



# ZAWODY BIEGOWE „PO PIERWSZE ZDROWIE” BIEG 5KM

B4SPORT

**Organizator:** Fundacja „Po Pierwsze”  
**Data:** 2017-03-25  
**Miejsce:** Wasilków  
**Dystans:** 5 km



Klasyfikacja: K-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	PARCHOWSKA Magda	54	BIEGOSTOK	K10-29	1	00:00:17	00:19:01.95	00:19:19.20		3:48	15.8 (100%)
2	SMOLSKA Justyna	69	BIAŁOSTOCKA SEKTA BIEGACZY	K10-29	2	00:00:16	00:19:12.05	00:19:28.20	+00:00:10 (0.9%)	3:50	15.6 (98.7%)
3	KNULOWSKA Magdalena	106		K30-45	1	00:00:13	00:19:12.40	00:19:25.95	+00:00:10 (0.9%)	3:50	15.6 (98.7%)
4	TURCZYŃSKI Aleksander	83		K46-59	1	00:00:16	00:20:00.30	00:20:16.90	+00:00:58 (4.9%)	4:00	15 (94.9%)
5	CICHOCKA Anita	8	NADAKTYWNI / PG 6 BIAŁYSTOK	K10-29	3	00:00:07	00:20:12.60	00:20:20.40	+00:01:10 (5.8%)	4:02	14.8 (93.7%)
6	LEWKO Wioletta	32		K30-45	2	00:00:18	00:20:38.90	00:20:57.05	+00:01:36 (7.8%)	4:07	14.5 (91.8%)
7	MRÓZ Agnieszka	43		K-OPEN	1	00:00:14	00:20:45.55	00:21:00.15	+00:01:43 (8.3%)	4:09	14.4 (91.1%)
8	TARASIUK Monika	80		K30-45	3	00:00:14	00:21:42.55	00:21:57.40	+00:02:40 (12.3%)	4:20	13.8 (87.3%)
9	WIŚNIEWSKA Joanna	87		K30-45	4	00:00:15	00:21:45.55	00:22:01.00	+00:02:43 (12.5%)	4:21	13.8 (87.3%)
10	KOTIK Mirosława	29	OUTDOOR TRAINING	K30-45	5	00:00:13	00:21:59.85	00:22:13.75	+00:02:57 (13.5%)	4:24	13.6 (86.1%)
11	KIERSNOWSKA Magdalena	24	BIELSKA INICJATYWA ROWEROWA	K30-45	6	00:00:16	00:22:02.20	00:22:18.80	+00:03:00 (13.6%)	4:24	13.6 (86.1%)
12	DRWIĘGA Gabriela	14		K30-45	7	00:00:13	00:22:17.45	00:22:31.35	+00:03:15 (14.6%)	4:27	13.5 (85.4%)
13	BOGDANOWICZ Aneta	95		K10-29	4	00:00:08	00:22:32.85	00:22:41.25	+00:03:30 (15.6%)	4:30	13.3 (84.2%)
14	DĄBROWSKA Ola	105		K10-29	5	00:00:14	00:22:46.75	00:23:01.00	+00:03:44 (16.4%)	4:33	13.2 (83.5%)
15	JARMOŁOWICZ Małgorzata	21		K46-59	2	00:00:14	00:22:58.40	00:23:12.95	+00:03:56 (17.2%)	4:35	13.1 (82.9%)
16	ROGOWSKA Marta	58	BIAŁOSTOCKA SEKTA BIEGACZY	K30-45	8	00:00:15	00:23:03.90	00:23:19.00	+00:04:01 (17.5%)	4:36	13 (82.3%)
17	WILKOS Ewa	86		K30-45	9	00:00:14	00:23:32.25	00:23:46.75	+00:04:30 (19.1%)	4:42	12.7 (80.4%)
18	DREZNER Wiktoria	13		K10-29	6	00:00:16	00:23:40.80	00:23:57.40	+00:04:38 (19.6%)	4:44	12.7 (80.4%)
19	ZAPOLSKA Agnieszka	90		K30-45	10	00:00:16	00:23:42.85	00:23:59.00	+00:04:40 (19.7%)	4:44	12.6 (79.7%)
20	DOLIŃSKA Marta	12		K30-45	11	00:00:16	00:23:47.20	00:24:03.70	+00:04:45 (20.0%)	4:45	12.6 (79.7%)
21	SAPIEHA Anna	94		K30-45	12	00:00:12	00:23:48.50	00:24:01.35	+00:04:46 (20.1%)	4:45	12.6 (79.7%)
22	ŁOTOWSKA Katarzyna	36		K10-29	7	00:00:16	00:23:52.70	00:24:09.50	+00:04:50 (20.3%)	4:46	12.6 (79.7%)
23	TRYZNOWSKA Sylwia	82		K30-45	13	00:00:13	00:23:58.85	00:24:12.80	+00:04:56 (20.6%)	4:47	12.5 (79.1%)
24	ŁAPIŃSKA Anna	35		K10-29	8	00:00:17	00:24:03.15	00:24:20.50	+00:05:01 (20.9%)	4:48	12.5 (79.1%)
25	DĄBROWSKA Wiktoria	104		K10-29	9	00:00:14	00:24:08.75	00:24:22.90	+00:05:06 (21.2%)	4:49	12.4 (78.5%)
26	MARCISZEWSKA Małgorzata	38		K30-45	14	00:00:15	00:24:32.00	00:24:47.10	+00:05:30 (22.4%)	4:54	12.2 (77.2%)
27	TOBIASZ Joanna	81		K10-29	10	00:00:16	00:24:41.50	00:24:58.10	+00:05:39 (22.9%)	4:56	12.1 (76.6%)

