



45 OGÓLNOPOLSKIE BIEGI ULICZNE - 5000M - BIEG OTWARTY 1997 I STARSI / WSPÓLNY KOBIETY I MĘŻCZYŻNI

B4SPORT

Organizator: MLKS Nadwiślanin Chełmno
Data: 2016-04-10
Miejsce: Chełmno
Dystans: 5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	3.4km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	MAIK Daria	137	LUKS START NAKŁO	Kobiety	1	00:00:02	00:06:02	00:12:16	00:18:30.20	00:18:32.30		3:42	16.2 (100%)
2	RANISZEWSKA Marzena	24	RUNNERS TEAM JEŻEWO	Kobiety	2	00:00:02	00:06:02	00:12:20	00:18:41.90	00:18:44.35	+00:00:11 (1.0%)	3:44	16 (98.8%)
3	KLAYBOR Natalia	111		Kobiety	3	00:00:02	00:06:31	00:13:10	00:19:42.60	00:19:44.85	+00:01:12 (6.1%)	3:56	15.2 (93.8%)
4	ŻAL Jolanta	67	GO GO! TEAM	Kobiety	4	00:00:04	00:06:21	00:13:08	00:19:49.35	00:19:53.50	+00:01:19 (6.7%)	3:57	15.1 (93.2%)
5	SIUDA Kamila	125	RUNNERS TEAM JEŻEWO	Kobiety	5	00:00:05	00:06:32	00:13:37	00:20:36.85	00:20:42.15	+00:02:06 (10.2%)	4:07	14.6 (90.1%)
6	MITRĘGA Daria	3031	RUNNERS TEAM JEŻEWO	Kobiety	6	00:00:04	00:06:34	00:13:42	00:21:01.45	00:21:06.20	+00:02:31 (12.0%)	4:12	14.3 (88.3%)
7	DĄBROWSKA Paulina	72	MLKS NADWIŚLANIN CHEŁMNO	Kobiety	7	00:00:02	00:06:37	00:14:10	00:21:36.25	00:21:38.85	+00:03:06 (14.4%)	4:19	13.9 (85.8%)
8	JEZIORSKA Magdalena	116	MLKS NADWIŚLANIN CHEŁMNO	Kobiety	8	00:00:02	00:06:37	00:14:10	00:22:27.75	00:22:30.00	+00:03:57 (17.6%)	4:29	13.4 (82.7%)
9	BANASZAK Dagmara	16	RUN PASJA BYDGOSZCZ	Kobiety	9	00:00:06	00:07:18	00:15:05	00:22:39.50	00:22:46.20	+00:04:09 (18.3%)	4:32	13.2 (81.5%)
10	SEROCKA Magdalena	133	ZSP LZS SPARTA ŁASIN	Kobiety	10	00:00:04	00:07:43	00:15:27	00:22:59.60	00:23:03.65	+00:04:29 (19.5%)	4:35	13.1 (80.9%)
11	KOZIŃSKA Agata	66	RUN PASJA BYDGOSZCZ	Kobiety	11	00:00:04	00:07:06	00:15:09	00:23:04.15	00:23:08.40	+00:04:33 (19.8%)	4:36	13 (80.2%)
12	ADAMCZAK Marta	8	RUN PASJA BYDGOSZCZ	Kobiety	12	00:00:05	00:07:30	00:15:47	00:23:53.90	00:23:58.90	+00:05:23 (22.6%)	4:46	12.6 (77.8%)
13	GLAZA Magdalena	92	RUNNERS TEAM JEŻEWO	Kobiety	13	00:00:05	00:07:44	00:15:58	00:24:00.70	00:24:06.00	+00:05:30 (22.9%)	4:48	12.5 (77.2%)
14	WITT Grażyna	119	MARATONYPOLSKIE.PL TEAM	K60	1	00:00:04	00:07:52	00:16:08	00:24:16.80	00:24:21.35	+00:05:46 (23.8%)	4:51	12.4 (76.5%)
15	WIŚNIEWSKA Agata	110		Kobiety	14	00:00:04	00:07:43	00:16:08	00:24:46.10	00:24:50.50	+00:06:15 (25.3%)	4:57	12.1 (74.7%)
16	BANASZAK Monika	18		Kobiety	15	00:00:05	00:08:02	00:16:28	00:24:46.30	00:24:52.25	+00:06:16 (25.3%)	4:57	12.1 (74.7%)
17	MAZANOWSKA Ewa	23		Kobiety	16	00:00:04	00:08:04	00:16:29	00:24:50.35	00:24:54.85	+00:06:20 (25.5%)	4:58	12.1 (74.7%)
