BIEG WIKINGA - 10 KM

Wydarzenie: BIEG WIKINGA
Organizator: Uczniowski Klub Sportowy „WYSPA”, Gmina Wolin.
Data: 2021-09-26
Miejsce: Wolin
Dystans: 10 km

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Klasyfikacja: K-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Wolin	Lap 5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	**BOROWSKA Karolina**	**14**	MONIA GYM	K30-39	1		00:21:48	**00:44:46.75**		4:28	13.4 (100%)
2	**WOLIŃSKA Emilia**	**112**		K50-59	1	Tak	00:22:05	**00:45:13.20**	+00:00:26 (1.0%)	4:31	13.3 (99.3%)
3	**DZIERZKOWSKA Aleksandra**	**35**		K50-59	2		00:22:33	**00:45:46.80**	+00:01:00 (2.2%)	4:34	13.1 (97.8%)
4	**ROMAŃSKA Karolina**	**91**	BIEGACZE ŚWINOUJŚCIE	K30-39	2		00:22:48	**00:47:02.20**	+00:02:15 (4.8%)	4:42	12.8 (95.5%)
5	**ANIELSKA Anna**	**2**		K30-39	3		00:22:42	**00:47:17.75**	+00:02:31 (5.3%)	4:43	12.7 (94.8%)
6	**KOWALSKA Dorota**	**51**	KB KAMIEŃ POMORSKI	K50-59	3		00:23:09	**00:47:23.20**	+00:02:36 (5.5%)	4:44	12.7 (94.8%)
7	**KAZIMIERSKA Żaneta**	**128**		K40-49	1	Tak	00:23:54	**00:48:43.45**	+00:03:56 (8.1%)	4:52	12.3 (91.8%)
8	**RZEMIENIECKA-GRUDZIEŃ Joanna**	**92**	BIEGACZE ŚWINOUJŚCIE	K40-49	2		00:24:00	**00:48:55.80**	+00:04:09 (8.5%)	4:53	12.3 (91.8%)
9	**PACZYŃSKA Joanna**	**82**		K30-39	4		00:24:20	**00:51:34.45**	+00:06:47 (13.2%)	5:09	11.6 (86.6%)
10	**KRÓLAK Beata**	**55**	SP8 POLICE	K50-59	4		00:26:31	**00:54:29.25**	+00:09:42 (17.8%)	5:26	11 (82.1%)
11	**DRZEWIECKA Agnieszka**	**31**	BIEGACZE ŚWINOUJŚCIE	K50-59	5		00:26:55	**00:54:47.30**	+00:10:00 (18.3%)	5:28	11 (82.1%)
12	**MURAWSKA Monika**	**68**	BIEGACZE ŚWINOUJŚCIE	K40-49	3		00:26:51	**00:54:54.75**	+00:10:08 (18.5%)	5:29	10.9 (81.3%)
13	**SZEWCZYK Magdalena**	**103**	MONIA GYM	K30-39	5		00:27:16	**00:55:12.35**	+00:10:25 (18.9%)	5:31	10.9 (81.3%)
14	**APERLIŃSKA Patrycja**	**3**		K40-49	4		00:27:11	**00:56:03.65**	+00:11:16 (20.1%)	5:36	10.7 (79.9%)
15	**NOWAK-PIASECKA Dorota**	**75**	FIT KETTLEBELL	K30-39	6		00:27:23	**00:56:18.50**	+00:11:31 (20.5%)	5:37	10.7 (79.9%)
16	**SIKORSKA Anna**	**96**		K40-49	5		00:27:25	**00:57:11.45**	+00:12:24 (21.7%)	5:43	10.5 (78.4%)
17	**CIEMNA Joanna**	**25**		K40-49	6	Tak	00:27:37	**00:57:31.15**	+00:12:44 (22.1%)	5:45	10.4 (77.6%)
18	**KĘSKA Katarzyna**	**48**		K40-49	7		00:28:09	**00:58:13.00**	+00:13:26 (23.1%)	5:49	10.3 (76.9%)
19	**ŻUREK Marta**	**84**		K30-39	7		00:29:19	**00:58:28.35**	+00:13:41 (23.4%)	5:50	10.3 (76.9%)
20	**PACIOREK Wioletta**	**81**	MORSY ROSKILDE	K40-49	8		00:28:51	**01:00:15.95**	+00:15:29 (25.7%)	6:01	10 (74.6%)
21	**SĘKOWSKA Magdalena**	**95**		K50-59	6		00:29:29	**01:00:34.40**	+00:15:47 (26.1%)	6:03	9.9 (73.9%)
22	**SZUMIŃSKA Irena**	**105**	ORANGE POLSKA	K60+	1		00:29:47	**01:01:07.10**	+00:16:20 (26.7%)	6:06	9.8 (73.1%)
23	**GAWLE MIKULSKA Karina**	**124**		K40-49	9		00:30:00	**01:02:16.20**	+00:17:29 (28.1%)	6:13	9.6 (71.6%)
