

V OGÓLNOPOLSKI BIEG ULICZNY IM. BRACI MIKRUT

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Organizator: Gmina Koronowo
Data: 2015-04-25
Miejsce: Koronowo
Dystans: 10 km

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: Kobiety

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | 3km | 7km | 9.6km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|-----------------------------|-----------|------|----------|----------|----------|-----------------|------------------|----------------------|--------------|-----------------|
| 1 | PAWŁOWSKA Dorota | 219 | | K30-39 | 1 | 00:11:47 | 00:27:30 | 00:38:12 | 00:39:29 | 00:39:32 | | 3:56 | 15.2 (100%) |
| 2 | PACZKOWSKA Patrycja | 291 | LUKS SEROCK | K20-29 | 1 | 00:11:59 | 00:28:28 | 00:39:35 | 00:40:58 | 00:41:01 | +00:01:29 (3.6%) | 4:05 | 14.6 (96.1%) |
| 3 | BLACHOWSKA Anna | | TOREC TORUŃ | K16-19 | 1 | 00:13:34 | 00:31:38 | 00:43:44 | 00:45:13 | 00:45:22 | +00:05:50 (12.9%) | 4:31 | 13.3 (87.5%) |
| 4 | MURAWIEC Izabela | 66 | | K30-39 | 2 | 00:13:52 | 00:31:57 | 00:44:08 | 00:45:38 | 00:45:45 | +00:06:13 (13.6%) | 4:33 | 13.1 (86.2%) |
| 5 | GACKOWSKA Katarzyna | 337 | TKKF KOLEJARZ | K20-29 | 2 | 00:13:58 | 00:32:09 | 00:44:30 | 00:45:56 | 00:46:04 | +00:06:32 (14.2%) | 4:35 | 13.1 (86.2%) |
| 6 | PALACZ Wioletta | 161 | | K30-39 | 3 | 00:13:40 | 00:32:21 | 00:44:54 | 00:46:22 | 00:46:29 | +00:06:57 (15.0%) | 4:38 | 12.9 (84.9%) |
| 7 | URBAŃSKA Ewa | 310 | TRISPACE | K30-39 | 4 | 00:14:13 | 00:33:01 | 00:45:14 | 00:46:37 | 00:46:45 | +00:07:13 (15.4%) | 4:39 | 12.9 (84.9%) |
| 8 | WÓJCIK-DĄBROWSKA Marta | 186 | | K30-39 | 5 | 00:14:01 | 00:32:38 | 00:45:14 | 00:46:43 | 00:46:51 | +00:07:19 (15.6%) | 4:40 | 12.8 (84.2%) |
| 9 | WINKLEWSKA Magdalena | 180 | | K30-39 | 6 | 00:14:30 | 00:33:36 | 00:46:11 | 00:47:40 | 00:47:51 | +00:08:19 (17.4%) | 4:46 | 12.6 (82.9%) |
| 10 | NOWACKA Gabriela | 158 | AKADEMIA BIEGANIA GRUDZIĄDZ | K50-59 | 1 | 00:14:27 | 00:33:39 | 00:46:13 | 00:47:44 | 00:47:54 | +00:08:22 (17.5%) | 4:46 | 12.6 (82.9%) |
| 11 | SZYLING Emilia | 53 | | K20-29 | 3 | 00:13:55 | 00:33:33 | 00:46:18 | 00:47:54 | 00:48:09 | +00:08:37 (17.9%) | 4:47 | 12.5 (82.2%) |
| 12 | GÓRNA-MARTIN Karolina | 40 | | K20-29 | 4 | 00:14:23 | 00:33:47 | 00:46:34 | 00:48:08 | 00:48:18 | +00:08:46 (18.2%) | 4:48 | 12.5 (82.2%) |
| 13 | WOJTAS Magdalena | 280 | TUCHOLANKA TUCHOLA | K16-19 | 2 | 00:13:59 | 00:33:50 | 00:47:02 | 00:48:32 | 00:48:37 | +00:09:05 (18.7%) | 4:51 | 12.4 (81.6%) |
| 14 | REMBACZ Agnieszka | 166 | RUNEDA | K30-39 | 7 | 00:14:09 | 00:33:37 | 00:47:04 | 00:48:43 | 00:48:59 | +00:09:27 (19.3%) | 4:52 | 12.3 (80.9%) |
