

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: K40-49

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	LASKOWSKA Katarzyna	21	K40-49	1	Inżynieria biegania Team	00:00:02	00:12:07	00:20:33	00:30:12	00:38:31	00:40:56.45	00:40:58.70		4:05	14.7 (100%)
2	RENCZ Małgorzata	29	K40-49	2		00:00:01	00:12:07	00:20:46	00:31:08	00:39:54	00:42:28.50	00:42:29.85	+00:01:32 (3.6%)	4:14	14.1 (95.9%)
3	MENŻYK Joanna	43	K40-49	3	Mors Hubertus Mysłowice	00:00:03	00:13:54	00:23:36	00:35:08	00:44:58	00:47:35.10	00:47:39.00	+00:06:38 (14.0%)	4:45	12.6 (85.7%)
4	POŁOMSKA Edyta	48	K40-49	4		00:00:00					00:48:03.95	00:48:03.95	+00:07:07 (14.8%)	4:48	12.5 (85.0%)
5	KONDIELNIK Magdalena	81	K40-49	5		00:00:05	00:14:18	00:24:08	00:35:36	00:45:24	00:48:16.60	00:48:21.60	+00:07:20 (15.2%)	4:49	12.4 (84.4%)
6	LORENZ Agnieszka	87	K40-49	6	Galopujące Ślimaki	00:00:05	00:14:25	00:24:16	00:35:54	00:45:53	00:48:46.40	00:48:52.35	+00:07:49 (16.1%)	4:52	12.3 (83.7%)
7	WOJAKOWSKA Katarzyna	31	K40-49	7		00:00:02	00:14:27	00:24:38	00:36:24	00:46:28	00:49:13.85	00:49:15.90	+00:08:17 (16.8%)	4:55	12.2 (83.0%)
8	BUDKA Agata	61	K40-49	8	KB MCKIS Jaworzno	00:00:02	00:14:38	00:25:02	00:37:10	00:47:12	00:50:19.35	00:50:22.30	+00:09:22 (18.6%)	5:02	11.9 (81.0%)
9	HELIOSZ Agnieszka	72	K40-49	9	Koszulka Hynia	00:00:01	00:14:38	00:25:00	00:37:26	00:48:04	00:51:10.75	00:51:12.45	+00:10:14 (20.0%)	5:07	11.7 (79.6%)
10	SICH-ŚWITAŁA Małgorzata	52	K40-49	10	Koszulka Hynia	00:00:02	00:15:26	00:25:57	00:38:19	00:48:45	00:51:40.00	00:51:42.05	+00:10:43 (20.8%)	5:10	11.6 (78.9%)
11	KIPPING Magdalena	140	K40-49	11		00:00:13	00:15:23	00:26:05	00:38:20	00:48:54	00:51:59.30	00:52:12.45	+00:11:02 (21.2%)	5:11	11.5 (78.2%)
12	KRAUSE Sylwia	82	K40-49	12	Radlinioki w biegu	00:00:11	00:15:59	00:26:42	00:38:57	00:49:25	00:52:23.40	00:52:35.25	+00:11:26 (21.9%)	5:14	11.5 (78.2%)
13	PASŁAWSKA Katarzyna	795	K40-49	13	Kobiety na 5+	00:00:03	00:14:55	00:25:21	00:38:18	00:49:15	00:52:23.80	00:52:27.70	+00:11:27 (21.9%)	5:14	11.5 (78.2%)
14	POPEK Barbara	49	K40-49	14	ZS6 Sobieski	00:00:06	00:15:14	00:26:01	00:38:45	00:49:30	00:52:38.15	00:52:44.40	+00:11:41 (22.2%)	5:15	11.4 (77.6%)
15	CHROBOK Józefa	114	K40-49	15	Olza Cieszyn	00:00:06	00:15:18	00:25:59	00:38:43	00:49:36	00:52:44.55	00:52:51.25	+00:11:48 (22.4%)	5:16	11.4 (77.6%)

