

Organiser: Komunalne Schronisko dla Bezdomnych Zwierząt w Sosnowicach
Date: 2024-09-22
Place: Sosnowice
Distance: 4 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Net time 4km	Gap	Pace min/km	Pace km/h
1	BOBROWICZ Artur	168				00:15:04.10		3:46	15.9 (100%)
2	MŁYNARCZYK Bartosz	86				00:17:34.90	+00:02:30 (14.3%)	4:23	13.7 (86.2%)
3	PROŚNIEWSKI Mirosław	106	GRYFICKA SIŁA BIEGOWA	Bieg z psem	1	00:18:25.45	+00:03:21 (18.2%)	4:36	13 (81.8%)
4	SZULC Lucyna	132		Bieg z psem	2	00:21:40.50	+00:06:36 (30.5%)	5:25	11.1 (69.8%)
5	CWENARKIEWICZ Kamila	17				00:22:22.95	+00:07:18 (32.7%)	5:35	10.7 (67.3%)
6	FIDO Monika	24				00:22:27.00	+00:07:22 (32.9%)	5:36	10.7 (67.3%)
7	KOŁODZIEJ Aleksandra	47				00:24:20.05	+00:09:15 (38.1%)	6:05	9.9 (62.3%)
8	KOŚCIAŃSKA-MŁYNARCZYK Arleta	49				00:25:38.25	+00:10:34 (41.2%)	6:24	9.4 (59.1%)
9	ŁĄGIEWKA Mariusz	75	ANITARTEAM	Bieg z psem	3	00:26:31.40	+00:11:27 (43.2%)	6:37	9.1 (57.2%)
10	WSŁĘCIK Piotr	144		Bieg z psem	4	00:26:55.25	+00:11:51 (44.0%)	6:43	8.9 (56.0%)
11	ORZECH Łukasz	96		Bieg z psem	5	00:27:36.55	+00:12:32 (45.4%)	6:54	8.7 (54.7%)
12	ROZIEWICZ Dagmara	113		Bieg z psem	6	00:28:58.30	+00:13:54 (48.0%)	7:14	8.3 (52.2%)
13	WIĄCZEK Wojciech	141		Bieg z psem	7	00:29:29.90	+00:14:25 (48.9%)	7:22	8.1 (50.9%)
14	LISIECKI Adam	71		Bieg z psem	8	00:31:31.40	+00:16:27 (52.2%)	7:52	7.6 (47.8%)
15	KARWOWSKA Katarzyna	164				00:31:31.65	+00:16:27 (52.2%)	7:52	7.6 (47.8%)
16	LISIECKA Beata	69		Bieg z psem	9	00:31:32.85	+00:16:28 (52.2%)	7:53	7.6 (47.8%)
17	SOBOLEWSKA-BRUNDA Karolina	121		Bieg z psem	10	00:31:41.40	+00:16:37 (52.5%)	7:55	7.6 (47.8%)
18	PAWŁOWSKA Wiktoria	99		Bieg z psem	11	00:33:06.15	+00:18:02 (54.5%)	8:16	7.3 (45.9%)
19	BRZUSZKIEWICZ Rafał	155				00:33:36.15	+00:18:32 (55.2%)	8:24	7.1 (44.7%)
20	MAGDIJ Wiktoria	163				00:33:38.40	+00:18:34 (55.2%)	8:24	7.1 (44.7%)
21	KOZIOROWSKA Marta	59		Bieg z psem	12	00:33:49.60	+00:18:45 (55.5%)	8:27	7.1 (44.7%)
22	SZCZYGIEL-RADECKA Dominika	130		Bieg z psem	13	00:34:41.40	+00:19:37 (56.6%)	8:40	6.9 (43.4%)
23	SIWEK Paulina	120		Bieg z psem	14	00:34:57.10	+00:19:53 (56.9%)	8:44	6.9 (43.4%)
24	DEKA Justyna	20		Bieg z psem	15	00:34:58.30	+00:19:54 (56.9%)	8:44	6.9 (43.4%)
25	KUŚNIEREWICZ Damian	64		Bieg z psem	16	00:36:02.45	+00:20:58 (58.2%)	9:00	6.7 (42.1%)
26	SACHAJSKA - KRZYŚKA Irena	115		Bieg z psem	17	00:36:37.60	+00:21:33 (58.9%)	9:09	6.6 (41.5%)
27	CZERNICKI Adrian	18	PNGS NOWOGARD			00:37:50.45	+00:22:46 (60.2%)	9:27	6.3 (39.6%)

