



Organiser: Urząd Miasta w Piechowicach
Date: 2023-12-09
Place: Piechowice
Distance: 10 km

V KROPELKA RUN

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: K OPEN

Place	Participant	Number	Club	Category	MCat	Mieszkaniec Piechowic	Mostek 6.5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	CICHOSZ Edyta	117		K-30	1		00:29:50	00:52:07.30	00:52:09.60		5:12	11.5 (100%)
2	DUL Magdalena	144	ARKADIUSZ GARDZIELEWSKI RUNNING TEAM/ FAMILY TEAM	K-40	1		00:30:22	00:52:52.80	00:52:56.70	+00:00:47 (1.5%)	5:17	11.3 (98.3%)
3	SZEPZYŃSKA Anna	59	ŻARY RUNNERS TEAM	K-40	2		00:30:50	00:52:58.65	00:53:02.10	+00:00:52 (1.6%)	5:17	11.3 (98.3%)
4	TOŁWIŃSKA- TRZECIAK Gabriela	115		K-40	3		00:30:39	00:53:08.50	00:53:13.50	+00:01:03 (2.0%)	5:18	11.3 (98.3%)
5	SZWAGRZYK Natalia	128		K-20	1		00:31:28	00:54:20.70	00:54:26.30	+00:02:16 (4.2%)	5:26	11 (95.7%)
6	MŁYNAR Izabela	18		K-20	2		00:31:51	00:54:44.70	00:54:58.45	+00:02:48 (5.1%)	5:28	11 (95.7%)
7	MATYSIAK Agnieszka	136	SPORT GENERATION	K-40	4		00:31:56	00:55:03.00	00:55:12.25	+00:03:02 (5.5%)	5:30	10.9 (94.8%)
8	STEFAŃSKA Anna	148		K-40	5			00:55:16.45	00:55:19.30	+00:03:09 (5.7%)	5:31	10.9 (94.8%)
9	CHROMIŃSKA- LINKIEWICZ Renata	132	BIEGAMDLAZDROWIA.PL	K-40	6		00:33:25	00:56:22.90	00:56:33.25	+00:04:23 (7.8%)	5:38	10.6 (92.2%)
10	STAWIARSKA Katarzyna	86	KOWARY BIEGAJĄ	K-30	2			00:56:33.20	00:56:37.70	+00:04:28 (7.9%)	5:39	10.6 (92.2%)
11	GUZERA Magdalena	123	ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO	K-40	7		00:32:40	00:56:30.55	00:56:39.85	+00:04:30 (7.9%)	5:39	10.6 (92.2%)
12	SANIUK Joanna	71	ŻARY RUNNERS TEAM	K-30	3		00:32:50	00:56:41.40	00:56:45.65	+00:04:36 (8.1%)	5:40	10.6 (92.2%)
13	ILNICKA Marzena	12		K-50	1		00:33:30	00:58:12.20	00:58:24.10	+00:06:14 (10.7%)	5:49	10.3 (89.6%)
14	IGNATIUK Marta	32		K-40	8		00:33:46	00:58:36.00	00:58:49.75	+00:06:40 (11.3%)	5:51	10.2 (88.7%)

