

# XIV RYPIŃSKI BIEG PO ZDROWIE – DOLINĄ RYPIENICY

B4SPORT

**Organizator:** Miejski Ośrodek Sportu i Rekreacji w Rypinie, Urząd Miasta Rypin  
**Data:** 2019-08-31  
**Miejsce:** Rypin  
**Dystans:** 10 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN - K

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>ARSENIUK Anna</b>	<b>175</b>	T.S. OPATRUNKI TORUŃ	K-2	1	<b>00:40:18.75</b>	<b>00:40:20.50</b>		4:01	14.9 (100%)
2	<b>SZWEDA Mirosława</b>	<b>130</b>	TKKF KOLEJARZ BYDGOSZCZ	K-2	2	<b>00:41:11.75</b>	<b>00:41:13.75</b>	+00:00:53 (2.2%)	4:07	14.6 (98.0%)
3	<b>KAMIŃSKA Teresa</b>	<b>204</b>	TERESA BIEGA	K-3	1	<b>00:44:25.20</b>	<b>00:44:27.20</b>	+00:04:06 (9.2%)	4:26	13.5 (90.6%)
4	<b>WOŹNIAKOWSKA Agata</b>	<b>149</b>	BYDGOSKIE OKONIE	K-2	3	<b>00:44:25.15</b>	<b>00:44:28.60</b>	+00:04:08 (9.3%)	4:26	13.5 (90.6%)
5	<b>ROK-SZPALA Sylwia</b>	<b>105</b>	PARKRUN TORUŃ	K-2	4	<b>00:45:25.15</b>	<b>00:45:31.25</b>	+00:05:10 (11.4%)	4:32	13.2 (88.6%)
6	<b>PĘKAŁA Aleksandra</b>	<b>99</b>	RUN PASJA	K-2	5	<b>00:46:30.60</b>	<b>00:46:34.10</b>	+00:06:13 (13.4%)	4:39	12.9 (86.6%)
7	<b>GAŁUSZKA Dorota</b>	<b>25</b>	WTORKOWY TRENING	K-3	2	<b>00:46:49.95</b>	<b>00:46:57.45</b>	+00:06:36 (14.1%)	4:41	12.8 (85.9%)
8	<b>LEWANDOWSKA Marlena</b>	<b>70</b>	PODGÓRZ TORUŃ	K-3	3	<b>00:47:12.15</b>	<b>00:47:19.05</b>	+00:06:58 (14.7%)	4:43	12.7 (85.2%)
9	<b>ZIELIŃSKA Iwona</b>	<b>154</b>	WKB MARATOŃCZYK WŁOCŁAWEK	K-4	1	<b>00:47:42.20</b>	<b>00:47:46.75</b>	+00:07:26 (15.6%)	4:46	12.6 (84.6%)
10	<b>GURNA Jolanta</b>	<b>31</b>	TKKF KOLEJARZ BYDGOSZCZ	K-4	2	<b>00:48:09.50</b>	<b>00:48:14.20</b>	+00:07:53 (16.4%)	4:49	12.5 (83.9%)
11	<b>RZĘSIEWICZ Jolanta</b>	<b>110</b>		K-4	3	<b>00:48:22.10</b>	<b>00:48:25.95</b>	+00:08:05 (16.7%)	4:50	12.4 (83.2%)
12	<b>MACIEJEWSKA Kamila</b>	<b>76</b>	ŚLIMAKI BARCIN	K-2	6	<b>00:48:39.40</b>	<b>00:48:43.55</b>	+00:08:23 (17.2%)	4:51	12.3 (82.6%)
13	<b>SCHWEDA Justyna</b>	<b>197</b>	BRAK	K-3	4	<b>00:48:55.60</b>	<b>00:48:59.55</b>	+00:08:39 (17.7%)	4:53	12.3 (82.6%)
14	<b>PODBIELSKA Alina</b>	<b>102</b>	KM UMK TORUŃ	K-4	4	<b>00:49:05.85</b>	<b>00:49:12.95</b>	+00:08:52 (18.0%)	4:54	12.2 (81.9%)
15	<b>SANKIEWICZ Karolina</b>	<b>113</b>		K-1	1	<b>00:49:35.15</b>	<b>00:49:44.50</b>	+00:09:24 (18.9%)	4:57	12.1 (81.2%)
16	<b>WRÓBLEWSKA Dagmara</b>	<b>150</b>	TKKF KOLEJARZ BYDGOSZCZ	K-2	7	<b>00:50:18.95</b>	<b>00:50:25.45</b>	+00:10:04 (20.0%)	5:01	11.9 (79.9%)
17	<b>JASKULSKA Mirela</b>	<b>206</b>		K-4	5	<b>00:50:25.40</b>	<b>00:50:35.40</b>	+00:10:14 (20.3%)	5:02	11.9 (79.9%)
18	<b>JABŁOŃSKA Sylwia</b>	<b>35</b>	TKKF KOLEJARZ BYDGOSZCZ	K-2	8	<b>00:51:55.05</b>	<b>00:52:01.90</b>	+00:11:41 (22.5%)	5:11	11.6 (77.9%)
19	<b>KALINOWSKA Justyna</b>	<b>47</b>		K-2	9	<b>00:52:52.65</b>	<b>00:52:52.65</b>	+00:12:32 (23.7%)	5:17	11.3 (75.8%)
20	<b>BARTOSZ Mariola</b>	<b>161</b>		K-3	5	<b>00:53:07.45</b>	<b>00:53:19.45</b>	+00:12:58 (24.3%)	5:18	11.3 (75.8%)
