



JASTRZĘBSKA DZIESIĄTKA

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

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

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: K40-49

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	GOLEC Paulina	20		K40-49	1		00:00:01	00:10:11	00:18:05	00:26:19	00:34:16	00:36:28.30	00:36:29.55		3:38	16.5 (100%)
2	STUCHLIK Magdalena	41	TRENUJ Z SANDRA / FIZJO SPORT SANDRA	K40-49	2		00:00:01	00:11:11	00:19:43	00:28:45	00:37:26	00:39:46.50	00:39:47.95	+00:03:18 (8.3%)	3:58	15.1 (91.5%)
3	DYBCZYŃSKA Jadwiga	101	LKS POGÓRZE	K40-49	3		00:00:01	00:11:22	00:20:01	00:29:03	00:37:49	00:40:15.10	00:40:16.65	+00:03:46 (9.4%)	4:01	14.9 (90.3%)
4	LASKOWSKA Katarzyna	106	INŻYNIERIA BIEGANIA	K40-49	4	Inżynieria biegania	00:00:02	00:12:00	00:21:11	00:30:47	00:40:16	00:42:53.20	00:42:55.50	+00:06:24 (15.0%)	4:17	14 (84.8%)
5	PERKOWSKA Daria	410	KOBIETY NA 5+	K40-49	5	Kobiety na 5+	00:00:02	00:12:52	00:22:58	00:33:37	00:43:55	00:46:42.20	00:46:44.20	+00:10:13 (21.9%)	4:40	12.8 (77.6%)
6	BASTA Dorota	318	ZADYSZKA OŚWIĘCIM	K40-49	6	Zadyszka Oświęcim	00:00:06	00:13:37	00:23:50	00:34:35	00:44:48	00:47:50.55	00:47:56.70	+00:11:22 (23.8%)	4:47	12.5 (75.8%)
7	PASŁAWSKA Katarzyna	358	KOBIETY NA 5 +	K40-49	7	Kobiety na 5+	00:00:02	00:13:15	00:23:36	00:34:34	00:45:08	00:48:04.25	00:48:07.15	+00:11:35 (24.1%)	4:48	12.5 (75.8%)
8	RAFA Asia	276	RUNNERS TEAM NYSA	K40-49	8		00:00:06	00:13:48	00:24:13	00:34:53	00:45:21	00:48:06.40	00:48:12.85	+00:11:38 (24.2%)	4:48	12.5 (75.8%)
9	POŁOMSKA Edyta	239	POLOMSCY TEAM	K40-49	9	POLOMSCY TEAM	00:00:04	00:14:04	00:24:51	00:36:19	00:47:42	00:50:48.70	00:50:52.95	+00:14:20 (28.2%)	5:04	11.8 (71.5%)
10	MUSIAŁ Wioletta	356	GALOPUJĄCE ŚLIMAKI	K40-49	10	Galopujące Ślimaki	00:00:03	00:14:30	00:25:24	00:36:49	00:47:53	00:50:50.10	00:50:54.00	+00:14:21 (28.3%)	5:05	11.8 (71.5%)
11	LORENZ Agnieszka	385	GB GALOPUJĄCE ŚLIMAKI	K40-49	11	Galopujące Ślimaki	00:00:06	00:14:27	00:25:21	00:36:47	00:47:57	00:51:03.80	00:51:10.40	+00:14:35 (28.6%)	5:06	11.8 (71.5%)
12	MAZUR Małgorzata	327		K40-49	12		00:00:07	00:14:43	00:25:47	00:37:22	00:48:33	00:51:30.55	00:51:38.05	+00:15:02 (29.2%)	5:09	11.7 (70.9%)
13	KRYSZTAFKIEWICZ Katarzyna	261		K40-49	13		00:00:06	00:14:44	00:25:40	00:37:07	00:48:13	00:51:37.65	00:51:43.65	+00:15:09 (29.4%)	5:09	11.6 (70.3%)
14	PIWISZKIS Barbara	4	STREET SPIRIT- TEAM NOWAK	K40-49	14	Street Spirit-Team Nowak	00:00:02	00:14:14	00:25:32	00:37:24	00:48:51	00:51:55.80	00:51:58.65	+00:15:27 (29.8%)	5:11	11.6 (70.3%)
15	PIWOŃSKA Ada	556	INTERAKTYWNI KROSTOSZOWICE	K40-49	15		00:00:06	00:14:37	00:25:54	00:37:45	00:49:07	00:52:15.40	00:52:21.75	+00:15:47 (30.2%)	5:13	11.5 (69.7%)
16	GACH Bernadeta	524	KS GRYF KIETRZ	K40-49	16		00:00:06	00:15:40	00:27:07	00:38:49	00:49:55	00:52:49.95	00:52:56.15	+00:16:21 (31.0%)	5:16	11.4 (69.1%)
17	DĄBROWSKA Agata	430	NESSI TIME ŻORY	K40-49	17	Nessi Time Zory	00:00:08	00:16:02	00:28:00	00:39:55	00:50:58	00:53:55.40	00:54:04.05	+00:17:27 (32.4%)	5:23	11.1 (67.3%)