Place	Participant	Number	Club	Category	MCat	Net time 4km	Gap	Pace min/km	Pace km/h
28	JARMUŻEK Katarzyna	42	PNGSNOWOGARD			00:37:52.10	+00:22:48 (60.2%)	9:28	6.3 (39.6%)
29	BĘGOWSKA - MAJOR Danuta	8		Bieg z psem	18	00:38:17.95	+00:23:13 (60.7%)	9:34	6.3 (39.6%)
30	MADEJ Daria	78		Bieg z psem	19	00:38:21.95	+00:23:17 (60.7%)	9:35	6.3 (39.6%)
31	FIREK Monika	25		Bieg z psem	20	00:38:25.05	+00:23:20 (60.8%)	9:36	6.2 (39.0%)
32	LISZKA Aneta	72		Bieg z psem	21	00:38:59.60	+00:23:55 (61.4%)	9:44	6.2 (39.0%)
33	KOWALSKA Małgorzata	53	CZARNI SZCZECIN	Bieg z psem	22	00:39:26.10	+00:24:22 (61.8%)	9:51	6.1 (38.4%)
34	KOZIOŁ Karolina	58		Bieg z psem	23	00:39:46.40	+00:24:42 (62.1%)	9:56	6 (37.7%)
35	GARDZIEJEWSKA Katarzyna	26		Bieg z psem	24	00:40:39.40	+00:25:35 (62.9%)	10:09	5.9 (37.1%)
36	DWORNIK Orlena	23		Bieg z psem	25	00:41:19.00	+00:26:14 (63.5%)	10:19	5.8 (36.5%)
37	GRÓDECKA Renata	32		Bieg z psem	26	00:41:20.55	+00:26:16 (63.6%)	10:20	5.8 (36.5%)
38	MOŚCIŃSKA Katarzyna	87		Bieg z psem	27	00:41:46.95	+00:26:42 (63.9%)	10:26	5.7 (35.8%)
39	ZAJĄC Wioletta	147				00:42:02.55	+00:26:58 (64.2%)	10:30	5.7 (35.8%)
40	SZMUC Maciej	131		Bieg z psem	28	00:42:04.20	+00:27:00 (64.2%)	10:31	5.7 (35.8%)
41	KRAJEWSKI Grzegorz	60		Bieg z psem	29	00:42:06.80	+00:27:02 (64.2%)	10:31	5.7 (35.8%)
42	ŚLIWIŃSKA Ewelina	133		Bieg z psem	30	00:42:07.50	+00:27:03 (64.2%)	10:31	5.7 (35.8%)
43	MAJCHRZYK Agnieszka	79		Bieg z psem	31	00:42:12.90	+00:27:08 (64.3%)	10:33	5.7 (35.8%)
44	MAJCHRZYK Aga	80		Bieg z psem	32	00:42:13.15	+00:27:09 (64.3%)	10:33	5.7 (35.8%)
45	BODZAK Marek	9		Bieg z psem	33	00:42:34.35	+00:27:30 (64.6%)	10:38	5.6 (35.2%)
46	ANTOLAK Jarosław	2		Bieg z psem	34	00:43:23.15	+00:28:19 (65.3%)	10:50	5.5 (34.6%)
47	BEKMAN Daniel	7		Bieg z psem	35	00:43:45.65	+00:28:41 (65.6%)	10:56	5.5 (34.6%)
48	MICHALAK Kazimierz	85		Bieg z psem	36	00:44:12.70	+00:29:08 (65.9%)	11:03	5.4 (34.0%)
49	IMBIORKIEWICZ Kamila	38		Bieg z psem	37	00:44:31.95	+00:29:27 (66.2%)	11:07	5.4 (34.0%)
50	JANKOWSKI Gracjan	41		Bieg z psem	38	00:44:32.30	+00:29:28 (66.2%)	11:08	5.4 (34.0%)
51	ORSZULAK Tomasz	95		Bieg z psem	39	00:44:32.85	+00:29:28 (66.2%)	11:08	5.4 (34.0%)
52	KOWALSKI Wojciech	55		Bieg z psem	40	00:44:37.45	+00:29:33 (66.2%)	11:09	5.4 (34.0%)
53	SZCZYGIEŁ Iwona	129		Bieg z psem	41	00:44:42.55	+00:29:38 (66.3%)	11:10	5.4 (34.0%)
54	MOTŁOCH Aleksandra	88		Bieg z psem	42	00:44:51.55	+00:29:47 (66.4%)	11:12	5.4 (34.0%)
55	NOWOKOLSKA Joanna	92		Bieg z psem	43	00:45:05.80	+00:30:01 (66.6%)	11:16	5.3 (33.3%)
