



# VII MARSZ MIKOŁAJKOWY

B4SPORT

**Wydarzenie:** IX Bieg Mikołajkowy  
**Organizator:** Stowarzyszenie BiegamBoLubie Team Police  
**Data:** 2021-12-05  
**Miejsce:** Police  
**Dystans:** 5 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	KUPNIEWSKA Aleksandra	109	LOVELASY	K-30	1		00:36:12.70	00:36:13.25		7:14	8.3 (100%)
2	ABRAMOWICZ Małgorzata	6	EKSPEDYCJA NORDIC TEAM SZCZECIN	K-30	2	Ekspedycja Nordic Team Szczecin 3	00:36:21.35	00:36:23.30	+00:00:10 (0.5%)	7:16	8.3 (100%)
3	KAŻMIERSKA-JASTRZĘBSKA Katarzyna	90	SOPURE.MILLINERY	K-30	3		00:39:20.40	00:39:25.85	+00:03:12 (8.1%)	7:52	7.6 (91.6%)
4	GŁADZIK Anna	61	KOMPAS TEAM	K-30	4	Kompas Team 2	00:39:48.90	00:39:52.40	+00:03:39 (9.2%)	7:57	7.5 (90.4%)
5	FRĘŚKO Ewelina	56		K-30	5	Ekspedycja Nordic Team Szczecin	00:40:25.80	00:40:27.45	+00:04:14 (10.5%)	8:05	7.4 (89.2%)
6	MALINOWSKA Ewelina	143		K-30	6		00:42:01.50	00:42:05.65	+00:05:52 (14.0%)	8:24	7.1 (85.5%)
7	LUDWICKA Weronika	127		K-30	7	Świąteczna rodzinka	00:42:51.45	00:42:51.45	+00:06:38 (15.5%)	8:34	7 (84.3%)
8	DZIEMIDOWICZ Jadwiga	48		K-30	8		00:43:33.60	00:43:50.15	+00:07:36 (17.4%)	8:42	6.9 (83.1%)
9	JATCZAK Katarzyna	81	KPP POLICE	K-30	9	KPP Police	00:43:59.05	00:44:02.10	+00:07:48 (17.7%)	8:47	6.8 (81.9%)
10	FIJAŁKOWSKA Monika	53		K-30	10	KPP Police	00:44:02.45	00:44:05.10	+00:07:51 (17.8%)	8:48	6.8 (81.9%)
11	PASZKIEWICZ Monika	174	DZIUBKI	K-30	11		00:44:03.00	00:44:07.15	+00:07:53 (17.9%)	8:48	6.8 (81.9%)
11	BINDER-OSMAN Marta	22	KS ŻYRAFY	K-30	11		00:44:03.60	00:44:07.15	+00:07:53 (17.9%)	8:48	6.8 (81.9%)
13	KARCZEWSKA Magdalena	85	SZALONE WILCZYCE	K-30	13		00:44:00.95	00:44:11.40	+00:07:58 (18.0%)	8:48	6.8 (81.9%)
14	KARLEWSKA Maria	86		K-30	14		00:44:13.35	00:44:15.20	+00:08:01 (18.2%)	8:50	6.8 (81.9%)
15	TYŁODZIECKA Magda	233	#ZABIEGANEPOUSZY:)	K-30	15		00:44:13.10	00:44:15.30	+00:08:02 (18.2%)	8:50	6.8 (81.9%)

