

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: Mistrzyni woj. śląskiego

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	GOLBA Kasia	6	K30-39	1	1 Second Team	00:00:01	00:10:40	00:18:11	00:26:44	00:34:15	00:36:27.45	00:36:28.65		3:38	16.5 (100%)
2	MICHALAK Sandra	7	K30-39	2	Bziegacze	00:00:00	00:10:41	00:18:13	00:26:53	00:34:30	00:36:33.30	00:36:34.20	+00:00:05 (0.3%)	3:39	16.4 (99.4%)
3	GRIMAN Joanna	17	K30-39	3		00:00:01	00:11:27	00:19:30	00:28:54	00:36:57	00:39:13.50	00:39:15.20	+00:02:46 (7.1%)	3:55	15.3 (92.7%)
4	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	+00:02:46 (7.1%)	3:55	15.3 (92.7%)
5	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	+00:03:00 (7.6%)	3:56	15.2 (92.1%)
6	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	+00:03:18 (8.3%)	3:58	15.1 (91.5%)
7	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	+00:03:43 (9.3%)	4:01	14.9 (90.3%)
8	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	+00:04:29 (11.0%)	4:05	14.7 (89.1%)
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	+00:04:54 (11.9%)	4:08	14.5 (87.9%)
10	STOLORZ Katarzyna	55	K30-39	5	Inżynieria biegania Team	00:00:04	00:12:31	00:21:01	00:30:50	00:39:18	00:41:40.50	00:41:44.80	+00:05:13 (12.5%)	4:10	14.4 (87.3%)
11	MROWIEC Kinga	44	K16-19	1		00:00:02	00:12:35	00:21:23	00:31:09	00:39:23	00:41:46.15	00:41:48.60	+00:05:18 (12.7%)	4:10	14.4 (87.3%)
12	CHROMIK Julia	15	K16-19	2		00:00:01	00:12:01	00:20:36	00:30:52	00:39:53	00:42:25.05	00:42:26.85	+00:05:57 (14.1%)	4:14	14.1 (85.5%)
13	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	+00:06:01 (14.2%)	4:14	14.1 (85.5%)
14	MALINA Michalina	9	K16-19	3		00:00:01	00:12:10	00:21:02	00:31:24	00:40:18	00:42:54.10	00:42:55.60	+00:06:26 (15.0%)	4:17	14 (84.8%)
15	BIELIŃSKA Monika	13	K30-39	6		00:00:02	00:12:15	00:21:10	00:31:47	00:40:55	00:43:37.75	00:43:40.05	+00:07:10 (16.4%)	4:21	13.8 (83.6%)

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	PACAK Dominika	26		K30-39	7	Klub Biegam Bo Lubię Racibórz	00:00:03	00:12:58	00:21:52	00:32:19	00:41:12	00:43:46.80	00:43:50.75	+00:07:19 (16.7%)	4:22	13.7 (83.0%)
17	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	+00:07:42 (17.5%)	4:25	13.6 (82.4%)
18	BODNAR Anna	14		K30-39	8	Endure team	00:00:02	00:13:18	00:22:46	00:33:41	00:43:04	00:45:44.75	00:45:46.80	+00:09:17 (20.3%)	4:34	13.1 (79.4%)
19	PIWISZKIS Barbara	28		K30-39	10	Kobiety na 5+	00:00:01	00:13:03	00:22:44	00:34:14	00:43:57	00:46:38.65	00:46:40.45	+00:10:11 (21.8%)	4:39	12.9 (78.2%)
20	JURASZEK Elzbieta	76		K30-39	11		00:00:02	00:13:57	00:23:37	00:34:43	00:44:06	00:46:43.30	00:46:45.60	+00:10:15 (22.0%)	4:40	12.8 (77.6%)
21	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	+00:11:07 (23.4%)	4:45	12.6 (76.4%)
22	STUCHLIK Magdalena	105		K30-39	13	Aktywna Pszczyna Runners Team	00:00:02	00:14:18	00:24:05	00:35:23	00:45:04	00:47:43.70	00:47:46.05	+00:11:16 (23.6%)	4:46	12.6 (76.4%)
23	POŁOMSKA Edyta	48		K40-49	4		00:00:00					00:48:03.95	00:48:03.95	+00:11:36 (24.2%)	4:48	12.5 (75.8%)
24	WOWRY Sylwia	108		K30-39	16	Olza Cieszyn	00:00:03	00:13:57	00:23:40	00:35:14	00:45:19	00:48:13.85	00:48:16.90	+00:11:46 (24.4%)	4:49	12.4 (75.2%)
25	KONDZIELNIK 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	+00:11:49 (24.5%)	4:49	12.4 (75.2%)
26	PAWLOK Anna	47		K30-39	20		00:00:02	00:14:27	00:24:20	00:36:09	00:46:05	00:48:46.00	00:48:48.85	+00:12:18 (25.2%)	4:52	12.3 (74.5%)
27	SIKORA Alicja	53		K60-69	1		00:00:02	00:14:26	00:24:23	00:36:07	00:46:07	00:49:03.70	00:49:06.65	+00:12:36 (25.7%)	4:54	12.2 (73.9%)
28	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	+00:12:46 (25.9%)	4:55	12.2 (73.9%)
29	DOMAGAŁA Kornelia	64		K30-39	21		00:00:03	00:14:13	00:24:09	00:36:04	00:46:18	00:49:20.35	00:49:24.05	+00:12:52 (26.1%)	4:56	12.2 (73.9%)
30	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	+00:13:04 (26.4%)	4:57	12.1 (73.3%)
31	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	+00:13:25 (26.9%)	4:59	12 (72.7%)
32	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	+00:13:51 (27.6%)	5:02	11.9 (72.1%)
33	SOLICH Ola	104		K30-39	32		00:00:04	00:14:45	00:24:59	00:37:25	00:48:06	00:51:10.15	00:51:14.95	+00:14:42 (28.8%)	5:07	11.7 (70.9%)
34	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	+00:15:12 (29.4%)	5:10	11.6 (70.3%)
35	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	+00:15:18 (29.6%)	5:10	11.6 (70.3%)
36	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	+00:15:55 (30.4%)	5:14	11.5 (69.7%)
37	KIELKOWSKA Maria	79		K30-39	34	Aktywna Pszczyna Runners Team	00:00:04	00:15:19	00:25:53	00:38:36	00:49:26	00:52:29.70	00:52:33.95	+00:16:02 (30.6%)	5:14	11.4 (69.1%)
38	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	+00:16:10 (30.7%)	5:15	11.4 (69.1%)

