

JASTRZĘBSKA DZIESIĄTKA

Organizator: Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
Data: 2022-09-17
Miejsce: Jastrzębie-Zdrój
Dystans: 10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K50-59

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	**JADACH Oleksandra**	**146**	KLUB BIEGAM BO LUBIĘ RACIBÓRZ	K50-59	1		00:00:04	00:13:41	00:23:57	00:34:45	00:45:17	**00:48:08.65**	**00:48:12.75**		4:48	12.5 (100%)
2	**FURMANEK Ela**	**206**	NOWAK-TEAM	K50-59	2	Nowak-Team	00:00:03	00:13:55	00:24:37	00:35:48	00:46:41	**00:49:41.25**	**00:49:44.85**	+00:01:32 (3.1%)	4:58	12.1 (96.8%)
3	**POPEK Barbara**	**215**		K50-59	3	Sobieski6	00:00:03	00:13:47	00:24:28	00:35:48	00:46:45	**00:49:47.25**	**00:49:50.40**	+00:01:38 (3.3%)	4:58	12.1 (96.8%)
4	**RAŹNIAK Beata**	**444**	KOBIETY NA 5+	K50-59	4	Kobiety na 5+	00:00:02	00:14:24	00:25:23	00:36:52	00:47:58	**00:51:01.20**	**00:51:04.05**	+00:02:52 (5.6%)	5:06	11.8 (94.4%)
5	**OGIERMAN Małgorzata**	**338**		K50-59	5		00:00:02	00:14:26	00:25:35	00:37:44	00:49:44	**00:52:56.55**	**00:52:58.85**	+00:04:47 (9.1%)	5:17	11.3 (90.4%)
6	**WERNIK Katarzyna**	**398**	BESTFITCLUB RYBNIK	K50-59	6		00:00:08	00:15:47	00:27:46	00:40:25	00:52:37	**00:55:56.80**	**00:56:05.45**	+00:07:48 (13.9%)	5:35	10.7 (85.6%)
7	**BAJCAR Beata**	**379**	KOBIETY NA 5+	K50-59	7	Kobiety na 5+	00:00:05	00:16:19	00:28:38	00:41:32	00:54:06	**00:57:24.85**	**00:57:30.25**	+00:09:16 (16.1%)	5:44	10.5 (84.0%)
8	**HEJNA Izabela**	**586**	RADLINIOKI W BIEGU	K50-59	8	Radlinioki w biegu	00:00:08	00:16:52	00:29:06	00:41:48	00:54:14	**00:57:29.65**	**00:57:38.30**	+00:09:21 (16.3%)	5:44	10.4 (83.2%)
9	**PŁASKA Barbara**	**463**		K50-59	9	Kobiety na 5+	00:00:02	00:16:02	00:28:34	00:41:46	00:55:06	**00:58:47.45**	**00:58:49.45**	+00:10:38 (18.1%)	5:52	10.2 (81.6%)
10	**SOKÓŁ-OLEŚ Ewelina**	**427**	RUNTEAM PAWŁOWICE	K50-59	10	RUNTEAM Pawłowice	00:00:08	00:16:59	00:29:35	00:42:44	00:55:29	**00:59:01.40**	**00:59:09.95**	+00:10:52 (18.4%)	5:54	10.2 (81.6%)
11	**HOLONA Bożena**	**572**		K50-59	11		00:00:07	00:17:06	00:29:42	00:42:50	00:55:41	**00:59:15.65**	**00:59:22.70**	+00:11:07 (18.8%)	5:55	10.1 (80.8%)
12	**ZIĘTARA Agata**	**460**		K50-59	12		00:00:10	00:16:52	00:29:49	00:43:18	00:56:33	**01:00:02.05**	**01:00:12.75**	+00:11:53 (19.8%)	6:00	10 (80.0%)
13	**JARCZEWSKA Renata**	**567**		K50-59	13		00:00:08	00:17:41	00:31:25	00:46:06	01:00:39	**01:04:45.45**	**01:04:53.60**	+00:16:36 (25.7%)	6:28	9.3 (74.4%)
14	**NIEDZIOŁKO Bożena**	**457**	KOBIETY NA 5+	K50-59	14	Kobiety na 5+	00:00:03	00:18:03	00:32:13	00:47:13	01:01:25	**01:05:07.90**	**01:05:11.85**	+00:16:59 (26.1%)	6:30	9.2 (73.6%)
15	**RATAJSZCZAK-MAŁYS Ewa**	**512**	NORDIC WALKING TAEM RACIBÓRZ	K50-59	15		00:00:06	00:18:59	00:32:59	00:47:40	01:01:49	**01:05:31.35**	**01:05:38.05**	+00:17:22 (26.5%)	6:33	9.2 (73.6%)
16	**JASTRZĘBSKA Ewa**	**542**		K50-59	16		00:00:01	00:17:25	00:31:16	00:46:10	01:01:29	**01:05:44.10**	**01:05:45.80**	+00:17:35 (26.8%)	6:34	9.1 (72.8%)

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17	**STEKLA Joanna**	**489**		K50-59	17		00:00:07	00:18:09	00:33:04	00:49:27	01:05:35	**01:10:00.60**	**01:10:07.95**	+00:21:51 (31.2%)	7:00	8.6 (68.8%)
18	**KUŚMIRSKA-KUBAS Alina**	**475**	KLUB BIEGACZA FARTLEK	K50-59	18	Klub Biegacza Fartlek	00:00:09	00:21:51	00:39:01	00:57:56	01:15:38	**01:20:38.30**	**01:20:48.20**	+00:32:29 (40.3%)	8:03	7.4 (59.2%)
19	**OLCZYK Wioletta**	**491**		K50-59	19	Kobiety na 5+	00:00:03	00:19:02	00:34:12					+00:10:15	6:50	8.8 (70.4%)

Znaleziono 19 wynik(ów)