

JASTRZĘBSKA DZIESIĄTKA

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie: Jastrzębska Dziesiątka
Organizator: Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
Data: 2018-09-15
Miejsce: Jastrzębie-Zdrój
Dystans: 10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K20-29

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km	Zawrotka_5km 9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	ŚLĘZAK Sylwia	11		K20-29	1	00:00:03	00:10:55	00:18:22		00:34:17	00:36:33.50	00:36:36.80		3:39	16.4 (100%)
2	GOLBA Kasia	12	1SECOND TEAM / AZS AWF KATOWICE	K20-29	2	00:00:03	00:10:55	00:18:27		00:35:07	00:37:24.60	00:37:27.90	+00:00:51 (2.3%)	3:44	16 (97.6%)
3	KRAWCZYK Magdalena	777	GKS PIAST GLIWICE	K20-29	3	00:00:00	00:10:58	00:18:33		00:36:07	00:38:18.30	00:38:18.30	+00:01:44 (4.6%)	3:49	15.7 (95.7%)
4	MENDECKA Daria	781	MOSIR ŁAZISKA GÓRNE	K20-29	4	00:00:04	00:11:34	00:19:45	00:29:09	00:37:24	00:39:44.60	00:39:48.75	+00:03:11 (8.0%)	3:58	15.1 (92.1%)
5	ULATOWSKA Alicja	913	TGU TEAM	K20-29	5	00:00:08	00:11:43	00:37:51			00:40:12.10	00:40:20.50	+00:03:38 (9.1%)	4:01	14.9 (90.9%)
6	PIETROCZUK Sylwia	875	KOTWICA BRZEG/ ATHLETICS NYSA	K20-29	6	00:00:10	00:12:09	00:20:38	00:30:32	00:39:13	00:41:38.80	00:41:49.50	+00:05:05 (12.2%)	4:09	14.4 (87.8%)
7	GAJ Paulina	735	MCKIS JAWORZNO	K20-29	7	00:00:04	00:12:02	00:21:12	00:32:19	00:41:14	00:43:36.75	00:43:41.30	+00:07:03 (16.2%)	4:21	13.8 (84.1%)
8	JANKO Anna	712	HRMAX ŻORY	K20-29	8	00:00:10	00:12:44	00:21:45	00:32:12	00:41:23	00:44:00.35	00:44:10.60	+00:07:26 (16.9%)	4:24	13.6 (82.9%)
9	KRAKOWCZYK Marta	38	YNO ULTRA	K20-29	9	00:00:18	00:13:10	00:23:06	00:34:16	00:43:40	00:46:19.75	00:46:38.65	+00:09:46 (21.1%)	4:38	12.9 (78.7%)
10	PAWLOK Anna	250		K20-29	10	00:00:18	00:14:12	00:24:12	00:36:19	00:47:01	00:49:34.00	00:49:52.85	+00:13:00 (26.2%)	4:57	12.1 (73.8%)
11	OLBRYCH Monika	907		K20-29	11	00:00:31	00:14:36	00:24:44	00:36:53	00:47:04	00:49:57.30	00:50:28.55	+00:13:23 (26.8%)	4:59	12 (73.2%)
12	CHYBIORZ Magdalena	470		K20-29	12	00:00:29	00:15:24	00:26:10	00:38:34	00:49:16	00:52:22.85	00:52:52.00	+00:15:49 (30.2%)	5:14	11.5 (70.1%)
13	BRODA Kamila	105		K20-29	13	00:00:28	00:15:49	00:26:31	00:39:00	00:49:38	00:52:32.10	00:53:01.00	+00:15:58 (30.4%)	5:15	11.4 (69.5%)
14	LUBSZCZYK Justyna	584	YNO ULTRA	K20-29	14	00:00:26	00:15:24	00:26:22	00:39:14	00:49:48	00:52:51.20	00:53:18.15	+00:16:17 (30.8%)	5:17	11.3 (68.9%)
15	HARAZIN Ania	571		K20-29	15	00:00:35	00:16:01	00:27:11	00:39:47	00:50:38	00:53:32.90	00:54:08.30	+00:16:59 (31.7%)	5:21	11.2 (68.3%)
16	ZELENT Karolina	33	DIETETYKJASTRZEBIE.PL	K20-29	16	00:00:37	00:15:39	00:26:54	00:40:06	00:51:06	00:54:09.10	00:54:46.10	+00:17:35 (32.5%)	5:24	11.1 (67.7%)
17	PRZYBYSZ Kinga	204		K20-29	17	00:00:37	00:16:12	00:27:25	00:40:16	00:51:25	00:54:30.75	00:55:08.50	+00:17:57 (32.9%)	5:27	11 (67.1%)
18	GWIZDAŁA Dominika	138		K20-29	18	00:00:41	00:16:16	00:27:31	00:40:38	00:51:45	00:54:45.95	00:55:27.70	+00:18:12 (33.2%)	5:28	11 (67.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km	Zawrotka_5km 9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
