



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

X Bieg Mikołajkowy
Stowarzyszenie BiegamBoLubie Team Police
2022-12-04
Police
10 km

X BIEG MIKOŁAJKOWY

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Police	Grupy Azoty	Mundurowi	Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	BIAŁEK Beata	5	KB HERMES GRYFINO	K-40	1					Tak	00:19:43	00:41:45.85	00:41:45.85		4:10	14.4 (100%)
2	BŁAŻ Anna	33		K-40	2						00:21:38	00:45:31.40	00:45:31.40	+00:03:45 (8.3%)	4:33	13.2 (91.7%)
3	HURYŃ Ewa	155	ALPIN SPORT HOKA ONE ONE TEAM	K-40	3						00:23:00	00:48:04.50	00:48:04.50	+00:06:18 (13.1%)	4:48	12.5 (86.8%)
4	POPŁAWSKA Weronika	411	WY-BIEGANI SZCZECIN	K-40	4					Wy-Biegani Szczecin	00:23:00	00:48:17.75	00:48:17.75	+00:06:31 (13.5%)	4:49	12.4 (86.1%)
5	TARNOWSKA Joanna	516		K-40	5						00:24:42	00:49:54.10	00:49:54.10	+00:08:08 (16.3%)	4:59	12 (83.3%)
6	WARWAS Agata	541	BIEGACZE ŚWINOUJŚCIE	K-40	6						00:25:29	00:52:06.10	00:52:06.10	+00:10:20 (19.8%)	5:12	11.5 (79.9%)
7	MADRAK Anna	293	BBL TEAM POLICE/HULKTEAM POLICE	K-40	7		Tak		Tak		00:25:32	00:53:18.65	00:53:18.65	+00:11:32 (21.7%)	5:19	11.3 (78.5%)
8	ŁĄCZAK Justyna	265	ASSECO ACTIVE TEAM	K-40	8						00:25:52	00:53:46.50	00:53:46.50	+00:12:00 (22.3%)	5:22	11.2 (77.8%)
9	BIĘCZYK Iwona	30	WY-BIEGANI SZCZECIN	K-40	9					Wy-Biegani Szczecin 2	00:25:17	00:53:58.55	00:53:58.55	+00:12:12 (22.6%)	5:23	11.1 (77.1%)
10	STRAK Izabela	481	WIECZORNE BIEGANIE W SZCZECINIE	K-40	10						00:27:05	00:54:43.80	00:54:43.80	+00:12:57 (23.7%)	5:28	11 (76.4%)
11	MARCINIAK Monika	302	BBL LASZ BOGDANIEC	K-40	11						00:26:50	00:55:15.10	00:55:15.10	+00:13:29 (24.4%)	5:31	10.9 (75.7%)
12	BAGIŃSKA Marta	17		K-40	12					Zółwici w pogoni	00:27:24	00:55:18.05	00:55:18.05	+00:13:32 (24.5%)	5:31	10.8 (75.0%)
13	GEMBICKA Małgorzata	117	WILKI Z CIECHOCINKA	K-40	13						00:27:20	00:55:38.95	00:55:38.95	+00:13:53 (25.0%)	5:33	10.8 (75.0%)
14	KOWALSKA Anna	225	KB HERMES GRYFINO	K-40	14					KB Hermes Gryfino 2	00:25:54	00:55:53.45	00:55:53.45	+00:14:07 (25.3%)	5:35	10.7 (74.3%)
15	ZELEK-PAŁOSZ Magdalena	584		K-40	15						00:28:17	00:56:22.70	00:56:22.70	+00:14:36 (25.9%)	5:38	10.6 (73.6%)
16	GORZKA Kamila	124	GRUPA AZOTY	K-40	16		Tak				00:27:15	00:56:27.25	00:56:27.25	+00:14:41 (26.0%)	5:38	10.6 (73.6%)