| 15 | BRZYKCY Karolina | 334 | | K20-29 | 5 | 00:14:29 | 00:34:28 | 00:47:50 | 00:49:36 | 00:49:48 | +00:10:16 (20.6%) | 4:57 | 12.1 (79.6%) |
| 16 | NOWAK Agnieszka | 159 | | K30-39 | 8 | 00:15:40 | 00:35:38 | 00:48:24 | 00:49:49 | 00:50:10 | +00:10:38 (21.2%) | 4:58 | 12 (78.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | 3km | 7km | 9.6km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------------|------------|-------------------------------------|-----------|------|----------|----------|----------|-----------------|------------------|----------------------|--------------|-----------------|
| 17 | SUCHOMSKA Beata | 171 | OPENTAX24.PL | K30-39 | 9 | 00:14:50 | 00:34:54 | 00:48:25 | 00:50:08 | 00:50:18 | +00:10:46 (21.4%) | 5:00 | 12 (78.9%) |
| 18 | GIERSZEWSKA Grażyna | 315 | | K40-49 | 1 | 00:15:16 | 00:36:01 | 00:49:57 | 00:51:25 | 00:51:47 | +00:12:15 (23.7%) | 5:08 | 11.7 (77.0%) |
| 19 | CHODUR Agnieszka | 76 | | K30-39 | 10 | 00:15:24 | 00:36:17 | 00:50:12 | 00:51:54 | 00:52:08 | +00:12:36 (24.2%) | 5:11 | 11.6 (76.3%) |
| 20 | DĄBROWSKA Ewelina | 36 | PRO-RUN WROCŁAW | K30-39 | 11 | 00:15:23 | 00:36:25 | 00:50:38 | 00:52:19 | 00:52:30 | +00:12:58 (24.7%) | 5:13 | 11.5 (75.7%) |
| 21 | ZAGOŹDŹON Wioleta | 187 | RUN BYDGOSZCZ | K30-39 | 12 | 00:14:42 | 00:35:44 | 00:50:40 | 00:52:21 | 00:52:39 | +00:13:07 (24.9%) | 5:14 | 11.5 (75.7%) |
| 22 | ŁAPIŃSKA Katarzyna | 64 | | K30-39 | 13 | 00:15:10 | 00:36:43 | 00:50:59 | 00:52:45 | 00:52:52 | +00:13:20 (25.2%) | 5:16 | 11.4 (75.0%) |
| 23 | KAŹMIERCZAK-MYSZYŃSKA Paulina | 93 | TKKF KUBUŚ SIERPC | K30-39 | 14 | 00:15:40 | 00:36:55 | 00:51:01 | 00:52:39 | 00:53:02 | +00:13:30 (25.5%) | 5:15 | 11.4 (75.0%) |
| 24 | RYBKA Ilona | 327 | HUSKY-TEAM BYDGOSZCZ | K40-49 | 2 | 00:15:22 | 00:36:50 | 00:51:30 | 00:53:07 | 00:53:16 | +00:13:44 (25.8%) | 5:18 | 11.3 (74.3%) |
| 25 | HOŁOWNIA Karolina | 85 | | K20-29 | 6 | 00:15:56 | 00:37:27 | 00:51:42 | 00:53:25 | 00:53:43 | +00:14:11 (26.4%) | 5:20 | 11.2 (73.7%) |
| 26 | MACIEJEWSKA-BŁACHEWICZ Joanna | 242 | ZESPÓŁ SZKÓŁ ZAWODOWYCH W KORONOWIE | K30-39 | 15 | 00:15:47 | 00:37:31 | 00:51:51 | 00:53:29 | 00:53:46 | +00:14:14 (26.5%) | 5:20 | 11.2 (73.7%) |
| 27 | KARBOWSKA Alina | 91 | | K20-29 | 7 | 00:16:13 | 00:37:53 | 00:52:05 | 00:53:39 | 00:54:02 | +00:14:30 (26.8%) | 5:21 | 11.2 (73.7%) |
| 28 | LATOS Aleksandra | 325 | | K30-39 | 16 | 00:16:09 | 00:38:05 | 00:52:48 | 00:54:32 | 00:54:42 | +00:15:10 (27.7%) | 5:27 | 11 (72.4%) |
