

IV BIEG BEZ SPINY - 10KM

B4SPORT
INTELEGENTE ZAWODY SPORTOWE

Wydarzenie: IV BIEG BEZ SPINY
Organizator: Gmina Malechowo
Data: 2023-08-20
Miejsce: NIEMICA
Dystans: 10 km



Klasyfikacja: OPEN-K

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	KACZMAREK Marta	19	KB SPOKO SŁAWNO	K-30	1	00:49:23.10		4:56	12.1 (100%)
2	KONKEL Bonita	25		K-30	2	00:50:18.53	+00:00:57 (1.9%)	5:01	11.9 (98.3%)
3	NOWAK Agnieszka	60		K-30	3	00:50:44.27	+00:01:23 (2.7%)	5:04	11.8 (97.5%)
4	PIETRZYK Paulina	39	BIEGOLAS	K-30	4	00:51:36.91	+00:02:14 (4.4%)	5:09	11.6 (95.9%)
5	ŚWIERCZ Iwona	48	BYLEDOBIEC ANIN	K-50	1	00:52:44.36	+00:03:22 (6.4%)	5:16	11.4 (94.2%)
6	BAKALARZ Katarzyna	4	DARŁOWSKIE CHARTY	K-30	5	00:53:25.84	+00:04:03 (7.6%)	5:20	11.2 (92.6%)
7	MOTYKOWSKA Ksenia	82		K-40	1	00:53:54.45	+00:04:31 (8.4%)	5:23	11.1 (91.7%)
8	KRZEWIŃSKA Małgorzata	30	TKKF KOSZALIN	K-60+	1	00:54:40.75	+00:05:18 (9.7%)	5:28	11 (90.9%)
9	ANTOSIK Grazyna	1	K SOLSZEWSKI I SYNOWIE	K-40	2	00:55:11.80	+00:05:49 (10.5%)	5:31	10.9 (90.1%)
10	DRULIK-HOŁUB Marta	10		K-40	3	00:55:37.30	+00:06:16 (11.3%)	5:33	10.8 (89.3%)
11	ART Kamila	2		K-30	6	00:57:37.02	+00:08:21 (14.4%)	5:45	10.4 (86.0%)
12	MIECZKOWSKA Małgorzata	74	DARŁOWSKIE CHARTY	K-40	4	00:59:40.14	+00:10:21 (17.3%)	5:58	10.1 (83.5%)
13	MAJ Agnieszka	32		K-40	5	00:59:50.41	+00:10:27 (17.5%)	5:59	10 (82.6%)
14	BUCZKO Katarzyna	8	BIEGACZE ROZRABIACZE	K-18	1	01:00:01.34	+00:10:38 (17.7%)	6:00	10 (82.6%)
15	KACZMARSKA Natalia	20		K-30	7	01:00:12.92	+00:10:51 (18.0%)	6:01	10 (82.6%)
16	CHMIELEWSKA Malwina	75	DARŁOSKIE CHARTY	K-30	8	01:00:21.93	+00:11:03 (18.3%)	6:02	9.9 (81.8%)
17	WOJNIUSZ Kamila	57	DARŁOWSKIE CHARTY	K-30	9	01:00:22.57	+00:11:03 (18.3%)	6:02	9.9 (81.8%)
18	SOCHA Ewa	45		K-40	6	01:03:12.53	+00:13:53 (21.9%)	6:19	9.5 (78.5%)
19	MIKOŁAJCZAK Emilia	35	FOR-REST-RUN	K-40	7	01:03:33.45	+00:14:14 (22.4%)	6:21	9.4 (77.7%)
20	PODBEREŻNA Monika	80		K-40	8	01:05:37.84	+00:16:15 (24.8%)	6:33	9.1 (75.2%)
21	CHMIELEWSKA Agnieszka	77	DARŁOWSKIE CHARTY	K-30	10	01:16:51.34	+00:27:34 (35.8%)	7:41	7.8 (64.5%)
22	GAŁKA Marta	66	ZUMBA TEAM	K-40	9	01:27:34.30	+00:38:10 (43.6%)	8:45	6.9 (57.0%)
23	OSTROWSKA Emilia	78		K-18	2	01:27:32.77	+00:38:11 (43.6%)	8:45	6.9 (57.0%)
24	MICHNO Joanna	63	ZUMBA TEAM	K-40		01:27:34.42	+00:38:11 (43.6%)	8:45	6.9 (57.0%)
25	KUBICKA Magdalena	67	ZUMBA TEAM	K-40		01:27:34.66	+00:38:11 (43.6%)	8:45	6.9 (57.0%)
26	ZDYR Natalia	79		K-30		01:27:34.46	+00:38:11 (43.6%)	8:45	6.9 (57.0%)

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27	KANIA Marlena	61	ZUMBA TEAM	K-30		01:27:33.69	+00:38:11 (43.6%)	8:45	6.9 (57.0%)

Znaleziono 27 wynik(ów)