

# 3000 M - K POW 36 LAT

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

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



Klasyfikacja: Wszyscy

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	ST.KPR. HAYDER Kamila	33	18 DZ	ZT	1	ZT		00:00:13	00:04:12	00:08:02	00:11:40.34		3:53	15.4 (100%)
2	ST.SZER.SPEC. DZIEKOŃSKA Magdalena	30	16 DZ	ZT	2	ZT		00:00:13	00:04:12	00:08:02	00:11:41.76	+00:00:01 (0.2%)	3:53	15.4 (100%)
3	ST.SZER. DROŃ Anita	27	11 DKPANC	ZT	3	ZT		00:00:14	00:04:12	00:08:02	00:11:47.21	+00:00:06 (1.0%)	3:55	15.3 (99.4%)
4	ST.SZER. MALINOWSKA Izabela	34	18 DZ	ZT	4	ZT		00:00:14	00:04:12	00:08:04	00:11:48.42	+00:00:08 (1.1%)	3:56	15.3 (99.4%)
5	KPR. KAUCKA Alicja	35	18 DZ	ZT	5	ZT		00:00:14	00:04:12	00:08:07	00:12:00.00	+00:00:19 (2.7%)	4:00	15 (97.4%)
6	PPOR. BARCEWICZ Marta	31	16 DZ	ZT	6	ZT		00:00:13	00:04:12	00:08:10	00:12:14.11	+00:00:33 (4.6%)	4:04	14.7 (95.5%)
7	MAT NOWAK Agnieszka	21	CSMW	CS	1		CS	00:00:14	00:04:20	00:08:31	00:12:49.27	+00:01:08 (9.0%)	4:16	14 (90.9%)
8	ST.SZER. IANKO Aleksandra	28	12 DZ	ZT	7	ZT		00:00:14	00:04:14	00:08:31	00:12:57.02	+00:01:16 (9.9%)	4:19	13.9 (90.3%)
9	SZER. SOBOLEWSKA Joanna	32	16 DZ	ZT	8	ZT		00:00:14	00:04:24	00:08:49	00:13:14.06	+00:01:33 (11.8%)	4:24	13.6 (88.3%)
10	ST.SZER. KRUPKA Kinga	26	11 DKPANC	ZT	9	ZT		00:00:14	00:04:19	00:08:50	00:13:27.35	+00:01:47 (13.3%)	4:29	13.4 (87.0%)
11	MAR. CHUDZIK Beata	44	3 FO	ZT	10	ZT		00:00:16	00:04:43	00:09:16	00:13:28.35	+00:01:48 (13.4%)	4:29	13.4 (87.0%)
12	SZER. PEKALSKA Ewelina	16	CSWLĄD	CS	2		CS	00:00:14	00:04:24	00:08:57	00:13:30.13	+00:01:49 (13.6%)	4:30	13.3 (86.4%)
13	SZER. PARTYKA Joanna	36	1 SLT	ZT	11	ZT		00:00:16	00:04:42	00:09:12	00:13:37.27	+00:01:56 (14.3%)	4:32	13.2 (85.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Związki		Centra Szkolenia	0.1km	1km	2km	Czas netto	Różn	Tempo min/km	Tempo km/h
						Taktyczne						3km			
14	<b>ST.KPR. WIETRZYKOWSKA Katarzyna</b>	<b>39</b>	2 SLT	ZT	12	ZT			00:00:15	00:04:43	00:09:14	<b>00:13:39.61</b>	+00:01:59 (14.6%)	4:33	13.2 (85.7%)
15	<b>ST.KPR. PASIEKA Agnieszka</b>	<b>37</b>	1 SLT	ZT	13	ZT			00:00:16	00:04:43	00:09:15	<b>00:13:44.31</b>	+00:02:03 (15.0%)	4:34	13.1 (85.1%)
16	<b>ST.SZER.SPEC. EWERT-KRZEMIENIEWSKA Linda</b>	<b>29</b>	12 DZ	ZT	14	ZT			00:00:15	00:04:34	00:09:16	<b>00:13:57.24</b>	+00:02:16 (16.4%)	4:39	12.9 (83.8%)
17	<b>POR. GUZIK Krystyna</b>	<b>42</b>	4 SLSZ	ZT	15	ZT			00:00:16	00:04:43	00:09:24	<b>00:14:04.05</b>	+00:02:23 (17.0%)	4:41	12.8 (83.1%)
