

JASTRZĘBSKA DZIESIĄTKA

B4SPORT

Event: Jastrzębska Dziesiątka 2019
Organiser: Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
Date: 2019-09-21
Place: Jastrzębie-Zdrój
Distance: 10 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Classification: K40-49

Split point: 9,4 km

Place	Participant	Number	Club	Category	Drużyna	Start time	2.9km	5km	7.3km	9.4km
1	LASKOWSKA Katarzyna	21		K40-49	Inżynieria biegania Team	00:00:02	00:12:07	00:20:33	00:30:12	00:38:31
2	RENCZ Małgorzata	29		K40-49		00:00:01	00:12:07	00:20:46	00:31:08	00:39:54
3	MENŻYK Joanna	43		K40-49	Mors Hubertus Mysłowice	00:00:03	00:13:54	00:23:36	00:35:08	00:44:58
4	KONDZIELNIK Magdalena	81		K40-49		00:00:05	00:14:18	00:24:08	00:35:36	00:45:24
5	LORENZ Agnieszka	87		K40-49	Galopujące Ślimaki	00:00:05	00:14:25	00:24:16	00:35:54	00:45:53
6	WOJAKOWSKA Katarzyna	31		K40-49		00:00:02	00:14:27	00:24:38	00:36:24	00:46:28
7	BUDKA Agata	61		K40-49	KB MCKIS Jaworzno	00:00:02	00:14:38	00:25:02	00:37:10	00:47:12
8	HELIOSZ Agnieszka	72		K40-49	Koszulka Hynia	00:00:01	00:14:38	00:25:00	00:37:26	00:48:04
9	SICH-ŚWITAŁA Małgorzata	52		K40-49	Koszulka Hynia	00:00:02	00:15:26	00:25:57	00:38:19	00:48:45
10	KIPPING Magdalena	140		K40-49		00:00:13	00:15:23	00:26:05	00:38:20	00:48:54
11	PASŁAWSKA Katarzyna	795		K40-49	Kobiety na 5+	00:00:03	00:14:55	00:25:21	00:38:18	00:49:15
12	KRAUSE Sylwia	82		K40-49	Radlinioki w biegu	00:00:11	00:15:59	00:26:42	00:38:57	00:49:25
13	POPEK Barbara	49		K40-49	ZS6 Sobieski	00:00:06	00:15:14	00:26:01	00:38:45	00:49:30
14	CHROBOK Józefa	114		K40-49	Olza Cieszyn	00:00:06	00:15:18	00:25:59	00:38:43	00:49:36
15	STACHAŃCZYK Dorota	306		K40-49		00:00:15	00:16:07	00:26:43	00:39:26	00:49:41
16	OBROK Marta	164		K40-49		00:00:04	00:15:11	00:25:52	00:38:36	00:49:46
17	PAJESTKA Katarzyna	97		K40-49	WRM MC POLAND	00:00:04	00:15:32	00:26:23	00:39:02	00:49:55
18	BURAKOWSKA Małgorzata	62		K40-49	Zabiegani Nauczyciele	00:00:03	00:15:36	00:26:27	00:39:22	00:50:13
19	ŁATKA Dorota	264		K40-49		00:00:11	00:15:35	00:26:27	00:39:43	00:51:03
20	GATNER Agnieszka	237		K40-49		00:00:02	00:15:02	00:25:55	00:39:49	00:51:04
21	DĄBROWSKA Emilia	33		K40-49	Klub Biegacza Fartlek	00:00:09	00:16:14	00:27:16	00:40:20	00:51:25
22	KIEŁKOWSKA Agnieszka	138		K40-49	Kobiety na 5+	00:00:03	00:16:08	00:27:15	00:40:17	00:51:26
23	DONOCIK Bogusława	230		K40-49	Olza Cieszyn	00:00:12	00:16:32	00:27:46	00:40:37	00:51:27
24	BRZUSKA Kasia	113		K40-49	Olza Cieszyn	00:00:12	00:16:32	00:27:44	00:40:33	00:51:28
25	MALINOWSKA Aneta	153		K40-49	Olza Cieszyn	00:00:12	00:16:43	00:27:44	00:40:40	00:51:28
26	NALEWAJKA Wioleta	45		K40-49	Kobiety na 5+	00:00:05	00:16:06	00:27:18	00:40:23	00:51:35
27	GENSTY Klaudia	69		K40-49	Dystans Lubomia	00:00:14	00:16:22	00:27:31	00:40:34	00:51:35
28	CHYTROSZEK Eleonora	115		K40-49		00:00:14	00:15:57	00:27:10	00:40:30	00:51:38
29	RAŻNIAK Beata	171		K40-49	Kobiety na 5+	00:00:03	00:16:06	00:27:21	00:40:36	00:52:07
30	JURKIEWICZ-FILIKS Basia	248		K40-49		00:00:12	00:16:50	00:28:00	00:41:01	00:52:10
31	CZOPEK Agnieszka	116		K40-49	KB MCKIS Jaworzno	00:00:05	00:15:42	00:27:03	00:40:47	00:52:12

