



Organizator:
Data:
Miejsce:
Dystans:

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

JASTRZĘBSKA DZIESIĄTKA

B4SPORT

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: K30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	GAJ Paulina	30	BZ TRAINING SYSTEM / KRAKOWSKA AKADEMIA LEKKOATLETYKI	K30-39	1	BZ Training System/Krakowska Akademia Lekkoatletyki	00:00:02	00:37:33.60	00:37:35.95		3:45	16 (100%)
2	MENDECKA-ZEJDLER Michalina	5		K30-39	2		00:00:02	00:37:58.35	00:38:00.95	+00:00:24 (1.1%)	3:47	15.8 (98.8%)
3	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	+00:01:45 (4.5%)	3:55	15.3 (95.6%)
4	PIECUCH Agnieszka	95	INŻYNIERIA BIEGANIA	K30-39	4	Inżynieria Biegania	00:00:10	00:43:13.45	00:43:23.45	+00:05:39 (13.1%)	4:19	13.9 (86.9%)
5	JANKO Anna	97	HRMAX ŻORY	K30-39	5	Niewybiegani	00:00:07	00:43:23.75	00:43:30.85	+00:05:50 (13.4%)	4:20	13.8 (86.3%)
6	RUTKOWSKA Edyta	76	HRMAX ŻORY	K30-39	6		00:00:07	00:44:44.50	00:44:52.00	+00:07:10 (16.1%)	4:28	13.4 (83.8%)
7	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	+00:07:19 (16.3%)	4:29	13.4 (83.8%)
8	OPALSKA Karolina	116	ZADYSZKA OŚWIĘCIM	K30-39	8	Zadyszka Oświęcim	00:00:07	00:45:03.75	00:45:11.15	+00:07:30 (16.6%)	4:30	13.3 (83.1%)
9	KUFKA Judyta	411		K30-39	9		00:00:06	00:45:43.65	00:45:49.75	+00:08:10 (17.9%)	4:34	13.1 (81.9%)
10	WITOSZEK Barbara	210		K30-39	10		00:00:09	00:45:53.15	00:46:02.55	+00:08:19 (18.1%)	4:35	13.1 (81.9%)
11	STĘPIEŃ Kamila	87		K30-39	11		00:00:10	00:47:27.10	00:47:37.85	+00:09:53 (20.8%)	4:44	12.6 (78.8%)
12	WRÓBEL Katarzyna	272	JUSTFEELFIT	K30-39	12	JustFeelFit	00:00:11	00:48:22.75	00:48:34.65	+00:10:49 (22.4%)	4:50	12.4 (77.5%)
13	URBAINSKA Ilona	270		K30-39	13		00:00:06	00:50:40.05	00:50:46.30	+00:13:06 (25.9%)	5:04	11.8 (73.8%)
14	KRAWCZYK Elżbieta	318	W POGONI ZA DUCHEM	K30-39	14	W Pogoni za Duchem	00:00:19	00:51:30.40	00:51:49.85	+00:13:56 (27.1%)	5:09	11.7 (73.1%)
15	PAWLOK Anna	129	TRIATHLON TRAINING CENTER	K30-39	15		00:00:14	00:51:55.40	00:52:10.35	+00:14:21 (27.7%)	5:11	11.6 (72.5%)

