

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-OPEN

Place	Participant	Number	Club	Category	MCat	Net time 5km	Gap	Pace min/km	Pace km/h
1	PROKOP Agata	209	RUNFOURFUN	K-30	1	00:22:46.55		4:33	13.2 (100%)
2	DYDEK Edyta	10	SKB DZIK	K-20	1	00:23:10.85	+00:00:24 (1.7%)	4:38	12.9 (97.7%)
3	TROJGA Karolina	265		K-40	1	00:24:07.90	+00:01:21 (5.6%)	4:49	12.4 (93.9%)
4	JETTKA-MATERKA Natalia	82		K-30	2	00:24:39.45	+00:01:52 (7.6%)	4:55	12.2 (92.4%)
5	TOMASZEWSKA Beata	260		K-30	3	00:25:19.35	+00:02:32 (10.1%)	5:03	11.8 (89.4%)
6	KONDRAT Olga	98	WY-BIEGANI SZCZECIN	K-40	2	00:26:00.65	+00:03:14 (12.4%)	5:12	11.5 (87.1%)
7	BACHMATIUK Honorata	14		K-40	3	00:26:01.45	+00:03:14 (12.5%)	5:12	11.5 (87.1%)
8	PIECYK Katarzyna	199	TRIGYM	K-30	4	00:27:03.90	+00:04:17 (15.8%)	5:24	11.1 (84.1%)
9	KRUCZKOWSKA Malwina	111		K-20	2	00:27:11.55	+00:04:25 (16.2%)	5:26	11 (83.3%)
10	ŻÓŁTOWSKA Oliwia	304	SPSK1 PUM SZCZECIN	K-30	5	00:27:31.65	+00:04:45 (17.3%)	5:30	10.9 (82.6%)
11	WYROSTEK Michalina	295		K-20	3	00:27:36.55	+00:04:50 (17.5%)	5:31	10.9 (82.6%)
12	MADEJ Anna	150	UKL ÓSEMKA POLICE	K-30	6	00:27:48.00	+00:05:01 (18.1%)	5:33	10.8 (81.8%)
13	BIEŃCZYK Iwona	25	WY-BIEGANI SZCZECIN	K-50	1	00:28:08.00	+00:05:21 (19.0%)	5:37	10.7 (81.1%)
14	RZYMSKA Marta	220	TRIGYM	K-40	4	00:28:26.80	+00:05:40 (19.9%)	5:41	10.6 (80.3%)
15	KRUCZKOWSKA Agnieszka	110		K-50	2	00:28:52.90	+00:06:06 (21.1%)	5:46	10.4 (78.8%)
16	SAKOWSKA-CARŁO Magda	222	WIECZORNE BIEGANIE W SZCZECINIE	K-40	5	00:28:53.30	+00:06:06 (21.2%)	5:46	10.4 (78.8%)
17	MIELEC Marta	167		K-40	6	00:28:58.25	+00:06:11 (21.4%)	5:47	10.4 (78.8%)
18	CZECH-WOJNACH Kasia	39	SPSK1	K-40	7	00:29:09.95	+00:06:23 (21.9%)	5:49	10.3 (78.0%)
19	MANDUK-CZYŻYK Nina	155		K-40	8	00:29:41.25	+00:06:54 (23.3%)	5:56	10.1 (76.5%)
20	BĄCIK Aneta	20		K-40	9	00:29:50.75	+00:07:04 (23.7%)	5:58	10.1 (76.5%)
21	KOZŁOWSKA Karolina	107		K-40	10	00:29:50.95	+00:07:04 (23.7%)	5:58	10.1 (76.5%)
22	POGORZELSKA Sylwia	205		K-40	11	00:29:53.95	+00:07:07 (23.8%)	5:58	10 (75.8%)
23	ŁUKASIEWICZ Agnieszka	143	KB HERMES GRYFINO	K-40	12	00:30:00.60	+00:07:14 (24.1%)	6:00	10 (75.8%)
24	STRĄK Izabela	243	WIECZORNE BIEGANIE W SZCZECINIE	K-40	13	00:30:15.80	+00:07:29 (24.7%)	6:03	9.9 (75.0%)