17	KIJO ŁYDKA Magdalena	199		K-40	17						00:27:41	00:56:42.80	00:56:42.80	+00:14:56 (26.4%)	5:40	10.6 (73.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Grupy				5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							Police	Azoty	Mundurowi	Drużyna 1						
18	KĘSICKA-BLOCH Aneta	196		K-40	18						00:27:16	00:56:43.00	00:56:43.00	+00:14:57 (26.4%)	5:40	10.6 (73.6%)
19	JAWORSKA Aleksandra	165	BIEGACZE ŚWINOUJŚCIE	K-40	19						00:29:33	00:56:59.45	00:56:59.45	+00:15:13 (26.7%)	5:41	10.5 (72.9%)
20	WARNIEŁŁO Adriana	540		K-40	20					Żółwiki w pogoni	00:27:37	00:57:11.65	00:57:11.65	+00:15:25 (27.0%)	5:43	10.5 (72.9%)
21	REINHOLZ Elżbieta	429		K-40	21						00:27:24	00:58:19.60	00:58:19.60	+00:16:33 (28.4%)	5:49	10.3 (71.5%)
22	BOCHEN Izabela	36		K-40	22				Tak		00:28:34	00:58:44.70	00:58:44.70	+00:16:58 (28.9%)	5:52	10.2 (70.8%)
23	KIERNOŻYCKA Kasia	197		K-40	23					Bosman Szczecin	00:27:41	00:58:52.90	00:58:52.90	+00:17:07 (29.1%)	5:53	10.2 (70.8%)
24	CHMIELEWSKA Agnieszka	64	CHMIELEWSKI TEAM - BBL POLICE	K-40	24		Tak			BBL Police	00:28:45	00:59:12.10	00:59:12.10	+00:17:26 (29.5%)	5:55	10.1 (70.1%)
25	JAŚKIEWICZ Katarzyna	164	RAZ SZCZECIN	K-40	25						00:28:19	00:59:40.95	00:59:40.95	+00:17:55 (30.0%)	5:58	10.1 (70.1%)
26	WIEDRO Katarzyna	551		K-40	26						00:29:15	01:00:07.65	01:00:07.65	+00:18:21 (30.5%)	6:00	10 (69.4%)
27	MAJ Anna	295	WIECZORNE BIEGANIE W SZCZECINIE	K-40	27						00:30:26	01:00:16.50	01:00:16.50	+00:18:30 (30.7%)	6:01	10 (69.4%)
28	SAKOWICZ Anna	451	OSTRA TEAM	K-40	28					OstraTeam	00:28:45	01:00:28.35	01:00:28.35	+00:18:42 (30.9%)	6:02	9.9 (68.8%)
29	MIKULSKA GAWLE Karina	320	UNITY LINE	K-40	29						00:30:10	01:00:55.35	01:00:55.35	+00:19:09 (31.4%)	6:05	9.8 (68.1%)
30	BRANICA Hanna	46		K-40	30						00:30:06	01:01:12.70	01:01:12.70	+00:19:26 (31.8%)	6:07	9.8 (68.1%)
31	SZOPA-POPPEL Agnieszka	502	BIEGACZE ŚWINOUJŚCIE	K-40	31						00:29:58	01:01:17.15	01:01:17.15	+00:19:31 (31.9%)	6:07	9.8 (68.1%)
32	MRÓZ Aleksandra	328	MOCZYLSKIE DIABLICE	K-40	32		Tak			Moczylskie Diablice	00:30:20	01:01:22.15	01:01:22.15	+00:19:36 (31.9%)	6:08	9.8 (68.1%)
33	ZIENDA Magdalena	588	EXTREMEWOLF	K-40	33					ExtremeWolf	00:30:27	01:01:22.85	01:01:22.85	+00:19:37 (32.0%)	6:08	9.8 (68.1%)
34	WARAKSA Anna	537	HACJENDA	K-40	34		Tak				00:30:33	01:01:30.75	01:01:30.75	+00:19:44 (32.1%)	6:09	9.8 (68.1%)
35	NADOLNA Monika	332	PARKRUN SZCZECIN	K-40	35	Nadolni				Nadolny Team	00:30:50	01:01:36.75	01:01:36.75	+00:19:50 (32.2%)	6:09	9.7 (67.4%)
