



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: K40-49

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	GRIMAN Joanna	15	AKTYWNA PSZCZYNA RUNNERS TEAM	K40-49	1	Tak	Aktywna Pszczyna Runners Team	00:00:01	00:10:46	00:27:17	00:37:31.56	00:37:33.46		3:45	16 (100%)
2	STUHLIK Magdalena	34		K40-49	2	Tak	Aktywna Pszczyna Runners Team	00:00:00	00:11:20	00:28:37	00:39:28.31	00:39:28.31	+00:01:56 (4.9%)	3:56	15.2 (95.0%)
3	DYBCZYŃSKA Jadwiga	62	LKS POGÓRZE	K40-49	3			00:00:01	00:11:24	00:29:04	00:40:07.37	00:40:09.20	+00:02:35 (6.5%)	4:00	15 (93.8%)
4	LEWICKA Elżbieta	75		K40-49	4	Tak		00:00:02	00:12:15	00:31:49	00:43:45.97	00:43:48.47	+00:06:14 (14.3%)	4:22	13.7 (85.6%)
5	SIENIAK Michalina	206		K40-49	5		TL Athletics Jastrzębie	00:00:01	00:13:00	00:33:19	00:45:58.08	00:45:59.92	+00:08:26 (18.4%)	4:35	13.1 (81.9%)
6	WYPIÓR Ewa	369		K40-49	6			00:00:13	00:13:20	00:33:31	00:46:06.68	00:46:20.62	+00:08:35 (18.6%)	4:36	13 (81.3%)
7	JURASZEK Elzbieta	159		K40-49	7			00:00:05	00:33:48		00:46:36.62	00:46:42.28	+00:09:05 (19.5%)	4:39	12.9 (80.6%)
8	OPIEKULSKA Renata	185		K40-49	8			00:00:01	00:13:17	00:34:01	00:46:54.78	00:46:56.40	+00:09:23 (20.0%)	4:41	12.8 (80.0%)
9	DRABIK Sylwia	492		K40-49	9			00:00:10	00:13:28	00:34:19	00:47:25.94	00:47:36.29	+00:09:54 (20.9%)	4:44	12.7 (79.4%)
10	MRZYGŁÓD Ewa	305	ZADYSZKA OŚWIĘCIM	K40-49	10		Zadyszka Oświęcim	00:00:14	00:14:59	00:37:36	00:51:11.77	00:51:26.48	+00:13:40 (26.7%)	5:07	11.7 (73.1%)
11	PAŁUBSKA Maria	187	KLUB BIEGACZA GOGOLIN	K40-49	11			00:00:13	00:16:07	00:38:27	00:51:38.50	00:51:51.72	+00:14:06 (27.3%)	5:09	11.6 (72.5%)
12	MAZUR Małgorzata	295		K40-49	12			00:00:08	00:14:49	00:37:39	00:51:41.86	00:51:49.95	+00:14:10 (27.4%)	5:10	11.6 (72.5%)
13	LORENZ Agnieszka	418	GB GALOPUJĄCE ŚLIMAKI	K40-49	13		GB Galopujące Ślimaki	00:00:15	00:15:11	00:38:31	00:53:14.51	00:53:30.44	+00:15:42 (29.5%)	5:19	11.3 (70.6%)

