



# X BIEGI ULICZNE - BIEG GŁÓWNY 10KM

B4SPORT

**Wydarzenie:** X Biegi Uliczne im. Antoniego Nawrockiego  
**Organizator:** MUKS „Start” Solec Kujawski  
**Data:** 2024-06-09  
**Miejsce:** Solec Kujawski  
**Dystans:** 10 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: K Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Solec Kujawski	Pętla 1 2.5km	Pętla 2 5km	Pętla 3 7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>SZENK Marta</b>	<b>724</b>		K 40-49	1		00:09:34	00:19:39	00:29:54	<b>00:40:02.85</b>	<b>00:40:05.85</b>		4:00	15 (100%)
2	<b>TOMCZYK Agata</b>	<b>730</b>	SLA POLONIA BYDGOSZCZ	K 30-39	1		00:09:36	00:19:58	00:30:34	<b>00:40:59.70</b>	<b>00:41:01.45</b>	+00:00:55 (2.3%)	4:05	14.6 (97.3%)
3	<b>HAŃSKA Izabela</b>	<b>646</b>	STOWARZYSZENIE SIŁA	K 30-39	2		00:10:19	00:20:31	00:30:48	<b>00:41:02.45</b>	<b>00:41:08.00</b>	+00:01:02 (2.5%)	4:06	14.6 (97.3%)
4	<b>SOBCZAK Monika</b>	<b>718</b>		K 30-39	3		00:10:09	00:20:38	00:31:16	<b>00:41:58.00</b>	<b>00:42:03.50</b>	+00:01:57 (4.7%)	4:11	14.3 (95.3%)
5	<b>SZULC Angelika</b>	<b>726</b>	TEAMOCHAL	K 40-49	2		00:10:11	00:21:00	00:32:02	<b>00:42:56.05</b>	<b>00:43:01.90</b>	+00:02:56 (6.8%)	4:17	14 (93.3%)
6	<b>RZĘSIEWICZ Jolanta</b>	<b>714</b>	RKS LECH RYPIN	K 50-59	1		00:11:19	00:22:56	00:34:36	<b>00:46:25.95</b>	<b>00:46:31.40</b>	+00:06:25 (13.8%)	4:38	12.9 (86.0%)
7	<b>WUJEK Magdalena</b>	<b>740</b>	RUN BYDGOSZCZ	K 40-49	3		00:11:20	00:23:08	00:35:04	<b>00:46:51.00</b>	<b>00:46:51.00</b>	+00:06:45 (14.4%)	4:41	12.8 (85.3%)
8	<b>SZUFLEWSKA Karolina</b>	<b>725</b>	POLKRYŚ TEAM	K 30-39	4		00:11:40	00:23:45	00:36:01	<b>00:48:06.10</b>	<b>00:48:09.40</b>	+00:08:03 (16.7%)	4:48	12.5 (83.3%)
9	<b>SALWA Justyna</b>	<b>741</b>		K 30-39	5		00:12:02	00:24:10	00:36:20	<b>00:48:22.60</b>	<b>00:48:29.25</b>	+00:08:23 (17.3%)	4:50	12.4 (82.7%)
10	<b>FAJFER Martyna</b>	<b>639</b>		K 20-29	1		00:11:49	00:23:51	00:36:20	<b>00:48:56.10</b>	<b>00:49:13.25</b>	+00:09:07 (18.5%)	4:53	12.3 (82.0%)
11	<b>PARZYCH Joanna</b>	<b>701</b>		K 30-39	6		00:12:14	00:24:50	00:37:26	<b>00:49:54.75</b>	<b>00:50:07.55</b>	+00:10:01 (20.0%)	4:59	12 (80.0%)
12	<b>KRUSZYNA Renata</b>	<b>665</b>		K 40-49	4		00:12:47	00:25:58	00:39:11	<b>00:52:08.10</b>	<b>00:52:22.30</b>	+00:12:16 (23.4%)	5:12	11.5 (76.7%)
13	<b>KALINOWSKA Patrycja</b>	<b>655</b>		K 30-39	7	Tak	00:12:41	00:26:07	00:39:45	<b>00:53:03.00</b>	<b>00:53:12.00</b>	+00:13:06 (24.6%)	5:18	11.3 (75.3%)
14	<b>PALACZ Wioletta</b>	<b>699</b>	POLONIA BYDGOSZCZ SLA	K 40-49	5		00:13:08	00:26:14	00:39:40	<b>00:52:59.95</b>	<b>00:53:17.35</b>	+00:13:11 (24.8%)	5:17	11.3 (75.3%)
15	<b>SZATKOWSKA Natalia</b>	<b>723</b>	RUN BDG	K 20-29	2		00:12:56	00:26:01	00:39:35	<b>00:53:08.50</b>	<b>00:53:27.40</b>	+00:13:21 (25.0%)	5:18	11.3 (75.3%)

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16	<b>BANACH Ewelina</b>	<b>622</b>		K 20-29	3	Tak	00:13:28	00:26:55	00:40:42	<b>00:53:59.55</b>	<b>00:54:07.95</b>	+00:14:02 (25.9%)	5:23	11.1 (74.0%)
17	<b>RUTKOWSKA Virginia</b>	<b>712</b>		K 40-49	6		00:13:56	00:28:35	00:43:49	<b>00:59:06.60</b>	<b>00:59:25.85</b>	+00:19:20 (32.5%)	5:54	10.2 (68.0%)
18	<b>SZULC - TRAWIŃSKA Katarzyna</b>	<b>727</b>		K 30-39	8	Tak	00:13:52	00:29:36	00:45:30	<b>01:00:47.05</b>	<b>01:00:52.50</b>	+00:20:46 (34.1%)	6:04	9.9 (66.0%)
19	<b>GĘSTWICKA Anna</b>	<b>641</b>		K 30-39	9	Tak	00:15:24	00:31:08	00:46:40	<b>01:02:13.35</b>	<b>01:02:34.15</b>	+00:22:28 (35.9%)	6:13	9.6 (64.0%)
20	<b>PIONTEK Elżbieta</b>	<b>704</b>		K 60-69	1		00:15:45	00:31:49	00:47:49	<b>01:03:27.35</b>	<b>01:03:40.50</b>	+00:23:34 (37.0%)	6:20	9.5 (63.3%)
21	<b>GRABOWSKA Marlena</b>	<b>642</b>		K 40-49	7		00:15:28	00:31:26	00:48:01	<b>01:04:31.15</b>	<b>01:04:48.70</b>	+00:24:42 (38.1%)	6:27	9.3 (62.0%)
22	<b>LEWANDOWSKA Iza</b>	<b>676</b>		K 30-39	10		00:15:28	00:31:26	00:48:02	<b>01:04:31.70</b>	<b>01:04:48.95</b>	+00:24:43 (38.1%)	6:27	9.3 (62.0%)
23	<b>MIGDALSKA Elżbieta</b>	<b>686</b>		K 40-49	8		00:17:12	00:35:11	00:54:08	<b>01:12:43.35</b>	<b>01:13:05.00</b>	+00:32:59 (45.1%)	7:16	8.3 (55.3%)
24	<b>ROSZAK Adrianna</b>	<b>711</b>		K 30-39	11	Tak	00:16:46	00:36:17	00:55:21	<b>01:14:50.25</b>	<b>01:15:07.95</b>	+00:35:02 (46.6%)	7:29	8 (53.3%)

Znaleziono 24 wynik(ów)