



Organizator:
Data:
Miejsce:
Dystans:

Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
2022-09-17
Jastrzębie-Zdrój
10 km

JASTRZĘBSKA DZIESIĄTKA

B4SPORT

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: K50-59

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	JADACH Oleksandra	146	KLUB BIEGAM BO LUBIĘ RACIBÓRZ	K50-59	1		00:00:04	00:13:41	00:23:57	00:34:45	00:45:17	00:48:08.65	00:48:12.75		4:48	12.5 (100%)
2	FURMANEK Ela	206	NOWAK-TEAM	K50-59	2	Nowak-Team	00:00:03	00:13:55	00:24:37	00:35:48	00:46:41	00:49:41.25	00:49:44.85	+00:01:32 (3.1%)	4:58	12.1 (96.8%)
3	POPEK Barbara	215		K50-59	3	Sobieski6	00:00:03	00:13:47	00:24:28	00:35:48	00:46:45	00:49:47.25	00:49:50.40	+00:01:38 (3.3%)	4:58	12.1 (96.8%)
4	RAŻNIAK Beata	444	KOBIETY NA 5+	K50-59	4	Kobiety na 5+	00:00:02	00:14:24	00:25:23	00:36:52	00:47:58	00:51:01.20	00:51:04.05	+00:02:52 (5.6%)	5:06	11.8 (94.4%)
5	OGIERMAN Małgorzata	338		K50-59	5		00:00:02	00:14:26	00:25:35	00:37:44	00:49:44	00:52:56.55	00:52:58.85	+00:04:47 (9.1%)	5:17	11.3 (90.4%)
6	WERNIK Katarzyna	398	BESTFITCLUB RYBNIK	K50-59	6		00:00:08	00:15:47	00:27:46	00:40:25	00:52:37	00:55:56.80	00:56:05.45	+00:07:48 (13.9%)	5:35	10.7 (85.6%)
7	BAJCAR Beata	379	KOBIETY NA 5+	K50-59	7	Kobiety na 5+	00:00:05	00:16:19	00:28:38	00:41:32	00:54:06	00:57:24.85	00:57:30.25	+00:09:16 (16.1%)	5:44	10.5 (84.0%)
8	HEJNA Izabela	586	RADLINIOKI W BIEGU	K50-59	8	Radlinioki w biegu	00:00:08	00:16:52	00:29:06	00:41:48	00:54:14	00:57:29.65	00:57:38.30	+00:09:21 (16.3%)	5:44	10.4 (83.2%)
9	PŁASKA Barbara	463		K50-59	9	Kobiety na 5+	00:00:02	00:16:02	00:28:34	00:41:46	00:55:06	00:58:47.45	00:58:49.45	+00:10:38 (18.1%)	5:52	10.2 (81.6%)
10	SOKÓŁ-OLEŚ Ewelina	427	RUNTEAM PAWŁOWICE	K50-59	10	RUNTEAM Pawłowice	00:00:08	00:16:59	00:29:35	00:42:44	00:55:29	00:59:01.40	00:59:09.95	+00:10:52 (18.4%)	5:54	10.2 (81.6%)
11	HOLONA Bożena	572		K50-59	11		00:00:07	00:17:06	00:29:42	00:42:50	00:55:41	00:59:15.65	00:59:22.70	+00:11:07 (18.8%)	5:55	10.1 (80.8%)
12	ZIĘTARA Agata	460		K50-59	12		00:00:10	00:16:52	00:29:49	00:43:18	00:56:33	01:00:02.05	01:00:12.75	+00:11:53 (19.8%)	6:00	10 (80.0%)
13	JARCZEWSKA Renata	567		K50-59	13		00:00:08	00:17:41	00:31:25	00:46:06	01:00:39	01:04:45.45	01:04:53.60	+00:16:36 (25.7%)	6:28	9.3 (74.4%)
14	NIEDZIOŁKO Bożena	457	KOBIETY NA 5+	K50-59	14	Kobiety na 5+	00:00:03	00:18:03	00:32:13	00:47:13	01:01:25	01:05:07.90	01:05:11.85	+00:16:59 (26.1%)	6:30	9.2 (73.6%)
15	RATAJSZCZAK-MAŁYS Ewa	512	NORDIC WALKING TAEM RACIBÓRZ	K50-59	15		00:00:06	00:18:59	00:32:59	00:47:40	01:01:49	01:05:31.35	01:05:38.05	+00:17:22 (26.5%)	6:33	9.2 (73.6%)
16	JASTRZĘBSKA Ewa	542		K50-59	16		00:00:01	00:17:25	00:31:16	00:46:10	01:01:29	01:05:44.10	01:05:45.80	+00:17:35 (26.8%)	6:34	9.1 (72.8%)

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17	STEKLA Joanna	489		K50-59	17		00:00:07	00:18:09	00:33:04	00:49:27	01:05:35	01:10:00.60	01:10:07.95	+00:21:51 (31.2%)	7:00	8.6 (68.8%)
18	KUŚMIRSKA- KUBAS Alina	475	KLUB BIEGACZA FARTLEK	K50-59	18	Klub Biegacza Fartlek	00:00:09	00:21:51	00:39:01	00:57:56	01:15:38	01:20:38.30	01:20:48.20	+00:32:29 (40.3%)	8:03	7.4 (59.2%)
19	OLCZYK Wioletta	491		K50-59	19	Kobiety na 5+	00:00:03	00:19:02	00:34:12					+00:10:15	6:50	8.8 (70.4%)

Znaleziono 19 wynik(ów)