

# JASTRZĘBSKA DZIESIĄTKA

B4SPORT

**Wydarzenie:** Jastrzębska Dziesiątka 2019  
**Organizator:** Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój  
**Data:** 2019-09-21  
**Miejsce:** Jastrzębie-Zdrój  
**Dystans:** 10 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K20-29

| Msc | Zawodnik                   | Numer | Klub | Kategoria | Mkat | Drużyna                | Czas startu | 2.9km    | 5km      | 7.3km    | 9.4km    | Czas netto 10km | Czas brutto 10km | Różn              | Tempo min/km | Tempo km/h   |
|-----|----------------------------|-------|------|-----------|------|------------------------|-------------|----------|----------|----------|----------|-----------------|------------------|-------------------|--------------|--------------|
| 1   | CHEMUTAI Joyline           | 984   |      | K20-29    | 1    |                        | 00:00:00    | 00:09:40 | 00:16:30 | 00:24:42 |          | 00:33:32.20     | 00:33:33.10      |                   | 3:21         | 17.9 (100%)  |
| 2   | MBATHA Ruth Nundu          | 985   |      | K20-29    | 2    |                        | 00:00:00    | 00:09:54 | 00:16:51 | 00:24:57 | 00:32:02 | 00:34:08.10     | 00:34:09.00      | +00:00:35 (1.8%)  | 3:24         | 17.6 (98.3%) |
| 3   | MACH Angelika              | 2     |      | K20-29    | 3    | 1 Second Team          | 00:00:00    | 00:10:08 | 00:17:17 | 00:25:45 | 00:33:19 | 00:35:32.85     | 00:35:33.70      | +00:02:00 (5.7%)  | 3:33         | 16.9 (94.4%) |
| 4   | BRONIATOWSKA Katarzyna     | 1     |      | K20-29    | 4    |                        | 00:00:00    | 00:09:58 | 00:17:21 | 00:26:02 | 00:33:35 | 00:35:40.80     | 00:35:41.45      | +00:02:08 (6.0%)  | 3:34         | 16.8 (93.9%) |
| 5   | ŚLĘZAK Sylwia              | 4     |      | K20-29    | 5    | 1 Second Team          | 00:00:01    | 00:10:48 | 00:18:40 | 00:28:09 | 00:36:43 | 00:39:13.75     | 00:39:15.25      | +00:05:41 (14.5%) | 3:55         | 15.3 (85.5%) |
| 6   | PATAS Magdalena            | 12    |      | K20-29    | 6    | FORMA Wodzisław Śląski | 00:00:01    | 00:11:16 | 00:19:21 | 00:28:52 | 00:37:03 | 00:39:27.65     | 00:39:29.00      | +00:05:55 (15.0%) | 3:56         | 15.2 (84.9%) |
| 7   | MENDECKA-ZEJDLER Michalina | 8     |      | K20-29    | 7    | 1 Second Team          | 00:00:01    | 00:11:25 | 00:19:34 | 00:29:06 | 00:37:21 | 00:39:46.35     | 00:39:47.65      | +00:06:14 (15.7%) | 3:58         | 15.1 (84.4%) |
| 8   | GAJ Paulina                | 10    |      | K20-29    | 8    | KB MCKIS Jaworzno      | 00:00:00    | 00:11:52 | 00:20:04 | 00:29:43 | 00:37:59 | 00:40:11.35     | 00:40:12.25      | +00:06:39 (16.6%) | 4:01         | 14.9 (83.2%) |
| 9   | MENDECKA Daria             | 11    |      | K20-29    | 9    | 1 Second Team          | 00:00:00    | 00:11:51 | 00:20:20 | 00:30:11 | 00:38:51 | 00:41:21.85     | 00:41:22.45      | +00:07:49 (18.9%) | 4:08         | 14.5 (81.0%) |
| 10  | JANKO Anna                 | 18    |      | K20-29    | 10   | Niewybiegani           | 00:00:02    | 00:12:44 | 00:21:28 | 00:31:33 | 00:40:08 | 00:42:41.20     | 00:42:43.35      | +00:09:09 (21.4%) | 4:16         | 14.1 (78.8%) |
| 11  | WOJNAROWICZ Iza            | 56    |      | K20-29    | 11   |                        | 00:00:02    | 00:13:12 | 00:22:45 | 00:33:54 | 00:43:28 | 00:46:13.60     | 00:46:16.25      | +00:12:41 (27.5%) | 4:37         | 13 (72.6%)   |
| 12  | MACHAJSKA Patrycja         | 41    |      | K20-29    | 12   |                        | 00:00:02    | 00:13:49 | 00:23:54 | 00:35:36 | 00:45:33 | 00:48:32.05     | 00:48:34.70      | +00:14:59 (30.9%) | 4:51         | 12.4 (69.3%) |
| 13  | HARAZIN Anna               | 35    |      | K20-29    | 13   |                        | 00:00:05    | 00:14:34 | 00:24:46 | 00:36:45 | 00:46:49 | 00:49:32.20     | 00:49:37.95      | +00:16:00 (32.3%) | 4:57         | 12.1 (67.6%) |
| 14  | ZELENT Karolina            | 201   |      | K20-29    | 14   |                        | 00:00:10    | 00:14:33 | 00:24:41 | 00:36:46 | 00:47:07 | 00:50:02.95     | 00:50:13.20      | +00:16:30 (33.0%) | 5:00         | 12 (67.0%)   |
| 15  | CANIBOŁ Anna               | 32    |      | K20-29    | 15   | RUNTEAM Pawłowice      | 00:00:06    | 00:15:09 | 00:25:29 | 00:38:03 | 00:48:45 | 00:51:30.20     | 00:51:36.75      | +00:17:58 (34.9%) | 5:09         | 11.7 (65.4%) |

