



# ZAWODY BIEGOWE „PO PIERWSZE ZDROWIE” BIEG 5KM

B4SPORT

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



Classification: K10-29

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace 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	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%)
4	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%)
5	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%)
6	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%)
7	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%)
8	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%)
9	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%)
10	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%)
11	ZAJKOWSKA Julia	102		K10-29	11	00:00:14	00:25:02.20	00:25:16.55	+00:06:00 (24.0%)	5:00	12 (75.9%)
12	GŁODKOWSKA Edyta	17		K10-29	12	00:00:16	00:25:15.20	00:25:32.15	+00:06:13 (24.6%)	5:03	11.9 (75.3%)
13	MAĆZKA Klaudia	40		K10-29	13	00:00:17	00:25:15.80	00:25:33.10	+00:06:13 (24.7%)	5:03	11.9 (75.3%)
14	KOWNIEROWICZ Joanna	100		K10-29	14	00:00:12	00:25:40.85	00:25:53.35	+00:06:38 (25.9%)	5:08	11.7 (74.1%)
15	BEKISZ Amelia	103		K10-29	15	00:00:14	00:27:27.30	00:27:41.90	+00:08:25 (30.7%)	5:29	10.9 (69.0%)
16	PARADOWICZ Natalia	96		K10-29	16	00:00:08	00:27:38.40	00:27:47.25	+00:08:36 (31.1%)	5:31	10.8 (68.4%)

Total 16 results.