



Organizator:

Data:

Miejsce:

Dystans:

Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój

2022-09-17

Jastrzębie-Zdrój

10 km

JASTRZĘBSKA DZIESIĄTKA

B4SPORT

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: K30-39

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	MICHALAK Sandra	47	TRENUN Z SANDRĄ	K30-39	1		00:00:00	00:10:33	00:18:44	00:27:16	00:35:24	00:37:35.95	00:37:36.75		3:45	16 (100%)
2	MENDECKA-ZEJDLER Michalina	42		K30-39	2		00:00:01	00:10:56	00:19:04	00:27:27	00:35:35	00:37:50.15	00:37:51.15	+00:00:14 (0.6%)	3:47	15.9 (99.4%)
3	SUWAJ Aneta	12	ALPIN SPORT TEAM	K30-39	3		00:00:01	00:11:11	00:19:35	00:28:07	00:36:28	00:38:47.95	00:38:49.35	+00:01:12 (3.1%)	3:52	15.5 (96.9%)
4	WRONECKA Emilia	115	ALCHEMIA BIEGANIA	K30-39	4		00:00:01	00:12:15	00:21:35	00:31:03	00:40:08	00:42:32.80	00:42:34.35	+00:04:56 (11.6%)	4:15	14.1 (88.1%)
5	BIAŁOŃCZYK Joanna	225		K30-39	5		00:00:02	00:13:06	00:22:52	00:32:58	00:42:46	00:45:23.80	00:45:26.35	+00:07:47 (17.2%)	4:32	13.2 (82.5%)
6	JANKO Anna	92	HRMAX ŻORY/ NIEWYBIEGANI	K30-39	6	Niewybiegani	00:00:01	00:12:50	00:22:47	00:33:16	00:43:16	00:46:02.55	00:46:04.40	+00:08:26 (18.3%)	4:36	13 (81.3%)
7	JURASZEK Elzbieta	144	JUSTFEELFIT	K30-39	7		00:00:02	00:12:52	00:22:58	00:33:24	00:43:28	00:46:06.65	00:46:08.90	+00:08:30 (18.5%)	4:36	13 (81.3%)
8	FANGOR-GRAB Agata	194		K30-39	8		00:00:03	00:13:12	00:23:08	00:33:32	00:43:33	00:46:07.30	00:46:10.65	+00:08:31 (18.5%)	4:36	13 (81.3%)
9	MAZUREK Anna	197		K30-39	9		00:00:04	00:13:05	00:23:06	00:33:36	00:43:54	00:46:36.05	00:46:40.60	+00:09:00 (19.3%)	4:39	12.9 (80.6%)
10	ZAJĄC Anna	344	SCI GÓRSCY ENTUZJAŚCI	K30-39	10		00:00:02	00:13:31	00:23:55	00:34:49	00:45:29	00:48:15.70	00:48:18.35	+00:10:39 (22.1%)	4:49	12.4 (77.5%)
11	PAWŁOK Anna	168	TRIATHLON TRAINING CENTER	K30-39	11		00:00:04	00:13:53	00:24:17	00:35:12	00:45:41	00:48:27.20	00:48:31.30	+00:10:51 (22.4%)	4:50	12.4 (77.5%)
12	WRÓBEL Katarzyna	283		K30-39	12		00:00:02	00:13:37	00:24:14	00:35:19	00:45:57	00:48:53.45	00:48:56.25	+00:11:17 (23.1%)	4:53	12.3 (76.9%)
13	NAWROT Aleksandra	447	BIEG Z CHRYSTUSEM!	K30-39	13		00:00:03	00:14:07	00:24:39	00:35:39	00:46:31	00:49:23.65	00:49:27.30	+00:11:47 (23.9%)	4:56	12.1 (75.6%)
14	URBAINSKA Ilona	234		K30-39	14		00:00:05	00:14:08	00:24:47	00:35:55	00:46:42	00:49:39.00	00:49:44.05	+00:12:03 (24.3%)	4:57	12.1 (75.6%)
15	HARAZIN Anna	179	2 TM 4,7	K30-39	15		00:00:07	00:14:08	00:25:04	00:36:27	00:47:16	00:49:57.50	00:50:04.55	+00:12:21 (24.7%)	4:59	12 (75.0%)
16	KRÓTKI Janina	349	EASYRUN RACIBÓRZ	K30-39	16		00:00:04	00:14:12	00:24:54	00:36:33	00:47:44	00:50:40.90	00:50:45.50	+00:13:04 (25.8%)	5:04	11.8 (73.8%)