Place	Participant	Number	Club	Category	Drużyna	Start time	2.9km	5km	7.3km	9.4km
32	PIECYK Ada	286		K40-49		00:00:08	00:15:42	00:26:54	00:40:47	00:52:13
33	KWAŚNY Ewa	259		K40-49		00:00:12	00:16:20	00:27:49	00:41:10	00:52:37
34	GAŁKIEWICZ Monika	236		K40-49		00:00:07	00:15:54	00:27:12	00:40:53	00:52:43
35	WILSZ Ewa	196		K40-49		00:00:09	00:16:29	00:27:59	00:41:34	00:53:01
36	PŁASKA Barbara	288		K40-49	Kobiety na 5+	00:00:03	00:16:04	00:27:30	00:41:21	00:53:11
37	TROJSZCZAK Joanna	318		K40-49		00:00:02	00:16:00	00:27:27	00:41:17	00:53:27
38	MISZCZAK Katarzyna	156		K40-49		00:00:14	00:16:45	00:28:29	00:42:12	00:53:32
39	DOBRENIUK Aurelia	118		K40-49		00:00:09	00:16:15	00:27:51	00:41:45	00:53:33
40	ADAMIAK Edyta	110		K40-49		00:00:05	00:16:29	00:28:06	00:42:09	00:54:04
41	BAJCAR Beata	206		K40-49	Kobiety na 5+	00:00:04	00:16:44	00:28:26	00:42:23	00:54:14
42	CZARNOWSKA Beata	224		K40-49		00:00:09	00:17:09	00:29:17	00:42:57	00:54:14
43	ĆWIOK Barbara	226		K40-49		00:00:10	00:16:41	00:28:31	00:42:19	00:54:17
44	PIECHOCKA Jadwiga	285		K40-49		00:00:15	00:17:13	00:28:45	00:42:35	00:54:18
45	HEJNA Izabela	243		K40-49	Radlinioki w biegu	00:00:11	00:17:29	00:29:06	00:42:54	00:54:29
46	SAWICKA Agnieszka	298		K40-49	Klub Biegacza Fartlek	00:00:09	00:16:58	00:28:52	00:43:03	00:54:54
47	SZEFER Sylwia	312		K40-49		00:00:14	00:17:15	00:29:20	00:43:18	00:55:14
48	ŻEBROWSKA Matylda	333		K40-49		00:00:13	00:17:02	00:29:16	00:43:28	00:55:26
49	STOPYRA Agnieszka	184		K40-49		00:00:08	00:17:25	00:29:26	00:43:40	00:55:37
50	ROZMUS Ewa	174		K40-49	PoWoli do Celu	00:00:10	00:17:29	00:29:20	00:43:32	00:55:39
51	MUSIOŁ Helena	94		K40-49		00:00:11	00:16:55	00:29:01	00:43:21	00:55:39
52	JAKUBOWSKA Agnieszka	245		K40-49	HRmax Żory	00:00:08	00:17:26	00:29:32	00:43:45	00:55:42
53	OSTROWSKA Izabela	281		K40-49	Kobiety na 5+	00:00:03	00:16:47	00:29:01	00:43:36	00:55:49
54	FECZKO Lucyna	121		K40-49		00:00:05	00:17:08	00:29:36	00:44:40	00:56:50
55	KAŁUS Joanna	250		K40-49		00:00:11	00:16:58	00:29:22	00:44:17	00:56:59
