



# VII MARSZ MIKOŁAJKOWY

B4SPORT

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

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	ZGRAJA Katarzyna	1	BIEGACZE ŚWINOUJŚCIE	K-40	1	Szybcy i gniewni z Zach Pom	00:32:43.10	00:32:44.20		6:32	9.2 (100%)
2	SZYMSKA Małgorzata	223	LUKI TEAM POLAND	K-40	2	Szybcy i gniewni z Zach Pom	00:33:00.05	00:33:00.25	+00:00:16 (0.8%)	6:36	9.1 (98.9%)
3	LUDWICZAK Andżelika	128	EKSPEDYCJA NORDIC TEAM	K-40	3	Ekspedycja Nordic Team Szczecin 1	00:33:40.70	00:33:42.05	+00:00:57 (2.9%)	6:44	8.9 (96.7%)
4	ZIÓLKOWSKA Sylwia	255	PUSZCZYK BUKOWY	K-40	4	Szybcy i gniewni z Zach Pom	00:34:39.20	00:34:39.45	+00:01:55 (5.5%)	6:55	8.7 (94.6%)
5	KEDZIERSKA Karolina	92	EKSPEDYCJA NORDIC TEAM SZCZECIN	K-40	5	Ekspedycja Nordic Team Szczecin 1	00:34:43.10	00:34:44.65	+00:02:00 (5.8%)	6:56	8.6 (93.5%)
6	ŚWIERCZ Ewa	270		K-40	6	Ekspedycja Nordic Team Szczecin 2	00:35:19.60	00:35:20.90	+00:02:36 (7.4%)	7:03	8.5 (92.4%)
7	STACHOWICZ-HAWRYLAK Sylwia	208	BIEG KORCZAKA	K-40	7	Bieg Korczaka	00:35:45.70	00:35:46.20	+00:03:02 (8.5%)	7:09	8.4 (91.3%)
8	RADCZUK Karolina	187		K-40	8		00:36:15.90	00:36:16.75	+00:03:32 (9.8%)	7:15	8.3 (90.2%)
9	KRYCKA Danuta	104	EKSPEDYCJA NORDIC TEAM SZCZECIN	K-40	9	Ekspedycja Nordic Team Szczecin 2	00:37:11.75	00:37:14.90	+00:04:30 (12.1%)	7:26	8.1 (88.0%)
10	KLABAN Tetiana	94	KOMPAS TEAM	K-40	10	Kompas Team 2	00:37:21.00	00:37:24.75	+00:04:40 (12.5%)	7:28	8 (87.0%)
11	PALIWODA Kasia	171		K-40	11	Ekspedycja Nordic Team Szczecin 2	00:39:06.15	00:39:08.70	+00:06:24 (16.4%)	7:49	7.7 (83.7%)
12	BŁĄD-WASZKIEWICZ Wanda	23		K-40	12		00:39:26.50	00:39:33.45	+00:06:49 (17.2%)	7:53	7.6 (82.6%)
13	MUSZKIET-SOBAŃSKA Agnieszka	157	MUFFINKOWE MORSY	K-40	13	Muffinkowe Morsy	00:40:18.30	00:40:20.35	+00:07:36 (18.8%)	8:03	7.4 (80.4%)
14	MICHALSKA Aneta	150	KOMPAS TEAM	K-40	14	Kompas Team 1	00:41:04.00	00:41:07.05	+00:08:22 (20.4%)	8:12	7.3 (79.3%)
15	SZYMAŃSKA Ewa	4	#ZABIEGANE_PO_USZY	K-40	15		00:40:59.20	00:41:07.35	+00:08:23 (20.4%)	8:11	7.3 (79.3%)