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	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	+00:16:17 (30.9%)	5:16	11.4 (69.1%)
40	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	+00:16:40 (31.4%)	5:18	11.3 (68.5%)
41	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	+00:16:53 (31.7%)	5:20	11.2 (67.9%)
42	LYSKO Agnieszka	88		K30-39	39		00:00:09	00:15:57	00:26:58	00:39:40	00:50:15	00:53:21.90	00:53:31.60	+00:16:54 (31.7%)	5:20	11.2 (67.9%)
43	BOROWSKA Aneta	215		K30-39	40		00:00:08	00:16:06	00:27:02	00:39:40	00:50:24	00:53:23.65	00:53:32.25	+00:16:56 (31.7%)	5:20	11.2 (67.9%)
44	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	+00:19:02 (34.3%)	5:32	10.8 (65.5%)
45	DĄBROWSKA-PALUCH Anna	227		K30-39	51		00:00:15	00:17:13	00:28:43	00:41:55	00:52:39	00:55:43.95	00:55:59.05	+00:19:16 (34.6%)	5:34	10.8 (65.5%)
46	NIESŁAŃCZYK Barbara	163		K30-39	54	Bziegacze	00:00:07	00:16:07	00:27:31	00:41:02	00:52:46	00:56:08.25	00:56:16.00	+00:19:40 (35.1%)	5:36	10.7 (64.8%)
47	LERCH Maria	148		K30-39	55	RUNTEAM Pawłowice	00:00:09	00:15:21	00:26:34	00:40:29	00:52:32	00:56:08.75	00:56:18.20	+00:19:41 (35.1%)	5:36	10.7 (64.8%)
48	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	+00:19:47 (35.2%)	5:37	10.7 (64.8%)
49	DANKIEWICZ Magdalena	117		K16-19	4	RUNTEAM Pawłowice	00:00:07	00:15:52	00:27:15	00:40:57	00:53:08	00:56:18.55	00:56:25.85	+00:19:51 (35.3%)	5:37	10.7 (64.8%)
50	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	+00:20:06 (35.5%)	5:39	10.6 (64.2%)
51	MANDERA Patrycja	42		K16-19	5		00:00:07	00:16:20	00:27:51	00:41:31	00:53:13	00:56:40.25	00:56:47.90	+00:20:12 (35.7%)	5:40	10.6 (64.2%)
52	FRAJHOFER Ewa	68		K30-39	66	Bank Spółdzielczy Jastrzębie	00:00:11	00:16:19	00:28:06	00:42:13	00:54:19	00:57:25.20	00:57:36.35	+00:20:57 (36.5%)	5:44	10.4 (63.0%)
53	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	+00:21:02 (36.6%)	5:44	10.4 (63.0%)
54	KUBICA Patrycja	84		K30-39	67	Olza Cieszyn	00:00:07	00:16:50	00:28:41	00:43:06	00:54:50	00:57:41.65	00:57:48.65	+00:21:14 (36.8%)	5:46	10.4 (63.0%)
55	BOŚ Natalia	216		K30-39	68	KB MCKIS Jaworzno	00:00:07	00:16:59	00:28:36	00:42:28	00:54:24	00:57:47.05	00:57:54.90	+00:21:19 (36.9%)	5:46	10.4 (63.0%)
56	JESIONEK Małgorzata	136		K30-39	70		00:00:13	00:16:58	00:28:39	00:42:39	00:54:41	00:58:05.50	00:58:18.75	+00:21:38 (37.2%)	5:48	10.3 (62.4%)
57	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	+00:22:25 (38.1%)	5:53	10.2 (61.8%)
58	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	+00:22:27 (38.1%)	5:53	10.2 (61.8%)
59	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	+00:22:35 (38.3%)	5:54	10.2 (61.8%)
60	SUBIK Edyta	106		K30-39	74		00:00:06	00:16:04	00:28:30	00:43:05	00:55:39	00:59:09.75	00:59:16.40	+00:22:42 (38.4%)	5:55	10.1 (61.2%)
61	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	+00:22:45 (38.4%)	5:55	10.1 (61.2%)

