

VII BIEG - 5KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie:

VII BIEG "POGOŃ RAKA"

Organizator:

Stowarzyszenie Walki z Rakiem Płuca Oddział Szczecin

Data:

2023-10-07

Miejsce:

SZCZECIN

Dystans:

5 km



Klasyfikacja: K-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	TROJGA Karolina	265		K-40	1	00:24:07.90		4:49	12.4 (100%)
2	KONDRAT Olga	98	WY-BIEGANI SZCZECIN	K-40	2	00:26:00.65	+00:01:52 (7.2%)	5:12	11.5 (92.7%)
3	BACHMATIUK Honorata	14		K-40	3	00:26:01.45	+00:01:53 (7.3%)	5:12	11.5 (92.7%)
4	RZYMSKA Marta	220	TRIGYM	K-40	4	00:28:26.80	+00:04:18 (15.2%)	5:41	10.6 (85.5%)
5	SAKOWSKA-CARŁO Magda	222	WIECZORNE BIEGANIE W SZCZECINIE	K-40	5	00:28:53.30	+00:04:45 (16.5%)	5:46	10.4 (83.9%)
6	MIELEC Marta	167		K-40	6	00:28:58.25	+00:04:50 (16.7%)	5:47	10.4 (83.9%)
7	CZECH-WOJNACH Kasia	39	SPSK1	K-40	7	00:29:09.95	+00:05:02 (17.3%)	5:49	10.3 (83.1%)
8	MANDUK-CZYŻYK Nina	155		K-40	8	00:29:41.25	+00:05:33 (18.7%)	5:56	10.1 (81.5%)
9	BĄCIK Aneta	20		K-40	9	00:29:50.75	+00:05:42 (19.1%)	5:58	10.1 (81.5%)
10	KOZŁOWSKA Karolina	107		K-40	10	00:29:50.95	+00:05:43 (19.2%)	5:58	10.1 (81.5%)
11	POGORZELSKA Sylwia	205		K-40	11	00:29:53.95	+00:05:46 (19.3%)	5:58	10 (80.6%)
12	ŁUKASIEWICZ Agnieszka	143	KB HERMES GRYFINO	K-40	12	00:30:00.60	+00:05:52 (19.6%)	6:00	10 (80.6%)
13	STRĄK Izabela	243	WIECZORNE BIEGANIE W SZCZECINIE	K-40	13	00:30:15.80	+00:06:07 (20.3%)	6:03	9.9 (79.8%)
14	KIESZKOWSKA Barbara	92		K-40	14	00:30:30.20	+00:06:22 (20.9%)	6:06	9.8 (79.0%)
15	KIERNOŻYCKA Kasia	90	BOSMAN	K-40	15	00:30:48.65	+00:06:40 (21.7%)	6:09	9.7 (78.2%)
16	DĄBROWSKA Róża	42		K-40	16	00:30:48.95	+00:06:41 (21.7%)	6:09	9.7 (78.2%)
17	WIENCIS Małgorzata	274		K-40	17	00:30:49.20	+00:06:41 (21.7%)	6:09	9.7 (78.2%)
18	DUDEK -IGNACZAK Joanna	50		K-40	18	00:30:53.50	+00:06:45 (21.9%)	6:10	9.7 (78.2%)
19	SYDOR Kasia	246	EL TORO DE ORO	K-40	19	00:31:41.45	+00:07:33 (23.9%)	6:20	9.5 (76.6%)
20	KARWOWSKA-DĄBROWSKA Karolina	86		K-40	20	00:31:45.15	+00:07:37 (24.0%)	6:21	9.4 (75.8%)
21	SZAJEK Marta	247	HULK TEAM POLICE	K-40	21	00:32:06.60	+00:07:58 (24.8%)	6:25	9.3 (75.0%)
22	WIESE Urszula	276		K-40	22	00:32:10.00	+00:08:02 (25.0%)	6:26	9.3 (75.0%)
23	ZIELIŃSKA Ludmiła	298	KB WIKON NOWA SÓL	K-40	23	00:32:12.00	+00:08:04 (25.1%)	6:26	9.3 (75.0%)
24	UŁANOWICZ Katarzyna	267		K-40	24	00:32:13.10	+00:08:05 (25.1%)	6:26	9.3 (75.0%)
25	PROTASIEWICZ Agnieszka	210		K-40	25	00:33:11.75	+00:09:03 (27.3%)	6:38	9 (72.6%)
26	MATYSIAK Magdalena	163		K-40	26	00:34:20.15	+00:10:12 (29.7%)	6:52	8.7 (70.2%)

