

JASTRZĘBSKA DZIESIĄTKA

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

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

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: K40-49

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	LEWICKA Elżbieta	415	NIEZRZESZONA	K40-49	1	00:00:07	00:11:51	00:20:16	00:30:04	00:38:34	00:40:57.75	00:41:05.05		4:05	14.6 (100%)
2	LASKOWSKA Katarzyna	801	INŻYNIERIA BIEGANIA TEAM	K40-49	2	00:00:11	00:12:14	00:20:49	00:30:32	00:39:04	00:41:29.50	00:41:40.55	+00:00:31 (1.3%)	4:08	14.5 (99.3%)
3	LACHOWSKA Magdalena	828	K.S. SPRINT	K40-49	3	00:00:07	00:12:11	00:21:00	00:31:18	00:40:09	00:42:35.55	00:42:42.90	+00:01:37 (3.8%)	4:15	14.1 (96.6%)
4	MENŻYK Joanna	26		K40-49	4	00:00:15	00:12:47	00:22:00	00:32:54	00:42:03	00:44:42.70	00:44:58.60	+00:03:44 (8.4%)	4:28	13.4 (91.8%)
5	KOWALSKA Kinga	21	OLZA CIESZYN	K40-49	5	00:00:20	00:13:22	00:22:46	00:33:43	00:43:16	00:45:45.45	00:46:05.50	+00:04:47 (10.5%)	4:34	13.1 (89.7%)
6	DYRCZ Anna	147		K40-49	6	00:00:11	00:12:58	00:22:02	00:32:18	00:42:47	00:46:55.40	00:47:06.70	+00:05:57 (12.7%)	4:41	12.8 (87.7%)
7	ZĘBIK Grażyna	426		K40-49	7	00:00:20	00:13:22	00:22:47	00:34:39	00:44:32	00:47:17.30	00:47:37.90	+00:06:19 (13.4%)	4:43	12.7 (87.0%)
8	URBANEK Małgorzata	366	WAPIENICKITEAM	K40-49	8	00:00:22	00:14:07	00:23:54	00:35:12	00:44:54	00:47:27.00	00:47:49.30	+00:06:29 (13.7%)	4:44	12.6 (86.3%)
9	POŁOMSKA Edyta	416	POŁOMSCU TEAM	K40-49	9	00:00:14	00:14:07	00:23:51	00:35:03	00:44:46	00:47:28.20	00:47:42.55	+00:06:30 (13.7%)	4:44	12.6 (86.3%)
10	HELIOSZ Agnieszka	144	INTERAKTYWNI	K40-49	10	00:00:17	00:13:51	00:23:41	00:35:03	00:44:59	00:47:45.80	00:48:02.85	+00:06:48 (14.2%)	4:46	12.6 (86.3%)
11	PAJESTKA Katarzyna	142		K40-49	11	00:00:18	00:13:52	00:23:48	00:35:12	00:45:13	00:48:02.10	00:48:21.05	+00:07:04 (14.7%)	4:48	12.5 (85.6%)
12	RĘBISZ Agnieszka	796	EKO-OKNA RUNNERS	K40-49	12	00:00:10	00:13:31	00:23:19	00:35:18	00:45:29	00:48:22.45	00:48:32.55	+00:07:24 (15.3%)	4:50	12.4 (84.9%)
13	PROKOPENKO Aga	186		K40-49	13	00:00:27	00:14:03	00:24:00	00:35:23	00:45:30	00:48:22.95	00:48:50.10	+00:07:25 (15.3%)	4:50	12.4 (84.9%)
14	SICH- SOSNA Agnieszka	334		K40-49	14	00:00:16	00:14:16	00:24:06	00:35:36	00:45:36	00:48:23.95	00:48:40.90	+00:07:26 (15.4%)	4:50	12.4 (84.9%)