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
17	URBANEK Iwona	576		K30-39	17		00:00:10	00:14:21	00:25:16	00:36:52	00:48:18	00:51:19.95	00:51:29.95	+00:13:44 (26.8%)	5:07	11.7 (73.1%)
18	GANCARCZYK Karolina	506		K30-39	18		00:00:03	00:14:16	00:25:28	00:37:07	00:48:25	00:51:27.35	00:51:30.85	+00:13:51 (26.9%)	5:08	11.7 (73.1%)
19	GMITRZUK-ZMORZYŃSKA Ewelina	409		K30-39	19		00:00:05	00:14:32	00:25:25	00:37:07	00:48:31	00:51:34.55	00:51:39.70	+00:13:58 (27.1%)	5:09	11.6 (72.5%)
20	KULA Katarzyna	433	STUDIO ENERGIA TEAM RYBNIK	K30-39	20	Studio Energia Team Rybnik	00:00:07	00:15:14	00:26:40	00:38:45	00:50:18	00:53:21.40	00:53:29.25	+00:15:45 (29.5%)	5:20	11.2 (70.0%)
21	LERCH Maria	370	AKTYWNIENAKRĘCENI	K30-39	21		00:00:05	00:15:20	00:27:07	00:39:53	00:51:37	00:54:42.65	00:54:48.05	+00:17:06 (31.3%)	5:28	11 (68.8%)
22	PIECHA-ŁACHAJCZYK Hanna	416		K30-39	22		00:00:09	00:16:04	00:27:58	00:40:06	00:51:42	00:54:57.25	00:55:06.45	+00:17:21 (31.6%)	5:29	10.9 (68.1%)
23	NOWAK Magdalena	537	NESSI TIME ŻORY	K30-39	23	Nessi Time Żory	00:00:08	00:16:02	00:28:04	00:40:35	00:52:37	00:55:51.90	00:56:00.80	+00:18:15 (32.7%)	5:35	10.7 (66.9%)
24	KORDEK Dorota	360		K30-39	24		00:00:05	00:15:44	00:28:03	00:40:52	00:53:28	00:56:44.10	00:56:50.05	+00:19:08 (33.7%)	5:40	10.6 (66.3%)
25	JĘDRYKA Patrycja	547	GB GALOPUJĄCE ŚLIMAKI	K30-39	25		00:00:06	00:15:46	00:28:15	00:41:17	00:53:48	00:57:11.20	00:57:17.60	+00:19:35 (34.3%)	5:43	10.5 (65.6%)
26	DROBIAK Kornelia	511	KOBIETY NA 5+	K30-39	26	Kobiety na 5+	00:00:04	00:16:04	00:28:33	00:41:43	00:54:20	00:57:35.45	00:57:40.35	+00:19:59 (34.7%)	5:45	10.4 (65.0%)
27	KARBOWY Izabela	195	JEJKOWICE BIEGAJĄ	K30-39	27	Jejkowice Biegają	00:00:04	00:16:23	00:28:49	00:41:53	00:54:33	00:58:01.45	00:58:06.25	+00:20:25 (35.2%)	5:48	10.3 (64.4%)
28	GAJDA Magdalena	351		K30-39	28		00:00:07	00:16:30	00:29:02	00:42:14	00:54:55	00:58:10.40	00:58:17.85	+00:20:34 (35.4%)	5:49	10.3 (64.4%)
29	TARGOSZ Aneta	552	OLZA CIESZYN	K30-39	29	Olza Cieszyn	00:00:08	00:16:08	00:28:34	00:41:47	00:54:47	00:58:18.35	00:58:26.50	+00:20:42 (35.5%)	5:49	10.3 (64.4%)
30	KARASIEWICZ-STARCZEWSKA Elżbieta	361		K30-39	30		00:00:07	00:16:13	00:28:43	00:42:02	00:55:08	00:58:39.50	00:58:47.20	+00:21:03 (35.9%)	5:51	10.2 (63.8%)
31	TRYBAŁA Danuta	549	WATAHA	K30-39	31	WATAHA	00:00:07	00:16:54	00:29:22	00:42:30	00:55:23	00:58:58.00	00:59:05.30	+00:21:22 (36.2%)	5:53	10.2 (63.8%)
32	NIEŚLAŃCZYK Barbara	503		K30-39	32		00:00:11	00:16:51	00:29:34	00:43:02	00:56:24	01:00:05.65	01:00:16.75	+00:22:29 (37.4%)	6:00	10 (62.5%)
33	MAZUR Aleksandra	400		K30-39	33		00:00:03	00:16:24	00:29:21	00:43:14	00:56:38	01:00:09.60	01:00:12.75	+00:22:33 (37.5%)	6:00	10 (62.5%)
34	DOMAŃSKA Joanna	393		K30-39	34		00:00:09	00:16:32	00:29:33	00:43:28	00:56:43	01:00:22.80	01:00:32.35	+00:22:46 (37.7%)	6:02	9.9 (61.9%)
35	KAJSZTURA Weronika	563		K30-39	35		00:00:09	00:17:29	00:30:19	00:44:12	00:57:07	01:00:32.75	01:00:42.15	+00:22:56 (37.9%)	6:03	9.9 (61.9%)
36	KARPETA Ilona	562		K30-39	36		00:00:09	00:17:29	00:30:20	00:44:12	00:57:07	01:00:32.95	01:00:42.25	+00:22:57 (37.9%)	6:03	9.9 (61.9%)
37	SŁOWIŃSKA Joanna	589	RUNTEAM PAWŁOWICE	K30-39	37		00:00:04	00:16:56	00:29:44	00:43:31	00:56:54	01:00:37.50	01:00:41.95	+00:23:01 (38.0%)	6:03	9.9 (61.9%)
38	ŻYŁA Bogumiła	553	KLUB BIEGACZA RTV EURO AGD	K30-39	38		00:00:09	00:17:38	00:30:29	00:44:03	00:57:23	01:01:11.25	01:01:20.65	+00:23:35 (38.6%)	6:07	9.8 (61.3%)