19	PODBIOL Agnieszka	558		K20-29	19	00:00:43	00:15:21	00:26:12	00:39:56	00:51:36	00:54:49.15	00:55:32.70	+00:18:15 (33.3%)	5:28	10.9 (66.5%)
20	CIMAŁA Katarzyna	232		K20-29	20	00:00:41	00:16:15	00:27:24	00:40:24	00:51:48	00:54:58.20	00:55:39.50	+00:18:24 (33.5%)	5:29	10.9 (66.5%)
21	HYŁA Aleksandra	373	KRS TKKF MORSY.PL	K20-29	21	00:00:34	00:16:11	00:27:24	00:40:54	00:52:50	00:56:18.85	00:56:53.65	+00:19:45 (35.1%)	5:37	10.7 (65.2%)
22	STANULA Dominika	228		K20-29	22	00:00:34	00:16:44	00:28:31	00:42:02	00:53:36	00:56:38.10	00:57:12.70	+00:20:04 (35.4%)	5:39	10.6 (64.6%)
23	NOWAK Magdalena	351	BWM	K20-29	23	00:00:34	00:16:31	00:28:02	00:41:44	00:53:29	00:56:52.05	00:57:26.20	+00:20:18 (35.7%)	5:41	10.6 (64.6%)
24	WOJTAŚ Patrycja	734	KOLKA TEAM	K20-29	24	00:00:34	00:17:16	00:28:58	00:42:36	00:54:25	00:57:53.70	00:58:28.65	+00:21:20 (36.9%)	5:47	10.4 (63.4%)
25	SŁODZIŃSKA Magdalena	688		K20-29	25	00:00:42	00:17:40	00:29:57	00:43:55	00:55:40	00:59:00.95	00:59:43.50	+00:22:27 (38.1%)	5:54	10.2 (62.2%)
26	WIDENKA Joanna	293	DYSTANS LUBOMIA	K20-29	26	00:00:45	00:17:44	00:30:05	00:43:51	00:55:50	00:59:13.05	00:59:58.25	+00:22:39 (38.3%)	5:55	10.1 (61.6%)
27	STEKLA MAJER Anna	421	GRUPA SPORTOWA REKORD	K20-29	27	00:00:36	00:17:03	00:29:12	00:43:58	00:55:59	00:59:20.95	00:59:57.60	+00:22:47 (38.4%)	5:56	10.1 (61.6%)
28	PASZENDA Katarzyna	390	YNO ULTRA	K20-29	28	00:00:00	00:17:37	00:29:42	00:44:15	00:56:27	00:59:56.20	00:59:56.20	+00:23:22 (39.0%)	5:59	10 (61.0%)
29	MOSKAŁA Magdalena	163		K20-29	29	00:00:40	00:17:15	00:29:33	00:44:35	00:57:21	01:00:42.85	01:01:23.20	+00:24:09 (39.8%)	6:04	9.9 (60.4%)
30	ROMAŃSKA Klaudia	711	BEBECHA TEAM	K20-29	30	00:00:31	00:16:47	00:29:05	00:44:07	00:57:33	01:01:26.05	01:01:57.05	+00:24:52 (40.5%)	6:08	9.8 (59.8%)
31	KRAUZ Sandra	437		K20-29	31	00:00:37	00:17:56	00:30:29	00:45:05	00:57:56	01:01:37.40	01:02:15.00	+00:25:03 (40.7%)	6:09	9.7 (59.1%)
32	HETMANIOK Agnieszka	83		K20-29	32	00:00:23	00:16:53	00:29:55	00:45:26	00:58:44	01:02:22.85	01:02:45.95	+00:25:49 (41.4%)	6:14	9.6 (58.5%)
33	ZAIK Karolina	549		K20-29	33	00:00:36	00:16:32	00:29:15	00:45:35	00:59:18	01:03:20.30	01:03:57.00	+00:26:46 (42.3%)	6:20	9.5 (57.9%)
34	BOSIACKA Marta	279	REBELLION OF FREE RUNNERS	K20-29	34	00:00:30	00:17:59	00:31:18	00:47:03	01:00:42	01:04:31.35	01:05:01.80	+00:27:57 (43.3%)	6:27	9.3 (56.7%)
35	MOORE Colleen	803		K20-29	35	00:00:29	00:17:57	00:31:28	00:47:46	01:01:40	01:05:03.75	01:05:33.20	+00:28:30 (43.8%)	6:30	9.2 (56.1%)
36	ZYCHOWSKA Dominika	526		K20-29	36	00:00:39	00:18:56	00:33:06	00:49:41	01:04:10	01:08:08.85	01:08:48.10	+00:31:35 (46.4%)	6:48	8.8 (53.7%)
37	KACZMARCZYK Magdalena	75	RUNTEAM PAWŁOWICE	K20-29	37	00:00:42	00:19:58	00:34:09	00:50:47	01:05:21	01:09:23.90	01:10:06.15	+00:32:50 (47.3%)	6:56	8.6 (52.4%)
38	MYŚLIWIEC Barbara	337	KOBIETY NA 5+	K20-29	38	00:00:44	00:20:52	00:36:06	00:53:24	01:08:24	01:12:56.75	01:13:41.15	+00:36:23 (49.9%)	7:17	8.2 (50.0%)
39	CHWAŁEK Agnieszka	522		K20-29	39	00:00:42	00:16:46	00:27:26					+00:09:03	5:29	10.9 (66.5%)

Znaleziono 39 wynik(ów)