36	WIĄCEK Anna	548	KOBIECE BIEGANIE	K-40	36		Tak				00:29:33	01:02:06.85	01:02:06.85	+00:20:21 (32.8%)	6:12	9.7 (67.4%)
37	KACZMAREK Arleta	181	KOBIECE BIEGANIE	K-40	37		Tak				00:29:33	01:02:07.15	01:02:07.15	+00:20:21 (32.8%)	6:12	9.7 (67.4%)
38	JENDRZEJCZAK Magdalena	166	MOCZYLSKIE DIABLICE	K-40	38		Tak			Moczylskie Diablice	00:30:28	01:02:07.45	01:02:07.45	+00:20:21 (32.8%)	6:12	9.7 (67.4%)
39	ŁUKASIEWICZ Agnieszka	284		K-40	39					KB Hermes Gryfino 2	00:31:31	01:02:16.75	01:02:16.75	+00:20:30 (32.9%)	6:13	9.6 (66.7%)
40	KLUZ Aleksandra	206	WIECZORNE BIEGANIE W SZCZECIN	K-40	40					Wieczorne Bieganie w Szczecinie	00:31:00	01:02:34.55	01:02:34.55	+00:20:48 (33.3%)	6:15	9.6 (66.7%)
41	JAKSINA Anna	459	WIECZORNE BIEGANIE W SZCZECINIE	K-40	41						00:29:17	01:03:00.30	01:03:00.30	+00:21:14 (33.7%)	6:18	9.5 (66.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Grupy			Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							Police	Azoty	Mundurowi							
42	BUDNA Anna	51		K-40	42						00:30:17	01:03:01.95	01:03:01.95	+00:21:16 (33.7%)	6:18	9.5 (66.0%)
43	BONDIA Aga	39		K-40	43						00:30:24	01:03:02.85	01:03:02.85	+00:21:17 (33.8%)	6:18	9.5 (66.0%)
44	PITURA Małgorzata	399		K-40	44						00:30:25	01:03:03.40	01:03:03.40	+00:21:17 (33.8%)	6:18	9.5 (66.0%)
45	BAL Anna	18		K-40	45		Tak				00:30:59	01:03:32.25	01:03:32.25	+00:21:46 (34.3%)	6:21	9.4 (65.3%)
46	KRUSZEWICZ Dalida	243	AMPIO TEAM	K-40	46						00:31:23	01:03:46.25	01:03:46.25	+00:22:00 (34.5%)	6:22	9.4 (65.3%)
47	MURASZESWKA Justyna	329		K-40	47			Tak			00:31:06	01:03:48.30	01:03:48.30	+00:22:02 (34.5%)	6:22	9.4 (65.3%)
48	SAWARYN Małgorzata	454		K-40	48						00:31:09	01:04:12.85	01:04:12.85	+00:22:27 (35.0%)	6:25	9.3 (64.6%)
49	POKORSKA Kasia	407	GOLCZEWO	K-40	49						00:31:05	01:04:42.00	01:04:42.00	+00:22:56 (35.4%)	6:28	9.3 (64.6%)
50	DUNOWSKA Ilona	92	PARKRUN GORZÓW WIELKOPOLSKI	K-40	50						00:30:36	01:04:47.60	01:04:47.60	+00:23:01 (35.5%)	6:28	9.3 (64.6%)
51	MASŁOWSKA Barbara	304		K-40	51						00:31:29	01:04:53.45	01:04:53.45	+00:23:07 (35.6%)	6:29	9.2 (63.9%)
52	DANICKA Lidia	74		K-40	52						00:30:50	01:05:09.65	01:05:09.65	+00:23:23 (35.9%)	6:30	9.2 (63.9%)
53	TIETZ Monika	518		K-40	53						00:30:49	01:05:09.95	01:05:09.95	+00:23:24 (35.9%)	6:30	9.2 (63.9%)
54	SZYMCZAK Monika	509		K-40	54						00:30:51	01:05:45.30	01:05:45.30	+00:23:59 (36.5%)	6:34	9.1 (63.2%)
