BIEG CENTAURA - 10 KM

Wydarzenie: CROSS CENTAURA
Organizator: Gmina Biały Bór, Białoborskie Centrum Kultury i Rekreacjii, Fundacja Herkules All Sports
Data: 2019-10-06
Miejsce: Biały Bór
Dystans: 10 km

Klasyfikacja: K-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	**WITKIEWICZ Magda**	**114**	KB DZIESIĄTKA BIAŁOGARD	K40-49	1	00:21:26	**00:43:21.68**		4:20	13.8 (100%)
2	**KONKEL Agnieszka**	**47**	KB DZIESIĄTKA BIAŁOGARD	K30-39	1	00:21:50	**00:43:42.30**	+00:00:24 (0.9%)	4:22	13.7 (99.3%)
3	**ŁAWNICZAK Justyna**	**63**	#ZABIEGANINOCĄ1	K30-39	2	00:21:59	**00:44:24.30**	+00:01:03 (2.4%)	4:26	13.5 (97.8%)
4	**GÓRA Agnieszka**	**289**	#ZABIEGANINOCĄ1	K40-49	2	00:23:15	**00:47:00.57**	+00:03:40 (7.8%)	4:42	12.8 (92.8%)
5	**CYWIŃSKA Agnieszka**	**15**	MTS HAMER MIASTKO	K30-39	3	00:23:41	**00:47:15.21**	+00:03:53 (8.2%)	4:43	12.7 (92.0%)
6	**ZARĘBA Anna**	**122**		K30-39	4	00:23:46	**00:47:17.32**	+00:03:57 (8.3%)	4:43	12.7 (92.0%)
7	**KRASOWSKA Michalina**	**54**	FIT FUN	K30-39	5	00:24:33	**00:48:30.32**	+00:05:11 (10.7%)	4:51	12.4 (89.9%)
8	**PELA Olga**	**80**	PELO-BORKI	K30-39	6	00:25:12	**00:50:18.77**	+00:07:06 (14.1%)	5:01	11.9 (86.2%)
9	**PIASZCZYŃSKA Magdalena**	**81**		K30-39	7	00:25:13	**00:50:45.56**	+00:07:33 (14.8%)	5:04	11.8 (85.5%)
10	**BORDUN Barbara**	**5**		K30-39	8	00:25:13	**00:50:49.07**	+00:07:36 (14.9%)	5:04	11.8 (85.5%)
11	**DRULIK-HOŁUB Marta**	**20**	TORNADO KOSZALIN	K40-49	3	00:25:20	**00:51:06.60**	+00:07:50 (15.3%)	5:06	11.7 (84.8%)
12	**GUTOWSKA Dorota**	**30**	TEAM BIEGOWY SZCZECINEK	K30-39	9	00:25:30	**00:51:22.71**	+00:08:02 (15.6%)	5:08	11.7 (84.8%)
13	**PŁATOSZ Magda**	**84**		K18-29	1	00:26:27	**00:52:18.94**	+00:08:56 (17.1%)	5:13	11.5 (83.3%)
14	**KOLIGAT Anna**	**45**		K30-39	10	00:26:08	**00:53:07.03**	+00:09:50 (18.5%)	5:18	11.3 (81.9%)
15	**BOŻENA Skoczylas**	**9**	BIEGAM BO LUBIĘ	K40-49	4	00:26:00	**00:53:36.28**	+00:10:21 (19.3%)	5:21	11.2 (81.2%)
16	**MĄDRZYK Magda**	**67**		K18-29	2	00:26:58	**00:53:58.80**	+00:10:37 (19.6%)	5:23	11.1 (80.4%)
17	**JANKOWSKA Monika**	**35**	TEAM BIEGOWY SZCZECINEK	K18-29	3	00:26:30	**00:54:05.37**	+00:10:45 (19.8%)	5:24	11.1 (80.4%)
18	**LIPCZEWSKA Justyna**	**61**		K30-39	11	00:27:15	**00:54:36.28**	+00:11:20 (20.7%)	5:27	11 (79.7%)
19	**PACAN Mira**	**77**	RUNTASTYCZNE PŁYTKI	K30-39	12	00:27:16	**00:54:47.74**	+00:11:30 (20.9%)	5:28	10.9 (79.0%)
20	**CAŁA Małgorzata**	**12**	RUNTASTYCZNE PŁYTKI	K40-49	5	00:27:16	**00:54:52.61**	+00:11:35 (21.1%)	5:29	10.9 (79.0%)
21	**USTJANOWSKA Katarzyna**	**109**		K30-39	13	00:27:15	**00:55:30.71**	+00:12:15 (22.0%)	5:33	10.8 (78.3%)
22	**GAŁAN Joanna**	**24**		K50+	1	00:27:35	**00:55:43.57**	+00:12:26 (22.2%)	5:34	10.8 (78.3%)
23	**BORUC Barbara**	**8**	PARKRUN SZCZECINEK	K50+	2	00:28:14	**00:56:28.47**	+00:13:15 (23.4%)	5:38	10.6 (76.8%)
24	**WILK Jolanta**	**111**	TOTALNIE BIEGNIĘCI	K40-49	6	00:28:30	**00:56:49.66**	+00:13:35 (23.8%)	5:41	10.6 (76.8%)
25	**SZYC Krystyna**	**104**	MTS HAMER	K50+	3	00:28:51	**00:59:32.89**	+00:16:15 (27.2%)	5:57	10.1 (73.2%)
26	**MONGIAŁO Aleksandra**	**72**	FAST FEET K-LIN	K30-39	14	00:29:35	**00:59:46.10**	+00:16:39 (27.7%)	5:58	10 (72.5%)
27	**SUPROŃ Izabela**	**100**		K30-39	15	00:29:32	**01:00:40.44**	+00:17:28 (28.7%)	6:04	9.9 (71.7%)

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28	**MEGGER Agata**	**68**		K40-49	7	00:30:48	**01:01:07.30**	+00:17:51 (29.1%)	6:06	9.8 (71.0%)
29	**BOROWSKA Teresa**	**6**	PELO-BORKI	K50+	4	00:31:06	**01:01:30.85**	+00:18:17 (29.6%)	6:09	9.8 (71.0%)
30	**MARSCHAŁKOWSKA Dorota**	**64**	TKKF KOSZALIN	K50+	5	00:31:34	**01:04:56.91**	+00:21:44 (33.3%)	6:29	9.2 (66.7%)
31	**KARASIUK Renata**	**42**		K30-39	16	00:32:58	**01:06:33.23**	+00:23:16 (34.9%)	6:39	9 (65.2%)
32	**MUSIĆ Alicja**	**74**		K30-39	17	00:33:34	**01:09:10.51**	+00:25:56 (37.4%)	6:55	8.7 (63.0%)

Znaleziono 32 wynik(ów)