



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: Najlepsza Jastrzębianka

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	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		3:54	15.4 (100%)
2	LIGENZA Michalina	76	TL ATHLETICS JASTRZĘBIE	K16-19	3	Tak	TL Athletics Jastrzębie	00:00:04	00:12:37	00:31:48	00:43:50.70	00:43:55.40	+00:04:48 (11.0%)	4:23	13.7 (89.0%)
3	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	+00:06:37 (14.5%)	4:34	13.1 (85.1%)
4	SIENNIAK 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	+00:06:55 (15.1%)	4:35	13.1 (85.1%)
5	OPIEKULSKA Renata	185		K40-49	8			00:00:01	00:13:17	00:34:01	00:46:54.78	00:46:56.40	+00:07:52 (16.8%)	4:41	12.8 (83.1%)
6	JANECKA Marta	151		K20-29	5			00:00:04	00:14:08	00:36:38	00:50:48.80	00:50:53.75	+00:11:46 (23.2%)	5:04	11.8 (76.6%)
7	MAZUR Małgorzata	295		K40-49	12			00:00:08	00:14:49	00:37:39	00:51:41.86	00:51:49.95	+00:12:39 (24.5%)	5:10	11.6 (75.3%)
8	TOBOROWICZ Dżesika	355		K20-29	7		Bziegacze	00:00:19	00:15:21	00:37:46	00:51:41.99	00:52:01.70	+00:12:39 (24.5%)	5:10	11.6 (75.3%)
9	GOŁĄBEK Anna	254		K30-39	12			00:00:10	00:15:12	00:38:36	00:53:14.05	00:53:24.44	+00:14:11 (26.7%)	5:19	11.3 (73.4%)
10	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	+00:14:11 (26.7%)	5:19	11.3 (73.4%)
11	BAC Małgorzata	231		K16-19	6			00:00:08	00:14:54	00:38:19	00:53:31.28	00:53:39.88	+00:14:28 (27.1%)	5:21	11.2 (72.7%)
12	MIKULAK Natalia	426		K20-29	8			00:00:18	00:16:02	00:39:40	00:53:53.23	00:54:12.13	+00:14:50 (27.5%)	5:23	11.1 (72.1%)
13	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	+00:15:18 (28.2%)	5:26	11 (71.4%)
14	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	+00:15:18 (28.2%)	5:26	11 (71.4%)

