

# V OGÓLNOPOLSKI BIEG ULICZNY IM. BRACI MIKRUT

B4SPORT  
INTELIGENTNE ZAWODY SPORTOWE

**Organiser:** Gmina Koronowo  
**Date:** 2015-04-25  
**Place:** Koronowo  
**Distance:** 10 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Classification: K40-49

| Place | Participant                  | Number     | Club                        | Category | MCat | 3km      | 7km      | 9.6km    | Net time 10km   | Czas brutto 10km | Gap               | Pace min/km | Pace km/h    |
|-------|------------------------------|------------|-----------------------------|----------|------|----------|----------|----------|-----------------|------------------|-------------------|-------------|--------------|
| 1     | <b>GIERSEWSKA Grażyna</b>    | <b>315</b> |                             | K40-49   | 1    | 00:15:16 | 00:36:01 | 00:49:57 | <b>00:51:25</b> | <b>00:51:47</b>  |                   | 5:08        | 11.7 (100%)  |
| 2     | <b>RYBKA Ilona</b>           | <b>327</b> | HUSKY-TEAM BYDGOSZCZ        | K40-49   | 2    | 00:15:22 | 00:36:50 | 00:51:30 | <b>00:53:07</b> | <b>00:53:16</b>  | +00:01:29 (2.8%)  | 5:18        | 11.3 (96.6%) |
| 3     | <b>MARKLIK Grażyna</b>       | <b>276</b> |                             | K40-49   | 3    | 00:16:47 | 00:38:48 | 00:53:11 | <b>00:54:59</b> | <b>00:55:13</b>  | +00:03:26 (6.2%)  | 5:29        | 10.9 (93.2%) |
| 4     | <b>MIKRUT Małgorzata</b>     | <b>292</b> | AKADEMIA BIEGANIA GRUDZIĄDZ | K40-49   | 4    | 00:16:16 | 00:38:05 | 00:53:21 | <b>00:54:59</b> | <b>00:55:20</b>  | +00:03:33 (6.4%)  | 5:29        | 10.9 (93.2%) |
| 5     | <b>KANTAK Aneta</b>          | <b>202</b> |                             | K40-49   | 5    | 00:27:40 |          | 00:52:13 | <b>00:55:46</b> | <b>00:56:12</b>  | +00:04:25 (7.9%)  | 5:34        | 10.8 (92.3%) |
| 6     | <b>KOTWICA Katarzyna</b>     | <b>241</b> |                             | K40-49   | 6    | 00:27:56 |          | 00:53:45 | <b>00:57:16</b> | <b>00:57:42</b>  | +00:05:55 (10.3%) | 5:43        | 10.5 (89.7%) |
| 7     | <b>SZYMCZAK Małgorzata</b>   | <b>206</b> |                             | K40-49   | 7    | 00:17:05 | 00:40:20 | 00:56:09 | <b>00:57:55</b> | <b>00:58:15</b>  | +00:06:28 (11.1%) | 5:47        | 10.4 (88.9%) |
| 8     | <b>JANKOWIAK Barbara</b>     | <b>86</b>  |                             | K40-49   | 8    | 00:16:53 | 00:40:27 | 00:56:33 | <b>00:58:35</b> | <b>00:58:52</b>  | +00:07:05 (12.0%) | 5:51        | 10.2 (87.2%) |
| 9     | <b>GRACZKOWSKA Mirosława</b> | <b>81</b>  |                             | K40-49   | 9    | 00:17:05 | 00:41:56 | 00:58:45 | <b>01:00:43</b> | <b>01:00:57</b>  | +00:09:10 (15.0%) | 6:04        | 9.9 (84.6%)  |
| 10    | <b>MUSIAŁ Mirela</b>         | <b>101</b> |                             | K40-49   | 10   | 00:17:22 | 00:42:44 | 00:59:36 | <b>01:01:33</b> | <b>01:01:49</b>  | +00:10:02 (16.2%) | 6:09        | 9.7 (82.9%)  |
| 11    | <b>WOJTAS Maria</b>          | <b>184</b> |                             | K40-49   | 11   | 00:19:23 | 00:43:49 | 01:00:11 | <b>01:02:01</b> | <b>01:02:20</b>  | +00:10:33 (16.9%) | 6:12        | 9.7 (82.9%)  |
| 12    | <b>ŻOŁĄDKIEWICZ Elżbieta</b> | <b>73</b>  |                             | K40-49   | 12   | 00:18:33 | 00:44:41 | 01:02:19 | <b>01:04:26</b> | <b>01:04:46</b>  | +00:12:59 (20.0%) | 6:26        | 9.3 (79.5%)  |
| 13    | <b>KOWALIŃSKA Małgorzata</b> | <b>97</b>  | NIEZRZESZONA                | K40-49   | 13   | 00:19:47 | 00:46:39 | 01:04:34 | <b>01:06:38</b> | <b>01:06:59</b>  | +00:15:12 (22.7%) | 6:39        | 9 (76.9%)    |
| 14    | <b>KWIATKOWSKA Elżbieta</b>  | <b>324</b> |                             | K40-49   | 14   | 00:20:38 | 00:48:10 | 01:06:38 | <b>01:08:41</b> | <b>01:09:03</b>  | +00:17:16 (25.0%) | 6:52        | 8.7 (74.4%)  |
| 15    | <b>ZYGAROWICZ Anna</b>       | <b>263</b> | BANK SPÓŁDZIELCZY           | K40-49   | 15   | 00:20:37 | 00:49:26 | 01:09:19 | <b>01:11:48</b> | <b>01:12:09</b>  | +00:20:22 (28.2%) | 7:10        | 8.4 (71.8%)  |
| 16    | <b>GACKOWSKA Beata</b>       | <b>305</b> | KB ŁAPKA                    | K40-49   | 16   | 00:14:51 | 00:37:43 |          |                 |                  | +00:01:28         | 5:23        | 11.1 (94.9%) |

Total 16 results.