

III BIEG NIEDŹWIEDZIA - 5 KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie: III Bieg Niedźwiedzia
Organizator: Fundacja Herkules All Sports
Data: 2021-07-10
Miejsce: Polanica Zdrój
Dystans: 5 km



Klasyfikacja: OPEN -K

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	WOŹNY Paulina	42		K16-39	1	00:00:07	00:23:30.05	00:23:37.20		4:42	12.8 (100%)
2	DWOJAK Sara	21	MAD RUNNERS	K16-39	2	00:00:06	00:23:41.65	00:23:47.80	+00:00:11 (0.8%)	4:44	12.7 (99.2%)
3	STANISŁAWSKA Ewa	123		K16-39	3	00:00:07	00:25:19.75	00:25:27.55	+00:01:49 (7.2%)	5:03	11.8 (92.2%)
4	RESSEL Joanna	108	RNB TEAM POLANICA ZDRÓJ	K16-39	4	00:00:06	00:25:52.25	00:25:58.70	+00:02:22 (9.2%)	5:10	11.6 (90.6%)
5	DĄBROWSKA Alicja	16	TKKF KOSZALIN	K50-59	1	00:00:08	00:27:12.70	00:27:21.55	+00:03:42 (13.6%)	5:26	11 (85.9%)
6	KORCZYŃSKA Alicja	68	BIEGOWA POGORZAŁA	K40-49	1	00:00:07	00:28:25.15	00:28:32.95	+00:04:55 (17.3%)	5:41	10.6 (82.8%)
7	ŁYKO Marta	86	MAD RUNNERS	K16-39	5	00:00:27	00:28:28.25	00:28:55.90	+00:04:58 (17.5%)	5:41	10.5 (82.0%)
8	DROŻYŃSKA Iwona	18		K16-39	6	00:00:06	00:28:45.20	00:28:51.75	+00:05:15 (18.3%)	5:45	10.4 (81.3%)
9	MADZIA Aleksandra	87	RNB TEAM POLANICA ZDRÓJ	K16-39	7	00:00:07	00:28:58.00	00:29:05.25	+00:05:27 (18.9%)	5:47	10.4 (81.3%)
10	ŚLIWKA Olga	140		K16-39	8	00:00:05	00:29:24.75	00:29:29.95	+00:05:54 (20.1%)	5:52	10.2 (79.7%)
11	ADAMCZAK Jolanta	160		K40-49	2	00:00:06	00:30:16.70	00:30:22.85	+00:06:46 (22.4%)	6:03	9.9 (77.3%)
12	NASTAWSKA Bogumiła	98		K40-49	3	00:00:16	00:30:23.95	00:30:40.60	+00:06:53 (22.7%)	6:04	9.9 (77.3%)
13	TEKIELI Ewelina	143	PIESZCZOCHY&SPÓŁKA	K40-49	4	00:00:15	00:31:27.15	00:31:43.05	+00:07:57 (25.3%)	6:17	9.5 (74.2%)
14	KMIECIK Roma	64	KUDOWIANKA RUN	K40-49	5	00:00:05	00:32:04.55	00:32:09.65	+00:08:34 (26.7%)	6:24	9.4 (73.4%)
15	SMOLAK Patrycja	119		K16-39	9	00:00:07	00:32:17.40	00:32:24.75	+00:08:47 (27.2%)	6:27	9.3 (72.7%)
16	JURASZ Aleksandra	60		K16-39	10	00:00:05	00:33:10.95	00:33:16.60	+00:09:40 (29.2%)	6:38	9 (70.3%)
17	SZYMAŃSKA Daria	158	RNB TEAM POLANICA-ZDRÓJ	K50-59	2	00:00:13	00:33:32.30	00:33:46.25	+00:10:02 (29.9%)	6:42	8.9 (69.5%)
18	SZYMAŃSKA Agnieszka	136	ZWYCIĘZCÓW 6F	K50-59	3	00:00:14	00:33:45.65	00:33:59.90	+00:10:15 (30.4%)	6:45	8.9 (69.5%)
19	CZUBA Marta	14		K16-39	11	00:00:08	00:33:49.20	00:33:57.20	+00:10:19 (30.5%)	6:45	8.9 (69.5%)
20	PAWŁOWICZ Katarzyna	103		K16-39	12	00:00:17	00:34:26.90	00:34:44.25	+00:10:56 (31.8%)	6:53	8.7 (68.0%)
21	ZAJĄC Kamila	9		K16-39	13	00:00:21	00:35:20.40	00:35:42.25	+00:11:50 (33.5%)	7:04	8.5 (66.4%)
22	JARCZEWSKA Renata	54		K50-59	4	00:00:20	00:35:27.20	00:35:47.55	+00:11:57 (33.7%)	7:05	8.5 (66.4%)
23	MRÓZ Katarzyna	96		K16-39	14	00:00:13	00:37:28.50	00:37:42.20	+00:13:58 (37.3%)	7:29	8 (62.5%)
24	GÓŹDŹ Małgorzata	36		K16-39	15	00:00:09	00:38:07.40	00:38:17.05	+00:14:37 (38.4%)	7:37	7.9 (61.7%)
25	STĘPEK Anna	125		K50-59	5	00:00:17	00:38:59.75	00:39:17.10	+00:15:29 (39.7%)	7:47	7.7 (60.2%)
26	STĘPEK Joanna	124		K40-49	6	00:00:17	00:39:32.50	00:39:49.95	+00:16:02 (40.6%)	7:54	7.6 (59.4%)

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27	SOSNOWA Barbara	121	KILOMETRY POMOCY	K40-49	7	00:00:21	00:43:16.85	00:43:38.60	+00:19:46 (45.7%)	8:39	6.9 (53.9%)
28	MASSEY Natalia	90	PIESZCZOCHY&SPÓŁKA	K16-39	16	00:00:16	00:43:26.00	00:43:42.55	+00:19:55 (45.9%)	8:41	6.9 (53.9%)

Znaleziono 28 wynik(ów)