



KOBIETY NA 5+ :: BIEG

B4SPORT

Wydarzenie: "Kobiety na 5+" Jastrzębski Bieg Kobiet
Organizator: Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
Data: 2019-05-26
Miejsce: Jastrzębie-Zdrój
Dystans: 5.3 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: 50-59

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
1	KANCLERZ-JANUSZEWSKA Katarzyna	676	KOBIETY NA 5+	50-59	1	00:00:01	00:09:07	00:21:06.90	00:21:08.30		3:59	15.1
2	SZAFARCZYK Eugenia	483	RUNSZ-TEAM	50-59	2	00:00:00	00:09:46	00:22:34.15	00:22:35.05	+00:01:27	4:15	14.1
3	JONKISZ Dorota	856	BIELSZCZANKI BIEGAJĄ	50-59	3	00:00:03	00:10:12	00:24:10.00	00:24:13.90	+00:03:03	4:33	13.2
4	SOKOŁOWSKA Anna	1173	BRAK	50-59	4	00:00:01	00:10:14	00:24:50.50	00:24:52.25	+00:03:43	4:41	12.8
5	FRANKE Ilona	1058	STS BIEGATON MIKOŁÓW	50-59	5	00:00:03	00:10:38	00:25:04.70	00:25:08.15	+00:03:57	4:43	12.7
6	MRACHACZ Dorota	1008	MIECHOWICKA GRUPA BIEGOWA	50-59	6	00:00:12	00:10:49	00:25:07.35	00:25:20.25	+00:04:00	4:44	12.7
7	RZEPECKA Bożena	704	OLZA CIESZYŃ	50-59	7	00:00:06	00:10:44	00:25:35.45	00:25:41.85	+00:04:28	4:49	12.4
8	WAWRO Małgorzata	1274		50-59	8	00:00:08	00:11:15	00:26:34.65	00:26:42.90	+00:05:27	5:00	12
9	ZDANCEWICZ Wioletta	950	FITOLKA	50-59	9	00:00:11	00:11:05	00:26:47.80	00:26:58.80	+00:05:40	5:03	11.9
10	PYTEL Renata	960		50-59	10	00:00:05	00:11:10	00:27:10.05	00:27:15.30	+00:06:03	5:07	11.7
11	CASTILLO-ŻARCZYŃSKI Luz	1020	UBS	50-59	11	00:00:21	00:11:58	00:27:22.30	00:27:43.35	+00:06:15	5:09	11.6
12	BARON Aniela	902		50-59	12	00:00:09	00:11:54	00:27:33.20	00:27:43.05	+00:06:26	5:12	11.5
13	MAJER Marzena	247	KLUB ORŁY Z KNUROWA	50-59	13	00:00:13	00:11:43	00:28:29.10	00:28:42.55	+00:07:22	5:22	11.2
14	MUSIAŁ Maria	877		50-59	14	00:00:24	00:12:35	00:28:45.55	00:29:10.30	+00:07:38	5:25	11.1
15	WESOŁOWSKA Katarzyna	692		50-59	15	00:00:13	00:12:25	00:28:48.60	00:29:02.20	+00:07:41	5:26	11
16	MASTEK Beata	618	BIELSZCZANKI BIEGAJA	50-59	16	00:00:19	00:12:25	00:29:23.40	00:29:42.75	+00:08:16	5:32	10.8
17	RĘKAL Dorota	1078		50-59	17	00:00:20	00:12:12	00:29:29.75	00:29:50.60	+00:08:22	5:33	10.8
18	GEMBALA Violetta	723		50-59	18	00:00:31	00:13:10	00:29:52.70	00:30:24.60	+00:08:45	5:38	10.6
19	GABRYEL Danuta	62	MIECHOWICKA GRUPA BIEGOWA	50-59	19	00:00:44	00:12:54	00:29:55.65	00:30:39.95	+00:08:48	5:38	10.6
20	SKOTNICKA Urszula	524		50-59	20	00:00:10	00:12:14	00:30:17.30	00:30:27.65	+00:09:10	5:42	10.5
21	GOJ Hania	1123	MORS HUBERTUS MYSŁOWICE	50-59	21	00:00:56	00:13:56	00:30:22.60	00:31:19.05	+00:09:15	5:43	10.5
22	LEKS Edyta	742	DYSTANS LUBOMIA	50-59	22	00:00:32	00:12:43	00:30:24.80	00:30:56.85	+00:09:17	5:44	10.5
23	GAŃKO Grażyna	1286		50-59	23	00:00:17	00:13:21	00:30:51.75	00:31:09.20	+00:09:44	5:49	10.3
24	WAWRZYK Iwona	947	OLZA CIESZYŃ	50-59	24	00:00:17	00:13:01	00:31:02.30	00:31:19.70	+00:09:55	5:51	10.2
25	BARAN Irena	445	SZARE MORSY	50-59	25	00:00:20	00:13:00	00:31:03.45	00:31:24.00	+00:09:56	5:51	10.2
26	RASZKA Wioleta	718		50-59	26	00:00:27	00:13:34	00:32:00.75	00:32:28.20	+00:10:53	6:02	9.9
27	MLECZKO Monika	820		50-59	27	00:00:19	00:13:22	00:32:17.10	00:32:36.35	+00:11:10	6:05	9.9
