	Gap		
27	<b>ADAMUS Dominika</b>	<b>141</b>	SUPERMARATON KALISZ	K-Open	27	<b>00:31:49.75</b>	+00:09:33 (30.0%)	6:22	9.4 (69.6%)
28	<b>JUREK Joanna</b>	<b>188</b>		K-Open	28	<b>00:31:58.90</b>	+00:09:42 (30.3%)	6:23	9.4 (69.6%)
29	<b>SASSEK Anna</b>	<b>228</b>		K-Open	29	<b>00:31:58.95</b>	+00:09:42 (30.3%)	6:23	9.4 (69.6%)
30	<b>SÓJKA Elżbieta</b>	<b>232</b>	COLIAN NA START	K-Open	30	<b>00:32:21.15</b>	+00:10:04 (31.1%)	6:28	9.3 (68.9%)
31	<b>ŁAZAN Daria</b>	<b>205</b>	MORSY DĄBIE LUBUSKIE	K-Open	31	<b>00:32:40.35</b>	+00:10:23 (31.8%)	6:32	9.2 (68.1%)
32	<b>FEDYCZKOWSKA Justyna</b>	<b>178</b>	STRZEGOMSKA DWUNASTKA	K-Open	32	<b>00:33:06.45</b>	+00:10:49 (32.7%)	6:37	9.1 (67.4%)
33	<b>MESZKA Aneta</b>	<b>119</b>	LODOŁAMACZ SKIERNIEWICE	K-Open	33	<b>00:33:14.05</b>	+00:10:57 (33.0%)	6:38	9 (66.7%)
34	<b>KIEŁKOWSKA Agnieszka</b>	<b>191</b>	SZARE MORSY	K-Open	34	<b>00:33:29.35</b>	+00:11:12 (33.5%)	6:42	9 (66.7%)
35	<b>RADZIUSZ Ilona</b>	<b>139</b>	#MORSACZEBIEGACZE	K-Open	35	<b>00:33:34.20</b>	+00:11:17 (33.6%)	6:42	8.9 (65.9%)
36	<b>JEZIOREK Agnieszka</b>	<b>37</b>		K-Open	36	<b>00:33:39.70</b>	+00:11:23 (33.8%)	6:44	8.9 (65.9%)
37	<b>BARAN Irena</b>	<b>165</b>	SZARE MORSY	K-Open	37	<b>00:33:39.75</b>	+00:11:23 (33.8%)	6:44	8.9 (65.9%)
38	<b>GIŻYŃSKA Katarzyna</b>	<b>180</b>	KLUB SZARE MORSY	K-Open	38	<b>00:33:40.75</b>	+00:11:24 (33.9%)	6:44	8.9 (65.9%)
39	<b>BAJCAR Beata</b>	<b>43</b>	KLUB SZARE MORSY	K-Open	39	<b>00:33:40.90</b>	+00:11:24 (33.9%)	6:44	8.9 (65.9%)
40	<b>WIŚNIEWSKA Justyna</b>	<b>81</b>	SZARE MORSY	K-Open	40	<b>00:33:40.95</b>	+00:11:24 (33.9%)	6:44	8.9 (65.9%)
41	<b>SANECKA Agnieszka</b>	<b>235</b>		K-Open	41	<b>00:33:53.05</b>	+00:11:36 (34.3%)	6:46	8.9 (65.9%)
42	<b>KALEMBA Alicja</b>	<b>111</b>	KALORYFER	K-Open	42	<b>00:34:09.50</b>	+00:11:52 (34.8%)	6:50	8.8 (65.2%)
43	<b>JEZIOR Mirostawa</b>	<b>233</b>	PILSKI KLUB MORSÓW EUFORIA	K-Open	43	<b>00:34:11.60</b>	+00:11:55 (34.9%)	6:50	8.8 (65.2%)
44	<b>JASIŃSKA Klaudia</b>	<b>13</b>	MORSY2	K-Open	44	<b>00:34:18.15</b>	+00:12:01 (35.1%)	6:51	8.7 (64.4%)
45	<b>GAWLE Kinga</b>	<b>27</b>	KKM KALORYFER	K-Open	45	<b>00:34:18.90</b>	+00:12:02 (35.1%)	6:51	8.7 (64.4%)
