

BIEG SĄSIEDZI ŻELAZNEGO MOSTU - NORDIC WALKING 5 KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie: II Marsz i Bieg - Sąsiedzi Żelaznego Mostu
Organizator: Stowarzyszenie Aktywni Zagłębia Miedziowego
Data: 2022-09-24
Miejsce: Rudna
Dystans: 5 km



Klasyfikacja: OPEN -K

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	ZAGÓRSKA Janina	174		OPEN -K	1	00:40:45.08		8:09	7.4 (100%)
2	ROMANOWSKA Eliza	136	KGHMMETRACO	K10-14	1	00:41:44.08	+00:00:59 (2.4%)	8:20	7.2 (97.3%)
3	KISIELEWICZ Zofia	119	KGHMMETACO	K10-14	2	00:41:49.07	+00:01:03 (2.6%)	8:21	7.2 (97.3%)
4	KLOCEK Jagoda	120	KGHM METRACO	K15-18	1	00:42:08.28	+00:01:23 (3.3%)	8:25	7.1 (95.9%)
5	CHODORSKA Oliwia	164	KGHMMETRACO	K10-14	3	00:42:50.75	+00:02:05 (4.9%)	8:34	7 (94.6%)
6	KURZAWSKA Jolanta	127	KGHM METRACO	OPEN -K	2	00:42:54.45	+00:02:09 (5.0%)	8:34	7 (94.6%)
7	KUREK Aleksandra	125		OPEN -K	3	00:44:28.21	+00:03:43 (8.4%)	8:53	6.7 (90.5%)
8	RAJKO Katarzyna	135		OPEN -K	4	00:44:34.33	+00:03:49 (8.6%)	8:54	6.7 (90.5%)
9	KUBERO Honorata	180		OPEN -K	5	00:44:53.68	+00:04:08 (9.2%)	8:58	6.7 (90.5%)
10	PASZKOWSKA Maria	133	KGHM METRACO	OPEN -K	6	00:46:00.65	+00:05:15 (11.4%)	9:12	6.5 (87.8%)
11	TOMCZAK-CHRZAN Beata	150		OPEN -K	7	00:46:38.57	+00:05:53 (12.6%)	9:19	6.4 (86.5%)
12	KLUSKA Małgorzata	122		OPEN -K	8	00:46:47.94	+00:06:02 (12.9%)	9:21	6.4 (86.5%)
13	KAMIŃSKA Elżbieta	118		OPEN -K	9	00:46:57.84	+00:06:12 (13.2%)	9:23	6.4 (86.5%)
14	STRAJEWSKA Joanna	173		OPEN -K	10	00:47:03.01	+00:06:17 (13.4%)	9:24	6.4 (86.5%)
15	KLUSKA Anna	121		K10-14	4	00:47:03.82	+00:06:18 (13.4%)	9:24	6.4 (86.5%)
16	BORYSŁAWSKA Krystyna	105	GMINA GRĘBOCICE	OPEN -K	11	00:47:46.64	+00:07:01 (14.7%)	9:33	6.3 (85.1%)
17	BORYSŁAWSKA Joanna	171		OPEN -K	12	00:47:48.56	+00:07:03 (14.8%)	9:33	6.3 (85.1%)
18	OLEJARCZYK Kasia	132		OPEN -K	13	00:48:16.74	+00:07:31 (15.6%)	9:39	6.2 (83.8%)
19	JEMIOŁO Natalia	117		OPEN -K	14	00:49:12.15	+00:08:27 (17.2%)	9:50	6.1 (82.4%)
20	LISTWAN Klaudia	128		K10-14	5	00:49:50.26	+00:09:05 (18.2%)	9:58	6 (81.1%)
21	JACENKO Julia	114	KGHMMETRACO	OPEN -K	15	00:49:58.69	+00:09:13 (18.5%)	9:59	6 (81.1%)
22	OLEJARCZYK Elżbieta	131		OPEN -K	16	00:50:11.57	+00:09:26 (18.8%)	10:02	6 (81.1%)
23	SZYDŁOWSKA-RAKOWSKA Marzena	148		OPEN -K	17	00:50:11.81	+00:09:26 (18.8%)	10:02	6 (81.1%)
24	ZIELIŃSKA Izabela	155		OPEN -K	18	00:50:14.23	+00:09:29 (18.9%)	10:02	6 (81.1%)
25	HORNIAC Amanda	113	KGHMMETRACO	K10-14	6	00:50:49.34	+00:10:04 (19.8%)	10:09	5.9 (79.7%)
26	SŁOWIK Sylwia	140		OPEN -K	19	00:50:52.05	+00:10:06 (19.9%)	10:10	5.9 (79.7%)