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16	<b>GÓRSKA Agnieszka</b>	<b>63</b>	SZALONE WILCZYCE	K-40	16		<b>00:41:15.50</b>	<b>00:41:25.00</b>	+00:08:40 (21.0%)	8:15	7.3 (79.3%)
17	<b>PODHAJNA Agnieszka</b>	<b>184</b>		K-40	17		<b>00:41:20.05</b>	<b>00:41:31.85</b>	+00:08:47 (21.2%)	8:16	7.3 (79.3%)
18	<b>LITWINIAK Izabela</b>	<b>124</b>		K-40	18		<b>00:42:08.95</b>	<b>00:42:08.95</b>	+00:09:24 (22.3%)	8:25	7.1 (77.2%)
19	<b>ŁAZOWSKA Edyta</b>	<b>132</b>	KOMPAS TEAM	K-40	19	Kompas Team 2	<b>00:42:14.30</b>	<b>00:42:28.20</b>	+00:09:44 (22.9%)	8:26	7.1 (77.2%)
20	<b>KOŁODZIEJCZYK Justyna</b>	<b>96</b>	MUFFINKOWE MORSY	K-40	20		<b>00:42:43.90</b>	<b>00:42:55.65</b>	+00:10:11 (23.7%)	8:32	7 (76.1%)
21	<b>SADOWSKA Kamila</b>	<b>198</b>	ZABOEGANE_PO_USZY	K-40	21		<b>00:42:56.10</b>	<b>00:42:56.85</b>	+00:10:12 (23.8%)	8:35	7 (76.1%)
22	<b>LEWANDOWSKA Dorota</b>	<b>119</b>		K-40	22		<b>00:43:05.90</b>	<b>00:43:11.75</b>	+00:10:27 (24.2%)	8:37	7 (76.1%)
23	<b>KAROL Agnieszka</b>	<b>87</b>	TEAMKAROLKI	K-40	23		<b>00:43:07.65</b>	<b>00:43:12.75</b>	+00:10:28 (24.2%)	8:37	7 (76.1%)
24	<b>GRYGUŚ Dorota</b>	<b>67</b>		K-40	24	Ekspedycja Nordic Team Szczecin 3	<b>00:43:17.80</b>	<b>00:43:26.45</b>	+00:10:42 (24.6%)	8:39	6.9 (75.0%)
25	<b>GROCHOLSKA Agnieszka</b>	<b>64</b>		K-40	25		<b>00:43:34.35</b>	<b>00:43:49.45</b>	+00:11:05 (25.3%)	8:42	6.9 (75.0%)
26	<b>CHOJNACKA Maria</b>	<b>266</b>		K-40	26		<b>00:43:48.50</b>	<b>00:43:57.65</b>	+00:11:13 (25.5%)	8:45	6.8 (73.9%)
27	<b>MALEK Monika</b>	<b>140</b>		K-40	27		<b>00:44:09.00</b>	<b>00:44:25.40</b>	+00:11:41 (26.3%)	8:49	6.8 (73.9%)
28	<b>SZYDŁOWSKA-JAROSZ Agnieszka</b>	<b>220</b>	POBIEROWO BIEGA	K-40	28	Szalone Kobiety	<b>00:44:30.95</b>	<b>00:44:33.00</b>	+00:11:48 (26.5%)	8:54	6.7 (72.8%)
29	<b>WOJNAS Beata</b>	<b>241</b>	HULK	K-40	29	AktywnySplot	<b>00:44:32.25</b>	<b>00:44:34.20</b>	+00:11:50 (26.5%)	8:54	6.7 (72.8%)
30	<b>BĄKOWSKA Sylwia</b>	<b>14</b>		K-40	30	AktywnySplot	<b>00:45:15.95</b>	<b>00:45:18.40</b>	+00:12:34 (27.7%)	9:03	6.6 (71.7%)
31	<b>PACEK Małgorzata</b>	<b>170</b>	KOMPAS TEAM	K-40	31	Kompas Team 1	<b>00:45:31.05</b>	<b>00:45:44.00</b>	+00:12:59 (28.4%)	9:06	6.6 (71.7%)
32	<b>PALUSIŃSKA Agnieszka</b>	<b>172</b>	LOVELASY	K-40	32	LoveLasy	<b>00:45:43.05</b>	<b>00:45:55.70</b>	+00:13:11 (28.7%)	9:08	6.6 (71.7%)
33	<b>PAWLIKIEWICZ Katarzyna</b>	<b>175</b>	KOMPAS TEAM	K-40	33	Kompas Team 1	<b>00:46:04.10</b>	<b>00:46:12.65</b>	+00:13:28 (29.2%)	9:12	6.5 (70.7%)
34	<b>SZUBERT-ADAMSKA Ewelina</b>	<b>218</b>		K-40	34		<b>00:46:20.40</b>	<b>00:46:25.70</b>	+00:13:41 (29.5%)	9:16	6.5 (70.7%)
35	<b>RIEDEL Magdalena</b>	<b>188</b>	MORSY SIADŁO DOLNE	K-40	35		<b>00:46:13.55</b>	<b>00:46:39.65</b>	+00:13:55 (29.8%)	9:14	6.5 (70.7%)
36	<b>OBARZANEK Bożena</b>	<b>166</b>	NIEZRZESZONA	K-40	36		<b>00:47:41.75</b>	<b>00:47:56.45</b>	+00:15:12 (31.7%)	9:32	6.3 (68.5%)
37	<b>DROZDEK Joanna</b>	<b>44</b>	KOMPAS TEAM	K-40	37	Kompas Team 1	<b>00:47:51.80</b>	<b>00:48:05.55</b>	+00:15:21 (31.9%)	9:34	6.3 (68.5%)
38	<b>GALIKOWSKA Wioletta</b>	<b>57</b>		K-40	38		<b>00:48:47.00</b>	<b>00:48:47.00</b>	+00:16:02 (32.9%)	9:45	6.1 (66.3%)