| Msc | Zawodnik              | Numer | Klub | Kategoria | Mkat | Drużyna               | Czas startu | 2.9km    | 5km      | 7.3km    | 9.4km    | Czas netto 10km | Czas brutto 10km | Różn              | Tempo min/km | Tempo km/h   |
|-----|-----------------------|-------|------|-----------|------|-----------------------|-------------|----------|----------|----------|----------|-----------------|------------------|-------------------|--------------|--------------|
| 16  | MALIK Alicja          | 89    |      | K20-29    | 16   |                       | 00:00:04    | 00:15:10 | 00:25:44 | 00:38:05 | 00:48:44 | 00:51:46.30     | 00:51:50.55      | +00:18:14 (35.2%) | 5:10         | 11.6 (64.8%) |
| 17  | RUTYNA Jennifer       | 175   |      | K20-29    | 17   | Eko-Okna Runners      | 00:00:07    | 00:14:49 | 00:25:08 | 00:37:45 | 00:49:01 | 00:52:15.80     | 00:52:23.10      | +00:18:43 (35.8%) | 5:13         | 11.5 (64.2%) |
| 18  | SPYRKA Monika         | 305   |      | K20-29    | 18   | Klub Biegacza Fartlek | 00:00:03    | 00:15:18 | 00:26:09 | 00:38:57 | 00:49:42 | 00:52:37.85     | 00:52:41.05      | +00:19:05 (36.3%) | 5:15         | 11.4 (63.7%) |
| 19  | PRZYBYSZ Kinga        | 170   |      | K20-29    | 19   |                       | 00:00:09    | 00:16:14 | 00:27:18 | 00:40:13 | 00:51:12 | 00:54:15.00     | 00:54:24.35      | +00:20:42 (38.2%) | 5:25         | 11.1 (62.0%) |
| 20  | GOJOWY Marlena        | 242   |      | K20-29    | 20   |                       | 00:00:14    | 00:15:49 | 00:27:00 | 00:40:22 | 00:51:52 | 00:55:10.15     | 00:55:24.80      | +00:21:37 (39.2%) | 5:31         | 10.9 (60.9%) |
| 21  | LERCH Ewa             | 149   |      | K20-29    | 21   | RUNTEAM Pawłowice     | 00:00:11    | 00:16:18 | 00:27:19 | 00:40:20 | 00:52:25 | 00:55:29.45     | 00:55:40.55      | +00:21:57 (39.6%) | 5:32         | 10.8 (60.3%) |
| 22  | WACHTARCZYK Dominika  | 320   |      | K20-29    | 22   |                       | 00:00:15    | 00:16:40 | 00:28:19 | 00:42:01 | 00:53:15 | 00:56:09.50     | 00:56:25.05      | +00:22:37 (40.3%) | 5:37         | 10.7 (59.8%) |
| 23  | MROZEK Aleksandra     | 157   |      | K20-29    | 23   |                       | 00:00:09    | 00:15:06 | 00:26:55 | 00:41:28 | 00:53:06 | 00:56:23.70     | 00:56:32.85      | +00:22:51 (40.5%) | 5:38         | 10.6 (59.2%) |
| 24  | PAŃTAK Liwia          | 284   |      | K20-29    | 24   |                       | 00:00:12    | 00:17:03 | 00:28:28 | 00:42:01 | 00:53:19 | 00:56:33.70     | 00:56:45.95      | +00:23:01 (40.7%) | 5:39         | 10.6 (59.2%) |
| 25  | FOJCIK Katarzyna      | 67    |      | K20-29    | 25   | Yno Ultra             | 00:00:05    | 00:16:02 | 00:27:51 | 00:42:05 | 00:53:29 | 00:56:51.80     | 00:56:56.95      | +00:23:19 (41.0%) | 5:41         | 10.6 (59.2%) |
| 26  | HYŁA Aleksandra       | 132   |      | K20-29    | 26   |                       | 00:00:08    | 00:16:41 | 00:28:07 | 00:41:59 | 00:53:58 | 00:57:36.05     | 00:57:44.45      | +00:24:03 (41.8%) | 5:45         | 10.4 (58.1%) |
