



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

BIEG NIEPODLEGŁOŚCI - OKONEK - 5 KM

Bieg Niepodległości Okonek - 03.11.2018r
Gmina Okonek
2018-11-03
Okonek
5 km

B4SPORT

 **HERKULES**
www.herkules.org.pl

Klasyfikacja: K-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk_All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	SZABAŁOWSKA Małgorzata	370	MKL SZCZECINEK	K-Open	1	00:09:34	00:19:11.97		3:50	15.6 (100%)
2	KACZOR Agnieszka	320		K-Open	2	00:09:51	00:20:12.26	+00:01:00 (5.0%)	4:02	14.9 (95.5%)
3	KOWALIK Natalia	397	MKL SZCZECINEK	K-Open	3	00:09:49	00:20:14.89	+00:01:02 (5.2%)	4:03	14.8 (94.9%)
4	RUDNIKOWICZ Aleksandra	360	ULKS BARWICE	K-Open	4	00:10:28	00:21:19.29	+00:02:07 (10.0%)	4:16	14.1 (90.4%)
5	SKROBANEK Hanna	366	MKP SZCZECINEK	K-Open	5	00:10:28	00:21:27.73	+00:02:17 (10.6%)	4:17	14 (89.7%)
6	ŁAWNICZAK Justyna	329	MAM TĘ MOC	K-Open	6	00:10:55	00:22:01.60	+00:02:50 (12.8%)	4:24	13.6 (87.2%)
7	WARDĘGA Angelika	375	ULKS BARWICE	K-Open	7	00:11:30	00:23:16.02	+00:04:05 (17.5%)	4:39	12.9 (82.7%)
8	SKIBICKA Marta	365		K-Open	8	00:11:58	00:23:24.17	+00:04:13 (18.0%)	4:40	12.8 (82.1%)
9	SZYJA Klaudia	372	ULKS BARWICE	K-Open	9	00:11:58	00:24:10.64	+00:05:00 (20.6%)	4:50	12.4 (79.5%)
10	CENTKA Katarzyna	308		K-Open	10	00:11:57	00:24:14.49	+00:05:03 (20.8%)	4:51	12.4 (79.5%)
11	ROKITA Emilia	357		K-Open	11	00:11:54	00:24:18.10	+00:05:07 (21.0%)	4:51	12.3 (78.8%)
12	KURZAWIŃSKA-JABŁOŃSKA Kasia	327		K-Open	12	00:12:17	00:24:41.29	+00:05:31 (22.3%)	4:56	12.2 (78.2%)
13	STERCZEWSKA Agata	13	HUSARIA RACE TEAM	K-Open	13	00:12:13	00:24:55.80	+00:05:46 (23.1%)	4:59	12 (76.9%)
14	GOLEC Anna	313		K-Open	14	00:12:52	00:25:21.83	+00:06:10 (24.3%)	5:04	11.8 (75.6%)
15	ROKITA Joanna	358		K-Open	15	00:12:40	00:26:02.99	+00:06:53 (26.4%)	5:12	11.5 (73.7%)
16	DYMECKA Natalia	383	MKP SZCZECINEK	K-Open	16	00:12:39	00:26:17.76	+00:07:08 (27.1%)	5:15	11.4 (73.1%)
17	PLATH-KOPERSKA Krystyna	350		K-Open	17	00:13:17	00:26:22.88	+00:07:15 (27.4%)	5:16	11.4 (73.1%)
18	LUTYŃSKA Ewa	328		K-Open	18	00:13:05	00:26:41.78	+00:07:29 (28.0%)	5:20	11.2 (71.8%)
19	BOLDYSZ Iwona	303	RUNDORFINA	K-Open	19	00:13:15	00:26:40.91	+00:07:31 (28.1%)	5:20	11.2 (71.8%)
20	KOZŁOWSKA Karolina	384	#ZABIEGANINOCA	K-Open	20	00:13:30	00:26:49.63	+00:07:39 (28.4%)	5:22	11.2 (71.8%)
