



# I CROSS JASTROWSKI - 10.72KM

B4SPORT

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

Urząd Gminy i Miasta w Jastrowiu  
2016-04-16  
Jastrowie  
10.72 km



Klasyfikacja: K-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	5.36km	10.36km	Czas netto 10.72km	Czas brutto 10.72km	Różn	Tempo min/km	Tempo km/h
1	<b>GAŃSKA Magdalena</b>	<b>421</b>	MKS FIGHTER	K-40	1	00:00:16	00:21:18	00:23:03	00:45:25	<b>00:47:07.85</b>	<b>00:47:24.30</b>		4:23	13.6 (100%)
2	<b>GRZONKA Kamila</b>	<b>427</b>	FLORIAN CHOJNICE	K-30	1	00:00:16	00:22:14	00:24:03	00:47:29	<b>00:49:14.85</b>	<b>00:49:31.60</b>	+00:02:07 (4.3%)	4:35	13.1 (96.3%)
3	<b>WALENDZIAK Alicja</b>	<b>496</b>	VALDANO TEAM	K-30	2	00:00:18	00:23:18	00:25:13	00:48:55	<b>00:50:44.05</b>	<b>00:51:02.25</b>	+00:03:36 (7.1%)	4:43	12.7 (93.4%)
4	<b>KSZAK-KRZYŻANOWSKA Anna</b>	<b>442</b>	SYSTEM 11 WAŁCZ	K-40	2	00:00:17	00:23:14	00:25:08	00:49:30	<b>00:51:27.20</b>	<b>00:51:44.80</b>	+00:04:19 (8.4%)	4:47	12.5 (91.9%)
5	<b>NIEMCZEWSKA Angelika</b>	<b>519</b>	ZLS JEDNOŚĆ	K-30	3	00:00:26	00:25:16	00:27:13	00:51:30	<b>00:53:10.20</b>	<b>00:53:37.10</b>	+00:06:02 (11.4%)	4:57	12.1 (89.0%)
6	<b>SZABLA Ewelina</b>	<b>482</b>	MTS HAMER MIASTKO	K-30	4	00:00:21	00:24:11	00:26:09	00:51:14	<b>00:53:10.80</b>	<b>00:53:32.75</b>	+00:06:02 (11.4%)	4:57	12.1 (89.0%)
7	<b>ZIOMEK Joanna</b>	<b>516</b>	TKKF KOSZALIN	K-40	3	00:00:19	00:24:08	00:26:06	00:51:34	<b>00:53:32.20</b>	<b>00:53:51.30</b>	+00:06:24 (12.0%)	4:59	12 (88.2%)
8	<b>SOBAŃSKA Anna</b>	<b>400</b>	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	K-30	5	00:00:20	00:24:39	00:26:39	00:52:19	<b>00:54:17.15</b>	<b>00:54:37.50</b>	+00:07:09 (13.2%)	5:03	11.8 (86.8%)
9	<b>PIECHOWSKA-CIOZDA Emilia</b>	<b>465</b>		K-30	6	00:00:22	00:24:52	00:26:57	00:52:51	<b>00:54:52.50</b>	<b>00:55:14.50</b>	+00:07:44 (14.1%)	5:07	11.7 (86.0%)
10	<b>REK Justyna</b>	<b>476</b>		K-18	1	00:00:20	00:25:54	00:28:01	00:54:27	<b>00:56:25.25</b>	<b>00:56:45.30</b>	+00:09:17 (16.5%)	5:15	11.4 (83.8%)
11	<b>GAŁAN Joanna</b>	<b>419</b>		K-50	1	00:00:20	00:27:04	00:29:17	00:56:10	<b>00:58:16.15</b>	<b>00:58:36.25</b>	+00:11:08 (19.1%)	5:26	11 (80.9%)
12	<b>FRANASZEK Ewa</b>	<b>418</b>	SYSTEM 11 WAŁCZ	K-40	4	00:00:25	00:27:25	00:29:33	00:56:56	<b>00:59:07.25</b>	<b>00:59:33.10</b>	+00:11:59 (20.3%)	5:30	10.9 (80.1%)
13	<b>KLUPŚ Monika</b>	<b>437</b>		K-40	5	00:00:24	00:27:11	00:29:23	00:57:15	<b>00:59:15.15</b>	<b>00:59:39.90</b>	+00:12:07 (20.5%)	5:31	10.9 (80.1%)
