



I OTWARTE PRZEŁAJOWE MISTRZOSTWA SIANOWA - 5KM

B4SPORT

Organizator: Sianowska Fundacja Jesteśmy Razem, Urząd Gminy Sianów, KTKKF
Data: 2017-04-01
Miejsce: Kłos k. Sianowa
Dystans: 5 km



Klasyfikacja: K30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	FRONTCZAK Izabela	37	TKKF KOSZALIN	K30-39	1	00:00:04	00:21:36.60	00:21:40.65		4:19	13.9 (100%)
2	SZABLA Ewelina	189		K30-39	2	00:00:06	00:21:48.05	00:21:54.20	+00:00:11 (0.9%)	4:21	13.8 (99.3%)
3	CHODOR Martyna	22	TKKF KOSZALIN	K30-39	3	00:00:04	00:22:29.95	00:22:34.35	+00:00:53 (4.0%)	4:30	13.3 (95.7%)
4	CHODOR Izabela	23	TKKF KOSZALIN	K30-39	4	00:00:07	00:23:30.05	00:23:37.40	+00:01:53 (8.0%)	4:42	12.8 (92.1%)
5	BORKOWSKA-KOWALCZYK Daria	14		K30-39	5	00:00:08	00:23:46.35	00:23:54.45	+00:02:09 (9.1%)	4:45	12.6 (90.6%)
6	KULCZYK Katarzyna	109	BRYZA POSTOMINO	K30-39	6	00:00:07	00:23:56.90	00:24:04.30	+00:02:20 (9.8%)	4:47	12.5 (89.9%)
7	GRABOWSKA-LESISZ Aneta	47		K30-39	7	00:00:04	00:24:37.55	00:24:42.40	+00:03:00 (12.2%)	4:55	12.2 (87.8%)
8	SUCHECKA Katarzyna	188	CROSSFIT KOSZALIN	K30-39	8	00:00:10	00:25:31.70	00:25:42.55	+00:03:55 (15.3%)	5:06	11.7 (84.2%)
9	LUBICZ Anna	117	CROSSFIT KOSZALIN	K30-39	9	00:00:10	00:25:33.10	00:25:43.65	+00:03:56 (15.4%)	5:06	11.7 (84.2%)
10	HAŁAJKO Magdalena	51		K30-39	10	00:00:07	00:26:20.20	00:26:27.20	+00:04:43 (17.9%)	5:16	11.4 (82.0%)
11	PSTRĄGOWSKA Marlena	159	BABECZKI KOSZALIN	K30-39	11	00:00:06	00:26:33.70	00:26:40.25	+00:04:57 (18.6%)	5:18	11.3 (81.3%)
12	SOBALA Anna	181		K30-39	12	00:00:08	00:26:52.50	00:27:00.90	+00:05:15 (19.6%)	5:22	11.2 (80.6%)
13	KOWALCZUK Natalia	97	ŚWIAT PŁYTEK U KRYSPIŃSKA	K30-39	13	00:00:12	00:27:46.00	00:27:58.20	+00:06:09 (22.2%)	5:33	10.8 (77.7%)
14	BONISŁAWSKA Małgorzata	13	ZUZA&ZOSIA TEAM	K30-39	14	00:00:10	00:27:48.75	00:27:58.80	+00:06:12 (22.3%)	5:33	10.8 (77.7%)
15	MOŻEJKO Anna	131	BABECZKI KOSZALIN	K30-39	15	00:00:13	00:30:28.15	00:30:41.60	+00:08:51 (29.1%)	6:05	9.8 (70.5%)
16	STEC Edyta	186	BABECZKI KOSZALIN	K30-39	16	00:00:13	00:30:28.20	00:30:41.60	+00:08:51 (29.1%)	6:05	9.8 (70.5%)
17	JAWORSKA Karolina	71		K30-39	17	00:00:10	00:31:06.20	00:31:16.35	+00:09:29 (30.5%)	6:13	9.6 (69.1%)
18	MIKLASIŃSKA Monika	128	SŁAWNO	K30-39	18	00:00:12	00:34:15.30	00:34:28.10	+00:12:38 (36.9%)	6:51	8.8 (63.3%)
19	NARCZYK Eliza	135		K30-39	19	00:00:17	00:35:51.25	00:36:08.65	+00:14:14 (39.7%)	7:10	8.4 (60.4%)
20	JUSZCZYK Agnieszka	74		K30-39	20	00:00:14	00:36:55.35	00:37:09.65	+00:15:18 (41.5%)	7:23	8.1 (58.3%)
21	ŁUBNIEWSKA Natalia	119	ROZBIEGANY KOSZALIN	K30-39	21	00:00:14	00:36:55.45	00:37:10.10	+00:15:18 (41.5%)	7:23	8.1 (58.3%)

Znaleziono 21 wynik(ów)