15	SICH-ŚWITAŁA Małgorzata	133		K40-49	15	00:00:16	00:14:16	00:24:06	00:35:40	00:45:44	00:48:32.80	00:48:49.35	+00:07:35 (15.6%)	4:51	12.4 (84.9%)
16	LORANC Izabela	358		K40-49	16	00:00:24	00:14:26	00:24:34	00:36:12	00:46:16	00:49:06.85	00:49:31.25	+00:08:09 (16.6%)	4:54	12.2 (83.6%)
17	MALINOWSKA Małgorzata	111	POWOLI DO CELU	K40-49	17	00:00:35	00:15:33	00:26:06	00:38:20	00:49:04	00:52:06.30	00:52:42.20	+00:11:08 (21.4%)	5:12	11.5 (78.8%)
18	MANISZEWSKA Dorota	547	OLZA CIESZYN	K40-49	18	00:00:32	00:15:26	00:26:05	00:38:27	00:49:07	00:52:09.50	00:52:42.15	+00:11:11 (21.5%)	5:13	11.5 (78.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							2.9km	5km	7.3km	9.4km					
19	SRADOMSKA Barbara	504	1972	K40-49	19	00:00:25	00:15:08	00:25:39	00:38:21	00:49:08	00:52:12.55	00:52:37.90	+00:11:14 (21.5%)	5:13	11.5 (78.8%)
20	DOMIN-ZBYL Agnieszka	171		K40-49	20	00:00:29	00:15:15	00:25:56	00:38:24	00:49:13	00:52:14.15	00:52:43.80	+00:11:16 (21.6%)	5:13	11.5 (78.8%)
21	GENSTY Klaudia	639	DYSTANS LUBOMIA	K40-49	21	00:00:31	00:15:45	00:26:25	00:38:43	00:49:13	00:52:15.45	00:52:46.95	+00:11:17 (21.6%)	5:13	11.5 (78.8%)
22	ROMANIUK-DEMONCHAUX Katarzyna	853	DRUŻYNA KOPERNIKA	K40-49	22	00:00:36	00:16:05	00:26:51	00:39:03	00:49:29	00:52:21.25	00:52:57.60	+00:11:23 (21.8%)	5:14	11.5 (78.8%)
23	NIEMIEC Halina	141	KAJTEAM	K40-49	23	00:00:29	00:15:58	00:26:40	00:39:04	00:49:44	00:52:41.65	00:53:11.40	+00:11:43 (22.3%)	5:16	11.4 (78.1%)
24	PASŁAWSKA Katarzyna	30	KOBIETY NA 5 +	K40-49	24	00:00:31					00:52:42.00	00:53:13.00	+00:11:44 (22.3%)	5:16	11.4 (78.1%)
25	MYNARSKA Ligia	896	DALEKO JESZCZE?	K40-49	25	00:00:23	00:15:13	00:26:13	00:39:15	00:50:09	00:53:16.90	00:53:40.75	+00:12:19 (23.1%)	5:19	11.3 (77.4%)
26	POPEK Barbara	397	SOBIESKI6	K40-49	26	00:00:19	00:15:21	00:26:13	00:39:05	00:50:10	00:53:22.45	00:53:42.40	+00:12:24 (23.3%)	5:20	11.2 (76.7%)
27	WERNIK Katarzyna	469	BESTFITCLUB RYBNIK	K40-49	27	00:00:32	00:15:45	00:26:52	00:39:44	00:50:44	00:53:46.75	00:54:19.20	+00:12:49 (23.8%)	5:22	11.2 (76.7%)
28	KUBICA Edyta	891		K40-49	28	00:00:24	00:15:08	00:26:06	00:39:04	00:50:37	00:53:48.50	00:54:13.45	+00:12:50 (23.9%)	5:22	11.1 (76.0%)
