

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: K50-59

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	KANCLERZ-JANUSZEWSKA Katarzyna	19		K50-59	1	Kobiety na 5+	00:00:02	00:12:42	00:21:43	00:32:17	00:41:30	00:44:10.10	00:44:12.35		4:25	13.6 (100%)
2	PAPUGA Iwona	46		K50-59	2	Zadyszka Oświęcim	00:00:05	00:13:42	00:23:29	00:34:49	00:44:21	00:47:04.95	00:47:10.75	+00:02:54 (6.2%)	4:42	12.7 (93.4%)
3	BRZOZOWSKA Teresa	60		K50-59	3	KB MCKIS Jaworzno	00:00:06	00:15:23	00:25:28	00:37:15	00:47:07	00:49:53.05	00:49:59.80	+00:05:42 (11.5%)	4:59	12 (88.2%)
4	PROKOP Elżbieta	168		K50-59	4		00:00:09	00:15:42	00:26:13	00:38:44	00:49:07	00:52:07.90	00:52:17.45	+00:07:57 (15.3%)	5:12	11.5 (84.6%)
5	PYTEL Renata	100		K50-59	5		00:00:05	00:15:24	00:26:12	00:38:59	00:49:55	00:53:08.15	00:53:13.80	+00:08:58 (16.9%)	5:18	11.3 (83.1%)
6	MUSIAŁ Maria	159		K50-59	6		00:00:07	00:15:52	00:27:00	00:40:25	00:51:35	00:54:40.15	00:54:47.80	+00:10:30 (19.2%)	5:28	11 (80.9%)
7	SZOZDA Teresa	313		K50-59	7		00:00:13	00:16:16	00:27:21	00:40:27	00:51:47	00:55:14.60	00:55:27.85	+00:11:04 (20.0%)	5:31	10.9 (80.1%)
8	KOSOWSKA Grażyna	254		K50-59	8		00:00:05	00:16:47	00:28:40	00:42:30	00:54:27	00:57:48.05	00:57:53.50	+00:13:37 (23.6%)	5:46	10.4 (76.5%)
9	GAŃKO Grażyna	123		K50-59	9		00:00:06	00:17:53	00:29:57	00:44:20	00:56:23	00:59:54.50	01:00:00.65	+00:15:44 (26.3%)	5:59	10 (73.5%)
10	BARAN Irena	58		K50-59	10		00:00:06	00:16:57	00:29:16	00:44:26	00:57:13	01:00:55.90	01:01:02.00	+00:16:45 (27.5%)	6:05	9.8 (72.1%)
11	FOJCIK Gabriela	233		K50-59	11		00:00:11	00:18:20	00:30:55	00:45:36	00:58:13	01:01:50.95	01:02:02.05	+00:17:40 (28.6%)	6:11	9.7 (71.3%)
12	WAWRZYK Iwona	322		K50-59	12	Olza Cieszyn	00:00:12	00:17:45	00:30:09	00:45:09	00:58:18	01:02:15.80	01:02:27.90	+00:18:05 (29.1%)	6:13	9.6 (70.6%)
13	NIEDZIOŁKO Bożena	162		K50-59	13	Kobiety na 5+	00:00:04	00:18:06	00:30:31	00:46:02	00:59:02	01:02:40.05	01:02:44.40	+00:18:29 (29.5%)	6:16	9.6 (70.6%)
14	PAJĄK Małgorzata	283		K50-59	14		00:00:06	00:18:38	00:31:11	00:47:12	01:00:31	01:04:21.30	01:04:28.25	+00:20:11 (31.4%)	6:26	9.3 (68.4%)
15	STEKLA Joanna	308		K50-59	15	Steklowki	00:00:12	00:17:47	00:30:55	00:47:09	01:01:15	01:05:12.80	01:05:25.15	+00:21:02 (32.3%)	6:31	9.2 (67.6%)

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	WOJTOŃ-STAWICKA Małgorzata	324		K50-59	16	RUNTEAM Pawłowice	00:00:14	00:18:50	00:31:51	00:47:41	01:01:48	01:05:50.00	01:06:04.45	+00:21:39 (32.9%)	6:35	9.1 (66.9%)
17	STANULA Kinga	307		K50-59	17		00:00:13	00:19:42	00:33:08	00:49:10	01:02:38	01:06:17.75	01:06:31.10	+00:22:07 (33.4%)	6:37	9 (66.2%)
18	ŻALIŃSKA Teresa	332		K50-59	18		00:00:14	00:19:58	00:33:36	00:49:46	01:03:17	01:07:04.55	01:07:18.60	+00:22:54 (34.2%)	6:42	8.9 (65.4%)
19	KOWALSKA Dorota	144		K50-59	19		00:00:10	00:19:10	00:32:57	00:49:40	01:03:47	01:07:40.60	01:07:51.45	+00:23:30 (34.7%)	6:46	8.9 (65.4%)
20	ROTTER Hanna	173		K50-59	20		00:00:09	00:19:48	00:33:45	00:52:22	01:07:57	01:12:17.90	01:12:27.25	+00:28:07 (38.9%)	7:13	8.3 (61.0%)
21	KIERMASZEK Barbara	139		K50-59	21		00:00:08	00:19:49	00:33:54	00:52:24	01:07:59	01:12:19.70	01:12:28.45	+00:28:09 (38.9%)	7:14	8.3 (61.0%)

Znaleziono 21 wynik(ów)