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
18	KOTOWICZ Anna	334		K40-49	18		00:00:05	00:15:25	00:27:08	00:39:27	00:51:13	00:54:15.30	00:54:20.70	+00:17:47 (32.8%)	5:25	11.1 (67.3%)
19	GORZELAK Joanna	453	KOBIETY NA 5+	K40-49	19	Kobiety na 5+	00:00:03	00:15:14	00:26:56	00:39:14	00:51:13	00:54:26.45	00:54:29.90	+00:17:58 (33.0%)	5:26	11 (66.7%)
20	GENSTY Klaudia	392	DYSTANS LUBOMIA	K40-49	20		00:00:06	00:15:51	00:27:43	00:40:01	00:51:37	00:54:43.50	00:54:50.10	+00:18:15 (33.4%)	5:28	11 (66.7%)
21	JURKIEWICZ-FILIKS Basia	532		K40-49	21		00:00:09	00:16:12	00:28:13	00:40:32	00:52:35	00:55:40.55	00:55:50.15	+00:19:12 (34.5%)	5:34	10.8 (65.5%)
22	GIEROŃ Katarzyna	399	DYSTANS LUBOMIA	K40-49	22		00:00:06	00:15:52	00:27:48	00:40:22	00:52:24	00:55:47.65	00:55:54.00	+00:19:19 (34.6%)	5:34	10.8 (65.5%)
23	KRAUSE Sylwia	316	RADLINIOKI W BIEGU	K40-49	23	Radlinioki w biegu	00:00:08	00:16:19	00:28:20	00:40:51	00:52:58	00:56:24.85	00:56:33.20	+00:19:56 (35.4%)	5:38	10.6 (64.2%)
24	BRAŃKA Barbara	555		K40-49	24		00:00:08	00:16:27	00:28:58	00:41:42	00:53:43	00:56:57.85	00:57:06.75	+00:20:29 (36.0%)	5:41	10.5 (63.6%)
25	CEGLARSKA Sonia	386	JEJKOWICE BIEGAJĄ	K40-49	25	Jejkowice Biegają	00:00:04	00:16:23	00:28:49	00:41:53	00:54:33	00:58:01.00	00:58:05.90	+00:21:32 (37.1%)	5:48	10.3 (62.4%)
26	PASTUSIAK Janina	573		K40-49	26		00:00:01	00:15:48	00:28:18	00:41:40	00:54:36	00:58:05.50	00:58:06.60	+00:21:37 (37.2%)	5:48	10.3 (62.4%)
27	GAŁKIEWICZ Monika	390		K40-49	27		00:00:08	00:16:01	00:28:31	00:41:52	00:54:53	00:58:08.90	00:58:17.45	+00:21:40 (37.3%)	5:48	10.3 (62.4%)
28	KRZYK Małgorzata	496		K40-49	28		00:00:04	00:16:53	00:29:14	00:42:13	00:54:45	00:58:14.10	00:58:18.70	+00:21:45 (37.4%)	5:49	10.3 (62.4%)
29	GÓRKA Barbara	534		K40-49	29	RUNTEAM Pawłowice	00:00:08	00:16:58	00:29:35	00:42:44	00:55:11	00:58:21.90	00:58:30.35	+00:21:53 (37.5%)	5:50	10.3 (62.4%)