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16	LACHOWICZ Izabela	162	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	K30-39	16	Rybnicka Grupa Biegowa Pędzimy Razem	00:00:13	00:52:30.55	00:52:44.30	+00:14:56 (28.5%)	5:15	11.4 (71.3%)
17	NOWAK Joanna	520	W POGONI ZA DUCHEM	K30-39	17	W Pogoni za Duchem	00:00:19	00:52:38.50	00:52:57.50	+00:15:04 (28.6%)	5:15	11.4 (71.3%)
18	KULA Katarzyna	193	STUDIO ENERGIA TEAM RYBNIK	K30-39	18	Studio Energia Team Rybnik	00:00:10	00:53:13.25	00:53:23.25	+00:15:39 (29.4%)	5:19	11.3 (70.6%)
19	KONSEK Anna	314		K30-39	19		00:00:20	00:53:20.25	00:53:40.30	+00:15:46 (29.6%)	5:20	11.3 (70.6%)
20	SUBIK Edyta	322		K30-39	20		00:00:21	00:53:59.20	00:54:20.30	+00:16:25 (30.4%)	5:23	11.1 (69.4%)
21	PERUGIEWICZ Joanna	410	@GOOD VIBES	K30-39	21		00:00:24	00:54:26.10	00:54:50.85	+00:16:52 (31.0%)	5:26	11 (68.8%)
22	SŁOWIŃSKA Joanna	348	RUNTEAM PAWŁOWICE	K30-39	22	RUNTEAM PAWŁOWICE	00:00:14	00:54:34.50	00:54:48.65	+00:17:00 (31.2%)	5:27	11 (68.8%)
23	GABRYŚ Patrycja	435	DOMIN TEAM	K30-39	23		00:00:28	00:55:01.85	00:55:30.10	+00:17:28 (31.7%)	5:30	10.9 (68.1%)
24	BRZEZIŃSKA Anna	508		K30-39	24		00:00:24	00:56:09.40	00:56:33.70	+00:18:35 (33.1%)	5:36	10.7 (66.9%)
25	URBANEK Iwona	347		K30-39	25		00:00:30	00:56:15.05	00:56:45.05	+00:18:41 (33.2%)	5:37	10.7 (66.9%)
26	DROZD Magdalena	531		K30-39	26		00:00:35	00:56:46.50	00:57:21.70	+00:19:12 (33.8%)	5:40	10.6 (66.3%)
27	TRYBAŁA Danuta	534	WATAHA	K30-39	27	WATAHA	00:00:30	00:57:49.45	00:58:19.85	+00:20:15 (35.0%)	5:46	10.4 (65.0%)
28	LERCH-HENCZKO Maria	360	AKTYWNIE NAKRĘCENI	K30-39	28		00:00:22	00:57:57.65	00:58:20.55	+00:20:24 (35.2%)	5:47	10.4 (65.0%)
29	KONIECKO Karolina	417		K30-39	29		00:00:00	00:57:59.55	00:57:59.55	+00:20:25 (35.2%)	5:47	10.3 (64.4%)
30	MIELAŃCZYK Patrycja	227		K30-39	30		00:00:22	00:59:23.20	00:59:46.05	+00:21:49 (36.8%)	5:56	10.1 (63.1%)
31	FIJAŁKOWSKA Ewelina	555	W POGONI ZA DUCHEM	K30-39	31	W Pogoni za Duchem	00:00:35	01:01:03.00	01:01:38.25	+00:23:29 (38.5%)	6:06	9.8 (61.3%)
32	MARCZYŃSKA Izabela	418	RODZINKA.PL	K30-39	32		00:00:31	01:02:19.10	01:02:50.55	+00:24:45 (39.7%)	6:13	9.6 (60.0%)
33	BRYCHCY Eстера	512		K30-39	33		00:00:14	01:02:51.25	01:03:05.40	+00:25:17 (40.2%)	6:17	9.5 (59.4%)
34	KAMINSKA-SUCHOWICZ Anna	564	INŻYNIERIA BIEGANIA	K30-39	34	Inżynieria Biegania	00:00:34	01:02:57.70	01:03:32.30	+00:25:24 (40.3%)	6:17	9.5 (59.4%)
35	WOWRA Aleksandra	554		K30-39	35		00:00:35	01:04:06.60	01:04:42.50	+00:26:33 (41.4%)	6:24	9.4 (58.8%)
36	KOTARBA Katarzyna	411		K30-39	36		00:00:19	01:04:49.50	01:05:09.05	+00:27:15 (42.1%)	6:28	9.3 (58.1%)
37	DROBIAK Kornelia	455	KOBIETY NA 5+	K30-39	37	Kobiety na 5+	00:00:08	01:04:57.70	01:05:06.50	+00:27:24 (42.2%)	6:29	9.2 (57.5%)
38	KARBOWY Iza	389	JEJKOWICE BIEGAJĄ	K30-39	38	Jejkowice Biegają	00:00:17	01:05:21.30	01:05:38.75	+00:27:47 (42.5%)	6:32	9.2 (57.5%)

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39	KARAŚ Daria	249		K30-39	39		00:00:15	01:05:32.85	01:05:48.60	+00:27:59 (42.7%)	6:33	9.2 (57.5%)
40	KRAWCZYK Monika	510		K30-39	40		00:00:32	01:05:45.95	01:06:18.20	+00:28:12 (42.9%)	6:34	9.1 (56.9%)
41	PIDANTY Milena	42		K30-39	41		00:00:29	01:06:28.85	01:06:58.80	+00:28:55 (43.5%)	6:38	9 (56.3%)
42	RESPONDEK Karolina	563		K30-39	42		00:00:37	01:07:11.60	01:07:48.90	+00:29:38 (44.1%)	6:43	8.9 (55.6%)
43	FABRYKIEWICZ Joanna	238	ZOJAN	K30-39	43		00:00:20	01:07:38.30	01:07:58.95	+00:30:04 (44.5%)	6:45	8.9 (55.6%)
44	KARBOWY Marzena	498	ZATYRANI.PL	K30-39	44		00:00:16	01:09:20.40	01:09:37.10	+00:31:46 (45.8%)	6:56	8.7 (54.4%)
45	HETMANIOK Agnieszka	560		K30-39	45		00:00:29	01:11:22.55	01:11:52.15	+00:33:48 (47.4%)	7:08	8.4 (52.5%)
46	HARATYK Anastazja	539		K30-39	46		00:00:38	01:11:37.90	01:12:16.05	+00:34:04 (47.6%)	7:09	8.4 (52.5%)
47	DUDKIEWICZ Sylwia	558		K30-39	47		00:00:33	01:14:18.80	01:14:52.25	+00:36:45 (49.5%)	7:25	8.1 (50.6%)
48	SITKO Dagmara	485	KOBIETY NA 5±	K30-39	48	Kobiety na 5+	00:00:25	01:17:09.40	01:17:34.55	+00:39:35 (51.3%)	7:42	7.8 (48.8%)
49	ZAJĄCZKOWSKA Emilia	533	KOBIETY NA 5+	K30-39	49	Kobiety na 5+	00:00:09	01:17:45.15	01:17:54.55	+00:40:11 (51.7%)	7:46	7.7 (48.1%)

Znaleziono 49 wynik(ów)