29	CHOJCAN Beata	424	INŻYNIERIA BIEGANIA	K40-49	29	00:00:28	00:16:00	00:27:01	00:39:43	00:50:44	00:53:52.30	00:54:20.60	+00:12:54 (24.0%)	5:23	11.1 (76.0%)
30	CHROBOK Józefa	532		K40-49	30	00:00:30	00:15:22	00:26:21	00:39:26	00:50:42	00:53:57.85	00:54:28.60	+00:13:00 (24.1%)	5:23	11.1 (76.0%)
31	KRAUSE Sylwia	289	RADLINIOKI W BIEGU	K40-49	31	00:00:32	00:15:47	00:26:52	00:39:37	00:50:49	00:54:04.25	00:54:36.40	+00:13:06 (24.2%)	5:24	11.1 (76.0%)
32	NALEWAJKA Wioleta	87	KOBIETY NA 5+	K40-49	32	00:00:32	00:16:11	00:27:22	00:40:08	00:51:10	00:54:11.10	00:54:44.00	+00:13:13 (24.4%)	5:25	11.1 (76.0%)
33	SIEGMUND Jolanta	63		K40-49	33	00:00:29	00:16:04	00:27:13	00:40:11	00:51:45	00:54:56.75	00:55:25.85	+00:13:59 (25.4%)	5:29	10.9 (74.7%)
34	KOLORZ-STYLOK Katarzyna	640		K40-49	34	00:00:32	00:16:12	00:27:23	00:40:36	00:51:59	00:55:05.75	00:55:38.50	+00:14:08 (25.7%)	5:30	10.9 (74.7%)
35	SŁOTWIŃSKA Anna	177		K40-49	35	00:00:28	00:16:03	00:27:15	00:40:26	00:52:10	00:55:33.50	00:56:02.35	+00:14:35 (26.3%)	5:33	10.8 (74.0%)
36	KIEŁKOWSKA Agnieszka	217		K40-49	36	00:00:43	00:16:43	00:28:06	00:41:17	00:52:39	00:55:50.80	00:56:34.45	+00:14:53 (26.7%)	5:35	10.7 (73.3%)
37	WILSZ Ewa	481	FIS-SST TEAM	K40-49	37	00:00:36	00:16:46	00:28:21	00:41:22	00:52:45	00:55:54.30	00:56:30.35	+00:14:56 (26.7%)	5:35	10.7 (73.3%)
38	PIECYK Adrianna	190		K40-49	38	00:00:26	00:15:46	00:27:09	00:41:00	00:52:45	00:55:56.10	00:56:22.70	+00:14:58 (26.8%)	5:35	10.7 (73.3%)
39	ĆWIOK Barbara	546	FIS-SST TEAM	K40-49	39	00:00:37	00:16:45	00:28:19	00:41:22	00:52:44	00:56:01.60	00:56:38.85	+00:15:03 (26.9%)	5:36	10.7 (73.3%)
40	BRZUSKA Katarzyna	120	OLZA CIESZYN	K40-49	40	00:00:40	00:16:43	00:28:15	00:41:22	00:52:58	00:56:13.20	00:56:54.05	+00:15:15 (27.1%)	5:37	10.7 (73.3%)
41	HEJNA Izabela	466	RADLINIOKI W BIEGU	K40-49	41	00:00:32	00:16:17	00:27:53	00:41:51	00:53:33	00:56:43.15	00:57:15.20	+00:15:45 (27.8%)	5:40	10.6 (72.6%)
42	PYTEL Renata	440		K40-49	42	00:00:07	00:16:10	00:27:42	00:41:05	00:53:06	00:56:45.55	00:56:52.95	+00:15:47 (27.8%)	5:40	10.6 (72.6%)
43	SOBIERAJSKA Renata	575	EKO-OKNA RUNNERS	K40-49	43	00:00:24	00:15:27	00:27:05	00:41:04	00:53:17	00:56:56.25	00:57:20.65	+00:15:58 (28.1%)	5:41	10.5 (71.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							2.9km	5km	7.3km	9.4km					