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	STACHAŃCZYK Dorota	306		K40-49	16		00:00:15	00:16:07	00:26:43	00:39:26	00:49:41	00:52:45.55	00:53:01.10	+00:11:49 (22.4%)	5:16	11.4 (77.6%)
17	OBROK Marta	164		K40-49	17		00:00:04	00:15:11	00:25:52	00:38:36	00:49:46	00:52:46.15	00:52:50.20	+00:11:49 (22.4%)	5:16	11.4 (77.6%)
18	PAJESTKA Katarzyna	97		K40-49	18	WRM MC POLAND	00:00:04	00:15:32	00:26:23	00:39:02	00:49:55	00:52:57.55	00:53:01.85	+00:12:01 (22.7%)	5:17	11.3 (76.9%)
19	BURAKOWSKA Małgorzata	62		K40-49	19	Zabiegani Nauczyciele	00:00:03	00:15:36	00:26:27	00:39:22	00:50:13	00:53:20.95	00:53:24.70	+00:12:24 (23.3%)	5:20	11.2 (76.2%)
20	GATNER Agnieszka	237		K40-49	20		00:00:02	00:15:02	00:25:55	00:39:49	00:51:04	00:54:09.00	00:54:11.90	+00:13:12 (24.4%)	5:24	11.1 (75.5%)
21	ŁATKA Dorota	264		K40-49	21		00:00:11	00:15:35	00:26:27	00:39:43	00:51:03	00:54:20.95	00:54:32.00	+00:13:24 (24.7%)	5:26	11 (74.8%)
22	BRZUSKA Kasia	113		K40-49	22	Olza Cieszyn	00:00:12	00:16:32	00:27:44	00:40:33	00:51:28	00:54:27.95	00:54:40.20	+00:13:31 (24.8%)	5:26	11 (74.8%)
23	DONOCIK Bogusława	230		K40-49	23	Olza Cieszyn	00:00:12	00:16:32	00:27:46	00:40:37	00:51:27	00:54:28.15	00:54:40.20	+00:13:31 (24.8%)	5:26	11 (74.8%)
24	MALINOWSKA Aneta	153		K40-49	24	Olza Cieszyn	00:00:12	00:16:43	00:27:44	00:40:40	00:51:28	00:54:32.25	00:54:44.30	+00:13:35 (24.9%)	5:27	11 (74.8%)
25	NALEWAJKA Wioleta	45		K40-49	25	Kobiety na 5+	00:00:05	00:16:06	00:27:18	00:40:23	00:51:35	00:54:38.00	00:54:43.30	+00:13:41 (25.1%)	5:27	11 (74.8%)
26	KIEŁKOWSKA Agnieszka	138		K40-49	26	Kobiety na 5+	00:00:03	00:16:08	00:27:15	00:40:17	00:51:26	00:54:38.20	00:54:41.85	+00:13:41 (25.1%)	5:27	11 (74.8%)
27	DĄBROWSKA Emilia	33		K40-49	27	Klub Biegacza Fartlek	00:00:09	00:16:14	00:27:16	00:40:20	00:51:25	00:54:40.45	00:54:49.90	+00:13:44 (25.1%)	5:28	11 (74.8%)
28	GENSTY Klaudia	69		K40-49	28	Dystans Lubomia	00:00:14	00:16:22	00:27:31	00:40:34	00:51:35	00:54:41.35	00:54:55.95	+00:13:44 (25.1%)	5:28	11 (74.8%)
29	CHYTROSZEK Eleonora	115		K40-49	29		00:00:14	00:15:57	00:27:10	00:40:30	00:51:38	00:54:58.70	00:55:13.65	+00:14:02 (25.5%)	5:29	10.9 (74.1%)
30	JURKIEWICZ-FILIKS Basia	248		K40-49	30		00:00:12	00:16:50	00:28:00	00:41:01	00:52:10	00:55:19.25	00:55:32.10	+00:14:22 (26.0%)	5:32	10.8 (73.5%)