56	GABRUŚ Iwona	234		K40-49		00:00:10	00:17:26	00:29:34	00:44:24	00:57:11
57	GOIK Agnieszka	241		K40-49	Radlinioki w biegu	00:00:12	00:18:12	00:31:02	00:45:50	00:58:06
58	ZIĘTARA Agata	330		K40-49		00:00:08	00:17:28	00:30:02	00:45:22	00:58:11
59	CIEŚLA Edyta	221		K40-49		00:00:11	00:18:19	00:30:55	00:45:36	00:58:13
60	PODLEŚNY Justyna	290		K40-49		00:00:08	00:17:48	00:30:21	00:45:33	00:58:29
61	OLSZEWSKA Dorota	280		K40-49	Kobiety na 5+	00:00:07	00:18:00	00:30:28	00:45:59	00:58:59
62	ADAMCZAK Renata	203		K40-49	Yno Ultra	00:00:05	00:17:52	00:30:52	00:46:05	00:59:02
63	GÓRNY Jola	127		K40-49		00:00:07	00:18:12	00:30:56	00:46:29	00:59:19
64	WALESZ Joanna	321		K40-49	KB MCKIS Jaworzno	00:00:08	00:18:20	00:31:14	00:46:46	00:59:51
65	BARTNIK Joanna	208		K40-49		00:00:05	00:18:38	00:31:34	00:47:00	01:00:08
66	BOŻEK Dagmara	217		K40-49		00:00:06	00:18:13	00:31:12	00:46:59	01:00:27
67	KUBAS Alina	256		K40-49	Klub Biegacza Fartlek	00:00:09	00:18:35	00:31:34	00:47:35	01:00:59
68	GŁÓWCZYK Izabella	240		K40-49		00:00:05	00:17:45	00:31:07	00:47:22	01:02:06
69	MAĆKÓW Agnieszka	265		K40-49		00:00:09	00:19:02	00:32:15	00:48:23	01:02:24
70	MYŚLIWIEC Kulczykowa	160		K40-49		00:00:04	00:18:59	00:32:39	00:48:51	01:02:34
71	SURY-WOLNIEWICZ Kamila	310		K40-49	Kobiety na 5+	00:00:04	00:19:15	00:32:49	00:48:53	01:02:34
72	BETAŃSKA Aneta	211		K40-49	Kobiety na 5+	00:00:04	00:18:59	00:32:39	00:48:51	01:02:34
73	DZIĘCIOŁ Wanda	231		K40-49		00:00:11	00:18:59	00:32:54	00:50:05	01:04:53
74	ZALEWSKA Barbara	329		K40-49	Kobiety na 5+	00:00:05	00:20:13	00:34:38	00:52:19	01:06:59
75	KLACZEK Anna	251		K40-49		00:00:13	00:19:50	00:34:45	00:52:47	01:08:18
76	MĄCZKA Małgorzata	269		K40-49		00:00:13	00:20:50	00:35:46	00:54:10	01:09:52
77	WOLNIK Jolka	325		K40-49		00:00:07	00:24:08	00:41:11	01:07:28	01:25:01

Place	Participant	Number	Club	Category	Drużyna	Start time	2.9km	5km	7.3km	9.4km
78	POŁOMSKA Edyta	48		K40-49		00:00:00				

Total 78 results.