



Organizator:
Data:
Miejsce:
Dystans:

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

JASTRZĘBSKA DZIESIĄTKA

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

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INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: K30-39

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	MENDECKA-ZEJDLER Michalina	25		K30-39	1			00:00:02	00:10:56	00:28:01	00:38:52.49	00:38:54.62		3:53	15.4 (100%)
2	SUWAJ Aneta	104	TL ATHTELICS JASTRZĘBIE/ALPIN SPORT TEAM	K30-39	2	Tak	TL Athletics Jastrzębie	00:00:02	00:10:59	00:28:10	00:39:02.61	00:39:04.73	+00:00:10 (0.4%)	3:54	15.4 (100%)
3	RUTKOWSKA Edyta	203	HRMAX ŻORY	K30-39	3			00:00:03	00:31:50		00:43:47.14	00:43:51.05	+00:04:54 (11.2%)	4:22	13.7 (89.0%)
4	JANKO Anna	153	HRMAX ŻORY	K30-39	4		HRmax Żory	00:00:04	00:12:42	00:32:25	00:44:51.41	00:44:55.55	+00:05:58 (13.3%)	4:29	13.4 (87.0%)
5	WRÓBLEWSKA Judyta	226	TL ATHLETICS JASTRZĘBIE/ZAWIERUCHA TRAINING ACADEMY	K30-39	5		TL Athletics Jastrzębie	00:00:05	00:12:38	00:32:57	00:45:40.49	00:45:45.74	+00:06:47 (14.9%)	4:34	13.1 (85.1%)
6	WRÓBEL Katarzyna	368		K30-39	6			00:00:06	00:13:25	00:34:19	00:47:14.08	00:47:20.28	+00:08:21 (17.7%)	4:43	12.7 (82.5%)
7	PERUGIEWICZ Joanna	192		K30-39	7			00:00:14	00:13:21	00:34:06	00:47:15.84	00:47:30.29	+00:08:23 (17.7%)	4:43	12.7 (82.5%)
8	HOLONA Agata	512		K30-39	8			00:00:15	00:14:19	00:36:15	00:49:55.21	00:50:10.88	+00:11:02 (22.1%)	4:59	12 (77.9%)
9	MIELAŃCZYK Patrycja	298	PAT&MAT	K30-39	9			00:00:07	00:14:27	00:37:00	00:51:27.60	00:51:35.41	+00:12:35 (24.5%)	5:08	11.7 (76.0%)
10	JANIK Anna	402		K30-39	10			00:00:19	00:15:36	00:38:35	00:53:03.72	00:53:22.96	+00:14:11 (26.7%)	5:18	11.3 (73.4%)
11	SŁOWIŃSKA Joanna	339	RUNTEAM PAWŁOWICE	K30-39	11		Runteam Pawłowice	00:00:11	00:14:56	00:38:19	00:53:06.90	00:53:18.54	+00:14:14 (26.8%)	5:18	11.3 (73.4%)
12	GOŁĄBEK Anna	254		K30-39	12			00:00:10	00:15:12	00:38:36	00:53:14.05	00:53:24.44	+00:14:21 (27.0%)	5:19	11.3 (73.4%)
13	SZMULIK-WOJTANOWICZ Marta	346		K30-39	13			00:00:10	00:15:30	00:39:09	00:53:59.15	00:54:10.00	+00:15:06 (28.0%)	5:23	11.1 (72.1%)
14	KWIATKOWSKA-KOŁACZ Klaudia	284	YOGA CAFE	K30-39	14			00:00:06	00:15:32	00:39:23	00:54:05.91	00:54:12.70	+00:15:13 (28.1%)	5:24	11.1 (72.1%)
15	KUBICIUS Małgorzata	533		K30-39	15			00:00:19	00:15:57	00:39:58	00:54:48.73	00:55:08.60	+00:15:56 (29.1%)	5:28	10.9 (70.8%)
16	LERCH-HENCZKO Maria	286	AKTYWNIE NAKRĘCENI	K30-39	16			00:00:07	00:15:25	00:39:57	00:55:00.52	00:55:07.74	+00:16:08 (29.3%)	5:30	10.9 (70.8%)