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
14	PAPLA Anna	436		K40-49	14			00:00:20	00:15:21	00:39:14	00:54:19.80	00:54:40.57	+00:16:48 (30.9%)	5:25	11 (68.8%)
15	RABSZTYN- PILARSKA Sylwia	444	KOBIETY NA 5+	K40-49	15		Kobiety na 5+	00:00:06	00:15:21	00:39:09	00:54:21.27	00:54:27.67	+00:16:49 (31.0%)	5:26	11 (68.8%)
16	MUSIAŁ Wioletta	431	GB GALOPUJĄCE ŚLIMAKI	K40-49	16		GB Galopujące Ślimaki	00:00:12	00:15:25	00:39:09	00:54:21.32	00:54:34.21	+00:16:49 (31.0%)	5:26	11 (68.8%)
17	PUSTELNIK Justyna	331		K40-49	17			00:00:12	00:14:54	00:39:00	00:54:25.70	00:54:38.40	+00:16:54 (31.1%)	5:26	11 (68.8%)
18	BUCHTA Edyta	480		K40-49	18			00:00:23	00:16:33	00:41:21	00:56:44.21	00:57:07.69	+00:19:12 (33.9%)	5:40	10.6 (66.3%)
19	GORZELAK Joanna	394		K40-49	19		Kobiety na 5+	00:00:07	00:16:05	00:41:17	00:57:41.91	00:57:49.13	+00:20:10 (35.0%)	5:46	10.4 (65.0%)
20	GÓRKA Barbara	256	SUSZECKIE ITEN	K40-49	20		Suszeckie Iten	00:00:19	00:17:04	00:42:21	00:57:47.40	00:58:06.75	+00:20:15 (35.1%)	5:46	10.4 (65.0%)
21	BOŁOTIUCH Katarzyna	477	POWOLI DO CELU	K40-49	21			00:00:15	00:16:36	00:42:06	00:57:53.12	00:58:08.12	+00:20:21 (35.2%)	5:47	10.4 (65.0%)
22	BALCAREK Magdalena	472		K40-49	22			00:00:07	00:16:05	00:41:48	00:58:02.49	00:58:09.55	+00:20:30 (35.3%)	5:48	10.3 (64.4%)
23	SZEWCZYK Marzena	455	JEJKOWICE BIEGAJĄ	K40-49	23		jejkowice biegają	00:00:16	00:16:47	00:42:32	00:58:08.64	00:58:25.27	+00:20:37 (35.5%)	5:48	10.3 (64.4%)
24	DURAJ Magdalena	393	UBS	K40-49	24			00:00:20	00:16:28		00:59:17.91	00:59:38.63	+00:21:46 (36.7%)	5:55	10.1 (63.1%)
25	TYKIERKA Małgorzata	586	TOXPRESS	K40-49	25		Toxpress	00:00:19	00:17:21	00:43:23	00:59:37.47	00:59:56.92	+00:22:05 (37.1%)	5:57	10.1 (63.1%)
26	KSIĘŻYK Anna	72	KREJZOLE	K40-49	26		Krejzole	00:00:17	00:16:57	00:43:32	00:59:45.72	01:00:03.02	+00:22:14 (37.2%)	5:58	10 (62.5%)
27	DOBRENIUK Aurelia	490		K40-49	27			00:00:20	00:17:00	00:43:47	01:00:16.52	01:00:36.80	+00:22:44 (37.7%)	6:01	10 (62.5%)
28	TRYBAŁA Danuta	584	WATAHA	K40-49	28		WATAHA	00:00:14	00:16:51	00:42:28	01:00:21.13	01:00:35.57	+00:22:49 (37.8%)	6:02	9.9 (61.9%)
29	JĘDRUSIAK Lidia	518	KONTAKT-SIMON ADVENTURE TEAM	K40-49	29			00:00:20	00:17:09	00:43:45	01:00:24.31	01:00:45.07	+00:22:52 (37.9%)	6:02	9.9 (61.9%)
30	TYRYTKO Sylwia	587	WATAHA	K40-49	30		WATAHA	00:00:14	00:17:04	00:43:42	01:00:32.24	01:00:47.10	+00:23:00 (38.0%)	6:03	9.9 (61.9%)
31	SKIBA Krzysia	569		K40-49	31			00:00:19	00:16:59	00:44:39	01:01:25.68	01:01:45.17	+00:23:54 (38.9%)	6:08	9.8 (61.3%)
32	IDZIKOWSKA Elżbieta	514		K40-49	32			00:00:06	00:17:32	00:45:28	01:02:49.66	01:02:56.26	+00:25:18 (40.3%)	6:16	9.6 (60.0%)
33	ZAKRZEWSKA Barbara	597		K40-49	33			00:00:15	00:17:14	00:45:26	01:03:09.86	01:03:25.46	+00:25:38 (40.6%)	6:18	9.5 (59.4%)
34	PAŁYS Agata	435		K40-49	34			00:00:00	00:16:48	00:45:32	01:03:22.21	01:03:22.30	+00:25:50 (40.8%)	6:20	9.5 (59.4%)
35	TARGOSZ Aneta	579	OLZA CIESZYN	K40-49	35		Ekipa SCI	00:00:19	00:17:25	00:45:34	01:03:25.95	01:03:45.14	+00:25:54 (40.8%)	6:20	9.5 (59.4%)

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
36	PERKOWSKA Daria	316	KOBIETY NA 5+	K40-49	36		Kobiety na 5+	00:00:07	00:17:56	00:46:27	01:03:53.41	01:04:00.88	+00:26:21 (41.3%)	6:23	9.4 (58.8%)
37	MITIN Beata Izabella	548		K40-49	37			00:00:06	00:17:44	00:46:20	01:04:15.13	01:04:22.09	+00:26:43 (41.6%)	6:25	9.3 (58.1%)
38	ANIOŁ-BARLIK Agnieszka	468		K40-49	38			00:00:08	00:18:56	00:48:36	01:06:40.71	01:06:49.19	+00:29:09 (43.7%)	6:40	9 (56.3%)
39	KWIATKOWSKA Elwira	536	ZABIEGANY TEAM	K40-49	39			00:00:11	00:18:53	00:48:59	01:07:35.77	01:07:47.67	+00:30:04 (44.5%)	6:45	8.9 (55.6%)
40	GRUSZKA Magdalena	396	TL ATHLETICS JASTRZĘBIE	K40-49	40		TL Athletics Jastrzębie	00:00:22	00:18:39	00:49:25	01:09:24.00	01:09:46.77	+00:31:52 (45.9%)	6:56	8.6 (53.8%)
41	HUCHULSKA Roksana	401		K40-49	41			00:00:16	00:19:08	00:49:34	01:09:34.69	01:09:50.84	+00:32:03 (46.1%)	6:57	8.6 (53.8%)
42	BIERNACKA Magdalena	476		K40-49	42			00:00:15	00:19:09	00:49:34	01:09:35.09	01:09:50.62	+00:32:03 (46.1%)	6:57	8.6 (53.8%)
43	GARUS Angelika	500		K40-49	43			00:00:08	00:20:41	00:52:55	01:12:21.43	01:12:30.00	+00:34:49 (48.1%)	7:14	8.3 (51.9%)
44	GŁÓWCZYK Izabella	505	KOBIETY NA 5+	K40-49	44		Kobiety na 5+	00:00:08	00:20:26	00:53:17	01:14:32.61	01:14:40.68	+00:37:01 (49.7%)	7:27	8.1 (50.6%)
45	ZALEWSKA Barbara	598		K40-49	45		Kobiety na 5+	00:00:06	00:21:04	00:55:45	01:18:59.09	01:19:05.78	+00:41:27 (52.5%)	7:53	7.6 (47.5%)

Znaleziono 45 wynik(ów)