46	<b>KWIATKOWSKA-STOJAK Ewelina</b>	<b>83</b>		K-Open	46	<b>00:34:37.10</b>	+00:12:20 (35.7%)	6:55	8.7 (64.4%)
47	<b>KUMOSZ Monika</b>	<b>97</b>	MORSY BOLESŁAWIEC	K-Open	47	<b>00:34:52.90</b>	+00:12:36 (36.1%)	6:58	8.6 (63.7%)
48	<b>WROBLEWICZ Irena</b>	<b>193</b>		K-Open	48	<b>00:34:54.25</b>	+00:12:37 (36.2%)	6:58	8.6 (63.7%)
49	<b>ULBIN Jadwiga</b>	<b>237</b>	MORSY GŁOGÓW	K-Open	49	<b>00:34:57.85</b>	+00:12:41 (36.3%)	6:59	8.6 (63.7%)
50	<b>OGRODOWCZYK Kamilla</b>	<b>151</b>		K-Open	50	<b>00:35:00.60</b>	+00:12:44 (36.4%)	7:00	8.6 (63.7%)
51	<b>CZOPKO Mariola</b>	<b>106</b>	MORSY BOLESŁAWIEC	K-Open	51	<b>00:35:03.55</b>	+00:12:46 (36.5%)	7:00	8.6 (63.7%)
52	<b>DZIKIEL Beata</b>	<b>177</b>	FITARENA	K-Open	52	<b>00:35:14.60</b>	+00:12:58 (36.8%)	7:03	8.5 (63.0%)
53	<b>GRZYMALA Angelika</b>	<b>58</b>	OKEANOS	K-Open	53	<b>00:35:18.50</b>	+00:13:01 (36.9%)	7:03	8.5 (63.0%)
54	<b>BEDNAREK Małgorzata</b>	<b>29</b>		K-Open	54	<b>00:35:18.70</b>	+00:13:02 (36.9%)	7:03	8.5 (63.0%)
55	<b>KOROL Elżbieta</b>	<b>82</b>		K-Open	55	<b>00:35:19.35</b>	+00:13:02 (36.9%)	7:04	8.5 (63.0%)
56	<b>BEDNAREK Monika</b>	<b>133</b>		K-Open	56	<b>00:35:19.80</b>	+00:13:03 (36.9%)	7:04	8.5 (63.0%)
57	<b>DUDEK Mariola</b>	<b>176</b>	STRZEGOMSKA DWUNASTKA	K-Open	57	<b>00:35:27.65</b>	+00:13:11 (37.2%)	7:05	8.5 (63.0%)
58	<b>STACHOWIAK Karolina</b>	<b>35</b>		K-Open	58	<b>00:35:28.45</b>	+00:13:11 (37.2%)	7:05	8.5 (63.0%)
59	<b>BRYCHLEC Renata</b>	<b>169</b>	SZARE MORSY	K-Open	59	<b>00:35:29.70</b>	+00:13:13 (37.2%)	7:05	8.5 (63.0%)
60	<b>KAROŃSKA Renata</b>	<b>103</b>	MORSY BOLESŁAWIEC	K-Open	60	<b>00:35:33.40</b>	+00:13:16 (37.3%)	7:06	8.4 (62.2%)
61	<b>OKUNIEWICZ Agnieszka</b>	<b>214</b>	STRZEGOMSKA DWUNASTKA	K-Open	61	<b>00:35:47.35</b>	+00:13:30 (37.8%)	7:09	8.4 (62.2%)
62	<b>NECEL Dorota</b>	<b>26</b>	KKM KALORYFER	K-Open	62	<b>00:35:49.80</b>	+00:13:33 (37.8%)	7:09	8.4 (62.2%)
63	<b>KUHN-ZAWADZKA Joanna</b>	<b>197</b>		K-Open	63	<b>00:35:59.45</b>	+00:13:42 (38.1%)	7:11	8.3 (61.5%)
64	<b>MARCZYKOWSKA Dorota</b>	<b>207</b>	MORSY GRAJEWO	K-Open	64	<b>00:36:06.30</b>	+00:13:49 (38.3%)	7:13	8.3 (61.5%)
