



ZAWODY BIEGOWE „PO PIERWSZE ZDROWIE” BIEG 5KM

B4SPORT

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



Klasyfikacja: K30-45

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	KNULOWSKA Magdalena	106		K30-45	1	00:00:13	00:19:12.40	00:19:25.95		3:50	15.6 (100%)
2	LEWKO Wioletta	32		K30-45	2	00:00:18	00:20:38.90	00:20:57.05	+00:01:26 (7.0%)	4:07	14.5 (92.9%)
3	TARASIUK Monika	80		K30-45	3	00:00:14	00:21:42.55	00:21:57.40	+00:02:30 (11.5%)	4:20	13.8 (88.5%)
4	WIŚNIEWSKA Joanna	87		K30-45	4	00:00:15	00:21:45.55	00:22:01.00	+00:02:33 (11.7%)	4:21	13.8 (88.5%)
5	KOTIK Mirosława	29	OUTDOOR TRAINING	K30-45	5	00:00:13	00:21:59.85	00:22:13.75	+00:02:47 (12.7%)	4:24	13.6 (87.2%)
6	KIERSNOWSKA Magdalena	24	BIELSKA INICJATYWA ROWEROWA	K30-45	6	00:00:16	00:22:02.20	00:22:18.80	+00:02:49 (12.8%)	4:24	13.6 (87.2%)
7	DRWIĘGA Gabriela	14		K30-45	7	00:00:13	00:22:17.45	00:22:31.35	+00:03:05 (13.8%)	4:27	13.5 (86.5%)
8	ROGOWSKA Marta	58	BIĄŁOSTOCKA SEKTA BIEGACZY	K30-45	8	00:00:15	00:23:03.90	00:23:19.00	+00:03:51 (16.7%)	4:36	13 (83.3%)
9	WILKOS Ewa	86		K30-45	9	00:00:14	00:23:32.25	00:23:46.75	+00:04:19 (18.4%)	4:42	12.7 (81.4%)
10	ZAPOLSKA Agnieszka	90		K30-45	10	00:00:16	00:23:42.85	00:23:59.00	+00:04:30 (19.0%)	4:44	12.6 (80.8%)
11	DOLIŃSKA Marta	12		K30-45	11	00:00:16	00:23:47.20	00:24:03.70	+00:04:34 (19.3%)	4:45	12.6 (80.8%)
12	SAPIEHA Anna	94		K30-45	12	00:00:12	00:23:48.50	00:24:01.35	+00:04:36 (19.3%)	4:45	12.6 (80.8%)
13	TRYZNOWSKA Sylwia	82		K30-45	13	00:00:13	00:23:58.85	00:24:12.80	+00:04:46 (19.9%)	4:47	12.5 (80.1%)
14	MARCISZEWSKA Małgorzata	38		K30-45	14	00:00:15	00:24:32.00	00:24:47.10	+00:05:19 (21.7%)	4:54	12.2 (78.2%)
15	ZAWISTOWSKA Alicja	91	NADAKTYWNI	K30-45	15	00:00:17	00:24:42.90	00:24:59.90	+00:05:30 (22.3%)	4:56	12.1 (77.6%)
16	SIDOR Justyna	64		K30-45	16	00:00:17	00:25:15.95	00:25:33.35	+00:06:03 (24.0%)	5:03	11.9 (76.3%)
17	NOWICKA Izabela	47	UKS SET WASILKÓW	K30-45	17	00:00:16	00:25:26.85	00:25:42.95	+00:06:14 (24.5%)	5:05	11.8 (75.6%)
18	ZBROJA-HAMANOWICZ Magdalena	92	BBL	K30-45	18	00:00:16	00:25:29.85	00:25:46.00	+00:06:17 (24.7%)	5:06	11.8 (75.6%)
19	SIDOROWICZ Ewelina	65		K30-45	19	00:00:16	00:25:31.75	00:25:47.90	+00:06:19 (24.8%)	5:06	11.8 (75.6%)
20	MRUCZYŃSKA Dominika	44	RUN FOR JULKA AND FUN	K30-45	20	00:00:13	00:27:05.65	00:27:19.60	+00:07:53 (29.1%)	5:25	11.1 (71.2%)
21	BĄBCZYŃSKA Małgorzata	2		K30-45	21	00:00:13	00:27:22.10	00:27:35.50	+00:08:09 (29.8%)	5:28	11 (70.5%)
22	LIMAN Dorota	33	BIĄŁYSTOK BIEGA	K30-45	22	00:00:15	00:27:35.90	00:27:51.60	+00:08:23 (30.4%)	5:31	10.9 (69.9%)
23	OLSZEWSKA Małgorzata	49		K30-45	23	00:00:15	00:28:11.85	00:28:27.45	+00:08:59 (31.9%)	5:38	10.6 (67.9%)
24	LUBOWSKA Katarzyna	34		K30-45	24	00:00:16	00:28:44.90	00:29:01.70	+00:09:32 (33.2%)	5:45	10.4 (66.7%)
25	KRUSZEWSKA Edyta	93		K30-45	25	00:00:16	00:30:31.20	00:30:47.65	+00:11:18 (37.1%)	6:06	9.8 (62.8%)