21	<b>DĄBROWSKA Karolina</b>	<b>193</b>	KUJAWSKO-POMORSKIE	K-2	10	<b>00:55:31.20</b>	<b>00:55:42.65</b>	+00:15:22 (27.6%)	5:33	10.8 (72.5%)
22	<b>NOWACKA Anna</b>	<b>169</b>	GKS FABIANKI	K-2	11	<b>00:55:53.75</b>	<b>00:55:58.85</b>	+00:15:38 (27.9%)	5:35	10.7 (71.8%)
23	<b>DOBRZAŃSKA Anna</b>	<b>217</b>	DYNAMO	K-2	12	<b>00:55:51.60</b>	<b>00:55:59.10</b>	+00:15:38 (27.9%)	5:35	10.7 (71.8%)
24	<b>WITCZAK Ola</b>	<b>168</b>	GKS FABIANKI	K-3	6	<b>00:55:56.35</b>	<b>00:56:07.15</b>	+00:15:46 (28.1%)	5:35	10.7 (71.8%)
25	<b>DYCZKO Alicja</b>	<b>21</b>	-	K-1	2	<b>00:56:19.10</b>	<b>00:56:30.10</b>	+00:16:09 (28.6%)	5:37	10.7 (71.8%)
26	<b>WIECZOREK Justyna</b>	<b>141</b>	BBL INOWROCŁAW	K-3	7	<b>00:56:40.20</b>	<b>00:56:48.60</b>	+00:16:28 (29.0%)	5:40	10.6 (71.1%)
27	<b>WIŚNIEWSKA Daniela</b>	<b>146</b>	PARKRUN TORUŃ	K-2	13	<b>00:57:10.40</b>	<b>00:57:20.45</b>	+00:16:59 (29.6%)	5:43	10.5 (70.5%)
28	<b>KOPIENIAK Agnieszka</b>	<b>51</b>	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	K-2	14	<b>00:59:39.15</b>	<b>00:59:55.45</b>	+00:19:34 (32.7%)	5:57	10.1 (67.8%)
29	<b>WASZAK Agnieszka</b>	<b>140</b>		K-3	8	<b>00:59:51.85</b>	<b>00:59:56.90</b>	+00:19:36 (32.7%)	5:59	10 (67.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
30	<b>SZADKOWSKA Anna</b>	<b>127</b>	BBLINOWROCLAW	K-5	1	<b>01:00:33.50</b>	<b>01:00:45.20</b>	+00:20:24 (33.6%)	6:03	9.9 (66.4%)
31	<b>OLSZEWSKA Ewa</b>	<b>37</b>	T. G. SOKÓŁ GNIEWKOWO	K-3	9	<b>01:02:12.00</b>	<b>01:02:17.00</b>	+00:21:56 (35.2%)	6:13	9.6 (64.4%)
32	<b>DRAWERT Ewa</b>	<b>17</b>		K-3	10	<b>01:04:00.65</b>	<b>01:04:13.25</b>	+00:23:52 (37.2%)	6:24	9.4 (63.1%)
33	<b>CHOJNACKA Krystyna</b>	<b>11</b>	TKKF KUBUS SIERPC	K-5	2	<b>01:05:12.35</b>	<b>01:05:21.20</b>	+00:25:00 (38.3%)	6:31	9.2 (61.7%)
34	<b>SADOWSKA-CHORAŻAK Aneta</b>	<b>111</b>		K-3	11	<b>01:05:18.50</b>	<b>01:05:32.85</b>	+00:25:12 (38.5%)	6:31	9.2 (61.7%)
35	<b>DOMAGALSKA Aneta</b>	<b>210</b>		K-2	15	<b>01:06:01.15</b>	<b>01:06:17.05</b>	+00:25:56 (39.1%)	6:36	9.1 (61.1%)
36	<b>ŻOŁNOWSKA Anna</b>	<b>157</b>		K-2	16	<b>01:06:12.80</b>	<b>01:06:28.35</b>	+00:26:07 (39.3%)	6:37	9.1 (61.1%)
37	<b>KSINIEWICZ-KOWALSKA Izabela</b>	<b>55</b>		K-4	6	<b>01:07:14.90</b>	<b>01:07:24.30</b>	+00:27:03 (40.2%)	6:43	8.9 (59.7%)
38	<b>JANKOWSKA Katarzyna</b>	<b>38</b>	I-SPORT	K-4	7	<b>01:09:50.70</b>	<b>01:10:06.40</b>	+00:29:45 (42.5%)	6:59	8.6 (57.7%)
39	<b>SONTOWSKA Magdalena</b>	<b>119</b>		K-2	17	<b>01:11:15.70</b>	<b>01:11:31.70</b>	+00:31:11 (43.6%)	7:07	8.4 (56.4%)
40	<b>BIAŁOBŁOCKA Ewa</b>	<b>5</b>	KB LECH RYPIN	K-4	8	<b>01:11:36.25</b>	<b>01:11:50.20</b>	+00:31:29 (43.8%)	7:09	8.4 (56.4%)
41	<b>KALISZEWSKA Dorota</b>	<b>202</b>		K-3	12	<b>01:15:20.05</b>	<b>01:15:25.95</b>	+00:35:05 (46.5%)	7:32	8 (53.7%)
42	<b>LAMPARSKA Mariola</b>	<b>65</b>		K-5	3	<b>01:30:03.75</b>	<b>01:30:19.15</b>	+00:49:58 (55.3%)	9:00	6.7 (45.0%)

Znaleziono 42 wynik(ów)