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
17	ZAMARŁO Natalia	600	EKIPA SCI	K30-39	17		Ekipa SCI	00:00:11	00:16:08	00:40:31	00:55:09.17	00:55:21.14	+00:16:16 (29.5%)	5:30	10.9 (70.8%)
18	WAWRZYCZEK Dominika	591		K30-39	18			00:00:15	00:15:59	00:40:55	00:56:29.35	00:56:45.32	+00:17:36 (31.2%)	5:38	10.6 (68.8%)
19	PIDANTY Milena	440		K30-39	19			00:00:19	00:16:27	00:41:22	00:56:35.43	00:56:55.14	+00:17:42 (31.3%)	5:39	10.6 (68.8%)
20	KUFKA Judyta	535		K30-39	20			00:00:12	00:16:06	00:41:36	00:57:28.81	00:57:41.02	+00:18:36 (32.4%)	5:44	10.4 (67.5%)
21	MARCZYNSKA Izabela	422		K30-39	21			00:00:15	00:16:35	00:42:36	00:58:22.29	00:58:38.05	+00:19:29 (33.4%)	5:50	10.3 (66.9%)
22	KONSEK Anna	275		K30-39	22			00:00:07	00:15:18	00:42:14	00:58:50.31	00:58:57.81	+00:19:57 (33.9%)	5:53	10.2 (66.2%)
23	DOMAŃSKA Joanna	135		K30-39	23			00:00:09	00:16:10	00:42:17	00:59:11.77	00:59:21.71	+00:20:19 (34.3%)	5:55	10.1 (65.6%)
24	TOMANEK Magdalena	581		K30-39	24			00:00:22	00:16:59	00:43:26	00:59:22.82	00:59:44.99	+00:20:30 (34.5%)	5:56	10.1 (65.6%)
25	SPYRKA Monika	571	KLUB BIEGACZA FARTLEK	K30-39	25		Klub Biegacza Fartlek	00:00:15	00:16:49	00:43:46	01:00:30.21	01:00:45.86	+00:21:37 (35.7%)	6:03	9.9 (64.3%)
26	ARENDARSKA Patrycja	470		K30-39	26			00:00:25	00:17:26	00:44:06	01:01:15.31	01:01:40.32	+00:22:22 (36.5%)	6:07	9.8 (63.6%)
27	SIEKIERKA Klaudia	450		K30-39	27			00:00:22	00:17:28	00:45:17	01:03:17.27	01:03:39.90	+00:24:24 (38.6%)	6:19	9.5 (61.7%)
28	SZYSZKA Natalia	577		K30-39	28			00:00:23	00:17:32	00:45:49	01:03:20.06	01:03:43.25	+00:24:27 (38.6%)	6:20	9.5 (61.7%)
29	MALISZEWSKA Beata	543		K30-39	29		Brygada RR	00:00:24	00:17:54	00:45:54	01:03:41.65	01:04:06.20	+00:24:49 (39.0%)	6:22	9.4 (61.0%)
30	DROBIAK Kornelia	390	KOBIETY NA 5+	K30-39	30		Kobiety na 5+	00:00:07	00:17:56	00:46:27	01:03:53.21	01:04:01.18	+00:25:00 (39.2%)	6:23	9.4 (61.0%)
31	KASZUBA Katarzyna	522	ŻWAWĘ MIŃKI	K30-39	31			00:00:23	00:19:31	00:50:23	01:09:06.40	01:09:29.46	+00:30:13 (43.7%)	6:54	8.7 (56.5%)
32	MASZTALERZ Anna	545		K30-39	32			00:00:16	00:20:37	00:52:30	01:12:19.77	01:12:36.60	+00:33:27 (46.3%)	7:13	8.3 (53.9%)
33	KARBOWY Iza	520	JEJKOWICE BIEGAJĄ	K30-39	33			00:00:09	00:19:22	00:52:37	01:12:35.12	01:12:44.13	+00:33:42 (46.4%)	7:15	8.3 (53.9%)

Znaleziono 33 wynik(ów)