| 29 | KOCHAŃSKA Magdalena | 295 | | K16-19 | 3 | 00:16:26 | 00:38:19 | 00:53:05 | 00:54:47 | 00:54:53 | +00:15:21 (28.0%) | 5:28 | 11 (72.4%) |
| 30 | GÓLCZ Katarzyna | 59 | | K20-29 | 8 | 00:15:33 | 00:37:57 | 00:53:12 | 00:54:47 | 00:54:56 | +00:15:24 (28.0%) | 5:28 | 11 (72.4%) |
| 31 | KOŚMICKA Sylwia | 192 | | K20-29 | 9 | 00:15:50 | 00:37:59 | 00:52:53 | 00:54:39 | 00:55:00 | +00:15:28 (28.1%) | 5:27 | 11 (72.4%) |
| 32 | MARKLIK Grażyna | 276 | | K40-49 | 3 | 00:16:47 | 00:38:48 | 00:53:11 | 00:54:59 | 00:55:13 | +00:15:41 (28.4%) | 5:29 | 10.9 (71.7%) |
| 33 | MIKRUT Małgorzata | 292 | AKADEMIA BIEGANIA GRUDZIĄDZ | K40-49 | 4 | 00:16:16 | 00:38:05 | 00:53:21 | 00:54:59 | 00:55:20 | +00:15:48 (28.6%) | 5:29 | 10.9 (71.7%) |
| 34 | KOLANOWSKA Grażyna | 146 | | K50-59 | 2 | 00:16:01 | 00:38:20 | 00:53:39 | 00:55:33 | 00:55:47 | +00:16:15 (29.1%) | 5:33 | 10.8 (71.1%) |
| 35 | SŁOMA Edyta | 274 | | K30-39 | 17 | 00:27:39 | | 00:52:10 | 00:55:41 | 00:56:07 | +00:16:35 (29.6%) | 5:34 | 10.8 (71.1%) |
| 36 | GUMIENNA Natalia | 134 | | K20-29 | 10 | 00:17:02 | 00:39:32 | 00:54:18 | 00:55:52 | 00:56:09 | +00:16:37 (29.6%) | 5:35 | 10.7 (70.4%) |
| 37 | DOMAGAŁA Janina | | | Kobiety | 1 | 00:27:39 | | 00:52:13 | 00:55:45 | 00:56:12 | +00:16:40 (29.7%) | 5:34 | 10.8 (71.1%) |
| 37 | KANTAK Aneta | 202 | | K40-49 | 5 | 00:27:40 | | 00:52:13 | 00:55:46 | 00:56:12 | +00:16:40 (29.7%) | 5:34 | 10.8 (71.1%) |
| 39 | GNIOT Bożena | 79 | | K30-39 | 18 | 00:16:36 | 00:39:15 | 00:54:17 | 00:56:00 | 00:56:14 | +00:16:42 (29.7%) | 5:36 | 10.7 (70.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | 3km | 7km | 9.6km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|------------|--------------------------|-----------|------|----------|----------|----------|-----------------|------------------|----------------------|--------------|-----------------|
| 40 | OSKA Beata | 103 | | K20-29 | 11 | 00:16:25 | 00:39:08 | 00:54:21 | 00:56:07 | 00:56:24 | +00:16:52 (29.9%) | 5:36 | 10.7 (70.4%) |
| 41 | OZIMKOWSKA Hanna | 270 | | K30-39 | 19 | 00:27:53 | | 00:53:44 | 00:57:14 | 00:57:41 | +00:18:09 (31.5%) | 5:43 | 10.5 (69.1%) |
| 42 | KOTWICA Katarzyna | 241 | | K40-49 | 6 | 00:27:56 | | 00:53:45 | 00:57:16 | 00:57:42 | +00:18:10 (31.5%) | 5:43 | 10.5 (69.1%) |
| 43 | TOBOLEWSKA Maria | 246 | | K16-19 | 4 | 00:15:55 | 00:39:23 | 00:56:02 | 00:57:56 | 00:58:08 | +00:18:36 (32.0%) | 5:47 | 10.4 (68.4%) |
| 44 | CIESIELSKA Oktawia | 124 | | K20-29 | 12 | 00:17:20 | 00:40:39 | 00:56:06 | 00:57:51 | 00:58:13 | +00:18:41 (32.1%) | 5:47 | 10.4 (68.4%) |
