## Organiser:

Date:
Place:
Distance:

Stowarzyszenie Klub Biegowy 4 RUN Team Piła 2016-05-01
Piła
10 km

HERKULES
www.herkules.org.pl

| Place | Participant | Number | Club | Category | MCat | Start time | 1.7 km | 5.7 km | Net time 10 km | Czas brutto 10km | Gap | Pace min/km | Pace <br> km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | WENGIEREK Maria | 500 |  | K20 | 1 | 00:00:10 | 00:07:40 | 00:25:08 | 00:43:26.40 | 00:43:36.60 |  | 4:20 | $\begin{aligned} & 13.8 \\ & \text { (100\%) } \end{aligned}$ |
| 2 | KAŹMIERCZAK Julia | 205 |  | K20 | 2 | 00:00:24 | 00:07:59 | 00:26:20 | 00:44:50.55 | 00:45:15.45 | $\begin{aligned} & +00: 01: 24 \\ & \text { (3.1\%) } \end{aligned}$ | 4:29 | $\begin{aligned} & 13.4 \\ & \text { (97.1\%) } \end{aligned}$ |
| 3 | SZCZEŚNIAK Anna | 461 | ŚWIAT BIEGACZA FEHLAU RUN TEAM | K20 | 3 | 00:00:03 | 00:07:37 | 00:26:51 | 00:46:35.70 | 00:46:39.10 | $\begin{aligned} & +00: 03: 09 \\ & (6.8 \%) \end{aligned}$ | 4:39 | $\begin{aligned} & 12.9 \\ & \text { (93.5\%) } \end{aligned}$ |
| 4 | WASZAK Daria | 494 |  | K20 | 4 | 00:00:11 | 00:08:15 | 00:27:54 | 00:48:15.75 | 00:48:27.05 | $\begin{aligned} & +00: 04: 49 \\ & (10.0 \%) \end{aligned}$ | 4:49 | $\begin{aligned} & 12.4 \\ & \text { (89.9\%) } \end{aligned}$ |
| 5 | CIBOR Klaudia | 68 | BODY CHIEF RUNNING TEAM | K20 | 5 | 00:00:06 | 00:07:49 | 00:27:41 | 00:48:47.65 | 00:48:54.35 | $\begin{aligned} & +00: 05: 21 \\ & (11.0 \%) \end{aligned}$ | 4:52 | $\begin{aligned} & 12.3 \\ & \text { (89.1\%) } \end{aligned}$ |
| 6 | ŚCIUBA Anita | 479 |  | K20 | 6 | 00:00:08 | 00:08:42 | 00:29:09 | 00:49:52.50 | 00:50:01.00 | $\begin{aligned} & +00: 06: 26 \\ & (12.9 \%) \end{aligned}$ | 4:59 | $\begin{aligned} & 12 \\ & (87.0 \%) \end{aligned}$ |
| 7 | BŁASZCZYK Luiza | 41 |  | K20 | 7 | 00:00:08 | 00:08:54 | 00:30:03 | 00:52:19.35 | 00:52:28.00 | $\begin{aligned} & +00: 08: 52 \\ & (17.0 \%) \end{aligned}$ | 5:14 | $\begin{aligned} & 11.5 \\ & \text { (83.3\%) } \end{aligned}$ |
| 8 | CIEMIĘGA Emilia | 71 | ONIONRUNNERS | K20 | 8 | 00:00:16 | 00:09:20 | 00:31:37 | 00:53:52.40 | 00:54:08.55 | $\begin{aligned} & +00: 10: 26 \\ & (19.4 \%) \end{aligned}$ | 5:23 | $\begin{aligned} & 11.1 \\ & \text { (80.4\%) } \end{aligned}$ |
| 9 | HORNIK Natalia | 171 |  | K20 | 9 | 00:00:10 | 00:09:17 | 00:32:03 | 00:56:11.35 | 00:56:21.80 | $\begin{aligned} & +00: 12: 44 \\ & (22.7 \%) \end{aligned}$ | 5:37 | $\begin{aligned} & 10.7 \\ & (77.5 \%) \end{aligned}$ |
| 10 | ZDEBIK Katarzyna | 530 |  | K20 | 10 | 00:00:17 | 00:09:39 | 00:32:49 | 00:56:39.35 | 00:56:57.30 | $\begin{aligned} & +00: 13: 12 \\ & (23.3 \%) \end{aligned}$ | 5:40 | $\begin{aligned} & 10.6 \\ & (76.8 \%) \end{aligned}$ |
| 11 | CZAPIEWSKA Paulina | 605 |  | K20 | 11 | 00:00:13 | 00:09:53 | 00:33:03 | 00:56:54.15 | 00:57:07.90 | $\begin{aligned} & +00: 13: 27 \\ & (23.7 \%) \end{aligned}$ | 5:41 | $\begin{aligned} & 10.5 \\ & (76.1 \%) \end{aligned}$ |
| 12 | WOJTANIA Aleksandra | 507 |  | K20 | 12 | 00:00:03 | 00:09:18 | 00:32:51 | 00:57:05.50 | 00:57:08.50 | $\begin{aligned} & +00: 13: 39 \\ & (23.9 \%) \end{aligned}$ | 5:42 | $\begin{aligned} & 10.5 \\ & (76.1 \%) \end{aligned}$ |
| 13 | PODLECKA Paula | 371 | LOKATOR NIERUCHOMOŚCI PIŁA | K20 | 13 | 00:00:30 | 00:10:39 | 00:34:34 | 00:57:55.85 | 00:58:25.95 | $\begin{aligned} & +00: 14: 29 \\ & (25.0 \%) \end{aligned}$ | 5:47 | $\begin{aligned} & 10.4 \\ & (75.4 \%) \end{aligned}$ |
| 14 | MAJCHRZAK Daria | 288 | DZIKIE WIEPRZE | K20 | 14 | 00:00:11 | 00:09:34 | 00:33:59 | 00:58:23.40 | 00:58:35.00 | $\begin{aligned} & +00: 14: 57 \\ & (25.6 \%) \end{aligned}$ | 5:50 | $\begin{aligned} & 10.3 \\ & (74.6 \%) \end{aligned}$ |