18	<b>SZER. GRZESIAK Paulina</b>	<b>17</b>	CSWLĄD	CS	3			CS	00:00:14	00:04:33	00:09:21	<b>00:14:06.99</b>	+00:02:26 (17.3%)	4:42	12.8 (83.1%)
19	<b>ST.SIERŻ. WILCZEWSKA Agnieszka</b>	<b>41</b>	3 SLTR	ZT	16	ZT			00:00:17	00:04:50	00:09:39	<b>00:14:18.89</b>	+00:02:38 (18.5%)	4:46	12.6 (81.8%)
20	<b>ST.MAR. KRZYŻANOWSKA Agnieszka</b>	<b>45</b>	3 FO	ZT	17	ZT			00:00:16	00:04:45	00:09:36	<b>00:14:20.18</b>	+00:02:39 (18.6%)	4:46	12.6 (81.8%)
21	<b>SZER. SKOLIMOWSKA Agnieszka</b>	<b>38</b>	1 SLT	ZT	18	ZT			00:00:19	00:05:04	00:09:45	<b>00:14:20.59</b>	+00:02:40 (18.6%)	4:46	12.6 (81.8%)
22	<b>ST.KPR. LECHOWSKA Agnieszka</b>	<b>14</b>	CSAIU	CS	4			CS	00:00:16	00:04:44	00:09:34	<b>00:14:32.13</b>	+00:02:51 (19.7%)	4:50	12.4 (80.5%)
23	<b>MAR. MAROSZ Alicja</b>	<b>46</b>	3 FO	ZT	19	ZT			00:00:15	00:04:48	00:09:43	<b>00:14:36.46</b>	+00:02:56 (20.1%)	4:52	12.3 (79.9%)
24	<b>ST.KPR. LACHCIK Iwona</b>	<b>24</b>	CSSP	CS	5			CS	00:00:18	00:05:03	00:10:06	<b>00:15:05.83</b>	+00:03:25 (22.7%)	5:01	11.9 (77.3%)
25	<b>ST.SZER. MOŚCICKA Ilona</b>	<b>15</b>	CSAIU	CS	6			CS	00:00:17	00:05:06	00:10:10	<b>00:15:14.43</b>	+00:03:34 (23.4%)	5:04	11.8 (76.6%)
26	<b>SZER. SMOLAREK Katarzyna</b>	<b>40</b>	2 SLT	ZT	20	ZT			00:00:15	00:05:04	00:10:15	<b>00:15:20.17</b>	+00:03:39 (23.9%)	5:06	11.7 (76.0%)
27	<b>ST.SZER. SOBOCIŃSKA-WITOWSKA Anna</b>	<b>43</b>	4 SLSZ	ZT	21	ZT			00:00:20	00:05:13	00:10:23	<b>00:15:30.41</b>	+00:03:50 (24.7%)	5:10	11.6 (75.3%)
28	<b>KPR. SKAWIŃSKA Anna</b>	<b>20</b>	CSWIICH	CS	7			CS	00:00:18	00:05:21	00:10:36	<b>00:15:45.66</b>	+00:04:05 (25.9%)	5:15	11.4 (74.0%)
29	<b>KPT. RUCHNIAK Magdalena</b>	<b>18</b>	CSWIICH	CS	8			CS	00:00:20	00:05:22	00:10:40	<b>00:15:50.13</b>	+00:04:09 (26.3%)	5:16	11.4 (74.0%)
30	<b>BSMT SAWICKA Małgorzata</b>	<b>22</b>	CSMW	CS	9			CS	00:00:16	00:05:10	00:10:37	<b>00:16:01.95</b>	+00:04:21 (27.2%)	5:20	11.2 (72.7%)
31	<b>ST.MAR. PRZYBYSZEWSKA Urszula</b>	<b>48</b>	8 FOW	ZT	22	ZT			00:00:17	00:05:24	00:10:53	<b>00:16:09.70</b>	+00:04:29 (27.8%)	5:23	11.1 (72.1%)
32	<b>MAR. LEŚNIAK Anna</b>	<b>23</b>	CSMW	CS	10			CS	00:00:16	00:05:19	00:10:48	<b>00:16:15.21</b>	+00:04:34 (28.2%)	5:25	11.1 (72.1%)
33	<b>SZER. GOŁUBIŃSKA Kinga</b>	<b>25</b>	CSSP	CS	11			CS	00:00:20	00:05:32	00:11:07	<b>00:16:37.91</b>	+00:04:57 (29.8%)	5:32	10.8 (70.1%)
34	<b>MAR. HOROSZKO-KLUSEK Aleksandra</b>	<b>47</b>	8 FOW	ZT	23	ZT			00:00:17	00:05:48	00:12:30	<b>00:18:57.38</b>	+00:07:17 (38.4%)	6:19	9.5 (61.7%)
35	<b>ST.CHOR.SZT. SUWADA Katarzyna</b>	<b>19</b>	CSWIICH	CS	12			CS	00:00:24	00:06:29	00:13:10	<b>00:19:44.63</b>	+00:08:04 (40.9%)	6:34	9.1 (59.1%)