| 45 | SZYMCZAK Małgorzata | 206 | | K40-49 | 7 | 00:17:05 | 00:40:20 | 00:56:09 | 00:57:55 | 00:58:15 | +00:18:43 (32.1%) | 5:47 | 10.4 (68.4%) |
| 46 | REMUS Sandra | 167 | | K20-29 | 13 | 00:17:14 | 00:40:44 | 00:56:37 | 00:58:13 | 00:58:36 | +00:19:04 (32.5%) | 5:49 | 10.3 (67.8%) |
| 47 | JANKOWIAK Barbara | 86 | | K40-49 | 8 | 00:16:53 | 00:40:27 | 00:56:33 | 00:58:35 | 00:58:52 | +00:19:20 (32.8%) | 5:51 | 10.2 (67.1%) |
| 47 | LOTA Aleksandra | 151 | LOTKI | K30-39 | 20 | 00:16:56 | 00:40:32 | 00:56:34 | 00:58:36 | 00:58:52 | +00:19:20 (32.8%) | 5:51 | 10.2 (67.1%) |
| 49 | GMITRUK Katarzyna | | | K20-29 | 14 | 00:16:24 | 00:40:41 | 00:57:05 | 00:58:49 | 00:59:08 | +00:19:36 (33.1%) | 5:52 | 10.2 (67.1%) |
| 50 | NOWAK-MACIEJEWSKA Eliza | 259 | KS KORONOWO | K30-39 | 21 | 00:16:42 | 00:40:55 | 00:57:46 | 00:59:33 | 00:59:41 | +00:20:09 (33.8%) | 5:57 | 10.1 (66.4%) |
| 51 | KRYGER Agnieszka | 196 | DRUŻYNA SZPIKU | K20-29 | 15 | 00:17:15 | 00:41:01 | 00:57:49 | 00:59:37 | 01:00:01 | +00:20:29 (34.1%) | 5:57 | 10.1 (66.4%) |
| 52 | POPOWSKA Barbara | 106 | RUN BYDGOSZCZ | K60-69 | 1 | 00:17:09 | 00:41:20 | 00:57:53 | 00:59:58 | 01:00:16 | +00:20:44 (34.4%) | 5:59 | 10 (65.8%) |
| 53 | JAKUBOWSKA Anna | 138 | | K30-39 | 22 | 00:17:44 | 00:42:01 | 00:58:09 | 01:00:05 | 01:00:25 | +00:20:53 (34.6%) | 6:00 | 10 (65.8%) |
| 54 | SZTEJKA Jolanta | 117 | BENEFITKSO ODSZKODOWANIA | K30-39 | 23 | 00:17:56 | 00:42:18 | 00:58:34 | 01:00:11 | 01:00:35 | +00:21:03 (34.7%) | 6:01 | 10 (65.8%) |
| 55 | KĘSKRAWIEC Roma | 95 | | K30-39 | 24 | 00:17:21 | 00:42:02 | 00:58:35 | 01:00:32 | 01:00:52 | +00:21:20 (35.0%) | 6:03 | 9.9 (65.1%) |
| 56 | GRACZKOWSKA Mirosława | 81 | | K40-49 | 9 | 00:17:05 | 00:41:56 | 00:58:45 | 01:00:43 | 01:00:57 | +00:21:25 (35.1%) | 6:04 | 9.9 (65.1%) |
| 57 | MUSIAŁ Mirela | 101 | | K40-49 | 10 | 00:17:22 | 00:42:44 | 00:59:36 | 01:01:33 | 01:01:49 | +00:22:17 (36.0%) | 6:09 | 9.7 (63.8%) |
| 58 | WOŹNIAK Monika | 185 | | K30-39 | 25 | 00:17:20 | 00:42:56 | 01:00:18 | 01:01:59 | 01:02:16 | +00:22:44 (36.5%) | 6:11 | 9.7 (63.8%) |
| 59 | WOJTAS Maria | 184 | | K40-49 | 11 | 00:19:23 | 00:43:49 | 01:00:11 | 01:02:01 | 01:02:20 | +00:22:48 (36.6%) | 6:12 | 9.7 (63.8%) |
| 60 | ŚWIERCZEWSKA Sylwia | 268 | | K30-39 | 26 | 00:18:38 | 00:43:52 | 01:00:20 | 01:02:21 | 01:02:43 | +00:23:11 (37.0%) | 6:14 | 9.6 (63.2%) |
| 61 | BONA-SZWEDA Justyna | 55 | | K30-39 | 27 | 00:18:11 | 00:43:05 | 01:01:01 | 01:03:00 | 01:03:27 | +00:23:55 (37.7%) | 6:18 | 9.5 (62.5%) |
