



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

## VII MARSZ MIKOŁAJKOWY

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Mieszkanca Powiatu Police

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	ŚWIERCZ Ewa	270		K-40	6	Ekspedycja Nordic Team Szczecin 2	00:35:19.60	00:35:20.90		7:03	8.5 (100%)
2	KUPNIEWSKA Aleksandra	109	LOVELASY	K-30	1		00:36:12.70	00:36:13.25	+00:00:52 (2.4%)	7:14	8.3 (97.6%)
3	RADCZUK Karolina	187		K-40	8		00:36:15.90	00:36:16.75	+00:00:55 (2.6%)	7:15	8.3 (97.6%)
4	KLABAN Tetiana	94	KOMPAS TEAM	K-40	10	Kompas Team 2	00:37:21.00	00:37:24.75	+00:02:03 (5.5%)	7:28	8 (94.1%)
5	PALIWODA Kasia	171		K-40	11	Ekspedycja Nordic Team Szczecin 2	00:39:06.15	00:39:08.70	+00:03:47 (9.7%)	7:49	7.7 (90.6%)
6	PIĄTKIEWICZ Grażyna	176	EKSPEDYCJA	K-50	7	Ekspedycja Nordic Team Szczecin 3	00:40:34.60	00:40:43.00	+00:05:22 (13.2%)	8:06	7.4 (87.1%)
7	MICHALSKA Aneta	150	KOMPAS TEAM	K-40	14	Kompas Team 1	00:41:04.00	00:41:07.05	+00:05:46 (14.0%)	8:12	7.3 (85.9%)
8	SZYMAŃSKA Ewa	4	#ZABIEGANE_PO_USZY	K-40	15		00:40:59.20	00:41:07.35	+00:05:46 (14.0%)	8:11	7.3 (85.9%)
9	HASA Alicja	72		K-20	2		00:41:36.50	00:41:43.45	+00:06:22 (15.3%)	8:19	7.2 (84.7%)
10	ZIEMNIEWICZ Krystyna	254		60+	7		00:42:52.65	00:42:55.30	+00:07:34 (17.6%)	8:34	7 (82.4%)
11	SADOWSKA Kamila	198	ZABOEGANE_PO_USZY	K-40	21		00:42:56.10	00:42:56.85	+00:07:35 (17.7%)	8:35	7 (82.4%)
12	KAROL Agnieszka	87	TEAMKAROLKI	K-40	23		00:43:07.65	00:43:12.75	+00:07:51 (18.2%)	8:37	7 (82.4%)
13	MALINOWSKA Marzena	142		K-50	12		00:43:10.55	00:43:14.55	+00:07:53 (18.3%)	8:38	6.9 (81.2%)
14	KUDERSKA Iwona	107	KPP POLICE	K-50	14		00:43:58.40	00:44:02.25	+00:08:41 (19.7%)	8:47	6.8 (80.0%)
15	FIJAŁKOWSKA Monika	53		K-30	10	KPP Police	00:44:02.45	00:44:05.10	+00:08:44 (19.8%)	8:48	6.8 (80.0%)
16	PASZKIEWICZ Monika	174	DZIUBKI	K-30	11		00:44:03.00	00:44:07.15	+00:08:46 (19.9%)	8:48	6.8 (80.0%)
16	BINDER-OSMAN Marta	22	KS ŻYRAFY	K-30	11		00:44:03.60	00:44:07.15	+00:08:46 (19.9%)	8:48	6.8 (80.0%)
18	SALA Mirosława	199		60+	12		00:44:04.40	00:44:08.45	+00:08:47 (19.9%)	8:48	6.8 (80.0%)
19	KARCZEWSKA Magdalena	85	SZALONE WILCZYCE	K-30	13		00:44:00.95	00:44:11.40	+00:08:50 (20.0%)	8:48	6.8 (80.0%)
20	WOŹNIEWSKA Grażyna	244		K-50	16	AktywnySplot	00:44:02.70	00:44:11.90	+00:08:51 (20.0%)	8:48	6.8 (80.0%)
21	WOJNAS Beata	241	HULK	K-40	29	AktywnySplot	00:44:32.25	00:44:34.20	+00:09:13 (20.7%)	8:54	6.7 (78.8%)
22	PALUSIŃSKA Agnieszka	172	LOVELASY	K-40	32	LoveLasy	00:45:43.05	00:45:55.70	+00:10:34 (23.0%)	9:08	6.6 (77.6%)
22	HETMAŃSKA Diana	74		K-30	19	LoveLasy	00:45:43.95	00:45:55.70	+00:10:34 (23.0%)	9:08	6.6 (77.6%)
24	PAWLIKIEWICZ Katarzyna	175	KOMPAS TEAM	K-40	33	Kompas Team 1	00:46:04.10	00:46:12.65	+00:10:51 (23.5%)	9:12	6.5 (76.5%)
