



BIEG ŚNIADANIOWY / KLUBOWE MISTRZOSTWA MORSÓW

B4SPORT

Organizator: Centrum Kultury Mielno
Data: 2023-02-11
Miejsce: Mielno
Dystans: 5 km



Klasyfikacja: K40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	OBARA Żaneta	160	MISTRZOWSKI TRENING	K40	1	00:22:03.50		4:24	13.6 (100%)
2	SZEWCZYK Monika	238	KKM KALORYFER	K40	2	00:25:11.25	+00:03:07 (12.4%)	5:02	11.9 (87.5%)
3	STANISZEWSKA Joanna	219	BIAŁE MORSY GOSTYNIN-KUTNO	K40	3	00:25:12.00	+00:03:08 (12.5%)	5:02	11.9 (87.5%)
4	KWIATKOWSKA Monika	124	AMBER KLUB TOMASZOW MAZOWIECKI	K40	4	00:25:15.30	+00:03:11 (12.7%)	5:03	11.9 (87.5%)
5	KUBIAK Katarzyna	117		K40	5	00:25:23.80	+00:03:20 (13.1%)	5:04	11.8 (86.8%)
6	SYSIK Aneta	235	MORSY SIEDLCE	K40	6	00:25:33.10	+00:03:29 (13.7%)	5:06	11.7 (86.0%)
7	GOLEŃ Anna	61	MORSY WROCŁAWSKIE	K40	7	00:25:48.80	+00:03:45 (14.5%)	5:09	11.6 (85.3%)
8	GNIOT Katarzyna	59	MORSY NA KOKSIE	K40	8	00:25:51.40	+00:03:47 (14.7%)	5:10	11.6 (85.3%)
9	GROBELNA Angelika	65	BYDGOSZCZ NA START	K40	9	00:25:53.00	+00:03:49 (14.8%)	5:10	11.6 (85.3%)
10	PORAZIŃSKA Viktoria	188	NAGLE MORSOWANIE	K40	10	00:25:53.10	+00:03:49 (14.8%)	5:10	11.6 (85.3%)
11	WOLIŃSKA Agnieszka	271	BIAŁE MORSY GOSTYNIN-KUTNO	K40	11	00:26:25.45	+00:04:21 (16.5%)	5:17	11.4 (83.8%)
12	ZAKRZEWSKA Ania	276	STRZEGOMSKA DWUNASTKA	K40	12	00:27:01.70	+00:04:58 (18.4%)	5:24	11.1 (81.6%)
13	ZAŁĘSKA Agnieszka	277	MORSJANKI & MORSJANIE	K40	13	00:27:17.65	+00:05:14 (19.2%)	5:27	11 (80.9%)
14	KACZMAREK Lidia	88		K40	14	00:27:23.70	+00:05:20 (19.5%)	5:28	11 (80.9%)
15	PODBYLSKA Magdalena	182	ZMECZENI NA STARCI DOBIEGNIEW	K40	15	00:27:29.35	+00:05:25 (19.8%)	5:29	10.9 (80.1%)
16	ŁAZAROWICZ Katarzyna	135		K40	16	00:27:37.95	+00:05:34 (20.2%)	5:31	10.9 (80.1%)
17	MIELCZAREK Wioletta	284		K40	17	00:28:15.85	+00:06:12 (22.0%)	5:39	10.6 (77.9%)
18	ŁAWNICZAK Justyna	133	JUTROSINSKI KLUB MORSÓW	K40	18	00:28:19.60	+00:06:16 (22.1%)	5:39	10.6 (77.9%)
19	LEŚNIAK Dorota	127		K40	19	00:30:06.50	+00:08:03 (26.7%)	6:01	10 (73.5%)
20	KUŹNIEWSKA-KĘDZIERSKA Anna	123	WODNE NIEBO OSTRORÓG	K40	20	00:30:19.55	+00:08:16 (27.3%)	6:03	9.9 (72.8%)
21	GRAFIK Renata	63	JUTROSINSKI KLUB MORSÓW	K40	21	00:30:22.95	+00:08:19 (27.4%)	6:04	9.9 (72.8%)
22	RUDZIEWICZ Małgorzata	197	RUDE MORSY	K40	22	00:30:26.85	+00:08:23 (27.6%)	6:05	9.9 (72.8%)
23	SUDER-MAKSYMOWICZ Monika	232		K40	23	00:30:43.80	+00:08:40 (28.2%)	6:08	9.8 (72.1%)
24	WOELK Iwona	269	WODNE NIEBO OSTRORÓG	K40	24	00:31:12.75	+00:09:09 (29.3%)	6:14	9.6 (70.6%)
25	STACHOWIAK Karolina	216	KAMERALNE MORSY RASZKÓW	K40	25	00:31:25.10	+00:09:21 (29.8%)	6:17	9.5 (69.9%)
26	GRZEŚKIEWICZ Izabela	69	OSTROWSKIE MORSY	K40	26	00:31:27.50	+00:09:24 (29.9%)	6:17	9.5 (69.9%)