44	FRYDECKA Mirosława	537	AKADEMIA BIEGANIA W ŚWIERKLANACH	K40-49	44	00:00:35	00:16:12	00:27:34	00:41:31	00:53:34	00:57:01.80	00:57:36.85	+00:16:04 (28.2%)	5:42	10.5 (71.9%)
45	OSZCZĘDA Marzena	224	ZARAZIĆ PASJĄ	K40-49	45	00:00:26	00:15:55	00:27:42	00:42:06	00:54:06	00:57:16.55	00:57:43.05	+00:16:18 (28.5%)	5:43	10.5 (71.9%)
46	SOBCZYK Renata	625	PASJONAT	K40-49	46	00:00:41	00:17:00	00:28:30	00:41:58	00:53:56	00:57:16.75	00:57:58.30	+00:16:19 (28.5%)	5:43	10.5 (71.9%)
47	ŻEBROWSKA Matylda	73	MYSŁOWICKI KLUB BIEGACZA NO.I	K40-49	47	00:00:43	00:16:47	00:28:53	00:42:17	00:53:57	00:57:17.05	00:58:00.05	+00:16:19 (28.5%)	5:43	10.5 (71.9%)
48	BAJCAR Beata	184	KOBIETY NA 5+	K40-49	48	00:00:34	00:16:39	00:28:24	00:42:14	00:54:07	00:57:19.85	00:57:54.65	+00:16:22 (28.6%)	5:44	10.5 (71.9%)
49	BIELA Małgorzata	284	KOBIETY NA 5+	K40-49	49	00:00:33	00:16:16	00:27:50	00:41:47	00:53:57	00:57:23.10	00:57:56.30	+00:16:25 (28.6%)	5:44	10.5 (71.9%)
50	DONOCIK Bogusława	508	OLZA CIESZYN	K40-49	50	00:00:41	00:16:53	00:28:44	00:42:33	00:54:37	00:57:46.10	00:58:27.15	+00:16:48 (29.1%)	5:46	10.4 (71.2%)
51	KACZOREK Ania	386	HRMAX ŻORY	K40-49	51	00:00:25	00:16:34	00:28:20	00:42:21	00:54:26	00:57:55.35	00:58:20.40	+00:16:57 (29.3%)	5:47	10.4 (71.2%)
52	BURZYŃSKA Beata	266		K40-49	52	00:00:35	00:16:27	00:28:16	00:42:24	00:54:47	00:58:21.35	00:58:57.05	+00:17:23 (29.8%)	5:50	10.3 (70.5%)
53	TYKIERKA Małgorzata	842	TOXPRESS	K40-49	53	00:00:38	00:17:08	00:29:06	00:43:08	00:55:05	00:58:22.05	00:59:00.75	+00:17:24 (29.8%)	5:50	10.3 (70.5%)
54	JURKIEWICZ-FILIKS Basia	652		K40-49	54	00:00:47	00:17:59	00:29:59	00:43:24	00:55:10	00:58:24.20	00:59:11.75	+00:17:26 (29.9%)	5:50	10.3 (70.5%)
55	FECZKO Lucyna	493		K40-49	55	00:00:31	00:16:26	00:28:03	00:42:14	00:55:16	00:58:48.30	00:59:20.10	+00:17:50 (30.3%)	5:52	10.2 (69.9%)
56	REK Katarzyna	540	RADLINIOKI W BIEGU	K40-49	56	00:00:32	00:16:18	00:28:08	00:42:53	00:55:17	00:58:51.15	00:59:23.80	+00:17:53 (30.4%)	5:53	10.2 (69.9%)
57	DOBRENIUK Aurelia	591		K40-49	57	00:00:39	00:17:13	00:29:38	00:43:44	00:55:35	00:58:54.45	00:59:34.30	+00:17:56 (30.5%)	5:53	10.2 (69.9%)
58	GAŁKIEWICZ Monika	759		K40-49	58	00:00:33	00:16:30	00:28:36	00:42:59	00:55:36	00:58:58.35	00:59:31.55	+00:18:00 (30.5%)	5:53	10.2 (69.9%)
