



# ZAWODY BIEGOWE „PO PIERWSZE ZDROWIE” BIEG 5KM

B4SPORT

**Organiser:** Fundacja „Po Pierwsze”  
**Date:** 2017-03-25  
**Place:** Wasilków  
**Distance:** 5 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	CZECZKO Paweł	9	SOKOL	M10-29	1	00:00:12	00:14:22.50	00:14:34.95		2:52	20.9 (100%)
2	BRATUCHIN Maksym	98	SOKOL	M10-29	2	00:00:12	00:14:57.45	00:15:09.50	+00:00:34 (3.9%)	2:59	20.1 (96.2%)
3	KALINOWSKI Krystian	99	AGR PODLESIE	M10-29	3	00:00:07	00:15:45.00	00:15:52.50	+00:01:22 (8.7%)	3:09	19 (90.9%)
4	BOCHENKO Daniel	5	MZUNGU UGALI	M30-45	1	00:00:07	00:15:54.00	00:16:01.80	+00:01:31 (9.6%)	3:10	18.9 (90.4%)
5	CZERWIŃSKI Andrzej	10	KS STUDZIANKI	M30-45	2	00:00:08	00:16:23.95	00:16:32.15	+00:02:01 (12.3%)	3:16	18.3 (87.6%)
6	HRYSZKO Paweł	19		M10-29	4	00:00:10	00:16:52.40	00:17:02.70	+00:02:29 (14.8%)	3:22	17.8 (85.2%)
7	TURCZYŃSKI Paweł	84		M10-29	5	00:00:12	00:17:14.30	00:17:26.75	+00:02:51 (16.6%)	3:26	17.4 (83.3%)
8	JELSKI Dariusz	22	MPS BIKE TEAM	M46-59	1	00:00:11	00:17:20.35	00:17:32.10	+00:02:57 (17.1%)	3:28	17.3 (82.8%)
9	KIEŁCZEWSKI Konrad	23		M30-45	3	00:00:15	00:17:52.45	00:18:08.05	+00:03:29 (19.6%)	3:34	16.8 (80.4%)
10	KOCHAŃSKI Krystian	27	TAEKWONDO BIAŁYSTOK	M10-29	6	00:00:15	00:18:44.25	00:18:59.95	+00:04:21 (23.3%)	3:44	16 (76.6%)
11	MINIUK Paweł	42	PALĘ WROTKI	M10-29	7	00:00:12	00:18:54.25	00:19:06.45	+00:04:31 (24.0%)	3:46	15.9 (76.1%)
12	PARCHOWSKA Magda	54	BIEGOSTOK	K10-29	1	00:00:17	00:19:01.95	00:19:19.20	+00:04:39 (24.5%)	3:48	15.8 (75.6%)
13	LEWKO Mariusz	31		M30-45	4	00:00:18	00:19:04.45	00:19:23.20	+00:04:41 (24.6%)	3:49	15.7 (75.1%)
14	MADEJA Adam	37		M30-45	5	00:00:17	00:19:08.05	00:19:25.35	+00:04:45 (24.9%)	3:49	15.7 (75.1%)
15	SMOLSKA Justyna	69	BIAŁOSTOCKA SEKTA BIEGACZY	K10-29	2	00:00:16	00:19:12.05	00:19:28.20	+00:04:49 (25.1%)	3:50	15.6 (74.6%)
16	KNULOWSKA Magdalena	106		K30-45	1	00:00:13	00:19:12.40	00:19:25.95	+00:04:49 (25.2%)	3:50	15.6 (74.6%)
17	BOSIACKI Jarosław	7		M30-45	6	00:00:13	00:19:23.75	00:19:37.00	+00:05:01 (25.9%)	3:52	15.5 (74.2%)
18	WRZESIŃSKI Zdzisław	88	OSK SZAŁ	M46-59	2	00:00:08	00:19:42.20	00:19:50.70	+00:05:19 (27.0%)	3:56	15.2 (72.7%)
19	SZAWLUK Mateusz	73		M10-29	8	00:00:17	00:19:42.45	00:20:00.05	+00:05:19 (27.1%)	3:56	15.2 (72.7%)
20	CHMIELEWSKI Karol	150	BIAŁOSTOCKA SEKTA BIEGACZY	M30-45	7	00:00:15	00:19:52.80	00:20:07.95	+00:05:30 (27.7%)	3:58	15.1 (72.2%)