18	SEROCKA Danuta	134	ZSP LZS SPARTA ŁASIN	K40	1	00:00:03	00:08:21	00:16:54	00:25:24.20	00:25:27.95	+00:06:54 (27.2%)	5:04	11.8 (72.8%)
19	STYKAŁA Adrianna	63		Kobiety	17	00:00:07	00:07:57	00:16:49	00:25:37.90	00:25:44.90	+00:07:07 (27.8%)	5:07	11.7 (72.2%)
20	STYKAŁA Magdalena	49		K40	2	00:00:07	00:07:56	00:16:48	00:25:39.20	00:25:46.35	+00:07:09 (27.9%)	5:07	11.7 (72.2%)
21	FROST Magdalena	127		Kobiety	18	00:00:07	00:08:34	00:17:33	00:25:58.95	00:26:06.05	+00:07:28 (28.8%)	5:11	11.5 (71.0%)
22	KĄTNIK Dorota	5		Kobiety	19	00:00:03	00:08:30	00:17:28	00:26:03.90	00:26:07.80	+00:07:33 (29.0%)	5:12	11.5 (71.0%)
23	KALISZEWSKA Małgorzata	14	RUN PASJA BYDGOSZCZ	Kobiety	20	00:00:06	00:08:31	00:17:26	00:26:16.60	00:26:23.40	+00:07:46 (29.6%)	5:15	11.4 (70.4%)
24	ZATOŃ Bożena	9	RUN PASJA BYDGOSZCZ	K50	1	00:00:06	00:08:31	00:17:27	00:26:17.10	00:26:23.30	+00:07:46 (29.6%)	5:15	11.4 (70.4%)
25	PAWLAK Sandra	81	UKB SZUBIN	Kobiety	21	00:00:04	00:07:40	00:17:21	00:26:29.35	00:26:33.80	+00:07:59 (30.1%)	5:17	11.3 (69.8%)
26	CICHULSKA-QUAAS Izabela	7	RUN PASJA BYDGOSZCZ	Kobiety	22	00:00:04	00:08:50	00:17:42	00:26:45.40	00:26:49.80	+00:08:15 (30.8%)	5:21	11.2 (69.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	3.4km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
27	CHEŁKOWSKA Katarzyna	75	UKB SZUBIN	Kobiety	23	00:00:08	00:08:46	00:17:52	00:27:09.55	00:27:18.25	+00:08:39 (31.9%)	5:26	11 (67.9%)
28	BRZEZINSKA-HAFFKE Sylwia	41		K40	3	00:00:07	00:09:07	00:18:41	00:27:57.80	00:28:05.55	+00:09:27 (33.8%)	5:35	10.7 (66.0%)
29	JAKUBIAK Kamila	80		Kobiety	24	00:00:05	00:09:03	00:18:44	00:28:12.35	00:28:17.35	+00:09:42 (34.4%)	5:38	10.6 (65.4%)
30	ŚPICA Dorota	142	RUN PASJA BYDGOSZCZ	K40	4	00:00:07	00:09:10	00:18:53	00:28:17.90	00:28:25.75	+00:09:47 (34.6%)	5:39	10.6 (65.4%)
31	KLEIST Ewelina	102		Kobiety	25	00:00:07	00:09:18	00:18:58	00:28:30.80	00:28:38.65	+00:10:00 (35.1%)	5:42	10.5 (64.8%)
32	KATLEWSKA Marika	101		Kobiety	26	00:00:07	00:09:18	00:18:58	00:28:31.10	00:28:38.65	+00:10:00 (35.1%)	5:42	10.5 (64.8%)
33	FLORCZAK Barbara	29	RUN PASJA BYDGOSZCZ	Kobiety	27	00:00:06	00:09:44	00:19:48	00:29:35.05	00:29:41.25	+00:11:04 (37.5%)	5:55	10.1 (62.3%)
34	KORBIŃSKA Sylwia	13		Kobiety	28	00:00:07	00:09:44	00:19:44	00:29:38.30	00:29:45.40	+00:11:08 (37.6%)	5:55	10.1 (62.3%)
35	ROGOWSKA Hanna	90		K60	2	00:00:06	00:09:51	00:19:57	00:30:13.60	00:30:19.65	+00:11:43 (38.8%)	6:02	9.9 (61.1%)
36	TOBOLSKA Grażyna	71		K60	3	00:00:06	00:10:13	00:21:56	00:33:23.60	00:33:30.15	+00:14:53 (44.6%)	6:40	9 (55.6%)

Znaleziono 36 wynik(ów)