59	PŁASKA Barbara	202	KOBIETY NA 5+	K40-49	59	00:00:42	00:17:35	00:30:02	00:43:50	00:55:59	00:59:12.20	00:59:54.60	+00:18:14 (30.8%)	5:55	10.1 (69.2%)
60	STOPYRA Agnieszka	124		K40-49	60	00:00:43	00:17:46	00:30:09	00:43:54	00:55:50	00:59:12.55	00:59:56.05	+00:18:14 (30.8%)	5:55	10.1 (69.2%)
61	BETAŃSKA Aneta	158	KOBIETY NA 5+	K40-49	61	00:00:43	00:17:01	00:29:07	00:43:33	00:55:59	00:59:12.95	00:59:56.20	+00:18:15 (30.8%)	5:55	10.1 (69.2%)
62	WACŁAWIK Ewa	301	FANTASTIC TEAM ANNA SIKORA	K40-49	62	00:00:39	00:17:08	00:29:12	00:43:23	00:55:57	00:59:22.35	01:00:01.45	+00:18:24 (31.0%)	5:56	10.1 (69.2%)
63	HOLONA Bożena	251	NIEDŹWIEDŹ TEAM	K40-49	63	00:00:40	00:17:41	00:30:00	00:43:55	00:56:04	00:59:23.95	01:00:04.30	+00:18:26 (31.0%)	5:56	10.1 (69.2%)
64	MALINOWSKA Aneta	331	OLZA CIESZYN	K40-49	64	00:00:46	00:18:37	00:30:54	00:44:31	00:56:19	00:59:36.70	01:00:22.70	+00:18:38 (31.3%)	5:57	10.1 (69.2%)
65	MUSIOŁ Helena	88		K40-49	65	00:00:29	00:16:35	00:28:55	00:43:36	00:56:22	00:59:56.75	01:00:25.90	+00:18:59 (31.7%)	5:59	10 (68.5%)
66	CYLC Agnieszka	755	YNO ULTRA	K40-49	66	00:00:00	00:17:38	00:30:02	00:44:35	00:56:38	01:00:05.15	01:00:05.15	+00:19:07 (31.8%)	6:00	10 (68.5%)
67	BOŹEK Dagmara	52		K40-49	67	00:00:39	00:17:51	00:30:21	00:44:52	00:57:30	01:01:05.10	01:01:44.90	+00:20:07 (32.9%)	6:06	9.8 (67.1%)
68	KASPRZYCKA-SZUBARSKA Katarzyna	567	OLZA CIESZYN PARKRUN	K40-49	68	00:00:45	00:18:40	00:31:03	00:45:27	00:57:44	01:01:06.50	01:01:52.05	+00:20:08 (33.0%)	6:06	9.8 (67.1%)
69	MIŚKOWIEC Agnieszka	41		K40-49	69	00:00:39	00:17:10	00:29:59	00:44:42	00:57:32	01:01:17.05	01:01:56.30	+00:20:19 (33.2%)	6:07	9.8 (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
70	SZPYRA Sonia	68		K40-49	70	00:00:28	00:17:33	00:30:02	00:44:56	00:58:03	01:01:35.05	01:02:03.20	+00:20:37 (33.5%)	6:09	9.7 (66.4%)
71	ŚWIERCZ Anna	478		K40-49	71	00:00:42	00:17:48	00:30:11	00:45:13	00:58:01	01:01:42.45	01:02:24.90	+00:20:44 (33.6%)	6:10	9.7 (66.4%)
72	GÓRNY Jola	460		K40-49	72	00:00:31	00:17:21	00:29:55	00:45:17	00:58:57	01:02:41.80	01:03:13.15	+00:21:44 (34.7%)	6:16	9.6 (65.8%)
73	KUCZA-CHMIEL Kalina	518		K40-49	73	00:00:39	00:18:14	00:31:17	00:46:22	00:59:24	01:03:11.60	01:03:51.05	+00:22:13 (35.2%)	6:19	9.5 (65.1%)