56	KOWALSKA Karolina	54		Bieg z psem	44	00:45:15.50	+00:30:11 (66.7%)	11:18	5.3 (33.3%)
57	KUCZYŃSKA Aldona	62		Bieg z psem	45	00:45:37.50	+00:30:33 (67.0%)	11:24	5.3 (33.3%)
58	PRZEDASZEK Milena	107		Bieg z psem	46	00:45:41.30	+00:30:37 (67.0%)	11:25	5.3 (33.3%)
59	WALUKIEWICZ Karolina	137		Bieg z psem	47	00:45:52.70	+00:30:48 (67.2%)	11:28	5.2 (32.7%)
60	WYPIJEWSKA Aleksandra	145		Bieg z psem	48	00:45:55.45	+00:30:51 (67.2%)	11:28	5.2 (32.7%)
61	OSUCHOWSKA Małgorzata	97		Bieg z psem	49	00:45:56.10	+00:30:52 (67.2%)	11:29	5.2 (32.7%)
62	OSUCHOWSKA Kamila	98		Bieg z psem	50	00:45:57.80	+00:30:53 (67.2%)	11:29	5.2 (32.7%)
63	WEGNER Sylwia	138		Bieg z psem	51	00:45:58.80	+00:30:54 (67.2%)	11:29	5.2 (32.7%)
64	KOŚCIK Jolanta	50		Bieg z psem	52	00:46:21.85	+00:31:17 (67.5%)	11:35	5.2 (32.7%)
65	KOŚCIK Bożena	51		Bieg z psem	53	00:46:23.20	+00:31:19 (67.5%)	11:35	5.2 (32.7%)
66	SADOWSKI Krzysztof	116		Bieg z psem	54	00:46:23.60	+00:31:19 (67.5%)	11:35	5.2 (32.7%)
67	SELETYN-BUCZEK Edyta	119		Bieg z psem	55	00:46:58.40	+00:31:54 (67.9%)	11:44	5.1 (32.1%)
68	BUCZEK Robert	14		Bieg z psem	56	00:46:59.70	+00:31:55 (67.9%)	11:44	5.1 (32.1%)
69	KASPEREK Aleksandra	46	SOSNOWICE			00:47:05.35	+00:32:01 (68.0%)	11:46	5.1 (32.1%)
70	MACIEJEWSKI Łukasz	77		Bieg z psem	57	00:47:40.85	+00:32:36 (68.4%)	11:55	5 (31.4%)
71	MACIEJEWSKA Monika	76		Bieg z psem	58	00:47:44.80	+00:32:40 (68.4%)	11:56	5 (31.4%)

Place	Participant	Number	Club	Category	MCat	Net time 4km	Gap	Pace min/km	Pace km/h
72	WOŹNIAK Natalia	143		Bieg z psem	59	00:47:45.85	+00:32:41 (68.5%)	11:56	5 (31.4%)
73		158				00:47:46.95	+00:32:42 (68.5%)	11:56	5 (31.4%)
74	MARCINIUK Żaneta	81		Bieg z psem	60	00:47:47.55	+00:32:43 (68.5%)	11:56	5 (31.4%)
75	NIERADKA Iwona	90		Bieg z psem	61	00:48:01.70	+00:32:57 (68.6%)	12:00	5 (31.4%)
76	RADECKI Piotr	110		Bieg z psem	62	00:48:03.60	+00:32:59 (68.6%)	12:00	5 (31.4%)
77	HERCYK Grzegorz	34	S11	Bieg z psem	63	00:48:19.90	+00:33:15 (68.8%)	12:04	5 (31.4%)
78	TAŁAJKOWSKA Weronika	134		Bieg z psem	64	00:48:22.05	+00:33:17 (68.8%)	12:05	5 (31.4%)
79	HERDZIK Katarzyna	35		Bieg z psem	65	00:48:24.85	+00:33:20 (68.9%)	12:06	5 (31.4%)
80	KRUK Jolanta	61		Bieg z psem	66	00:48:37.55	+00:33:33 (69.0%)	12:09	4.9 (30.8%)
81	STECYK-SAĆ Aleksandra	124		Bieg z psem	67	00:48:38.85	+00:33:34 (69.0%)	12:09	4.9 (30.8%)
82	SZCZESIAK Judyta	128		Bieg z psem	68	00:49:05.10	+00:34:01 (69.3%)	12:16	4.9 (30.8%)
83	ROZIEWICZ Łucja	114		Bieg z psem	69	00:49:53.60	+00:34:49 (69.8%)	12:28	4.8 (30.2%)