| 27  | NICER-OSIEWACZ Monika | 161   |      | K20-29    | 27   |                       | 00:00:08    | 00:17:30 | 00:29:12 | 00:43:06 | 00:54:45 | 00:57:59.25     | 00:58:07.75      | +00:24:27 (42.2%) | 5:47         | 10.3 (57.5%) |
| 28  | LACHOWICZ Izabela     | 260   |      | K20-29    | 28   |                       | 00:00:10    | 00:16:17 | 00:28:00 | 00:42:26 | 00:54:56 | 00:58:36.00     | 00:58:46.55      | +00:25:03 (42.8%) | 5:51         | 10.2 (57.0%) |
| 29  | SZYMURA Monika        | 314   |      | K20-29    | 29   |                       | 00:00:13    | 00:16:46 | 00:28:54 | 00:43:27 | 00:55:16 | 00:58:47.95     | 00:59:01.15      | +00:25:15 (43.0%) | 5:52         | 10.2 (57.0%) |
| 30  | TRZCIŃSKA Joanna      | 189   |      | K20-29    | 30   | Kobiety na 5+         | 00:00:03    | 00:16:49 | 00:29:07 | 00:43:46 | 00:55:38 | 00:58:52.50     | 00:58:55.70      | +00:25:20 (43.0%) | 5:53         | 10.2 (57.0%) |
| 31  | GIERON Syntia         | 70    |      | K20-29    | 31   |                       | 00:00:10    | 00:16:59 | 00:28:58 | 00:43:11 | 00:55:32 | 00:59:06.10     | 00:59:16.45      | +00:25:33 (43.3%) | 5:54         | 10.2 (57.0%) |
| 32  | HETMANIOK Agnieszka   | 131   |      | K20-29    | 32   |                       | 00:00:06    | 00:16:56 | 00:29:20 | 00:44:06 | 00:55:54 | 00:59:13.05     | 00:59:19.95      | +00:25:40 (43.4%) | 5:55         | 10.1 (56.4%) |
| 33  | MROWIEC Edyta         | 274   |      | K20-29    | 33   |                       | 00:00:08    | 00:18:12 | 00:30:50 | 00:45:09 | 00:56:33 | 00:59:26.75     | 00:59:35.65      | +00:25:54 (43.6%) | 5:56         | 10.1 (56.4%) |
| 34  | SŁODZIŃSKA Magdalena  | 179   |      | K20-29    | 34   |                       | 00:00:08    | 00:16:47 | 00:29:11 | 00:44:33 | 00:56:41 | 01:00:16.15     | 01:00:24.70      | +00:26:43 (44.4%) | 6:01         | 10 (55.9%)   |
| 35  | SZKATUŁA Jadwiga      | 185   |      | K20-29    | 35   |                       | 00:00:10    | 00:17:38 | 00:29:46 | 00:44:16 | 00:56:54 | 01:00:30.30     | 01:00:40.95      | +00:26:58 (44.6%) | 6:03         | 9.9 (55.3%)  |
| 36  | TORZEWSKA Sandra      | 188   |      | K20-29    | 36   |                       | 00:00:11    | 00:17:45 | 00:30:25 | 00:46:07 | 00:59:27 | 01:03:14.75     | 01:03:25.80      | +00:29:42 (47.0%) | 6:19         | 9.5 (53.1%)  |
| 37  | WIDENKA Joanna        | 193   |      | K20-29    | 37   |                       | 00:00:08    | 00:18:48 | 00:31:31 | 00:46:57 | 01:00:16 | 01:04:16.25     | 01:04:25.10      | +00:30:44 (47.8%) | 6:25         | 9.3 (52.0%)  |
| 38  | STEKLA-MAJER Anna     | 309   |      | K20-29    | 38   |                       | 00:00:12    | 00:17:41 | 00:30:38 | 00:47:10 | 01:01:08 | 01:05:08.20     | 01:05:20.60      | +00:31:36 (48.5%) | 6:30         | 9.2 (51.4%)  |