| 62 | RADZIŃSKA Aleksandra | 108 | NIEZRZESZONA | K30-39 | 28 | 00:18:35 | 00:43:48 | 01:01:14 | 01:03:18 | 01:03:37 | +00:24:05 (37.9%) | 6:19 | 9.5 (62.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | 3km | 7km | 9.6km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|------------|---|-----------|------|----------|----------|----------|-----------------|------------------|----------------------|--------------|-----------------|
| 63 | ŻYCHOWSKA Zuzanna | 188 | BOLS - BIEGAJĄCY OKAZYJNIE LUDZIE SZUBINA | K20-29 | 16 | 00:18:34 | 00:44:03 | 01:01:31 | 01:03:20 | 01:03:46 | +00:24:14 (38.0%) | 6:20 | 9.5 (62.5%) |
| 64 | BRZEZINSKA-HAFFKE Sylwia | | | K30-39 | 29 | 00:18:10 | 00:44:22 | 01:02:00 | 01:04:15 | 01:04:35 | +00:25:03 (38.8%) | 6:25 | 9.3 (61.2%) |
| 65 | KRUTNIK-RATKOWSKA Maria | 284 | | K50-59 | 3 | 00:18:23 | 00:44:51 | 01:02:29 | 01:04:24 | 01:04:42 | +00:25:10 (38.9%) | 6:26 | 9.3 (61.2%) |
| 66 | ŻOŁĄDKIEWICZ Elżbieta | 73 | | K40-49 | 12 | 00:18:33 | 00:44:41 | 01:02:19 | 01:04:26 | 01:04:46 | +00:25:14 (39.0%) | 6:26 | 9.3 (61.2%) |
| 67 | KRYGER Martyna | 197 | | K16-19 | 5 | 00:18:15 | 00:46:09 | 01:04:05 | 01:06:03 | 01:06:27 | +00:26:55 (40.5%) | 6:36 | 9.1 (59.9%) |
| 68 | KOWALIŃSKA Małgorzata | 97 | NIEZRZESZONA | K40-49 | 13 | 00:19:47 | 00:46:39 | 01:04:34 | 01:06:38 | 01:06:59 | +00:27:27 (41.0%) | 6:39 | 9 (59.2%) |
| 69 | BIRKHOLZ Jolanta | | | K50-59 | 4 | 00:33:37 | | | 01:06:37 | 01:07:06 | +00:27:34 (41.1%) | 6:39 | 9 (59.2%) |
| 70 | KRASICKA-ĆWIKŁA Wiesława | 203 | | K30-39 | 30 | 00:33:37 | | | 01:06:38 | 01:07:07 | +00:27:35 (41.1%) | 6:39 | 9 (59.2%) |
| 71 | KLISZEWSKA Katarzyna | 240 | | K30-39 | 31 | 00:33:39 | | | 01:06:40 | 01:07:08 | +00:27:36 (41.1%) | 6:40 | 9 (59.2%) |
| 72 | KWIATKOWSKA Elżbieta | 324 | | K40-49 | 14 | 00:20:38 | 00:48:10 | 01:06:38 | 01:08:41 | 01:09:03 | +00:29:31 (42.7%) | 6:52 | 8.7 (57.2%) |
| 73 | KAŹMIERCZAK Bogumiła | 141 | TKKF KUBUŚ SIERPC | K50-59 | 5 | 00:20:33 | 00:48:32 | 01:07:45 | 01:10:11 | 01:10:34 | +00:31:02 (44.0%) | 7:01 | 8.5 (55.9%) |
| 74 | WŁODARCZYK Aleksandra | 248 | | K30-39 | 32 | 00:20:33 | 00:48:28 | 01:07:42 | 01:10:12 | 01:10:37 | +00:31:05 (44.0%) | 7:01 | 8.5 (55.9%) |
| 75 | ZYGAROWICZ Anna | 263 | BANK SPÓŁDZIELCZY | K40-49 | 15 | 00:20:37 | 00:49:26 | 01:09:19 | 01:11:48 | 01:12:09 | +00:32:37 (45.2%) | 7:10 | 8.4 (55.3%) |
| 76 | GACKOWSKA Beata | 305 | KB ŁAPKA | K40-49 | 16 | 00:14:51 | 00:37:43 | | | | +00:10:18 | 5:23 | 11.1 (73.0%) |
| 77 | WAŁDOCH Agnieszka | 331 | KS SPARTAKUS | K20-29 | 17 | 00:15:51 | | | | | +00:04:08 | 5:17 | 11.4 (75.0%) |

Znaleziono 77 wynik(ów)