25	WINCENCIAK Magdalena	277	#FIEGEBIEGA	K-30	7	00:30:27.80	+00:07:41 (25.2%)	6:05	9.9 (75.0%)
26	KIESZKOWSKA Barbara	92		K-40	14	00:30:30.20	+00:07:43 (25.3%)	6:06	9.8 (74.2%)

						Net time 5km		Pace min/km	Pace km/h
Place	Participant	Number	Club	Category	MCat		Gap		
27	WARDĘGA Monika	269	#FIEGEBIEGA	K-30	8	00:30:43.40	+00:07:56 (25.9%)	6:08	9.8 (74.2%)
28	ŁUSZCZEWSKA Agnieszka	145		K-30	9	00:30:47.85	+00:08:01 (26.0%)	6:09	9.7 (73.5%)
29	KIERNOŻYCKA Kasia	90	BOSMAN	K-40	15	00:30:48.65	+00:08:02 (26.1%)	6:09	9.7 (73.5%)
30	DĄBROWSKA Róża	42		K-40	16	00:30:48.95	+00:08:02 (26.1%)	6:09	9.7 (73.5%)
31	WIENCIS Małgorzata	274		K-40	17	00:30:49.20	+00:08:02 (26.1%)	6:09	9.7 (73.5%)
32	PACYNA Renata	186	#FIEGEBIEGA	K-50	3	00:30:49.40	+00:08:02 (26.1%)	6:09	9.7 (73.5%)
33	DUDEK -IGNACZAK Joanna	50		K-40	18	00:30:53.50	+00:08:06 (26.3%)	6:10	9.7 (73.5%)
34	MYTYCH Ilona	176	EXTREME WOLF	K-30	10	00:31:06.25	+00:08:19 (26.8%)	6:13	9.6 (72.7%)
35	TRELIŃSKA Edyta	263		K-50	4	00:31:09.20	+00:08:22 (26.9%)	6:13	9.6 (72.7%)
36	CIEŚLA Agnieszka	38	HELL'S HEAVEN SZCZECIN	K-30	11	00:31:16.95	+00:08:30 (27.2%)	6:15	9.6 (72.7%)
37	SYDOR Kasia	246	EL TORO DE ORO	K-40	19	00:31:41.45	+00:08:54 (28.1%)	6:20	9.5 (72.0%)
38	KRAWCZYK Magdalena	109		K-30	12	00:31:42.25	+00:08:55 (28.2%)	6:20	9.5 (72.0%)
39	KARWOWSKA-DĄBROWSKA Karolina	86		K-40	20	00:31:45.15	+00:08:58 (28.3%)	6:21	9.4 (71.2%)
40	SĘCZKOWSKA Katarzyna	233		K-30	13	00:31:51.35	+00:09:04 (28.5%)	6:22	9.4 (71.2%)
41	BORKOWSKA-ZIELKE Magda	313		K-30	14	00:31:52.70	+00:09:06 (28.6%)	6:22	9.4 (71.2%)
42	ŁAWKIEL Natalia	140		K-20	4	00:32:02.30	+00:09:15 (28.9%)	6:24	9.4 (71.2%)
43	SZAJEK Marta	247	HULK TEAM POLICE	K-40	21	00:32:06.60	+00:09:20 (29.1%)	6:25	9.3 (70.5%)
44	WIESE Urszula	276		K-40	22	00:32:10.00	+00:09:23 (29.2%)	6:26	9.3 (70.5%)
45	ZIELIŃSKA Ludmiła	298	KB WIKON NOWA SÓL	K-40	23	00:32:12.00	+00:09:25 (29.3%)	6:26	9.3 (70.5%)
46	UŁANOWICZ Katarzyna	267		K-40	24	00:32:13.10	+00:09:26 (29.3%)	6:26	9.3 (70.5%)
47	RYBARCZYK Justyna	218		K-30	15	00:32:16.65	+00:09:30 (29.4%)	6:27	9.3 (70.5%)
48	KOTLARZ Olga	104		K-30	16	00:32:37.00	+00:09:50 (30.2%)	6:31	9.2 (69.7%)