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62	WIŚNIEWSKA Justyna	323		K30-39	77	Kobiety na 5+	00:00:04	00:16:47	00:29:00	00:43:27	00:55:54	00:59:21.80	00:59:26.00	+00:22:54 (38.6%)	5:56	10.1 (61.2%)
63	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	+00:22:59 (38.7%)	5:56	10.1 (61.2%)
64	GIŻYŃSKA Katarzyna	238		K30-39	79		00:00:04	00:16:54	00:29:11	00:44:01	00:56:29	00:59:58.95	01:00:03.00	+00:23:31 (39.2%)	5:59	10 (60.6%)
65	WALA Anna	191		K30-39	81		00:00:06	00:16:56	00:29:20	00:44:18	00:57:23	01:01:07.50	01:01:14.15	+00:24:40 (40.4%)	6:06	9.8 (59.4%)
66	WIECZOREK Klaudia	194		K30-39	82	Alkoteam Rybnik	00:00:09	00:18:25	00:31:11	00:46:08	00:58:19	01:01:40.60	01:01:49.70	+00:25:13 (40.9%)	6:10	9.7 (58.8%)
67	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	+00:25:23 (41.0%)	6:11	9.7 (58.8%)
68	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	+00:25:23 (41.1%)	6:11	9.7 (58.8%)
69	PIPIRO Grażyna	287		K60-69	4	Kobiety na 5+	00:00:04	00:18:40	00:31:13	00:46:20	00:59:01	01:02:36.25	01:02:40.75	+00:26:08 (41.8%)	6:15	9.6 (58.2%)
70	REYMANN Milena	172		K30-39	84	Bank Spółdzielczy Jastrzębie	00:00:13	00:17:41	00:30:24	00:45:40	00:58:49	01:02:37.85	01:02:50.90	+00:26:10 (41.8%)	6:15	9.6 (58.2%)
71	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	+00:27:06 (42.6%)	6:21	9.4 (57.0%)
72	BRYCHCY Estera	112		K30-39	87	RUNTEAM Pawłowice	00:00:14	00:18:49	00:31:50	00:47:17	01:00:10	01:03:46.95	01:04:00.95	+00:27:19 (42.8%)	6:22	9.4 (57.0%)
73	MULKA Ula	276		K30-39	89		00:00:13	00:19:11	00:32:26	00:48:22	01:01:52	01:05:34.80	01:05:48.25	+00:29:07 (44.4%)	6:33	9.1 (55.2%)
74	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	+00:29:55 (45.1%)	6:38	9 (54.5%)
75	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	+00:31:12 (46.1%)	6:46	8.9 (53.9%)
76	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	+00:31:13 (46.1%)	6:46	8.9 (53.9%)
77	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	+00:32:43 (47.3%)	6:55	8.7 (52.7%)
78	SŁOWIK Kornelia	303		K30-39	99	PoWoli do Celu	00:00:10	00:20:13	00:34:23	00:51:51	01:06:35	01:10:45.25	01:10:55.90	+00:34:17 (48.5%)	7:04	8.5 (51.5%)
79	POKORA Izabela	291		K30-39	100		00:00:14	00:20:11	00:34:49	00:52:35	01:07:45	01:11:55.35	01:12:10.20	+00:35:27 (49.3%)	7:11	8.3 (50.3%)
80	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	+00:38:13 (51.2%)	7:28	8 (48.5%)
81	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	+00:54:18 (59.8%)	9:04	6.6 (40.0%)
82	HUBA Agnieszka	244		K30-39	105	Kobiety na 5+	00:00:00	00:16:51	00:29:11	00:43:49	00:56:31			+	6:00	10 (60.6%)