



## BIEG ŁĄDUJ NA OSOWEJ IV EDYCJA

B4SPORT

**Organiser:** Stowarzyszenie Klub Sportowy Olimpia Osowa  
**Date:** 2017-09-24  
**Place:** Gdańsk  
**Distance:** 10 km



Classification: K 30-39

Place	Participant	Number	Club	Category	MCat	Start time	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	<b>BARANOWSKA-TRZASKO Aleksandra</b>	<b>3</b>	EL CONTRAGOLPE/STUDIO S7	K 30-39	1	00:00:04	<b>00:41:43.05</b>	<b>00:41:47.05</b>		4:10	14.4 (100%)
2	<b>ZDROJEWSKA Katarzyna</b>	<b>166</b>		K 30-39	2	00:00:06	<b>00:49:15.60</b>	<b>00:49:22.15</b>	+00:07:32 (15.3%)	4:55	12.2 (84.7%)
3	<b>SZYMAŃSKA Monika</b>	<b>136</b>		K 30-39	3	00:00:08	<b>00:50:43.35</b>	<b>00:50:52.05</b>	+00:09:00 (17.8%)	5:04	11.8 (81.9%)
4	<b>DRANKA Ewelina</b>	<b>23</b>	MOL	K 30-39	4	00:00:05	<b>00:51:22.25</b>	<b>00:51:27.95</b>	+00:09:39 (18.8%)	5:08	11.7 (81.3%)
5	<b>MICHALAK Kamila</b>	<b>87</b>	KLUB BIEGACZY JYSK	K 30-39	5	00:00:06	<b>00:52:55.15</b>	<b>00:53:01.70</b>	+00:11:12 (21.2%)	5:17	11.3 (78.5%)
6	<b>PIETRZYK Ilona</b>	<b>106</b>	BIEGNIJPOZDROWIE.PL	K 30-39	6	00:00:17	<b>00:54:20.60</b>	<b>00:54:38.55</b>	+00:12:37 (23.2%)	5:26	11 (76.4%)
7	<b>DALKE Jowita</b>	<b>19</b>	ZABIEGANE DWIE	K 30-39	7	00:00:14	<b>00:54:38.00</b>	<b>00:54:52.80</b>	+00:12:54 (23.6%)	5:27	11 (76.4%)
8	<b>KLUCK Sylwia</b>	<b>153</b>		K 30-39	8	00:00:12	<b>00:54:52.45</b>	<b>00:55:04.80</b>	+00:13:09 (24.0%)	5:29	10.9 (75.7%)
9	<b>SZUSTEK Natalia</b>	<b>132</b>	SZUSTY TEAM :-)	K 30-39	9	00:00:05	<b>00:56:39.85</b>	<b>00:56:45.80</b>	+00:14:56 (26.4%)	5:40	10.6 (73.6%)
10	<b>SZUMSKA Żaneta</b>	<b>131</b>		K 30-39	10	00:00:23	<b>00:57:31.50</b>	<b>00:57:55.15</b>	+00:15:48 (27.5%)	5:45	10.4 (72.2%)
11	<b>TRZASKOWSKA Justyna</b>	<b>142</b>		K 30-39	11	00:00:25	<b>00:58:10.25</b>	<b>00:58:35.75</b>	+00:16:27 (28.3%)	5:49	10.3 (71.5%)
12	<b>TYSZER Bożena</b>	<b>144</b>		K 30-39	12	00:00:16	<b>00:59:16.35</b>	<b>00:59:33.20</b>	+00:17:33 (29.6%)	5:55	10.1 (70.1%)
13	<b>HANDZLIK Marta</b>	<b>41</b>	BONBON	K 30-39	13	00:00:13	<b>00:59:40.15</b>	<b>00:59:53.80</b>	+00:17:57 (30.1%)	5:58	10.1 (70.1%)
14	<b>WALCZUK Barbara</b>	<b>146</b>		K 30-39	14	00:00:11	<b>00:59:50.95</b>	<b>01:00:02.70</b>	+00:18:07 (30.3%)	5:59	10 (69.4%)
15	<b>KANTECKA Renata</b>	<b>51</b>	BIEGAM BO LUBIĘ	K 30-39	15	00:00:04	<b>00:59:57.75</b>	<b>01:00:02.55</b>	+00:18:14 (30.4%)	5:59	10 (69.4%)
16	<b>ZAKRZEWSKA Kasia</b>	<b>152</b>		K 30-39	16	00:00:07	<b>01:00:02.45</b>	<b>01:00:10.20</b>	+00:18:19 (30.5%)	6:00	10 (69.4%)
17	<b>ŁUCZYŃSKA Agnieszka</b>	<b>80</b>		K 30-39	17	00:00:12	<b>01:02:00.15</b>	<b>01:02:12.50</b>	+00:20:17 (32.7%)	6:12	9.7 (67.4%)
18	<b>DUCH Julia</b>	<b>24</b>		K 30-39	18	00:00:18	<b>01:07:21.25</b>	<b>01:07:39.70</b>	+00:25:38 (38.1%)	6:44	8.9 (61.8%)
19	<b>KWIECIEŃ Marzena</b>	<b>71</b>	PRUSZCZ BIEGA	K 30-39	19	00:00:16	<b>01:14:18.80</b>	<b>01:14:34.95</b>	+00:32:35 (43.9%)	7:25	8.1 (56.3%)
20	<b>THRUN Aleksandra</b>	<b>138</b>	PRUSZCZ BIEGA	K 30-39	20	00:00:16	<b>01:14:18.85</b>	<b>01:14:35.30</b>	+00:32:35 (43.9%)	7:25	8.1 (56.3%)

Total 20 results.