24	**BEDNARZ Katarzyna**	**10**		K40-49	10		00:30:11	**01:02:20.60**	+00:17:33 (28.2%)	6:14	9.6 (71.6%)
25	**WRÓBLEWSKA Anna**	**114**	KLUB BIEGACZA KAMIEŃ POMORSKI	K30-39	8		00:30:07	**01:02:57.50**	+00:18:10 (28.9%)	6:17	9.5 (70.9%)
26	**GMIŃSKA Natalia**	**41**		K30-39	9		00:31:03	**01:03:27.00**	+00:18:40 (29.4%)	6:20	9.5 (70.9%)
27	**SEMEZH Ira**	**94**	WEGAS	K30-39	10	Tak	00:30:32	**01:03:36.25**	+00:18:49 (29.6%)	6:21	9.4 (70.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Wolin	Lap 5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
28	**CICHY Beata**	**24**		K16-29	1		00:30:50	**01:03:52.80**	+00:19:06 (29.9%)	6:23	9.4 (70.1%)
29	**DOMALEWSKA Teresa**	**30**	BIEGACZE SWINOUJSCIE	K60+	2		00:28:56	**01:04:24.20**	+00:19:37 (30.5%)	6:26	9.3 (69.4%)
30	**BURY Marianna**	**18**	WYLUZOWANI BIEGACZE	K40-49	11		00:30:53	**01:04:32.85**	+00:19:46 (30.6%)	6:27	9.3 (69.4%)
31	**AMERNIK Katarzyna**	**1**	SZCZYPTA SZCZECINA	K40-49	12		00:31:28	**01:04:47.05**	+00:20:00 (30.9%)	6:28	9.3 (69.4%)
32	**MASŁOWSKA Barbara**	**65**		K40-49	13		00:30:32	**01:04:59.50**	+00:20:12 (31.1%)	6:29	9.2 (68.7%)
33	**MALINOWSKA Magdalena**	**64**	MORSY ROSKILDE	K30-39	11		00:30:01	**01:05:24.80**	+00:20:38 (31.5%)	6:32	9.2 (68.7%)
34	**SAWIŃSKA Anna**	**93**	NORDICANIA TEAM	K40-49	14		00:31:25	**01:05:33.05**	+00:20:46 (31.7%)	6:33	9.2 (68.7%)
35	**CIEMNA Regina**	**26**		K60+	3		00:31:56	**01:05:53.80**	+00:21:07 (32.0%)	6:35	9.1 (67.9%)
36	**JASIUCHNA Aleksandra**	**43**	JASIUCHNA TEAM	K30-39	12		00:31:16	**01:06:19.60**	+00:21:32 (32.5%)	6:37	9 (67.2%)
37	**WENTA Julia**	**110**		K30-39	13		00:31:17	**01:06:20.00**	+00:21:33 (32.5%)	6:38	9 (67.2%)
38	**ŁUKASZEWICZ Hanna**	**60**		K30-39	14		00:31:28	**01:07:27.05**	+00:22:40 (33.6%)	6:44	8.9 (66.4%)
39	**ELBIŃSKA-KRAWCZUK Monika**	**36**	BIEGACZE ŚWINOUJŚCIE	K40-49	15		00:33:02	**01:08:22.20**	+00:23:35 (34.5%)	6:50	8.8 (65.7%)
40	**KRAWCZUK Amelia**	**53**	BIEGACZE ŚWINOUJŚCIE	K16-29	2		00:33:03	**01:08:22.80**	+00:23:36 (34.5%)	6:50	8.8 (65.7%)
41	**PRAWDA Iwona**	**86**	WIECZORNE BIEGANIE	K40-49	16		00:32:06	**01:09:09.60**	+00:24:22 (35.3%)	6:54	8.7 (64.9%)
42	**SOCZÓWKA Agnieszka**	**99**	TERMINATORUN	K30-39	15		00:32:02	**01:09:10.80**	+00:24:24 (35.3%)	6:55	8.7 (64.9%)
43	**BŁAŻEJEWSKA-JANNASZ Kamila**	**12**		K30-39	16		00:35:41	**01:12:27.55**	+00:27:40 (38.2%)	7:14	8.3 (61.9%)
44	**BZDAWKA Joanna**	**20**	BIEGACZE ŚWINOUJŚCIE	K40-49	17		00:34:50	**01:14:16.45**	+00:29:29 (39.7%)	7:25	8.1 (60.4%)
45	**OTOCKA Agnieszka**	**80**	BIEGACZE ŚWINOUJŚCIE	K40-49	18		00:34:52	**01:14:16.80**	+00:29:30 (39.7%)	7:25	8.1 (60.4%)
46	**BOŚKO Paulina**	**15**		K30-39	17		00:42:11	**01:25:32.25**	+00:40:45 (47.6%)	8:33	7 (52.2%)
47	**KRÓL Magdalena**	**54**		K30-39	18		00:42:12	**01:25:32.75**	+00:40:46 (47.7%)	8:33	7 (52.2%)

Znaleziono 47 wynik(ów)