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						5km			
27	WOŹNIAK Beata	273		K40	27	00:31:41.15	+00:09:37 (30.4%)	6:20	9.5 (69.9%)
28	NOWACZYNSKA Edyta	157	TROPIKALNE MORSY	K40	28	00:31:41.75	+00:09:38 (30.4%)	6:20	9.5 (69.9%)
29	PROSTAK Aleksandra	189	SOPOCKI KLUB MORSÓW	K40	29	00:31:50.50	+00:09:47 (30.7%)	6:22	9.4 (69.1%)
30	WRZOSEK Iwona	275	MORSY SIEDLCE	K40	30	00:31:58.75	+00:09:55 (31.0%)	6:23	9.4 (69.1%)
31	KOCHANOWSKA Monika	190	BIAŁE MORSY GOSTYNIN-KUTNO	K40	31	00:32:17.05	+00:10:13 (31.7%)	6:27	9.3 (68.4%)
32	OWCZAREK Izabela	169	ŚREMSKI KLUB MORSÓW MROZIK	K40	32	00:32:57.95	+00:10:54 (33.1%)	6:35	9.1 (66.9%)
33	WALENDOWSKA Monika	255	ŚREMSKI KLUB MORSÓW MROZIK	K40	33	00:32:58.00	+00:10:54 (33.1%)	6:35	9.1 (66.9%)
34	TRZCIŃSKA Jolanta	247	ROCK BALANCING ICE	K40	34	00:33:15.45	+00:11:11 (33.7%)	6:39	9 (66.2%)
35	BORKOWSKA Arletta	23	MORSY SIEDLCE	K40	35	00:33:39.50	+00:11:36 (34.5%)	6:43	8.9 (65.4%)
36	ŻYRA Monika	281	SOPOCKI KLUB MORSÓW	K40	36	00:34:24.55	+00:12:21 (35.9%)	6:52	8.7 (64.0%)
37	SKORUPA Katarzyna	282		K40	37	00:35:07.40	+00:13:03 (37.2%)	7:01	8.5 (62.5%)
38	ŁAWNICZAK Anna	132	KAMERALNE MORSY RASZKÓW	K40	38	00:35:12.05	+00:13:08 (37.3%)	7:02	8.5 (62.5%)
39	KASPRZAK Katarzyna	94	KAMERALNE MORSY RASZKÓW	K40	39	00:35:13.70	+00:13:10 (37.4%)	7:02	8.5 (62.5%)
40	SIMINSKA Monika	205	MORSY PAKOŚĆ	K40	40	00:35:14.00	+00:13:10 (37.4%)	7:02	8.5 (62.5%)
41	SZYMAŃSKA Aleksandra	241	KLIMA MORSY WRZEŚNIA	K40	41	00:35:28.35	+00:13:24 (37.8%)	7:05	8.5 (62.5%)
42	DZIECIELSKA Agnieszka	44		K40	42	00:35:34.15	+00:13:30 (38.0%)	7:06	8.4 (61.8%)
43	DOMINIAK Emilia	285		K40	43	00:36:12.05	+00:14:08 (39.1%)	7:14	8.3 (61.0%)
44	LISIAK Justyna	131	MORSY WITKOWO	K40	44	00:36:12.15	+00:14:08 (39.1%)	7:14	8.3 (61.0%)
45	GĘBKA Barbara	54	MORSY SIEDLCE	K40	45	00:36:27.35	+00:14:23 (39.5%)	7:17	8.2 (60.3%)
46	TOMASZEWSKA Anita	245	SZAMOTULSKI KLUB MORSÓW GÓRA LODOWA	K40	46	00:36:45.75	+00:14:42 (40.0%)	7:21	8.2 (60.3%)
47	KUHN-ZAWADZKA Joanna	286		K40	47	00:36:56.40	+00:14:52 (40.3%)	7:23	8.1 (59.6%)
48	WIENCEK Renata	264	KAMERALNE MORSY RASZKÓW	K40	48	00:37:44.75	+00:15:41 (41.6%)	7:32	8 (58.8%)
49	STRONGOWSKA Patrycja	228	MORSJANKI & MORSJANIE	K40	49	00:39:03.95	+00:17:00 (43.5%)	7:48	7.7 (56.6%)
50	MIKOŁAJEWICZ Beata	151	RUDE MORSY	K40	50	00:40:32.05	+00:18:28 (45.6%)	8:06	7.4 (54.4%)
51	KALETA Honorata	91	KAMERALNE MORSY RASZKÓW	K40	51	00:43:12.40	+00:21:08 (48.9%)	8:38	6.9 (50.7%)

Znaleziono 51 wynik(ów)