25	JURCZYK Anna	83		K-30	20		00:46:19.65	00:46:24.90	+00:11:04 (23.8%)	9:15	6.5 (76.5%)
26	SZUBERT-ADAMSKA Ewelina	218		K-40	34		00:46:20.40	00:46:25.70	+00:11:04 (23.9%)	9:16	6.5 (76.5%)
27	RIEDEL Magdalena	188	MORSY SIADŁO DOLNE	K-40	35		00:46:13.55	00:46:39.65	+00:11:18 (24.2%)	9:14	6.5 (76.5%)
28	PIETAŚ Sława	179	SZALONE WILCZYCE	60+	17		00:47:40.75	00:47:50.50	+00:12:29 (26.1%)	9:32	6.3 (74.1%)
29	BIERNACKA Helena	17	NIEZRZESZONA	60+	18		00:47:42.75	00:47:56.35	+00:12:35 (26.3%)	9:32	6.3 (74.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
30	<b>OBARZANEK Bożena</b>	<b>166</b>	NIEZRZESZONA	K-40	36		<b>00:47:41.75</b>	<b>00:47:56.45</b>	+00:12:35 (26.3%)	9:32	6.3 (74.1%)
31	<b>WOJDAK Żaneta</b>	<b>240</b>		K-30	24		<b>00:47:47.75</b>	<b>00:47:58.85</b>	+00:12:37 (26.3%)	9:33	6.3 (74.1%)
32	<b>WNUK Wanda</b>	<b>239</b>		K-50	22	KPP Police	<b>00:48:58.20</b>	<b>00:49:02.50</b>	+00:13:41 (27.9%)	9:47	6.1 (71.8%)
33	<b>PIOŁUNOWICZ Jolanta</b>	<b>182</b>		K-50	23		<b>00:49:06.40</b>	<b>00:49:11.50</b>	+00:13:50 (28.1%)	9:49	6.1 (71.8%)
34	<b>MOLENDĄ Monika</b>	<b>154</b>		K-40	42		<b>00:49:05.65</b>	<b>00:49:12.70</b>	+00:13:51 (28.2%)	9:49	6.1 (71.8%)
35	<b>BABIAK Katarzyna</b>	<b>7</b>		K-40	43		<b>00:49:07.40</b>	<b>00:49:13.90</b>	+00:13:53 (28.2%)	9:49	6.1 (71.8%)
36	<b>ROSIŃSKA Karolina</b>	<b>191</b>		K-30	26		<b>00:49:20.25</b>	<b>00:49:27.05</b>	+00:14:06 (28.5%)	9:52	6.1 (71.8%)
37	<b>GRZĄDKA Iwona</b>	<b>69</b>		K-40	45		<b>00:49:33.65</b>	<b>00:49:38.40</b>	+00:14:17 (28.8%)	9:54	6.1 (71.8%)
38	<b>GAZECKA Krystyna</b>	<b>58</b>	NORDICOVELOVE	60+	22		<b>00:49:39.45</b>	<b>00:49:42.25</b>	+00:14:21 (28.9%)	9:55	6 (70.6%)
39	<b>OLEŚ Joanna</b>	<b>168</b>		K-30	27		<b>00:49:58.35</b>	<b>00:49:59.50</b>	+00:14:38 (29.3%)	9:59	6 (70.6%)
40	<b>MALICKA Marzena</b>	<b>141</b>		K-40	46		<b>00:49:58.35</b>	<b>00:49:59.60</b>	+00:14:38 (29.3%)	9:59	6 (70.6%)
41	<b>SOŁTYS Iwona -Franka</b>	<b>205</b>		K-50	26		<b>00:50:13.00</b>	<b>00:50:13.00</b>	+00:14:52 (29.6%)	10:02	6 (70.6%)
41	<b>GÓRSKA Dorota</b>	<b>62</b>		K-50	26		<b>00:50:13.00</b>	<b>00:50:13.00</b>	+00:14:52 (29.6%)	10:02	6 (70.6%)
43	<b>KRÓLAK-CHOCHOŁ Joanna</b>	<b>103</b>		K-40	51		<b>00:50:30.50</b>	<b>00:50:33.85</b>	+00:15:12 (30.1%)	10:06	5.9 (69.4%)
44	<b>POSPYCHAŁA Ewa</b>	<b>271</b>		K-50	28		<b>00:50:30.75</b>	<b>00:50:41.80</b>	+00:15:20 (30.3%)	10:06	5.9 (69.4%)
45	<b>SUSZCZEWSKA Bogumiła</b>	<b>215</b>	WALKING WARRIORS	60+	26		<b>00:48:14.90</b>	<b>00:52:16.90</b>	+00:16:56 (32.4%)	9:38	6.2 (72.9%)
46	<b>NIESCIER Dorota</b>	<b>163</b>		K-40	55		<b>00:52:07.95</b>	<b>00:52:25.40</b>	+00:17:04 (32.6%)	10:25	5.8 (68.2%)
47	<b>KOWERSKA Elżbieta</b>	<b>101</b>		K-50	29		<b>00:52:08.35</b>	<b>00:52:25.70</b>	+00:17:04 (32.6%)	10:25	5.8 (68.2%)