84	TOPOLNIAK Magdalena	136		Bieg z psem	70	00:50:20.25	+00:35:16 (70.1%)	12:35	4.8 (30.2%)
85	BORZĘCKA Kinga	10		Bieg z psem	71	00:50:27.00	+00:35:22 (70.1%)	12:36	4.8 (30.2%)
86	ŁABA-IWANCEWICZ Anna Krystyna	74		Bieg z psem	72	00:50:51.75	+00:35:47 (70.4%)	12:42	4.7 (29.6%)
87	KWIATKOWSKA Iwona	66		Bieg z psem	73	00:51:08.85	+00:36:04 (70.5%)	12:47	4.7 (29.6%)
88	KARWOWSKI Fabian	162				00:51:15.60	+00:36:11 (70.6%)	12:48	4.7 (29.6%)
89	KWIATKOWSKA Oliwka	67		Bieg z psem	74	00:51:17.80	+00:36:13 (70.6%)	12:49	4.7 (29.6%)
90	ADAMOWICZ Joanna	1		Bieg z psem	75	00:51:19.55	+00:36:15 (70.6%)	12:49	4.7 (29.6%)
91	MADAJCZYK Paweł	160				00:52:36.50	+00:37:32 (71.4%)	13:09	4.6 (28.9%)
92	OCHOCKA Sylwia	159				00:53:28.15	+00:38:24 (71.8%)	13:22	4.5 (28.3%)
93	WIERZBIŃSKI Prz	165				00:53:43.80	+00:38:39 (72.0%)	13:25	4.5 (28.3%)
94	WIERZBIŃSKA Magdalena	166				00:53:43.90	+00:38:39 (72.0%)	13:25	4.5 (28.3%)
95	ROLNIK Lucyna	152				00:53:50.15	+00:38:46 (72.0%)	13:27	4.5 (28.3%)
96	WOŹNIAK Alicja	156				00:53:50.45	+00:38:46 (72.0%)	13:27	4.5 (28.3%)
97	Z Asia	146		Bieg z psem	76	00:54:06.50	+00:39:02 (72.2%)	13:31	4.4 (27.7%)
98	KAMILA Nowak	44		Bieg z psem	77	00:54:09.75	+00:39:05 (72.2%)	13:32	4.4 (27.7%)
99	OLEJNIK Anita	154				00:54:18.40	+00:39:14 (72.3%)	13:34	4.4 (27.7%)
100	RADECKA Ewa	109		Bieg z psem	78	00:54:47.60	+00:39:43 (72.5%)	13:41	4.4 (27.7%)
101	RADECKA Maja	108		Bieg z psem	79	00:54:49.25	+00:39:45 (72.5%)	13:42	4.4 (27.7%)
102	SOLSKI Łukasz	123		Bieg z psem	80	00:56:24.60	+00:41:20 (73.3%)	14:06	4.3 (27.0%)
103	SOLSKA Weronika	122		Bieg z psem	81	00:56:45.30	+00:41:41 (73.5%)	14:11	4.2 (26.4%)
104	GŁĄBECKA Marlena	29		Bieg z psem	82	00:57:02.20	+00:41:58 (73.6%)	14:15	4.2 (26.4%)
105	STELMASZAK Maja	125		Bieg z psem	83	00:57:11.15	+00:42:07 (73.7%)	14:17	4.2 (26.4%)
106	GROMOWSKA-KAPUŚCIŃSKA Edyta	31		Bieg z psem	84	00:57:26.10	+00:42:22 (73.8%)	14:21	4.2 (26.4%)
107	PIETRZAK Daria	103		Bieg z psem	85	00:57:28.75	+00:42:24 (73.8%)	14:22	4.2 (26.4%)
108	PIETRZAK Grażyna	102		Bieg z psem	86	00:57:29.35	+00:42:25 (73.8%)	14:22	4.2 (26.4%)
109	PĘDZISZCZAK Zuzanna	101		Bieg z psem	87	00:57:34.50	+00:42:30 (73.8%)	14:23	4.2 (26.4%)
110	GITALEWICZ Amanda	27		Bieg z psem	88	00:58:25.45	+00:43:21 (74.2%)	14:36	4.1 (25.8%)
111	GITALEWICZ Arkadiusz	28				00:58:25.70	+00:43:21 (74.2%)	14:36	4.1 (25.8%)
112	KULESZA Katarzyna	63		Bieg z psem	89	00:58:41.75	+00:43:37 (74.3%)	14:40	4.1 (25.8%)
113	SANIUK Aleksandra	118		Bieg z psem	90	00:58:41.80	+00:43:37 (74.3%)	14:40	4.1 (25.8%)