| Place | Participant | Number | Club | Category | MCat | Start time | 1.7 km | 5.7 km | Net time 10 km | Czas brutto 10km | Gap | $\begin{aligned} & \text { Pace } \\ & \text { min/km } \end{aligned}$ | Pace <br> km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 15 | PRZYTULSKA Agnieszka | 387 |  | K20 | 15 | 00:00:28 | 00:09:48 | 00:32:49 | 00:58:23.55 | 00:58:51.65 | $\begin{aligned} & +00: 14: 57 \\ & (25.6 \%) \end{aligned}$ | 5:50 | $\begin{aligned} & 10.3 \\ & (74.6 \%) \end{aligned}$ |
| 16 | STRZELCZYK Natalia | 564 |  | K20 | 16 | 00:00:17 | 00:11:12 | 00:35:35 | 01:00:09.40 | 01:00:26.85 | $\begin{aligned} & +00: 16: 43 \\ & (27.8 \%) \end{aligned}$ | 6:00 | $\begin{aligned} & 10 \\ & \text { (72.5\%) } \end{aligned}$ |
| 17 | KĄDZIELA-MROTEK <br> Dobrawa | 207 |  | K20 | 17 | 00:00:18 | 00:10:05 | 00:34:47 | 01:00:47.15 | 01:01:05.40 | $\begin{aligned} & +00: 17: 20 \\ & (28.5 \%) \end{aligned}$ | 6:04 | $\begin{aligned} & 9.9 \\ & (71.7 \%) \end{aligned}$ |
| 18 | NOWAK Kasia | 328 |  | K20 | 18 | 00:00:35 | 00:11:26 | 00:37:04 | 01:01:59.55 | 01:02:35.00 | $\begin{aligned} & +00: 18: 33 \\ & (29.9 \%) \end{aligned}$ | 6:12 | $\begin{aligned} & 9.7 \\ & (70.3 \%) \end{aligned}$ |
| 19 | WACŁAWIK Agnieszka | 488 | MAMY-BIEGAMY | K20 | 19 | 00:00:27 | 00:11:31 | 00:36:51 | 01:02:03.95 | 01:02:31.05 | $\begin{aligned} & +00: 18: 37 \\ & (30.0 \%) \end{aligned}$ | 6:12 | $\begin{aligned} & 9.7 \\ & (70.3 \%) \end{aligned}$ |
| 20 | WOLENDER Weronika | 509 |  | K20 | 20 | 00:00:17 | 00:10:14 | 00:35:32 | 01:02:12.60 | 01:02:29.70 | $\begin{aligned} & +00: 18: 46 \\ & (30.2 \%) \end{aligned}$ | 6:13 | $\begin{aligned} & 9.6 \\ & (69.6 \%) \end{aligned}$ |
| 21 | GĄSIOROWSKA Natalia | 128 |  | K20 | 21 | 00:00:27 | 00:10:56 | 00:36:39 | 01:02:21.95 | 01:02:49.80 | $\begin{aligned} & +00: 18: 55 \\ & \text { (30.3\%) } \end{aligned}$ | 6:14 | $\begin{aligned} & 9.6 \\ & (69.6 \%) \end{aligned}$ |