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
39	MARCZYNSKA Izabela	551	BEACHVOLLEYBALL	K30-39	39		00:00:05	00:17:13	00:30:23	00:44:16	00:57:50	01:01:18.50	01:01:24.05	+00:23:42 (38.7%)	6:07	9.8 (61.3%)
40	MARCISZ Natalia	515		K30-39	40		00:00:05	00:16:39	00:30:07	00:44:43	00:59:24	01:03:34.50	01:03:40.35	+00:25:58 (40.9%)	6:21	9.4 (58.8%)
41	BRYCHCY Estera	389	WATAHA-ŁĄCZY NAS BIEGANIE	K30-39	41		00:00:06	00:17:24	00:32:03	00:46:34	01:00:08	01:03:54.85	01:04:01.65	+00:26:18 (41.2%)	6:23	9.4 (58.8%)
42	MALISZEWSKA Beata	469		K30-39	42		00:00:03	00:17:31	00:31:19	00:45:41	01:00:33	01:04:35.75	01:04:39.65	+00:26:59 (41.8%)	6:27	9.3 (58.1%)
43	STEKLA MAJER Anna	448	GRUPA SPORTOWA REKORD	K30-39	43		00:00:07	00:16:38	00:30:12	00:45:28	01:01:19	01:05:12.30	01:05:19.80	+00:27:36 (42.3%)	6:31	9.2 (57.5%)
44	SPYRKA Monika	507	KLUB BIEGACZA FARTLEK	K30-39	44	Klub Biegacza Fartlek	00:00:10	00:18:14	00:32:13	00:46:51	01:01:19	01:05:19.10	01:05:29.10	+00:27:43 (42.4%)	6:31	9.2 (57.5%)
45	KARAŚ Daria	508		K30-39	45		00:00:11	00:18:12	00:32:34	00:48:25	01:03:19	01:07:11.20	01:07:22.90	+00:29:35 (44.0%)	6:43	8.9 (55.6%)
46	BETLEJ Dorota	499		K30-39	46		00:00:10	00:19:38	00:34:25	00:50:45	01:06:48	01:11:00.90	01:11:11.05	+00:33:24 (47.1%)	7:06	8.5 (53.1%)

Znaleziono 46 wynik(ów)