28	KOSOWSKA Grażyna	1031	KOBIETY NA 5+	50-59	28	00:00:40	00:14:22	00:32:19.55	00:32:59.60	+00:11:12	6:05	9.8
29	ZAWADA Teresa	674		50-59	29	00:00:15	00:13:23	00:32:27.95	00:32:43.30	+00:11:21	6:07	9.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
30	KUBICA Bożena	81	ZABIEGANI NAUCZYCIELE	50-59	30	00:00:27	00:13:28	00:32:30.20	00:32:57.50	+00:11:23	6:07	9.8
31	WOJTOŃ-STAWICKA Małgorzata	85	RUNTEAM PAWŁOWICE	50-59	31	00:00:29	00:14:05	00:32:45.50	00:33:15.00	+00:11:38	6:10	9.7
32	KOMOROWSKA Bożena	103		50-59	32	00:00:46	00:13:52	00:33:14.35	00:34:01.15	+00:12:07	6:16	9.6
33	KOWALSKA Małgorzata	459		50-59	33	00:00:24	00:14:17	00:33:49.00	00:34:13.85	+00:12:42	6:22	9.4
34	BUCZAK Dorota	1181		50-59	34	00:00:25	00:14:33	00:33:58.55	00:34:23.60	+00:12:51	6:24	9.4
35	BURNAGIEL Agata	892	HRMAX ŻORY	50-59	35	00:00:38	00:14:45	00:34:08.10	00:34:46.65	+00:13:01	6:26	9.3
36	MACURA Ewa	176	HRMAX ZORY	50-59	36	00:00:38	00:14:45	00:34:08.15	00:34:46.70	+00:13:01	6:26	9.3
37	PAJĄK Małgorzata	503		50-59	37	00:00:45	00:14:47	00:34:32.55	00:35:17.55	+00:13:25	6:30	9.2
38	KOWALSKA Dorota	193	SBD ENERGETYK RYBNIK	50-59	38	00:00:25	00:14:28	00:34:40.45	00:35:05.70	+00:13:33	6:32	9.2
39	SYPUŁA Danuta	303		50-59	39	00:00:12	00:14:20	00:34:47.60	00:35:00.05	+00:13:40	6:33	9.1
40	CIEŚLIK Danuta	592		50-59	40	00:00:07	00:14:45	00:34:56.90	00:35:04.10	+00:13:50	6:35	9.1
41	CHMIEL Joanna	337	KOLONIE	50-59	41	00:00:21	00:14:48	00:35:20.35	00:35:41.85	+00:14:13	6:40	9
42	STACHURA Katarzyna	1233		50-59	42	00:00:12	00:14:19	00:36:04.95	00:36:17.45	+00:14:58	6:48	8.8
43	CIEŚLAR Anieli	1229	CZARNE FIT	50-59	43	00:00:42	00:15:00	00:36:07.25	00:36:50.20	+00:15:00	6:49	8.8
44	ŁANUCHA Mariola	1001	KOBIETY NA 5+	50-59	44	00:00:40	00:14:34	00:36:14.10	00:36:54.40	+00:15:07	6:50	8.8
45	ROTTER Hanna	1051		50-59	45	00:00:38	00:15:23	00:36:23.35	00:37:01.60	+00:15:16	6:51	8.7
46	KIERMASZEK Barbara	1055		50-59	46	00:00:36	00:15:25	00:36:25.05	00:37:01.70	+00:15:18	6:52	8.7
47	FRANKOWSKA Ania	159	MIECHOWICKA GRUPA BIEGOWA	50-59	47	00:00:24	00:15:27	00:36:57.40	00:37:22.05	+00:15:50	6:58	8.6
48	ZWIOREK-ROTKEGEL Anna	940	MIECHOWICKA GRUPA BIEGOWA	50-59	48	00:00:24	00:15:50	00:36:58.00	00:37:22.15	+00:15:51	6:58	8.6
49	KRZESZOWSKA Beata	20	MIECHOWICKA GRUPA BIEGOWA	50-59	49	00:00:48	00:15:54	00:38:04.20	00:38:52.50	+00:16:57	7:10	8.4
50	GRZYWACZ Anna	1033		50-59	50	00:00:06	00:16:20	00:39:24.65	00:39:31.25	+00:18:17	7:26	8.1
51	KĄDZIOŁKA Emilia	55		50-59	51	00:00:41	00:17:18	00:42:20.75	00:43:02.40	+00:21:13	7:59	7.5
52	PIETRASZEK Ewa	552	WARAHA ŚLASK	50-59	52	00:00:45	00:18:37	00:43:16.40	00:44:02.35	+00:22:09	8:10	7.3
53	MAJCHRZYK Lidia	1011		50-59	53	00:00:46	00:18:19	00:43:36.15	00:44:22.85	+00:22:29	8:13	7.3
54	SADOWSKA Natalia	461		50-59	54	00:00:43	00:18:55	00:45:16.55	00:45:59.80	+00:24:09	8:32	7
55	TRELA Krystyna	822	MORS HUBERTUS MYSŁOWICE	50-59	55	00:00:43	00:20:37	00:48:57.60	00:49:40.85	+00:27:50	9:14	6.5
56	MECHA Dorota	775		50-59	56	00:00:44	00:20:48	00:49:36.70	00:50:20.90	+00:28:29	9:21	6.4

Znaleziono 56 wynik(ów)