14	<b>MAŃKOWSKA Janina</b>	<b>453</b>	-	K-50	2	00:00:21	00:27:09	00:29:22	00:57:08	<b>00:59:16.35</b>	<b>00:59:37.60</b>	+00:12:08 (20.5%)	5:31	10.9 (80.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	5km	5.36km	10.36km	10.72km	10.72km			
15	<b>JANKOWSKA Monika</b>	<b>521</b>	FOLLOW ME SZCZECINEK	K-18	2	00:00:26	00:27:38	00:29:52	00:58:16	<b>01:00:15.30</b>	<b>01:00:41.65</b>	+00:13:07 (21.8%)	5:37	10.7 (78.7%)
16	<b>SZULOWSKA Anna</b>	<b>484</b>		K-18	3	00:00:24	00:27:56	00:30:11	00:58:17	<b>01:00:18.35</b>	<b>01:00:43.05</b>	+00:13:10 (21.8%)	5:37	10.7 (78.7%)
17	<b>PIKULIK Agnieszka</b>	<b>468</b>		K-18	4	00:00:26	00:27:51	00:30:07	00:58:36	<b>01:00:40.65</b>	<b>01:01:07.25</b>	+00:13:32 (22.3%)	5:39	10.6 (77.9%)
18	<b>GRZEBYTA Zdzisława</b>	<b>426</b>	KPP PIŁA	K-40	6	00:00:20	00:27:36	00:29:50	00:58:54	<b>01:01:05.90</b>	<b>01:01:26.45</b>	+00:13:58 (22.9%)	5:41	10.5 (77.2%)
19	<b>WALENCZAK Aldona</b>	<b>494</b>	EVIL DEJF TEAM	K-30	7	00:00:28	00:27:29	00:29:43	00:59:13	<b>01:01:10.70</b>	<b>01:01:39.00</b>	+00:14:02 (23.0%)	5:42	10.5 (77.2%)
20	<b>TAMŁOWSKA Anna</b>	<b>490</b>		K-30	8	00:00:24	00:27:55	00:30:12	00:59:07	<b>01:01:12.45</b>	<b>01:01:37.15</b>	+00:14:04 (23.0%)	5:42	10.5 (77.2%)
21	<b>ANDRUSZEWSKA Magdalena</b>	<b>401</b>		K-30	9	00:00:24	00:27:55	00:30:11	00:59:09	<b>01:01:15.85</b>	<b>01:01:40.50</b>	+00:14:08 (23.1%)	5:42	10.5 (77.2%)
22	<b>DZIEWIATOWSKA Agnieszka</b>	<b>416</b>		K-40	7	00:00:18	00:26:54	00:29:18	00:59:10	<b>01:01:30.55</b>	<b>01:01:49.35</b>	+00:14:22 (23.4%)	5:44	10.5 (77.2%)
23	<b>PYDYN Regina</b>	<b>471</b>	SBZZ ZŁOTÓW	K-50	3	00:00:21	00:27:10	00:29:28	00:59:23	<b>01:01:42.65</b>	<b>01:02:03.90</b>	+00:14:34 (23.6%)	5:45	10.4 (76.5%)
24	<b>DZIEMIAŃCZYK Urszula</b>	<b>415</b>		K-18	5	00:00:24	00:27:56	00:30:12	01:00:09	<b>01:02:21.40</b>	<b>01:02:46.35</b>	+00:15:13 (24.4%)	5:49	10.3 (75.7%)
25	<b>MYCZEK Ewa</b>	<b>456</b>	SYSTEM 11 WAŁCZ	K-40	8	00:00:25	00:29:50	00:32:11	01:02:23	<b>01:04:36.80</b>	<b>01:05:02.35</b>	+00:17:28 (27.1%)	6:01	10 (73.5%)
26	<b>BRĄCZYK Ewa</b>	<b>405</b>	TKKF WODNIK WIĘCBORK	K-40	9	00:00:25	00:31:21	00:33:50	01:05:08	<b>01:07:10.95</b>	<b>01:07:36.25</b>	+00:20:03 (29.8%)	6:16	9.6 (70.6%)
27	<b>PAWŁOWSKA Anna</b>	<b>463</b>		K-40	10	00:00:24	00:30:05	00:32:36	01:04:59	<b>01:07:21.35</b>	<b>01:07:45.85</b>	+00:20:13 (30.0%)	6:16	9.6 (70.6%)
28	<b>SZYMCZAK Anna</b>	<b>489</b>	SYSTEM 11 WAŁCZ	K-40	11	00:00:26	00:30:48	00:33:22	01:06:22	<b>01:08:44.40</b>	<b>01:09:10.40</b>	+00:21:36 (31.4%)	6:24	9.4 (69.1%)

Znaleziono 28 wynik(ów)