



Organizator:
Data:
Miejsce:
Dystans:

Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
2023-09-09
Jastrzębie-Zdrój
10 km

JASTRZĘBSKA DZIESIĄTKA

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Najlepsza Jastrzębianka

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	SUWAJ Aneta	4	TL ATHLETIC JASTRZĘBIE/ALPIN SPORT	K30-39	3	TL Athletics Jastrzębie	00:00:02	00:39:19.25	00:39:21.90		3:55	15.3 (100%)
2	WRÓBLEWSKA Judyta	49	TL ATHLETICS JASTRZĘBIE/ZAWIERUCHA TRAINING ACADEMY	K30-39	7	TL Athletics Jastrzębie	00:00:04	00:44:53.55	00:44:57.95	+00:05:34 (12.4%)	4:29	13.4 (87.6%)
3	OPIEKULSKA Renata	153		K40-49	9		00:00:10	00:47:20.00	00:47:30.75	+00:08:00 (16.9%)	4:44	12.7 (83.0%)
4	PERKOWSKA Daria	234	KOBIETY NA 5+	K40-49	12	Kobiety na 5+	00:00:08	00:49:12.50	00:49:20.70	+00:09:53 (20.1%)	4:55	12.2 (79.7%)
5	NIESŁAŃCZYK Małgorzata	332	WATAHA	K40-49	15	WATAHA	00:00:12	00:49:43.00	00:49:55.85	+00:10:23 (20.9%)	4:58	12.1 (79.1%)
6	MAZUR Małgorzata	385		K40-49	16		00:00:06	00:51:23.30	00:51:29.75	+00:12:04 (23.5%)	5:08	11.7 (76.5%)
7	MUSIAŁ Wioletta	241		K40-49	17	Galopujące Ślimaki	00:00:15	00:52:02.30	00:52:18.20	+00:12:43 (24.4%)	5:12	11.5 (75.2%)
8	KONSEK Anna	314		K30-39	19		00:00:20	00:53:20.25	00:53:40.30	+00:14:01 (26.3%)	5:20	11.3 (73.9%)
9	LORENZ Agnieszka	335	GB GALOPUJĄCE ŚLIMAKI	K40-49	22	GB Galopujące Ślimaki	00:00:15	00:54:06.55	00:54:22.25	+00:14:47 (27.3%)	5:24	11.1 (72.5%)
10	BAC Małgorzata	165		K16-19	3		00:00:11	00:54:46.50	00:54:58.35	+00:15:27 (28.2%)	5:28	11 (71.9%)
11	POPEK Barbara	64	SOBIESKI6	K50-59	4	Sobieski6	00:00:24	00:55:13.40	00:55:37.80	+00:15:54 (28.8%)	5:31	10.9 (71.2%)
12	MIKULAK Natalia	412		K20-29	7		00:00:25	00:55:23.55	00:55:49.10	+00:16:04 (29.0%)	5:32	10.8 (70.6%)
13	LERCH-HENCZKO Maria	360	AKTYWNIENAKRĘCENI	K30-39	28		00:00:22	00:57:57.65	00:58:20.55	+00:18:38 (32.2%)	5:47	10.4 (68.0%)
14	PŁASKA Barbara	452	KOBIETY NA 5+	K50-59	8	Kobiety na 5+	00:00:11	00:58:24.50	00:58:36.05	+00:19:05 (32.7%)	5:50	10.3 (67.3%)
15	GORZELAK Joanna	580	KOBIETY NA 5+	K40-49	33	Kobiety na 5+	00:00:16	00:59:18.50	00:59:35.25	+00:19:59 (33.7%)	5:55	10.1 (66.0%)