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16	<b>SELIGA Dominika</b>	<b>200</b>		K-30	16		<b>00:44:39.00</b>	<b>00:44:43.95</b>	+00:08:30 (19.0%)	8:55	6.7 (80.7%)
17	<b>SEŃ Agata</b>	<b>201</b>		K-30	17		<b>00:42:38.30</b>	<b>00:44:57.00</b>	+00:08:43 (19.4%)	8:31	7 (84.3%)
18	<b>MAJCHEREK Paulina</b>	<b>137</b>		K-30	18		<b>00:44:38.00</b>	<b>00:44:57.70</b>	+00:08:44 (19.4%)	8:55	6.7 (80.7%)
19	<b>HETMAŃSKA Diana</b>	<b>74</b>		K-30	19	LoveLasy	<b>00:45:43.95</b>	<b>00:45:55.70</b>	+00:09:42 (21.1%)	9:08	6.6 (79.5%)
20	<b>JURCZYK Anna</b>	<b>83</b>		K-30	20		<b>00:46:19.65</b>	<b>00:46:24.90</b>	+00:10:11 (22.0%)	9:15	6.5 (78.3%)
21	<b>STUDNIAREK Sylwia</b>	<b>214</b>		K-30	21		<b>00:46:21.10</b>	<b>00:46:28.25</b>	+00:10:15 (22.1%)	9:16	6.5 (78.3%)
22	<b>UKLEJA-PADOŁ Ilona</b>	<b>236</b>		K-30	22		<b>00:47:36.00</b>	<b>00:47:51.25</b>	+00:11:38 (24.3%)	9:31	6.3 (75.9%)
23	<b>ŁASKAWSKA Mariola</b>	<b>131</b>		K-30	23		<b>00:47:36.45</b>	<b>00:47:51.35</b>	+00:11:38 (24.3%)	9:31	6.3 (75.9%)
24	<b>WOJDAK Żaneta</b>	<b>240</b>		K-30	24		<b>00:47:47.75</b>	<b>00:47:58.85</b>	+00:11:45 (24.5%)	9:33	6.3 (75.9%)
25	<b>JANOWICZ Renata</b>	<b>77</b>	MORSY SIADŁO DOLNE	K-30	25		<b>00:48:02.40</b>	<b>00:48:24.05</b>	+00:12:10 (25.2%)	9:36	6.2 (74.7%)
26	<b>ROSIŃSKA Karolina</b>	<b>191</b>		K-30	26		<b>00:49:20.25</b>	<b>00:49:27.05</b>	+00:13:13 (26.8%)	9:52	6.1 (73.5%)
27	<b>OLEŚ Joanna</b>	<b>168</b>		K-30	27		<b>00:49:58.35</b>	<b>00:49:59.50</b>	+00:13:46 (27.5%)	9:59	6 (72.3%)
28	<b>WIOLETA REĆKO Wioleta</b>	<b>238</b>		K-30	28		<b>00:49:57.00</b>	<b>00:49:59.55</b>	+00:13:46 (27.5%)	9:59	6 (72.3%)
29	<b>WOLNA Dorota</b>	<b>242</b>		K-30	29		<b>00:50:18.55</b>	<b>00:50:42.70</b>	+00:14:29 (28.6%)	10:03	6 (72.3%)
30	<b>ŁAPA-SUSKA Kamila</b>	<b>130</b>		K-30	30		<b>00:52:12.00</b>	<b>00:52:12.00</b>	+00:15:58 (30.6%)	10:26	5.7 (68.7%)
31	<b>MIKLAS Aleksandra</b>	<b>151</b>	WALKING WARRIORS	K-30	31	Walking Warriors	<b>00:49:41.60</b>	<b>00:53:47.35</b>	+00:17:34 (32.7%)	9:56	6 (72.3%)
32	<b>STOMPE Katarzyna</b>	<b>212</b>		K-30	32		<b>00:53:57.20</b>	<b>00:54:19.80</b>	+00:18:06 (33.3%)	10:47	5.6 (67.5%)
33	<b>WOLSKA-RAJCHEL Maria</b>	<b>243</b>		K-30	33		<b>00:54:34.90</b>	<b>00:54:57.75</b>	+00:18:44 (34.1%)	10:54	5.5 (66.3%)
34	<b>PIEKARSKA Katarzyna</b>	<b>177</b>		K-30	34		<b>00:46:42.80</b>	<b>00:55:18.85</b>	+00:19:05 (34.5%)	9:20	6.4 (77.1%)
35	<b>BRODA Dagmara</b>	<b>26</b>	BOLI BOLI	K-30	35	BOLI BOLI	<b>00:55:15.75</b>	<b>00:55:36.75</b>	+00:19:23 (34.9%)	11:03	5.4 (65.1%)
36	<b>HRYŃCZUK Marta</b>	<b>75</b>		K-30	36		<b>00:55:43.00</b>	<b>00:56:05.00</b>	+00:19:51 (35.4%)	11:08	5.4 (65.1%)
37	<b>CIACHLA Matylda</b>	<b>33</b>		K-30	37		<b>00:55:57.00</b>	<b>00:56:06.55</b>	+00:19:53 (35.4%)	11:11	5.4 (65.1%)
38	<b>JANOWSKA-PASZKOWSKA Joanna</b>	<b>78</b>	MUFFINKOWE MORSY	K-30	38		<b>00:57:18.15</b>	<b>00:57:30.65</b>	+00:21:17 (37.0%)	11:27	5.2 (62.7%)

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39	<b>SZYLL Renata</b>	<b>222</b>		K-30	39		<b>00:57:13.05</b>	<b>00:57:32.70</b>	+00:21:19 (37.1%)	11:26	5.2 (62.7%)
40	<b>DREWS Izabela</b>	<b>43</b>		K-30	40		<b>00:57:11.30</b>	<b>00:57:32.80</b>	+00:21:19 (37.1%)	11:26	5.2 (62.7%)
41	<b>LIPIEC Ewelina</b>	<b>121</b>		K-30	41		<b>00:57:22.30</b>	<b>00:57:37.60</b>	+00:21:24 (37.1%)	11:28	5.2 (62.7%)
42	<b>SIDŁOW Paulina</b>	<b>259</b>		K-30	42		<b>00:59:21.00</b>	<b>00:59:21.00</b>	+00:23:07 (39.0%)	11:52	5.1 (61.4%)

Znaleziono 42 wynik(ów)