30	DOBRENIUK Aurelia	523		K40-49	30		00:00:08	00:16:11	00:28:45	00:42:04	00:55:03	00:58:29.40	00:58:37.40	+00:22:01 (37.6%)	5:50	10.3 (62.4%)
31	GRZONKA Magdalena	359		K40-49	31		00:00:01	00:15:44	00:28:25	00:41:45	00:54:57	00:58:37.90	00:58:39.60	+00:22:09 (37.8%)	5:51	10.2 (61.8%)
32	TYRYTKO Sylwia	538	WATAHA	K40-49	32	WATAHA	00:00:07	00:16:54	00:29:23	00:42:30	00:55:24	00:58:57.35	00:59:04.55	+00:22:29 (38.1%)	5:53	10.2 (61.8%)
33	PASZEK Hania	443	HRMAX ŻORY	K40-49	33		00:00:03	00:15:59	00:28:32	00:42:17	00:55:34	00:59:15.70	00:59:18.80	+00:22:47 (38.5%)	5:55	10.1 (61.2%)
34	MOSZ Weronika	450		K40-49	34		00:00:03	00:16:55	00:29:37	00:42:54	00:55:49	00:59:21.90	00:59:25.65	+00:22:53 (38.6%)	5:56	10.1 (61.2%)
35	SOCHA Marlena	528	TL POGOŃ RUDA ŚLĄSKA	K40-49	35	TL Pogoń Ruda Śląska	00:00:06	00:16:37	00:29:19	00:43:01	00:56:13	00:59:44.15	00:59:51.05	+00:23:15 (38.9%)	5:58	10 (60.6%)
36	OSOWSKA Katarzyna	451		K40-49	36		00:00:05	00:16:20	00:29:15	00:42:52	00:56:29	00:59:52.55	00:59:58.40	+00:23:24 (39.1%)	5:59	10 (60.6%)
37	BOMBOR Antonina	561		K40-49	37		00:00:07	00:17:10	00:30:27	00:44:29	00:58:01	01:01:43.10	01:01:50.85	+00:25:14 (40.9%)	6:10	9.7 (58.8%)
38	FECZKO Lucyna	578		K40-49	38		00:00:02	00:16:30	00:29:37	00:43:57	00:58:01	01:02:02.70	01:02:05.40	+00:25:34 (41.2%)	6:12	9.7 (58.8%)
39	KAŁUS Joanna	476		K40-49	39		00:00:07	00:17:05	00:30:20	00:44:28	00:58:20	01:02:06.15	01:02:13.45	+00:25:37 (41.3%)	6:12	9.7 (58.8%)
40	KOLAT Jadzia	497	KOBIETY NA 5+	K40-49	40	Kobiety na 5+	00:00:05	00:17:17	00:30:38	00:44:50	00:58:51	01:02:35.05	01:02:40.10	+00:26:06 (41.7%)	6:15	9.6 (58.2%)
41	WYSOCKA Magdalena	583		K40-49	41		00:00:03	00:17:00	00:30:34	00:44:56	00:59:00	01:02:44.30	01:02:48.25	+00:26:16 (41.9%)	6:16	9.6 (58.2%)
42	ZAKRZEWSKA Barbara	531		K40-49	42		00:00:07	00:16:31	00:30:03	00:44:51	00:59:38	01:03:26.95	01:03:34.45	+00:26:58 (42.5%)	6:20	9.5 (57.6%)