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15	BOBER Dorota	141		K-40	9	Tak	00:34:39	01:00:17.60	01:00:26.55	+00:08:16 (13.7%)	6:01	10 (87.0%)
16	MĘDOŃ Anna	65		K-50	2		00:35:57	01:00:59.95	01:01:15.70	+00:09:06 (14.9%)	6:05	9.8 (85.2%)
17	JANCZAK Angelika	43		K-50	3		00:36:16	01:02:08.50	01:02:14.60	+00:10:05 (16.2%)	6:12	9.7 (84.3%)
18	WESOŁOWSKA Magdalena	1		K-40	10		00:36:10	01:02:10.75	01:02:17.15	+00:10:07 (16.3%)	6:13	9.7 (84.3%)
19	STELZER Lidia	99	DYNAMIC LUBAŃ	K-40	11		00:37:26	01:02:33.35	01:02:45.65	+00:10:36 (16.9%)	6:15	9.6 (83.5%)
20	SENETRA Małgorzata	102	ROCK BALANCING ICE	K-40	12		00:36:01	01:02:40.70	01:02:48.20	+00:10:38 (16.9%)	6:16	9.6 (83.5%)
21	DYL Małgorzata	91		K-40	13		00:36:41	01:02:56.35	01:03:09.45	+00:10:59 (17.4%)	6:17	9.5 (82.6%)
22	KOZAK Marta	28		K-30	4	Tak	00:37:24	01:03:17.10	01:03:24.35	+00:11:14 (17.7%)	6:19	9.5 (82.6%)
23	TRZCIŃSKA Jolanta	142	ROCK BALANCING ICE	K-40	14		00:36:21	01:03:41.30	01:03:48.50	+00:11:38 (18.3%)	6:22	9.4 (81.7%)
24	ZYNER Karolina	103		K-40	15			01:04:12.30	01:04:24.00	+00:12:14 (19.0%)	6:25	9.3 (80.9%)
25	KANECKA Mariola	25	KOWARY BIEGAJĄ	K-50	4		00:36:39	01:04:21.60	01:04:30.00	+00:12:20 (19.1%)	6:26	9.3 (80.9%)
26	KUMELSKA Monika	139	BE ACTIVE LEŚNA	K-30	5		00:38:08	01:05:19.20	01:05:32.20	+00:13:22 (20.4%)	6:31	9.2 (80.0%)
27	STAWICKA Agnieszka	24		K-40	16		00:37:12	01:06:21.60	01:06:31.25	+00:14:21 (21.6%)	6:38	9 (78.3%)
28	JAROSIŃSKA Wioletta	88		K-40	17		00:38:12	01:07:11.80	01:07:15.55	+00:15:05 (22.4%)	6:43	8.9 (77.4%)
29	FIERKOWICZ Teresa	4	ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO	K-50	5		00:40:32	01:07:33.75	01:07:49.95	+00:15:40 (23.1%)	6:45	8.9 (77.4%)
30	RÓŻAŃSKA Magdalena	101		K-40	18		00:41:28	01:08:05.60	01:08:13.05	+00:16:03 (23.5%)	6:48	8.8 (76.5%)
31	KAJDAS Katarzyna	114	CROSS STRACENĆÓW TEAM	K-40	19		00:39:10	01:08:17.50	01:08:26.20	+00:16:16 (23.8%)	6:49	8.8 (76.5%)
32	MAZUR Agnieszka	79		K-40	20		00:39:39	01:10:13.75	01:10:20.35	+00:18:10 (25.8%)	7:01	8.5 (73.9%)
33	MIĘTEK Agnieszka	107		K-40	21		00:40:30	01:11:38.15	01:11:41.60	+00:19:32 (27.2%)	7:09	8.4 (73.0%)
34	MARCINKOWSKA Renata	63		K-50	6		00:42:25	01:11:48.15	01:11:59.55	+00:19:49 (27.5%)	7:10	8.4 (73.0%)
35	KOWALSKA Karolina	29		K-40	22		00:43:28	01:12:38.55	01:12:54.90	+00:20:45 (28.5%)	7:15	8.3 (72.2%)
36	SZELAĞOWSKA Małgorzata	81		K-50	7		00:43:32	01:12:38.80	01:12:55.15	+00:20:45 (28.5%)	7:15	8.3 (72.2%)
37	KOCIEMBA Adrianna	8		K-40	23		00:41:38	01:13:00.65	01:13:10.95	+00:21:01 (28.7%)	7:18	8.2 (71.3%)

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38	PLATA Anna	20		K-40	24		00:41:59	01:13:37.45	01:13:47.95	+00:21:38 (29.3%)	7:21	8.2 (71.3%)
39	WESOŁOWSKA Urszula	83		K-50	8		00:44:13	01:14:56.50	01:15:04.35	+00:22:54 (30.5%)	7:29	8 (69.6%)
40	PLATA Julia	57		K-20	3		00:45:13	01:19:35.65	01:19:53.90	+00:27:44 (34.7%)	7:57	7.5 (65.2%)
41	FLAK Monika	64		K-30	6		00:46:34	01:23:40.05	01:23:46.95	+00:31:37 (37.7%)	8:22	7.2 (62.6%)
42	KOWALISZYN Małgorzata	158	BIEGAMDLAZDROWIA.PL	K-40	25		00:49:17	01:28:48.80	01:29:02.95	+00:36:53 (41.4%)	8:52	6.8 (59.1%)
43	SKIEMISZ Katarzyna	120		K-50	9		00:49:31	01:28:48.85	01:29:03.00	+00:36:53 (41.4%)	8:52	6.8 (59.1%)
44	ERBETOWSKA Agnieszka	160		K-50	10		00:49:16	01:30:05.45	01:30:18.80	+00:38:09 (42.2%)	9:00	6.7 (58.3%)
45	DOBROWOLSKA Bożena	52	SPORTOWI EMERYCI JELENIA GORA	K-60+	1		00:49:49	01:30:53.60	01:31:04.60	+00:38:55 (42.7%)	9:05	6.6 (57.4%)
46	SZYŁAK Małgorzata	54	OSK GOSIA	K-40	26		00:50:52	01:32:24.20	01:32:24.20	+00:40:14 (43.6%)	9:14	6.5 (56.5%)
47	NOWAKOWSKA Genowefa	111		K-60+	2		00:56:41	01:49:26.80	01:49:38.10	+00:57:28 (52.4%)	10:56	5.5 (47.8%)

Total 47 results.