



## II LETNI BIEG MTS HAMER - MIASTKO - 10KM

B4SPORT

**Organizator:** Miasteczkie Towarzystwo Sportowe HAMER w Miastku  
**Data:** 2016-07-17  
**Miejsce:** Miastko  
**Dystans:** 10 km

 **HERKULES**  
[www.herkules.org.pl](http://www.herkules.org.pl)

Klasyfikacja: K-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	0.7km	3.8km	6.9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>PAZDA-POZORSKA Gosiunia</b>	<b>114</b>	NIGHT RUNNERS SŁUPSK	K-30	1	00:00:01	00:02:35	00:14:24	00:26:37	<b>00:39:24.15</b>	<b>00:39:26.00</b>		3:56	15.2 (100%)
2	<b>RYCHTER Antonina</b>	<b>134</b>	MKL SZCZECINEK	K-30	2	00:00:02	00:02:47	00:15:13	00:27:52	<b>00:40:15.10</b>	<b>00:40:17.65</b>	+00:00:50 (2.1%)	4:01	14.9 (98.0%)
3	<b>ŁAGUTKO Kamila</b>	<b>86</b>		K-30	3	00:00:04	00:02:50	00:15:15	00:28:12	<b>00:41:17.95</b>	<b>00:41:22.75</b>	+00:01:53 (4.6%)	4:07	14.5 (95.4%)
4	<b>OTOKA Kasia</b>	<b>109</b>	MONIA TEAM	K-30	4	00:00:06	00:03:16	00:18:08	00:33:14	<b>00:48:16.25</b>	<b>00:48:22.65</b>	+00:08:52 (18.4%)	4:49	12.4 (81.6%)
5	<b>PATUREJ-KRUPKA Anna Paulina</b>	<b>113</b>	TEAM OPTIM	K-30	5	00:00:12	00:03:17	00:18:17	00:33:14	<b>00:48:18.15</b>	<b>00:48:30.90</b>	+00:08:54 (18.4%)	4:49	12.4 (81.6%)
6	<b>GOLUŃSKA Renata</b>	<b>35</b>		K-30	6	00:00:06	00:03:17	00:18:01	00:33:29	<b>00:48:19.20</b>	<b>00:48:26.15</b>	+00:08:55 (18.5%)	4:50	12.4 (81.6%)
7	<b>SZABLA Ewelina</b>	<b>153</b>	MTS HAMER MIASTKO	K-30	7	00:00:03	00:03:02	00:17:37	00:33:00	<b>00:48:20.85</b>	<b>00:48:24.60</b>	+00:08:56 (18.5%)	4:50	12.4 (81.6%)
8	<b>JĘDRASZKO Magda</b>	<b>53</b>	MTS HAMER MIASTKO	K-30	8	00:00:08	00:03:13	00:18:00	00:33:28	<b>00:49:00.90</b>	<b>00:49:09.70</b>	+00:09:36 (19.6%)	4:54	12.2 (80.3%)
9	<b>WIRSKA Karolina</b>	<b>172</b>	BRAK	K-30	9	00:00:05	00:03:21	00:18:41	00:34:25	<b>00:50:18.55</b>	<b>00:50:23.70</b>	+00:10:54 (21.7%)	5:01	11.9 (78.3%)
10	<b>MARCULA Agata</b>	<b>92</b>		K-30	10	00:00:11	00:03:26	00:18:51	00:35:29	<b>00:52:38.45</b>	<b>00:52:50.30</b>	+00:13:14 (25.1%)	5:15	11.4 (75.0%)
11	<b>HRYHOROWICZ Joanna</b>	<b>41</b>	NIGHT RUNNERS SŁUPSK	K-30	11	00:00:13	00:03:38	00:19:52	00:37:02	<b>00:54:22.85</b>	<b>00:54:36.25</b>	+00:14:58 (27.5%)	5:26	11 (72.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	0.7km	3.8km	6.9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
12	<b>PETA Renata</b>	<b>115</b>	MTS HAMER MIASTKO	K-30	12	00:00:10	00:03:27	00:20:15	00:37:58	<b>00:55:02.50</b>	<b>00:55:12.65</b>	+00:15:38 (28.4%)	5:30	10.9 (71.7%)
13	<b>DYRCZ Marika</b>	<b>24</b>	MKS ŚWIĘC SŁAWNO	K-30	13	00:00:14	00:03:57	00:20:48	00:38:33	<b>00:56:13.75</b>	<b>00:56:28.05</b>	+00:16:49 (29.9%)	5:37	10.7 (70.4%)
14	<b>BĄCZYK Monika</b>	<b>4</b>	MONIA TEAM	K-30	14	00:00:12	00:03:47	00:21:29	00:39:54	<b>00:57:58.75</b>	<b>00:58:11.65</b>	+00:18:34 (32.0%)	5:47	10.3 (67.8%)
15	<b>WOLSKA Anna</b>	<b>22</b>	ŚWIAT PŁYTEK U KRYSPIŃ	K-30	15	00:00:12	00:03:55	00:21:33	00:40:09	<b>00:58:50.10</b>	<b>00:59:02.25</b>	+00:19:25 (33.0%)	5:53	10.2 (67.1%)
16	<b>JANKOWSKA Justyna</b>	<b>48</b>		K-30	16	00:00:09	00:03:36	00:21:10	00:40:11	<b>00:59:04.50</b>	<b>00:59:14.40</b>	+00:19:40 (33.3%)	5:54	10.2 (67.1%)
17	<b>JANKIEWICZ Helena</b>	<b>47</b>	MTS HAMER MIASTKO	K-30	17	00:00:10	00:03:55	00:22:45	00:41:40	<b>00:59:23.05</b>	<b>00:59:33.05</b>	+00:19:58 (33.6%)	5:56	10.1 (66.4%)
18	<b>KUCHENBEKIER Ilona</b>	<b>189</b>		K-30	18	00:00:13	00:03:53	00:21:32	00:40:22	<b>00:59:48.90</b>	<b>01:00:02.80</b>	+00:20:24 (34.1%)	5:58	10 (65.8%)
19	<b>WIRKUS-LASKOWSKA Magda</b>	<b>171</b>		K-30	19	00:00:13	00:03:52	00:22:40	00:45:09	<b>01:08:26.85</b>	<b>01:08:40.55</b>	+00:29:02 (42.4%)	6:50	8.8 (57.9%)
	<b>PLISKOWSKA Anna</b>	<b>187</b>		K-30		DNF	00:03:27 DNF	00:19:09 DNF	00:36:10 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 20 wynik(ów)