65	<b>MIKOŁAJCZYK Lidia</b>	<b>209</b>	#MORSACZEBIEGACZE	K-Open	65	<b>00:36:13.25</b>	+00:13:56 (38.5%)	7:14	8.3 (61.5%)
66	<b>PAWŁOWSKA Violetta</b>	<b>216</b>		K-Open	66	<b>00:36:16.90</b>	+00:14:00 (38.6%)	7:15	8.3 (61.5%)
67	<b>SKOWYRA Wioletta</b>	<b>231</b>	GĘSIA SKÓRKA GRYFICE	K-Open	67	<b>00:36:25.55</b>	+00:14:08 (38.8%)	7:17	8.2 (60.7%)
68	<b>JĘDRZEJAK Magdalena</b>	<b>69</b>	OLSZTYŃSKI KLUB MORSÓW IGLO	K-Open	68	<b>00:36:34.55</b>	+00:14:17 (39.1%)	7:18	8.2 (60.7%)
69	<b>PIETRUSIŃSKA Lidia</b>	<b>217</b>	POLAR	K-Open	69	<b>00:36:38.20</b>	+00:14:21 (39.2%)	7:19	8.2 (60.7%)
70	<b>PIERZCHAŁA Sabina</b>	<b>46</b>	PIŁA	K-Open	70	<b>00:36:43.65</b>	+00:14:27 (39.3%)	7:20	8.2 (60.7%)

Place	Participant	Number	Club	Category	MCat	Net time 5km	Gap	Pace min/km	Pace km/h
71	<b>WOJTYSIAK Dorota</b>	<b>246</b>		K-Open	71	<b>00:36:47.30</b>	+00:14:30 (39.4%)	7:21	8.2 (60.7%)
72	<b>ŚMIEŻEWSKA Krystyna</b>	<b>66</b>	OKEANOS	K-Open	72	<b>00:37:40.40</b>	+00:15:23 (40.9%)	7:32	8 (59.3%)
73	<b>KOWALISZYN Małgorzata</b>	<b>194</b>	BIEGAMDLAZDROWIA.PL	K-Open	73	<b>00:37:42.45</b>	+00:15:25 (40.9%)	7:32	8 (59.3%)
74	<b>ASTRAMOWICZ Izabela</b>	<b>195</b>		K-Open	74	<b>00:37:42.55</b>	+00:15:25 (40.9%)	7:32	8 (59.3%)
75	<b>JANOWICZ Paulina</b>	<b>184</b>		K-Open	75	<b>00:37:48.60</b>	+00:15:32 (41.1%)	7:33	7.9 (58.5%)
76	<b>JANAS Bożena</b>	<b>99</b>	GĘSIA SKÓRKA	K-Open	76	<b>00:37:54.80</b>	+00:15:38 (41.2%)	7:35	7.9 (58.5%)
77	<b>SWOROWSKA Katarzyna</b>	<b>65</b>	OKEANOS	K-Open	77	<b>00:38:00.25</b>	+00:15:43 (41.4%)	7:36	7.9 (58.5%)
78	<b>DEMKOWICZ Edyta</b>	<b>109</b>	WEGAS	K-Open	78	<b>00:38:07.50</b>	+00:15:50 (41.6%)	7:37	7.9 (58.5%)
79	<b>DZIMIDOWICZ Jadwiga</b>	<b>134</b>	WEGAS	K-Open	79	<b>00:38:07.80</b>	+00:15:51 (41.6%)	7:37	7.9 (58.5%)
80	<b>BROCKOWSKA Żaneta</b>	<b>227</b>		K-Open	80	<b>00:39:00.80</b>	+00:16:44 (42.9%)	7:48	7.7 (57.0%)
81	<b>SARBIEWSKA Gabriela</b>	<b>92</b>		K-Open	81	<b>00:39:15.75</b>	+00:16:59 (43.3%)	7:51	7.6 (56.3%)
82	<b>WITKOWSKA Katarzyna</b>	<b>244</b>		K-Open	82	<b>00:39:19.50</b>	+00:17:02 (43.4%)	7:52	7.6 (56.3%)
83	<b>IWANIUK-ZIEZIULA Katarzyna</b>	<b>183</b>		K-Open	83	<b>00:39:19.55</b>	+00:17:02 (43.4%)	7:52	7.6 (56.3%)