47	<b>LOLAS-SZYDŁOWSKA Margarita</b>	<b>126</b>		K-40	56		<b>00:52:07.85</b>	<b>00:52:25.70</b>	+00:17:04 (32.6%)	10:25	5.8 (68.2%)
49	<b>KĘSKA-PLĄSEK Małgorzata</b>	<b>93</b>	LOVELASY	K-40	58	LoveLasy	<b>00:52:35.00</b>	<b>00:52:48.20</b>	+00:17:27 (33.1%)	10:31	5.7 (67.1%)
50	<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>	+00:18:26 (34.3%)	9:56	6 (70.6%)
51	<b>NAJMARK Małgorzata</b>	<b>158</b>	NORDI	K-40	60		<b>00:53:56.55</b>	<b>00:54:07.25</b>	+00:18:46 (34.7%)	10:47	5.6 (65.9%)
52	<b>KOTARSKA Małgorzata</b>	<b>100</b>	NORDIKOWELOVE POLICE	60+	28		<b>00:53:56.15</b>	<b>00:54:07.70</b>	+00:18:46 (34.7%)	10:47	5.6 (65.9%)
53	<b>NOWAK Aneta</b>	<b>165</b>	NORDICOWELOVE POLICE	K-40	61		<b>00:53:56.80</b>	<b>00:54:08.25</b>	+00:18:47 (34.7%)	10:47	5.6 (65.9%)
54	<b>SZYDELSKA Krystyna</b>	<b>219</b>	NORDICOWELOVE	60+	29		<b>00:53:56.05</b>	<b>00:54:08.30</b>	+00:18:47 (34.7%)	10:47	5.6 (65.9%)
55	<b>PILARSKA Elżbieta</b>	<b>180</b>	NORDICOWELOVE	60+	30	NordicoweLove	<b>00:53:56.80</b>	<b>00:54:08.45</b>	+00:18:47 (34.7%)	10:47	5.6 (65.9%)
55	<b>TOMZIK-SWINARSKA Izabela</b>	<b>230</b>	NORDINCOWELOVE	60+	30	NordicoweLove	<b>00:53:56.70</b>	<b>00:54:08.45</b>	+00:18:47 (34.7%)	10:47	5.6 (65.9%)
57	<b>FRĄCKIEWICZ Sylwia</b>	<b>55</b>		K-40	62		<b>00:54:34.65</b>	<b>00:54:34.65</b>	+00:19:13 (35.2%)	10:54	5.5 (64.7%)
58	<b>WOLSKA-RAJCHEL Maria</b>	<b>243</b>		K-30	33		<b>00:54:34.90</b>	<b>00:54:57.75</b>	+00:19:36 (35.7%)	10:54	5.5 (64.7%)
59	<b>NIEDŹWIECKA Katarzyna</b>	<b>161</b>		K-40	63		<b>00:54:54.70</b>	<b>00:55:00.70</b>	+00:19:39 (35.7%)	10:58	5.5 (64.7%)
60	<b>ROSIŃSKA Grażyna</b>	<b>192</b>		K-50	30		<b>00:55:10.65</b>	<b>00:55:20.30</b>	+00:19:59 (36.1%)	11:02	5.4 (63.5%)
61	<b>GRZYBOWSKA Katarzyna</b>	<b>70</b>		K-40	64		<b>00:55:14.85</b>	<b>00:55:36.55</b>	+00:20:15 (36.4%)	11:02	5.4 (63.5%)
62	<b>HRYŃCZUK Marta</b>	<b>75</b>		K-30	36		<b>00:55:43.00</b>	<b>00:56:05.00</b>	+00:20:44 (37.0%)	11:08	5.4 (63.5%)
63	<b>RÓŻAŃSKA Beata</b>	<b>194</b>		K-50	31		<b>00:55:56.15</b>	<b>00:56:06.45</b>	+00:20:45 (37.0%)	11:11	5.4 (63.5%)
64	<b>CIACHŁA Matylda</b>	<b>33</b>		K-30	37		<b>00:55:57.00</b>	<b>00:56:06.55</b>	+00:20:45 (37.0%)	11:11	5.4 (63.5%)
65	<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>	+00:24:09 (40.6%)	11:04	5.4 (63.5%)
66	<b>TARWID Bożena</b>	<b>227</b>		K-50	32		<b>01:02:19.65</b>	<b>01:02:37.80</b>	+00:27:16 (43.6%)	12:27	4.8 (56.5%)
67	<b>GRYGORCEWICZ Anna</b>	<b>66</b>		K-40	68		<b>01:02:22.05</b>	<b>01:02:41.55</b>	+00:27:20 (43.6%)	12:28	4.8 (56.5%)
68	<b>BETKER Anna</b>	<b>15</b>		K-40	69		<b>01:02:18.35</b>	<b>01:02:41.65</b>	+00:27:20 (43.6%)	12:27	4.8 (56.5%)
69	<b>SZYKOŁOWSKA Ewa</b>	<b>221</b>		K-40	70		<b>01:02:17.85</b>	<b>01:02:42.20</b>	+00:27:21 (43.6%)	12:27	4.8 (56.5%)

Znaleziono 69 wynik(ów)