

# 3000 M - K DO 35 LAT

B4SPORT  
INTELEGENTE ZAWODY SPORTOWE

**Wydarzenie:** II Spartakiada Dowództwa Generalnego RSZ  
**Organizator:** 32 Baza Lotnictwa Taktycznego  
**Data:** 2024-04-17  
**Miejsce:** Łask  
**Dystans:** 3 km



Klasyfikacja: CS

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Związki Taktyczne	Centra Szkolenia	0.1km	1km	2km	Czas netto 3km	Różn	Tempo min/km	Tempo km/h
1	<b>MAT TEREFENKO Joanna</b>	<b>9</b>	CSMW	CS	1		CS	00:00:16	00:04:05	00:08:05	<b>00:12:05.06</b>		4:01	14.9 (100%)
2	<b>PLUT. HISZCZYŃSKA Aleksandra</b>	<b>11</b>	CSSP	CS	2		CS	00:00:16	00:04:15	00:08:31	<b>00:12:51.86</b>	+00:00:46 (6.1%)	4:17	14 (94.0%)
3	<b>SZER. KITA Natalia</b>	<b>3</b>	CSAIU	CS	3		CS	00:00:16	00:04:23	00:08:46	<b>00:13:09.52</b>	+00:01:04 (8.2%)	4:23	13.7 (91.9%)
4	<b>KPR. ZYGMUNT Agata</b>	<b>4</b>	CSWLĄD	CS	4		CS	00:00:18	00:04:41	00:09:22	<b>00:13:47.87</b>	+00:01:42 (12.4%)	4:35	13.1 (87.9%)
5	<b>SZER. KACZMAREK Karolina</b>	<b>5</b>	CSWLĄD	CS	5		CS	00:00:17	00:04:41	00:09:19	<b>00:13:56.61</b>	+00:01:51 (13.3%)	4:38	12.9 (86.6%)
6	<b>SZER. ROSTKOWSKA Sandra</b>	<b>2</b>	CSAIU	CS	6		CS	00:00:16	00:04:37	00:09:26	<b>00:14:07.62</b>	+00:02:02 (14.5%)	4:42	12.8 (85.9%)
7	<b>ST.KPR. GŁADYSZEWSKA Martyna</b>	<b>1</b>	CSAIU	CS	7		CS	00:00:17	00:04:50	00:09:37	<b>00:14:20.28</b>	+00:02:15 (15.7%)	4:46	12.6 (84.6%)
8	<b>MAR. DWULIT Aleksandra</b>	<b>10</b>	CSMW	CS	8		CS	00:00:16	00:04:52	00:09:45	<b>00:14:28.41</b>	+00:02:23 (16.5%)	4:49	12.4 (83.2%)
9	<b>SZER. MIŁKOWSKA Monika</b>	<b>6</b>	CSWLĄD	CS	9		CS	00:00:17	00:04:52	00:10:07	<b>00:15:14.54</b>	+00:03:09 (20.7%)	5:04	11.8 (79.2%)
10	<b>ST.KPR. PLUDRA Aleksandra</b>	<b>7</b>	CSWIICH	CS	10		CS	00:00:18	00:05:02	00:10:20	<b>00:15:39.78</b>	+00:03:34 (22.8%)	5:13	11.5 (77.2%)
11	<b>ST.SZER. KLICH Justyna</b>	<b>8</b>	CSWIICH	CS	11		CS	00:00:17	00:05:13	00:10:34	<b>00:15:41.39</b>	+00:03:36 (23.0%)	5:13	11.5 (77.2%)
12	<b>SZER. GRZELCZYK Maksymiliana</b>	<b>12</b>	CSSP	CS	12		CS	00:00:18	00:05:13	00:10:33	<b>00:15:41.68</b>	+00:03:36 (23.0%)	5:13	11.5 (77.2%)
13	<b>KPR. KOSTYŁA Adrianna</b>	<b>13</b>	CSSP	CS	13		CS	00:00:20	00:05:33	00:11:13	<b>00:16:46.74</b>	+00:04:41 (28.0%)	5:35	10.7 (71.8%)

Znaleziono 13 wynik(ów)