

JASTRZĘBSKA DZIESIĄTKA

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

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

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Klasyfikacja: K50-59

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	SOKOŁOWSKA Anna	394	BRAK	K50-59	1	00:00:20	00:14:01	00:23:57	00:35:45	00:46:01	00:49:05.15	00:49:25.85		4:54	12.2 (100%)
2	MACURA Ewa	306	HRMAX ŻORY	K50-59	2	00:00:24	00:14:38	00:25:22	00:38:23	00:48:58	00:51:56.60	00:52:21.30	+00:02:51 (5.5%)	5:11	11.5 (94.3%)
3	RZEPECKA Bożena	645	OLZA CIESZYN	K50-59	3	00:00:30	00:15:01	00:25:51	00:38:32	00:49:39	00:52:51.80	00:53:22.55	+00:03:46 (7.1%)	5:17	11.3 (92.6%)
4	MUSIAŁ Maria	407		K50-59	4	00:00:31	00:15:40	00:26:36	00:39:31	00:50:26	00:53:37.45	00:54:08.80	+00:04:32 (8.5%)	5:21	11.2 (91.8%)
5	BARAN Irena	25	SZARE MORSY	K50-59	5	00:00:34	00:16:25	00:28:04	00:42:08	00:53:40	00:57:04.95	00:57:39.25	+00:07:59 (14.0%)	5:42	10.5 (86.1%)
6	GAŃKO Grażyna	399		K50-59	6	00:00:18	00:17:12	00:29:12	00:43:12	00:55:16	00:58:44.25	00:59:03.10	+00:09:39 (16.4%)	5:52	10.2 (83.6%)
7	RĘKAL Dorota	552		K50-59	7	00:00:27	00:15:41	00:27:26	00:42:03	00:55:05	00:58:45.95	00:59:13.10	+00:09:40 (16.5%)	5:52	10.2 (83.6%)
8	KOSOWSKA Grażyna	576	KOBIETY NA5+	K50-59	8	00:00:43	00:17:02	00:29:07	00:43:25	00:55:57	00:59:13.05	00:59:56.35	+00:10:07 (17.1%)	5:55	10.1 (82.8%)
9	TYCZYŃSKA Małgorzata	285	SZYBKIE ŻÓŁWIE	K50-59	9	00:00:34	00:16:31	00:28:50	00:43:17	00:55:55	00:59:31.65	01:00:05.65	+00:10:26 (17.5%)	5:57	10.1 (82.8%)
10	ŻAGIEL Edyta	102		K50-59	10	00:00:33	00:16:29	00:28:13	00:42:58	00:55:52	00:59:46.60	01:00:20.00	+00:10:41 (17.9%)	5:58	10 (82.0%)
11	NIEDZIOŁKO Bożena	90	KOBIETY NA5+	K50-59	11	00:00:33	00:16:41	00:29:04	00:43:43	00:56:12	00:59:50.00	01:00:23.75	+00:10:44 (18.0%)	5:59	10 (82.0%)
12	STEKLA Joanna	598		K50-59	12	00:00:37	00:17:30	00:30:19	00:45:38	00:58:42	01:02:30.05	01:03:07.10	+00:13:24 (21.5%)	6:15	9.6 (78.7%)
13	KIERMASZEK Barbara	428	J TEAM	K50-59	13	00:00:34	00:19:10	00:32:23	00:48:22	01:01:59	01:06:02.15	01:06:36.15	+00:16:57 (25.7%)	6:36	9.1 (74.6%)
14	ROTTER Hanna	427	J TEAM	K50-59	14	00:00:33	00:19:11	00:32:24	00:48:24	01:02:01	01:06:02.65	01:06:36.20	+00:16:57 (25.7%)	6:36	9.1 (74.6%)
15	KOWALSKA Dorota	237	SBD ENERGETYK RYBNIK	K50-59	15	00:00:37	00:20:49	00:35:18	00:52:40	01:07:40	01:11:52.55	01:12:30.05	+00:22:47 (31.7%)	7:11	8.3 (68.0%)
16	ŁANUCHA Mariola	100	KOBIETY NA 5+	K50-59	16	00:00:44	00:20:52	00:36:07	00:53:24	01:08:24	01:12:56.20	01:13:40.90	+00:23:51 (32.7%)	7:17	8.2 (67.2%)

Znaleziono 16 wynik(ów)

