

VII BIEG - 5KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Event: VII BIEG "POGOŃ RAKA"
Organiser: Stowarzyszenie Walki z Rakiem Płuca Oddział Szczecin
Date: 2023-10-07
Place: SZCZECIN
Distance: 5 km



Classification: K-50

Place	Participant	Number	Club	Category	MCat	Net time 5km	Gap	Pace min/km	Pace km/h
1	BIEŃCZYK Iwona	25	WY-BIEGANI SZCZECIN	K-50	1	00:28:08.00		5:37	10.7 (100%)
2	KRUCZKOWSKA Agnieszka	110		K-50	2	00:28:52.90	+00:00:44 (2.6%)	5:46	10.4 (97.2%)
3	PACYNA Renata	186	#FIEGEBIEGA	K-50	3	00:30:49.40	+00:02:41 (8.7%)	6:09	9.7 (90.7%)
4	TRELIŃSKA Edyta	263		K-50	4	00:31:09.20	+00:03:01 (9.7%)	6:13	9.6 (89.7%)
5	MURAWSKA Dorota	174		K-50	5	00:32:59.85	+00:04:51 (14.7%)	6:35	9.1 (85.0%)
6	ŻYWICKA Barbara	308	VAN GRAAF BIEGA	K-50	6	00:33:09.25	+00:05:01 (15.1%)	6:37	9 (84.1%)
7	NAUS Joanna	178		K-50	7	00:33:42.10	+00:05:34 (16.5%)	6:44	8.9 (83.2%)
8	MARCHIEL Lena	158		K-50	8	00:34:15.85	+00:06:07 (17.9%)	6:51	8.8 (82.2%)
9	ZUBA Lucyna	301		K-50	9	00:36:52.70	+00:08:44 (23.7%)	7:22	8.1 (75.7%)
10	DROP Aneta	48		K-50	10	00:37:40.70	+00:09:32 (25.3%)	7:32	8 (74.8%)
11	PAWLAK Joanna	193		K-50	11	00:38:18.75	+00:10:10 (26.6%)	7:39	7.8 (72.9%)
12	OLEJNIK Marzena	181		K-50	12	00:38:45.15	+00:10:37 (27.4%)	7:45	7.7 (72.0%)
13	HARWAT Katarzyna	71	PARKRUN SZCZECIN	K-50	13	00:39:16.20	+00:11:08 (28.4%)	7:51	7.6 (71.0%)
14	ZAWADZKA Magdalena	4		K-50	14	00:39:19.15	+00:11:11 (28.4%)	7:51	7.6 (71.0%)
15	TADYCH Beata	257		K-50	15	00:40:21.40	+00:12:13 (30.3%)	8:04	7.4 (69.2%)
16	WOJTAT Halina	287		K-50	16	00:49:29.05	+00:21:21 (43.1%)	9:53	6.1 (57.0%)
17	KSIĘŻAK Alicja	123		K-50	17	00:52:33.00	+00:24:25 (46.5%)	10:30	5.7 (53.3%)
18	KAPŁUN Beata	85		K-50	18	00:53:13.75	+00:25:05 (47.1%)	10:38	5.6 (52.3%)

Total 18 results.