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28	<b>ZAWISTOWSKA Alicja</b>	<b>91</b>	NADAKTYWNI	K30-45	15	00:00:17	<b>00:24:42.90</b>	<b>00:24:59.90</b>	+00:05:40 (23.0%)	4:56	12.1 (76.6%)
29	<b>ZAJKOWSKA Julia</b>	<b>102</b>		K10-29	11	00:00:14	<b>00:25:02.20</b>	<b>00:25:16.55</b>	+00:06:00 (24.0%)	5:00	12 (75.9%)
30	<b>GŁODKOWSKA Edyta</b>	<b>17</b>		K10-29	12	00:00:16	<b>00:25:15.20</b>	<b>00:25:32.15</b>	+00:06:13 (24.6%)	5:03	11.9 (75.3%)
31	<b>MAĆZKA Klaudia</b>	<b>40</b>		K10-29	13	00:00:17	<b>00:25:15.80</b>	<b>00:25:33.10</b>	+00:06:13 (24.7%)	5:03	11.9 (75.3%)
32	<b>SIDOR Justyna</b>	<b>64</b>		K30-45	16	00:00:17	<b>00:25:15.95</b>	<b>00:25:33.35</b>	+00:06:14 (24.7%)	5:03	11.9 (75.3%)
33	<b>NOWICKA Izabela</b>	<b>47</b>	UKS SET WASILKÓW	K30-45	17	00:00:16	<b>00:25:26.85</b>	<b>00:25:42.95</b>	+00:06:24 (25.2%)	5:05	11.8 (74.7%)
34	<b>ZBROJA-HAMANOWICZ Magdalena</b>	<b>92</b>	BBL	K30-45	18	00:00:16	<b>00:25:29.85</b>	<b>00:25:46.00</b>	+00:06:27 (25.4%)	5:06	11.8 (74.7%)
35	<b>SIDOROWICZ Ewelina</b>	<b>65</b>		K30-45	19	00:00:16	<b>00:25:31.75</b>	<b>00:25:47.90</b>	+00:06:29 (25.4%)	5:06	11.8 (74.7%)
36	<b>GAWRYLIK Joanna</b>	<b>15</b>	BBL	K46-59	3	00:00:16	<b>00:25:38.15</b>	<b>00:25:54.25</b>	+00:06:36 (25.8%)	5:07	11.7 (74.1%)
37	<b>KOWNIEROWICZ Joanna</b>	<b>100</b>		K10-29	14	00:00:12	<b>00:25:40.85</b>	<b>00:25:53.35</b>	+00:06:38 (25.9%)	5:08	11.7 (74.1%)
38	<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>	+00:08:03 (29.8%)	5:25	11.1 (70.3%)
39	<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>	+00:08:20 (30.5%)	5:28	11 (69.6%)
40	<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>	+00:08:25 (30.7%)	5:29	10.9 (69.0%)
41	<b>LIMAN Dorota</b>	<b>33</b>	BIĄŁYSTOK BIEGA	K30-45	22	00:00:15	<b>00:27:35.90</b>	<b>00:27:51.60</b>	+00:08:33 (31.0%)	5:31	10.9 (69.0%)
42	<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>	+00:08:36 (31.1%)	5:31	10.8 (68.4%)
43	<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>	+00:09:09 (32.5%)	5:38	10.6 (67.1%)
44	<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>	+00:09:42 (33.8%)	5:45	10.4 (65.8%)
45	<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>	+00:11:29 (37.6%)	6:06	9.8 (62.0%)
46	<b>WIADERSKA Grażyna</b>	<b>85</b>		K60+	1	00:00:13	<b>00:38:07.45</b>	<b>00:38:21.20</b>	+00:19:05 (50.1%)	7:37	7.9 (50.0%)

Znaleziono 46 wynik(ów)