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27	WOŹNIAK Agnieszka	154	KGHMMETRACO	OPEN -K	20	00:50:57.67	+00:10:12 (20.0%)	10:11	5.9 (79.7%)
28	RZESZOWSKA Marzena	139		OPEN -K	21	00:51:09.19	+00:10:24 (20.3%)	10:13	5.9 (79.7%)
29	SZUM Marzenna	175		OPEN -K	22	00:51:18.37	+00:10:33 (20.6%)	10:15	5.8 (78.4%)
30	BOROŃ Natalia	104		OPEN -K	23	00:51:41.13	+00:10:56 (21.2%)	10:20	5.8 (78.4%)
31	BAJPER Karolina	167		OPEN -K	24	00:54:15.47	+00:13:30 (24.9%)	10:51	5.5 (74.3%)
32	JASTRZĘBSKA Kamila	116	KGHM METRACO	OPEN -K	25	00:54:21.04	+00:13:35 (25.0%)	10:52	5.5 (74.3%)
33	GRYGOROWICZ Teresa	172		OPEN -K	26	00:54:52.37	+00:14:07 (25.7%)	10:58	5.5 (74.3%)
34	SZAŁAJ Anna	146		OPEN -K	27	00:54:53.85	+00:14:08 (25.8%)	10:58	5.5 (74.3%)
35	SIŁUCH Natalia	170		OPEN -K	28	00:54:55.99	+00:14:10 (25.8%)	10:59	5.5 (74.3%)
36	DUSZENKO Elwira	169		OPEN -K	29	00:54:56.38	+00:14:11 (25.8%)	10:59	5.5 (74.3%)
37	KUREK Małgorzata	126		OPEN -K	30	00:55:00.47	+00:14:15 (25.9%)	11:00	5.5 (74.3%)
38	KOŁODZIEJ Ewa	123		OPEN -K	31	00:55:02.71	+00:14:17 (26.0%)	11:00	5.5 (74.3%)
39	BAJGEN Natalia	168		K10-14	7	00:55:03.63	+00:14:18 (26.0%)	11:00	5.4 (73.0%)
40	SODAJ Elżbieta	177		OPEN -K	32	00:56:11.15	+00:15:26 (27.5%)	11:14	5.3 (71.6%)
41	BRAK Brak	178		OPEN -K	33	00:56:13.08	+00:15:28 (27.5%)	11:14	5.3 (71.6%)
42	ADAMSKA Irena	101		OPEN -K	34	00:56:17.71	+00:15:32 (27.6%)	11:15	5.3 (71.6%)
43	PRZYBYLSKA Dominika	160		OPEN -K	35	00:57:46.91	+00:17:01 (29.5%)	11:33	5.2 (70.3%)
44	PODLANCA Renata	393		OPEN -K	36	00:57:47.85	+00:17:02 (29.5%)	11:33	5.2 (70.3%)
45	GUBCZYK Marta	112		OPEN -K	37	00:57:48.48	+00:17:03 (29.5%)	11:33	5.2 (70.3%)
46	MIENCIUK Ewelina	163		OPEN -K	38	00:57:49.09	+00:17:04 (29.5%)	11:33	5.2 (70.3%)
47	GALINOWSKA Paulina	391		OPEN -K	39	00:57:58.32	+00:17:13 (29.7%)	11:35	5.2 (70.3%)
48	SOBÓTKA Katarzyna	142		OPEN -K	40	00:57:58.94	+00:17:13 (29.7%)	11:35	5.2 (70.3%)
49	URBAN Edyta	151		OPEN -K	41	00:58:53.73	+00:18:08 (30.8%)	11:46	5.1 (68.9%)
50	WOJTUN- KOBLAŃSKA Dorota	158		OPEN -K	42	00:59:06.07	+00:18:20 (31.0%)	11:49	5.1 (68.9%)
51	ZBROIŃSKA Halina	157		OPEN -K	43	00:59:06.75	+00:18:21 (31.1%)	11:49	5.1 (68.9%)

Znaleziono 51 wynik(ów)