49	MURAWSKA Dorota	174		K-50	5	00:32:59.85	+00:10:13 (31.0%)	6:35	9.1 (68.9%)
50	MADEJ Anna	148		K-30	17	00:33:03.25	+00:10:16 (31.1%)	6:36	9.1 (68.9%)
51	ŻYWICKA Barbara	308	VAN GRAAF BIEGA	K-50	6	00:33:09.25	+00:10:22 (31.3%)	6:37	9 (68.2%)
52	NATALCZYK Ewelina	177		K-30	18	00:33:09.85	+00:10:23 (31.3%)	6:37	9 (68.2%)
53	PROTASIEWICZ Agnieszka	210		K-40	25	00:33:11.75	+00:10:25 (31.4%)	6:38	9 (68.2%)
54	BOŚKO Paulina	29		K-30	19	00:33:18.40	+00:10:31 (31.6%)	6:39	9 (68.2%)
55	TRYBUŁA Ewelina	266	SPSK 1 PUM	K-30	20	00:33:23.00	+00:10:36 (31.8%)	6:40	9 (68.2%)
56	NAUS Joanna	178		K-50	7	00:33:42.10	+00:10:55 (32.4%)	6:44	8.9 (67.4%)
57	LEWANDOWSKA Beata	133		K-30	21	00:34:01.10	+00:11:14 (33.0%)	6:48	8.8 (66.7%)
58	MARCHIEL Lena	158		K-50	8	00:34:15.85	+00:11:29 (33.5%)	6:51	8.8 (66.7%)
59	MATYSIAK Magdalena	163		K-40	26	00:34:20.15	+00:11:33 (33.7%)	6:52	8.7 (65.9%)
60	ŁUPKOWSKA-GRYGORCEWICZ Aleksandra	144		K-30	22	00:34:21.95	+00:11:35 (33.7%)	6:52	8.7 (65.9%)
61	TOMCZYK Kasia	261		K-40	27	00:34:27.20	+00:11:40 (33.9%)	6:53	8.7 (65.9%)
62	PAWEŁCZYK Marzena	192	SPSK1	K-40	28	00:34:36.30	+00:11:49 (34.2%)	6:55	8.7 (65.9%)
63	GRYGIEL Agnieszka	67		K-40	29	00:34:36.85	+00:11:50 (34.2%)	6:55	8.7 (65.9%)
64	ZALEWSKA Ewa	6	SPSK1	K-40	30	00:34:38.10	+00:11:51 (34.2%)	6:55	8.7 (65.9%)
65	BARANOWSKA Izabela	17		K-20	5	00:34:39.80	+00:11:53 (34.3%)	6:55	8.7 (65.9%)
66	JAROSZYŃSKA Elżbieta	80		K-40	31	00:34:53.55	+00:12:07 (34.7%)	6:58	8.6 (65.2%)
67	ŁODZIATO Magdalena	142	TURKEYS TEAM	K-40	32	00:35:02.05	+00:12:15 (35.0%)	7:00	8.6 (65.2%)
68	DĄBSKA Karolina	43		K-30	23	00:35:31.20	+00:12:44 (35.9%)	7:06	8.4 (63.6%)
69	KRUPA Paulina	113		K-30	24	00:35:38.50	+00:12:51 (36.1%)	7:07	8.4 (63.6%)
70	GRZYWACZ Magdalena	69		K-40	33	00:35:58.15	+00:13:11 (36.7%)	7:11	8.3 (62.9%)

						Net time 5km		Pace min/km	Pace km/h
Place	Participant	Number	Club	Category	MCat		Gap		
71	MIELNICZUK Agnieszka	168	GRUPA BIEGOWA FIEGE	K-40	34	00:35:58.50	+00:13:11 (36.7%)	7:11	8.3 (62.9%)
72	SAMOLEJ Monika	223		K-40	35	00:36:04.55	+00:13:18 (36.9%)	7:12	8.3 (62.9%)
73	WRÓŃSKA DRZEWIECKA Justyna	292		K-30	25	00:36:23.55	+00:13:37 (37.4%)	7:16	8.2 (62.1%)
