

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: Najlepsza Jastrzębianka

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	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	+00:02:28 (5.3%)	4:39	12.9 (94.9%)
3	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	+00:04:36 (9.4%)	4:52	12.3 (90.4%)
4	LERCH Bożena	86	K30-39	22	RUNTEAM Pawłowice	00:00:05	00:14:31	00:24:43	00:36:32	00:46:41	00:49:29.15	00:49:34.70	+00:05:19 (10.7%)	4:56	12.1 (89.0%)
5	BORKOWSKA Paulina	59	K30-39	24	ZS6 Sobieski	00:00:09	00:15:06	00:25:22	00:37:17	00:47:11	00:49:56.50	00:50:06.15	+00:05:46 (11.6%)	4:59	12 (88.2%)
6	WÓJCIK-KRZYŻOWSKA Barbara	198	K30-39	25	GB Galopujące Ślimaki	00:00:06	00:14:43	00:24:52	00:36:51	00:47:04	00:50:00.65	00:50:07.45	+00:05:50 (11.7%)	5:00	12 (88.2%)
7	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	+00:05:52 (11.8%)	5:00	12 (88.2%)
8	FLASZ Anna	66	K30-39	26		00:00:03	00:14:21	00:24:37	00:36:42	00:47:10	00:50:04.25	00:50:07.95	+00:05:54 (11.8%)	5:00	12 (88.2%)
9	GWIZDAŁA Joanna	129	K30-39	29		00:00:09	00:15:13	00:25:27	00:37:34	00:47:59	00:50:50.95	00:51:00.60	+00:06:40 (13.1%)	5:05	11.8 (86.8%)
10	GNAS Anna	71	K30-39	30	Kobiety na 5+	00:00:03	00:14:40	00:25:05	00:37:29	00:47:58	00:50:56.30	00:50:59.55	+00:06:46 (13.3%)	5:05	11.8 (86.8%)
11	ZHABOTYNSKA Marina	202	K30-39	31	FitAquaMarin	00:00:02	00:14:43	00:25:09	00:37:32	00:48:09	00:51:02.80	00:51:05.45	+00:06:52 (13.5%)	5:06	11.8 (86.8%)
12	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	+00:08:13 (15.7%)	5:14	11.5 (84.6%)
13	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	+00:08:27 (16.1%)	5:15	11.4 (83.8%)
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	+00:08:28 (16.1%)	5:15	11.4 (83.8%)
15	GORZELAK Joanna	125	K30-39	36	Kobiety na 5+	00:00:03	00:15:20	00:26:08	00:38:43	00:49:39	00:52:43.55	00:52:47.20	+00:08:33 (16.2%)	5:16	11.4 (83.8%)

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	+00:08:35 (16.3%)	5:16	11.4 (83.8%)
17	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	+00:09:58 (18.4%)	5:24	11.1 (81.6%)
18	LIPKA Edyta	39		K30-39	44		00:00:04	00:15:33	00:26:40	00:39:48	00:51:17	00:54:31.50	00:54:36.30	+00:10:21 (19.0%)	5:27	11 (80.9%)
19	JĘDRYKA Patrycja	246		K30-39	46		00:00:12	00:16:55	00:27:40	00:40:28	00:51:36	00:54:35.80	00:54:48.65	+00:10:25 (19.1%)	5:27	11 (80.9%)
20	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	+00:10:27 (19.2%)	5:27	11 (80.9%)
21	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	+00:10:28 (19.2%)	5:27	11 (80.9%)
22	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%)
23	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	+00:10:30 (19.2%)	5:28	11 (80.9%)
24	GÓRA Marta	126		K30-39	48		00:00:10	00:15:49	00:26:58	00:40:19	00:51:35	00:54:45.55	00:54:55.60	+00:10:35 (19.3%)	5:28	11 (80.9%)
25	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	+00:11:00 (19.9%)	5:31	10.9 (80.1%)
26	DOMAŃSKA Joanna	229		K30-39	50		00:00:14	00:15:49	00:27:00	00:40:23	00:51:53	00:55:10.40	00:55:25.00	+00:11:00 (19.9%)	5:31	10.9 (80.1%)
27	RAŹNIAK 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	+00:11:16 (20.3%)	5:32	10.8 (79.4%)
28	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	+00:11:19 (20.4%)	5:32	10.8 (79.4%)
29	NIEŚLAŃCZYK 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	+00:11:58 (21.3%)	5:36	10.7 (78.7%)
30	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	+00:11:58 (21.3%)	5:36	10.7 (78.7%)
31	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	+00:11:59 (21.4%)	5:37	10.7 (78.7%)
32	MALISZEWSKA Beata	268		K30-39	56		00:00:07	00:16:24	00:28:26	00:42:01	00:53:04	00:56:20.05	00:56:27.40	+00:12:09 (21.6%)	5:38	10.7 (78.7%)
33	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	+00:12:13 (21.7%)	5:38	10.6 (77.9%)
34	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	+00:12:20 (21.8%)	5:39	10.6 (77.9%)
35	PROKURAT Agnieszka	293		K30-39	63		00:00:02	00:16:00	00:28:08	00:41:46	00:53:35	00:57:02.90	00:57:05.25	+00:12:52 (22.6%)	5:42	10.5 (77.2%)
36	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	+00:13:15 (23.1%)	5:44	10.4 (76.5%)
37	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	+00:13:20 (23.2%)	5:45	10.4 (76.5%)
38	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%)

