



Organizator:  
Data:  
Miejsce:  
Dystans:

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

# JASTRZĘBSKA DZIESIĄTKA

B4SPORT

B4SPORT  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Mistrzyni woj. śląskiego

| Msc | Zawodnik                      | Numer      | Klub                                     | Kategoria | Mkat | Woj.<br>śląskie | Drużyna 1                              | Czas<br>startu | 2.9km    | 7.3km    | Czas<br>netto<br>10km | Czas<br>brutto<br>10km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|-------------------------------|------------|------------------------------------------|-----------|------|-----------------|----------------------------------------|----------------|----------|----------|-----------------------|------------------------|----------------------|-----------------|-----------------|
| 1   | <b>RĘBISZ<br/>Judyta</b>      | <b>99</b>  | TL POGOŃ RUDA ŚLĄSKA                     | K20-29    | 1    | Tak             |                                        | 00:00:01       | 00:10:35 | 00:27:13 | <b>00:37:31.00</b>    | <b>00:37:32.31</b>     |                      | 3:45            | 16<br>(100%)    |
| 2   | <b>GRIMAN<br/>Joanna</b>      | <b>15</b>  | AKTYWNA PSZCZYNA RUNNERS TEAM            | K40-49    | 1    | Tak             | Aktywna<br>Pszczyna<br>Runners<br>Team | 00:00:01       | 00:10:46 | 00:27:17 | <b>00:37:31.56</b>    | <b>00:37:33.46</b>     | +00:00:00<br>(0.0%)  | 3:45            | 16<br>(100%)    |
| 3   | <b>SUWAJ<br/>Aneta</b>        | <b>104</b> | TL ATHTELICS JASTRZĘBIE/ALPIN SPORT TEAM | K30-39    | 2    | Tak             | TL<br>Athletics<br>Jastrzębie          | 00:00:02       | 00:10:59 | 00:28:10 | <b>00:39:02.61</b>    | <b>00:39:04.73</b>     | +00:01:31<br>(3.9%)  | 3:54            | 15.4<br>(96.3%) |
| 4   | <b>STUCHLIK<br/>Magdalena</b> | <b>34</b>  |                                          | K40-49    | 2    | Tak             | Aktywna<br>Pszczyna<br>Runners<br>Team | 00:00:00       | 00:11:20 | 00:28:37 | <b>00:39:28.31</b>    | <b>00:39:28.31</b>     | +00:01:57<br>(5.0%)  | 3:56            | 15.2<br>(95.0%) |
| 5   | <b>TYMAN<br/>Karolina</b>     | <b>36</b>  | UKS DIAMENT GODÓW                        | K16-19    | 1    | Tak             |                                        | 00:00:02       | 00:11:04 | 00:28:36 | <b>00:39:32.57</b>    | <b>00:39:34.98</b>     | +00:02:01<br>(5.1%)  | 3:57            | 15.2<br>(95.0%) |
| 6   | <b>CHROMIK<br/>Julia</b>      | <b>9</b>   | WOSIEK TEAM                              | K20-29    | 2    | Tak             |                                        | 00:00:02       | 00:11:14 | 00:28:49 | <b>00:40:02.45</b>    | <b>00:40:05.15</b>     | +00:02:31<br>(6.3%)  | 4:00            | 15<br>(93.8%)   |
| 7   | <b>CZYŻ<br/>Zuzanna</b>       | <b>60</b>  | TL POGOŃ RUDA ŚLĄSKA                     | K16-19    | 2    | Tak             |                                        | 00:00:00       | 00:11:35 | 00:29:26 | <b>00:40:34.56</b>    | <b>00:40:34.90</b>     | +00:03:03<br>(7.5%)  | 4:03            | 14.8<br>(92.5%) |
| 8   | <b>LEWICKA<br/>Elżbieta</b>   | <b>75</b>  |                                          | K40-49    | 4    | Tak             |                                        | 00:00:02       | 00:12:15 | 00:31:49 | <b>00:43:45.97</b>    | <b>00:43:48.47</b>     | +00:06:14<br>(14.3%) | 4:22            | 13.7<br>(85.6%) |
| 9   | <b>LIGENZA<br/>Michalina</b>  | <b>76</b>  | TL ATHLETICS JASTRZĘBIE                  | K16-19    | 3    | Tak             | TL<br>Athletics<br>Jastrzębie          | 00:00:04       | 00:12:37 | 00:31:48 | <b>00:43:50.70</b>    | <b>00:43:55.40</b>     | +00:06:19<br>(14.4%) | 4:23            | 13.7<br>(85.6%) |
| 10  | <b>MROWIEC<br/>Kinga</b>      | <b>180</b> | TL „POGOŃ” RUDA ŚLĄSKA                   | K20-29    | 3    | Tak             |                                        | 00:00:02       | 00:12:34 | 00:32:12 | <b>00:44:16.32</b>    | <b>00:44:18.85</b>     | +00:06:45<br>(15.3%) | 4:25            | 13.6<br>(85.0%) |
| 11  | <b>SITEK<br/>Olivia</b>       | <b>207</b> | UKS DIAMENT GODOW                        | K16-19    | 4    | Tak             |                                        | 00:00:04       | 00:13:48 | 00:36:36 | <b>00:50:38.67</b>    | <b>00:50:43.66</b>     | +00:13:07<br>(25.9%) | 5:03            | 11.8<br>(73.8%) |

Znaleziono 11 wynik(ów)