31	RAŻNIAK Beata	171		K40-49	31	Kobiety na 5+	00:00:03	00:16:06	00:27:21	00:40:36	00:52:07	00:55:26.80	00:55:30.20	+00:14:30 (26.2%)	5:32	10.8 (73.5%)
32	CZOPEK Agnieszka	116		K40-49	32	KB MCKIS Jaworzno	00:00:05	00:15:42	00:27:03	00:40:47	00:52:12	00:55:27.40	00:55:32.90	+00:14:30 (26.2%)	5:32	10.8 (73.5%)
33	PIECYK Ada	286		K40-49	33		00:00:08	00:15:42	00:26:54	00:40:47	00:52:13	00:55:27.90	00:55:36.75	+00:14:31 (26.2%)	5:32	10.8 (73.5%)
34	GAŁKIEWICZ Monika	236		K40-49	34		00:00:07	00:15:54	00:27:12	00:40:53	00:52:43	00:55:55.80	00:56:03.75	+00:14:59 (26.8%)	5:35	10.7 (72.8%)
35	KWAŚNY Ewa	259		K40-49	35		00:00:12	00:16:20	00:27:49	00:41:10	00:52:37	00:55:59.40	00:56:12.05	+00:15:02 (26.9%)	5:36	10.7 (72.8%)
36	WILSZ Ewa	196		K40-49	36		00:00:09	00:16:29	00:27:59	00:41:34	00:53:01	00:56:15.05	00:56:24.80	+00:15:18 (27.2%)	5:37	10.7 (72.8%)
37	PŁASKA Barbara	288		K40-49	37	Kobiety na 5+	00:00:03	00:16:04	00:27:30	00:41:21	00:53:11	00:56:30.65	00:56:34.05	+00:15:34 (27.6%)	5:39	10.6 (72.1%)
38	TROJSZCZAK Joanna	318		K40-49	38		00:00:02	00:16:00	00:27:27	00:41:17	00:53:27	00:56:47.75	00:56:50.70	+00:15:51 (27.9%)	5:40	10.6 (72.1%)

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	MISZCZAK Katarzyna	156		K40-49	39		00:00:14	00:16:45	00:28:29	00:42:12	00:53:32	00:56:54.70	00:57:09.05	+00:15:58 (28.1%)	5:41	10.5 (71.4%)
40	DOBRENIUK Aurelia	118		K40-49	40		00:00:09	00:16:15	00:27:51	00:41:45	00:53:33	00:56:58.00	00:57:07.85	+00:16:01 (28.1%)	5:41	10.5 (71.4%)
41	ADAMIAK Edyta	110		K40-49	41		00:00:05	00:16:29	00:28:06	00:42:09	00:54:04	00:57:23.90	00:57:29.85	+00:16:27 (28.7%)	5:44	10.5 (71.4%)
42	BAJCAR Beata	206		K40-49	42	Kobiety na 5+	00:00:04	00:16:44	00:28:26	00:42:23	00:54:14	00:57:29.85	00:57:33.85	+00:16:33 (28.8%)	5:44	10.4 (70.7%)
43	CZARNOWSKA Beata	224		K40-49	43		00:00:09	00:17:09	00:29:17	00:42:57	00:54:14	00:57:31.00	00:57:40.10	+00:16:34 (28.8%)	5:45	10.4 (70.7%)
44	ĆWIOK Barbara	226		K40-49	44		00:00:10	00:16:41	00:28:31	00:42:19	00:54:17	00:57:39.40	00:57:49.45	+00:16:42 (29.0%)	5:45	10.4 (70.7%)
45	HEJNA Izabela	243		K40-49	45	Radlinioki w biegu	00:00:11	00:17:29	00:29:06	00:42:54	00:54:29	00:57:39.45	00:57:51.25	+00:16:43 (29.0%)	5:46	10.4 (70.7%)
46	PIECHOCKA Jadwiga	285		K40-49	46		00:00:15	00:17:13	00:28:45	00:42:35	00:54:18	00:57:43.65	00:57:58.90	+00:16:47 (29.1%)	5:46	10.4 (70.7%)