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	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	+00:14:11 (24.3%)	5:50	10.3 (75.7%)
40	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	+00:14:13 (24.4%)	5:50	10.3 (75.7%)
41	SITKO Dagmara	302		K30-39	72		00:00:15	00:17:17	00:29:07	00:43:16	00:55:13	00:58:36.00	00:58:51.75	+00:14:25 (24.6%)	5:51	10.2 (75.0%)
42	ŚLEZIAK Paulina	316		K16-19	6		00:00:13	00:17:32	00:29:25	00:43:30	00:55:29	00:58:46.80	00:59:00.60	+00:14:36 (24.9%)	5:52	10.2 (75.0%)
43	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	+00:14:37 (24.9%)	5:52	10.2 (75.0%)
44	KRAUZ Sandra	146		K30-39	73		00:00:09	00:16:43	00:28:30	00:42:42	00:55:13	00:58:52.50	00:59:01.55	+00:14:42 (25.0%)	5:53	10.2 (75.0%)
44	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	+00:14:42 (25.0%)	5:53	10.2 (75.0%)
46	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	+00:14:55 (25.3%)	5:54	10.2 (75.0%)
47	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	+00:14:56 (25.3%)	5:54	10.2 (75.0%)
48	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	+00:14:59 (25.3%)	5:55	10.1 (74.3%)
49	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	+00:15:02 (25.4%)	5:55	10.1 (74.3%)
50	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	+00:15:11 (25.6%)	5:56	10.1 (74.3%)
51	LISZOK Iwona	262		K30-39	78		00:00:09	00:17:09	00:29:18	00:43:39	00:55:58	00:59:32.60	00:59:41.75	+00:15:22 (25.8%)	5:57	10.1 (74.3%)
52	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%)
53	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	+00:15:48 (26.4%)	5:59	10 (73.5%)
54	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	+00:16:06 (26.7%)	6:01	10 (73.5%)
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	+00:16:10 (26.8%)	6:02	9.9 (72.8%)
56	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%)
57	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	+00:16:57 (27.7%)	6:06	9.8 (72.1%)
58	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	+00:17:30 (28.4%)	6:10	9.7 (71.3%)
59	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	+00:17:46 (28.7%)	6:11	9.7 (71.3%)
60	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	+00:18:20 (29.3%)	6:15	9.6 (70.6%)
61	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	+00:18:26 (29.4%)	6:15	9.6 (70.6%)

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
62	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	+00:18:27 (29.5%)	6:15	9.6 (70.6%)
63	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%)
64	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	+00:18:37 (29.7%)	6:16	9.6 (70.6%)
65	HERDUŚ Lucyna	130		K30-39	85		00:00:11	00:18:04	00:30:39	00:45:35	00:59:21	01:03:18.65	01:03:30.10	+00:19:08 (30.2%)	6:19	9.5 (69.9%)
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	+00:19:23 (30.5%)	6:21	9.4 (69.1%)
67	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%)
68	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	+00:20:18 (31.5%)	6:26	9.3 (68.4%)
69	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	+00:20:39 (31.9%)	6:29	9.3 (68.4%)
70	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	+00:22:00 (33.3%)	6:37	9.1 (66.9%)
71	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	+00:22:02 (33.3%)	6:37	9.1 (66.9%)
72	BETLEJ Dorota	212		K30-39	92		00:00:14	00:18:29	00:31:53	00:48:17	01:02:23	01:06:21.10	01:06:36.05	+00:22:11 (33.4%)	6:38	9 (66.2%)
73	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	+00:22:12 (33.5%)	6:38	9 (66.2%)
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	+00:22:12 (33.5%)	6:38	9 (66.2%)
75	JANCZARA Ewa	135		K30-39	95		00:00:09	00:18:46	00:32:17	00:48:36	01:02:46	01:06:52.75	01:07:01.90	+00:22:42 (34.0%)	6:41	9 (66.2%)
76	URBAŚ Monika	319		K30-39	98		00:00:06	00:19:17	00:33:18	00:50:33	01:05:15	01:09:36.00	01:09:42.85	+00:25:25 (36.5%)	6:57	8.6 (63.2%)
77	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	+00:27:15 (38.2%)	7:08	8.4 (61.8%)
78	PYZIK Barbara	296		K30-39	101	Klub Biegacza Fartlek	00:00:10	00:19:21	00:34:11	00:52:39	01:08:00	01:12:04.05	01:12:14.50	+00:27:53 (38.7%)	7:12	8.3 (61.0%)
79	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%)
80	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	+00:29:58 (40.4%)	7:24	8.1 (59.6%)
81	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	+00:30:30 (40.9%)	7:28	8 (58.8%)
82	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	+00:30:46 (41.1%)	7:29	8 (58.8%)
83	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	+00:32:52 (42.7%)	7:42	7.8 (57.4%)
84	SZCZEGODZINSKA Kasia	311		K30-39	104	Morświny	00:00:12	00:22:32	00:38:52	00:58:04	01:15:20	01:20:14.45	01:20:27.05	+00:36:04 (45.0%)	8:01	7.5 (55.1%)

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
85	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	+00:46:36 (51.3%)	9:04	6.6 (48.5%)
86	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 (73.5%)
87	ZIĘTARA Paulina	331		K20-29	47		00:00:13									(0.0%)

Znaleziono 87 wynik(ów)