



Organizator:

Data:

Miejsce:

Dystans:

Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój

2022-09-17

Jastrzębie-Zdrój

10 km

JASTRZĘBSKA DZIESIĄTKA

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

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INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: K20-29

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	CHROMIK Julia	189	LKS POGÓRZE	K20-29	1		00:00:02	00:11:22	00:20:01	00:29:02	00:38:00	00:40:34.40	00:40:36.40		4:03	14.8 (100%)
2	WYSŁUCH Iza	127		K20-29	2		00:00:02	00:11:38	00:20:48	00:30:04	00:39:00	00:41:26.45	00:41:29.30	+00:00:52 (2.1%)	4:08	14.5 (98.0%)
3	SIKORA Joanna	113	LKS POGÓRZE	K20-29	3		00:00:01	00:11:43	00:20:49	00:30:21	00:39:36	00:42:12.45	00:42:13.70	+00:01:38 (3.9%)	4:13	14.2 (95.9%)
4	WARMIŃSKA Klaudia	295	INŻYNIERIA BIEGANIA/ TL „ROW” RYBNIK	K20-29	4	Inżynieria biegania	00:00:00	00:11:59	00:21:09	00:30:47	00:40:09	00:42:40.45	00:42:41.40	+00:02:06 (4.9%)	4:16	14.1 (95.3%)
5	MROWIEC Kinga	223	TL POGOŃ RUDA ŚLĄSKA	K20-29	5	TL Pogoń Ruda Śląska	00:00:02	00:12:52	00:22:41	00:32:28	00:41:50	00:44:19.20	00:44:21.60	+00:03:44 (8.5%)	4:25	13.5 (91.2%)
6	WRÓBLEWSKA Judyta	171	ZAWIERUCHA TRAINING ACADEMY	K20-29	6	Zawierucha Training Academy	00:00:01	00:12:38	00:22:21	00:32:45	00:42:39	00:45:15.10	00:45:16.95	+00:04:40 (10.3%)	4:31	13.3 (89.9%)
7	TRYBAŁA Weronika	550	WATAHA	K20-29	7	WATAHA	00:00:07	00:16:54	00:29:02	00:41:14	00:52:37	00:55:40.05	00:55:47.65	+00:15:05 (27.1%)	5:34	10.8 (73.0%)
8	PAPLA Jolanta	423		K20-29	8		00:00:05	00:15:54	00:28:04	00:40:41	00:52:50	00:56:05.80	00:56:11.55	+00:15:31 (27.7%)	5:36	10.7 (72.3%)
9	MIKOŁAJEC Paulina	183		K20-29	9		00:00:04	00:16:14	00:28:25	00:41:16	00:53:26	00:56:39.75	00:56:44.25	+00:16:05 (28.4%)	5:39	10.6 (71.6%)
10	KOWALONEK Aleksandra	590		K20-29	10		00:00:02	00:16:00	00:28:34	00:42:08	00:55:16	00:58:48.45	00:58:51.30	+00:18:14 (31.0%)	5:52	10.2 (68.9%)
11	GAWEŁ Julia	546		K20-29	11		00:04:21	00:17:49	00:31:24	00:45:41	00:59:13	01:02:27.65	01:06:48.90	+00:21:53 (35.0%)	6:14	9.6 (64.9%)
12	ZIEJA Martyna	396		K20-29	12		00:00:11	00:17:43	00:31:33	00:46:10	01:00:53	01:04:59.25	01:05:10.80	+00:24:24 (37.6%)	6:29	9.2 (62.2%)
13	MYŚLIWIEC Barbara	458	KOBIETY NA 5+	K20-29	13	Kobiety na 5+	00:00:04	00:21:11	00:38:47	00:58:27	01:17:28	01:22:53.95	01:22:57.95	+00:42:19 (51.1%)	8:17	7.2 (48.6%)
	MORAWSKA Julia	136		K20-29			DNF	00:12:25 DNF	00:22:40 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 14 wynik(ów)