47	SAWICKA Agnieszka	298		K40-49	47	Klub Biegacza Fartlek	00:00:09	00:16:58	00:28:52	00:43:03	00:54:54	00:58:21.85	00:58:31.80	+00:17:25 (29.9%)	5:50	10.3 (70.1%)
48	SZEFER Sylwia	312		K40-49	48		00:00:14	00:17:15	00:29:20	00:43:18	00:55:14	00:58:23.60	00:58:38.20	+00:17:27 (29.9%)	5:50	10.3 (70.1%)
49	ŻEBROWSKA Matylda	333		K40-49	49		00:00:13	00:17:02	00:29:16	00:43:28	00:55:26	00:58:54.95	00:59:08.65	+00:17:58 (30.5%)	5:53	10.2 (69.4%)
50	MUSIOŁ Helena	94		K40-49	50		00:00:11	00:16:55	00:29:01	00:43:21	00:55:39	00:59:02.10	00:59:13.75	+00:18:05 (30.6%)	5:54	10.2 (69.4%)
51	ROZMUS Ewa	174		K40-49	51	PoWoli do Celu	00:00:10	00:17:29	00:29:20	00:43:32	00:55:39	00:59:02.50	00:59:13.05	+00:18:06 (30.7%)	5:54	10.2 (69.4%)
52	STOPYRA Agnieszka	184		K40-49	52		00:00:08	00:17:25	00:29:26	00:43:40	00:55:37	00:59:05.40	00:59:14.15	+00:18:08 (30.7%)	5:54	10.2 (69.4%)
53	OSTROWSKA Izabela	281		K40-49	53	Kobiety na 5+	00:00:03	00:16:47	00:29:01	00:43:36	00:55:49	00:59:09.35	00:59:13.05	+00:18:12 (30.8%)	5:55	10.1 (68.7%)
54	JAKUBOWSKA Agnieszka	245		K40-49	54	HRmax Żory	00:00:08	00:17:26	00:29:32	00:43:45	00:55:42	00:59:09.45	00:59:17.75	+00:18:13 (30.8%)	5:54	10.1 (68.7%)
55	FECZKO Lucyna	121		K40-49	55		00:00:05	00:17:08	00:29:36	00:44:40	00:56:50	01:00:20.10	01:00:26.00	+00:19:23 (32.1%)	6:02	9.9 (67.3%)
56	KĄŁUS Joanna	250		K40-49	56		00:00:11	00:16:58	00:29:22	00:44:17	00:56:59	01:00:45.70	01:00:56.75	+00:19:49 (32.6%)	6:04	9.9 (67.3%)
57	GABRUŚ Iwona	234		K40-49	57		00:00:10	00:17:26	00:29:34	00:44:24	00:57:11	01:01:00.10	01:01:10.80	+00:20:03 (32.9%)	6:06	9.8 (66.7%)
58	GOIK Agnieszka	241		K40-49	58	Radlinioki w biegu	00:00:12	00:18:12	00:31:02	00:45:50	00:58:06	01:01:38.40	01:01:50.45	+00:20:41 (33.6%)	6:09	9.7 (66.0%)
59	CIEŚLA Edyta	221		K40-49	59		00:00:11	00:18:19	00:30:55	00:45:36	00:58:13	01:01:50.60	01:02:01.65	+00:20:54 (33.8%)	6:11	9.7 (66.0%)
60	ZIĘTARA Agata	330		K40-49	60		00:00:08	00:17:28	00:30:02	00:45:22	00:58:11	01:01:56.65	01:02:05.10	+00:21:00 (33.9%)	6:11	9.7 (66.0%)
61	PODLEŚNY Justyna	290		K40-49	61		00:00:08	00:17:48	00:30:21	00:45:33	00:58:29	01:02:20.95	01:02:29.15	+00:21:24 (34.3%)	6:14	9.6 (65.3%)

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62	OLSZEWSKA Dorota	280		K40-49	62	Kobiety na 5+	00:00:07	00:18:00	00:30:28	00:45:59	00:58:59	01:02:30.60	01:02:38.30	+00:21:34 (34.5%)	6:15	9.6 (65.3%)