21	ZBOROWSKA-SKROBANEK Justyna	380		K-Open	21	00:13:37	00:27:00.31	+00:07:51 (29.0%)	5:24	11.1 (71.2%)
22	FIECEK Dorota	312		K-Open	22	00:13:31	00:27:01.25	+00:07:55 (29.1%)	5:24	11.1 (71.2%)
23	PRZEDNÓWEK Mariola-Dorota	398		K-Open	23	00:13:25	00:27:16.36	+00:08:06 (29.6%)	5:27	11 (70.5%)
24	GÓRA Wiktoria	314	#ZABIEGANINOCA	K-Open	24	00:14:16	00:27:12.64	+00:08:06 (29.6%)	5:26	11 (70.5%)
25	KUKLIŃSKA Joanna	326	METROŻERCY	K-Open	25	00:13:32	00:27:28.74	+00:08:17 (30.1%)	5:29	10.9 (69.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk_All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
26	MALINOWSKA-BURDA Aleksandra	330		K-Open	26	00:13:36	00:27:38.10	+00:08:27 (30.5%)	5:31	10.9 (69.9%)
27	SZILKE Marlena	371		K-Open	27	00:14:02	00:28:03.22	+00:08:58 (31.8%)	5:36	10.7 (68.6%)
28	RĘBIŚ Monika	356	SP3 TEAM	K-Open	28	00:14:10	00:28:06.87	+00:08:58 (31.8%)	5:37	10.7 (68.6%)
29	NOSAL Anna	341		K-Open	29	00:14:14	00:28:55.39	+00:09:45 (33.6%)	5:47	10.4 (66.7%)
30	WOJTECZKO Magdalena	388		K-Open	30	00:14:16	00:28:57.67	+00:09:45 (33.7%)	5:47	10.4 (66.7%)
31	KISIEL Agnieszka	322	#ZABIEGANINOCA	K-Open	31	00:14:23	00:29:15.48	+00:10:06 (34.4%)	5:51	10.3 (66.0%)
32	SYDOR Kasia	218	RUNDORFINA CZAPLINEK	K-Open	32	00:14:20	00:29:20.75	+00:10:09 (34.5%)	5:52	10.2 (65.4%)
33	NOWAK-GEMZA Monika	345		K-Open	33	00:14:38	00:29:56.39	+00:10:47 (35.9%)	5:59	10 (64.1%)
34	MICHALAK Malgorzata	336		K-Open	34	00:15:10	00:30:05.93	+00:10:55 (36.2%)	6:01	10 (64.1%)
35	NOWICKA Żaneta	400		K-Open	35	00:15:08	00:30:18.77	+00:11:10 (36.7%)	6:03	9.9 (63.5%)
36	WYPYCH-KLUNDER Katarzyna	377		K-Open	36	00:15:49	00:31:49.09	+00:12:41 (39.7%)	6:21	9.4 (60.3%)
37	HETMAŃCZYK Katarzyna	317	HETMANTEAM	K-Open	37	00:15:59	00:32:21.16	+00:13:11 (40.7%)	6:28	9.3 (59.6%)
38	ZIĘBA-BŁASZKIEWICZ Agnieszka	381	PSEUDOBIEGACZKI	K-Open	38	00:16:14	00:32:22.52	+00:13:14 (40.8%)	6:28	9.3 (59.6%)
39	WODZYŃSKA Katarzyna	376	ZABIEGANI NOCĄ OKONEK	K-Open	39	00:15:41	00:32:29.74	+00:13:19 (40.9%)	6:29	9.2 (59.0%)
40	MICKIEWICZ Kinga	337	ZABIEGANI NOCĄ	K-Open	40	00:15:44	00:32:30.07	+00:13:19 (40.9%)	6:30	9.2 (59.0%)
41	SUCHANOWSKA Anna	389		K-Open	41	00:16:33	00:33:14.93	+00:14:04 (42.2%)	6:39	9 (57.7%)
42	MILACHOWSKA Agnieszka	339		K-Open	42	00:22:49	00:46:52.35	+00:27:41 (59.0%)	9:22	6.4 (41.0%)
43	X X	373		K-Open	43	00:23:10	00:45:47.51	+00:28:37 (59.8%)	9:09	6.6 (42.3%)

Znaleziono 43 wynik(ów)