



GRAND PRIX USTKI - BIEG I HENRYKA DE LUBICZ SZELISKIEGO - 10 KM

B4SPORT

Event: GRAND PRIX USTKI - BIEG I HENRYKA DE LUBICZ SZELISKIEGO
Organiser: Burmistrz Miasta Ustka; Morpol Sp. z o.o.; OSIR Ustka; Lekkoatletyczny Klub Sportowy „JANTAR”; Stowarzyszenie Turystyczno-Sportowe „USTKA”; Miejski Klub Sportowy „JANTAR” Ustka
Date: 2019-04-06
Place: Ustka
Distance: 10 km



Classification: K30-39

Place	Participant	Number	Club	Category	MCat	Net time 10km	Gap	Pace min/km	Pace km/h
1	CYPRYCH Katarzyna	9	BATALION OCHRONY BAZY REDZIKOWO	K30-39	1	00:41:54.15		4:11	14.3 (100%)
2	LANGNER-KAPCZYŃSKA Edyta	96	BEST BEASTS	K30-39	2	00:42:52.15	+00:00:58 (2.3%)	4:17	14 (97.9%)
3	GOC Małgorzata	17		K30-39	3	00:46:14.35	+00:04:20 (9.4%)	4:37	13 (90.9%)
4	ZIELIŃSKA Danuta	51	USB USTKA	K30-39	4	00:49:17.15	+00:07:23 (15.0%)	4:55	12.2 (85.3%)
5	ĆWIGOŃ Kinga	73	USB	K30-39	5	00:49:45.00	+00:07:50 (15.8%)	4:58	12.1 (84.6%)
6	SIECIŃSKA Emilia	54	USB	K30-39	6	00:49:45.70	+00:07:51 (15.8%)	4:58	12.1 (84.6%)
7	HANUSZEWICZ Karolina	19	GWIAZDY	K30-39	7	00:50:00.50	+00:08:06 (16.2%)	5:00	12 (83.9%)
8	KAMIŃSKA Monika	23		K30-39	8	00:50:16.30	+00:08:22 (16.6%)	5:01	11.9 (83.2%)
9	ZALIŃSKA Aneta	129	USB	K30-39	9	00:50:42.25	+00:08:48 (17.4%)	5:04	11.8 (82.5%)
10	RUTECKA Sylwia	50	TUPOT USTKA	K30-39	10	00:51:36.95	+00:09:42 (18.8%)	5:09	11.6 (81.1%)
11	LEWANDOWSKA Maria	33	W.P.K. SŁOŃ TEAM USTKA	K30-39	11	00:52:51.50	+00:10:57 (20.7%)	5:17	11.4 (79.7%)
12	SZOŁTYSIK Agnieszka	58		K30-39	12	00:53:46.50	+00:11:52 (22.1%)	5:22	11.2 (78.3%)
13	KOZA Joanna	30	USB	K30-39	13	00:53:57.10	+00:12:02 (22.3%)	5:23	11.1 (77.6%)
14	DYRMO Anna	14	BRAK	K30-39	14	00:54:59.60	+00:13:05 (23.8%)	5:29	10.9 (76.2%)
15	ŻYŁKA Milena	184	WPK SŁOŃ TEAM	K30-39	15	00:55:32.15	+00:13:38 (24.5%)	5:33	10.8 (75.5%)
16	MROZIK Joanna	40		K30-39	16	00:55:35.40	+00:13:41 (24.6%)	5:33	10.8 (75.5%)
17	GRABOWSKA Kinga	81	ORANGE POLSKA	K30-39	17	00:57:02.55	+00:15:08 (26.5%)	5:42	10.5 (73.4%)
18	LESNER-MĄCZYŃSKA Monika	99		K30-39	18	00:58:13.95	+00:16:19 (28.0%)	5:49	10.3 (72.0%)
19	IWAN-KUCIA Lena	84		K30-39	19	01:01:25.40	+00:19:31 (31.8%)	6:08	9.8 (68.5%)
20	KOWALCZYK Justyna	1	W.P.K. SŁOŃ TEAM USTKA	K30-39	20	01:02:48.15	+00:20:54 (33.3%)	6:16	9.6 (67.1%)
21	DAMPS Julita	75	NIGHT RUNNERS SŁUPSK	K30-39	21	01:08:43.95	+00:26:49 (39.0%)	6:52	8.7 (60.8%)

Total 21 results.