| 22 | FIGURA Klaudia | 113 |  | K20 | 22 | 00:00:17 | 00:10:26 | 00:35:50 | 01:02:23.05 | 01:02:40.95 | $\begin{aligned} & +00: 18: 56 \\ & (30.4 \%) \end{aligned}$ | 6:14 | $\begin{aligned} & 9.6 \\ & (69.6 \%) \end{aligned}$ |
| 23 | SIKORSKA Ewa | 426 |  | K20 | 23 | 00:00:26 | 00:10:39 | 00:36:21 | 01:02:53.00 | 01:03:19.15 | $\begin{aligned} & +00: 19: 26 \\ & (30.9 \%) \end{aligned}$ | 6:17 | $\begin{aligned} & 9.5 \\ & (68.8 \%) \end{aligned}$ |
| 24 | JANUSZEWSKA Justyna | 184 |  | K20 | 24 | 00:00:13 | 00:11:14 | 00:36:24 | 01:03:17.95 | 01:03:30.95 | $\begin{aligned} & +00: 19: 51 \\ & (31.4 \%) \end{aligned}$ | 6:19 | $\begin{aligned} & 9.5 \\ & (68.8 \%) \end{aligned}$ |
| 25 | ENCMINGER Marta | 108 | KOBIETY BIEGAJA | K20 | 25 | 00:00:13 | 00:10:46 | 00:36:34 | 01:03:58.50 | 01:04:12.15 | $\begin{aligned} & +00: 20: 32 \\ & (32.1 \%) \end{aligned}$ | 6:23 | $\begin{aligned} & 9.4 \\ & \text { (68.1\%) } \end{aligned}$ |
| 26 | KUJAWSKA Magdalena | 256 |  | K20 | 26 | 00:00:21 | 00:11:22 | 00:37:52 | 01:04:05.90 | 01:04:27.10 | $\begin{aligned} & +00: 20: 39 \\ & (32.2 \%) \end{aligned}$ | 6:24 | $\begin{aligned} & 9.4 \\ & \text { (68.1\%) } \end{aligned}$ |
| 27 | BŁASZCZYK Marta | 42 | RUNNERS OF WAŁCZ | K20 | 27 | 00:00:23 | 00:10:02 | 00:35:40 | 01:04:37.45 | 01:05:01.15 | $\begin{aligned} & +00: 21: 11 \\ & (32.8 \%) \end{aligned}$ | 6:27 | $\begin{aligned} & 9.3 \\ & (67.4 \%) \end{aligned}$ |
| 28 | WAWIERNIA Kamila | 497 |  | K20 | 28 | 00:00:31 | 00:11:32 | 00:38:10 | 01:06:29.30 | 01:07:01.00 | $\begin{aligned} & +00: 23: 02 \\ & (34.7 \%) \end{aligned}$ | 6:39 | 9 (65.2\%) |
| 29 | GARBACIK Kasia | 124 |  | K20 | 29 | 00:00:12 | 00:11:32 | 00:38:37 | 01:07:40.25 | 01:07:52.80 | $\begin{aligned} & +00: 24: 13 \\ & (35.8 \%) \end{aligned}$ | 6:46 | $\begin{aligned} & 8.9 \\ & (64.5 \%) \end{aligned}$ |
| 30 | OKRUTNA Paula | 575 |  | K20 | 30 | 00:00:06 | 00:11:53 | 00:39:20 | 01:08:57.60 | 01:09:04.55 | $\begin{aligned} & +00: 25: 31 \\ & (37.0 \%) \end{aligned}$ | 6:53 | $\begin{aligned} & 8.7 \\ & (63.0 \%) \end{aligned}$ |

[^0]
[^0]:    Total 30 results.