55	LEWIKOWSKA Patrycja	272	WIECZORNE BIEGANIE W SZCZECINIE	K-40	55						00:31:21	01:05:48.85	01:05:48.85	+00:24:03 (36.5%)	6:34	9.1 (63.2%)
56	KRANZMANN ŻELEPIEŃ Anna	234		K-40	56		Tak				00:31:08	01:06:51.50	01:06:51.50	+00:25:05 (37.5%)	6:41	9 (62.5%)
57	TOKARZ Joanna	519	WIECZORNE BIEGANIE W SZCZECINIE	K-40	57					Wieczne Bieganie w Szczecinie	00:31:32	01:07:49.20	01:07:49.20	+00:26:03 (38.4%)	6:46	8.8 (61.1%)
57	KRUGLAK Anna	242		K-40	57						00:31:32	01:07:49.20	01:07:49.20	+00:26:03 (38.4%)	6:46	8.8 (61.1%)
59	JÓŻWICKA Aneta	173		K-40	59						00:32:13	01:07:54.35	01:07:54.35	+00:26:08 (38.5%)	6:47	8.8 (61.1%)
60	WOSZCZYK Renata	566		K-40	60						00:32:13	01:07:54.45	01:07:54.45	+00:26:08 (38.5%)	6:47	8.8 (61.1%)
61	PIOTROWSKA Dorota	390	AMPIO TEAM	K-40	61					Ampio Team	00:32:57	01:09:11.60	01:09:11.60	+00:27:25 (39.6%)	6:55	8.7 (60.4%)
62	ROLLA Magdalena	435		K-40	62						00:32:36	01:10:24.30	01:10:24.30	+00:28:38 (40.7%)	7:02	8.5 (59.0%)
63	ONYSZK Marta	362	WY-BIEGANI	K-40	63					Wy-Biegani Szczecin 3	00:34:24	01:11:00.05	01:11:00.05	+00:29:14 (41.2%)	7:06	8.5 (59.0%)
64	CZYŻEWSKA Lucyna	73	TENET	K-40	64					Tenet	00:34:11	01:11:32.70	01:11:32.70	+00:29:46 (41.6%)	7:09	8.4 (58.3%)
65	SZUTRA Agnieszka	504		K-40	65						00:33:36	01:11:59.45	01:11:59.45	+00:30:13 (42.0%)	7:11	8.3 (57.6%)

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							Police	Azoty	Mundurowi	Drużyna 1						
66	KRAWCZYK Marlena	235		K-40	66						00:33:35	01:12:00.15	01:12:00.15	+00:30:14 (42.0%)	7:12	8.3 (57.6%)
67	PRZYBYSZ Tamara	422	PRZYBYSZ FAMILY	K-40	67						00:33:36	01:13:31.55	01:13:31.55	+00:31:45 (43.2%)	7:21	8.2 (56.9%)
68	KOLASA Agnieszka	210		K-40	68						00:35:28	01:14:19.55	01:14:19.55	+00:32:33 (43.8%)	7:25	8.1 (56.3%)
69	KOWALCZYK Magdalena	223	WIECZORNE BIEGANIE W SZCZECINIE	K-40	69					Wieczorne Bieganie w Szczecinie	00:35:27	01:16:31.35	01:16:31.35	+00:34:45 (45.4%)	7:39	7.8 (54.2%)
70	PRAWDA Iwona	412	WIECZORNE BIEGANIE	K-40	70						00:35:27	01:16:31.70	01:16:31.70	+00:34:45 (45.4%)	7:39	7.8 (54.2%)
71	TOMCZYK Karolina	521		K-40	71		Tak				00:40:07	01:21:56.35	01:21:56.35	+00:40:10 (49.0%)	8:11	7.3 (50.7%)
72	PŁOSA Monika	402		K-40	72						00:40:27	01:24:47.45	01:24:47.45	+00:43:01 (50.7%)	8:28	7.1 (49.3%)
73	POGORZELSKA Sylwia	406	WIECZORNE BIEGANIE W SZCZECINIE	K-40	73						00:29:22			+00:09:38	5:52	10.2 (70.8%)
