



# X BIEGI ULICZNE - BIEG GŁÓWNY 5KM

B4SPORT

**Wydarzenie:** X Biegi Uliczne im. Antoniego Nawrockiego  
**Organizator:** MUKS „Start” Solec Kujawski  
**Data:** 2024-06-09  
**Miejsce:** Solec Kujawski  
**Dystans:** 5 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: K 30-39

| Msc | Zawodnik                | Numer | Klub              | Kategoria | Mkat | Gmina Solec Kujawski | Pętla 1<br>2.5km | Czas<br>netto<br>5km | Czas<br>brutto<br>5km | Różn              | Tempo<br>min/km | Tempo<br>km/h |
|-----|-------------------------|-------|-------------------|-----------|------|----------------------|------------------|----------------------|-----------------------|-------------------|-----------------|---------------|
| 1   | NOWAKOWSKA Anna         | 505   | ZAWISZA BYDGOSZCZ | K 30-39   | 1    |                      | 00:09:15         | 00:18:28.00          | 00:18:29.20           |                   | 3:41            | 16.2 (100%)   |
| 2   | GAWROŃSKA Magdalena     | 439   |                   | K 30-39   | 2    |                      | 00:10:54         | 00:22:03.10          | 00:22:06.60           | +00:03:37 (16.4%) | 4:24            | 13.6 (84.0%)  |
| 3   | OKULICZ Anita           | 511   |                   | K 30-39   | 3    |                      | 00:11:07         | 00:22:19.50          | 00:22:24.60           | +00:03:55 (17.5%) | 4:27            | 13.4 (82.7%)  |
| 4   | GREMBA Katarzyna        | 615   |                   | K 30-39   | 4    |                      | 00:11:31         | 00:23:27.75          | 00:23:33.85           | +00:05:04 (21.5%) | 4:41            | 12.8 (79.0%)  |
| 5   | NAWROCKA Sylwia         | 500   |                   | K 30-39   | 5    |                      | 00:11:36         | 00:23:31.95          | 00:23:37.05           | +00:05:07 (21.7%) | 4:42            | 12.8 (79.0%)  |
| 6   | JAKUBIEC Adrianna       | 452   |                   | K 30-39   | 6    | Tak                  | 00:11:25         | 00:23:57.55          | 00:24:04.00           | +00:05:34 (23.2%) | 4:47            | 12.5 (77.2%)  |
| 7   | CHMIELARZ Justyna       | 418   | CHMIELARZ TEAM    | K 30-39   | 7    |                      | 00:12:35         | 00:25:08.15          | 00:25:16.65           | +00:06:47 (26.9%) | 5:01            | 11.9 (73.5%)  |
| 8   | WOŁOSZCZAK Aleksandra   | 596   | 6. KILOMETR       | K 30-39   | 8    |                      | 00:12:25         | 00:25:13.00          | 00:25:20.15           | +00:06:50 (27.0%) | 5:02            | 11.9 (73.5%)  |
| 9   | MISIAK Agata            | 496   |                   | K 30-39   | 9    | Tak                  | 00:13:11         | 00:26:22.75          | 00:26:36.75           | +00:08:07 (30.5%) | 5:16            | 11.4 (70.4%)  |
| 10  | KUŻMICKA Joanna         | 479   | PASACO            | K 30-39   | 10   |                      | 00:12:52         | 00:26:29.15          | 00:26:37.05           | +00:08:07 (30.5%) | 5:17            | 11.3 (69.8%)  |
| 11  | POCHOWSKA Monika        | 530   | PASACO            | K 30-39   | 11   |                      | 00:13:15         | 00:26:48.65          | 00:26:56.60           | +00:08:27 (31.4%) | 5:21            | 11.2 (69.1%)  |
| 12  | SPYCHALSKA Kinga        | 559   |                   | K 30-39   | 12   | Tak                  | 00:13:28         | 00:27:44.60          | 00:27:54.10           | +00:09:24 (33.7%) | 5:32            | 10.8 (66.7%)  |
| 13  | WOJTECKA Ewelina        | 593   | MUZEUM SOLCA      | K 30-39   | 13   | Tak                  | 00:14:09         | 00:27:36.70          | 00:27:55.90           | +00:09:26 (33.8%) | 5:31            | 10.9 (67.3%)  |
