



JASTRZĘBSKA DZIESIĄTKA

B4SPORT

Organizator:
Data:
Miejsce:
Dystans:

Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
2024-09-14
Jastrzębie-Zdrój
10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K20-29

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Woj. śląskie	Drużyna 1	Czas startu	2.9km	7.3km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	RĘBISZ Judyta	99	TL POGOŃ RUDA ŚLĄSKA	K20-29	1	Tak		00:00:01	00:10:35	00:27:13	00:37:31.00	00:37:32.31		3:45	16 (100%)
2	CHROMIK Julia	9	WOSIEK TEAM	K20-29	2	Tak		00:00:02	00:11:14	00:28:49	00:40:02.45	00:40:05.15	+00:02:31 (6.3%)	4:00	15 (93.8%)
3	MROWIEC Kinga	180	TL „POGOŃ” RUDA ŚLĄSKA	K20-29	3	Tak		00:00:02	00:12:34	00:32:12	00:44:16.32	00:44:18.85	+00:06:45 (15.3%)	4:25	13.6 (85.0%)
4	DĘBICKA Aneta	133		K20-29	4			00:00:06	00:14:06	00:36:21	00:50:28.82	00:50:35.27	+00:12:57 (25.7%)	5:02	11.9 (74.4%)
5	JANECKA Marta	151		K20-29	5			00:00:04	00:14:08	00:36:38	00:50:48.80	00:50:53.75	+00:13:17 (26.2%)	5:04	11.8 (73.8%)
6	BANASIAK Aleksandra	233		K20-29	6			00:00:06	00:13:50	00:37:01	00:51:24.48	00:51:30.49	+00:13:53 (27.0%)	5:08	11.7 (73.1%)
7	TOBOROWICZ Dżesika	355		K20-29	7		Bziegacze	00:00:19	00:15:21	00:37:46	00:51:41.99	00:52:01.70	+00:14:10 (27.4%)	5:10	11.6 (72.5%)
8	MIKULAK Natalia	426		K20-29	8			00:00:18	00:16:02	00:39:40	00:53:53.23	00:54:12.13	+00:16:22 (30.4%)	5:23	11.1 (69.4%)
9	GAJOWY Magdalena	251	TL ATHLETICS JASTRZĘBIE	K20-29	9		TL Athletics Jastrzębie	00:00:03	00:15:21	00:39:59	00:54:09.73	00:54:13.43	+00:16:38 (30.7%)	5:24	11.1 (69.4%)
10	NOWOTARSKA Magdalena	432		K20-29	10			00:00:12	00:16:01	00:40:08	00:54:31.05	00:54:43.16	+00:17:00 (31.2%)	5:27	11 (68.8%)
11	MATUSZEK Karolina	546		K20-29	11			00:00:19	00:16:07	00:40:45	00:55:31.01	00:55:50.15	+00:18:00 (32.4%)	5:33	10.8 (67.5%)
12	STOCHLIŃSKA Aleksandra	453	DO BIEGU, GOTOWI? SIAD!	K20-29	12		Do biegu, gotowi? Siad!	00:00:14	00:16:04	00:41:56	00:57:43.89	00:57:57.98	+00:20:12 (35.0%)	5:46	10.4 (65.0%)
13	MIKOŁAJEC Paulina	299		K20-29	13			00:00:16	00:16:47	00:42:55	00:59:36.15	00:59:52.44	+00:22:05 (37.1%)	5:57	10.1 (63.1%)
14	ŚMIATEK Martyna	458		K20-29	14			00:00:13	00:17:27	00:45:15	01:02:07.57	01:02:21.40	+00:24:36 (39.6%)	6:12	9.7 (60.6%)
15	RACZYŃSKA Martyna	564		K20-29	15			00:00:20	00:17:20	00:44:33	01:02:32.63	01:02:53.60	+00:25:01 (40.0%)	6:15	9.6 (60.0%)
16	MAKAL Wiesława	547		K20-29	16			00:00:22	00:17:46	00:45:36	01:02:50.92	01:03:13.13	+00:25:19 (40.3%)	6:17	9.5 (59.4%)

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17	ZIEJA Martyna	601	MAGDA	K20-29	17		Magda	00:00:15	00:18:18	00:46:05	01:03:03.25	01:03:19.22	+00:25:32 (40.5%)	6:18	9.5 (59.4%)
18	ŚLEZIAK Paulina	578		K20-29	18			00:00:25	00:18:55	00:47:31	01:05:20.91	01:05:46.48	+00:27:49 (42.6%)	6:32	9.2 (57.5%)
19	PAJĄK Magdalena	556		K20-29	19			00:00:27	00:18:52	00:49:39	01:09:09.82	01:09:37.26	+00:31:38 (45.8%)	6:54	8.7 (54.4%)

Znaleziono 19 wynik(ów)