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15	LERCH-HENCZKO Maria	286	AKTYWNIENAKRĘCENI	K30-39	16			00:00:07	00:15:25	00:39:57	00:55:00.52	00:55:07.74	+00:15:57 (29.0%)	5:30	10.9 (70.8%)
16	PIDANTY Milena	440		K30-39	19			00:00:19	00:16:27	00:41:22	00:56:35.43	00:56:55.14	+00:17:32 (31.0%)	5:39	10.6 (68.8%)
17	BUCHTA Edyta	480		K40-49	18			00:00:23	00:16:33	00:41:21	00:56:44.21	00:57:07.69	+00:17:41 (31.2%)	5:40	10.6 (68.8%)
18	MARCZYŃSKA Izabela	422		K30-39	21			00:00:15	00:16:35	00:42:36	00:58:22.29	00:58:38.05	+00:19:19 (33.1%)	5:50	10.3 (66.9%)
19	KONSEK Anna	275		K30-39	22			00:00:07	00:15:18	00:42:14	00:58:50.31	00:58:57.81	+00:19:47 (33.6%)	5:53	10.2 (66.2%)
20	SZPYRA Anieli	347	SOBIESKI6	K16-19	7		Sobieski6	00:00:07	00:16:27	00:43:10	00:59:03.92	00:59:11.23	+00:20:01 (33.9%)	5:54	10.2 (66.2%)
21	DOMAŃSKA Joanna	135		K30-39	23			00:00:09	00:16:10	00:42:17	00:59:11.77	00:59:21.71	+00:20:09 (34.0%)	5:55	10.1 (65.6%)
22	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	+00:21:27 (35.5%)	6:03	9.9 (64.3%)
23	KOLORZ-STYLOK Katarzyna	410		K50-59	6			00:00:14	00:16:18	00:43:10	01:00:42.82	01:00:57.57	+00:21:40 (35.7%)	6:04	9.9 (64.3%)
24	ARENDARSKA Patrycja	470		K30-39	26			00:00:25	00:17:26	00:44:06	01:01:15.31	01:01:40.32	+00:22:12 (36.3%)	6:07	9.8 (63.6%)
25	RACZYŃSKA Martyna	564		K20-29	15			00:00:20	00:17:20	00:44:33	01:02:32.63	01:02:53.60	+00:23:30 (37.6%)	6:15	9.6 (62.3%)
26	JASTRZĘBSKA Ewa	517		K50-59	7			00:00:03	00:17:03	00:44:43	01:02:42.07	01:02:46.00	+00:23:39 (37.7%)	6:16	9.6 (62.3%)
27	IDZIKOWSKA Elżbieta	514		K40-49	32			00:00:06	00:17:32	00:45:28	01:02:49.66	01:02:56.26	+00:23:47 (37.9%)	6:16	9.6 (62.3%)
28	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	+00:24:00 (38.1%)	6:18	9.5 (61.7%)
29	CHWAST Kinga	384	OSK KAMELEON TEAM	K16-19	8		OSK Kameleon Team	00:00:26	00:17:28	00:45:54	01:03:09.31	01:03:35.61	+00:24:06 (38.2%)	6:18	9.5 (61.7%)
30	SIEKIERKA Klaudia	450		K30-39	27			00:00:22	00:17:28	00:45:17	01:03:17.27	01:03:39.90	+00:24:14 (38.3%)	6:19	9.5 (61.7%)
31	PAŁYS Agata	435		K40-49	34			00:00:00	00:16:48	00:45:32	01:03:22.21	01:03:22.30	+00:24:19 (38.4%)	6:20	9.5 (61.7%)
32	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	+00:24:39 (38.7%)	6:22	9.4 (61.0%)
33	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	+00:24:50 (38.9%)	6:23	9.4 (61.0%)
34	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	+00:24:50 (38.9%)	6:23	9.4 (61.0%)
35	NIEDZIOŁKO Bożena	551	KOBIETY NA 5+	K50-59	9		Kobiety na 5+	00:00:07	00:17:31	00:46:20	01:04:03.29	01:04:10.54	+00:25:00 (39.0%)	6:24	9.4 (61.0%)
36	PŁASKA Barbara	560	KOBIETY NA 5+	K50-59	10		Kobiety na 5+	00:00:06	00:17:32	00:46:20	01:04:04.09	01:04:10.24	+00:25:01 (39.1%)	6:24	9.4 (61.0%)
37	ŚLEZIAK Paulina	578		K20-29	18			00:00:25	00:18:55	00:47:31	01:05:20.91	01:05:46.48	+00:26:18 (40.3%)	6:32	9.2 (59.7%)

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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	+00:27:38 (41.4%)	6:40	9 (58.4%)
39	PAJĄK Magdalena	556		K20-29	19			00:00:27	00:18:52	00:49:39	01:09:09.82	01:09:37.26	+00:30:07 (43.5%)	6:54	8.7 (56.5%)
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	+00:30:21 (43.7%)	6:56	8.6 (55.8%)
41	HUCHULSKA Roksana	401		K40-49	41			00:00:16	00:19:08	00:49:34	01:09:34.69	01:09:50.84	+00:30:32 (43.9%)	6:57	8.6 (55.8%)
42	BIERNACKA Magdalena	476		K40-49	42			00:00:15	00:19:09	00:49:34	01:09:35.09	01:09:50.62	+00:30:32 (43.9%)	6:57	8.6 (55.8%)
43	ZIĘTARA Agata	602		K50-59	12			00:00:27	00:20:11	00:50:54	01:09:49.16	01:10:16.34	+00:30:46 (44.1%)	6:58	8.6 (55.8%)
44	GARUS Angelika	500		K40-49	43			00:00:08	00:20:41	00:52:55	01:12:21.43	01:12:30.00	+00:33:18 (46.0%)	7:14	8.3 (53.9%)
45	GAŃKO Grażyna	499		K60-69	3			00:00:26	00:20:26	00:52:37	01:13:16.13	01:13:42.30	+00:34:13 (46.7%)	7:19	8.2 (53.2%)
46	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	+00:35:30 (47.6%)	7:27	8.1 (52.6%)
47	ROTTER Hanna	447		K60-69	4			00:00:09	00:20:40	00:52:54	01:14:45.04	01:14:54.48	+00:35:42 (47.8%)	7:28	8 (51.9%)
48	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	+00:39:56 (50.6%)	7:53	7.6 (49.4%)

Znaleziono 48 wynik(ów)