



KOBIETY NA 5+ :: BIEG

B4SPORT

Wydarzenie:
Organizator:

Data:

Miejsce:

Dystans:

"Kobiety na 5+" Jastrzębski Bieg Kobiet 2021
Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
2021-09-19
Jastrzębie-Zdrój
5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Najlepsza Żorzanka

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	KUBIAK Izabela	475		30-39	4		00:09:44	00:19:37.40		3:55	15.3 (100%)
2	JANKO Anna	830	HRMAX ŻORY	30-39	6	HRmax Dziąłszki	00:10:43	00:21:27.50	+00:01:50 (8.6%)	4:17	14 (91.5%)
3	NIEZGODA Lucyna	481		40-49	68		00:13:35	00:27:14.65	+00:07:37 (28.0%)	5:26	11 (71.9%)
4	KĄŁUS Ewa	424	HRMAX ŻORY	40-49	69	HRmax Dziąłszki	00:13:47	00:27:17.50	+00:07:40 (28.1%)	5:27	11 (71.9%)
5	SOKÓŁ-PISZCZEK Agnieszka	316		30-39	47		00:13:47	00:27:19.35	+00:07:41 (28.2%)	5:27	11 (71.9%)
6	NOWAK Magdalena	766	NESSI TIME ŻORY	30-39	49	Nessi Time Żory	00:13:48	00:27:23.50	+00:07:46 (28.4%)	5:28	11 (71.9%)
7	PIEKAR Adriana	339		30-39	54		00:13:34	00:27:43.10	+00:08:05 (29.2%)	5:32	10.8 (70.6%)
8	BASEK Marta	415	HRMAX ŻORY	40-49	80	HRmax Dziąłszki	00:13:46	00:27:47.95	+00:08:10 (29.4%)	5:33	10.8 (70.6%)
9	JAKUBOWSKA Agnieszka	261	HRMAX ŻORY	40-49	81	HRmax Dziąłszki	00:13:48	00:27:48.35	+00:08:10 (29.4%)	5:33	10.8 (70.6%)
10	WIDERA Elżbieta	104	HRMAX ŻORY	40-49	82	HRmax Dziąłszki	00:13:47	00:27:48.90	+00:08:11 (29.5%)	5:33	10.8 (70.6%)
11	MACURA Ewa	280	HRMAX ŻORY	50-59	25	HRmax Dziąłszki	00:15:10	00:28:18.45	+00:08:41 (30.7%)	5:39	10.6 (69.3%)
12	KURIATA Katarzyna	273		30-39	72		00:15:27	00:28:49.30	+00:09:11 (31.9%)	5:45	10.4 (68.0%)
13	PASZEK Hania	392	HRMAX ŻORY	40-49	113	HRmax Dziąłszki	00:14:21	00:28:56.75	+00:09:19 (32.2%)	5:47	10.4 (68.0%)
14	KACZORR Anna	102	HRMAX	40-49	129	HRmax Dziąłszki	00:14:21	00:29:36.00	+00:09:58 (33.7%)	5:55	10.1 (66.0%)
15	PETRYKOWSKA Magdalena	315		16-19	5		00:15:05	00:30:56.70	+00:11:19 (36.6%)	6:11	9.7 (63.4%)
16	PETRYKOWSKA Elżbieta	335		40-49	154		00:15:05	00:30:56.85	+00:11:19 (36.6%)	6:11	9.7 (63.4%)
17	SKROBOL Paulina	586	SUSZECKA GRUPA BIEGOWA LET'S GO	30-39	108		00:15:11	00:31:05.95	+00:11:28 (36.9%)	6:13	9.7 (63.4%)
18	STRZAŁKA - LECH Magdalena	305	OPEL FIJAŁKOWSKI	30-39	109	Opel Fijałkowski	00:15:09	00:31:07.20	+00:11:29 (36.9%)	6:13	9.6 (62.7%)
19	KUJAWA Marzena	259		30-39	112		00:15:27	00:31:15.95	+00:11:38 (37.2%)	6:15	9.6 (62.7%)
20	WINIARSKA Monika	9		40-49	158		00:14:27	00:31:18.50	+00:11:41 (37.3%)	6:15	9.6 (62.7%)
21	PEPEK Bożena	681		30-39	123		00:15:50	00:32:18.45	+00:12:41 (39.3%)	6:27	9.3 (60.8%)
22	ZDUNEK Dorota	576		30-39	124		00:16:07	00:32:28.35	+00:12:50 (39.6%)	6:29	9.2 (60.1%)
23	ŚLEDŹ Dorota	306	HRMAX ŻORY	20-29	34	HRmax Dziąłszki	00:16:14	00:32:48.30	+00:13:10 (40.2%)	6:33	9.1 (59.5%)
24	MARYJOSZ Katarzyna	293		40-49	178		00:16:53	00:33:00.50	+00:13:23 (40.6%)	6:36	9.1 (59.5%)
25	BATKO Agnieszka	544		30-39	143		00:17:19	00:34:09.30	+00:14:31 (42.5%)	6:49	8.8 (57.5%)
26	BAJOR Aneta	493		40-49	195		00:17:11	00:34:57.00	+00:15:19 (43.9%)	6:59	8.6 (56.2%)
27	KWAŚNIEWSKA Kasia	593		30-39	148		00:16:43	00:34:57.85	+00:15:20 (43.9%)	6:59	8.6 (56.2%)
28	BALCERAK Beata	348		30-39	151		00:17:04	00:35:15.75	+00:15:38 (44.4%)	7:03	8.5 (55.6%)
29	DUDA Magdalena	652		30-39	152		00:17:04	00:35:15.90	+00:15:38 (44.4%)	7:03	8.5 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
30	DOMINIAK Monika	846		40-49	234		00:26:40	00:53:39.70	+00:34:02 (63.4%)	10:43	5.6 (36.6%)

Znaleziono 30 wynik(ów)