84	<b>ŁABIAK Aneta</b>	<b>131</b>	MILICKI KLUB MORSA	K-Open	84	<b>00:39:23.80</b>	+00:17:07 (43.5%)	7:52	7.6 (56.3%)
85	<b>KRYSTOSIK Paulina</b>	<b>25</b>	BIEGAM BO LUBIĘ, BIEGAM DLA SIEBIE	K-Open	85	<b>00:39:47.15</b>	+00:17:30 (44.0%)	7:57	7.5 (55.6%)
86	<b>NOWAK Irena</b>	<b>90</b>	GĘSIA SKÓRKA	K-Open	86	<b>00:40:15.95</b>	+00:17:59 (44.7%)	8:03	7.5 (55.6%)
87	<b>MICHALSKA Marzena</b>	<b>208</b>	MORSY MARGONIN LODOŁAMACZE	K-Open	87	<b>00:40:47.40</b>	+00:18:30 (45.4%)	8:09	7.4 (54.8%)
88	<b>ERBETOWSKA Agnieszka</b>	<b>50</b>		K-Open	88	<b>00:40:59.85</b>	+00:18:43 (45.7%)	8:12	7.3 (54.1%)
89	<b>LIMAN Dorota</b>	<b>56</b>		K-Open	89	<b>00:41:11.65</b>	+00:18:55 (45.9%)	8:14	7.3 (54.1%)
90	<b>PYTEL Estera</b>	<b>16</b>		K-Open	90	<b>00:41:35.80</b>	+00:19:19 (46.4%)	8:19	7.2 (53.3%)
91	<b>KOBUS Karolina</b>	<b>157</b>	KLIMA MORSY WRZEŚNIA	K-Open	91	<b>00:42:20.70</b>	+00:20:04 (47.4%)	8:28	7.1 (52.6%)
92	<b>BŁASZAK Monika</b>	<b>38</b>	KLIMA MOSY WRZEŚNIA	K-Open	92	<b>00:42:21.40</b>	+00:20:04 (47.4%)	8:28	7.1 (52.6%)
93	<b>RATAJCZYK Ewa</b>	<b>156</b>	MORSY KLIMA WRZEŚNIA	K-Open	93	<b>00:42:22.40</b>	+00:20:05 (47.4%)	8:28	7.1 (52.6%)
94	<b>BŁASZCZYK Teresa</b>	<b>100</b>	OKEANOS	K-Open	94	<b>00:42:33.10</b>	+00:20:16 (47.6%)	8:30	7.1 (52.6%)
95	<b>WAGA Żaneta</b>	<b>64</b>	OKEANOS	K-Open	95	<b>00:42:33.50</b>	+00:20:16 (47.7%)	8:30	7.1 (52.6%)
96	<b>PAZIEWSKA Agnieszka</b>	<b>135</b>	#MORSACZEBIEGACZE	K-Open	96	<b>00:42:45.80</b>	+00:20:29 (47.9%)	8:33	7 (51.9%)
97	<b>KUCHARCZYK Paulina</b>	<b>115</b>	GĘSIA SKÓRKA	K-Open	97	<b>00:44:20.35</b>	+00:22:03 (49.8%)	8:52	6.8 (50.4%)
98	<b>KUCHARCZYK Elżbieta</b>	<b>116</b>	GĘSIA SKÓRKA	K-Open	98	<b>00:44:42.05</b>	+00:22:25 (50.2%)	8:56	6.7 (49.6%)
99	<b>BUCZEK Sylwia</b>	<b>171</b>		K-Open	99	<b>00:45:00.10</b>	+00:22:43 (50.5%)	9:00	6.7 (49.6%)
100	<b>GZIK Agnieszka</b>	<b>2</b>		K-Open	100	<b>00:45:00.70</b>	+00:22:44 (50.5%)	9:00	6.7 (49.6%)
101	<b>GIEREMEK Joanna</b>	<b>162</b>		K-Open	101	<b>00:45:13.90</b>	+00:22:57 (50.7%)	9:02	6.6 (48.9%)
102	<b>BAKOWSKA Jolanta</b>	<b>166</b>	KRAJEŃSKIE MORSY 'PRZERĘBEL'	K-Open	102				(0.0%)

Total 102 results.