

III BIEG NIEDŹWIEDZIA - 10 KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie: III Bieg Niedźwiedzia
Organizator: Fundacja Herkules All Sports
Data: 2021-07-10
Miejsce: Polanica Zdrój
Dystans: 10 km



Klasyfikacja: OPEN -K

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Laps_5km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	HOTAŁA Sylwia	49	KUDOWIANKA RUN	K16-39	1	00:00:03	00:25:03	00:50:26.05	00:50:29.55		5:02	11.9 (100%)
2	JAZ Joannna	58	RNB TEAM POLANICA ZDRÓJ	K16-39	2	00:00:05	00:26:00	00:52:09.05	00:52:14.85	+00:01:43 (3.3%)	5:12	11.5 (96.6%)
3	DYJA Magdalena	22	RNB TEAM POLANICA ZDRÓJ	K16-39	3	00:00:08	00:26:18	00:52:35.75	00:52:43.85	+00:02:09 (4.1%)	5:15	11.4 (95.8%)
4	JARZĘBOWICZ Iwona	55	PIESZCZOCHY&SPÓŁKA	K40-49	1	00:00:15	00:27:13	00:55:24.65	00:55:40.35	+00:04:58 (9.0%)	5:32	10.8 (90.8%)
5	PONDEL Marzena	106	BRAK	K40-49	2	00:00:08	00:27:55	00:56:43.60	00:56:52.15	+00:06:17 (11.1%)	5:40	10.6 (89.1%)
6	CHOMICZ-SZABŁOWSKA Anna	155		K40-49	3	00:00:03	00:27:56	00:57:32.00	00:57:35.00	+00:07:05 (12.3%)	5:45	10.4 (87.4%)
7	KUCHTA Izabela	75		K40-49	4	00:00:14	00:28:48	00:57:59.45	00:58:14.25	+00:07:33 (13.0%)	5:47	10.3 (86.6%)
8	KURPAS Agata	80	MULTIFIT	K16-39	4	00:00:09	00:30:11	01:01:15.15	01:01:24.50	+00:10:49 (17.7%)	6:07	9.8 (82.4%)
9	DUDA Agnieszka	20		K40-49	5	00:00:03	00:34:09	01:03:15.00	01:03:18.00	+00:12:48 (20.3%)	6:19	9.5 (79.8%)
10	ZAWIERTA Angelika	170		K16-39	5	00:00:14	00:31:15	01:03:27.10	01:03:41.75	+00:13:01 (20.5%)	6:20	9.5 (79.8%)
11	SKIBA-DZIADYK Dominika	117	MAD RUNNERS	K40-49	6	00:00:17	00:31:33	01:03:50.00	01:04:07.70	+00:13:23 (21.0%)	6:23	9.4 (79.0%)
12	TACHNER Magdalena	166		K40-49	7	00:00:18	00:32:01	01:05:34.75	01:05:53.00	+00:15:08 (23.1%)	6:33	9.2 (77.3%)
13	MICHALSKA-HASIAK Katarzyna	92		K50-59	1	00:00:12	00:32:43	01:07:15.00	01:07:27.50	+00:16:48 (25.0%)	6:43	8.9 (74.8%)
14	SZCZĘDOR Mariola	134	ABY DO METY	K40-49	8	00:00:20	00:34:33	01:11:04.60	01:11:25.30	+00:20:38 (29.0%)	7:06	8.4 (70.6%)
15	STROJWĄS Anna	156	WKB PIAST	K60-69	1	00:00:08	00:36:40	01:15:42.05	01:15:50.45	+00:25:16 (33.4%)	7:34	7.9 (66.4%)
16	GEREMESZ-NAPIERAŁA Katarzyna	34	TEGES	K50-59	2	00:00:11	00:42:30	01:31:30.10	01:31:41.35	+00:41:04 (44.9%)	9:09	6.6 (55.5%)
17	HALKA Małgorzata	44	JACHU	K40-49	9	00:00:21	00:47:13			+00:22:10	9:26	6.4 (53.8%)

Znaleziono 17 wynik(ów)