74	SZAJEK Marta	488	HULK TEAM POLICE	K-40	74		Tak				00:30:33			+00:10:49	6:06	9.8 (68.1%)
75	RASZEWSKA Karolina	428		K-40	75						00:30:41			+00:10:58	6:08	9.8 (68.1%)
76	DANILUK- DUPLA Ewa	76	WIECZORNE BIEGANIE W SZCZECINIE	K-40	76					Wieczorne Bieganie w Szczecinie	00:30:43			+00:10:59	6:08	9.8 (68.1%)
77	KOWALCZYK Kinga	222		K-40	77						00:30:56			+00:11:12	6:11	9.7 (67.4%)
78	DUDEK- IGNACZAK Joanna	87	WIECZORNE BIEGANIE W SZCZECINIE	K-40	78						00:31:13			+00:11:29	6:14	9.6 (66.7%)
79	GASZTOLD Renata	115		K-40	79					Wy-Biegani Szczecin 3	00:31:25			+00:11:41	6:17	9.5 (66.0%)
80	LASEK Anna	264	WIECZORNE BIEGANIE W SZCZECINIE	K-40	80						00:33:10			+00:13:26	6:38	9 (62.5%)
81	MĄDRZYK Magdalena	310	WIECZORNE BIEGANIE W SZCZECINIE	K-40	81						00:33:10			+00:13:27	6:38	9 (62.5%)
82	SAMOLEJ Monika	452		K-40	82						00:33:12			+00:13:28	6:38	9 (62.5%)
83	KLECZEWSKA Agnieszka	203		K-40	83					DEMBOWE NIEDŹWIEDZIE	00:33:28			+00:13:44	6:41	9 (62.5%)
84	HNATKOWSKA Dorota	150	DEMBOWE NIEDŹWIEDZIE	K-40	84						00:33:28			+00:13:45	6:41	9 (62.5%)
85	DUDENKO Monika	89	DUDKITEAM	K-40	85						00:33:36			+00:13:53	6:43	8.9 (61.8%)
86	MAZUREK Anna	309		K-40	86						00:34:05			+00:14:22	6:49	8.8 (61.1%)
87	SWOBODA Edyta	487		K-40	87		Tak			Ruchliwe kiecki	00:36:00			+00:16:16	7:12	8.3 (57.6%)
88	POLECHONSKA Marta	409		K-40	88		Tak			Ruchliwe kiecki	00:36:00			+00:16:17	7:12	8.3 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat	Grupy		5 km	Czas netto	Czas brutto		Tempo	Tempo
										5km	10km	10km	Różn	min/km	km/h
89	KAŁUZIŃSKA Aleksandra	184		K-40	89					00:36:50			+00:17:07	7:22	8.1 (56.3%)
90	BORYS-GUT Magdalena	44		K-40	90					00:36:52			+00:17:08	7:22	8.1 (56.3%)
91	BIAŁKOWSKA Monika	446	WIECZORNE BIEGANIE W SZCZECINIE	K-40	91				Wieczorne Bieganie w Szczecinie	00:36:54			+00:17:11	7:22	8.1 (56.3%)
92	BALICKA Wioletta	20	WIECZORNE BIEGANIE W SZCZECINIE	K-40	92					00:37:46			+00:18:02	7:33	7.9 (54.9%)
93	LIGOCKA Aneta	275	WY-BIEGANI SZCZECIN	K-40	93				Wy-Biegani Szczecin	00:37:50			+00:18:06	7:34	7.9 (54.9%)
94	LEWICKA Joanna	617	LEROY MERLIN	K-40	94					00:45:20			+00:25:37	9:04	6.6 (45.8%)
95	MAĆKOWIAK Katarzyna	634		K-40	95		Tak			00:54:18			+00:34:35	10:51	5.5 (38.2%)
96	PAWŁOWSKA Anna	377	EXREME WOLF	K-40	96				ExtremeWolf	01:00:30			+00:40:47	12:06	5 (34.7%)

Znaleziono 96 wynik(ów)