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27	TOMCZYK Kasia	261		K-40	27	00:34:27.20	+00:10:19 (30.0%)	6:53	8.7 (70.2%)
28	PAWEŁCZYK Marzena	192	SPSK1	K-40	28	00:34:36.30	+00:10:28 (30.3%)	6:55	8.7 (70.2%)
29	GRYGIEL Agnieszka	67		K-40	29	00:34:36.85	+00:10:28 (30.3%)	6:55	8.7 (70.2%)
30	ZALEWSKA Ewa	6	SPSK1	K-40	30	00:34:38.10	+00:10:30 (30.3%)	6:55	8.7 (70.2%)
31	JAROSZYŃSKA Elżbieta	80		K-40	31	00:34:53.55	+00:10:45 (30.8%)	6:58	8.6 (69.4%)
32	ŁODZIATO Magdalena	142	TURKEYS TEAM	K-40	32	00:35:02.05	+00:10:54 (31.1%)	7:00	8.6 (69.4%)
33	GRZYWACZ Magdalena	69		K-40	33	00:35:58.15	+00:11:50 (32.9%)	7:11	8.3 (66.9%)
34	MIELNICZUK Agnieszka	168		K-40	34	00:35:58.50	+00:11:50 (32.9%)	7:11	8.3 (66.9%)
35	SAMOLEJ Monika	223		K-40	35	00:36:04.55	+00:11:56 (33.1%)	7:12	8.3 (66.9%)
36	BIEDULSKA Aneta	22	GRUPA BIEGOWA FIEGE	K-40	36	00:36:43.15	+00:12:35 (34.3%)	7:20	8.2 (66.1%)
37	SAVCHENKO Maryna	226	#FIEGEBIEGA	K-40	37	00:38:02.10	+00:13:54 (36.6%)	7:36	7.9 (63.7%)
38	LASKOWSKA Beata	129		K-40	38	00:38:13.05	+00:14:05 (36.9%)	7:38	7.8 (62.9%)
39	WIŚNIEWSKA Dorota	280		K-40	39	00:38:15.35	+00:14:07 (36.9%)	7:39	7.8 (62.9%)
40	NIESYN Ewa	179	WIECZORNE BIEGANIE W SZCZECINIE	K-40	40	00:38:18.65	+00:14:10 (37.0%)	7:39	7.8 (62.9%)
41	ŁODZIATO Marta	141		K-40	41	00:38:24.80	+00:14:16 (37.2%)	7:40	7.8 (62.9%)
42	KULINA Magda	125		K-40	42	00:38:48.80	+00:14:40 (37.8%)	7:45	7.7 (62.1%)
43	CIBOR Małgorzata	36		K-40	43	00:38:49.70	+00:14:41 (37.9%)	7:45	7.7 (62.1%)
44	LASEK Anna	127	WEEKNDOWE KOKSY	K-40	44	00:39:06.50	+00:14:58 (38.3%)	7:49	7.7 (62.1%)
45	MARCHEWKA Emilia	156	WEEKNDOWE KOKSY	K-40	45	00:39:17.85	+00:15:09 (38.6%)	7:51	7.6 (61.3%)
46	WIŚNIEWSKA Agnieszka	278	PARKRUN GORZÓW WIELKOPOLSKI	K-40	46	00:39:19.25	+00:15:11 (38.6%)	7:51	7.6 (61.3%)
47	SENGER Joanna	232		K-40	47	00:39:40.25	+00:15:32 (39.2%)	7:56	7.6 (61.3%)
48	KOŚCIŃSKA Elżbieta	102	WOJSKOWY KLUB HDK PCK W SZCZECINIE	K-40	48	00:39:58.25	+00:15:50 (39.6%)	7:59	7.5 (60.5%)
49	DZIĘCIOŁ Kasia	52		K-40	49	00:40:20.85	+00:16:12 (40.2%)	8:04	7.4 (59.7%)
50	MAHACZEK Karolina	151		K-40	50	00:41:33.10	+00:17:25 (41.9%)	8:18	7.2 (58.1%)
51	PŁOSA Monika	202		K-40	51	00:42:28.25	+00:18:20 (43.2%)	8:29	7.1 (57.3%)
52	LEGWIŃSKA Agnieszka	130		K-40	52	00:44:14.10	+00:20:06 (45.4%)	8:50	6.8 (54.8%)
53	MALINOWSKA-WASILUK Agnieszka	153	MATKI-WARIATKI	K-40	53	00:49:23.80	+00:25:15 (51.1%)	9:52	6.1 (49.2%)
54	KLIMCZAK Katarzyna	96		K-40	54	00:49:38.05	+00:25:30 (51.4%)	9:55	6 (48.4%)
55	STOCHLA Dorota	215		K-40	55	00:49:38.35	+00:25:30 (51.4%)	9:55	6 (48.4%)
56	KOSTKIEWICZ Iwona	101		K-40	56	00:49:39.60	+00:25:31 (51.4%)	9:55	6 (48.4%)
57	SIKORA Małgorzata	235	SPSK 1	K-40	57	00:50:14.95	+00:26:07 (52.0%)	10:02	6 (48.4%)
58	JANUSZEWSKA Kamila	77		K-40	58	00:53:15.00	+00:29:07 (54.7%)	10:39	5.6 (45.2%)

Znaleziono 58 wynik(ów)