



I POLANICKI BIEG NIEDŹWIEDZIA - 10 KM

B4SPORT

Wydarzenie:
Organizator:

I Polanicki Bieg Niedźwiedzia
Teatr Zdrojowy Centrum Kultury i Promocji w
Polanicy Zdrój, Fundacja Herkules All Sports

Data:
Miejsce:
Dystans:

2019-07-06
Polanica Zdrój
10 km



Klasyfikacja: K-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	GOŁĘBIEWSKA Anna	86	EBIEGI.PL	K30-39	1	00:11:01	00:22:45	00:34:40	00:46:11.85		4:37	13 (100%)
2	BAHRANOWSKA Maria	66	AZS AWF KRAKÓW MASTERS	K16-29	1	00:10:30	00:22:45	00:34:40	00:47:10.25	+00:00:58 (2.1%)	4:43	12.7 (97.7%)
3	GAJEWSKA Katarzyna	82	EBIEGI.PL	K40-49	1	00:12:20	00:25:02	00:38:04	00:51:02.85	+00:04:51 (9.5%)	5:06	11.8 (90.8%)
4	GÓRA Agnieszka	165	#ZABIEGANINOCA/HERKULES	K40-49	2	00:12:25	00:25:06	00:38:17	00:51:42.20	+00:05:30 (10.6%)	5:10	11.6 (89.2%)
5	ZIELIŃSKA Iwona	149	WKB MARATOŃCZYK WŁOCŁAWEK	K50+	1	00:12:12	00:25:13	00:38:40	00:52:01.55	+00:05:49 (11.2%)	5:12	11.5 (88.5%)
6	SITKOWSKA Joanna	132	EBIEGI.PL	K16-29	2	00:12:22	00:25:21	00:38:58	00:52:21.15	+00:06:09 (11.8%)	5:14	11.5 (88.5%)
7	RESSEL Joanna	128	BUKOWY PARK	K30-39	2	00:12:28	00:25:29	00:39:11	00:52:25.10	+00:06:13 (11.9%)	5:14	11.4 (87.7%)
8	OZIMEK Agata	124	PRO-RUN WROCŁAW	K30-39	3	00:13:01	00:26:06	00:39:57	00:53:21.00	+00:07:09 (13.4%)	5:20	11.2 (86.2%)
9	LACHERA Kamila	111	CSC ADVENTURE ACADEMY	K30-39	4	00:13:01	00:26:13	00:39:58	00:53:22.45	+00:07:10 (13.4%)	5:20	11.2 (86.2%)
10	GNITECKA Katarzyna	184	EBIEGI.PL	K16-29	3	00:12:31	00:26:03	00:40:08	00:54:34.70	+00:08:22 (15.4%)	5:27	11 (84.6%)
11	JARZĘBOWICZ Iwona	98		K40-49	3	00:12:59	00:25:28	00:41:25	00:55:27.00	+00:09:15 (16.7%)	5:32	10.8 (83.1%)
12	WIERZBICKA Beata	143	EBIEGI.PL	K30-39	5	00:13:09	00:27:12	00:41:45	00:55:27.55	+00:09:15 (16.7%)	5:32	10.8 (83.1%)
13	LESZCZYŃSKA-BOGDAŁ Dominika	112	ULKS BYSTRZYCA KŁODZKA	K30-39	6	00:13:27	00:27:30	00:39:30	00:55:30.00	+00:09:18 (16.8%)	5:33	10.8 (83.1%)
14	GAJEWSKA Natalia	81	EBIEGI.PL	K16-29	4	00:13:33	00:27:39	00:42:05	00:56:37.85	+00:10:26 (18.4%)	5:39	10.6 (81.5%)
15	GŁOS Lucyna	85		K30-39	7	00:13:29	00:28:25	00:43:19	00:57:29.85	+00:11:18 (19.7%)	5:45	10.4 (80.0%)
16	CHOMICZ-SZABLOWSKA Anna	75		K40-49	4	00:13:33	00:27:55	00:42:57	00:57:34.00	+00:11:22 (19.7%)	5:45	10.4 (80.0%)
17	GAŚSIOR Katarzyna	84	FRAMO MORAT POLSKA	K30-39	8	00:12:37	00:27:02	00:45:32	00:57:48.25	+00:11:36 (20.1%)	5:46	10.4 (80.0%)
18	PANEK Angela	162		K16-29	5	00:13:28	00:28:12	00:43:34	00:58:24.10	+00:12:12 (20.9%)	5:50	10.3 (79.2%)
19	KOLIGAT Anna	106		K30-39	9	00:13:49	00:28:31	00:43:29	00:58:28.35	+00:12:16 (21.0%)	5:50	10.3 (79.2%)
20	KLEPACKA Katarzyna	105		K30-39	10	00:14:41	00:30:04	00:46:16	01:01:57.55	+00:15:45 (25.4%)	6:11	9.7 (74.6%)
21	ROMAN Elżbieta	188	KUDOWIANKA RUN	K50+	2	00:15:19	00:31:15	00:47:33	01:03:37.25	+00:17:25 (27.4%)	6:21	9.4 (72.3%)
22	MUCHA Alina	121	KORFF TEAM	K50+	3	00:14:39	00:30:25	00:47:09	01:04:02.45	+00:17:50 (27.9%)	6:24	9.4 (72.3%)
23	PLINIEWICZ Joanna	127		K30-39	11	00:14:34	00:30:13	00:47:21	01:04:33.10	+00:18:21 (28.4%)	6:27	9.3 (71.5%)
24	MICHALSKA-HASIAK Katarzyna	118		K50+	4	00:14:56	00:31:18	00:48:19	01:06:01.15	+00:19:49 (30.0%)	6:36	9.1 (70.0%)
25	JÓŹWIAK Marianna	100	SERCE NORDICA WŁOCŁAWEK	K40-49	5	00:15:05	00:31:40	00:49:11	01:06:38.55	+00:20:26 (30.7%)	6:39	9 (69.2%)
26	SZYMAŃSKA Daria	138		K40-49	6	00:15:24	00:32:39	00:51:10	01:09:20.85	+00:23:09 (33.4%)	6:56	8.7 (66.9%)
27	BISKUPSKA Anna	70		K30-39	12	00:15:24	00:30:26	00:51:10	01:09:21.30	+00:23:09 (33.4%)	6:56	8.7 (66.9%)

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28	BABICZ Anna	65		K40-49	7	00:16:22	00:34:45	00:53:14	01:11:02.05	+00:24:50 (35.0%)	7:06	8.4 (64.6%)
29	SZYMAŃSKA Agnieszka	139	ZWYCIĘZCÓW 6F	K40-49	8	00:16:07	00:34:07	00:50:27	01:12:47.25	+00:26:35 (36.5%)	7:16	8.2 (63.1%)
30	HALKA Małgorzata	89	JACHU	K40-49	9	00:18:06	00:37:16	00:58:22	01:18:24.05	+00:32:12 (41.1%)	7:50	7.7 (59.2%)
31	MEGGER Agata	153	AKTYWNI POSTOMINO	K40-49	10	00:17:03				+00:06:01	6:49	8.8 (67.7%)

Znaleziono 31 wynik(ów)