



**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

## BIEG NIEPODLEGŁOŚCI - OKONEK - 10KM

Bieg Niepodległości Okonek - 03.11.2018r  
Gmina Okonek  
2018-11-03  
Okonek  
10 km

B4SPORT



Klasyfikacja: K-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk_All 2.5km	Herk_All 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	CYGAN Małgorzata	141	BORNE BIEGA	K-30	1	00:10:42	00:33:03	<b>00:44:03.83</b>		4:24	13.6 (100%)
2	GRZYB Magdalena	154	RUNDORFINA	K-18	1	00:11:57	00:36:12	<b>00:48:08.38</b>	+00:04:04 (8.5%)	4:48	12.5 (91.9%)
3	HAŁKA Justyna	157	TRUCHT ŁOBEZ	K-30	2	00:11:46	00:36:18	<b>00:48:17.59</b>	+00:04:13 (8.8%)	4:49	12.4 (91.2%)
4	BIELEŃ Agnieszka	134	MUAY RUNNING TEAM	K-30	3	00:12:23	00:37:59	<b>00:49:58.53</b>	+00:05:54 (11.8%)	4:59	12 (88.2%)
5	KARABASZ Sylwia	168	KRISS TEAM	K-40	1	00:12:32	00:38:02	<b>00:50:04.41</b>	+00:06:00 (12.0%)	5:00	12 (88.2%)
6	ROLIK Anna	204		K-30	4	00:12:15	00:37:54	<b>00:50:17.53</b>	+00:06:13 (12.4%)	5:01	11.9 (87.5%)
7	KLESSA Monika	175	NIE BOSKIE BIEGACZKI	K-40	2	00:12:55	00:38:08	<b>00:50:18.33</b>	+00:06:14 (12.4%)	5:01	11.9 (87.5%)
8	STOCKA-PODŁYSKA Żaneta	213	(NIE)BOSKIE BIEGACZKI	K-30	5	00:12:55	00:38:09	<b>00:50:20.34</b>	+00:06:16 (12.5%)	5:02	11.9 (87.5%)
9	SKOCZYLAS Bożena	209	BIEGAM BO LUBIĘ	K-40	3	00:12:12	00:37:52	<b>00:50:26.21</b>	+00:06:22 (12.6%)	5:02	11.9 (87.5%)
10	JESIONOWSKA-ŁASKAWIEC Agnieszka	165	JW 4580	K-18	2	00:12:15	00:38:08	<b>00:50:37.11</b>	+00:06:33 (12.9%)	5:03	11.9 (87.5%)
11	GARBOWSKA Anna	241		K-30	6	00:12:55	00:38:09	<b>00:50:42.15</b>	+00:06:38 (13.1%)	5:04	11.8 (86.8%)
12	SŁAPCZYŃSKA Marta	210		K-18	3	00:12:17	00:38:47	<b>00:51:33.74</b>	+00:07:29 (14.5%)	5:09	11.6 (85.3%)
13	JĘCZEŃ Kornela	166	ZABIEGANI NOCĄ	K-18	4	00:12:52	00:39:34	<b>00:52:13.78</b>	+00:08:09 (15.6%)	5:13	11.5 (84.6%)
14	KAROLCZAK Katarzyna	170	ZABIEGANINOCĄ OKONEK	K-18	5	00:12:47	00:39:24	<b>00:52:21.50</b>	+00:08:17 (15.8%)	5:14	11.5 (84.6%)
15	KWIATKOWSKA Dominika	231		K-18	6	00:12:46	00:40:07	<b>00:53:02.13</b>	+00:08:58 (16.9%)	5:18	11.3 (83.1%)
16	PYREK Iwona	201		K-30	7	00:12:59	00:40:27	<b>00:53:24.39</b>	+00:09:20 (17.5%)	5:20	11.2 (82.4%)
17	BIELEWICZ Anna	135	STOPA SŁUPSK	K-40	4	00:12:51	00:40:31	<b>00:54:04.28</b>	+00:10:00 (18.5%)	5:24	11.1 (81.6%)
18	GAŁAN Janna	146		K-50	1	00:13:39	00:41:04	<b>00:54:24.87</b>	+00:10:21 (19.0%)	5:26	11 (80.9%)
19	METKOWSKA Beata	191	HUSARIA RACE TEAM	K-50	2	00:13:45	00:41:31	<b>00:54:47.36</b>	+00:10:43 (19.6%)	5:28	10.9 (80.1%)
20	GRZYSTEK Madzia	156		K-30	8	00:15:34	00:48:07	<b>00:55:06.65</b>	+00:11:02 (20.0%)	5:30	10.9 (80.1%)
21	SUBIETA Magdalena	215		K-30	9	00:13:39	00:41:28	<b>00:55:21.69</b>	+00:11:17 (20.4%)	5:32	10.8 (79.4%)
22	BARTON Krystyna	133	TRIPAKA PRZECHLEWO	K-50	3	00:12:47	00:41:23	<b>00:55:28.34</b>	+00:11:24 (20.6%)	5:32	10.8 (79.4%)
23	MUSIAŁ Mirela	193		K-40	5	00:14:01	00:42:24	<b>00:56:30.51</b>	+00:12:26 (22.0%)	5:39	10.6 (77.9%)
24	POCZĄTEK Anna	200	NIEZRZESZONA	K-60	1	00:14:15	00:43:34	<b>00:57:48.35</b>	+00:13:44 (23.8%)	5:46	10.4 (76.5%)
25	SUPROŃ Izabela	217		K-30	10	00:13:49	00:43:33	<b>00:58:20.86</b>	+00:14:17 (24.5%)	5:50	10.3 (75.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk_All		Czas	Różn	Tempo min/km	Tempo km/h
						2.5km	7.5km	netto 10km			
26	<b>FIRLEJ Agnieszka</b>	<b>145</b>	RUNDORFINA	K-40	6	00:14:04	00:44:38	<b>00:59:46.49</b>	+00:15:42 (26.3%)	5:58	10 (73.5%)
27	<b>DEPTUŁA-BILL Bożena</b>	<b>230</b>		K-30	11	00:14:02	00:44:32	<b>00:59:57.67</b>	+00:15:53 (26.5%)	5:59	10 (73.5%)
28	<b>GIERSZEWSKA Urszula</b>	<b>150</b>		K-50	4	00:14:06	00:44:59	<b>01:00:02.57</b>	+00:15:58 (26.6%)	6:00	10 (73.5%)
29	<b>DUCHNOWSKA Kamila</b>	<b>143</b>	HUSARIA RACE TEAM	K-30	12	00:14:49	00:45:50	<b>01:00:57.01</b>	+00:16:53 (27.7%)	6:05	9.8 (72.1%)
30	<b>KUBIAK Danuta</b>	<b>181</b>	WK PTTK HUSARIA CZARNE	K-60	2	00:14:46	00:46:33	<b>01:01:35.11</b>	+00:17:31 (28.5%)	6:09	9.7 (71.3%)
31	<b>KWIATKOWSKA Agnieszka</b>	<b>184</b>		K-40	7	00:17:05	00:54:05	<b>01:12:05.53</b>	+00:28:01 (38.9%)	7:12	8.3 (61.0%)

Znaleziono 31 wynik(ów)