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16	KOLORZ-STYLOK Katarzyna	582		K40-49	35		00:00:30	01:00:16.10	01:00:46.80	+00:20:56 (34.8%)	6:01	10 (65.4%)
17	RANSZ Beata	359	PRZYJACIÓŁKI DO SPÓŁKI	K50-59	9		00:00:32	01:00:22.35	01:00:54.75	+00:21:03 (34.9%)	6:02	9.9 (64.7%)
18	TURCZYN Iwona	568		K20-29	10		00:00:35	01:02:06.50	01:02:41.90	+00:22:47 (36.7%)	6:12	9.7 (63.4%)
19	MARCZYŃSKA Izabela	418	RODZINKA.PL	K30-39	32		00:00:31	01:02:19.10	01:02:50.55	+00:22:59 (36.9%)	6:13	9.6 (62.7%)
20	SZPYRA Anieli	261		K16-19	4		00:00:19	01:02:37.95	01:02:57.70	+00:23:18 (37.2%)	6:15	9.6 (62.7%)
21	SKOTNICKA Urszula	264	NIE ZRZESZONA	K50-59	13		00:00:25	01:03:41.65	01:04:06.65	+00:24:22 (38.3%)	6:22	9.4 (61.4%)
22	BORDA Grażyna	460	KOBIETYNA5+	K40-49	43		00:00:09	01:03:43.00	01:03:52.90	+00:24:23 (38.3%)	6:22	9.4 (61.4%)
23	FIJAŁKOWSKA Angelika	375		K20-29	12		00:00:35	01:04:26.85	01:05:02.60	+00:25:07 (39.0%)	6:26	9.3 (60.8%)
24	FECZKO Lucyna	577		K40-49	45		00:00:12	01:04:34.05	01:04:46.20	+00:25:14 (39.1%)	6:27	9.3 (60.8%)
25	DROBIAK Kornelia	455	KOBIETY NA 5+	K30-39	37	Kobiety na 5+	00:00:08	01:04:57.70	01:05:06.50	+00:25:38 (39.5%)	6:29	9.2 (60.1%)
26	JASTRZĘBSKA Ewa	506		K50-59	15		00:00:14	01:06:28.50	01:06:43.30	+00:27:09 (40.8%)	6:38	9 (58.8%)
27	PIDANTY Milena	42		K30-39	41		00:00:29	01:06:28.85	01:06:58.80	+00:27:09 (40.9%)	6:38	9 (58.8%)
28	SZPYRA Sonia	388		K40-49	52		00:00:24	01:06:52.00	01:07:16.80	+00:27:32 (41.2%)	6:41	9 (58.8%)
29	MICHALAK Nikola	472		K20-29	13		00:00:29	01:07:01.90	01:07:31.10	+00:27:42 (41.3%)	6:42	9 (58.8%)
30	BOGACZ-BUCHTA Anna	566		K40-49	55		00:00:33	01:08:30.00	01:09:03.60	+00:29:10 (42.6%)	6:51	8.8 (57.5%)
31	HETMANIOK Agnieszka	560		K30-39	45		00:00:29	01:11:22.55	01:11:52.15	+00:32:03 (44.9%)	7:08	8.4 (54.9%)
32	GŁÓWCZYK Izabella	525	KOBIETY NA 5+	K40-49	58	Kobiety na 5+	00:00:11	01:11:46.50	01:11:58.05	+00:32:27 (45.2%)	7:10	8.4 (54.9%)
33	KOLAT Jadzia	454	KOBIETY NA 5+	K40-49	59	Kobiety na 5+	00:00:08	01:11:46.95	01:11:55.60	+00:32:27 (45.2%)	7:10	8.4 (54.9%)
34	GAŃKO Grażyna	393		K60-69	3		00:00:17	01:12:37.75	01:12:55.70	+00:33:18 (45.9%)	7:15	8.3 (54.2%)
35	OLCZYK Wioletta	456		K50-59	17	Kobiety na 5+	00:00:11	01:13:32.15	01:13:43.20	+00:34:12 (46.5%)	7:21	8.2 (53.6%)
36	RATAJCZAK Ewa	463	PRZYJACIÓŁKI DO SPÓŁKI	K40-49	60		00:00:34	01:13:46.20	01:14:20.20	+00:34:26 (46.7%)	7:22	8.1 (52.9%)
37	ANIOŁ-BARLIK Agnieszka	453		K40-49	61		00:00:17	01:15:56.20	01:16:13.20	+00:36:36 (48.2%)	7:35	7.9 (51.6%)
38	ROTTER Hanna	381		K60-69	4		00:00:10	01:16:44.40	01:16:55.15	+00:37:25 (48.8%)	7:40	7.8 (51.0%)

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39	IDZIKOWSKA Urszula	502		K20-29	17		00:00:23	01:17:23.20	01:17:46.45	+00:38:03 (49.2%)	7:44	7.8 (51.0%)
40	IDZIKOWSKA Elżbieta	503		K40-49	62		00:00:22	01:17:23.35	01:17:46.25	+00:38:04 (49.2%)	7:44	7.8 (51.0%)
41	ZAJĄCZKOWSKA Emilia	533	KOBIETY NA 5+	K30-39	49	Kobiety na 5+	00:00:09	01:17:45.15	01:17:54.55	+00:38:25 (49.4%)	7:46	7.7 (50.3%)
42	ZALEWSKA Barbara	481		K40-49	63	Kobiety na 5+	00:00:10	01:18:45.00	01:18:55.85	+00:39:25 (50.1%)	7:52	7.6 (49.7%)
43	PAJĄK Małgorzata	231	KOBIETY NA5+	K50-59	18	Kobiety na 5+	00:00:09	01:18:46.20	01:18:56.05	+00:39:26 (50.1%)	7:52	7.6 (49.7%)
44	MYŚLIWIEC Barbara	450	KOBIETY NA 5+	K20-29	18	Kobiety na 5+	00:00:08	01:18:47.95	01:18:56.30	+00:39:28 (50.1%)	7:52	7.6 (49.7%)
45	WIŚNIEWSKA Janina	490		K50-59	19		00:00:10	01:25:40.20	01:25:50.65	+00:46:20 (54.1%)	8:34	7 (45.8%)
46	KUŚMIRSKA-KUBAS Alina	494	KLUB BIEGACZA FARTLEK	K50-59	20	Klub Biegacza Fartlek	00:00:37	01:26:45.80	01:27:23.25	+00:47:26 (54.7%)	8:40	6.9 (45.1%)

Znaleziono 46 wynik(ów)