| 14  | WOJSZYNIS Oliwia        | 592   |                   | K 30-39   | 14   | Tak                  | 00:13:31         | 00:27:55.85          | 00:28:07.30           | +00:09:38 (34.3%) | 5:35            | 10.7 (66.0%)  |
| 15  | WAWRZYŃIAK Milena       | 583   |                   | K 30-39   | 15   |                      | 00:13:39         | 00:28:01.25          | 00:28:09.25           | +00:09:40 (34.3%) | 5:36            | 10.7 (66.0%)  |
| 16  | KOMOŚ-CZECZOT Żaneta    | 470   |                   | K 30-39   | 16   |                      | 00:13:52         | 00:28:47.20          | 00:28:54.35           | +00:10:25 (36.0%) | 5:45            | 10.4 (64.2%)  |
| 17  | RZHEVSKA Kateryna       | 545   |                   | K 30-39   | 17   |                      | 00:13:43         | 00:28:37.80          | 00:28:55.80           | +00:10:26 (36.1%) | 5:43            | 10.5 (64.8%)  |
| 18  | STAROWICZ Aleksandra    | 560   |                   | K 30-39   | 18   | Tak                  | 00:14:40         | 00:29:49.25          | 00:30:00.00           | +00:11:30 (38.4%) | 5:57            | 10.1 (62.3%)  |
| 19  | KRAPIŃSKA Kasia         | 474   |                   | K 30-39   | 19   | Tak                  | 00:14:35         | 00:30:37.60          | 00:30:43.40           | +00:12:14 (39.8%) | 6:07            | 9.8 (60.5%)   |
| 20  | WRZESIŃSKA Ewelina      | 599   |                   | K 30-39   | 20   |                      | 00:15:30         | 00:30:53.50          | 00:31:07.35           | +00:12:38 (40.6%) | 6:10            | 9.7 (59.9%)   |
| 21  | LANDOWSKA-DACH Karolina | 482   | PASACO            | K 30-39   | 21   |                      | 00:15:30         | 00:30:53.75          | 00:31:07.65           | +00:12:38 (40.6%) | 6:10            | 9.7 (59.9%)   |
| 22  | KRZYWDZIŃSKA Magdalena  | 584   |                   | K 30-39   | 22   |                      | 00:15:29         | 00:31:44.30          | 00:31:53.10           | +00:13:23 (42.0%) | 6:20            | 9.5 (58.6%)   |
| 23  | OSSOWSKA Agnieszka      | 515   |                   | K 30-39   | 23   | Tak                  | 00:15:51         | 00:32:10.95          | 00:32:31.05           | +00:14:01 (43.1%) | 6:26            | 9.3 (57.4%)   |
| 24  | SZYMACZEK Joanna        | 568   | PASACO            | K 30-39   | 24   |                      | 00:16:13         | 00:34:03.40          | 00:34:18.10           | +00:15:48 (46.1%) | 6:48            | 8.8 (54.3%)   |
| 25  | GÓRSKA Alicja           | 442   |                   | K 30-39   | 25   | Tak                  | 00:17:08         | 00:34:26.70          | 00:34:43.95           | +00:16:14 (46.8%) | 6:53            | 8.7 (53.7%)   |
| 26  | MAZURKIEWICZ Daria      | 495   |                   | K 30-39   | 26   |                      | 00:17:27         | 00:35:50.55          | 00:36:09.95           | +00:17:40 (48.9%) | 7:10            | 8.4 (51.9%)   |
| 27  | NOWACKA Katarzyna       | 503   |                   | K 30-39   | 27   |                      | 00:18:30         | 00:37:41.05          | 00:38:02.10           | +00:19:32 (51.4%) | 7:32            | 8 (49.4%)     |
| 28  | RATKE Sandra            | 535   | DROBEX            | K 30-39   | 28   | Tak                  | 00:19:07         | 00:38:49.25          | 00:39:08.75           | +00:20:39 (52.8%) | 7:45            | 7.7 (47.5%)   |
| 29  | WALTHER Anna            | 581   |                   | K 30-39   | 29   | Tak                  | 00:23:07         | 00:47:31.05          | 00:47:52.10           | +00:29:22 (61.4%) | 9:30            | 6.3 (38.9%)   |

Znaleziono 29 wynik(ów)