74	BIEDULSKA Aneta	22		K-40	36	00:36:43.15	+00:13:56 (38.0%)	7:20	8.2 (62.1%)
75	ZUBA Lucyna	301		K-50	9	00:36:52.70	+00:14:06 (38.2%)	7:22	8.1 (61.4%)
76	PAŹDZIOR Paulina	194	#FIEGEBIEGA	K-30	26	00:36:55.30	+00:14:08 (38.3%)	7:23	8.1 (61.4%)
77	SARZYŃSKA Kasia	224		K-30	27	00:37:33.80	+00:14:47 (39.4%)	7:30	8 (60.6%)
78	DROP Aneta	48		K-50	10	00:37:40.70	+00:14:54 (39.6%)	7:32	8 (60.6%)
79	KUŚMIRCZUK Maria	126		K-20	6	00:37:47.85	+00:15:01 (39.7%)	7:33	7.9 (59.8%)
80	SAVCHENKO Maryna	226		K-40	37	00:38:02.10	+00:15:15 (40.1%)	7:36	7.9 (59.8%)
81	LASKOWSKA Beata	129	WIECZORNE BIEGANIE W SZCZECINIE	K-40	38	00:38:13.05	+00:15:26 (40.4%)	7:38	7.8 (59.1%)
82	WIŚNIEWSKA Dorota	280		K-40	39	00:38:15.35	+00:15:28 (40.5%)	7:39	7.8 (59.1%)
83	NIESYN Ewa	179		K-40	40	00:38:18.65	+00:15:32 (40.5%)	7:39	7.8 (59.1%)
84	PAWLAK Joanna	193		K-50	11	00:38:18.75	+00:15:32 (40.6%)	7:39	7.8 (59.1%)
85	SASIUK-OWCZAREK Paulina	225		K-20	7	00:38:21.45	+00:15:34 (40.6%)	7:40	7.8 (59.1%)
86	ŁODZIATO Marta	141	WEEKNDOWE KOKSY	K-40	41	00:38:24.80	+00:15:38 (40.7%)	7:40	7.8 (59.1%)
87	WASIELEWSKA Katarzyna	270		K-30	28	00:38:39.70	+00:15:53 (41.1%)	7:43	7.8 (59.1%)
88	OLEJNIK Marzena	181		K-50	12	00:38:45.15	+00:15:58 (41.2%)	7:45	7.7 (58.3%)
89	KULINA Magda	125		K-40	42	00:38:48.80	+00:16:02 (41.3%)	7:45	7.7 (58.3%)
90	CIBOR Małgorzata	36		K-40	43	00:38:49.70	+00:16:03 (41.3%)	7:45	7.7 (58.3%)
91	LASEK Anna	127	PARKRUN SZCZECIN	K-40	44	00:39:06.50	+00:16:19 (41.8%)	7:49	7.7 (58.3%)
92	HARWAT Katarzyna	71	WEEKNDOWE KOKSY	K-50	13	00:39:16.20	+00:16:29 (42.0%)	7:51	7.6 (57.6%)
93	MARCHEWKA Emilia	156	PARKRUN GORZÓW WIELKOPOLSKI	K-40	45	00:39:17.85	+00:16:31 (42.0%)	7:51	7.6 (57.6%)
94	ZAWADZKA Magdalena	4		K-50	14	00:39:19.15	+00:16:32 (42.1%)	7:51	7.6 (57.6%)
95	WIŚNIEWSKA Agnieszka	278		K-40	46	00:39:19.25	+00:16:32 (42.1%)	7:51	7.6 (57.6%)
96	ŁAŃKUT Natalia	139		K-20	8	00:39:22.10	+00:16:35 (42.1%)	7:52	7.6 (57.6%)
97	SENGER Joanna	232		K-40	47	00:39:40.25	+00:16:53 (42.6%)	7:56	7.6 (57.6%)
98	KOŚCIŃSKA Elżbieta	102	WOJSKOWY KLUB HDK PCK W SZCZECINIE	K-40	48	00:39:58.25	+00:17:11 (43.0%)	7:59	7.5 (56.8%)