21	TURCZYŃSKI Aleksander	83		K46-59	1	00:00:16	00:20:00.30	00:20:16.90	+00:05:37 (28.1%)	4:00	15 (71.8%)
22	CICHOCKA Anita	8	NADAKTYWNI / PG 6 BIAŁYSTOK	K10-29	3	00:00:07	00:20:12.60	00:20:20.40	+00:05:50 (28.9%)	4:02	14.8 (70.8%)
23	KIERZKOWSKI Marcin	26	BIAŁOSTOCKA SEKTA BIEGACZY	M30-45	8	00:00:14	00:20:35.70	00:20:50.50	+00:06:13 (30.2%)	4:07	14.6 (69.9%)
24	LEWKO Wioletta	32		K30-45	2	00:00:18	00:20:38.90	00:20:57.05	+00:06:16 (30.4%)	4:07	14.5 (69.4%)
25	MRÓZ Agnieszka	43		K-OPEN	1	00:00:14	00:20:45.55	00:21:00.15	+00:06:23 (30.8%)	4:09	14.4 (68.9%)
26	ŚWIDERSKI Cezary	77		M30-45	9	00:00:18	00:20:58.90	00:21:17.35	+00:06:36 (31.5%)	4:11	14.3 (68.4%)
27	GAWRYLUK Szymon	16		M10-29	9	00:00:18	00:20:59.90	00:21:17.95	+00:06:37 (31.5%)	4:11	14.3 (68.4%)

Place	Participant	Number	Club	Category	MCat	Start time	Net	Czas	Gap	Pace	Pace
							time	brutto		min/km	km/h
							5km	5km			
28	TARASIUK Monika	80		K30-45	3	00:00:14	00:21:42.55	00:21:57.40	+00:07:20 (33.8%)	4:20	13.8 (66.0%)
29	WIŚNIEWSKA Joanna	87		K30-45	4	00:00:15	00:21:45.55	00:22:01.00	+00:07:23 (33.9%)	4:21	13.8 (66.0%)
30	OCHOCKI Michał	48		M30-45	10	00:00:15	00:21:47.85	00:22:03.05	+00:07:25 (34.1%)	4:21	13.8 (66.0%)
31	BĄBCZYŃSKI Michał	4		M10-29	10	00:00:08	00:21:48.05	00:21:56.45	+00:07:25 (34.1%)	4:21	13.8 (66.0%)
32	BAJDA Marcin	1	BIAŁOSTOCKA SEKTA BIEGACZY	M30-45	11	00:00:14	00:21:56.30	00:22:11.15	+00:07:33 (34.5%)	4:23	13.7 (65.6%)
33	KOTIK Mirosława	29	OUTDOOR TRAINING	K30-45	5	00:00:13	00:21:59.85	00:22:13.75	+00:07:37 (34.7%)	4:24	13.6 (65.1%)
34	KIERSNOWSKA Magdalena	24	BIELSKA INICJATYWA ROWEROWA	K30-45	6	00:00:16	00:22:02.20	00:22:18.80	+00:07:39 (34.8%)	4:24	13.6 (65.1%)
35	DRWIĘGA Gabriela	14		K30-45	7	00:00:13	00:22:17.45	00:22:31.35	+00:07:54 (35.5%)	4:27	13.5 (64.6%)
36	MILEWSKI Marcin	41		M30-45	12	00:00:12	00:22:30.65	00:22:43.30	+00:08:08 (36.1%)	4:30	13.3 (63.6%)
37	JUSZCZAK Grzegorz	101		M30-45	13	00:00:13	00:22:30.80	00:22:44.75	+00:08:08 (36.1%)	4:30	13.3 (63.6%)
38	BOGDANOWICZ Aneta	95		K10-29	4	00:00:08	00:22:32.85	00:22:41.25	+00:08:10 (36.2%)	4:30	13.3 (63.6%)
39	DĄBROWSKA Ola	105		K10-29	5	00:00:14	00:22:46.75	00:23:01.00	+00:08:24 (36.9%)	4:33	13.2 (63.2%)
40	JARMOŁOWICZ Małgorzata	21		K46-59	2	00:00:14	00:22:58.40	00:23:12.95	+00:08:35 (37.4%)	4:35	13.1 (62.7%)
41	ROGOWSKA Marta	58	BIAŁOSTOCKA SEKTA BIEGACZY	K30-45	8	00:00:15	00:23:03.90	00:23:19.00	+00:08:41 (37.7%)	4:36	13 (62.2%)