63	ADAMCZAK Renata	203		K40-49	63	Yno Ultra	00:00:05	00:17:52	00:30:52	00:46:05	00:59:02	01:02:47.70	01:02:52.95	+00:21:51 (34.8%)	6:16	9.6 (65.3%)
64	GÓRNY Jola	127		K40-49	64		00:00:07	00:18:12	00:30:56	00:46:29	00:59:19	01:02:49.70	01:02:57.50	+00:21:53 (34.8%)	6:17	9.5 (64.6%)
65	WALESZ Joanna	321		K40-49	65	KB MCKIS Jaworzno	00:00:08	00:18:20	00:31:14	00:46:46	00:59:51	01:03:31.00	01:03:39.10	+00:22:34 (35.5%)	6:21	9.4 (63.9%)
66	BARTNIK Joanna	208		K40-49	66		00:00:05	00:18:38	00:31:34	00:47:00	01:00:08	01:03:33.90	01:03:39.00	+00:22:37 (35.6%)	6:21	9.4 (63.9%)
67	BOŻEK Dagmara	217		K40-49	67		00:00:06	00:18:13	00:31:12	00:46:59	01:00:27	01:04:28.15	01:04:34.50	+00:23:31 (36.5%)	6:26	9.3 (63.3%)
68	KUBAS Alina	256		K40-49	68	Klub Biegacza Fartlek	00:00:09	00:18:35	00:31:34	00:47:35	01:00:59	01:04:49.65	01:04:59.60	+00:23:53 (36.8%)	6:29	9.3 (63.3%)
69	GŁÓWCZYK Izabella	240		K40-49	69		00:00:05	00:17:45	00:31:07	00:47:22	01:02:06	01:06:10.60	01:06:16.55	+00:25:14 (38.1%)	6:37	9.1 (61.9%)
70	SURY-WOLNIEWICZ Kamila	310		K40-49	70	Kobiety na 5+	00:00:04	00:19:15	00:32:49	00:48:53	01:02:34	01:06:12.55	01:06:16.60	+00:25:16 (38.2%)	6:37	9.1 (61.9%)
71	BETAŃSKA Aneta	211		K40-49	71	Kobiety na 5+	00:00:04	00:18:59	00:32:39	00:48:51	01:02:34	01:06:22.30	01:06:27.00	+00:25:25 (38.3%)	6:38	9 (61.2%)
72	MAĆKÓW Agnieszka	265		K40-49	72		00:00:09	00:19:02	00:32:15	00:48:23	01:02:24	01:06:22.60	01:06:32.55	+00:25:26 (38.3%)	6:38	9 (61.2%)
73	MYŚLIWIEC Kulczykowa	160		K40-49	73		00:00:04	00:18:59	00:32:39	00:48:51	01:02:34	01:06:22.70	01:06:27.50	+00:25:26 (38.3%)	6:38	9 (61.2%)
74	DZIĘCIOŁ Wanda	231		K40-49	74		00:00:11	00:18:59	00:32:54	00:50:05	01:04:53	01:09:10.75	01:09:22.60	+00:28:14 (40.8%)	6:55	8.7 (59.2%)
75	ZALEWSKA Barbara	329		K40-49	75	Kobiety na 5+	00:00:05	00:20:13	00:34:38	00:52:19	01:06:59	01:11:25.65	01:11:30.90	+00:30:29 (42.7%)	7:08	8.4 (57.1%)
76	KLACZEK Anna	251		K40-49	76		00:00:13	00:19:50	00:34:45	00:52:47	01:08:18	01:12:36.50	01:12:50.05	+00:31:40 (43.6%)	7:15	8.3 (56.5%)
77	MAĆZKA Małgorzata	269		K40-49	77		00:00:13	00:20:50	00:35:46	00:54:10	01:09:52	01:14:13.95	01:14:27.75	+00:33:17 (44.8%)	7:25	8.1 (55.1%)
78	WOLNIK Jolka	325		K40-49	78		00:00:07	00:24:08	00:41:11	01:07:28	01:25:01	01:30:21.95	01:30:29.00	+00:49:25 (54.7%)	9:02	6.6 (44.9%)

Znaleziono 78 wynik(ów)