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39	<b>LEDZION Dagmara</b>	<b>114</b>		K-40	39		<b>00:48:59.10</b>	<b>00:49:02.75</b>	+00:16:18 (33.3%)	9:47	6.1 (66.3%)
40	<b>SIKORA Magdalena</b>	<b>203</b>		K-40	40		<b>00:48:46.10</b>	<b>00:49:04.10</b>	+00:16:19 (33.3%)	9:45	6.2 (67.4%)
41	<b>PABJAN Dorota</b>	<b>169</b>		K-40	41		<b>00:48:54.40</b>	<b>00:49:08.00</b>	+00:16:23 (33.4%)	9:46	6.1 (66.3%)
42	<b>MOLENDĄ Monika</b>	<b>154</b>		K-40	42		<b>00:49:05.65</b>	<b>00:49:12.70</b>	+00:16:28 (33.5%)	9:49	6.1 (66.3%)
43	<b>BABIĄK Katarzyna</b>	<b>7</b>		K-40	43		<b>00:49:07.40</b>	<b>00:49:13.90</b>	+00:16:29 (33.5%)	9:49	6.1 (66.3%)
44	<b>KRZĄCZKOWSKĄ Magdalena</b>	<b>105</b>		K-40	44		<b>00:49:21.00</b>	<b>00:49:26.85</b>	+00:16:42 (33.8%)	9:52	6.1 (66.3%)
45	<b>GRZĄDKĄ Iwona</b>	<b>69</b>		K-40	45		<b>00:49:33.65</b>	<b>00:49:38.40</b>	+00:16:54 (34.1%)	9:54	6.1 (66.3%)
46	<b>MALICKĄ Marzena</b>	<b>141</b>		K-40	46		<b>00:49:58.35</b>	<b>00:49:59.60</b>	+00:17:15 (34.5%)	9:59	6 (65.2%)
47	<b>JANICKĄ - GNAT Karolina</b>	<b>261</b>		K-40	47		<b>00:50:10.65</b>	<b>00:50:27.35</b>	+00:17:43 (35.1%)	10:02	6 (65.2%)
47	<b>DUDEK Agnieszka</b>	<b>45</b>		K-40	47		<b>00:50:10.35</b>	<b>00:50:27.35</b>	+00:17:43 (35.1%)	10:02	6 (65.2%)
49	<b>POLTORAK Ela</b>	<b>262</b>		K-40	49	Szalone Kobiety	<b>00:50:10.35</b>	<b>00:50:27.95</b>	+00:17:43 (35.1%)	10:02	6 (65.2%)
50	<b>ŚLIWKA Joanna</b>	<b>225</b>		K-40	50		<b>00:50:15.25</b>	<b>00:50:29.45</b>	+00:17:45 (35.2%)	10:03	6 (65.2%)
51	<b>KRÓLĄK-CHOCHOŁ Joanna</b>	<b>103</b>		K-40	51		<b>00:50:30.50</b>	<b>00:50:33.85</b>	+00:17:49 (35.3%)	10:06	5.9 (64.1%)
52	<b>LEWĄK Katarzyna</b>	<b>117</b>	LEWĄCZKI TEAM	K-40	52		<b>00:50:26.80</b>	<b>00:50:35.45</b>	+00:17:51 (35.3%)	10:05	5.9 (64.1%)
53	<b>PRZYGDZKĄ Katarzyna</b>	<b>186</b>	LEWĄCZKI TEAM	K-40	53		<b>00:50:28.15</b>	<b>00:50:35.80</b>	+00:17:51 (35.3%)	10:05	5.9 (64.1%)
54	<b>WUJDA Anna</b>	<b>246</b>		K-40	54		<b>00:42:01.30</b>	<b>00:50:36.85</b>	+00:17:52 (35.3%)	8:24	7.1 (77.2%)
55	<b>NIESCIER Dorota</b>	<b>163</b>		K-40	55		<b>00:52:07.95</b>	<b>00:52:25.40</b>	+00:19:41 (37.6%)	10:25	5.8 (63.0%)
56	<b>LOLAS-SZYDŁOWSKĄ Margarita</b>	<b>126</b>		K-40	56		<b>00:52:07.85</b>	<b>00:52:25.70</b>	+00:19:41 (37.6%)	10:25	5.8 (63.0%)
57	<b>KRASNODĘBSKĄ Magdalena</b>	<b>102</b>	BBL POLICE	K-40	57		<b>00:52:35.20</b>	<b>00:52:48.10</b>	+00:20:03 (38.0%)	10:31	5.7 (62.0%)
58	<b>KĘSKĄ-PLĄSEK Małgorzata</b>	<b>93</b>	LOVELASY	K-40	58	LoveLasy	<b>00:52:35.00</b>	<b>00:52:48.20</b>	+00:20:04 (38.0%)	10:31	5.7 (62.0%)
59	<b>SOSNOWSKĄ Aneta</b>	<b>207</b>		K-40	59		<b>00:52:25.50</b>	<b>00:52:52.50</b>	+00:20:08 (38.1%)	10:29	5.7 (62.0%)
60	<b>NAJMARK Małgorzata</b>	<b>158</b>	NORDI	K-40	60		<b>00:53:56.55</b>	<b>00:54:07.25</b>	+00:21:23 (39.5%)	10:47	5.6 (60.9%)
61	<b>NOWĄK Aneta</b>	<b>165</b>	NORDICOWELOVE POLICE	K-40	61		<b>00:53:56.80</b>	<b>00:54:08.25</b>	+00:21:24 (39.5%)	10:47	5.6 (60.9%)