42	SKOWROŃSKI Paweł	107		M30-45	14	00:00:15	00:23:06.40	00:23:22.00	+00:08:43 (37.8%)	4:37	13 (62.2%)
43	WILKOS Ewa	86		K30-45	9	00:00:14	00:23:32.25	00:23:46.75	+00:09:09 (38.9%)	4:42	12.7 (60.8%)
44	SOKÓŁ Przemysław	72		M10-29	11	00:00:18	00:23:34.40	00:23:52.55	+00:09:11 (39.0%)	4:42	12.7 (60.8%)
45	KOZIEJKO Stanisław	30	BIEGAM DLA JUSTYSI	M46-59	3	00:00:11	00:23:37.00	00:23:48.60	+00:09:14 (39.1%)	4:43	12.7 (60.8%)
46	DREZNER Wiktoria	13		K10-29	6	00:00:16	00:23:40.80	00:23:57.40	+00:09:18 (39.3%)	4:44	12.7 (60.8%)
47	ZAPOLSKA Agnieszka	90		K30-45	10	00:00:16	00:23:42.85	00:23:59.00	+00:09:20 (39.4%)	4:44	12.6 (60.3%)
48	DOLIŃSKA Marta	12		K30-45	11	00:00:16	00:23:47.20	00:24:03.70	+00:09:24 (39.6%)	4:45	12.6 (60.3%)
49	SAPIEHA Anna	94		K30-45	12	00:00:12	00:23:48.50	00:24:01.35	+00:09:26 (39.6%)	4:45	12.6 (60.3%)
50	ŁOTOWSKA Katarzyna	36		K10-29	7	00:00:16	00:23:52.70	00:24:09.50	+00:09:30 (39.8%)	4:46	12.6 (60.3%)
51	SADOWSKI Wojciech	61		M30-45	15	00:00:17	00:23:56.05	00:24:13.65	+00:09:33 (39.9%)	4:47	12.5 (59.8%)
52	TRYZNOWSKA Sylwia	82		K30-45	13	00:00:13	00:23:58.85	00:24:12.80	+00:09:36 (40.1%)	4:47	12.5 (59.8%)
53	ŁAPIŃSKA Anna	35		K10-29	8	00:00:17	00:24:03.15	00:24:20.50	+00:09:40 (40.2%)	4:48	12.5 (59.8%)
54	TARASIUK Adam	79		M30-45	16	00:00:14	00:24:08.00	00:24:22.00	+00:09:45 (40.4%)	4:49	12.4 (59.3%)
55	DĄBROWSKA Wiktoria	104		K10-29	9	00:00:14	00:24:08.75	00:24:22.90	+00:09:46 (40.5%)	4:49	12.4 (59.3%)
56	MARCISZEWSKA Małgorzata	38		K30-45	14	00:00:15	00:24:32.00	00:24:47.10	+00:10:09 (41.4%)	4:54	12.2 (58.4%)
57	TOBIASZ Joanna	81		K10-29	10	00:00:16	00:24:41.50	00:24:58.10	+00:10:19 (41.8%)	4:56	12.1 (57.9%)
58	ZAWISTOWSKA Alicja	91	NADAKTYWNI	K30-45	15	00:00:17	00:24:42.90	00:24:59.90	+00:10:20 (41.8%)	4:56	12.1 (57.9%)
59	MYSZKOWSKI Paweł	45	ŻYWCEM NAS NIE WEZMĄ	M30-45	17	00:00:15	00:24:55.30	00:25:10.60	+00:10:32 (42.3%)	4:59	12 (57.4%)
60	ŚWIĘCICKI Kacper	78	TEAM BIAŁYSTOK	M10-29	12	00:00:13	00:24:56.65	00:25:09.90	+00:10:34 (42.4%)	4:59	12 (57.4%)
61	ZAJKOWSKA Julia	102		K10-29	11	00:00:14	00:25:02.20	00:25:16.55	+00:10:39 (42.6%)	5:00	12 (57.4%)
62	MATYS Marek	39		M30-45	18	00:00:18	00:25:05.50	00:25:23.70	+00:10:43 (42.7%)	5:01	12 (57.4%)
63	GŁODKOWSKA Edyta	17		K10-29	12	00:00:16	00:25:15.20	00:25:32.15	+00:10:52 (43.1%)	5:03	11.9 (56.9%)