74	OSTROWSKA Izabela	314	KOBIETY NA 5+	K40-49	74	00:00:41	00:18:28	00:31:35	00:47:02	00:59:48	01:03:19.55	01:04:01.00	+00:22:21 (35.3%)	6:20	9.5 (65.1%)
75	SOBCZYK Gabriela	248	RAFAKO RUN TEAM	K40-49	75	00:00:36	00:17:49	00:30:39	00:45:56	00:59:34	01:03:22.95	01:03:59.50	+00:22:25 (35.4%)	6:20	9.5 (65.1%)
76	ZAKRZEWSKA Barbara	683		K40-49	76	00:00:35	00:18:02	00:31:15	00:46:36	00:59:56	01:03:38.00	01:04:13.10	+00:22:40 (35.6%)	6:21	9.4 (64.4%)
77	ADAMUS Katarzyna	269	OLZA CIESZYN	K40-49	77	00:00:45	00:18:40	00:31:34	00:46:38	00:59:52	01:03:38.60	01:04:24.40	+00:22:40 (35.6%)	6:21	9.4 (64.4%)
78	KRZACZEK Aleksandra	389	RADLINIOKI W BIEGU	K40-49	78	00:00:39	00:18:06	00:31:25	00:47:04	01:00:40	01:04:28.10	01:05:07.20	+00:23:30 (36.5%)	6:26	9.3 (63.7%)
79	PRZYŁUCKA Grażyna	638	GRAMMI	K40-49	79	00:00:37	00:17:33	00:30:29	00:46:32	01:00:35	01:04:30.90	01:05:08.70	+00:23:33 (36.5%)	6:27	9.3 (63.7%)
80	ZIĘTARA Agata	347		K40-49	80	00:00:40	00:19:15	00:32:55	00:48:19	01:01:37	01:05:28.75	01:06:08.75	+00:24:31 (37.4%)	6:32	9.2 (63.0%)
81	OLSZEWSKA Dorota	360	KOBIETY NA 5+	K40-49	81	00:00:34	00:18:28	00:31:59	00:48:12	01:02:04	01:05:54.50	01:06:28.50	+00:24:56 (37.8%)	6:35	9.1 (62.3%)
82	BARTNIK Joanna	176	GALOPUJĄCE ŚLIMAKI	K40-49	82	00:00:42	00:19:30	00:33:00	00:48:44	01:02:27	01:06:02.10	01:06:45.05	+00:25:04 (38.0%)	6:36	9.1 (62.3%)
83	KUBAS Alina	278	KLUB BIEGACZA FARTLEK	K40-49	83	00:00:45	00:19:31	00:33:22	00:49:19	01:03:02	01:06:54.05	01:07:39.25	+00:25:56 (38.8%)	6:41	9 (61.6%)
84	POPE-ŚWIDZIKOWSKA Małgorzata	856		K40-49	84	00:00:00	00:19:47	00:33:40	00:49:42	01:03:27	01:06:56.60	01:06:56.60	+00:25:58 (38.8%)	6:41	9 (61.6%)
85	KLACZEK Anna	681		K40-49	85	00:00:38	00:19:30	00:33:17	00:49:19	01:03:34	01:07:37.65	01:08:16.20	+00:26:39 (39.4%)	6:45	8.9 (61.0%)
86	HERZYK Beata	657		K40-49	86	00:00:43	00:19:53	00:34:11	00:51:00	01:04:31	01:08:19.80	01:09:03.70	+00:27:22 (40.1%)	6:50	8.8 (60.3%)
87	SUCHY Mariola	692		K40-49	87	00:00:44	00:20:21	00:34:23	00:50:53	01:04:29	01:08:29.40	01:09:13.85	+00:27:31 (40.2%)	6:50	8.8 (60.3%)
88	ZALEWSKA Barbara	149	KOBIETY NA 5+	K40-49	88	00:00:43	00:19:41	00:34:11	00:51:01	01:05:58	01:10:09.35	01:10:52.50	+00:29:11 (41.6%)	7:00	8.6 (58.9%)

Znaleziono 88 wynik(ów)