99	DZIĘCIOŁ Kasia	52		K-40	49	00:40:20.85	+00:17:34 (43.6%)	8:04	7.4 (56.1%)
100	TADYCH Beata	257		K-50	15	00:40:21.40	+00:17:34 (43.6%)	8:04	7.4 (56.1%)
101	SZYMCZAK Magdalena	254		K-30	29	00:40:37.80	+00:17:51 (43.9%)	8:07	7.4 (56.1%)
102	MAHACZEK Karolina	151		K-40	50	00:41:33.10	+00:18:46 (45.2%)	8:18	7.2 (54.5%)
103	GOTKOWSKA Magdalena	62	SKB DZIK	K-30	30	00:41:41.95	+00:18:55 (45.4%)	8:20	7.2 (54.5%)
104	PŁOSA Monika	202		K-40	51	00:42:28.25	+00:19:41 (46.4%)	8:29	7.1 (53.8%)
105	BUJNOWSKA Anita	31		K-30	31	00:43:41.30	+00:20:54 (47.9%)	8:44	6.9 (52.3%)
106	LEGWIŃSKA Agnieszka	130		K-40	52	00:44:14.10	+00:21:27 (48.5%)	8:50	6.8 (51.5%)
107	PIETRZAK Kasia	200		K-30	32	00:44:34.50	+00:21:47 (48.9%)	8:54	6.7 (50.8%)
108	CIACHŁA Matylda	35	TANCIA TEAM	K-30	33	00:44:38.60	+00:21:52 (49.0%)	8:55	6.7 (50.8%)
109	DOMAGALSKA Agata	44		K-20	9	00:45:13.50	+00:22:26 (49.6%)	9:02	6.6 (50.0%)
110	SZMYTKE Ewelina	7		K-30	34	00:46:08.20	+00:23:21 (50.6%)	9:13	6.5 (49.2%)
111	GRZEŚKÓW Alicja	8		K-20	10	00:47:47.90	+00:25:01 (52.4%)	9:33	6.3 (47.7%)
112	ADAMKOWSKA Natalia	12		K-30	35	00:48:12.40	+00:25:25 (52.8%)	9:38	6.2 (47.0%)
113	MALINOWSKA-WASILUK Agnieszka	153	MATKI-WARIATKI	K-40	53	00:49:23.80	+00:26:37 (53.9%)	9:52	6.1 (46.2%)
114	WOJTAT Halina	287		K-50	16	00:49:29.05	+00:26:42 (54.0%)	9:53	6.1 (46.2%)

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115	KLIMCZAK Katarzyna	96		K-40	54	00:49:38.05	+00:26:51 (54.1%)	9:55	6 (45.5%)
116	STOCHLA Dorota	215		K-40	55	00:49:38.35	+00:26:51 (54.1%)	9:55	6 (45.5%)
117	SULEJA Joanna	244	SKL	K-60+	1	00:49:39.40	+00:26:52 (54.1%)	9:55	6 (45.5%)
118	KOSTKIEWICZ Iwona	101		K-40	56	00:49:39.60	+00:26:53 (54.1%)	9:55	6 (45.5%)
119	ROSIŃSKA Karolina	214	SPSK 1	K-30	36	00:50:14.95	+00:27:28 (54.7%)	10:02	6 (45.5%)
119	SIKORA Małgorzata	235	SPSK 1	K-40	57	00:50:14.95	+00:27:28 (54.7%)	10:02	6 (45.5%)
121	KSIĘŻAK Alicja	123		K-50	17	00:52:33.00	+00:29:46 (56.7%)	10:30	5.7 (43.2%)
122	SADOWSKA Julia	221		K-20	11	00:52:34.20	+00:29:47 (56.7%)	10:30	5.7 (43.2%)
123	KAPŁUN Beata	85		K-50	18	00:53:13.75	+00:30:27 (57.2%)	10:38	5.6 (42.4%)
124	JANUSZEWSKA Kamila	77		K-40	58	00:53:15.00	+00:30:28 (57.2%)	10:39	5.6 (42.4%)

Total 124 results.