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62	<b>FRĄCKIEWICZ Sylwia</b>	<b>55</b>		K-40	62		<b>00:54:34.65</b>	<b>00:54:34.65</b>	+00:21:50 (40.0%)	10:54	5.5 (59.8%)
63	<b>NIEDŹWIECKA Katarzyna</b>	<b>161</b>		K-40	63		<b>00:54:54.70</b>	<b>00:55:00.70</b>	+00:22:16 (40.5%)	10:58	5.5 (59.8%)
64	<b>GRZYBOWSKA Katarzyna</b>	<b>70</b>		K-40	64		<b>00:55:14.85</b>	<b>00:55:36.55</b>	+00:22:52 (41.1%)	11:02	5.4 (58.7%)
65	<b>STANISZEWSKA Izabela</b>	<b>209</b>		K-40	65		<b>00:57:12.85</b>	<b>00:57:37.70</b>	+00:24:53 (43.2%)	11:26	5.2 (56.5%)
66	<b>GURGACZ Gabriela</b>	<b>71</b>	WALKING WARRIORS	K-40	66	Walking Warriors	<b>00:55:20.80</b>	<b>00:59:30.55</b>	+00:26:46 (45.0%)	11:04	5.4 (58.7%)
67	<b>GEBKA-ZYLA Magdalena</b>	<b>59</b>		K-40	67		<b>01:02:19.40</b>	<b>01:02:38.25</b>	+00:29:54 (47.7%)	12:27	4.8 (52.2%)
68	<b>GRYGORCEWICZ Anna</b>	<b>66</b>		K-40	68		<b>01:02:22.05</b>	<b>01:02:41.55</b>	+00:29:57 (47.8%)	12:28	4.8 (52.2%)
69	<b>BETKER Anna</b>	<b>15</b>		K-40	69		<b>01:02:18.35</b>	<b>01:02:41.65</b>	+00:29:57 (47.8%)	12:27	4.8 (52.2%)
70	<b>SZYKOŁOWSKA Ewa</b>	<b>221</b>		K-40	70		<b>01:02:17.85</b>	<b>01:02:42.20</b>	+00:29:58 (47.8%)	12:27	4.8 (52.2%)

Znaleziono 70 wynik(ów)