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
43	KUBIK Aleksandra	545	-	K40-49	43		00:00:05	00:17:27	00:31:01	00:45:29	00:59:39	01:03:32.15	01:03:37.35	+00:27:03 (42.6%)	6:21	9.4 (57.0%)
44	ORŁOWSKA Joanna	571	ULTRA BESKID SPORT	K40-49	44		00:00:10	00:17:46	00:31:31	00:46:07	00:59:52	01:03:39.40	01:03:49.75	+00:27:11 (42.7%)	6:21	9.4 (57.0%)
45	KOLORZ-STYLOK Katarzyna	417		K40-49	45		00:00:06	00:17:18	00:31:10	00:46:09	01:00:09	01:04:06.60	01:04:12.85	+00:27:38 (43.1%)	6:24	9.4 (57.0%)
46	WHITE Ashley	357	KLUB BIEGACZA FARTLEK	K40-49	46	Klub Biegacza Fartlek	00:00:09	00:18:14	00:32:13	00:46:51	01:01:19	01:05:16.75	01:05:26.65	+00:28:48 (44.1%)	6:31	9.2 (55.8%)
47	CEMBALA Magda	543		K40-49	47		00:00:10	00:18:41	00:33:07	00:47:57	01:01:47	01:05:34.20	01:05:44.80	+00:29:05 (44.4%)	6:33	9.2 (55.8%)
48	GŁÓWCZYK Izabella	548		K40-49	48	Kobiety na 5+	00:00:05	00:17:55	00:32:04	00:47:15	01:02:02	01:05:42.30	01:05:47.45	+00:29:14 (44.5%)	6:34	9.1 (55.2%)
49	ZAGÓRSKA Beata	569		K40-49	49	Olza Cieszyn	00:00:06	00:18:23	00:32:50	00:48:09	01:03:20	01:07:17.95	01:07:24.60	+00:30:49 (45.8%)	6:43	8.9 (53.9%)
50	LISOWSKA Agnieszka	434		K40-49	50		00:00:05	00:18:11	00:32:28	00:48:04	01:03:16	01:07:25.45	01:07:31.40	+00:30:57 (45.9%)	6:44	8.9 (53.9%)
51	ZIMNY Cecylia	484	SMAKI BIEGANIA	K40-49	51		00:00:05	00:18:10	00:32:51	00:48:45	01:03:51	01:07:59.40	01:08:05.25	+00:31:31 (46.4%)	6:47	8.8 (53.3%)
52	DYNIA Magdalena	502		K40-49	52		00:00:10	00:18:27	00:33:17	00:49:22	01:04:31	01:08:41.75	01:08:52.00	+00:32:13 (46.9%)	6:52	8.7 (52.7%)
53	IDZIKOWSKA Elżbieta	574		K40-49	53		00:00:01	00:18:35	00:33:25	00:49:29	01:04:38	01:08:53.10	01:08:54.95	+00:32:24 (47.1%)	6:53	8.7 (52.7%)
54	CEGLARSKA Alicja	520	JEJKOWICE BIEGAJĄ	K40-49	54	Jejkowice Biegają	00:00:04	00:19:09	00:33:45	00:49:35	01:04:55	01:08:59.55	01:09:04.15	+00:32:31 (47.1%)	6:53	8.7 (52.7%)
55	REK Katarzyna	581	RADLINIOKI W BIEGU	K40-49	55	Radlinioki w biegu	00:00:08	00:19:03	00:34:05	00:49:54	01:05:02	01:09:18.15	01:09:26.60	+00:32:49 (47.4%)	6:55	8.7 (52.7%)
56	KOŁODZIEJCZYK Aleksandra	565	RADLINIOKI W BIEGU	K40-49	56	Radlinioki w biegu	00:00:09	00:19:49	00:35:53	00:53:02	01:09:55	01:14:28.70	01:14:37.70	+00:38:00 (51.0%)	7:26	8.1 (49.1%)
57	ZALEWSKA Barbara	464	KOBIETY NA 5+	K40-49	57	Kobiety na 5+	00:00:04	00:20:54	00:36:59	00:54:15	01:11:10	01:15:48.50	01:15:53.05	+00:39:20 (51.9%)	7:34	7.9 (47.9%)
58	SZOJDA Paulina	558	VIKING TRAINING CENTER	K40-49	58		00:00:08	00:21:27	00:38:16	00:56:35	01:14:12	01:19:05.65	01:19:13.95	+00:42:37 (53.9%)	7:54	7.6 (46.1%)
59	JUTKA Katarzyna	557		K40-49	59		00:00:08	00:21:28	00:38:16	00:56:35	01:14:12	01:19:05.75	01:19:14.40	+00:42:37 (53.9%)	7:54	7.6 (46.1%)
60	MARSZOLIK Angela	256		K40-49	60		00:00:07	00:16:12	00:28:48	00:41:49	00:54:24			+00:20:08	5:47	10.4 (63.0%)
61	KARLIK Agnieszka	269	AKTYWNI LYSKI	K40-49	61		00:00:02	00:13:15						+00:03:04	4:34	13.1 (79.4%)
62	GAJ Monika	505	DAR-BUD TEAM	K40-49	62		00:00:06	00:17:22						+00:07:11	5:59	10 (60.6%)

Znaleziono 62 wynik(ów)