| Msc | Zawodnik           | Numer | Klub | Kategoria | Mkat | Drużyna       | Czas startu | 2.9km    | 5km      | 7.3km    | 9.4km    | Czas netto 10km | Czas brutto 10km | Różn              | Tempo min/km | Tempo km/h  |
|-----|--------------------|-------|------|-----------|------|---------------|-------------|----------|----------|----------|----------|-----------------|------------------|-------------------|--------------|-------------|
| 39  | ŚLEDŹ Dorota       | 315   |      | K20-29    | 39   |               | 00:00:14    | 00:19:50 | 00:33:51 | 00:50:11 | 01:04:03 | 01:07:40.10     | 01:07:54.20      | +00:34:07 (50.4%) | 6:46         | 8.9 (49.7%) |
| 40  | MAĆKÓW Klaudia     | 266   |      | K20-29    | 40   |               | 00:00:10    | 00:20:34 | 00:35:19 | 00:52:28 | 01:07:06 | 01:11:17.20     | 01:11:27.35      | +00:37:45 (53.0%) | 7:07         | 8.4 (46.9%) |
| 41  | URBACZKA Karolina  | 107   |      | K20-29    | 41   |               | 00:00:14    | 00:21:26 | 00:36:53 | 00:54:56 | 01:10:10 | 01:14:08.10     | 01:14:22.55      | +00:40:35 (54.8%) | 7:24         | 8.1 (45.3%) |
| 42  | MYŚLIWIEC Barbara  | 277   |      | K20-29    | 42   | Kobiety na 5+ | 00:00:04    | 00:21:14 | 00:36:24 | 00:54:33 | 01:10:21 | 01:14:40.75     | 01:14:45.25      | +00:41:08 (55.1%) | 7:28         | 8 (44.7%)   |
| 43  | FELSKA Weronika    | 232   |      | K20-29    | 43   |               | 00:00:13    | 00:20:31 | 00:36:11 | 00:54:55 | 01:10:34 | 01:14:56.10     | 01:15:09.15      | +00:41:23 (55.2%) | 7:29         | 8 (44.7%)   |
| 44  | PRZYGODA Sylwia    | 294   |      | K20-29    | 44   | Morświny      | 00:00:12    | 00:22:28 | 00:38:48 | 00:57:52 | 01:12:51 | 01:17:02.85     | 01:17:15.60      | +00:43:30 (56.5%) | 7:42         | 7.8 (43.6%) |
| 45  | ŻEBROWSKA Weronika | 334   |      | K20-29    | 45   |               | 00:00:13    | 00:21:10 | 00:37:13 | 00:56:57 | 01:14:21 | 01:18:50.45     | 01:19:04.30      | +00:45:18 (57.5%) | 7:53         | 7.6 (42.5%) |
| 46  | SIKORA Sara        | 301   |      | K20-29    | 46   |               | 00:00:10    | 00:24:40 | 00:41:39 | 01:07:40 | 01:25:44 | 01:30:46.20     | 01:30:56.75      | +00:57:14 (63.1%) | 9:04         | 6.6 (36.9%) |
| 47  | ZIĘTARA Paulina    | 331   |      | K20-29    | 47   |               | 00:00:13    |          |          |          |          |                 |                  |                   |              | (0.0%)      |

Znaleziono 47 wynik(ów)