64	MĄCZKA Klaudia	40		K10-29	13	00:00:17	00:25:15.80	00:25:33.10	+00:10:53 (43.1%)	5:03	11.9 (56.9%)
65	SIDOR Justyna	64		K30-45	16	00:00:17	00:25:15.95	00:25:33.35	+00:10:53 (43.1%)	5:03	11.9 (56.9%)
66	NOWICKA Izabela	47	UKS SET WASILKÓW	K30-45	17	00:00:16	00:25:26.85	00:25:42.95	+00:11:04 (43.5%)	5:05	11.8 (56.5%)
67	ZBROJA-HAMANOWICZ Magdalena	92	BBL	K30-45	18	00:00:16	00:25:29.85	00:25:46.00	+00:11:07 (43.6%)	5:06	11.8 (56.5%)
68	SIDOROWICZ Ewelina	65		K30-45	19	00:00:16	00:25:31.75	00:25:47.90	+00:11:09 (43.7%)	5:06	11.8 (56.5%)
69	DĄBROWSKI Rafał	11		M30-45	19	00:00:16	00:25:31.85	00:25:48.05	+00:11:09 (43.7%)	5:06	11.7 (56.0%)
70	GAWRYLIK Joanna	15	BBL	K46-59	3	00:00:16	00:25:38.15	00:25:54.25	+00:11:15 (43.9%)	5:07	11.7 (56.0%)
71	KOWNIEROWICZ Joanna	100		K10-29	14	00:00:12	00:25:40.85	00:25:53.35	+00:11:18 (44.0%)	5:08	11.7 (56.0%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
72	<b>SZEWELUK Krzysztof</b>	<b>74</b>		M30-45	20	00:00:14	<b>00:26:31.50</b>	<b>00:26:46.40</b>	+00:12:09 (45.8%)	5:18	11.3 (54.1%)
73	<b>MRUCZYŃSKA Dominika</b>	<b>44</b>	RUN FOR JULKA AND FUN	K30-45	20	00:00:13	<b>00:27:05.65</b>	<b>00:27:19.60</b>	+00:12:43 (46.9%)	5:25	11.1 (53.1%)
74	<b>BĄBCZYŃSKA Małgorzata</b>	<b>2</b>		K30-45	21	00:00:13	<b>00:27:22.10</b>	<b>00:27:35.50</b>	+00:12:59 (47.5%)	5:28	11 (52.6%)
75	<b>BĄBCZYŃSKI Marcin</b>	<b>3</b>		M30-45	21	00:00:11	<b>00:27:24.15</b>	<b>00:27:35.75</b>	+00:13:01 (47.5%)	5:28	10.9 (52.2%)
76	<b>BEKISZ Amelia</b>	<b>103</b>		K10-29	15	00:00:14	<b>00:27:27.30</b>	<b>00:27:41.90</b>	+00:13:04 (47.6%)	5:29	10.9 (52.2%)
77	<b>LIMAN Dorota</b>	<b>33</b>	BIAŁYSTOK BIEGA	K30-45	22	00:00:15	<b>00:27:35.90</b>	<b>00:27:51.60</b>	+00:13:13 (47.9%)	5:31	10.9 (52.2%)
78	<b>PARADOWICZ Natalia</b>	<b>96</b>		K10-29	16	00:00:08	<b>00:27:38.40</b>	<b>00:27:47.25</b>	+00:13:15 (48.0%)	5:31	10.8 (51.7%)
79	<b>OLSZEWSKA Małgorzata</b>	<b>49</b>		K30-45	23	00:00:15	<b>00:28:11.85</b>	<b>00:28:27.45</b>	+00:13:49 (49.0%)	5:38	10.6 (50.7%)
80	<b>LUBOWSKA Katarzyna</b>	<b>34</b>		K30-45	24	00:00:16	<b>00:28:44.90</b>	<b>00:29:01.70</b>	+00:14:22 (50.0%)	5:45	10.4 (49.8%)
81	<b>KRUSZEWSKA Edyta</b>	<b>93</b>		K30-45	25	00:00:16	<b>00:30:31.20</b>	<b>00:30:47.65</b>	+00:16:08 (52.9%)	6:06	9.8 (46.9%)
82	<b>WIADERSKA Grażyna</b>	<b>85</b>		K60+	1	00:00:13	<b>00:38:07.45</b>	<b>00:38:21.20</b>	+00:23:44 (62.3%)	7:37	7.9 (37.8%)

Total 82 results.