114	BABIARCZUK Marlena	4		Bieg z psem	91	00:58:52.65	+00:43:48 (74.4%)	14:43	4.1 (25.8%)
115	SANIUK Joanna	117		Bieg z psem	92	00:58:56.10	+00:43:52 (74.4%)	14:44	4.1 (25.8%)

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116	BABIARCZUK Marcin	3		Bieg z psem	93	00:58:58.85	+00:43:54 (74.5%)	14:44	4.1 (25.8%)
117	NIEDOŚPIAŁ Piotr	73		Bieg z psem	94	00:58:59.10	+00:43:55 (74.5%)	14:44	4.1 (25.8%)
118	MOTŁOCH Irena	89		Bieg z psem	95	00:59:33.80	+00:44:29 (74.7%)	14:53	4 (25.2%)
119	KOŁOSOWSKI Bartosz	153				00:59:41.75	+00:44:37 (74.8%)	14:55	4 (25.2%)
120	GÓRNIK Teresa	161				00:59:42.25	+00:44:38 (74.8%)	14:55	4 (25.2%)
121	WERES Paulina	140				01:00:25.05	+00:45:20 (75.1%)	15:06	4 (25.2%)
122	WERES Andrzej	139		Bieg z psem	96	01:00:25.15	+00:45:21 (75.1%)	15:06	4 (25.2%)
123	KOTOMSKA Monika	52		Bieg z psem	97	01:00:27.65	+00:45:23 (75.1%)	15:06	4 (25.2%)
124	KACZMARCZYK Emilia	43		Bieg z psem	98	01:01:20.05	+00:46:15 (75.4%)	15:20	3.9 (24.5%)
125	KUŚNIEREWICZ Dorota	65		Bieg z psem	99	01:02:28.25	+00:47:24 (75.9%)	15:37	3.8 (23.9%)
126	METELSKA Oliwia	83		Bieg z psem	100	01:04:29.95	+00:49:25 (76.6%)	16:07	3.7 (23.3%)
127	OBLIZAJEK Konrad	93		Bieg z psem	101	01:04:34.55	+00:49:30 (76.7%)	16:08	3.7 (23.3%)
128	KOŁOSOWSKI Adrian	157				01:04:58.10	+00:49:54 (76.8%)	16:14	3.7 (23.3%)
129	KASPEREK Marlena	45	SOSNOWIC	Bieg z psem	102	01:05:04.00	+00:49:59 (76.8%)	16:16	3.7 (23.3%)
130	SZANIAWSKA Justyna	127		Bieg z psem	103	01:05:24.90	+00:50:20 (77.0%)	16:21	3.7 (23.3%)
131	JANIC Ewa	40	SARENKI NOWOGARD	Bieg z psem	104	01:05:25.70	+00:50:21 (77.0%)	16:21	3.7 (23.3%)
132	BANECKA Paulina	6		Bieg z psem	105	01:06:22.20	+00:51:18 (77.3%)	16:35	3.6 (22.6%)
133	PĘDZISZCZAK Jacek	100		Bieg z psem	106	01:06:27.60	+00:51:23 (77.3%)	16:36	3.6 (22.6%)
134		148				01:06:46.15	+00:51:42 (77.4%)	16:41	3.6 (22.6%)
135		149				01:08:55.10	+00:53:51 (78.1%)	17:13	3.5 (22.0%)
136	WŁODARCZYK Ewa	142		Bieg z psem	107	01:12:04.95	+00:57:00 (79.1%)	18:01	3.3 (20.8%)
137	BYTNER Agnieszka	15		Bieg z psem	108	01:12:25.65	+00:57:21 (79.2%)	18:06	3.3 (20.8%)
138	HAGAJ Małgorzata	33		Bieg z psem	109	01:14:15.90	+00:59:11 (79.7%)	18:33	3.2 (20.1%)
139	KOSIŃSKA Kamila	48		Bieg z psem	110	01:16:21.65	+01:01:17 (80.3%)	19:05	3.1 (19.5%)
140	MAZUR Anna	82		Bieg z psem	111	01:17:52.40	+01:02:48 (80.7%)	19:28	3.1 (19.5%)
141	PISARCZYK Iwona	104		Bieg z psem	112	01:43:59.65	+01:28:55 (85.5%)	25:59	2.3 (14.5%)
142	RAKOWSKA Patrycja	111		Bieg z psem	113	02:43:23.70	+02:28:19 (90.8%)	40:50	1.5 (9.4%)

Total 142 results.